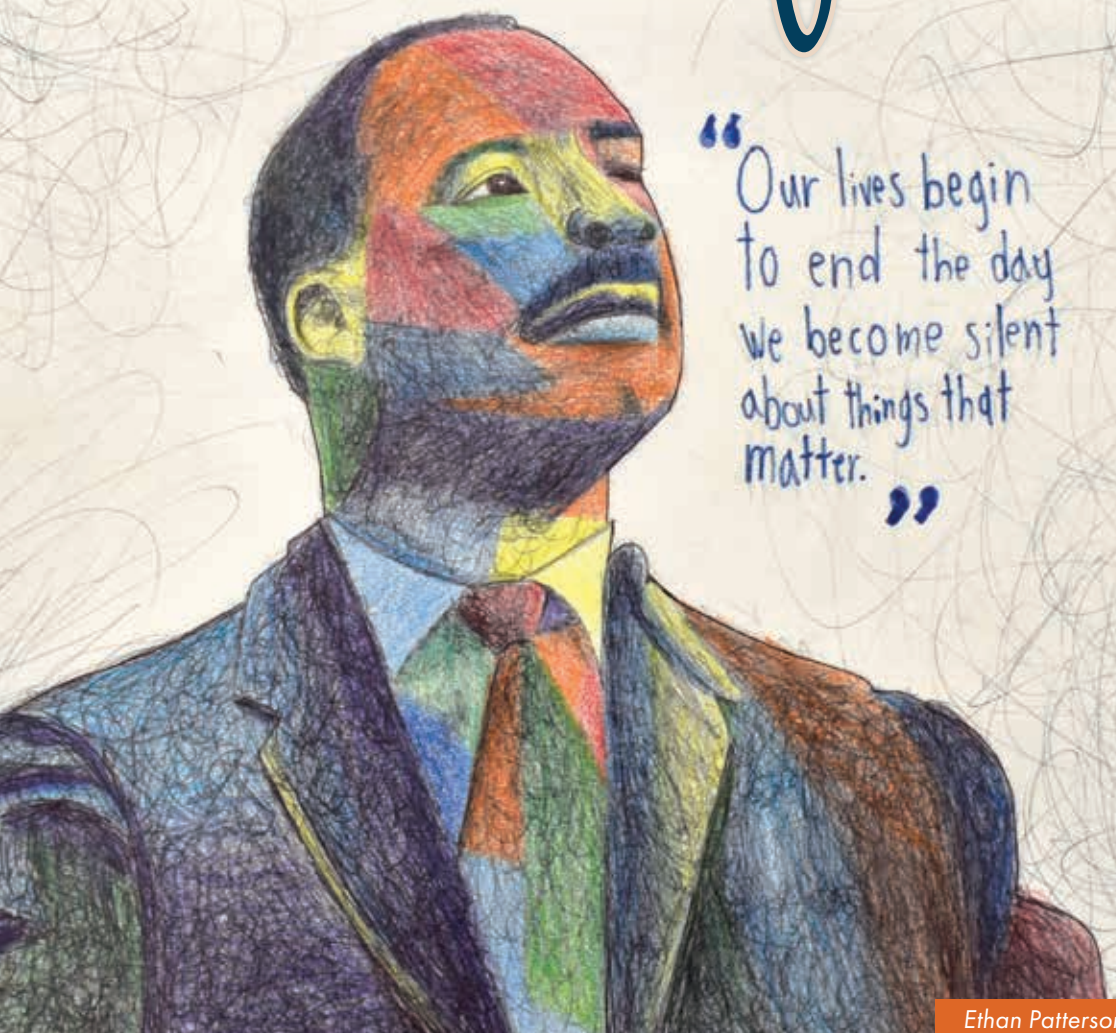


BACK to SCHOOL Guide



Ethan Patterson



This year's guide features prize-winning youth artwork submitted through recent Youth Voice art contests. We hope this guide provides you with essential information for schools in Casa Grande and important reminders to help make this the best school year ever.



**Prepare your student for
success in college and careers.**

**Tuition-Free Public School
Serving Grades 7-12**

Discover a small, safe school option right here in Casa Grande that gives students the opportunity to earn ASU college credit while in high school.

Learn More

To learn more about ASU Prep Casa Grande visit asuprep.asu.edu.



WELCOME LETTER FROM THE EXECUTIVE DIRECTOR, BOB SHOGREN, M.ED.

Greetings parents!

As we approach the beginning of the school year, I want to emphasize the importance of your role in your child's education and their future. As we know, a successful academic experience depends not only on the quality of our curriculum and instruction, but also on the support that our students receive from their families.

One of the most critical ways that you can support your child's success in school is by staying connected with them every day. Chatting with your child after school and asking about their day not only helps you understand their progress and keeps the lines of communication open. Be sure to communicate in kind and warm tones, make friendly eye contact and validate their experiences, thoughts, and ideas.

As a parent, you are also in a unique position to model positive behavior for your children. This means taking care of your own physical and mental health, consistently demonstrating kindness and empathy, and modeling open and honest communication.

Additionally, it is essential to help your child learn to regulate their emotions. Starting school can be stressful for many children, and they may feel anxious or overwhelmed. Encourage them to talk about their feelings and provide helpful and healthy strategies for dealing with stress and anxiety. Spending quality time with your children and engaging in activities that they enjoy is another way to support their academic success. Make sure to take time for fun activities and prioritize these moments with your child.

It is also crucial to connect with your child's teachers. The more that we work together to support your child's education, the better. Don't hesitate to reach out to your child's teachers if you have any questions or concerns.

Finally, remember that taking care of yourself is essential for being a good role model for your child. Make time to exercise, eat well, and get enough sleep, and don't hesitate to seek out support from friends or professionals if you need it.

We encourage you take positive action to help your children be as successful as they can be. If we can ever be of service to you and your family, please do not hesitate to call, email or stop in for coffee.

We wish your family the best school year ever!



Fentanyl Facts for Families

What is fentanyl and how does it work in the body?

Fentanyl is a powerful synthetic opioid, similar to morphine but 50 to 100 times more potent. In its prescription form it is prescribed for pain, but fentanyl is also made illegally and distributed as a street drug. Illegal fentanyl is sold as a powder or made into pills that look like real prescription opioids (pain relievers).

Fentanyl works by binding to the body's opioid receptors, which are found in areas of the brain that control pain and emotions. Its effects include euphoria, drowsiness, nausea, confusion, constipation, sedation, tolerance, addiction, respiratory depression and arrest, unconsciousness, coma, and death.



Why is fentanyl a problem in Arizona?

Fentanyl is the most common substance found in opioid overdose deaths in Arizona – teens as young as 14 years old have overdosed and died.

Illegal fentanyl is being mixed with other drugs, such as cocaine, heroin and methamphetamine. This is especially dangerous because people are often unaware that fentanyl has been added. The high potency of fentanyl greatly increases risk of overdose, especially if a person who uses drugs is unaware that a powder or pill contains it. Naloxone is a medicine that can be given to a person to reverse a fentanyl overdose. Multiple naloxone doses might be necessary because of fentanyl's potency.



What Can You Do?

Talk | It's never too early to have a conversation about alcohol and other drugs. The sooner you talk about the dangers of underage drinking and substance use, the greater chance you have of influencing your child's decisions about using them.

Get Specific About Fentanyl | When you talk to youth, don't leave out the details. Be specific about the drug fentanyl and the dangers of its use. Let youth know that it is being sold as counterfeit OxyContin®, Xanax®, and other prescription drugs. Knowing one of these pills could be deadly, a child may consider the consequences of trying one of these too risky. Visit TalkNowAZ.com to help get this conversation started.

Monitor | Because substances, including counterfeit pills laced with fentanyl, are being bought and sold through texting and social media sites be sure to monitor where youth go online and ask about who they follow and what they are seeing and hearing online. Before allowing youth to go online and set up accounts consider having them sign a social media safety contract with you.

Find a social media contract at TalkNowAZ.com.

