

School Practitioner Community of Practice
(A network for sharing & exchange)
Special Edition (3/19/20)

>Sharing Information about Resources and Actions

>>About Student/Learning Supports and the Coronavirus

>>A Superintendent's letter to families

>>American Psychological Association Advice for Mental Health

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>Links to a few other relevant resources

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Note: Go to <http://smhp.psych.ucla> for links to other Center resources.

This resource is from the
Center for MH in Schools & Student/Learning Supports, UCLA

Given education budgets, we have been asked to increase our outreach to make our free resources more available (e.g., for planning, professional development, etc.).

So please feel free to share with anyone you think might benefit (e.g., forward our resources to individuals and share on listservs and websites).

For those who have been forwarded this and want to receive resources directly, send an email to Ltaylor@ucla.edu

For previous postings of community of practice discussions, see <http://smhp.psych.ucla.edu/practitioner.htm>

Special Edition:

Sharing Information about Resources and Actions

>About Student/Learning Supports and the Coronavirus

As schools shutdown, the focus on providing student/learning supports requires immediate attention. Virtual/distance planning and implementation becomes the order of the day for a network-team of an administrator, student support staff, key teachers, school-based health center staff, and other concerned school and community stakeholders.

Besides providing information and ideas, consideration should be given to how to maintain two-way communication and providing links for students/families who need supports. The special skills of school psychologists, counselors, nurses, special educators, etc. will be invaluable resources in the coming months. It also has been suggested that family resources centers establish online connections and that schools with school-based health centers should try to keep them open (with appropriate safeguards) or to use the telehealth approach to support students, families, and staff.

>A Superintendent's letter to families

From a large urban district:

Mr. Rogers, the late children's show host, once on an episode about fear, said, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

I am so thankful that in these anxious and unprecedented times, our district has so many helpers, from teachers, to custodians, to secretaries, to administrators, to counselors, to social workers, and all classified staff, we have people who care.

And our community cares, from parents, to students, to neighbors, and to the elderly. We all care about each other, our community, and most importantly, about the future of our country. And this is why we made the decision to close our schools.

To that end, to prepare for an extended duration, we have asked our teachers to create lesson plans and on-line learning opportunities for our students. We have asked our custodians and classified staff to thoroughly clean and disinfect classrooms and buildings. We have asked our IT team to assess our students' internet access at home so we can support their needs through purchasing "hot spots" or loaning out chromebooks.

Most importantly, we have asked our Food Services to create food stations throughout the district to ensure our most needy students have access to meals every school day.

And we ask you, your children, and your loved ones to help "flatten the curve" and be mindful of social distancing and good hygiene.

With this rapidly evolving crisis, we know that there will be things we can not control or have not anticipated. But be assured that we have highly competent and resourceful teams at every level and at every site. We are in daily communication with federal, state, county, and local health and emergency officials to ensure the safety of our students, employees, and stakeholders.

Although these are scary times, I am comforted by Maya Angelou's words, "Every storm runs out of rain." This too, shall pass.

And finally, be reminded that kindness, respect, hope, integrity, friendship, laughter, teamwork, and courage are also contagious.

As we are about to embark into uncharted waters, let us embrace love and compassion, let us embrace mindfulness and self-care, and let us embrace our common humanity in navigating our journey together.

>American Psychological Association Offers Advice for Mental Health

<https://www.apa.org/practice/programs/dmhi/research-information/social-distancing>

...Spending days or weeks at home with limited resources, stimulation and social contact can take a toll on mental health. Though controlled studies on interventions to reduce the psychological risks of quarantine and isolation are lacking, psychologists have established best practices for handling these challenging circumstances.

Here is a summary of research on social distancing, quarantine and isolation, as well as recommendations on how people can cope if asked to take such measures....

Maintaining a daily routine can help both adults and children preserve a sense of order and purpose in their lives despite the unfamiliarity of isolation and quarantine. Try to include regular daily activities, such as work, exercise or learning, even if they must be executed remotely. Integrate other healthy pastimes as needed.

Your face-to-face interactions may be limited, but psychologists suggest using phone calls, text messages, video chat and social media to access social support networks. If you're feeling sad or anxious, use these conversations as an opportunity to discuss your experience and associated emotions. Reach out to those you know who are in a similar situation. Facebook groups have already formed to facilitate communication and support among individuals asked to quarantine....

Examine your worries and aim to be realistic in your assessment of the actual concern as well as your ability to cope. Try not to catastrophize; instead focus on what you can do and accept the things you can't change. ...

Focusing on the altruistic reasons for social distancing, quarantine or isolation can also help mitigate psychological distress. Remember that by taking such measures, you are reducing the possibility of transmitting COVID-19 and protecting those who are most vulnerable.

