

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

Webinar

August 27, 2020

If you can see the slide and hear the music, you are all set.



Welcome! We will begin shortly.

All attendees are muted upon entry.
Please use the chat feature for comments and questions during the webinar.

Thank you for joining us

The webinar will be recorded and available.

All webinar registrants will receive a follow-up email that will include the webinar slide deck, recording, and other resources mentioned during the presentation.

Please introduce yourselves in the chat box

- Your name
- Your location
- Your role in the educational sector



[@learningforward](https://twitter.com/learningforward)

Participants will ...

- Hear from panelists about their efforts to ensure that the SEL needs of educators are being met as the school year begins
- See a variety of approaches, strategies, and resources to support educator health and mental health
- Have an opportunity to ask questions of the panelists

Strategies to support health and mental health



Check-in poll

How are you managing the back-to-school transition?

- A. I'm feeling overwhelmed
- B. I'm feeling OK
- C. I'm managing very well

On a scale from 1– 4, to what degree do you feel supported at work regarding your social and emotional well-being?

- A. 1 – Not at all
- B. 2 – A little bit
- C. 3 – Mostly, but could be more supported
- D. 4 – Entirely

Panel discussion



Laura Summers

Program Leader and
Clinical Associate
Professor

University of Colorado
Denver
(CO)



Jane Santa Cruz

SEL Project Manager
Dallas Independent
School District

(TX)



Heather Petruzzini

Principal

Mary E. Cunningham
Elementary

Austin Independent
School District
(TX)



Shannon Kersey

Principal

Alpharetta High School
Fulton County Schools
(GA)



SEL Strategies to Support Educators

Laura L. Summers
27 August 2020



The Anchor Competencies Framework

- Build trusting relationships
- Foster self-reflection
- Foster growth mindset
- Cultivate perseverance
- Create community
- Promote collaborative learning
- Respond constructively across differences

Source: [The Center of Reaching & Teaching the Whole Child](#), 2020

Photo by [McKenna Phillips](#) on [Unsplash](#)



SEL-Supported Online Tech Pointers

- Keep it simple.
- Check in with teachers.
- Ask for assistance.

A hiker with a red backpack is walking on a dirt trail through a lush green mountain landscape. In the background, there are rugged, rocky mountain peaks under a blue sky with white clouds. A large, semi-transparent circular overlay is positioned on the left side of the image, containing text.

Preparing for the Unknown Future

“It is possible to prepare for the future without knowing what it will be. The primary way to prepare for the unknown is to attend to the quality of our relationships, to how well we trust and know each other.”

- Margaret Wheatley

Contact Information

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Photo by [Danielle MacInnes](#) on [Unsplash](#)