Take Action | Naloxone is medicine that can reverse an overdose. Naloxone can be purchased at pharmacies in Arizona without a prescription or free from a local substance use prevention coalition. It is easy to administer and can be lifesaving. To find naloxone near you visit NaloxoneAZ.com. Always call 911 if there is an overdose.

Treatment works and there is hope. Medication along with behavioral therapies have been shown to be effective in treating those with an addiction to fentanyl and other opioids.

If you're concerned about someone's opioid or fentanyl use call the **Arizona Opioid Assistance Referral line at 1-888-688-4222** for information about treatment and counseling options.



This publication was made possible by grant number H79T1083320 from SAMHSA. The views, opinions and content of this publication are those of the author and do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS.

ASU PREPARATORY ACADEMY

Dear ASU Prep Families and Students,

On behalf of the entire faculty and staff, we would like to extend a warm welcome to you and your family for the upcoming 2023-24 school year. We are excited to have your student join us and we look forward to getting to know each and every one of them.

As a college preparatory school where all students can take concurrent university courses while in high school, we try to help each ASU Prep student graduate with a minimum of 15 ASU college credits at no cost to our families. Our dedicated team of teachers, administrators, and support staff are all here to help your child succeed. Our goal is to foster a love of learning in each student and help them Prep for college. Prep for careers. Prep for life.

We understand that starting a new school year can be both exciting and overwhelming, which is why we invite you to our Meet the Teacher event on Thursday, July 27, 2023 from 4-6 P.M. This will be an excellent opportunity for you and your student to meet staff, tour the campus, and get a feel for what our school has to offer. We encourage you to stop by and say hello.

In the meantime, please do not hesitate to reach out to us at (520) 374-4200 with any questions. We are here to support you and your child every step of the way.

Sincerely,
Sylvia Mejia, Principal

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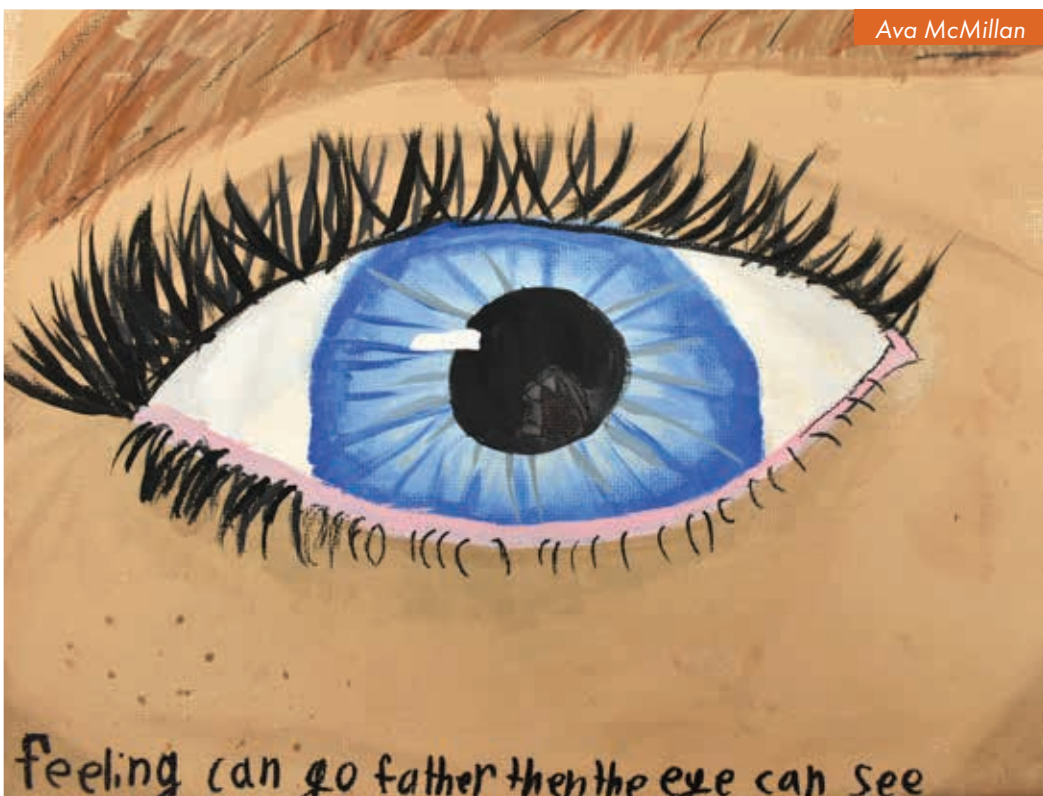
801 E. Florence Blvd., Suite B, Casa Grande
Mon. - Fri. 9am-6pm, Sat. 10am-5pm

SUPPLY DONATION REQUESTS

- Colored Pencils
- Markers
- Composition notebooks.
- Pens
- Poster Board
- Hand sanitizer
- Paper Towels
- Index cards
- Kleenex
- Headphones that connect to Chromebooks
- Highlighters
- Post-It notes
- Spiral Notebooks
- Glue Sticks
- Pencils



Aubrey Burwell



Ava McMillan

CASA GRANDE ELEMENTARY SCHOOL DISTRICT

CGESD Families and Community,

We are so excited to welcome back our students for the 2023-2024 school year! This year will be our best one yet as we continue providing the very best education for our kids and work together with our families and community members to keep expanding learning opportunities for all. I for one cannot wait to see our children return on July 24th and I know that our teachers and staff are eager for this as well. Parents, please keep on the lookout for more information on upcoming events, back-to-school nights, and backpack drives to prepare your child for the beginning of school. We want every student to start the year set up for success.

Let's have a great year together!

Dr. Adam Leckie
Superintendent



ENROLL NOW!

www.cgesd.org/enroll

NOW HIRING!

www.cgesd.org/careers

IMPORTANT DATES

See the calendar on our website for additional dates and events.

July 11: School Offices Open

July 24: First Day of School

September 7 - 8: Parent-Teacher Conferences

October 9-13: Fall Break

December 18 - January 1: Winter Break

February 8 - 9: Parent-Teacher Conferences

March 18 - 22: Spring Break

May 23: Last Day of School

BELL SCHEDULES

Elementary: 7:45 A.M. - 3:00 P.M.

Middle School: 8:30 A.M. - 4:00 P.M.

COIL: 7:45 A.M. - 2:45 P.M.



Blackboard: Parents are auto-enrolled to receive notifications including phone, text, and email messages about school and district news, attendance and emergency notifications via Blackboard. Be sure to opt in to text messages. Download the Casa Grande Elementary School District app in your App Store.

Facebook: <https://facebook.com/CGESD4>

Twitter: <https://twitter.com/CGESD4>

Peachjar: Digital flyers for community resources, events, activities, and offerings - <https://app.peachjar.com/flyers/all/districts/35498/>



Apply for Free or Reduced Meals: www.MySchoolApps.com

You are encouraged to fill out a meal application! The information in this simple form can open up additional opportunities for you and funding for our schools like internet access and P-EBT. Paper applications are available at your school's front office, Nutrition Services office, and the District website. You can also apply online at www.MySchoolApps.com, visit us at www.cgesd.org, or contact Nutrition Services at (520) 876-3411. School year 2023-2024 meal applications will be available mid-July.



ADDITIONAL IMPORTANT RESOURCES

PowerSchool: Middle School Parent and Student access to grades - <https://cgesd.powerschool.com>

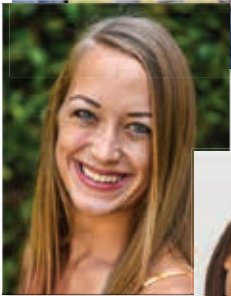
MySchoolBucks: Manage your child's meal account - <https://myschoolbucks.com>

Ride360: Track your child's bus and receive important notifications from Transportation Services - Download the app from the Apple App Store or Google Play Store. <https://azcasagrandeesd.myridek12.tylerapp.com>



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Help Your Child Succeed in School: Build the Habit of Good Attendance Early

DID YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just 1 or 2 days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

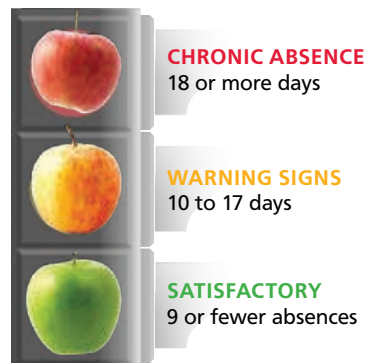
Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor or another parent.
- Try to schedule non-Covid-19 related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If you are concerned that your child may have Covid-19, call your school for advice.
- If your child must stay home due to illness or quarantine, ask the teacher for resources and ideas to continue learning at home.

