



## Attending to the health and wellness of educators as the school year starts

August 27, 2020

**Link to slides:** [https://learningforward.org/wp-content/uploads/2020/08/Webinar\\_8-27-20.pdf](https://learningforward.org/wp-content/uploads/2020/08/Webinar_8-27-20.pdf)

### Contact info for the panelists:

- Laura Summers - [@lsummers](#)
- Jane Santa Cruz - [JSANTACRUZ@dallasisd.org](mailto:JSANTACRUZ@dallasisd.org)
- Heather Petruzzini - [@HEPetruzzini](#)
- Shannon Kersey - [@AHSPincipalK](#)

### Resources and links from the panelists:

*From Laura Summers:*

- [The Center of Reaching & Teaching the Whole Child](#)
- [“The right blend” by Laura Summers](#)

*From Jane Santa Cruz:*

- [Dallas ISD SEL resources](#)
- [SEL Resources for Educators Navigating COVID-19](#)
- [CASEL resource](#)
- [NPR’s Life Kit](#)
- [Onward: Cultivating Emotional Resilience in Educators](#)
- [How Black Americans can practice self-care during these trying times. And how everyone else can help them.](#)

*From Shannon Kersey:*

- [Consultant – Thomas Van Soelen](#)
- [Keynote Speaker – Kevin Ozar](#)
- [The Feelings Circle: A Genius Chart For Better Communication](#)

**Learning Forward resources:**

- [August issue of \*The Learning Professional\*: Turning to technology](#)
- [COVID-19 online resource page](#)
- [Learning Forward webinars](#)
- [Learning Forward blog](#)
- [Learning Forward membership](#)
- [2020 Virtual Annual Conference](#)

**Poll results:**

**1. How are you doing managing the back to school transition?**



**2. From a scale of 1 - 4 to what degree do you feel supported at work with regard to your social and emotional wellbeing?**



**Participants' suggestions and resources:**

- You can get free resources from <https://brightmorningteam.com/free-tools/>
- There is a book about anti-bias called Don't Look Away, embracing ANTI-BIAS classrooms by Iheoma Inuka and more!
- <https://ggie.berkeley.edu/my-well-being/>