Learning Forward Webinar

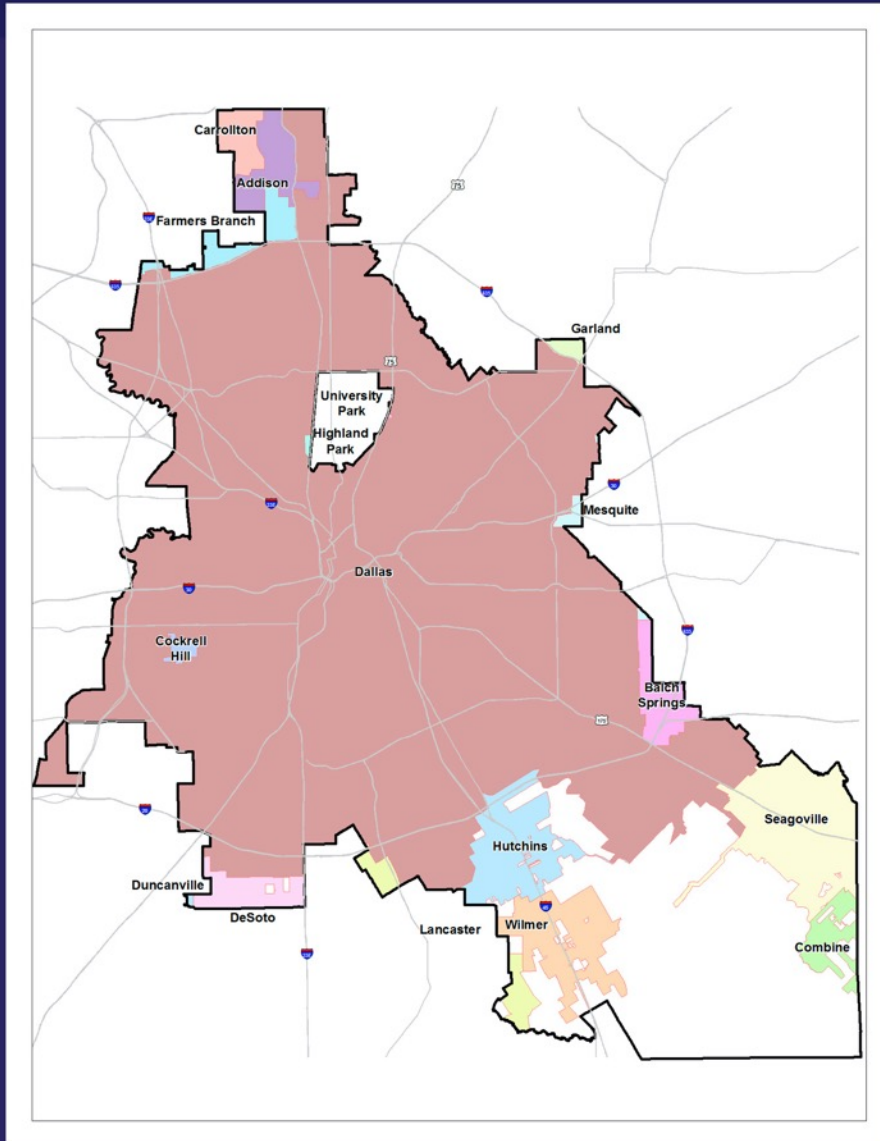
August 27, 2020

Jane Santa Cruz
SEL Project Manager, Dallas ISD



Social and Emotional
Learning

Dallas ISD Overview



Number of Students: 154,000

Number of Schools: 230

Number of Employees: 22,000

Size (Square Miles): 384

SEL Department:

