



**DEER VALLEY**  
*Unified School District*

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March 1, 2021

DVUSD Parents and Guardians,

Every week, your student is learning and practicing social and emotional skills with their teachers. Each month has a different topic of focus. For the month of March, your student is focusing on developing the important skills of staying motivated and focused. These lessons will be taught whether your child is on campus in-person or in DVOA for online learning.

**Here are some simple activities your family can practice:**

- Help your child write goals - academic and personal.
- Make a Vision Board with things your family or child want to achieve.
- Encourage your child by using positive words and affirmations.

**Resources to help your family with staying motivated and focused:**

- [Write a Goal](#)
- [Make a Vision Board](#)
- [Positive Affirmations for Teens](#)

It can be challenging to stay motivated and focused throughout these difficult times. If your child could benefit from more strategies, please reach out to your child's teacher to discuss this and find out how you can build a partnership together to support them with their social and emotional well-being. Additionally, we have compiled several resources for our DVUSD families [here](#).

**We will also be hosting three [Parent Webinars](#) in the upcoming weeks:**

- Wednesday, March 3rd @ 5:30pm ~ Managing Big Emotions Like Anxiety

Thank you for sharing your children with DVUSD!

The DVUSD SEL Team

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Curtis Finch, PhD

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