The Webinar will begin shortly.
Connect to audio using your computer’s microphone and speaker
OR dial in on your phone: (877) 853 525
and enter the webinar ID 685 551 890

CARING FOR THE EDUCATION COMMUNITY DURING COVID-19:

How Families Can Partner with Schools during Distance Learning

Wednesday, April 8
11 a.m. PST / 2 p.m. EST

Presented by:
Action for Healthy Kids

In partnership with:

Kaiser Permanente®
Caring for the Education Community During COVID-19: How Families Can Partner With Schools During Distance Learning

Presented in partnership with Kaiser Permanente

April 8, 2020
Webinar Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call
About Kaiser Permanente

217K Employees and 22K physicians deliver high-quality care to members & on the front lines of COVID-19 response.

12.3M people get care + coverage from Kaiser Permanente.

8 regions:
- Colorado
- Georgia
- Hawaii
- Mid-Atlantic States
- Northern California
- Southern California
- Northwest
- Washington

39 Hospitals + 701 medical offices

Exceptionally Prepared
- Telehealth options
- Consolidation to meet critical needs
- Careful supply management

COVID-19 Vaccine Testing Taking place in our WA region
Kaiser Permanente Supports Schools in These Unprecedented Times

RECIProCAL IMPACT

Recognize health impacts educational attainment and education impacts life-long health.

CARING FOR THE EDUCATION COMMUNITY

Understand the education landscape has changed drastically in response to COVID-19.

ORGANIZATIONAL PARTNERS

Activating partnerships with school health experts to provide support to schools, districts, educators & families.
What We’ll Cover:

» Kaiser Permanente Introduction
» Action for Healthy Kids Introduction
» Importance of School-Family Partnerships
» Challenges of a Remote Environment
» Five Ways for Families to Engage with Schools During Distance Learning
» Resources for Families
» Q & A
Today’s Presenters

Sean Wade
Director, Family and Volunteer Engagement
Action for Healthy Kids

Michelle Mancillas
TX Parent Ambassador
Action for Healthy Kids

Heidi Milby, MPH
Director of Programs and Field Operations
Action for Healthy Kids
Tell Us About Yourself

What is your role?

a. Parent
b. School staff
c. District staff
d. Community organization member
e. Other
Who Are We?

Action for Healthy Kids’ (AFHK) vision is a world in which every kid is healthy, active and ready to learn. We work to mobilize school professionals, families and communities to take actions that lead to healthier schools where kids thrive.
The Learning Connection

1 in 3 U.S. children are overweight or obese
Overweight kindergartners had significantly lower math/reading scores than those at a healthy weight.

Physical activity is positively associated with students' cognitive functioning, which includes ability to pay attention, memory, and IQ test scores.

Eating school breakfast positively affects student attendance, which leads to high academic achievement.
Children who ate school breakfast increased their math grades by +0.3 points based on a 4.0 scale.

Participation in breakfast programs is associated with:
- Increased grades and test scores
- Reduced absenteeism
- Improved cognitive function
- Memory and attention improvement

High quality diets (and increases in micronutrients) improve cognition and the ability to perform well during short-term memory tests.
Children with increased cholesterol intake had poor performance on short-term memory and cognition testing.

Participation in PE class is associated with better grades, test scores, and classroom behavior.

A 20-minute walk demonstrates a brain that is activated and primed to learn.

After 20 minutes of sitting quietly
After 20 minutes of walking

https://www.actionforhealthykids.org/the-learning-connection/
Tell Us About… Barriers

What are the barriers you are encountering now, specific to working with schools during this time of distance learning?

Use the Q&A button in your navigation menu below to share your answers.
Importance of Family-School Partnerships

Overlapping Spheres of Influence

Factors Influencing Effective Partnering
- Experiences
- Beliefs
- Practices
Flamboyan Foundation defines family engagement as collaboration between families and educators that accelerates student learning.
Challenges of a Remote Environment

» Parents and caregivers are being tasked with a near-impossible combination of roles during this time: working from home, home-schooling, counseling, managing your and your family’s stress, economic challenges, and more.

» Give yourself grace that you can’t do it all and don’t have to – all you can do is the best you can do, with what you have, where you are.