Revised October 2021

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!



Andy Ayers



Elizabeth Ross



GRANDE INNOVATION ACADEMY

Welcome back to school! The Grande Innovation Academy is excited to begin another year of learning and growth together. We have some important information to share with you to ensure a smooth transition into the 23-24 academic year.

START OF SCHOOL

The first day of school is July 26, 2023. Don't forget our new school hours.

Kindergarten: 7:30 A.M. - 3:00 P.M.

1st Grade - 8th Grade: 7:30 A.M. - 3:30 P.M.

We can't wait to see all our students back in the classrooms, ready to embark on a new year of educational journey.

OPEN HOUSE

July 24th: 3:00-3:45 P.M. OR 5:30 - 7:00 P.M.

This event will provide an opportunity for parents to meet their child's teachers, tour the school, and learn more about our programs and curriculum. We encourage all parents to attend and take advantage of this valuable opportunity to connect with our dedicated faculty. We have two sessions, we ask parents to attend one full session.

TEACHER AND INTERVENTIONIST PER CLASS (K-3)

We are proud to announce that each class in grades K-3 will have a dedicated teacher and interventionist. This approach allows us to provide personalized attention and support to every student, ensuring their academic success and growth. With this collaborative team in place, we can address the unique needs of each student, fostering a nurturing and inclusive learning environment.

PARENT APPRECIATION EVENT



The Grande Innovation Academy would like to invite all GIA Parents and Guardians to Parent Appreciation Event on July 20th. We have a Special Guest Speaker Troy Kemp! We are so excited to appreciate you!

Scan the QR Code to reserve your attendance!

ARTS

We strongly believe in the importance of arts education and its ability to foster creativity and self-expression. Our school offers a comprehensive arts program that encompasses various disciplines such as visual arts, and drama club. Students will have the opportunity to explore their artistic talents, participate in performances, and develop a deeper appreciation for the arts.



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- Same Day Crowns
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- Same Day Repairs

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Casa Grande, AZ 85122

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smiles@casagrandefamilydentistry.com
www.casagrandefamilydentistry.com

SPORTS

We encourage our students to lead an active and healthy lifestyle. As part of our commitment to physical education and sports, we offer a range of athletic programs. Students will have the chance to participate in team sports and individual activities, fostering teamwork, discipline, and physical fitness.

PHYSICAL EDUCATION (PE)

Physical education is an integral part of our curriculum, and we believe that regular physical activity is essential for the overall well-being of our students. To ensure students receive ample physical exercise, we have scheduled PE classes every day. These classes will focus on building strength, and coordination, and promoting a healthy lifestyle.

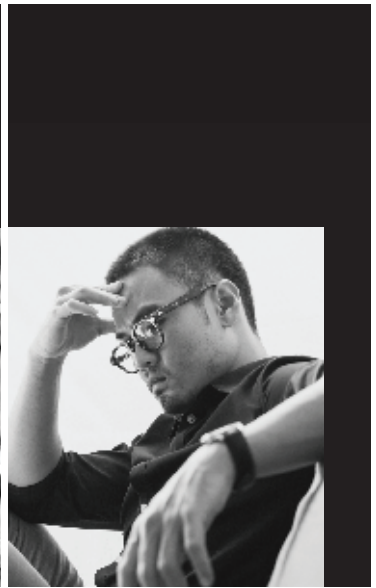
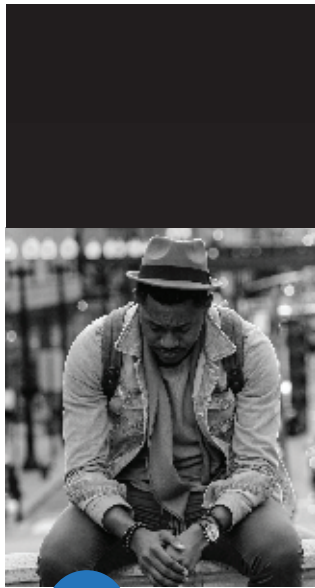
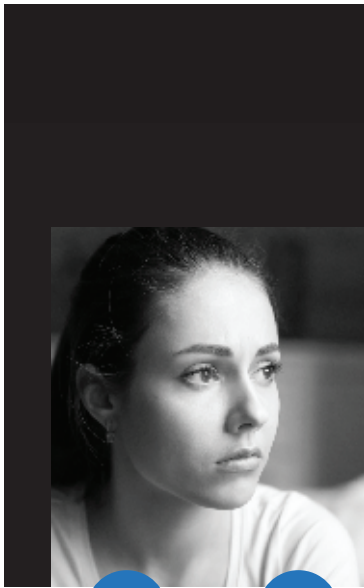
FABLAB

The Grande Innovation Academy has a state-of-the-art Fab Lab, providing students with access to innovative tools and technology. The Fab Lab serves as a creative space where students can engage in hands-on learning, design projects, and develop problem-solving skills through experimentation and collaboration.

GIFTED PROGRAM

For our gifted students, we offer a specialized program designed to meet their unique learning needs. Our gifted program provides enriched and challenging curriculum options, as well as opportunities for advanced studies and projects. We strive to create an environment that nurtures the exceptional abilities and talents of our gifted learners.

We are thrilled to welcome everyone back to school and look forward to an incredible year of academic achievements, personal growth, and exciting opportunities. Should you have any further questions or require additional information, please do not hesitate to reach out info@giaowlsmail.com, or stop by the front office. Let's make this a memorable year together!



If you think marijuana is harmless, think again.

Just Because It's Legal Doesn't Mean It's Safe | Today's marijuana contains up to 10x the amount of THC — the chemical that gets you high. And higher doses of THC are more likely to lead young adults to develop:

- 😰 Anxiety
- 😞 Depression
- 🧠 Psychosis

Vaping Weed's Not Better | It's not just vapor. Combine those higher levels of THC with harmful chemicals used to cut cannabis vaporizer fluids, like Phytol, and studies are now showing links to some major long-term damage to your lungs.

- 🤒 Pneumonia
- 😷 Shortness of breath
- 👤 Lung scarring
- 😮 Chronic coughing

Higher Potency Means More Mental Health Problems | New studies show that young adults under the age of 25 were 3½ times more likely to attempt suicide when they used marijuana regularly.

And the risk of developing psychosis in that same group was 5 times higher. Psychosis is a break from reality that often involves seeing, hearing, and believing things that aren't real. Marijuana-induced psychosis can be triggered by using large amounts of marijuana frequently.

If someone has an underlying or diagnosed mental health disorder and a co-occurring marijuana use disorder, they risk worsening the symptoms of the disorder.

