



OCTOBER NEWSLETTER

SCHOLARSHIPS

[ELKS MVS Scholarship](#)

[ELKS Legacy Award](#)

[Flinn](#)

[Questbridge](#)

[School Counselor Scholarship](#)

Scholarship Database

[Going Merry](#): Start applying for scholarships and grants in less than 30 minutes.

[Raise Me](#): Get micro-scholarships from colleges for your achievements in high school.

[Scholarship Expo](#)

[Scholly Search](#): Browse through 2.7 million free scholarships and grants worth more than \$19 billion.

[Scholarships 360](#)

Tuition Savings

[WUE](#)



SOCIAL WORKER SPOTLIGHT



Hi, I'm Shannon Threadgill and I am one of the Social Work Intern Field Instructors for Peoria Unified School District. In my role, I support multiple campuses, including Cactus, to ensure "every student, every day is prepared to shape tomorrow." I have 22 years of experience supporting students, schools, and families.

This is Peoria Unified School District's fifth year utilizing social work interns from ASU, GCU, and NAU. This year, we have a total of 12 BSW and MSW interns placed at 11 school sites throughout the district. Our social work interns follow Peoria Unified's Multi-Tiered System of Support (MTSS) model of Tier I, II, and III interventions to provide skill development in K-12 through school-based support. Social work interns communicate with parents and receive consent for working with students in individual and group settings and can also provide Tier I lessons in classrooms to support the MTSS model of the school.

Social work interns complete extensive training and are supervised by Social Work Intern Field Instructors who are employed by Peoria Unified School District.

I can be reached at 623-285-3511 or stthreadgill@pusd11.net.



Hi everyone, my name is Shamia Millerden (Ms. Millerden) and I am so excited to be a School Social Work Intern at Cactus High School! I recently graduated from Arizona State University's School of Interdisciplinary Arts and Sciences, with a BS in Psychology. I am now pursuing my master's degree at ASU's School of Social Work. I am very passionate about mental health, self-care, research, and everything social work related. Outside of school and during my free time, I like to enjoy nature, going to concerts, spending time with family, and watching movies.

My goal as the School Social Work Intern is to foster a positive and inclusive environment for all students, as I am here to provide support and resources for anyone that feels like they may need it. My office will be in the counseling center if you wish to meet with me.

I am very excited to get to know Cactus' students and staff and cannot wait to work with you all!





99 COPING SKILLS

1. Exercise
2. Put on fake tattoos
3. Write (poetry, stories, journal)
4. Scribble/doodle on paper
5. Be with other people
6. Watch a favorite TV show
7. Hydrate
8. Go see a movie
9. Do a word-search or crossword
10. Do schoolwork
11. Play a musical instrument
12. Paint your nails, do your make-up or hair
13. Sing
14. Study the sky
15. Punch a pillow
16. Cover yourself with Band-Aids or stickers
17. Let yourself cry
18. Take a nap (only if you are tired)
19. Take a hot shower or relaxing bath
20. Play with a pet
21. Go shopping
22. Clean something
23. Knit or sew
24. Read a good book
25. Listen to music
26. Try some aromatherapy (candle, lotion, room spray)
27. Meditate
28. Go somewhere very public
29. Bake cookies
30. Create a vision board
31. Paint or draw
32. Rip paper into tiny pieces
33. Shoot hoops, kick a ball
34. Write a letter or send an email
35. Plan your dream room (colors/furniture)
36. Hug a pillow or stuffy
37. Hyper-focus on something
38. Dance
39. Make hot chocolate, a milkshake, or a smoothie
40. Play with modeling clay or Play-Doh
41. Build a pillow fort
42. Go for a nice, long drive
43. Complete something you've been putting off
44. Draw on yourself with a marker
45. Take up a new hobby
46. Look up recipes, cook a meal
47. Go outside for 15 minutes
48. Create or build something
49. Shout really loud
50. Make a list of blessings in your life
51. Read a textbook
52. Go to a friend's house
53. Jump on a trampoline
54. Watch an old, happy movie
55. Contact a hotline or your therapist
56. Talk to someone close to you
57. Ride a bicycle
58. Feed the ducks, birds, or squirrels
59. Color something
60. Memorize a poem, play, or song
61. Stretch
62. Search for ridiculous things on the internet
63. "Shop" online (without buying anything)
64. Color coordinate your wardrobe
65. Watch fish
66. Make a playlist of your favorite songs
67. Play the "15 Minute Game" (Avoid something for 15 minutes, when time is up start again)
68. Plan a big, future event
69. Plant some seeds
70. Hunt for your perfect home or car
71. Sort through/edit your pictures
72. Try to make as many words out of your full name as possible
73. Play with a balloon
74. Give yourself a spa day
75. Play with a favorite childhood toy
76. Start collecting something
77. Play a video/computer game
78. Talk to some trees
79. Clean up trash from a local park
80. Text or call a friend
81. Write yourself an "I love you because..." letter
82. Look up new words and use them
83. Rearrange furniture
84. Write a letter to someone that you may never send
85. Smile at 5 people
86. Create a new recipe
87. Go for a walk
88. Put a puzzle together
89. Clean your room/closet
90. Try to do handstands, cartwheels, or backbends
91. Yoga
92. Teach your pet a new trick
93. Learn a new language
94. Move EVERYTHING in your room to a new spot
95. Get together with friends
96. Hug a friend or family member
97. Search for new songs
98. Make a list of goals for the week/month/year/5 years
99. Perform a random act of kindness

