

Welcome!

The session will begin shortly.

While we're waiting, take action with one (or more) of the steps below!

Assess Your School: Take our 3-minute School Health Survey

www.actionforhealthykids.org/school-health-survey/

Stay Informed: Sign up for our Newsletters

<https://www.actionforhealthykids.org/news-sign-up/>

Get Involved: Find upcoming learning sessions and events

<https://www.actionforhealthykids.org/events/>



ACTION FOR
HEALTHY
KIDS 

Staying Connected with Your School and Community Amidst Uncertainty

September 17, 2020

Meet The Team



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Action for Healthy Kids



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Action for Healthy Kids

Learning Objectives

After today's session, participants will...

- » Understand the power of connections, especially in a hybrid learning environment
- » Have some concrete strategies for strengthening relationships with children, schools and your community
- » Be able to share some ways you have been able to stay connected during the pandemic

Logistics

A few notes to make sure you have a smooth user experience!

- » Listen in with your telephone or computer speakers
- » Everyone is muted
- » This session is being recorded
- » Ask questions
- » Stay engaged and participate

All materials and session recording will be shared in follow up within 2 business days.

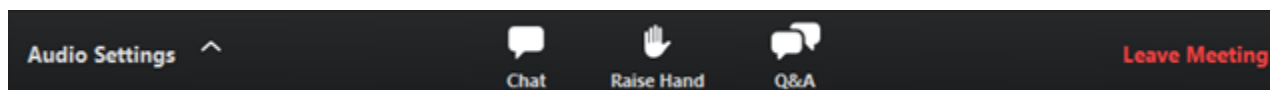
Chat vs Q&A

» Chat

- Use this space for introductions and to respond to prompts/ice breakers from the facilitator.
- During the session, we'll also share resources via the chat box.

» Q&A

- Use this space to ask questions regarding the content, with technology issues, etc.
- We'll do our best to answer questions at a scheduled time during the session. If not, a compiled list of common questions and answers will be shared in follow up.



Agenda

AFHK Overview

The Power of Connection

Staying Connected with:

- » Children
- » Schools
- » Community

Resources and Support

Q & A



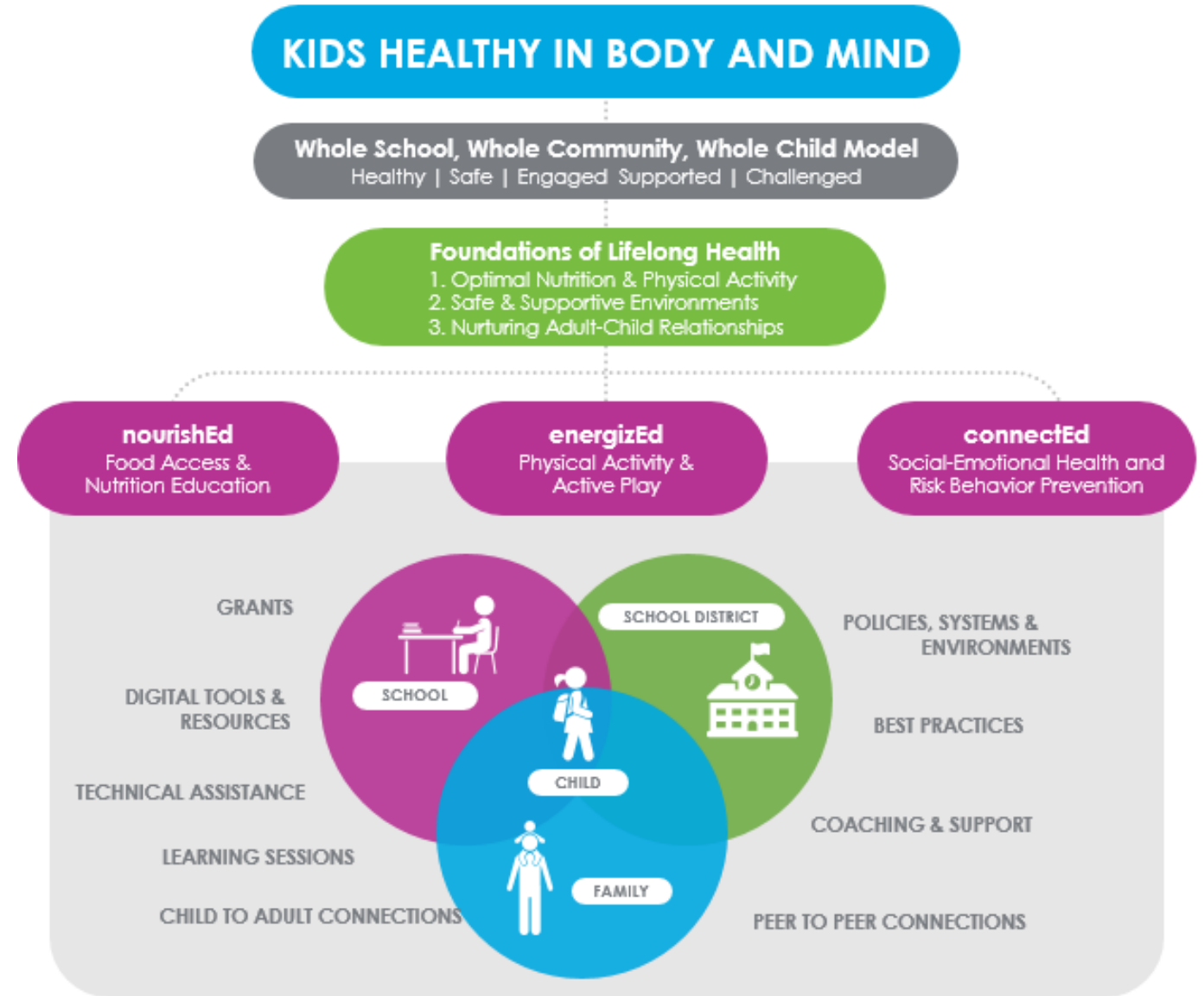
Who We Are

Action for Healthy Kids is a national nonprofit organization committed to the belief that healthy kids create a better world. We pursue this vision by mobilizing family-school partnerships to address the child health crisis and prepare kids to be healthy in body and mind.



What We Do

We collaborate with families, schools and school districts to support three key areas of child health.



Let's Connect!

What is your role?

- a. School Staff
- b. District Staff
- c. Parent/Caregiver
- d. Community Organization/Member
- e. Other (Type in Chat Box)



Let's Connect!



What did you have for lunch today?

Use the Chat button in your navigation menu below to share your responses.



Power of Connection

Maslow's Hierarchy shows that beyond our basic needs, a sense of belonging and connection with others is important for survival [1](#)



Connection with others creates space to:

- Discuss feelings and emotions
- Navigate challenges
- Learn from one another

3 Strategies for Staying Connected with Children

Create Space for Conversation

To build strong, nurturing relationships between adults and children, we must first create space.



- Dedicate a regular time and place
- Model discussions around feelings and emotions
- Pair conversations with activities children enjoy most
- Encourage but don't push

Get Up and Move!

- Helps the brain process emotions
- Provides a more relaxed setting to talk
- 60 minutes of moderate to vigorous activity daily
- Important part of routine



Keep It Simple

- » Check in when you notice a change in mood
- » Roses and thorns
- » Let kids' questions guide you
- » [Tips on how to talk with kids about COVID-19](#)



Let's Connect!



What strategies have you tried to stay connected with kids?