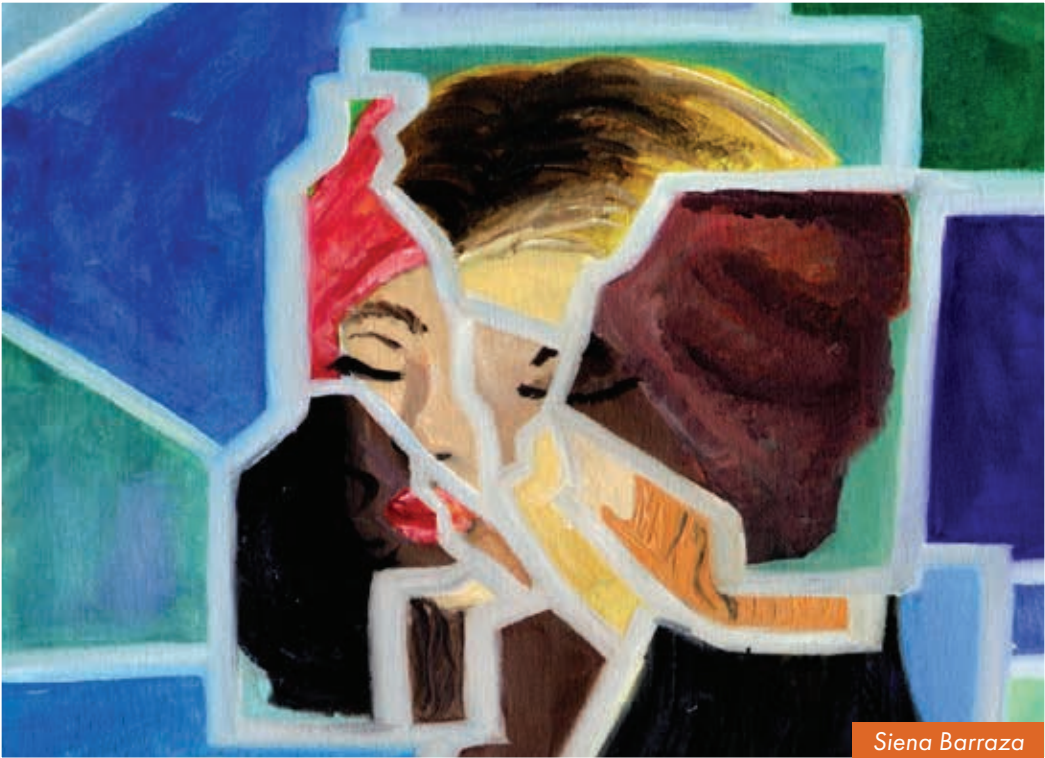
Symptoms of mental illness, particularly schizophrenia, can be worsened with heavy and prolonged cannabis use. Individuals who have a predisposition for schizophrenia who use marijuana are 7 times more likely to have an onset of the mental illness.

**Marijuana may not be the deadliest drug.
But the long-term effects it can have on your brain can still be life-changing.
Learn the facts at MarijuanaHarmlessThinkAgain.org.**

Source: umich.edu, nih.gov

This publication was made possible by SAMSHA grant number 6B08T1083435-01. The views expressed in these materials do not necessarily reflect the official policies or contractual requirements of the Arizona Health Care Cost Containment System (AHCCCS) or the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.





Siena Barraza



Charlyze Hutcherson



A LETTER FROM KENT VOLKMER, PINAL COUNTY ATTORNEY

Welcome back, students!

As your County Attorney, I want nothing more than for us to all live in a safer, stronger, better community, and for that to happen, we need YOU!

We live in a truly digital age where each of us has access to a cell phone, gaming system, tablet or computer. That exposure provides us with a direct connection to TikTok, Instagram, Snapchat, Discord and other gaming chat features where, by creating a screen name, we can hide behind a virtual cloak of invisibility. Please don't use this anonymity to be mean or bully. Instead, I am challenging each of you to do or say at least one kind thing each day this year. Still have fun. Enjoy funny dances, laugh at people being silly and check out the latest trends, but let's avoid tearing each other down. One terrible decision or one awful comment could forever change someone's life.

This year, let's celebrate our successes. By supporting each other and focusing on the positives, we have the chance to lift up our community and all who live here. Whether it is cheering on our sports teams, engaging in after school activities or becoming involved in the community events, be present in this moment. Be a voice for change. Be an ambassador for good. But most importantly, be a part of making our community great!

My wish for this school year is that each of you embraces the best version of yourself and grow in confidence, maturity and kindness. Please, stay safe and be smart.

Sincerely,

Kent Volkmer
Pinal County Attorney

"I AM CHALLENGING EACH OF YOU TO DO OR SAY ONE KIND THING EACH DAY THIS YEAR. STILL HAVE FUN. ENJOY FUNNY DANCES, LAUGH AT PEOPLE BEING SILLY, CHECK OUT THE LATEST TRENDS, BUT LET'S AVOID TEARING EACH OTHER DOWN. ONE TERRIBLE DECISION OR ONE AWFUL COMMENT COULD FOREVER CHANGE SOMEONE'S LIFE." – KENT VOLKMER

Throwback



A LETTER FROM CASA GRANDE MAYOR CRAIG MCFARLAND

Education . . . Growth, Project Based Learning and Success!

Welcome Back-to-School! This new school year we have exciting new opportunities for student learning. Parents and students now have additional opportunities to grow and succeed. Leveraging Talent here in Casa Grande will serve as a pathway to connect talent to postsecondary and career opportunities. We need to match the workforce needs of our new economy to the education system of tomorrow. Both of our local school districts have programs that are looking to do just that.

Casa Grande Elementary School District's program is COIL, Center for Online and Innovative Learning. It is a new school within the Casa Grande Elementary School District. It is located at the Evergreen Elementary School campus.



COIL is a public K-8 School of choice. Computing, Science, Technology, Engineering, and Mathematics (C-STEM) content and practices are integrated in the curriculum in a manner to drive instruction and focus the learning. It creates an environment that blends project-based learning, high academic standards, access to advanced technologies, and a culture of collaboration.

The team of educators work collectively to create deep and personalized learning opportunities for all students. They create a learning environment that emphasizes finding solutions to real-world problems using reasoning, critical thinking, problem-solving and collaboration (project-based learning, PBL). More information can be found at www.COIL@cgesd.org.



Casa Grande Union High School District's program is called **PACE**, Pathways Accelerating Career Experiences. It too is a new school within the Casa Grande Union High School District. It is located at the High School District office off McMurry and Casa Grande Ave.

"A School of Tomorrow" as it is being dubbed by the School District. It will be 9th and 10th grade its first year and will add grades each year until it is 9 -12th grades. It too will be a "Mastery Learning-grading is 90% mastery of skills on learning targets". Team courses connected to advanced technology. It will be self-paced, based on mastery and not time.

Post-secondary opportunities with access to college prep and dual credit courses. It is community connected with internship and employment opportunities with local industry. Local industry has helped advised the school with actual real world workplace needs. Career and work readiness preparation through simulations and leadership skills support.

PACE is a new approach to new workforce needs. It is innovative and creative, it will help us build the needed workforce of the future. For more information go to www.PACEinfo@cguhsd.org.

Exciting times with new opportunities for every student!

Craig McFarland
Mayor City of Casa Grande

CASA volunteers ensure that a child affected by abuse and/or neglect does not have to face the future alone.



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FOR CHILDREN

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CGUHSD



A LETTER FROM CASA GRANDE POLICE CHIEF MARK McCrORY

Dear Students, Parents, and Guardians,

As the Chief of Police, I am delighted to welcome you all back to school for another exciting academic year. With the start of a new school year comes a sense of anticipation, growth, and community. It is my honor to share some important information and reminders regarding safety and security.

First and foremost, the safety and well-being of students is paramount. During the summer break, the Casa Grande Police Department, in partnership with local school districts, held training exercises to ensure we are prepared to handle situations requiring a law enforcement response. We are committed to supporting and maintaining a safe and nurturing atmosphere in which students can learn, thrive, and excel.

Considering recent events throughout the United States, it is essential for us to acknowledge the importance of open communication and vigilance. I encourage students, parents, and staff to report any suspicious activities or concerns promptly. Moreover, road safety remains a priority for us. As students commute to and from school, we urge everyone to follow traffic laws. Drivers should be mindful of school zones, reduce their speed, and exercise caution, especially during peak hours. Pedestrians and cyclists should prioritize their safety by using designated paths, sidewalks, and crosswalks.

Another vital aspect of a safe educational environment is fostering positive relationships between students, teachers, and law enforcement. We believe in the power of community engagement and encourage students to participate in programs and activities that promote understanding, empathy, and respect. Through these initiatives, we can build bridges and break down barriers, fostering trust and cooperation between law enforcement and our school community.

I would like to extend my gratitude to the teachers, administrators, and support staff who work tirelessly to provide quality education and support to our students. Your dedication and commitment are truly commendable, and we are proud to collaborate with you in creating a safe and nurturing environment for our youth.