How to help a **FRIEND**

Know the **10** Common Warning Signs



**Feeling very sad or withdrawn
for more than two weeks**

**Seriously trying to harm or kill oneself
or making plans to do so**

**Severe out-of-control,
risk-taking behaviors**

Sudden overwhelming

fear for no reason

**Not eating, throwing up or using laxatives to lose
weight; significant weight loss or weight gain**

**Seeing hearing or believing
things that are not real**

Repeatedly using drugs or alcohol

**Drastic changes in mood, behavior,
personality or sleeping habits**

**Extreme difficulty in concentrating
or staying still**

**Intense worries or fears that
get in the way of daily activities**

Start the Conversation

“Tell me more about what’s
happening. Maybe if I
understand better, we can find
a solution together.”

“It worries me to hear you
talking like this. Let’s talk
to someone about it.”

“I’ve noticed you’re
[sleeping more, eating
less, etc.], I’m here if
you need to talk.”

Offer Support

“I really want to help,
what can I do to help
you right now?”

“Would you like me to
go with you to a support
group or a meeting?”

“Let’s sit down together
and look for places to
get help. I can go with
you too.”

Be a Friend

Avoid saying things
like “you’ll get over
it,” “toughen up” or
“you’re fine”

Learn more about
mental health conditions

Tell your friend it gets
better; help and support
are out there

SPOOKY SCENES

OCTOBER 7 - SENIOR COLLEGE WORKSHOP

OCTOBER 10 - MET OPEN HOUSE

OCTOBER 11 - WEST MEC APPLICATIONS OPEN

OCTOBER 14 - NO SCHOOL

OCTOBER 23 - BONFIRE / HAUNTED HOUSE

OCTOBER 25 - HOMECOMING FOOTBALL GAME

OCTOBER 26 - HOMECOMING DANCE

OCTOBER 29 - PSAT TEST

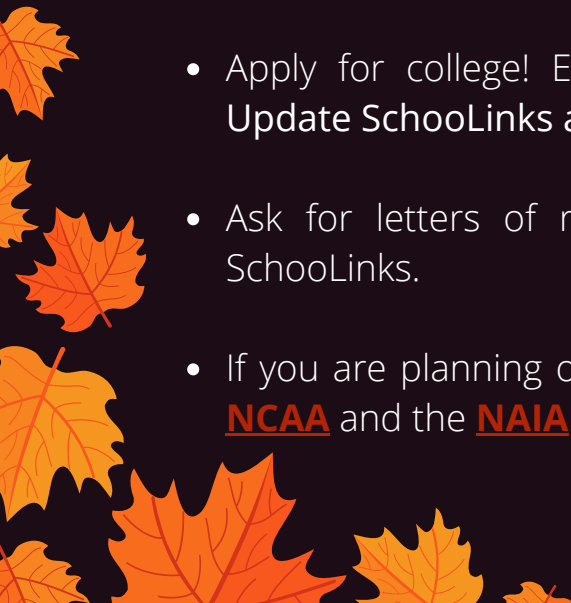


SENIORS

Do you need help with college applications, scholarships, or NCAA/NAIA eligibility? Are you stuck not knowing what to do first? Stop by at the CHS Library from 3pm - 6pm for a monthly College Workshop! We can help guide you and provide you with answers.

