

# Wheeler Elementary

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## Hello Wheeler Families!

As we all continue to get accustomed to our new school environment, please practice as much self-care as possible. Allow time for calming activities, preferred hobbies, physical activities, and academic activities in a balanced amount. Our Wheeler team is here to support in any way we can

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## Whole Group Lessons

To start the month, we will be reviewing the Code of Conduct. Later this month, we will be discussing feelings, tone, and body language and how they all relate. For a sneak peek, feel free to visit my website here:

<https://myschooldesk.net/tusd1/teachersite.aspx#site.81082>.

## Small Group Availability

We will be offering coping skills and friendship groups to start, using an online small group meeting (Zoom). If you are interested in having your child participate, please let me know. If your child has otherwise reported or been reported to me as needing support in those areas, expect a call from me soon.



## Upcoming Events

### September 7

Labor Day (no school)

### September 16

Start of Parent Teacher Conferences

### October 9

Start of Fall Break (return on the 19<sup>th</sup>)

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## Important Announcement

Attendance race starts now! Each class that can improve their attendance percentage this month will earn a class incentive! Be sure to have your children joining for every Zoom they can, and track their learning time in ParentVue on days Zoom isn't possible.

Continue to check on [tusd1.org/learnfromhome](http://tusd1.org/learnfromhome) to get resources for academic growth and tutorials for learning apps (Clever, Zoom, etc.)

## Community Resources

This month's community resource that I will be highlighting: TUSD's family resource center and other resources.

(<http://www.tusd1.org/Departments/Family-Resource-Centers/Family-Center-Resources>)

Whether you need support with clothing, wi-fi, childcare, food, counseling, or health, TUSD can likely help! Our resource centers can get you in line with many supports that can drastically ease issues you may be going through. Definitely worth checking out!

## Tips and Tricks

September's tip: Self-Care! Take care of yourselves and encourage your children to do the same. Take time to utilize coping strategies to de-stress when you are able. Feel free to utilize this site to help guide you through a few of them:

<https://sway.office.com/W5C4epBgEpOwYmON> This link was designed with children in mind, but many adults could likely benefit from it as well.

Do you have a tip or trick you would like to share? Please contact me by phone (520-276-6430) or email ([ryan.schmidt@tusd1.org](mailto:ryan.schmidt@tusd1.org)) to have it featured in a future newsletter.



## In the Community

### Arizona Together

<https://arizonatogether.org/>

Visit this site for more supports available in the community, especially for those affected by Covid-19