- Began in 2017
- 10 Coordinators / 2 Managers / 1 Executive Director

Social and Emotional Learning Defined



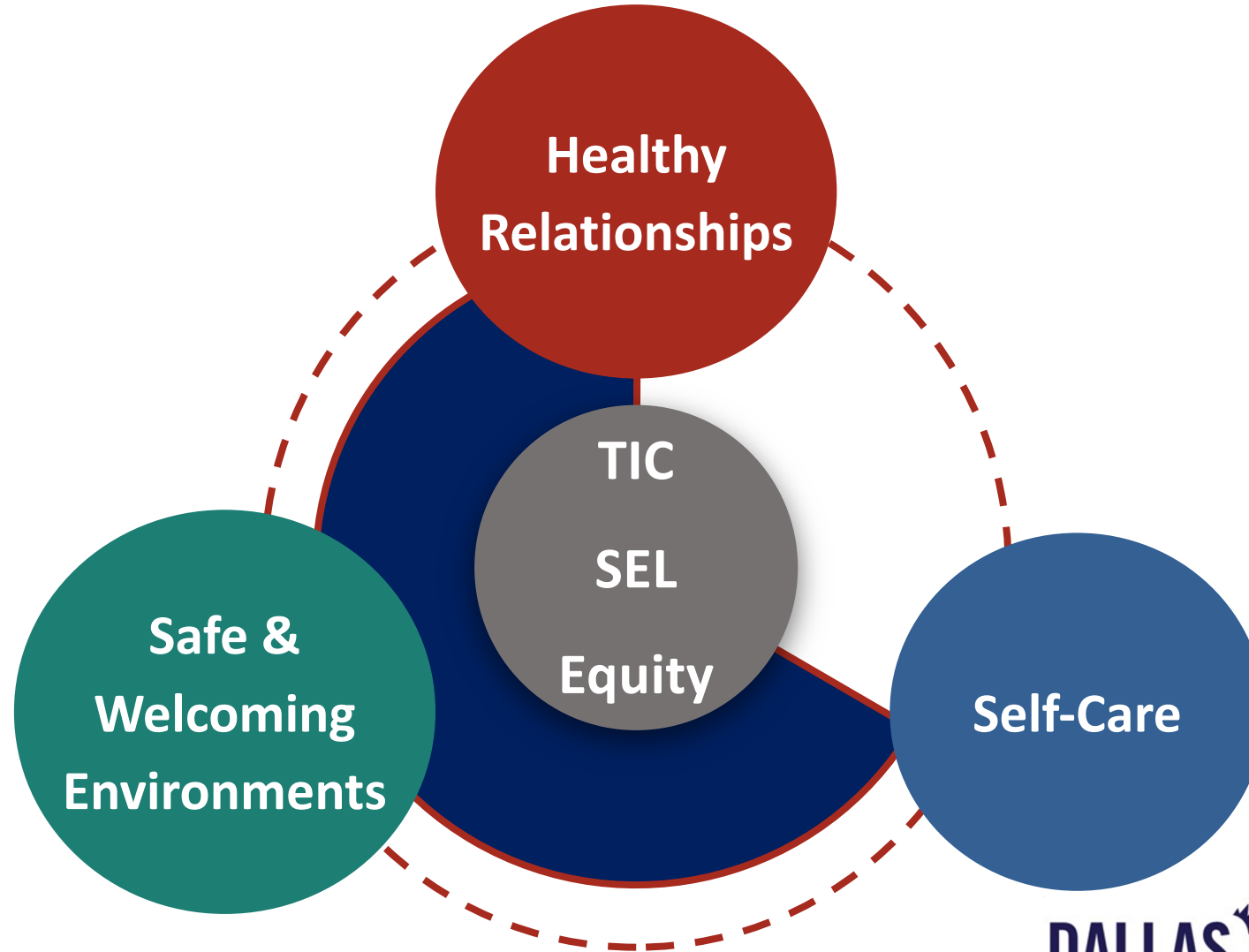
DALLAS DEFINITION

Social and emotional learning builds the skills, knowledge and attitudes that students and adults need to be successful in school, work and life. SEL includes knowing and controlling your emotions, understanding and collaborating with others, making positive choices, and demonstrating resilience.

DALLAS VISION

A city where children and adults are prepared with the social and emotional skills to lead healthy, productive lives.

2020-21 Comprehensive Culture Priorities



Resources



Dallas ISD Website: [Dallasisd.org/SEL](https://dallasisd.org/SEL)

- SEL Resources for Educators Navigating COVID-19
 - Includes self-care assessment, self-care planning worksheet, etc.
 - CASEL resource: Give 1 / Get 8 Self-Care Activity (via Chicago Public Schools)
 - More resources and ideas for facilitating welcomings, engaging practices, and optimistic closures virtually (great for both students and adults!)

NPR's Life Kit: An Illustrated Guide to Showing Up For Yourself (Podcast Episode)

Onward: Cultivating Emotional Resilience in Educators by Elena Aguilar (and there's a companion workbook!)

Philadelphia Inquirer: How Black Americans can practice self-care during these trying times. And how everyone else can help them.

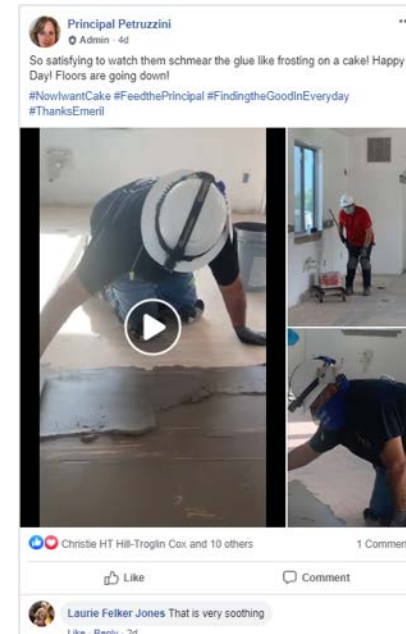
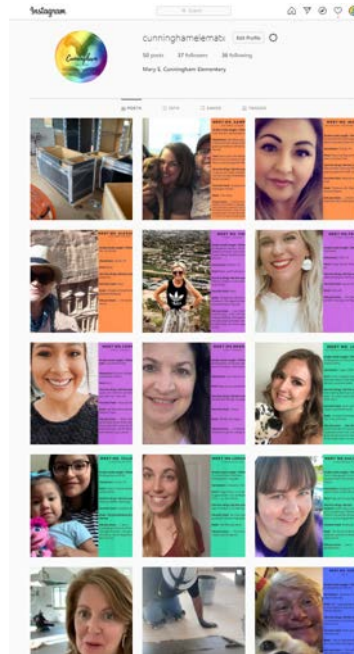
Welcome to the Cunningham Virtual Village

The Coolest Little School in South Austin: In-Person and Online



Heather Petruzzini, Principal
Mary E. Cunningham Elementary
Austin ISD
Heather.Petruzzini@austinisd.org

Community Outreach



Cunningham Messenger

August 13, 2020

All the News from the Coolest Little School in South Austin!