October 7
November 4
January 6
March 3
April 7

REMINDERS

- Order your cap and gown! Click [here](#) to get started.
 - Visit and tour schools you might like to attend.
 - Apply for college! Early decision applications are due **November 1st**. Update SchoolLinks applications as you continue to apply.
 - Ask for letters of recommendation and complete the Brag Sheet on SchoolLinks.
 - If you are planning on playing sports in college - it is time to sign up with [NCAA](#) and the [NAIA](#).
- 

SOPHOMORES!

SOPHOMORE ECAP SCHEDULE

ECAP Presentation

Monday: September 30

1st - 5th period

Room 225

Makeup Presentation Day

October 1

1st and 2nd period

Room 225

Class Rotation for Registration

Monday - Friday

October 7 - 11

1st - 5th period

Classroom visits

ACE PROGRAM

Interested in the ACE program at GCC?

You can...

- Earn 24 college credits during Junior and Senior year
- Experience life in college now
- Discover if college is right for you
- Attend weekly college classes during the summer
- Attend classes on Saturdays for the rest of the year

All high school sophomores are eligible to apply for the ACE program.

Click [here](#) for more information and to start your application.

HOOP OF LEARNING

Maricopa Community Colleges' Hoop of Learning (HOL) is an early high school-to-college bridge program.

High school sophomores, juniors, and seniors are recruited to participate in HOL. Once accepted into the program, HOL students are concurrently enrolled in high school and college courses, attending college classes during the summer and on Saturdays during the school year. HOL students can earn general studies college credits towards an associate's degree and/or transfer to a university to earn their bachelor's degree.

Scan the QR code or click the [link](#) for more information.





WEST-MEC

Western Maricopa Education Center (West-MEC) is a public school district that provides innovative Career and Technical Education (CTE) programs. Students will use industry-standard equipment, interact with experienced instructors, and be provided leadership opportunities.

West-MEC has over 30 programs including Aesthetics, Automotive Technology, Biomedical Science, Culinary Arts, Emergency Medical Technology, Fire Science, IT Security, Medical Assisting, Nursing Services, Physical Therapy, Veterinary Science, Welding Technology, and more!


For more information regarding West-MEC and high school program information, click [here](#).

Applications for Sophomores and Juniors open **October 11th!**

MET PROFESSIONAL ACADEMY

MET Professional Academy is part of the Peoria Unified School District. At the MET, students are free to work collaboratively as they are fully immersed in a professional culture, solving real-world problems, using industry-standard tools, and working alongside industry experts as mentors. Click [here](#) to learn more about the MET.

MET Strands:

- 1) **Medical** - Explore a variety of healthcare fields through college level coursework, shadowing opportunities, projects and internships.
 - 2) **Bioscience** - Experience the intersection of biology and technology through scientific inquiry and project-based learning.
 - 3) **Global Business** - Students will work on projects with business partners in the community to develop their professional, project management, and strategic skills.
 - 4) **Technology** - Immerse yourself in a professional environment where technology is utilized to design products and solve problems.
 - 5) **Engineering** - Combine engineering, entrepreneurship and innovation. Learn through hands-on, active learning opportunities in projects sponsored by business partners.
- 

PIMA MEDICAL OPEN HOUSE

YOU'RE INVITED

Join us at our **Open House, October 8th, 9th and 10th from 9am - 6pm**, and find out what it's like to start your own rewarding career in healthcare.

You'll learn all about our healthcare programs, meet instructors and students and see classrooms and real-world lab demonstrations.