In closing, I wish everyone a successful and fulfilling academic year ahead. Let us embrace this opportunity to learn, grow, and support one another. Remember, safety starts with each one of us, and by working together, we can make a significant difference in our school community.

Stay safe, stay focused, and have a wonderful school year!

Mark McCrory
Chief of Police

EARLY COLLEGE SCHOLARSHIP AT CAC

The Early College Scholarship provides financial assistance to Pinal County Junior & Senior (11th & 12th grade) high school students who wish to get an early start in college.

Eligible students may receive a tuition waiver covering up to six (6) credits of in-state tuition per semester (fall/spring/summer semesters are eligible).



SCAN FOR MORE INFO OR VISIT
CENTRALAZ.EDU/EARLYCOLLEGE

**GET A
JUMPSTART
ON COLLEGE
& SAVE!**



Help kids follow these safety tips along the way to their first day and beyond!

- 💡 Teach your child to never talk to strangers.
- 💡 Do a practice walk to school or the bus stop.
- 💡 Make sure your child knows your cell phone number.
- 💡 Teach kids what traffic signals and signs mean.
- 💡 Go over school bus rules with kids.
- 💡 Teach kids to remain alert at all times when walking anywhere.
- 💡 Kids riding bikes to school should always wear their helmets, riding single file on the right side of the road.

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A LETTER FROM PINAL COUNTY DISTRICT 3 SUPERVISOR, STEPHEN MILLER

It's that time of year - back to school time!

It's always difficult to get out of the summer mentality and to get back into the mindsight of returning to school each day, completing homework, studying, and taking exams. Believe me, I enjoyed my summers off as much as you do and I loved hanging out with my friends during the days in between school years.

As we move out of summer though, it's important to start to get back into the swing of things. As we do, I think it's important to ensure we're thinking about school correctly and seeing in it the value it truly possesses.

Attending school is not only a chance to be with friends and teachers who care about you - it's a chance to learn, to compete, and to demonstrate how capable you truly are. School is a chance to access knowledge and to then demonstrate that knowledge by taking exams, completing projects and assignments, and showcasing that for parents and teachers.

All of this is to say, school is your opportunity. It's your opportunity to make something of yourself.

As you get ready to go back to school, look at it as an opportunity. This opportunity will be

presented to all of you but it will only be presented one time. This year, make the most of it by really getting out of it everything you can. Aim for an A in every class. Aim for perfect attendance. Ask your teachers what else you can do to be successful this year.

The opportunity will come and go before you realize but remember, it will only come around once.

Good luck and demonstrate for everyone how smart you are by grasping this opportunity to go back to school this year.

Pinal County District 3 Supervisor,
Stephen Miller

Vaping

Facts for Parents and Caregivers



What is vaping?

E-cigarettes, commonly referred to as vapes, heat a liquid within the device creating an aerosol mix of toxic chemicals once inhaled, including formaldehyde, diacetyl, and propylene glycol. Many chemicals found in vapes are known to cause cancer.

Some of the most common substances found in vapes are marijuana and flavored liquid nicotine. Studies have shown that using vapes, no matter the substance, can lead to breathing problems and significantly harm the lungs.

Why is vaping a problem?

Vaping Nicotine

Most e-cigarette liquids contain high levels of nicotine, which can lead to higher rates of addiction, especially for teens and young adults.

Vaping devices are also easily accessible among youth despite the legal age to buy any tobacco products, including vapes, is 21.

Studies show that vaping can harm teen brain development and long-term mental health, lead to addiction, and damage the lungs.

Mental and Physical Effects of Vaping

- 🧐 Anxiety
- 😞 Depression
- 🧠 Psychosis
- 🤧 Pneumonia
- 👃 Shortness of breath
- 🩺 Lung scarring
- 😮 Chronic coughing

Vaping Marijuana

Cannabis concentrates are highly potent and made by extracting THC - the chemical that produces the high feeling - from the cannabis plant. Similar chemicals found in liquid nicotine are found in concentrates. There is also little or no odor associated with vaping concentrates.

Youth often mistakenly believe vaping concentrates is safer than smoking a joint. However, studies have shown that concentrates include chemicals that are linked to long-term lung damage and mental health problems.



What can you do?

- Talk to your child about the real costs of vaping
- Be the positive influence
- Get the facts on vaping at TalkNowAZ.com



Cannabis concentrates are highly potent and vary from 60% to 99% THC. One THC vape cartridge can be the same as smoking up to 5 joints.



**Substance Abuse
Coalition Leaders
of Arizona**

Sources: NIDA, CDC, SAMHSA
This publication was made possible by grant number B08T1083525 and B08T1083927 from SAMHSA. The views, opinions and content of this publication are those of the author and do not necessarily reflect the views, opinions, or policies of SAMHSA or HHS. © CanStockPhoto/Brilliantata, begun1983, denvitruk, sonyanew

Helpful Resources

Statewide Resources

- 1-800-662-HELP (4357) | SAMHSA's National Helpline
- 800-QUIT-NOW (800-784-8669) | The Ash Line
- FindTreatment.gov
- DrugFree.org | Partnership for Drug-Free Kids
Text JOIN to 55753 to get help and hope by text.
- TalkNowAZ.com

Youth Resources

- Teen.Smokefree.gov
- 1-800-248-TEEN (8336) | Teen Lifeline | 24/7
- 9-8-8 Suicide & Crisis Lifeline | 24/7
- Text DITCHVAPE to 88709 | This is Quitting | 24/7
- 1-800-TLC-TEEN
OR text TEEN to 839863 to speak with another teen.
- Text QUIT to 47878 | Smokefree TXT for Teens | 24/7
- LearnMoreAZ.org



A LETTER FROM ARIZONA STATE REPRESENTATIVE, TERESA MARTINEZ

Alright kids! It's almost time to break out the crayons, charge your phones, iPad, and computers throw them into your backpack and get ready for another awesome school year! Yes, it's going to be challenging to go back to the day-long classes after sleeping in, doing homework instead of hanging out with friends, swimming and even vacation. You might even be feeling a little nervous about going back to school, but I can tell you, once you see your friends, get back into the routine you will start remembering all the great things about school! And the next thing you know you will feel right at home!

HERE ARE A FEW THINGS TO KEEP IN MIND

- **First**, never forget that there is someone in your classroom who is waiting for a friend, so never be afraid to just smile and say hi to someone you don't know. Who knows you could be meeting your brand-new BFF!
- **Second**, keep in mind that everyone is learning something new, just like you so be sure to ask questions! I promise you someone in the class was wondering the same thing and they are happy you asked!
- **Third**, school activities! please participate in them! Sports, drama, DECA, FFA, clubs, band etc. being involved in these activities will help you find your passion in life and who knows you could be the next LeBron James or Jenna Ortega!

Let's keep in mind, it's a new fresh start to a great school year so open your mind, and push out the fear.

And in the famous words of Winnie the Pooh, "You are braver than you believe, stronger than you seem and smarter than you think."

Now, go and enjoy your school year!

Stay healthy with just one tap. 



Fresh food, recipes, and fun activities are within reach. Download the free app today!



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OR VISIT

PinalHealthy.com/app



A joint project with:
THE UNIVERSITY OF ARIZONA
Cooperative Extension
Pinal County



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider.

CHANGE THE WAY YOU PARENT IN 8 WEEKS!



FREE TRAININGS FOR PARENTS!

Triple P –Positive Parenting Program for EVERY parent is one of the most effective parenting skill building programs in the world, backed by 35 years of research. **Triple P gives parents simple & practical strategies to help build strong relationships, manage behavior & prevent problems.** Triple P is used in 30 countries and works across cultures & different family structures.

TAKE THE GUESSWORK OUT OF PARENTING



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(520) 836-5022 www.casagrandealliance.com





CASA GRANDE UNION HIGH SCHOOL DISTRICT

Welcome to Casa Grande Union High School District! We have three schools in which to serve you: Casa Grande Union High School, Vista Grande High School, and PACE (Pathways Accelerating Career Experiences). High school experiences for CGUHSD students are full of opportunities to meet new people, get involved in student clubs, student leadership, and gain new experiences. Our schools offer a variety of both athletic and extracurricular opportunities for all students’ interests. Be sure to check out our website at www.cguhsd.org and follow our social media pages for all the information you need for back to school!