Principal's Message: Key Facts on the First Day of School

Dear Cunningham Village families,

School starts on September 8 and we realize that you may have questions about what that will look like. Austin ISD released the most [comprehensive overview of our reopening plans](#), and we encourage you to review the document that addresses specific areas.

In the meantime, here is an outline of some basic need-to-know information about the start of school:

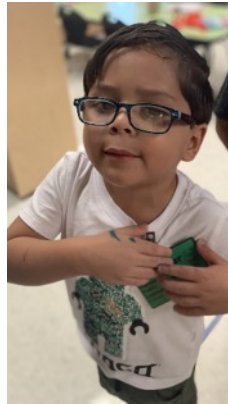
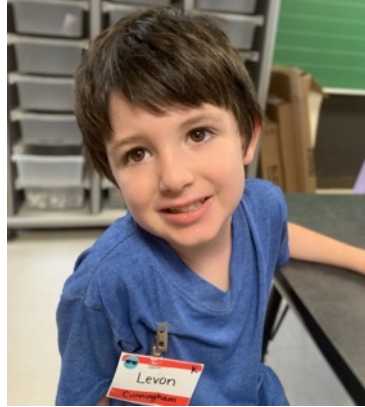
- The first day of school is now **September 8**.
- The first four weeks, from Sept. 8 to Oct. 5, will be remote. If your student needs access to technology, please contact us at 512-414-2067 as soon as possible so that we can assist you in getting the tools you need for your children to be successful.
- The next four weeks, from Oct. 5 to Oct. 30, will be a phase-in period. Families will choose if they prefer on-campus or virtual learning for this period; families who prefer on-campus learning will be phased in. We will continue to base our campus and district operations on the advice of health authorities. It is important to note: even students who choose on-campus instruction may have some days where they are still doing remote learning during this period.
- Families will choose if they prefer on-campus or remote instruction within two weeks of returning to campuses Oct. 5 via a form that will be sent to your email.
- Austin ISD families will be able to choose to go back to remote learning based on their individual comfort level.



Taking Care of Staff



Students



Keeping the Main Thing - the Main Thing

We will get out of this what we put into this.
If we put in **fear, loathing, angst, and anger** –
that will come back to us.

If we put in **joy, curiosity, a can-do spirit, and love** –
that will come back to us.

We choose this path forward.