Teachers, students, parents adjust to new "normal"

<http://r.smartbrief.com/resp/molRCNzxBksbxxesfEabiAfCQRpq?format=multipart>

This article highlights how teachers, students and parents are adjusting to the closure of their schools stemming from the global pandemic. History teacher Will Ehrenfeld says he's asking students to write about current events, and special-education teacher Julie Bryant is videoconferencing with students.

>What state departments of education are recommending (a sample)

(1) Georgia

<https://www.gadoe.org/External-Affairs-and-Policy/communications/Pages/coronavirus.aspx>

...The Georgia Department of Education (GaDOE) is working closely with the Office of the Governor, the Georgia Department of Public Health (GaDPH), and other agencies to ensure local school districts, parents, and students have the most accurate and up-to-date information regarding COVID-19...

GaDOE has distributed detailed guidance to school districts on the preparations they should take to prepare for the potential spread of COVID-19, and is distributing the most up-to-date guidance from GaDPH and the Centers for Disease Control and Prevention (CDC) as it is released... Local school systems have already implemented some closures to deal with presumed positive and confirmed cases of COVID-19. During a press conference and subsequent call with local school superintendents on March 12, Governor Brian Kemp made it clear that day cares, schools, and school districts have the freedom to implement further closures as early as Friday, March 13, for the next two weeks. We are directing districts to stay in close communication with their local boards of health and the Governor's Office, Georgia Department of Education, and Georgia Department of Public Health...

School districts across Georgia have been preparing for potential closures for several weeks. GaDOE advised districts to develop a plan to continue student learning should they need to close, using resources such as study packets, cable access, virtual school/online classes, etc. GaDOE's Office of Teaching and Learning has compiled virtual educational resources that will be provided to support schools' efforts. We are also working with partners to develop additional resources.

(2) Illinois <https://www.isbe.net/Lists/News/NewsDisplay.aspx?ID=1317> (March 17, 2020) Joint Statement of the Office of Governor Jb Pritzker, Illinois Education Association, Illinois Federation of Teachers, Illinois Association of School Administrators, Illinois Principals Association, and Illinois State Board of Education

Today the Office of Governor JB Pritzker, the Illinois Education Association (IEA), the Illinois Federation of Teachers (IFT), Illinois Association of School Administrators (IASA), Illinois Principals Association (IPA), and Illinois State Board of Education (ISBE) released the following statement:

These are unprecedented times, but we are all together with the goal of caring for students. Our organizations are truly inspired by the phenomenal cooperation shown across the state and encourage all of our members to be reasonable, creative, and generous while determining what's best for our students in Illinois. ISBE has announced that these will be Act of God Days. To assist our members during this time, the leadership of the IEA, IFT, IASA, and IPA have prepared this joint guidance with the Office of Governor JB Pritzker and ISBE to be effective through March 30, 2020. As this is a rapidly evolving situation, subsequent guidance may be released.

From March 17 through March 30, all school district employees on the district's payroll will get paid as if the schools were functioning normally, regardless of the district plans developed during this time. These school days will not be made up. All employees will get paid as if they did all the normal

work they would have done if schools were functioning normally. Normal pay includes salary, hourly and stipend pay, benefits, and employees will receive full and normal service credit in their pension systems.

From March 17 through March 30, the employer can expect school district employees to participate in work activities in some form. The concrete details of the work, including stipend work, that will occur during this timeframe must be worked out through mutual agreement, but negotiations should focus on ensuring (1) continuity of education, (2) provision of meals, and (3) other student support measures as appropriate for each district. Public health and safety of students and staff are paramount, and to the extent work can be done remotely, it should be. Illinois Department of Public Health and Centers for Disease Control and Prevention recommendations on social distancing and group gatherings should be adhered to. Employers should not require any more employees than absolutely necessary to come to school.

No school district can unilaterally change the use of benefit days. We encourage local collaboration on the use of benefit days and encourage ways to support anyone who is sick or is caring for a sick family member.

We acknowledge that the current law on teacher evaluation and Reduction in Force (honorable dismissal and layoff) remains in full force including all timelines and existing statutory language. If necessary, meetings and evaluation conferences associated with these statutes will occur remotely.”

(3) Kansas

<https://www.ksde.org/Home/Quick-Links/News-Room/commissioner-watson-convenes-continuous-learning-task-force-1>

Kansas Commissioner of Education Dr. Randy Watson has convened a Continuous Learning Task Force to consider options as we move forward....

