

Paramount Unified School District

Social-Emotional Learning Support Plan 2020-21:

A Comprehensive Guide of Ready-to-Use Resources, Tangible Strategies and Best Practices to Address Student, Staff and Family Mental Health Needs.

The current COVID-19 Pandemic has not been kind to our school community, especially our students and families. Of the many lessons learned, we as educators have seen the need of having a school wide strategic plan to address the isolation, anxiety, grief, loss and decline in socialization that has affected our school community. Our students need to be taught how to recognize, manage and balance their emotional upheaval with the safety and guidance through our collaboration and compassionate lens as educators. As we navigate these uncertain times together, the concept of Social-Emotional Learning (SEL) has made us see the importance of teaching these skills even more critical. SEL is a process to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships and make responsible decisions. As Aristotle once said, “Educating the mind without educating the heart is no education at all.”

Five guidelines for providing Social-Emotional support for the delivery of services to students, teachers and parents in 2020-21.

	Description	Resources and Examples
1.	Provide multi-level support in the fall for the impact of physical distance measures and distance learning for all stakeholders. Provide support for students, teachers and parents as they re-enter distance learning, re-enter school or both.	Distance Learning MTSS Framework Academic Engagement and Attendance Tier 1: Universal Strategies for ALL Students Teacher Student
2.	Systematically identify students in need of additional support with the incorporation of needs assessment surveys, involve teachers and parents and deliver services accordingly.	<p>The following are sample screening tools used to identify students in need and to help refer to appropriate services/personnel if necessary.</p> <p>A. CHANGES- teacher screening tool to be shared with site school counselor or social worker</p> <p>C-Caring, lack of or stating not caring about anything</p> <p>H-Having difficulty concentrating, making decisions, completing work</p> <p>A-Appetite, losing one's appetite or eating too much/all the time</p>

		<p>N-Non Participation, a sudden change in behavior (always to none or even none to always)</p> <p>G-Gut Feeling, trust your teacher instinct (butterfly in stomach feeling)</p> <p>E-Emotions, angry, sad, anxious, fearful, worried, grief</p> <p>S-Symptoms, physical such as headaches, stomachaches</p> <p>B. BASC screening tool-to be shared with site school psychologist Behavior Assessment System for Children (BASC) RAND www.rand.org/education-and-labor/projects/...</p> <p>C. Resources to guide educators and parents for further mental health support/screening www.covid19k12counseling.org www.schoolcounselor-ca.org</p>
3.	Offer individual and group counseling to stakeholders groups to overcome stress and anxiety.	<p>As the COVID-19 Pandemic disrupts and brings significant stress to everyone's day-to-day lives, it may also exacerbate existing mental health conditions and contribute to the development of new conditions. It is imperative that we provide individual and group counseling and linkage to outside resources for all stakeholders groups to address these mental health needs.</p> <p>www.schoolcounselor-ca.org www.secondstep.org (curriculum, activities and ideas for group and individual counseling)</p>
4.	Support staff on each campus to facilitate ongoing teacher professional development.	<p>Support staff on each campus to facilitate ongoing teacher professional development on such topics as trauma informed practices, grief/delayed grief, privilege, bias, racism, empathy and the importance of self-care and wellness.</p> <p>Trauma-Informed Practices in School: Teaching & Self-Care Resources</p> <p>A teacher's five stages of grief for a fractured school year</p>

		'White Privilege Permeates Education': Q&A With Anti-Racist, White Educator Cultural Awareness Practice Empathy Teacher Self Care Social Emotional Support
5.	Support staff members to advertise and provide school and community resources for all stakeholders.	Support staff members to advertise and provide school and community resources for all stakeholders; including mental health, food and housing resources and all community resources needed. Resources to be dispersed through multiple means of communication (i.e. website, newsletters, connect ed, fliers, phone calls etc..)

