CARING FOR THE EDUCATION COMMUNITY DURING COVID-19:

How Schools Can Partner with Families During Distance Learning

Wednesday, April 15
11 a.m. PST / 2 p.m. EST

Presented by:  In partnership with:

ACTION FOR HEALTHY KIDS  KAISER PERMANENTE

The webinar will start shortly. Connect to audio using your computer’s microphone and speaker or dial in on your phone.
Caring for the Education Community During COVID-19: How Schools Can Partner With Families During Distance Learning

Presented in partnership with Kaiser Permanente
April 15, 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
What We’ll Cover:

» Kaiser Permanente Introduction
» Action for Healthy Kids Introduction
» Importance of School-Family Partnerships
» Challenges of a Remote Environment
» Ways for Schools to Partner with Families During Distance Learning
» District Spotlight: Duval County Public Schools
» Resources
Today’s Presenters

Annie Reed
National Director
Thriving Schools
Kaiser Permanente

Heidi Milby
Director of Programs
and Field Operations
Action for Healthy Kids

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

Regan Copeland
Parent Academy Supervisor
Duval County Public Schools
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.
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.

Eating school breakfast positively affects student attendance, which leads to higher academic achievement. Children who ate school breakfast increased their math grades by +0.3 points 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

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

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.

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.

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

Learn more at https://www.actionforhealthykids.org/the-learning-connection/
Tell Us About Yourself

What is your role?

a. School Staff
b. District Staff
c. Parent
d. Community Organization/Member
e. Other (Type in Chat Box)
Tell Us About Your Barriers

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

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

Overlapping Spheres of Influence
Flamboyan Foundation defines family engagement as collaboration between families and educators that accelerates student learning.
Challenges of a Remote Environment

» Maintaining/Building relationships and communicating effectively.
» Parents and caregivers are being tasked with a near-impossible combination of roles during this time: Working from home, home-schooling, counseling, managing family’s stress, economic challenges, and more.
» Give grace - You can’t do it all, they can’t do it all, and that’s ok! 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.
School Spotlight: Hiawatha Academy
Minneapolis, MN

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<td>Exercise (brain breaks or other activities spread throughout the learning time)</td>
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Ways for Schools to Partner with Families

1. Focus on Basic Needs

Your students can only succeed academically if they are safe and healthy.

» Check in regularly on basic needs, especially among the most vulnerable families
  • Food access: Contact your district nutrition services department or local food banks
  • Mental health: Contact your school counselor or district’s counseling department to share information on how services are being provided remotely

» Connect families to information needed to do remote learning successfully
  • Internet access: EveryoneOn offers a low-cost internet service programs tool kit
  • Packet pick-up
Ways for Schools to Partner with Families

2. Give Families Options

Flexibility gives students and families an opportunity to succeed – and reduces feelings of stress and guilt.

» Clearly convey your minimum expectations of your students (and keep these realistic)
» Provide opportunities for enrichment for those that have the capacity for more
» Reflect various learning styles and environments in your lessons and activities
» Integrate opportunities for movement to keep students engaged during learning (bonus: It’s fun!)
» Provide sample schedules/routines
3. Maintain Regular Communication

Communication is one of the highest impact activities you can do right now – and one of the most challenging!

» Make it clear to your families who they should be contacting with needs

» Communicate regularly and with purpose
  • Keep it short and sweet
  • Consider weekly “office hours”

» Set clear boundaries
Ways for Schools to Partner with Families

4. Vary Your Communication Style

Communication is one of the highest impact activities you can do right now – and one of the most challenging!

» Figure out the best way to each of your families
  • Consider phone calls, texting, “office hours”, emails, apps, snail mail

» Make mode of teaching/learning dynamic
  • Pre-recorded video mini-lessons, paper worksheets, project-based learning, discussions with other students/family members, etc.

» Make positive phone calls/virtual home visits
District Spotlight: Duval County, FL

Regan Copeland
Parent Academy Supervisor
Duval County Public Schools
Jacksonville, FL
PARENT ACADEMY

VIRTUALLY ENGAGING PARENTS AND CAREGIVERS

www.duvalschools.org/ParentAcademy
OUR VIRTUAL OPTIONS

Our goal is to reach all parents and caregivers on a site of their choice in order to simplify the process.

YouTube

NEW! Videos are shared weekly and include a large variety of topics and facilitators.

Search “Parent Academy – Duval County Public Schools” on YouTube

Social Media

Posts are shared 2-3 times per week. Content includes announcements, links, webinars, and updates.

Facebook - @ParentAcademyDuval

Twitter – @ParentAcadDCPS

Website

This page is our one shop stop! Caregivers register for courses, locate the YouTube page and videos, find numerous COVID-19 resources, and get updated activities and a curriculum aligned TV schedule from a local partner station.

www.duvalschools.org/ParentAcademy
This video includes a compilation of free remote learning resources designed to support your child’s educational needs while implementing school at home.

This video discusses the importance of mental health in our students. Viewers will hear about how mental health is taught in our schools and receive links to valuable resources available for children in our community.

This video shares numerous strategies for “Managing Money in Tough Times.” Viewers will learn the importance of managing money, steps to build a spending and savings plan, and how to focus on goal setting.
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**
Tell Us About Your Takeaways

What is one thing you will do to partner with families during distance learning as a result of this webinar?

Use the Chat button in your navigation menu below to share your answers.
## Upcoming Webinars

**Wednesdays | 11:00-11:30 AM PT**

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<tr>
<th>Date</th>
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<td>Stress Management for Educators</td>
<td>Alliance for a Healthier Generation</td>
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<td>April 8th</td>
<td>How Families Can Partner with Schools during Distance Learning</td>
<td>Action for Healthy Kids</td>
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<td>April 15th</td>
<td>How Schools Can Partner with Families during Distance Learning</td>
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<td>Comprehensive Self-Care for Educators</td>
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<td>Finding Balance in Disorienting Times</td>
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<td>Supporting Student Success through School Health Policy</td>
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Registration and recording available at [https://thrivingschools.kaiserpermanente.org/covid19-webinars/](https://thrivingschools.kaiserpermanente.org/covid19-webinars/)
Questions?

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