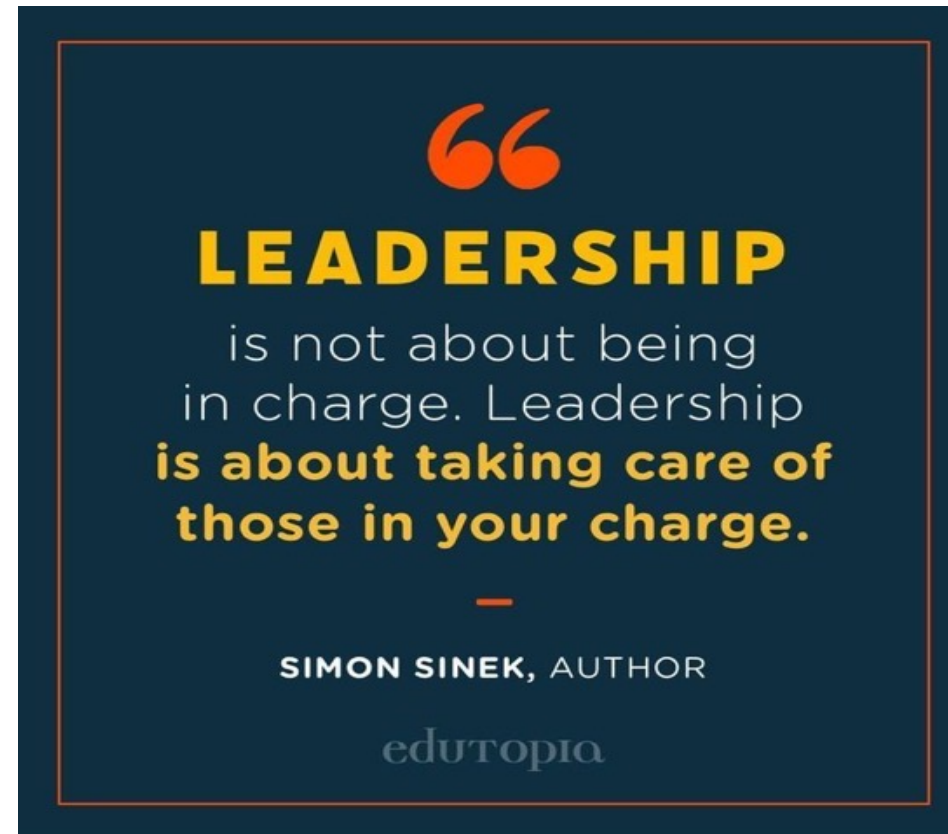


Attending to the Health & Wellness of Educators in 2020



**Shannon
Kersey**
Principal

- Covid-19
- Digital Teaching & Learning
 - (In FCS – Universal Remote Learning)
- Social Justice Issues & Black Lives Matters
- Planning for Simultaneous Teaching & Learning



Creating opportunities for excellence in academics, arts, athletics, and altruism.

Continue to Prioritize Adult Learning



➤ Collaborative Culture

- Consultant – Thomas Van Soelen
 - <http://www.vansoelenassociates.com/>
- Keynote Speaker – Kevin Ozar
 - www.blumeavclub.com

➤ Working Together to Implement Digital Learning

- Teacher Leaders

➤ Empowering Teachers

- Being Willing to Ask, Listen & Adjust

➤ My Role

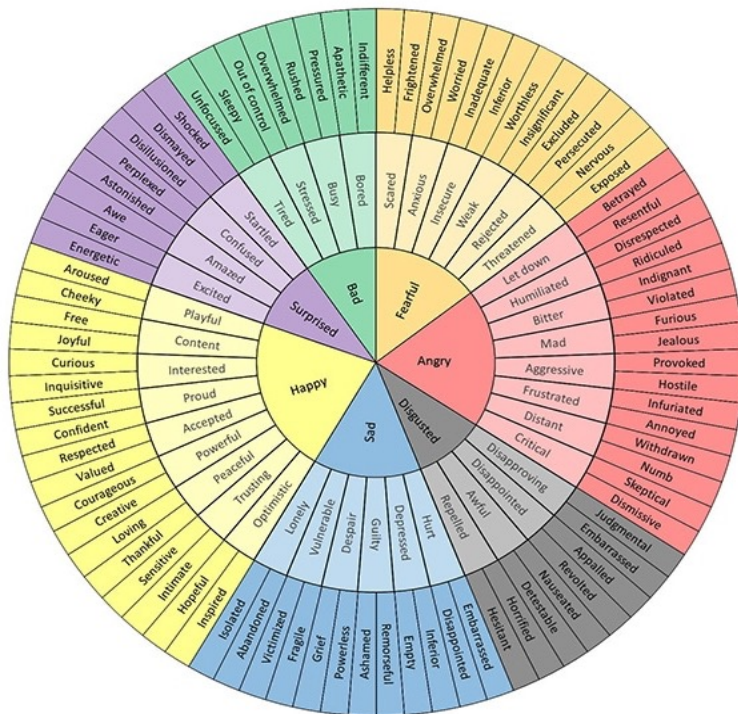
- Remove Obstacles & Provide Support



Creating opportunities for excellence in academics, arts, athletics, and altruism.

Engage in Protocols re: Emotions

<https://thechalkboardmag.com/the-feelings-circle-chart-emotional-communication>



As we begin this new school year, remember to do your best to embrace the 5 Cs:

- Be Calm
- Be Connected
- Be Courteous
- Be Courageous

It will be challenging but we can do this together. And you know we'll do it better than everyone else, so don't forget to **Celebrate** each other! This year's newsletter will feature digital Raider Recognitions, so please remember to **complete the form** when you want to honor a co-worker.

we've got this!