Delivery of Social Emotional Support Services to Students, Teachers and Parents	
Students:	
Best Practices	Resources and Examples
Providing these services will help our students understand and manage emotions, set goals, show empathy for others, establish positive relationships and make responsible decisions.	https://phswest.pusdschools.net/apps/pages/index.jsp?uREC_ID=779108&type=d&pREC_ID=1954958 ASCA Middle school Virtual Middle School Counseling
Provide virtual mini guidance lessons: Paramount High West Campus mini lessons	ASCA Elementary school Virtual Elementary School Counseling
Provide virtual restorative circles:	Facilitating virtual Restorative Circles https://youtu.be/dkv56xxG44I Restorative Justice, COVID-19 and 'Virtual Circles'
Provide mindfulness and coping resources:	Create a virtual calming room: Paramount High West Campus virtual calming room https://sites.google.com/view/westcampusvirtualcalmingroom/ Mindful Monday messages on Schoology or hold a Mindful Monday schoology group Weekly Practices - DeStress Monday

	<p>Mind Yeti breathing https://www.youtube.com/watch?v=SIPMk9qHJBQ&list=PLiaUKiwbiHMQDQLCXoPaMMYotldKIUQCw&index=2</p> <p>Yoga for kids 5 Best Kids Yoga Videos on Youtube 10 Benefits Of Yoga For Teenagers And 13 Simple Poses</p> <p>Host a Zoom or Google meet Lunch hang out or schedule a virtual celebration 12 ways to connect with kids and prioritize relationships while teaching remotely</p>
Build community with proven practices (i.e. morning and closing circles, listening to student voice and family engagement, etc.):	<p>Dialogue Circles and Positive Classroom Culture</p> <p>Virtual Family Engagement</p>
Provide weekly challenges: virtual cookbook, scavenger hunts, etc.:	<p>Virtual Theme Weeks Can Bring Students and Faculty Together</p> <p>Tip 28: Host a virtual scavenger hunt — ParentSquare Blog</p> <p>6 Virtual Celebration Ideas</p>
Provide support with study skills, organization tips, growth mindset study skills - High School:	<p>8 Tips to Help You Succeed in Online High School</p> <p>Sample Daily Schedule.docx</p> <p>10 tips for online learning students.jpg</p> <p>Brain breaks</p> <p>CARES-Resilient education and support</p>
Provide crisis and community support services:	<p>PUSD community referrals https://drive.google.com/file/d/1xr225SPXFKT9JHL6dfEQBGm2CEdyQMXP/view?usp=sharing</p> <p>PHS West Family Wellness Information</p> <p><u>Hotlines:</u></p> <ul style="list-style-type: none"> • National Hopeline Network:(800) 442-HOPE (4673) • Crisis Text Line: Text HOME to 741741 • MentalHealth.gov:(877) 726-4727. Provides mental health information and service referrals

Provide COVID-19 Safety Tutorials for students:	<p>CDC Key times to wear a facemask https://youtu.be/TYgTkJD1BHY</p> <p>Let's stop the spread of COVID-19 How to wash your hands effectively</p> <p>Social Distancing Explained</p>
Teachers:	
Description	Resources and Examples
<ul style="list-style-type: none"> On-site support group for teachers to connect with their school counselors via scheduled Zoom sessions or Google Meets Emphasize “Maslow over Bloom”- we must meet students basic needs before addressing academics (i.e. daily morning check-in on students’ emotional wellbeing) Take advantage of opportunities to embed social-emotional opportunities into the curriculum School support staff to provide training with teachers on meeting the social-emotional needs of students 	<p>Encourage Use of Contemplative Practices:</p> <ul style="list-style-type: none"> Tree of Contemplative Practices SMART Breaks Belly breathing Journaling Self talk Empathy 5 senses grounding exercise Determining core values Good life buckets Community assets Gratitude letters Headspace Use of Feelings Thermometer CARES-Resilient education and support
<p>Parents:</p> <p>The constantly evolving COVID-19 Pandemic situation may create significant stress and uncertainty-not only for children and youth, but also for those charged with caring for those students at home. The unpredictable and uncontrollable nature of this crisis creates anxiety and a sense of helplessness. It is essential that we provided our caregivers with the needed support.</p>	
Best Practices	Resources and Examples
Provide parent support groups/workshops (academic supports, parenting tips, distance learning etc..)	<p>Power of Parenting Video Series</p> <p>Tips for Facilitating Online Peer Support Groups – APS Virtual Learning Community</p> <p>Paramount High West Campus parent webinar- Meeting Your Children's Social Emotional Needs English Meeting your Children's Social Emotional Needs Spanish</p>
Set up Virtual Office Hours	How to Set Up Virtual Office Hours with Google Meet

