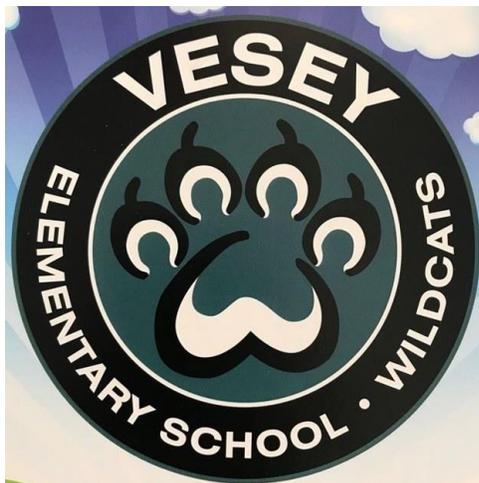




# Vesey Elementary News

September 2021



Welcome back Vesey families! Here's what you'll find included in this month's Newsletter:

- September Events
- The Principal's Podium: A letter from Mr. Uhrig
- Counselor's Corner
- 21st Century Community Learning Center
- Family Talks Webinars

- Library News
- Attendance News
- Resources

## September Events

**September 13-17--** Book Fair

**Tuesday, September 14th--** Grandparents Week for K-2

**Thursday, September 16th--** Grandparents Week for 3-5

**Friday, September 17th--** Movie Night (Outdoors, watching Raya and the Last Dragon!)

**Wednesday, September 22nd & Thursday, September 23rd--** School Pictures

## The Principal's Podium: A Letter From Mr. Uhrig

Hello Vesey Families,

As we enter September, we have important testing this month along with our start of fall activities. We are hoping for cooler weather as we move into the sweater season. We are doing well with our daily operations and the kids are adjusting just fine to our programs. Our Band, Orchestra and OMA activities are well under way and the teachers and students are loving these activities. We are starting Cross Country Teams for 3-5 grade students and their meets begin soon. We have our Book Fair starting on the 13th-17th so please stop by and support the fair. We are having our first Movie Night on the 17th and we are excited to host the Raya and The Last Dragon as our kick off movie event. Please bring the entire family, there is no charge. The event will be outdoors, so please bring a folding chair or heavy blanket to sit on the dirt and grass. Please bring bug spray for the mosquitoes and the movie will start at 6:30PM. The book fair will be open and so will our concession stand from 6:00PM til 8:00PM. We do have snacks that we sell so that is the only charge of you want buy. Enjoy a slice of pizza or nachos or a hot dog and enjoy the movie. Our Picture Day is the 22nd so please dress up and look amazing. Please come in a see us if you have any questions or concerns as we are here to help you. Have an amazing month!



Thank you,

**Jeffrey M. Uhrig M.A.E.d./MBA**

**Very Proud Principal**

## Counselor's Corner



Hello Vesey families and welcome to September! As we continue throughout the year, I want to make sure that you're all familiar with the mental health resources that you have access to through TUSD. Two huge ones are Talk It Out and Casa de los Niños.

### Talk It Out

Talk It Out is a program provided through the U of A Counseling Department. They provide individual and family therapy sessions for free! And even better, it's available not only to TUSD students, but also to TUSD families! To get connected with Talk It Out, fill out the survey at [this link](#). Please see the images here for more information.

# Talk it Out

COUNSELING SERVICES

A UNIVERSITY OF ARIZONA PARTNERSHIP

Do you know a TUSD student or family in need of  
**free mental health services?**

## FREE Counseling Services

for all enrolled TUSD students and their families

**SERVICES ARE NOW BEING OFFERED REMOTELY**  
TO ENSURE THE SAFETY OF COUNSELORS, STUDENTS, AND FAMILIES DURING THE CORONAVIRUS  
PANDEMIC, SESSIONS WILL BE CONDUCTED BY PHONE OR ONLINE UNTIL FURTHER NOTICE.

\*Available to enrolled TUSD students and their families. \*No income or insurance requirements.  
\*Services provided by UArizona College of Education, Counseling Program, Masters in Counseling Students.

Provided by TUSD Family Resource  
Centers, in partnership with UArizona  
College of Education, Counseling Program.



Contact your school  
counselor or any TUSD  
Family Resource Center for  
more information.

To request Talk It Out  
services, go to  
[bit.ly/3eMUmM4](https://bit.ly/3eMUmM4)  
or scan here.



