



From the Office of Superintendent Nora Gutierrez

Daily Updates from the Tolleson Union High School District

This is the place to come to get the latest information on what's going on in the Tolleson Union High School District

- Cox Communication is providing free Internet service to our families via their Connect2Compete program. TUHSD wants to thank its corporate partners for stepping up to help our families during this time of need.

Connect2Compete Low-Cost, Home Internet Program Expanded in Response to Coronavirus (COVID-19)

During this time of required in-home learning, Cox Communications is committed to helping families in need receive affordable home internet access. For a limited time, we're offering the following to qualified families with a K-12 student*:

- First 60 days of service offered for FREE. Offer ends May 15, 2020. Regular Connect2Compete service rates of \$9.95 per month apply thereafter.
- FREE remote service support available through Cox Complete Care to streamline setup offered through May 15, 2020.
- Resources for discounted, refurbished equipment available through our association with PCs for People.
- Expanded eligibility and expedited approval process for quick activation.

What's more, we've also temporarily increased Connect2Compete speeds to 50 mbps! And as always, Connect2Compete is offered with no annual contracts or deposits plus free Wifi modem and installation.

Qualify Now!

Families who may qualify for Cox Connect2Compete:

- Have a K-12 student
- Are eligible for the National School Lunch Program, SNAP and/or TANF
- Receive Tenant-Based Vouchers, Project-Based Vouchers or Section 8 Project-Based Rental Assistance (PBRA)
- Live in public housing
- Are a new Cox customer

Visit us today at Cox.com/Connect2Compete and complete the online application to confirm your eligibility.

COX Connect2Compete.

To learn more, visit Cox.com/Connect2Compete

- The Curriculum and Instruction Team, led by Dr. Michele Wilson, has been doing an awesome job. All staff have taken on additional duties and stepped up to get the work done throughout the school closures. Everyone is doing their absolute best and it has been a collaborative effort.
- Our school principals continue to work with their teaching and learning staff on an ongoing basis to guarantee that learning opportunities are being provided to all of our students. Thank you principals and your hard working staff for making all of this happen for our wonderful students!
- The TUHSD Governing Board passed a resolution at the board meeting on Tuesday. The resolution makes it clear that the Superintendent has the authority to close schools if

needed. It also acknowledges that the Superintendent has the authority to keep schools closed and staff members paid through the end of the school year if needed.



**TOLLESON UNION HIGH SCHOOL DISTRICT NO. 214
OF MARICOPA COUNTY, ARIZONA**

GOVERNING BOARD RESOLUTION – COVID-19

WHEREAS, Arizona's Governor and Superintendent of Public Instruction have ordered the State-wide closure of schools through at least April 10, 2020; and

WHEREAS, the Tolleson Union High School District No. 214 of Maricopa County, Arizona ("District") has the authority to close schools in an emergency pursuant to A.R.S. § 15-806(B), Governing Board Policy EBCD, "Weather-related and Emergency Closings" and Governing Board Policy ID, "School Day" and related Administrative Regulations; and

WHEREAS, the Governing Board finds as that it is in the best interest of the District and its community to close the schools and to carry out the actions listed below to prevent the spread of a pandemic; and

WHEREAS, the Governing Board finds that it is in the best interest of the District and serves a public purpose to continue to pay its employees for the time period of the school closure in order to maintain order in the community, reduce employee turnover, allow employees to care for the needs of their families, meet its contractual obligations and increase morale for District employees during a time of national and state emergency;

NOW, THEREFORE be it resolved by the Governing Board of Tolleson Union High School District No. 214 of Maricopa County, Arizona that:

- Section 1. The Governing Board authorizes the closure of all schools and programs through at least Friday, April 10, 2020, prior to which time the Governing Board shall convene again to reassess the matter, unless the District has received direction from the federal or state government that removes the decision from the Governing Board's discretion.
- Section 2. The Superintendent is authorized to extend the dates of school closure if necessary, consistent with Governing Board Policies EBCD and ID. In such a case, the Superintendent will so notify the Governing Board pending the opportunity for the Governing Board to convene a Governing Board meeting.
- Section 3. The Superintendent is authorized to continue regular payroll expenses for all permanent (non-temporary) employees. All employees shall be expected to perform work during the school closures, as assigned by the Superintendent, either on site, at home or as otherwise assigned; those not required to work on-site shall remain on call and available to report to work as needed. 12-Month Hourly Employees are assigned to work from home during the school closures. Employees will receive their full pay in accordance with their work agreement. All other Hourly Employees (less than 12-months) are placed on paid holiday until school resumes or they reach the end of their work calendar, whichever comes first. An employee in this category that is deemed essential and necessary to the operations of the district during the school closures shall receive pay for hours worked in addition to their holiday pay. Overtime will be paid only when an hourly employee is required to physically work more than 40 hours per week in accordance with Fair Labor Standards Act. The Superintendent is authorized to modify payroll as necessary to comply with State or Federal laws that may be passed in response to COVID-19.
- Section 4. The Governing Board authorizes the Superintendent to work with local and state authorities to meet minimum state requirements of instruction and to create a corresponding change to the school calendar if necessary.
- Section 5. The Governing Board authorizes the Superintendent to execute all requisite documents to apply to the Arizona Department of Education for excuse of students from school attendance because of school closure pursuant to A.R.S. § 15-806(B).
- Section 6. The Governing Board authorizes the Superintendent to execute any further documentation to effectuate this resolution, including but not limited to any requisite notices required by the Arizona Department of Education or local/state health authorities.

This Resolution was passed and adopted by the Governing Board at a properly noticed regular Governing Board meeting held on March 24, 2020. The Governing Board hereby authorizes the Governing Board President to sign this Resolution on behalf of the Governing Board.

A handwritten signature in cursive script that reads "Corina Madrugá".

Corina Madrugá, Governing Board President

- After conducting a survey on student technology needs in the TUHSD community, the District was able to respond to those needs by providing 2,000 computers directly to students. It's just another way that the Tolleson Union High School District is supporting its students as they learn from home.
- Our Food and Nutrition Department served 1,512 students with meal packs on the first day of distribution. That equates to 9,072 grab and go meals served, with each pack containing 3 breakfasts and 3 lunches plus snacks.



- TUHSD has a resource flyer that was sent to parents recently that included updated meal pack information. A Spanish version of the same flyer has been sent. Both flyers were posted on social media and the website.

Where do I go if I need...

Food

TUHSD MEAL SERVICES: Wednesday, March 25, Tolleson Union High School District students can pick up a Meal Pack at the high school where they are currently enrolled. Meal Packs will be distributed from 4:00 p.m. to 6:00 p.m. Please note meal service prices will change after this week. Beginning Monday, March 30, Tolleson Union High School District students can receive a 5-day Meal Pack for the week. Monday Meal Packs will include breakfast and lunch for 5 days for Tolleson Union High School District students. Meals will be distributed from 4:00 p.m. to 6:00 p.m. each Monday. Tolleson Union High School District students must be present in order to receive the 5-day Meal Pack.

Find a Food Bank Near You: Receiving emergency food from a food bank, pantry, soup kitchen or shelter is just one option that may be available to you and your family. If you are struggling to put food on the table, make sure you have explored the SNAP (Food Stamp) program and learned about other programs and resources available. Check with www.afoodbanks.org for additional resources.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/Internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your own mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine
- Be consistent

For Quarantine/Isolation

- Keep in contact with loved ones via social media, text, and video chats
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

A Donde Puedo Ir Si Necesito...

ALIMENTOS

TUHSD SERVICIOS DE COMIDA: El miércoles 25 de marzo, los estudiantes del Distrito de Escuelas Secundarias Tolleson Union pueden recoger un Paquete de Comida en la escuela secundaria donde actualmente están inscritos. Los paquetes de comida se distribuirán de 4:00 a 6:00 de la tarde. El proceso de revisión de comida cambiará después de esta semana. A partir del lunes 30 de marzo, los estudiantes del Distrito de Escuelas Secundarias Tolleson pueden recibir un paquete de comida de lunes a viernes para la semana. Los paquetes de comida del lunes incluyen desayuno y almuerzo durante 5 días para los estudiantes del Distrito de Escuelas Secundarias Tolleson. Los comedores se distribuirán de 4:00 p.m. a 6:00 p.m. cada lunes. Los estudiantes del Distrito de Escuelas Secundarias Tolleson deben estar presentes para recibir el paquete de comida de 5 días.

Encuentra un Banco de Alimentos Cerca de Ti: Recibir alimentos de emergencia de un banco de alimentos, despensa, comedor o refugio es solo uno de los recursos que pueden estar disponibles para usted y su familia. Si tiene dificultades para comprar alimentos, orgánize de explorar el programa SNAP (Comedor de Alimentos) y haga un pedido en línea en el sitio web de recursos disponibles.

www.afoodbanks.org. Paga su pedido postal en la parte superior a la derecha para obtener la ubicación de apoyo más cercana.