	<p><u>CARES-Resilient education and support</u></p> <p>Virtual office sample: <u>https://docs.google.com/presentation/d/1uj-ahL0kooxg9vBdoSx3KgOmk7VmEmpV0AiLvov612Y/edit</u></p>
Additional Resources:	<p><u>MangingCoronaVirusAnxiety.png</u></p> <p>10 top tips for parents of online learners <u>10 tips for parents online learning.jpg</u></p> <p>Coping with stress <u>https://publichealth.arizona.edu/sites/publichealth.arizona.edu/files/SAMHSA%20Coping%20with%20Stress%20During%20Outbreaks.pdf</u></p> <p><u>coping calendar COVID 19.jpg</u></p> <p><u>Talking to Children about Coronavirus: Eight Steps for a Successful Conversation</u></p> <p>Coronavirus comic book <u>https://publichealth.arizona.edu/sites/publichealth.arizona.edu/files/Corona%20Virus%20Comic%20Book.jpg</u></p> <p>What to do if you are sick with coronavirus <u>https://publichealth.arizona.edu/sites/publichealth.arizona.edu/files/CDC%20sick-with-2019-nCoV-fact-sheet.pdf</u></p>

Parent and Student Supports Available in Schoology

Our new Learning Management System “Schoology” provides students with an avenue to digitally submit homework assignments, review grades, participate in interactive discussions, receive announcements and feedback, take tests, write academic blogs and more. Parents are able to view their child’s activity within the platform. School support staff will utilize this platform to support the social-emotional learning needs of students by posting resources and assignments for students, hosting discussion threads and promoting school-wide events.

Description	Resources and Examples
PUSD Schoology Parent Access (English):	<ul style="list-style-type: none">• Informational Handout: http://www.paramount.k12.ca.us/parents/Portals/Portal-2017-18-Schoology-Parent-Portal-Access.pdf• Video Tutorial: https://www.youtube.com/watch?v=xmZCQfYaBoQ&feature=youtu.be
PUSD Schoology Parent Access (Spanish):	<ul style="list-style-type: none">• Informational Handout (Spanish)• http://www.paramount.k12.ca.us/parents/Portals/Portal-2017-18-Schoology-Parent-Portal-Access-spanish.pdf• Video Tutorial (Spanish):• https://4.files.edl.io/b9c8/03/26/20/055343-2dc38abc-4ede-455d-8724-d4d54ca40960.mp4

Newsletters

Communication is key to maintaining a supportive and predictable environment. Multiple forms of communication with students, families and the community will alleviate the stress that many are facing during these unprecedented times. A newsletter is a great way to engage with your community.

Best Practices	Resources and Examples
<ul style="list-style-type: none">• Needs to be provided in all languages relevant to your community• Include a Social-Emotional learning section• Provide tips on academic, social emotional and College & Career awareness• Post school-wide events• Highlight community resources including links, hotlines, websites, etc.	Social and Emotional Learning: Strategies for Parents 10 Ways Parents Can Bring Social-Emotional Learning Home Social Skills Parenting Guides TODAY Safe family activities.png 10 tips for online learning students.jpg 6 Mindfulness Activities You Can Do as a Family Mindful Activities for Families

<ul style="list-style-type: none"> ● Student spotlights (success stories) ● Post mindfulness and family fun activities to do at home 	
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Misc. Resources	
Hotlines	Resources and Examples
<ul style="list-style-type: none"> ● National Hopeline Network:(800) 442-HOPE (4673) ● Crisis Text Line: Text HOME to 741741 ● MentalHealth.gov:(877) 726-4727. Provides mental health information and service referrals ● National Suicide Prevention Lifeline ● 1-800-273-8255 (English) ● Línea de Apoyo Nacional de Prevención del Suicidio 1-888-628-9454 (Spanish) ● National Domestic Violence Hotline ● 1-800-799-SAFE (7233) 	<p>PUSD community referrals https://drive.google.com/file/d/1xr225SPXFkt9JHL6dfEQBGm2CEdyQmXP/view?usp=sharing</p> <p>PHS West Family Wellness Information</p> <p>LA County COVID 19 resources LA County Department of Public Health</p>