BACK TO SCHOOL ROUND UP

July 10-14

Casa Grande Union and Vista Grande students will be able to pick up laptops, ID’s, pay fees, etc. More details will be available on our website and social media pages.

THERE’S AN APP FOR THAT

Stay up to date with school news and announcements, keep track of upcoming events, receive critical notifications, and stay organized with the My Assignments feature. www.cguhsd.org/doapp.aspx

1.1 EVERY STUDENT ACCESS

Every student in the district will receive a laptop at the start of each school year. www.cguhsd.org/1EveryStudentAccess.aspx

HOTSPOT

www.cguhsd.org/Hotspot.aspx

As part of the “Every Student Access” initiative, the Casa Grande Union High School District, in partnership with Sprint for ConnectED, is pleased to announce the availability of wireless hotspots for student checkout to those students who lack internet access in the home. The goal of this program is to provide equitable access to the district’s online systems, and educational resources for students while not at school.

FOOD SERVICES

Children need healthy meals to learn. Casa Grande Union High School District offers healthy meals every school day. Breakfast costs \$2.15; lunch costs \$3.25. Your children may qualify for free meals or reduced-price meals (see below). Reduced-price is \$0.30 for breakfast and \$0.40 for lunch. Families with students at schools across the United States trust MySchoolBucks with their payments for school meals. With MySchoolBucks, money can be added to a student’s account, account balances and recent purchases viewed, and notifications created for upcoming payments - all from the convenience of home, office, or on-the-go. Create a free account today!

MATH & ENGLISH TUTORING

Math & English tutoring before/after school
(times and days vary semester to semester)
cguhsd.org/cgCounselingTutoring.aspx
cguhsd.org/vgCounselingTutoring.aspx

ACADEMICS

cguhsd.org/cgAcademics.aspx
cguhsd.org/vgAcademics.aspx

CAREER & TECHNICAL EDUCATION (CTE)

Students learn in real-life working environments. Growing crops, designing apps, building robots, exploring space, preparing gourmet meals, caring for preschoolers, extracting DNA, setting up and managing retail space, earning a rank in JROTC, producing theatrical entertainment, maintaining automobiles, repairing vehicles, and building structures are examples of some of the daily activities offered in our programs. Each CTE program within the district leads to a certification or industry credential. In addition to learning the technical skills for a career, our students learn the employability skills that will make them successful in their future occupations. CTE provides our students the competitive advantage of college and career readiness to further their career goals and become part of the highly skilled workforce of our community, state, and nation.

SOCIAL MEDIA

Facebook: @CGUHSDistrict
Instagram: cguhsdistrict
Twitter: @CGUHSD_82
YouTube: CGUHSD Casa Grande
Union High School District

OUR SCHOOLS

cghs.cguhsd.org
pace.cguhsd.org
vghs.cguhsd.org



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CURRENT PROJECTS & PROGRAMS



ONE OF THE WORLD'S MOST EFFECTIVE PARENT PROGRAMS!

The Positive Parenting Program (Triple P) is designed to give parents the skills they need to raise confident, healthy children and teenagers and to build stronger, loving family relationships.



GROUP TRIPLE P FOR ALL PARENTS

For all parents of children up to age 14 with concerns about their child's behavior who seek intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply in many situations. Parents learn **17 strategies** for improving child competencies and discouraging unwanted behavior. Through discussion, role play and homework, parents learn to deal with unwanted child behavior, for encouraging positive behavior and supporting emotional needs. Parents receive a workbook and certificate of completion. **8 weeks of 2-hour group sessions and 20-minute individual appointments.**

GROUP STEPPING STONES TRIPLE P

For parents of children with special needs up to the age of 14 with a range of developmental disabilities and with elevated levels of disruptive behavior. A small group course that helps parents learn proven strategies to improve and manage behavior. Parents refine the use of their parenting skills and develop independent problem-solving skills. Parents receive a workbook and certificate of completion. **9 weeks of 2.5-hour group sessions & individual 20-minute appointments.**

TRIPLE P DISCUSSION GROUPS

For all parents. A series of two-hour standalone small group sessions on common parenting challenges. Topics include **managing fighting and aggression; developing good bedtime routines; hassle-free shopping with children; and dealing with disobedience**. The discussion groups are also designed to provide an overview of the positive parenting principles for any interested parent. Parents receive a workbook and certificate of completion. **One 2-hour session per topic.**

PATHWAYS TRIPLE P (by appointment only)

For parents with difficulty regulating emotions and as a result are considered at risk of child maltreatment. The individual sessions focus on common parent traps, understanding and managing anger, and other strategies to improve a parent's ability to cope with raising children. Parents receive a workbook and certificate of completion. **Two 90-minute sessions.**

STRONG FAMILIES PROGRAM

For parents and youth 10-14 years. An interactive program for the whole family. SFP is designed to enhance parenting skills, empathy, and promote effective parenting styles. Strong Families builds youth decision-making and life skills, including stress management, conflict resolution, peer pressure resistance, and empathy. SFP strengthens family bonds and promotes positive communication and family problem solving. **Seven in-person 2.5-hour sessions for parents & children.**

PARENT SUPPORT SESSIONS

For all parents. Monthly peer to peer meetings to encourage connections between parents. Parents will have the opportunity to share struggles and challenges, problem solve and troubleshoot, share ideas, resources and strategies, and celebrate successes. **Monthly, 2.5-hour sessions on third Tuesdays**

PARENT PEER COACHING

For all parents. Parent peer coaching offers hope, guidance, advocacy, and camaraderie for parents and caregivers of children and youth receiving participating in the parenting skills training and family support programming we offer. **Parents and their coaches have weekly check-ins and meet on a monthly basis.**

	<p>PROFESSIONAL DEVELOPMENT AND COMMUNITY EDUCATION</p> <p>We offer a variety of presentations to schools, businesses, and social service organizations. Presentations include: Adverse Childhood Experience and Trauma Informed Practice, Opioid Misuse Prevention Training for Employers, Fentanyl and Methamphetamine Crisis Training, Naloxone and Overdose Training, Protective Factors Training, and other customized trainings to meet your needs.</p>
	<p>CASA GRANDE YOUTH ALLIANCE (CGYA)</p> <p>The CGYA consists of a diverse body of students from area middle and high schools and uses youth-led participatory action research (YPAR) and effective youth-adult partnerships to engage youth assessing needs and implementing service projects to elevate the voice of youth in our communities. A goal for all Youth Alliance members is to earn the Presidential Volunteer Service Award.</p>
	<p>FAMILY ENGAGEMENT PROGRAMMING</p> <p>We currently partner with schools to coordinate family engagement programs. Programs engage parents and adults during the after school and early evening hours. We currently seek community volunteers and partners to build programming of interest to youth and parents. Please consider volunteering!</p>
	<p>THRIVE—A RESILIENCE PROGRAM FOR TEENS</p> <p><i>Empowering youth through skill development and application to overcome and conquer life's challenges.</i></p> <p>In partnership with the Arizona National Guard Counterdrug Taskforce, we coordinate the facilitation of the THRIVE in 8th grade classrooms across Casa Grande. THRIVE addresses challenges and provides the knowledge & tools to help youth thrive by promoting positive choices and healthy habits. We seek community and organizational volunteers to serve as trained facilitators.</p>
	<p>COMMUNITY GARDEN—FOOD PANTRY</p> <p>In partnership with the Arizona Cooperative Extension—Pinal County, we serve as the caretakers for the community garden at CGMS and have produced 100's of pounds of fresh vegetables that we share with families, schools and the women's shelter. We also have established a new partnership with and serve over 100 families per month. We welcome pantry and garden volunteers!</p>
	<p>NALOXONE AND NARCAN DISTRIBUTION</p> <p>We serve as a community training and distribution point for naloxone and Narcan. With the dramatic increase of the illegal, illicit fentanyl flooding into our state, we need to learn how to prevent and reverse overdoses. Please schedule an Overdose Reversal and Naloxone training for your organization or group soon!</p>
	<p>THE CASA GRANDE COMMUNITY RESILIENCE COALITION (NEW MEMBERS WELCOME!)</p> <p>The Casa Grande Alliance is a collaboration among 30+ city and county government departments, mental health, treatment and recovery providers, schools, local businesses, churches, and other local organizations ready for and engaged in identifying needs and delivering effective community prevention strategy.</p>
	<p>THE PINAL COUNTY WELLNESS ALLIANCE—A COUNTY COALITION (NEW MEMBERS WELCOME!)</p> <p>Committed to improving the quality of life in Pinal County, our wellness alliance serves as a resource to work to address issues that bring our most vulnerable population into the social support and criminal justice systems. The Wellness Alliance also helps develop and strengthen individual and community resilience.</p>
	<p>THE PINAL COMMUNITY REENTRY PROJECT</p> <p>We provide supportive services, information referrals, and mentorship for individuals returning to the community from jail or prison to empower individuals set and achieve goals for returning to our community. Our volunteer coaches who provide emotional support, encouragement and resource navigation. Please consider giving up to 6 hours a month as a Reentry Coach!</p>



