

## Behavioral Health School Counseling

### Is Your Child Showing Signs Of Depression Or Anxiety? These Look Different In Kids It Isn't Just Being Sad...

#### SIGNS YOUR CHILD MIGHT BE DEPRESSED:

- Changes in moods or gets angry quickly
- Difficulty focusing
- Withdrawal from family or family related activities
- No longer interested in activities
- Lack of energy or sleeping more
- Cries easily when frustrated

#### SIGNS OF ANXIETY INCLUDE:

- Worries much more than normal
- Seeming overwhelmed or fear of things not normally afraid of
- Irritable mood
- Difficulty falling or staying asleep
- Mind won't shut off; can't stop thinking about things

Gila River Indian Community Crisis Line (24 hrs.) | **1-800-259-3449**

National Suicide Prevention Lifeline | **1-800-273-8255**

BHS School Counseling | **602-796-2631** | [grhschoolcounseling@GRHC.ORG](mailto:grhschoolcounseling@GRHC.ORG)

## Schools in the Community

#### Sacaton Head Start

Phone: (520) 562-6901 / (520) 562-3423

#### Vah-Ki Head Start

Phone: (520) 315-3636 / (520) 315-2795

#### Santan Head Start

Phone: (520) 418-3471 / (520) 562-6901

#### Komatke Head Start

Phone: (520) 550-2434

#### Early Education/Child Care Center

Phone: (520) 562-3640

#### Blackwater Community School

Phone: (520) 215-5859

Website: <https://www.bwcs.k12.az.us/>

#### Casa Blanca Community School

Phone: (520) 325-3489 / (520) 315-3490

Website: <https://www.cbcschools.com/>

#### Gila Crossing Community School

Phone: (520) 550-4834

Website: <https://www.gccseagles.org/>

#### Maricopa Village Christian School

Phone: (520) 430-6827

Website: <https://www.mvcs.us/>

#### St. Peter Indian Mission School

Phone (520) 315-3835

Website: <https://www.spimcs.org>

#### Sacaton Elementary School

Phone: (520) 562-8600 Option 1

Website: <https://www.sacatonschools.org/>

#### Sacaton Middle School

Phone: (520) 562-8600 Option 2

Website: <https://www.sacatonschools.org/>



## Guidelines and Checklist for Returning to In-Person\* and Virtual School



**\*In-Person School Returning Soon**  
Check with your school for specific details.

Scan here for Guidelines  
and Checklist



# Returning to School Virtual and In-Person Guidelines and Checklist

## In-Person Student Checklist:

- A negative COVID-19 test result is required 5 days before starting school (COVID-19 Home Test Kit result will not be accepted for in-person school entry)
- Two (2) COVID-19 vaccines are required for school entry. Your child may start school 14 days after the 2nd dose
  - A Pfizer booster shot is recommended for 12-17 year olds;
  - 5 months after their 2nd shot
- Childhood immunizations must be up to date

## Virtual Student Checklist:

- No COVID-19 testing is required
- No COVID-19 vaccine is required
- Childhood immunizations must be up to date

**Complete Daily Home Health Screening:** If your child is experiencing symptoms below, see you provider for COVID testing.

### Remain home if your child exhibits any symptoms listed:

- Fever of 100.0° or higher, or Chills
- Muscle Aches
- Sore Throat
- Headache
- Congestions or Runny Nose
- Cough
- Shortness of Breath
- Vomiting or Nausea
- Diarrhea
- New Loss of Taste or Smell
- Fatigue (if combined with other symptoms above)



### While at school, your child will:

- Wear a mask
- Social distance
- Wash hands
- Use hand-sanitizer
- Wash cloth masks daily



## Headstart, School, Child Exams, and Sports Physicals and Immunizations

**Call GRHC Pediatric Department: 520-562-1200 EXT. 7337 for:**

- Virtual appointment with doctor
- Drive-through immunization appointment (HMH only)
- In-person appointment and immunization appointments
- Walk-in immunization information

### Reminders:

- Complete and bring your school's required medical forms to your appointment with the parent/guardian portion filled out. AIA sports forms are available in the clinics.
- For your safety, COVID-19 screening is required at all hospital/clinic entrances.

## Friendly Reminders:

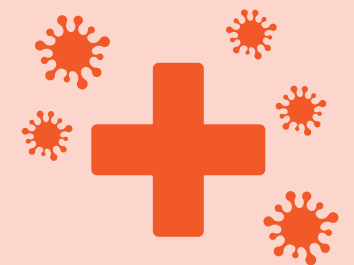
If your child develops symptoms while at school; the school will contact you to pick up your child.



If anyone in your household has been instructed to quarantine please keep your child at home until quarantine is completed.



If anyone in your household has taken a COVID-19 test, please keep your child at home until the results come back.



**Please review your school's illness policy.**

**For more information, please contact your School Nurse.**