



BUCKEYE

ELEMENTARY SCHOOL DISTRICT #33

A community passionate about student success

BESD Social Emotional Guidance for Stakeholders (Students, Parents and Staff)

The social-emotional well-being of ALL students, parents/care-givers and staff is critical to ensuring success in our current educational environment. The information below was developed by the Illinois State Board of Education and has been adapted to support our work in the Buckeye Elementary School District. The information below provides guiding considerations that every educator should consider so that we cultivate strong Social-Emotional Learning and Relationships during this challenging time.

It is imperative during this time that districts create remote learning that attends to student social and emotional needs. Some ways to ensure that all school community members feel connected and informed are:

- Encourage ongoing communication among all stakeholders
- Provide opportunities for positive feedback/connection between students and teachers
- Acknowledge students' current situation and context
- Provide students with appropriate supports to process events
- Utilize trauma-informed practices, when possible
- Utilize school and community resources to provide mental health supports

The health and wellness of all staff and students is the fundamental priority at this time. Health and safety concerns are paramount in all work that must be done in person or in a specific place. With remote learning and work schedules for many adjusted, health is an even more important foundation for adults and children to be ready to engage with the world. Below are some recommendations for stakeholders to support the health and safety of district staff members, families, caregivers, and students:

Underlying Health Conditions

Talk with staff and families of children who have medical diagnoses (chronic lung disease, moderate to severe asthma, serious heart conditions, immunocompromised, undergoing cancer

treatment, severe obesity, diabetes, kidney failure) to reinforce the importance of checking in with their primary doctor about health maintenance at this time and emphasize the importance of having enough of their prescription medications available.

COVID-19

Encourage parent communication with primary care providers about how COVID-19 may impact their child's health. Should parents suspect a Covid-19 infection, they should review with their provider the signs, symptoms, and treatment for their child, including what constitutes a medical emergency where immediate 911 attention would be warranted. Recently, the Governor's office released a COVID 19 Hotline by dialing 2-1-1. For more information click [here](#).

Primary Care Givers

If the family's child doesn't more information is available through:

- Arizona Health Care Cost Containment System - click on [AHCCCS](#) for more information.
- You can also visit <https://findhelpphx.org/> - scroll down to the Health Care/Health Insurance tab to investigate options.

Diet/Food

Students and staff should eat three healthy meals a day that include fruits, vegetables, and protein. Avoid unhealthy snacking to alleviate stress. Teachers should encourage parents to allow their children to participate in meal preparation to encourage healthy eating habits.

Families that are having difficulty getting sufficient meals should look to possible resources from schools or local government. If you are struggling to identify sustainable food sources please be sure to contact your school's counselor directly.

BESD Counseling Team/Contacts:

- Mr. Gale Taylor, Bale Elementary School - gtaylor@besd33.org
- Mrs. Sherry Saylor, Buckeye Elementary School - ssaylor@besd33.org
- Mrs. April Young, Jasinski Elementary School - ayoung@besd33.org
- Mrs. Marsi Cobb, Inca Elementary School, mcobb@besd33.org
- Mrs. Laura Haarstad, Marionneaux Elementary School, lhaarstad@besd33.org
- Ms. Lena Fegan, Sundance Elementary School, lfagen@besd33.org
- Mrs. Jennifer Aaron, Westpark Elementary School, jaaron@besd33.org
- Dr. Chad Lanese, District Office, Students Services/McKinney Vento Liaison, clanese@besd33.org

Please reference the information below regarding possible food supports:

- Drive-through meal service for breakfast and lunch is available from 11:00 a.m. to 1:00 p.m. at the Buckeye, Jasinski, and Inca campuses, Monday - Friday.

Buckeye Elementary School
211 South 7th Street
Buckeye, AZ 85326
Main Line (623) 386-4487

Jasinski Elementary School
4280 South 246th Avenue
Buckeye, AZ 85326
Main Line (623) 925-3100

Inca Elementary School
23601 W Durango St
Buckeye, AZ 85326
Main Line (623) 925-3500

- Please click [here](#) in order to access information about the All Faith drive-through Farmer's Market. Hours of operation hours and details are included.
- Families with children in need can also email feedingkids@usda.gov in order to plan for support with meals.

Sleep Guidelines

Students aged 3 – 5 years old need 11 to 13 hours of sleep.

Students aged 5 – 10 years old need 10 to 11 hours.

Students aged 11 – 18 years old need 9 to 10 hours

Exercise

Gross motor movement is more important now than ever but can also be more difficult to achieve with an adjusted schedule and social distancing. Children and adolescents age 6 and older need at least an hour a day of physical activity. Most of the hour should be either moderate or vigorous aerobic activity. Vigorous activity should be included at least three days a week. Parents should keep social distancing in mind when arranging for physical activity, and some may not have access to a safe place to do this. At the very least, a vigorous walk around their neighborhood where active conversation occurs about their immediate environment (houses, trees, animals, neighbors) or a developmentally appropriate conversation about what is going on in the world and why it's so different from the norm. Other examples of moderate

activity are sweeping the floor, walking briskly, dancing, vacuuming, washing windows, yardwork. More vigorous activity could involve a bike ride, playing tag with siblings or parents, and taking the family dog for a run.

Hydration

An altered schedule and environment where students aren't walking by a drinking fountain several times a day means that it is more difficult for them to stay hydrated. An easy rule to follow would be for a child to drink an 8 oz. glass of water for every year they are old, with a maximum of eight glasses of water for ages 8 and up. This is in addition to whatever else they are drinking. It is important to remember that sugary drinks (soft drinks, cans of ice tea, "sport" drinks) should be minimized, as they are not healthy and actually create more thirst.

Practicing Good Hygiene

Routines are out of sort but practicing good hygiene should not go to the wayside. Teachers should encourage parents to promote independence with these activities, so children can set themselves up for a lifetime of healthy hygiene habits. Many dental offices are closed, so brushing your teeth twice a day is even more important. Hand hygiene is important to practice, especially whenever returning from outside -- wash hands for 40 seconds with soap and water. Regular bathing, changing clothes, and involving children in cleaning the house are all good ways to have children make the connection between hygiene and health.

Stress Management

It goes without saying that this is a stressful situation for all of us. Being mindful of the overall heightened stress level is important because the goal of remote learning is not to add stress, but to maintain learning, to the extent that this is possible under current circumstances. Everyone has different tools to manage stress, and it is important to prioritize healthy mechanisms (e.g., exercise, mindful breathing, talking about feelings, adequate sleep) over less healthy ones (e.g., denial of circumstances, stress eating, escapism via excessive video gaming or binge watching shows).

Resources

There are many resources for families to use and explore in terms of health maintenance in this time. They should seek credible information from their primary care provider, local government, [Maricopa County Department of Public Health Administration](#), or the [Centers for Disease Control and Prevention](#).