Miranda Vega



***Have a Great
School Year!***



Scott Gentes

(520) 421-1066

453 E. Cottonwood Ln., Ste 1

Casa Grande, AZ 85122

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STRENGTHENING FAMILIES: A POWERFUL PROGRAM FOR THE ENTIRE FAMILY!

The Casa Grande Alliance is proud to be an accredited provider of the Strengthening Families Program! The Strengthening Families Program: For Parents and Youth 10-14 has made a difference in thousands of families in all 50 states and in over 25 countries. The research shows that protective parenting improves family relationships and decreases the level of family conflict, contributing to lower levels of substance use.

Parents want to protect their children, but it's challenging. Youth need skills to help them resist the peer pressure that leads to risky behaviors. Strengthening Families Program for Parents and Youth 10-14 is an evidence-based parent, youth and family skills-building program that prevents adolescent substance use as well as other behavior problems, strengthens parent/youth communication skills, and increases the likelihood of academic success for youth.

Research studies show that:

- Youth attending the program had significantly lower rates of alcohol, tobacco and marijuana use compared to control youth.
- The differences between program and control

youth actually increased over time, indicating that skills learned and strong parent-child relationships continue to have greater and greater influence.

- Youth attending the program had significantly fewer conduct problems in school than youth in the control group.
- Parents showed gains in specific parenting skills including setting appropriate limits and building a positive relationship with their youth.
- Parents showed an increase in positive feelings towards their child.
- Parents show gains on general child management including setting rules and following through with consequences.
- Parents increase skills in general child management such as effectively monitoring youth and having appropriate and consistent discipline.

To learn more about how to participate in the Strengthening Families Program, please visit casagrandealliance.com/parent-programs or call (520) 836-5022.



Community Engagement and Youth Voice

- Strengthen and sharpen leadership skills
- Find a passion and be inspired
- Learn to create community partnerships
- Build your resume
- Increase time management skills
- Become a team player; set and achieve goals
- Learn to resolve conflict
- Positive and fun experience!
- Earn scholarships

For more information, visit the Youth Alliance webpage



SCAN ME





OVER 8,000 ARIZONA PARENTS REPORT BIG GAINS THROUGH TRIPLE P

The Casa Grande Alliance is proud to participate in the network of over 300 Positive Parenting Program providers in Arizona. Triple P works by giving parents the skills to raise confident, healthy children and teenagers, and to build stronger family relationships. It also helps parents manage misbehavior and prevent common child rearing problems occurring in the first place.

Triple P is an evidence-based, multi-tiered system for improving parenting practices, family well-being, and children's social and emotional well-being.

Between 2015-2022, 8,450 parents across Arizona participated in Triple P Parenting Programs.

- 8 out of 10 who participated in Triple P parenting classes reported that the program helped them to deal more effectively with their children's behavior
- 7 out of 10 reported that Triple P helped them to deal more effectively with problems that arise in their families
- 7 out of 10 reported improvements in parental depression
- 8 out of 10 reported improvements in parental anxiety
- 9 out of 10 reported improvements in parental stress
- 8 out of 10 reported increased use of positive parenting practices
- 7 out of 10 reported improvements in family relationships

To learn more about how to participate in a variety of Triple P classes, please visit casagrandealliance.com/parent-programs or call (520) 836-5022



Piper O'Sullivan



Defining the Five Protective Factors

Families are supported to build:

Parental Resilience

The ability to recover from difficult life experiences, and often to be strengthened by and even transformed by those experiences.

Social Connections

The ability and opportunity to develop positive relationships that lessen stress and isolation and help to build a supportive network.

Knowledge of Parenting and Child Development

The ability to exercise effective parenting strategies to guide and know what to expect as children develop in multiple domains (physical, cognitive, language and social and emotional).

Concrete Support in Times of Need

Access to supports and services that reduce stress and help to make families stronger.

Social and Emotional Competence of Children

Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

CENTER FOR THE STUDY
OF SOCIAL POLICY'S

strengthening families™

A PROTECTIVE FACTORS FRAMEWORK

**CHILDREN'S
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ctfalliance.org/protective-factors



THE IMPORTANCE OF SOCIAL CONNECTIONS

HOW WE CAN STRIVE TO BETTER PREPARE YOUTH FOR THE FUTURE

Social connection is defined as the interpersonal and interdependent closeness between people, resulting in a sense of belonging. Social connection is a sense of trust and belonging in one's community. It is a feeling of being accepted and appreciated for one's best qualities, rather than tolerated or ignored. In broad terms, social connection is critical to physical and mental wellbeing.

A feeling of closeness to others increases longevity and strengthens the immune system.

A lack of social connectedness has been found to be more harmful to one's health than high blood pressure, smoking, or obesity. In educational contexts, social connection is especially critical. While it was once thought to have been incidental to learning and cognition, it is increasingly evident from neuroscientific research that a sense of belonging has a profound effect on the knowledge and skills that students can learn, retain, and apply.

When students have weak social connections, learning is limited through reduced executive function. Executive function serves as the command center of the brain which nimbly sorts and applies new learning. Students with poor social connections are more prone and more sensitive to the effects of social threat and bullying, depression and anxiety, substance abuse and health issues.

A socially connected student typically looks

forward to going to school; feels that they are liked and accepted for who they are at school; feels close to teachers, staff and peers; and feels like a valued part of the school.

When youth are given a space to support one another through a club, scouts, sport, afterschool activity or association, this helps to lessen their stress and foster a sense of belonging. Whether students choose to disclose aspects of their identity or not can influence their stress levels, and the need to conceal parts of themselves can often produce high levels of stress.

At home and at school, we need to intentionally and frequently celebrate differences in our youth and stop harassment immediately and firmly whenever it arises. It is also important that we keep an eye out for our most vulnerable youth and to have a clear plan of support in place for when bullying does occur.

Children learn how to handle conflicts through explicit instruction and by watching the people around them handle conflicts. Helping our children learn positive and proactive ways to manage conflict, children will take on the strategies of their friends and family members, which may not always be positive and restorative. Schools have a considerable influence over students' social development, and it is important that we use this to teach our youth how to thoughtfully confront conflict.

What is the importance of social connection in children?

The proportion of young adults experiencing loneliness and isolation has increased every year between 1976 and 2019. Today, young people have among the highest rates of loneliness.¹ Research finds that experiencing loneliness in childhood not only negatively affects health and academic outcomes in youth, but is also associated with worsened health and economic outcomes in adulthood.^{2,3,4,5,6}

Potential warning signs of loneliness and isolation in children include: increases in the time they spend alone, disproportionate online time, limited interactions with friends, and/or excessive attention-seeking behaviors.^{7,8}

What can parents and caregivers do to increase social connection among children?