Click [here](#) to sign up or call 877-944-7462

CYBERSECURITY NIGHT AT PVCC

"How to break into the Cybersecurity Industry and Land a Job"

October 15th at 6pm

E - 152

Sign up here



G u e s t S p e a k e r

**P r o f e s s o r
A a r o n
C a s t e r l i n e**

**A d v a n c e d
C y b e r s e c u r i t y
A r c h i t e c t
H o n e y w e l l**



2024 Arizona Breaking Barriers Student Athlete Scholarship

Presented by Desert Financial Foundation

- ▶ *Are you a student athlete who's breaking barriers?*
- ▶ *Do you know someone who is?*

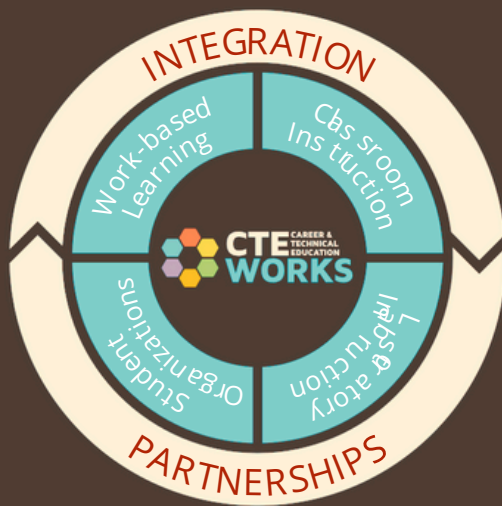
Submit your nomination! The annual Desert Financial Foundation Arizona Breaking Barriers Student Athlete Scholarship is returning! **Fifteen recipients will be selected to receive a \$3,000 award.** The student athlete scholarship program was inspired by Krysten Muir and her outstanding contributions to local sports as a former kicker on the Marcos de Niza High School football team in Tempe. Two scholars will be recognized as Krysten Muir Scholars, presented by the Arizona Cardinals. Two scholars will also be chosen by NCAA wrestling champion and ASU Sports Hall of Famer Anthony Robles to be recognized as Unstoppable Scholars.

See the application at **DesertFinancial.com/BreakingBarriers** to learn more.

***Nominations are due by
Nov. 14, 2024***



CTE Graduation Endorsement



Peoria CTE students who earn the mastery of subject area endorsement have demonstrated achievement in technical skills, professional skills and leadership skills.

This endorsement will be added to the high school transcript indicating academic achievement in a major area of study. Students will receive a graduation medallion, certificate and pin for the program completed.

Mastery of Subject Area Graduation Requirements:

- › Completion of 2 or more courses within a CTE program
- › Completion of an approved work-based learning experience
- › 80% average or higher within CTE program
- › 80% or higher on state technical skills assessment or obtain Peoria Unified CTE approved industry certification
- › One year minimum membership and participation in CTE student organization
- › 80% or higher on the SchoolNet Professional Skills Assessment

*** Students may receive endorsements in multiple CTE programs if all of the requirements are met for each program.**



Registration for the 2025-26 school year is now open!

OPEN HOUSE

5:30 - 7 p.m. | Thursday, Oct. 10
Old Main Building

11200 N. 83rd Ave. Peoria, AZ 85345

HIGH SCHOOL REDEFINED

Learn about how Peoria Unified's innovative program is providing high school students with an opportunity for advanced studies in medicine, engineering, technology, bioscience and global business. This event is perfect for 9th through 11th grade students and their families.

FEATURING

- Bioscience Labs
- CadaverLabs
- Collaboration
- CollegeCredits
- Engineering Innovations
- Global Business
- Industry Mentors
- IT Networking/Cybersecurity
- Medical Clinical Work
- Professional Skills

ABOUT THE MET PROFESSIONAL ACADEMY

Unlike any other program available to high school students in the West Valley or the state, Peoria Unified students have the direct benefit of attending programs while still in high school that help them not just receive dual enrollment, but propel them to careers in the fields of **medicine**, **engineering**, **technology**, **bioscience** and **global business**.

**SCAN HERE TO LEARN
MORE ABOUT THE MET
PROFESSIONAL ACADEMY!**

Email : kcoury@pusd11.net
Phone: 623-773-6700
Web : www.peoriaunified.org/MET



@PeoriaMET



@PeoriaUnifiedMET