The Task Force will develop a plan by the end of the day, Wednesday, March 18, that addresses the following:

- How schools will move education online so students can progress toward the end of the semester.
- How schools will assist students who don't have access to online tools finish out the semester, especially those who are set to graduate in May.
- How schools will provide for at-risk students and those who have Individual Education Plans (IEPs).
- How schools will assist in providing meals for students who need them.
- What role schools can play in assisting with child care for essential local and state personnel who live in their counties.
- How schools will assist in efforts to keep children from congregating in community spaces and keep them quarantined in their own homes.

Once finalized and approved, this plan will be communicated with all Kansas schools...”

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Please let us hear from you

We are trying to share good information, ideas, and lessons learned about what state/district/school/community are doing to support students/families/community during this challenging time.

Also, if there is anything we can help with (e.g., finding online resources for specific concerns), let us know.

Send to Ltaylor@ucla.edu

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Links to a few other relevant resources

From *Turnaround for Children*

- > *Coronavirus (COVID-19) Pandemic Resources* <https://www.turnaroundusa.org/coronavirus/>
- > *Coronavirus: Keeping Our Children And Ourselves Safe*, podcast With Pamela Cantor, M.D.
<https://www.turnaroundusa.org/the-180-podcast-coronavirus/>

From *Childmind*

- > *Supporting Kids During the COVID-19 Crisis*
<https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>

From *CDC*

- > *Updated Guidance for K-12 Schools as Coronavirus Spreads*
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html>

From *Mental Health America*

- > *Mental Health and COVID-19 – Information and Resources*
<http://takeaction.mentalhealthamerica.net/site/R?i=64G1qLHs-UtD5a8I5T9Mrg>

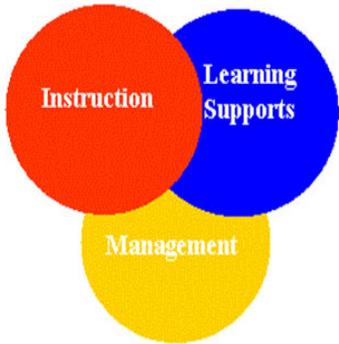
More At-home Activities

- > *San Diego Zoo animal cams* <https://zoo.sandiegozoo.org/live-cams>
- > *Virtual museum tours*
https://urldefense.com/v3/_https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR0_aE4RoHjKjSBWSTeXArNybl4-PIgB8CVAsANa8i8oTaCx9F9I5OsnuldM_!!OlavHw!p9NEApaVyk3L-ct4j3SgH_0IxUnnP8gD6EW3VevPm4LGqzV5n9g9d9CgXlmbBE8zAp4-7KQGS
- > *Visit a virtual theater*
 - >> *LA Theater Works* <https://latw.org/>
 - >> *Kennedy Center Digital Stage* <https://www.kennedy-center.org/digitalstage/>
 - >> *Metropolitan Opera nightly encore shows*
<https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/>
- > *Learn something new*
 - >> *Open Culture offers 1,500 free online courses from top universities*
<http://www.openculture.com/freeonlinecourses>
 - >> *Coursera.org* <https://www.coursera.org/>
 - >> *edX.org* <https://www.edx.org/course/subject/humanities>
- > For previous provided information and resources. see the special editions of the *Practitioner* sent out recently
<http://smhp.psych.ucla.edu/practitioner.htm>

Resources for Home Study Topics Related to MH Topics

Over the school year, our Center resources are used by university students, middle and high school students and others who are doing projects related to mental health topics. So we thought we might mention that our online clearinghouse Quick Finds may be helpful as student pursue their learning from home. See the dropdown menu at <http://smhp.psych.ucla.edu/quicksearch.htm>

*Equity of opportunity is fundamental to enabling civil rights;
transforming student and learning supports is fundamental to
enabling equity of opportunity, promoting whole child development,
and enhancing school climate.*



For information about the

National Initiative for Transforming Student and Learning Supports

go to <http://smhp.psych.ucla.edu/newinitiative.html>

Also online are two related free books

Improving School Improvement

http://smhp.psych.ucla.edu/improving_school_improvement.html

Addressing Barriers to Learning: In the Classroom and Schoolwide

http://smhp.psych.ucla.edu/improving_school_improvement.html

***THE MORE FOLKS SHARE, THE MORE USEFUL AND
INTERESTING THIS RESOURCE BECOMES!***

For new sign-ups – email Ltaylor@ucla.edu

Also send resources ideas, requests, comments, and experiences for sharing.

***We post a broad range of issues and responses to the Net Exchange
on our website at <http://smhp.psych.ucla.edu/newnetexchange.htm>
and on Facebook (access from the Center's home page <http://smhp.psych.ucla.edu/>)***