# Talk it Out

COUNSELING SERVICES

UNA ASOCIACIÓN DEL DISTRITO ESCOLAR UNIFICADO DE TUCSON  
CON EL COLEGIO DE EDUCACIÓN DE LA UNIVERSIDAD DE ARIZONA

¿Conoce a un estudiante o familia de TUSD que necesite  
**servicios gratuitos de salud mental?**

## Servicios de Consejería GRATUITO

para cualquier estudiante de TUSD y su familia

**LOS SERVICIOS SE OFRECEN AHORA DE FORMA REMOTA**  
PARA GARANTIZAR LA SEGURIDAD DE LOS CONSEJEROS, ESTUDIANTES Y FAMILIAS DURANTE LA PANDEMIA DE  
CORONAVIRUS, LAS SESIONES SE LLEVARÁN A CABO POR TELÉFONO O EN LÍNEA HASTA NUEVO AVISO.

\*Disponible para cualquier estudiante de TUSD inscrito y su familia. \* Sin requisitos de ingreso o seguros.  
\* Servicios prestados por Facultad de Educación de UArizona, Programa de Consejería, Estudiantes de Maestría en Consejería.

Proporcionado por los Centros de  
Recursos Familiares de TUSD,  
en asociación con el Programa de  
Consejería de la Facultad de Educación  
de la Universidad de Arizona.



Comuníquese con el consejero  
de su escuela o cualquier  
Centro de Recursos Familiar  
para obtener más información.

Para solicitar servicios de  
Talk It Out, vaya a  
[bit.ly/3eMUmM4](https://bit.ly/3eMUmM4)  
o escanear aquí:



## Casa de los Niños

Casa de los Niños is another fantastic mental health resource for TUSD students. They offer individual and family therapy, psychiatric evaluations, case management, parenting classes, and group work for our students! More information is provided about some of their parenting classes in the Resources section of this newsletter. To learn more about getting connected with Casa de los Niños, please reach out to Allie Kerr, our School Counselor ([alexandra.kerr@tusd1.org](mailto:alexandra.kerr@tusd1.org)), or Rachel Lopez, our School Social Worker ([rachel.lopez@tusd1.org](mailto:rachel.lopez@tusd1.org)).

## Counseling classroom lessons this September

This September, students will be learning communication skills, identifying feelings, and learning about the Zones of Regulation! Please reach out to me if you have any questions.

## 21st Century Community Learning Centers Before and After School Program

Good Afternoon Vesey Families!

Our 21st Century Community Learning Centers Before and After School Program will be starting on September 20th, 2021. We are working on inviting students who demonstrate a need for academic help first before we open up these classes for open invitation to all. If you are interested in getting some reading or math help for your child, please let your child's teacher know so that they can give you an invitation when the time comes. In the meantime, we would like to offer open registration for a few classes that will be offered by some of our wonderful staff members. Snacks will be offered after school from 3:25-3:45 p.m. in the cafeteria. Please read the following descriptions to decide which class your child might want to be a part of.

**Morning Class:** 8:00-9:00 a.m. Mindful Mornings with Ms. Allie (2nd-5th Grade only) Students will experience a relaxing start to their school day by practicing mindfulness strategies like yoga, deep breathing, guided visualization, and meditation. If you'd like your student to learn new calming skills and experience an active, yet calm morning, this is the class for you!

**Afternoon Classes:** 3:45-5:00 p.m. K-2 Social Skills Club with Ms. Allie (Kinder-2nd Grade only on Monday/Tuesday) Students will learn age-appropriate communication skills and engage in lots of practice with other students. If you'd like your student to learn and practice new ways of working with others, please consider signing them up for this course!

3-5 Social Skills Club with Ms. Allie (3rd-5th Grade only on Thursday/Friday) Students will learn age-appropriate communication skills and engage in lots of practice with other students. If you'd like your student to learn and practice new ways of working with others, please consider signing them up for this course!

Cricut Creations with Ms. Nissell (4th-5th Grade only on Monday/Tuesday/Thursday) We will be learning how to use the Cricut Machine and all the tools that go with it. We will be using our creative minds and

imagination to make jaw-dropping creations using the amazing Cricut Design Space to plan out our designs. We will be using technology and imagination to the fullest then put into action using the cricut machine to show our creativity.

Please sign up using the following link:

If you have any further questions, please email [Haydee.Hernandez@tusd1.org](mailto:Haydee.Hernandez@tusd1.org) and [Skyler.Shenk@tusd1.org](mailto:Skyler.Shenk@tusd1.org) and we will be happy to assist you!

Thank you, Ms. Hernandez and Mr. Shenk

## Vesey Family Talks

What is Family Talks?

Please join us each Wednesday night at 5:30 for Family Talks! Led by Rachel Lopez (our School Social Worker) and Allie Kerr (our School Counselor), Family Talks is a series of conversations designed to give your family relevant and useful information!