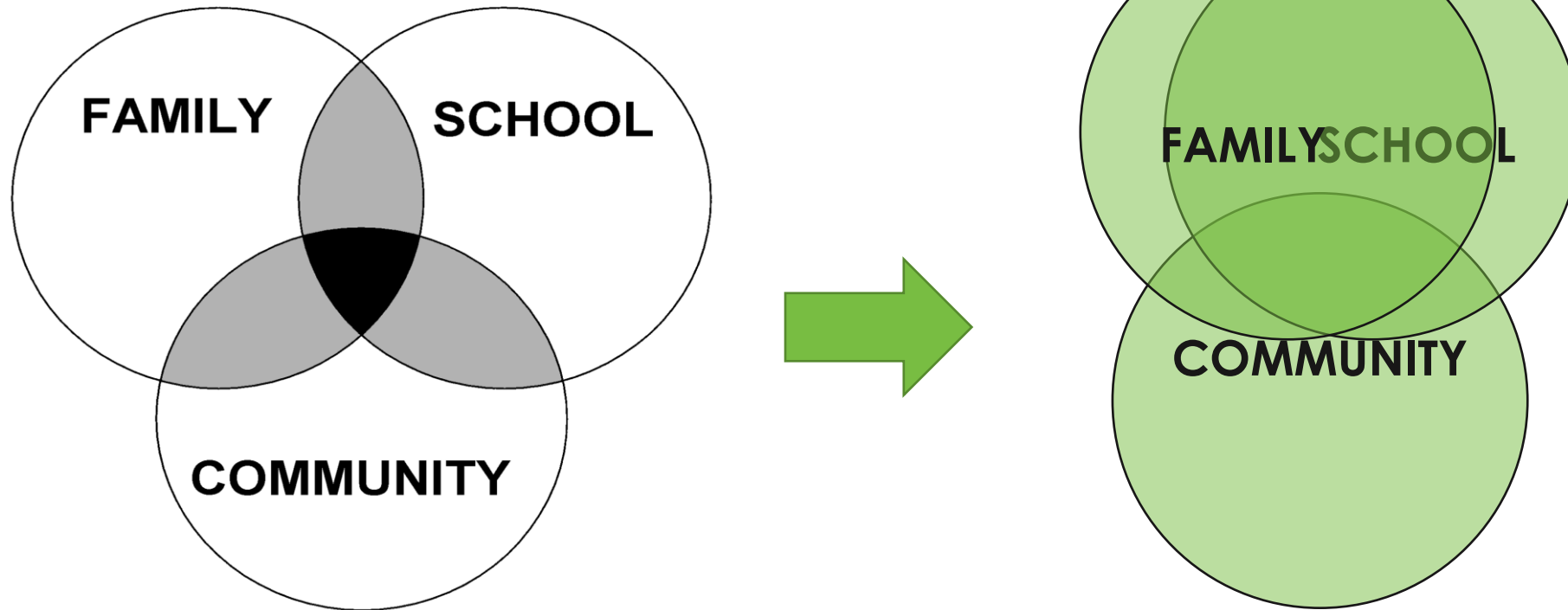
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3 Strategies for Staying Connected with Schools