1. **Invest in your relationship with your child or loved one.** Strong and secure attachments are protective and provide a good foundation for other healthy relationships as your child ages.
2. **Model healthy social connection for your children** and others around you. Some of these practices may include:
 - Exhibiting constructive conflict resolution.
 - Spending time and staying in regular contact with extended family, friends, and neighbors.
 - Setting time aside for socializing in person, away from the distractions or usage of technology and social media.
 - Participating in community events.
3. **Help your children and adolescents develop strong, safe, and stable social connections** by supporting their individual friendships, participation in structured activities (volunteering, sports, community activities, or mentorship programs), and relationships with trusted adults (e.g. grandparents, teachers, coaches, counselors, and mentors).
4. **Be attentive to how young people spend their time online.** Delay the age at which children join social media platforms and monitor and decrease screen time in favor of positive, in-person, connection-building activities.
5. **Talk to your children about social connection regularly** to understand if they are struggling with loneliness or isolation. These conversations can help destigmatize loneliness and social isolation create safe space for children to share their perspective and needs.
 - **Connect youth to helpers** like counselors, educators, and health care providers if they are struggling with loneliness, isolation, or unhealthy relationships.

1. Buecker et al., 2021.

2. Cené et al., 2022.

3. Caspi et al., 2006.

4. Danese et al., 2009.

5. Loades et al., 2020.

6. Ballard et al., 2019.

7. Mental Health America.

8. Ehmke et al., 2022.

For more information and resources on the harms of social isolation and loneliness, and ways to increase your level of social connection, read the advisory at: surgeongeneral.gov/connection



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HELPING KIDS WHO STRUGGLE WITH EXECUTIVE FUNCTIONS

Executive functions are the essential self-regulating skills that we all use every day to accomplish just about everything. They help us plan, organize, make decisions, shift between situations or thoughts, control our emotions and impulsivity, and learn from past mistakes. Kids rely on their executive functions for everything from taking a shower to packing a backpack and picking priorities. Children who have poor executive functioning, including many with ADHD, are more disorganized than other kids.

The steps necessary for completing a task often aren't obvious to kids with executive dysfunction, and defining them clearly ahead of time makes a task less daunting and more achievable. Following a checklist of steps also minimizes the mental and emotional strain many kids with executive dysfunction experience while trying to make decisions. You can make a checklist for nearly anything. Some parents say posting a checklist of the morning routine can be a sanity saver: make your bed, brush your teeth, get dressed, have breakfast, grab your lunch, get your backpack.

When making a checklist, many educational therapists also recommend assigning a time limit for each step, particularly if it is a bigger, longer-term project. Educational specialists also highlight the cardinal importance of using a planner. Most schools require students to use a planner these days, but they often don't teach children how to use them, and it won't be obvious to a child who is overwhelmed by—or uninterested in—organization and planning. This is unfortunate because kids who struggle with executive functioning issues have poor working memory, which means it is hard for them to remember things like homework assignments. And working memory issues tend to snowball. While a child is learning new skills, it is essential that he understand the rationale behind them, or things like planning might feel like a waste of time or needless energy drain. Kids with poor organizational skills often feel pressured by their time commitments and responsibilities, and can be very averse to delay.

Educational specialists like Mara Koffman, MA, who founded Braintrust, a tutoring service for kids with learning issues, advocate using a variety of strategies to help kids understand—and remember—important concepts. Visual learners, for example, benefit from using graphic organizers as a reference. Other kids remember things better if there is a motion supporting it, like counting on their fingers, which is good for visual and tactile learners. Younger children benefit from self-talking to reduce anxiety and Social Stories, which are narratives about a child successfully performing a certain task or learning a particular skill. As kids get older and are expected to memorize a lot of dry factual information, Koffman recommends mnemonic devices as a way to structure information in a more memorable way. Establishing a routine is particularly important for older kids, who typically struggle more to get started with their homework. Educational specialists recommend starting homework at the same time every day. Expect some resistance from older kids, who often prefer to wait until they feel like doing their work. Dr. Cruger strongly advises against waiting to start homework.

For younger kids, Koffman recommends putting a reward system in place. “Younger kids need external motivators to highlight the value of these new strategies. Something like a star chart, where kids see the connection between practicing their skills and working towards a reward, works very well. If you're using a reward chart, hanging it in the designated homework area can be a good incentive. For older kids who aren't as motivated by things like rewards, parents should still be encouraging. Koffman recommends parents checking in with older kids. Ask how things are going or offer help. Developing new strategies for learning isn't easy either. Initially, it can put kids who are already self-conscious even further outside their comfort zone, but it's worth the effort. We use our organizational skills every day in a million ways, and they are essential to our success in school and later.



Self-regulation

Self-regulation is the process by which students monitor and control their cognition, motivation, and behaviour in order to achieve certain goals.



Planning

- Set goals that students use to check their own progress
- Identify particular learning strategies
- Develop a plan for achieving goals



Performance

- Implement appropriate and effective learning strategies
- Identify and access help when required
- Monitor progress towards goals
- Identify when a new learning strategy is required



Reflection

- Reflect on and evaluate progress and performance
- Respond to self-evaluation by either putting in more effort or easing back to focus on other tasks
- Identify lessons for future learning activities



How to build self-regulation

- Explicitly teach students different learning strategies and when to apply them
- Match desired learning to appropriate strategies
- Provide regular feedback while also developing a culture that celebrates mistakes as opportunities to learn
- Create and maintain a classroom environment that enables children to focus
- Guide students in how to monitor their progress and make adjustments accordingly
- Teach students how to use feedback to inform next steps



Why self-regulation is important

- Implement appropriate and effective learning strategies
- Identify and access help when required
- Monitor progress towards goals
- Identify when a new learning strategy is required

For more research-informed educational resources and information, visit theeducationhub.org.nz



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Inspire Achievement

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Our Newspapers in Education World of Wonder page runs in the Tuesday Casa Grande Dispatch

Newspapers are a valuable teaching tool, sharpening reading and critical thinking skills while encouraging kids to become more engaged citizens by learning about the world around them. Here's how you can help our community's students benefit from the newspaper as a living textbook:

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- Intake & Assessment
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- Case Coordination
- Crisis Intervention
- Psychiatric Services

GOVERNOR'S OFFICE YOUTH RESILIENCY GRANT

- Botvin Life Skills Training
- Trauma Informed Workshops
- Collaboration with Eloy Governor's Alliance
- Collaboration with Coolidge Youth Coalition

AHCCCS "SI SE PUEDE" GRANT

- Collaboration with Eloy Governor's Alliance
- Drug Prevention Workshops
- Trauma Informed Workshops
- Resource Referral Program

HRSA OPIOID TREATMENT GRANT

- Intake & Assessment
- Counseling
- Case Coordination
- Psychiatric Services
- Peer Recovery

PINAL COUNTY PROMOTORA GRANT

- Community Health Workers
- Community Education
- Community Outreach
- PPE Distribution

PINAL COUNTY VETERANS GRANT

- Emergency Assistance
- Wreaths Across America
- Veterans Garden
- Resource Brokering

SAMHSA COMMUNITY MENTAL HEALTH CENTER GRANT

- Intake & Assessment
- Counseling
- Case Coordination
- Psychiatric Services
- Peer Recovery

SAMHSA MEDICATION ASSISTED TREATMENT GRANT

- Intake & Assessment
- Counseling
- Case Coordination
- Psychiatric Services
- Health Coordination

SAMHSA - Mental Health Awareness Training Grant

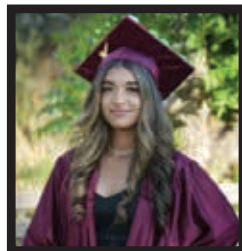
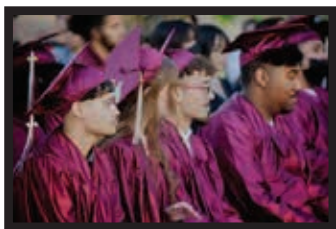
- Train Community Stakeholders on Mental Health
- Mental Health Crisis Response
- Mental Health De-Escalation
- Coordination of Care

For information contact:
Ralph Varela, C.E.O.
(520) 466-7765

*Thank you for your support on behalf of
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