No registration is needed. If you are interested, please join us Wednesdays at 5:30 on Zoom here:

<https://tusd1.zoom.us/j/84214873877?pwd=NldqdEhmM3BaS3IGUDFHNIzDUGJxZz09>

Meeting ID: 842 1487 3877

Passcode: Vesey

- **Sept. 15th** Helping Your Child Cope with Stress & Anxiety
- **Oct. 20th** The Parent & School Partnership: How to Advocate for Your Child
- **Nov. 17th** Family Communication
- **Jan. 19th** Internet Safety
- **Feb. 16th** Community Resources for your family
- **March 23rd** Depression: What to look for and how to support your child
- **April 20th** Supporting Your Student's Transition to Middle School
- **May 18th** Ideas for Fun Summer Family Activities



## Library News

Hello Vesey families!

We will be having a Scholastic Book Fair from Monday, September 13 until Friday, September 17! Students will preview the Book Fair during their library time that week and will be able to make purchases before and after school. The final opportunity to access the Book Fair will be during Movie Night on Friday, September 17.

Have a super September!

Mr. Munoz



## Attendance Matters

DID YOU KNOW?

**What Is Your Attendance Like?**  
**Missed Days and Minutes Add Up!**

2 absences per month  
x 9 months of school a year  
= 1 month school missed  
When the pattern continues for K-12<sup>th</sup> that equals 1 year of school missed during K-12<sup>th</sup>

ON TIME all day EVERY DAY

He/She is only missing just...	That equals...	Which is...	and over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly <b>Half a year</b>
20 minutes per day	1 hour 40 mins per week	Over 2.5 Weeks per year	Nearly <b>1 year</b>
Half an hour per day	Half a day per week	4 Weeks per year	Nearly <b>1 and a Half years</b>
1 hour per day	1 day per week	4 weeks per year	<b>Two years of school</b>

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences 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. Good attendance will help children do well in high school, college, and at work.

Attendance Works: <https://www.attendanceworks.org/resources/handouts-for-families/>

## Community Resources



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*TUSD Southwest Family Resource Center offers students/parents a variety of assistance to include food boxes, clothing, school supplies, counseling and classes on various topics.*

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- 6855 S. Mark Rd.
  - (520) 908-3980
  - *Hours of Operation: Mon. Wed. & Fri. 8:00-4:30 p.m. Tue. & Thur. 9:30-6:00 p.m.*
- 

*PIMA HELPLINE is a site where you can find several community resources in Tucson to include mental health help. <https://pimahelpline.org/>*

***FREE interaction online Parent Enrichment Classes at Casa de los Ninos***

***For more information on parenting class or to register, please visit [www.casadelosninos.org](http://www.casadelosninos.org)***

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## Community Education and Outreach September 2021 Class Schedule

### **Philosophy of Nurturing Parenting**

September 1, 2021  
4:00 PM – 5:30 PM

### **(Spanish) Ages & Stages of Growth for Infants & Toddlers**

September 1, 2021  
6:15 PM – 7:30 PM

### **Ages & Stages of Growth for Infants & Toddlers**

September 7, 2021  
4:00 PM – 5:30 PM

### **Ways to Enhance Positive Brain Development**

September 8, 2021  
4:00 PM – 5:30 PM

### **(Spanish) Ways to Enhance Positive Brain Development**

September 8, 2021  
6:15 PM – 7:30 PM

### **(Spanish) Communicating with Respect**

September 12, 2021  
2:00 PM – 3:30 PM

### **Communicating with Respect**

September 13, 2021  
4:00 PM – 5:30 PM

### **Raising a Confident Child**

September 14, 2021  
4:00 PM – 5:30 PM

### **Understanding Feelings**

September 15, 2021  
4:00 PM – 5:30 PM

### **(Spanish) Developing Morals, Values and Rules**

September 15, 2021  
6:15 PM – 7:30 PM

### **(Spanish) Positive Ways to Deal with Stress & Anger**

September 19, 2021  
2:00 PM – 3:30 PM

### **Developing Morals, Values & Rules**

September 20, 2021  
4:00 PM – 5:30 PM

### **Importance of Praise**

September 21, 2021  
4:00 PM – 5:30 PM

### **Alternatives to Spanking**

September 22, 2021  
4:00 PM – 5:30 PM

### **Positive Ways to Deal with Stress & Anger**

September 23, 2021  
4:00 PM – 5:30 PM

### **(Spanish) Importance of Praise**

September 26, 2021  
2:00 PM – 3:30

### **Developing Personal Power in Children**

September 27, 2021  
4:00 PM – 5:30 PM

### **Discipline, Rewards & Punishment**

September 28, 2021  
4:00 PM – 5:30 PM

### **Establishing Nurturing Parenting Routines**

September 29, 2021  
4:00 PM – 5:30

### **Taking Care of Ourselves & Meeting Our Needs**

September 30, 2021  
3:00 PM – 4:30 PM



**casa de los niños**

CHANGING LIVES FOR GENERATIONS

For more information on parenting classes or to register,  
please visit - [www.casadelosninos.org](http://www.casadelosninos.org)