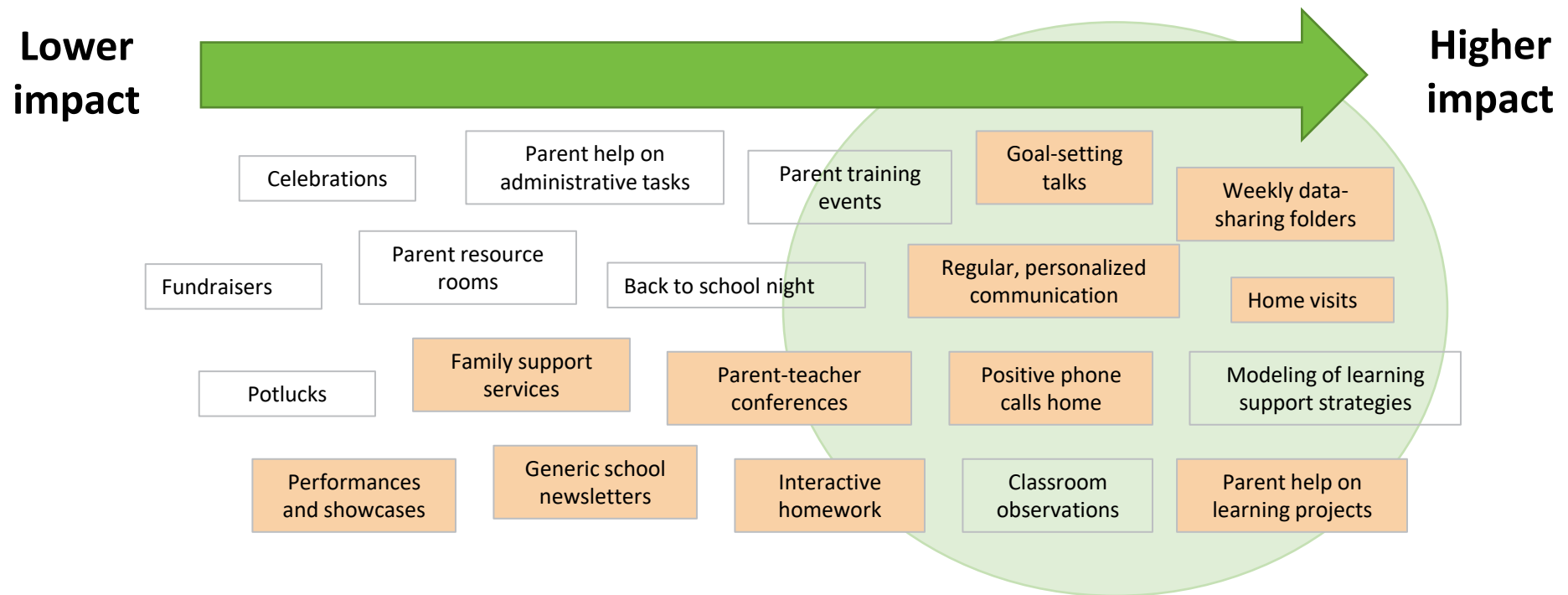
Importance of Family-School Partnerships

Overlapping Spheres of Influence



Research consistently confirms that family engagement is one of the most powerful predictors of children's development, educational attainment, and success in school and life. – Global Family Research Project, October 2018

Importance of Family-School Partnerships



Flamboyant Foundation defines family engagement as collaboration between families and educators that accelerates student learning.

"Positive connections between parents and teachers have been shown to improve children's academic achievement, social competencies and emotional well-being. When parents and teachers work as partners, children do better in school and at home."

#1 - Keep Lines of Communication Open



- » Communicate regularly with your child's school
- » Give feedback about what's working well, and what isn't
- » Treat this relationship with special respect
- » Let your child develop his/her own relationships with their teacher

#2 - Ask for Support When Needed



- » Remember, both you and your school want what's best for your child!
- » Don't wait until issues escalate to ask for help
- » Be clear about what type of help you need
- » Bring your needs to other parents

#3 – Join Your School's Health Team

- » School Health Teams typically support school wellness policy implementation and healthy school environments
- » Parents/Caregivers are critical members of these teams, and every team should have them represented
- » Plan activities such as:
 - Virtual Family Yoga
 - Virtual Cooking Classes/Taste Tests
 - Send ideas home for indoor physical activities
 - Etc

Best Practices:

- Meet at least quarterly
- 5+ team members representing a variety of roles



Let's Connect!



What strategies have you tried to stay connected with schools?

Use the Chat button in your navigation menu below to share your responses.





3 Strategies for Staying Connected with Your Community

Support Adult Social-Emotional Learning

SEL begins with adults

Just as research shows the importance of SEL for children, studies show adult social-emotional development can lead to:

- » Improved mental health and well-being, stress management and job satisfaction¹
- » Improved student outcomes in social-emotional and academic learning²
- » Positive influences on nurturing student-adult relationships and safe and supportive learning environments³

Connect with Family and Friends

- Try to set up opportunities for group work or partner work via video conferencing or collaboration apps
- Use technology or safe, small group gatherings to meet up with close friends and family



Help Others Meet Basic Needs

- » Meeting basic needs, especially around health, sets students 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
- » Where you can, support community organizations helping meet families' needs

Let's Connect!



