



## SOCIAL WORK 2022

### HAPPY HOLIDAYS TO EVERYONE IN THE KUSD FAMILY

The social work department at the Kingman Unified School District would like to remind everyone that this month is a time for celebration, being with loved ones, and enjoying a long and well-deserved break. However, this is also a time where students and families may experience loss and grief due to economic hardship, death, separation, relationship estrangement, incarceration, and homelessness. These situations make it harder for students and their families to remember there is hope and support in the community. Please be mindful of those around you and if you believe someone may need assistance, please encourage them to call the following numbers:

National Suicide Prevention Hotline: 988    Terros Mobile Crisis Unit: 1-877-756-4090

Arizona Teen Link: 602-248- 8336

#### DON'T FORGET

Winter break is from December 22, 2022 to January 9, 2023. School will not be open during this two-week period. Please stay safe but have fun.

#### IMPORTANT HOLIDAYS

Pearl Harbor Day: December 7  
Hanukkah: Dec 18 to Dec 26  
Christmas Eve: December 24  
Christmas Day: December 25  
New Year's Eve: December 31  
Kwanza: Dec 26 to Jan 1

#### DECEMBER FACTS

The Winter Solstice, which is the shortest day of the year, occurs in December.

Walt Disney was born on December 5, 1901. Disney has become a household name due to the movies, books, cartoons, and amusement parks created by this notable individual.

The Bill of Rights came into effect on December 15, 1791. The Bill of Rights are the first ten amendments in the U.S Constitution.

On December 30, 1803, the United States took control of Louisiana from France through the Louisiana purchase. This purchase cost the government 15 billion dollars.

## COMMUNITY EVENTS

There are many homes in our community with Christmas lights and decorations. Drive around with your family to check out the various neighborhoods! One of the most popular homes in Kingman is the Preston house located on 661 Shadow Mountain Rd. Kingman.

## DECEMBER IS ALSO:

Universal Human Rights Month

HIV/AIDS Awareness Month

National Eggnog Month

National Fruitcake Month

## HEALTH REMINDER

We are experiencing an increase in respiratory illnesses this month. Please be mindful of hand washing, covering your cough and sneezes, and throwing away tissues after blowing your nose. Let's be aware of our own and other's safety and wellbeing

## IDEAS TO DO WITH THE FAMILY

It is cold outside and students are home for two weeks. What can families do? Here are some ideas:

Have a movie night.

Have a family game night.

Have a dance party.

Read a book together.

Do arts and crafts projects together.

Take the dog out for a walk during the day.

