

# #TUHSDStrong

From the Office of Superintendent Nora Gutierrez

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

Tuesday, April 7, 2020

## #TUHSDSTRONG

*Quote of the Week:*

The single greatest thing you can do to change your life today would be to start being grateful for what you already have right now.

-Oprah Winfrey

*Meme of the Week:*

### COVID-19 FEELINGS

TIME SEEMS TO HAVE PAUSED INDEFINITELY

FEELING A COLLECTIVE "TOGETHERNESS" DESPITE BEING PHYSICALLY ISOLATED

REALIZING THAT HUMAN CONNECTION IS NOT JUST AN OPTION, ITS A NECESSITY

CONSTANT SENSE OF DISPLACEMENT



GRIEVING FOR A LOST SENSE OF NORMALCY

BEING CONFRONTED WITH THE CHALLENGE OF BEING ALONE WITH MYSELF

PLANNING IS NO LONGER RELEVANT I'M FORCED TO LIVE DAY-BY-DAY

HOLDING ON TO HOPE LIKE A LIFE-LINE.

@rockinmxsi



*Helpful Links:*

1. [Self-Care](#)
2. [District COVID Information](#)
3. [Meditation for Beginners](#)
4. [ADE Guidance for COVID](#)

*App Download:*



**Sanvello for Stress & Anxiety**  
 Depression, Anxiety & Stress  
 Sanvello Health Inc.

#33 in Medical  
 ★★★★★ 4.5, 8.3K Ratings

Free - Offers In-App Purchases



*Stay Healthy.  
Stay Safe.*

"You are not working from home; you are at your home during a crisis trying to work."

READ THIS AGAIN.

for daily inspiration, breathing and meditation exercises, daily check-ins and so much more.

**Helpful Links from resource above:**

[Self-Care](#)

[District COVID-19 Information](#)

[Meditation for Beginners](#)

[ADE Guidance for COVID-19](#)

- We wish all of our staff and students a restful four-day weekend this week. During this stressful time, it will be nice to unplug and enjoy **Friday, April 10<sup>th</sup> off (Cesar Chavez Holiday)** and **Monday, April 13<sup>th</sup> off (Spring Recess)** per our school year calendar. Enjoy the time off with your family. It is well deserved.



- Even though there is no school on **Monday, April 13**, Food distribution will still continue from 4-6 p.m. at the high schools. Please be sure to pick up your 5-day meal pack on Monday. Thanks to our dedicated staff, including principals and our Food and Nutrition employees, everyone is onboard with continuing to provide the Meal Packs and maintain continuity of distribution, even though it is a holiday (Spring Recess).



- Good news from the Career and Technical Education (CTE) front.

Alan Serrano, a current junior and Business Operations student at Tolleson Union High School has been selected to serve a second term on the Arizona Future Business Leaders of America (AZFBLA) State Officer Team. Even though the Career Technical Student Organization (CTSO) competitive season was cut short this year, student leaders are still in action. Specific offices will be filled by students in the near future. Best of luck to Alan. We know he will represent his chapter, school and our district in the very best light.



Alan Serrano during a presentation to 8<sup>th</sup> grade students from the Pendergast Elementary School District

- Cox Communication offers low-cost internet through a program called Connect2Compete. To learn more about this program, click on the link to access their Frequently Asked Questions.

<https://www.cox.com/residential/internet/connect2compete/faq-low-cost-internet.html>

- University High School's Team Balsa Bollywood has made it to Odyssey of the Mind Virtual Worlds 2020. Arizona teams did not get to participate in State, April 4th due to the COVID-19 Coronavirus. Teams were chosen by their Regional scores. The World Finals will be held online this year. U-High students will have to compete by solving a difficult problem. Due to its complexity, this could be a very task, but the U-High team is up to the challenge. Good luck at the World Finals.



That's it for today. Please check the #TUHSDStrong tab on our website ([www.tuhsd.org](http://www.tuhsd.org)) for archived versions of our updates.