What strategies have you tried to stay connected with your community?

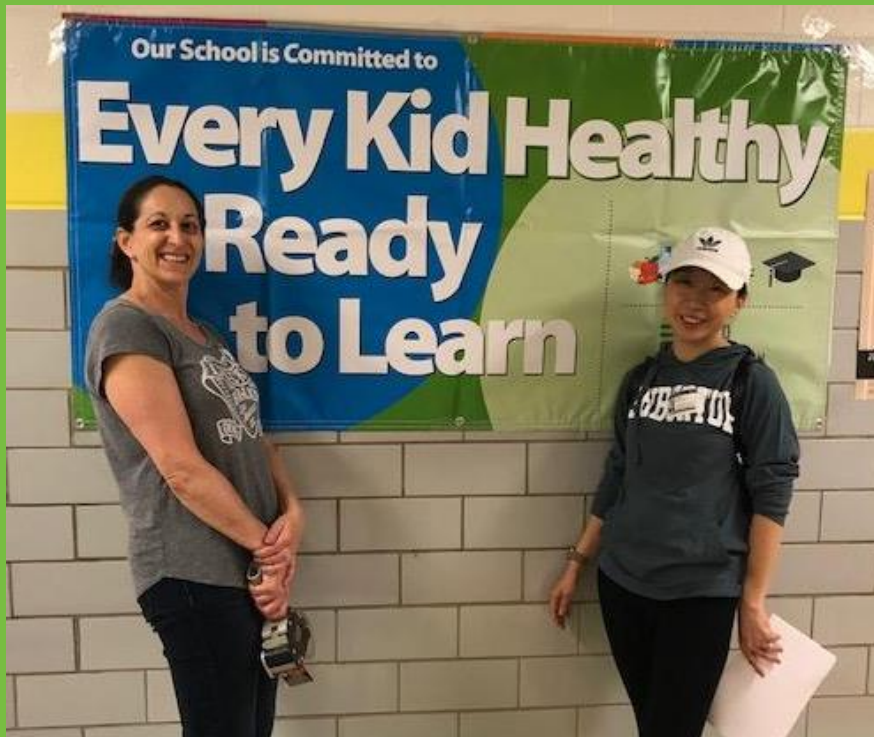
Use the Chat button in your navigation menu below to share your responses.



Tell Us About Your Takeaways

What is one thing you will do to stay connected with kids, schools or your community this school year?

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





Building Family-School Partnerships

Strategies and resources for building and leveraging family-school partnerships for Whole Child health

[Learn More](#)



Planning for a New School Year

Resources for finding support, food access, staying up to date with COVID-19 and back to school planning amid the unknown

[Get Resources](#)



Building an Equitable Foundation

Resources for supporting diversity, equity and inclusion at school and at home

[See How](#)

Resources and Support: Building Schools Back Better

Visit actionforhealthykids.org or email us at contactus@actionforhealthykids.org!

Connect with Us!

Join in conversation discover fun activities and healthy recipes, learn of ways to get involved take action!



@Action for Healthy Kids



@act4healthykids



@Act4HlthyKids



@act4healthykids



@Action for Healthy Kids



@action-for-healthy-kids



Next Steps

- » When this session concludes you will be directed to [Affiliate with Your School](#). It takes less than a minute and it helps us to know not just the people interested in our resources, but the schools using them, too.
- » Session materials and the recording will be shared in a follow up email within 2 business days.
 - We value your feedback! Please complete the post-learning session evaluation included in the follow up email to let us know how we're doing, what you'd like to see more of and help us ensure we are providing the best resources and support.

Questions?

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Every kid healthy, active and ready to learn

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