» Pay attention to your feelings of stress and make time to practice self-care.
Ways for Families to Engage with Schools

1. Focus on Basic Needs
   » Meeting basic needs, especially around health, will set your student up for success
   » Immediate needs for food access: contact your district nutrition services department or local Feeding America food bank
   » Internet access:
     - Internet Essentials from Comcast provides free or low-cost internet access
     - EveryoneOn offers a low-cost internet service programs tool kit
   » Ask for help when you need it – communicate challenges to school staff, they are there to support you through this challenge!
Ways for Families to Engage with Schools

2. Establish a Baseline

» Identify the minimum you can do to integrate physical activity, nutrition and social emotional health into the day

» Check in with how children are feeling physically throughout the day and pay attention to sedentary patterns.

» Try starting by building ‘recess’ into your daily routine, and add a couple active brain breaks to break up the day
  • Use a video app on your computer or phone to connect with friends for a 5-minute dance break!
Ways for Families to Engage with Schools

3. Structure the Day

• Develop a standard schedule to give kids (and yourself!) some structure

• Create designated spaces for yourself and for kids to work and play

• Practice patience when the schedule inevitably changes
4. Encourage Independent Work and Play

» Keep a running list of backup activities for when kids finish work.
  • Pull together resources that children can utilize when feeling overwhelmed or needing a break – meditation videos, doodling, e-painting apps, or virtual calm down jars.

» Check out [AFHK resources](#) for activity ideas on how to incorporate physical activity, nutrition, mindfulness into the day.
  • Indoor or outdoor obstacle courses, scavenger hunts, and old school games
  • Cook with your kids or taste test new foods
  • Practice yoga or start a letter-writing tradition
5. Stay Connected

» Maintain connections and relationships with friends and family
  • Try to set up opportunities for group work or partner work via video conferencing or collaboration apps
  • Use chat or messaging features to set up a “Virtual Buddy Bench” and create space where children can reach out if they need to talk.

» Give your kids’ teachers a call with questions, to share progress, or just to check in with a good story

» Talk with your kids about their feelings and how you’re keeping them safe, and share age-appropriate information
  • The National Association of School Psychologists has some great tips on how to talk to kids about COVID-19, and age-appropriate messages
Additional AFHK and Partner Resources

» **AFHK COVID-19 and at-home resources**
  • Food Access and School Closures
  • Transitioning the Learning Environment
  • Physical Activity, Nutrition and Social-Emotional Activities and Resources

» **Thriving Schools Resources for Schools and Families Impacted by COVID-19**

» **Healthy Schools Campaign**

» **Alliance for a Healthier Generation**

» **Institute for Educational Leadership Resources for Families and Educators**

» **CASEL Resources for social emotional health**
Tell Us About… Your Takeaways

What did you take away from today’s presentation that you can use to support your kids and work with your school?

Use the Q&A button in your navigation menu below to share your answers.
<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Host Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 1st</td>
<td>Stress Management for Educators</td>
<td>Alliance for a Healthier Generation</td>
</tr>
<tr>
<td>April 8th</td>
<td>How Families Can Partner with Schools during Distance Learning</td>
<td>Action for Healthy Kids</td>
</tr>
<tr>
<td>April 15th</td>
<td>How Schools Can Partner with Families during Distance Learning</td>
<td>Action for Healthy Kids</td>
</tr>
<tr>
<td>April 22nd</td>
<td>Comprehensive Self-Care for Educators</td>
<td>Alliance for a Healthier Generation</td>
</tr>
<tr>
<td>April 29th</td>
<td>Finding Balance in Disorienting Times</td>
<td>Alliance for a Healthier Generation</td>
</tr>
<tr>
<td>May 6th</td>
<td>Supporting Student Success through School Health Policy</td>
<td>Healthy Schools Campaign</td>
</tr>
<tr>
<td>May 13th</td>
<td>TBD</td>
<td>TBD</td>
</tr>
</tbody>
</table>

Registration and recording available at [https://thrivingschools.kaiserpermanente.org/covid19-webinars/](https://thrivingschools.kaiserpermanente.org/covid19-webinars/)
Questions?

Name: Sean Wade
Email: swade@actionforhealthykids.org

Name: Michelle Mancillas
Email: mmancillas@actionforhealthykids.org

Name: Heidi Milby
Email: hmilby@actionforhealthykids.org