Reservar un banco de alimentos interactiva puede parecer:

- Tener y preocupación sobre su salud y la salud de sus queridos
- Cambiar en los patrones de sueño o alimentación
- Dificultad para dormir o concentrarse
- Los problemas de salud crónicos empeoran
- Inestabilidad y comportamiento de "ataque"
- Dolores de cabeza o corporales incapacitantes
- Aumento del consumo de alcohol, tabaco o drogas

Si su hijo necesita servicios de consejería individual, llame al 1-800-969-5999 para una referencia de servicios por parte de la escuela (602) 618-9818.

Practique el auto-cuidado [aquí](#) o [aquí](#)

Tratando la Ansiedad Durante el Coronavirus (COVID19)

PANA LISTED

- mejor ocasionalmente los medios de comunicación
- Conectar o través de llamadas/textos/Internet
- Agregar tiempo adicional para cuidar el estrés diario
- Practicar el autocuidado
- Enfocarse en su salud mental

PANA NETWORK

- Asignar roles que estén o salvo
- Permitir de hablar sobre sus preocupaciones
- Compartir sus propias habilidades de cómo enfrentar situaciones difíciles
- Limitar el tiempo permitido para ver noticias
- Crear una rutina y estructura

Para la Cuarentena/Aislamiento

- Manténgase en contacto con sus seres queridos a través de los medios sociales, textos y llamadas telefónicas
- Crear una rutina diaria de cuidado personal
- Manténgase ocupado: juegos, libros, películas
- Enfocarse en nuevas técnicas de relajación

Acceso al Internet

La FCC tiene un acuerdo que establece que los proveedores no aplicarán cargos por pagos tardíos, no se certificarán los servicios por falta de pago y abrirán zonas de Internet para una mayor accesibilidad al Internet. Vea las ofertas de las siguientes compañías en sus sitios web, incluyendo hot-spots gratuitos e Internet por \$10.00 al mes:

| | | |
|---------|-----------|----------|
| Cox | -T-Mobile | -Verizon |
| Comcast | -Sprint | -AT&T |
| | | -Charter |

Stress During an Infectious Disease Outbreak Can Look Like

If your child needs individual counseling services call **Touhsonline** for a School Based Services referral: (602) 618-9818

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Irritability, despair or concentration.
- Worsening of chronic health problems.
- Irritability and "acting out" behaviors.
- Increased use of alcohol, tobacco or drugs.

Practice self-care—by [this](#) or [maybe this](#)

Internet Accessibility

The FCC has an agreement which states that providers will waive late fees, not cutoff services for lack of payment, and open hot-spots for increased accessibility to the internet. Check out deals from the following companies on their websites, including free hot-spots and internet for \$10 a month:

| | | |
|---------|-----------|----------|
| Cox | -T-Mobile | -Verizon |
| Comcast | -Sprint | -AT&T |
| Charter | | |

Family Crisis Support

People with pre-existing mental health conditions should consider with their treatment and be aware of new or worsening symptoms.

National 24-Hour Crisis Hotlines:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- National Substance Use and Disorder Issues Referral and Treatment Hotline: 1-800-662-HELP (4357)
- Text: Text the word "HOME" to 741741

Suicide & Crisis Hotlines by County:

- Maricopa County served by Mercy Care: 1-800-631-1314 or 602-222-9444
- Cochise, Graham, Greenlee, La Paz, Pima, Pinal, Santa Cruz and Yuma Counties: 1-866-495-6735
- Apache, Coconino, Gila, Mohave, Navajo and Yavapai Counties: 1-877-356-4090
- Gila River and Ak-Chin Indian Communities: 1-855-331-6432
- Salt River Pima Maricopa Indian Community: 1-855-331-6432

If you are in need of an additional resource or referral please email miss.andrews@tuhsd.org with support needed, current city, and student's name. Emails will be monitored Monday-Friday 8:00-5:00.

<https://tinyurl.com/ww4grsj>

<https://tinyurl.com/wjcqglw>

- The State of Arizona has a new website called Arizona Together. It's a great resource during this time of the COVID-19 crisis. Check out the link here: <https://arizonatogether.org/>
- During the COVID-19 Coronavirus crisis, the guiding principle of the Tolleson Union High School District is that **all students and staff will be held harmless**. We will continue with this philosophy throughout this pandemic and as long as our schools are closed.

That's it for today. Please check back tomorrow for our latest Daily Updates.

