

# 4.8.20: K-5 Zoom Meeting Agenda

12:30 - 2:00pm

## 1. Engagement/Outreach

- **Creative ways to engage students and implement the delivery system of SC program (core curriculum, ind. + small group counseling, check-ins)**
  - Creating content through preferred social media platforms (preferably utilizing accounts associated with district)
    - Google Classroom
    - Google Sites
    - YouTube
    - Facebook
    - Instagram
  - Individual Counseling Check-Ins via phone, Google Meet, Zoom, etc.
    - [Lee Starck's Weekly Check-In](#) (helpful to have teachers share link)
    - [Kimberly Tennant's Weekly Check-In](#)
  - Group Counseling Considerations - Check Ins - best to assume lack of confidentiality
  - Pledge of Allegiance each morning with your students by recording yourself saying it near a flag
  - Have a parent support night via video conferencing
- **What to do when we can't get a hold of students (no internet or phone)**
  - Contact people listed as their emergency contacts
  - Have the SRO or another police officer stop by their house to check in.
  - Admin home visits?
  - 40% reduction in DFS Reports - concerns about not seeing our students regularly, increased stress in vulnerable families.
- **Crisis Response/emergency protocols during this time (Renee' you covered this well in the meeting)**
  - Regarding Suicidal Ideation:
    - Stay online or on phone with the student while reaching out to parents/guardians to share concerns about the student.
      - Connect with administrator or other school counselors/mental health staff via text or phone to see if they can contact parents/guardians.
    - If that's not possible, reaching out to local law enforcement for a welfare check.
  - Other Crises (assembling crisis response team online)
    - Student/Community Member Death
    - Threat - Physical or Online
  - Other considerations:
    - Confidential and ethical ways to talk with students: video conference with students through Google Meet, call students or parents through Google Voice (you can download this application for free to your phone and calls will go to your cell phone but it keeps your personal cell phone anonymous) or by pressing \*67

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## 2. Supporting Staff + Self Care

- **How to support staff members**
  - Weekly Check-Ins
    - [Rose, Bud, Thorn Activity](#) - Peaks/Valleys
    - Ask two simple questions, for example: share one success and one thing they can do for self-care this week
    - Ind. check ins with staff members
      - Lissy Boar has had great success when individually calling teachers
      - Consider if teachers are needing support with technology, family or financial stressors and who to get them in contact with (tech specialist, outside therapist, etc.)
  - Coffee/Happy Hours - minimal agenda
- **Taking care of ourselves**
  - Boundaries- set work hours and do not respond to calls outside of these hours
  - Create a daily schedule that includes movement breaks, lunch break, etc.
  - Being mindful of what we can/can't control
  - We won't be perfect, just do the best we can, with the best intentions
- **Resources (local, coronavirus, anxiety, depression, etc.)**
  - Many listed at the bottom of this document

## 3. Classroom Counseling Lessons - Community Outreach

- **How people are doing "classroom counseling" and ideas for what topics to cover**
- **KEEP IT SIMPLE.** (parents are already overwhelmed)
  - You could provide students/ parents with links to resources, worksheets they can do on their computer (like PDFs), ideas for activities, do a simple powerpoint etc.
  - You could make a brief video (around 5 min.) so the students can see your face and you can give them the instructions for the lesson or read them a book
  - You can give them a different activity to do each day
  - If families don't have access to technology but are receiving weekly curriculum packages, include lessons with these packets or with daily lunch pick up
- **Key focus is on family/community support and outreach**
  - 40% reduction in DFS Reports - Unlikely to be an accurate picture of reality
  - Sharing with parents that for this age group creative and innovative play is very important during this time. They need time at home to be able to play and acquire valuable cooperative skills
- **What a day looks like for us as elementary counselors**
  - [School Counseling: Role of the School Counselor in Distance Learning](#)
  - Create a daily schedule that includes movement breaks, lunch break, etc.
- [Resources and Letter](#) from Tanya Kirchman
  - [Motivational Chart for Parents](#)

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### Resources:

[ASCA Ethical Considerations Webinar Part 1: School Counseling in a Virtual Setting](#)

[ASCA Ethical Considerations Webinar Part 2](#)

[ASCA COVID 19 Update](#)

[Exploring School Counseling: The Role of the School Counselor in Distance Learning](#)

[MSCA Spreadsheet of Resources](#)

Information on COVID-19 for Students: [Coronavirus Social Story \(K-2\)](#) [Understanding the Coronavirus Video A Comic Exploring the Coronavirus \(3-5\)](#)

**Wide Open School:** In-depth comprehensive and easy to navigate collection of online resources

[Indoor Games & Activities To Get Children Moving](#)

[25 Non-Screen Activities that you can do at home](#)

[Six Weeks of Digital Lessons K-2 \(\\$10\)](#)

[Six Weeks of Digital Lessons 3-5 \(\\$10\)](#)

Free: [Distance Learning Social Emotional Learning Google Slides](#)

CDC: [Talking with Children about Coronavirus Disease 2019](#)

PBS: Offers [several activities and tips](#) on how to make a new home routine during school closure and how to de-stress during the coronavirus pandemic

National Public Radio: [Just for Kids: A Comic Exploring the New Coronavirus](#)

**Free Social-Emotional Learning Activities:** There are a number of Second Step activities freely available online for children ages 5–13. Many of these are adaptable for remote learning or for families to do at home with their children.

National Association of School Psychologists: [Talking to Children about COVID-19 \(Coronavirus\): A Parent Resource:](#)

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Crisis Management Institute: [When Someone is Diagnosed with Covid-19 and When Someone Dies of Covid-19](#)

[Go Zen](#) - Anxiety Website with resources