TEACHERS IN AUGUST 2019:

I am organized and prepared for the next 4 weeks.

TEACHERS IN AUGUST 2020:

I have no idea what's happening and I am prepared for the next 4 minutes

B	I	N	G	O
"can you see my screen?"	"shift," "rethink," or "reframe" is used	someone takes a call on camera	obvious texting on the side	echo/feedback
"Your mic is off"	someone leaves their hand up on accident	we hear a phone ring	Shannon humors Womack and calls URL "Earl"	an acronym is used
"can you hear me?"	One of the 5 Cs are referenced	FREE (Because you deserve something that isn't the worst!)	someone gets up and walks away	Someone is loudly typing, possibly with a hammer
someone forgets we can see their facial expressions	"pivot," "flexible," or "nimble" is used	We hear a long sigh	the phrase "unprecedented/trying (etc.) times" is used	the phrase "new normal" is used
someone eats or drinks on camera	someone is asked a question they are clearly not ready for	someone gestures/ mouths "we can't hear you"	someone is demonstrably multitasking	"sorry, go ahead"

Creating opportunities for excellence in academics, arts, athletics, and altruism.

Wellness Raiders & Fun Committee

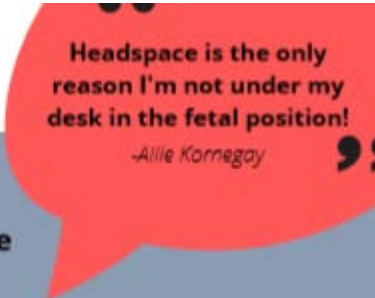


- Fall Step Challenge, Spring Step Challenge & Lunch 'n Laps
- Exercise Equipment Purchased this Summer for use by staff
- 2x/month Coffee/tea/hot chocolate mornings
- 2x/month Wellness Day: Teachers will wear their AHS Wellness t-shirts with jeans and do something pertaining to: Financial/psychological/nutritional/physical well-being that day (get up and walk, read an uplifting message, eat/drink healthily that day, try not to buy something online that day 😊)
- Share a wellness tip in the newsletter at least once a month
- Dress-Up Days, Celebrating Colleagues & Finding Ways to Connect!



be well !

- **Educators receive free subscriptions to Headspace's full library.** It includes 3 minute SOS meditations on stress, panic, feeling overwhelmed, and flustered (and more!)
- **Three meditations to Foster Gratitude** (reading time 1 min; meditation lengths vary from 3-20 minutes)



Creating opportunities for excellence in academics, arts, athletics, and altruism.



Social Injustice; Anti-Racism

- Leadership Commitment to Maintain a Schoolwide Focus on Anti-Racism
- Time Set aside during the workday to acknowledge the current state, pain, emotions...powerful!
- Commitment to collaboratively designing the work
- Commitment to lead our staff in examining unconscious and inherent biases
- Collaboratively Developed Name of Leadership Committee
- Collaboratively Developed a Mission Statement & Goals

ANTI-RACISM RESOURCES:

- The First Meeting of the tentatively titled Loving A.R.M. Club (Anti-Racism Movement) will be soon (date TBD)—don't forget to [complete the interest survey](#) if you are interested in being a part of this work.
- [What it Means to be Anti-Racist](#) is an article that defines and explores the history of anti-racist behavior and provides some general next steps. (10 min)

"The beauty of anti-racism is that you don't have to pretend to be free of racism to be an anti-racist. Anti-racism is the commitment to fight racism wherever you find it, including in yourself."

es-antiracism IJEOMA OLUO

ANTI-RACISM RESOURCES:

- [3 Tips for Developing Culturally Responsive Remote Learning Norms](#) (5 minute avg. read time)
- [How to be an Anti-Racist Educator](#) (7 min)
- ACSD's has links to back-issues that focused on this topic on their [Resources for Building Justice and Equity](#) page
- If you have not done so already, please read [the statement letter submitted by our AHS students](#) in response to the Black Lives Matter movement. (14 min)

"One either allows racial inequities to persevere, as a racist, or confronts racial inequities, as an antiracist. There is no in-between safe space of 'not racist.' The claim of 'not racist' neutrality is a mask for racism."

Ibram X. Kendi

Discussion and Questions

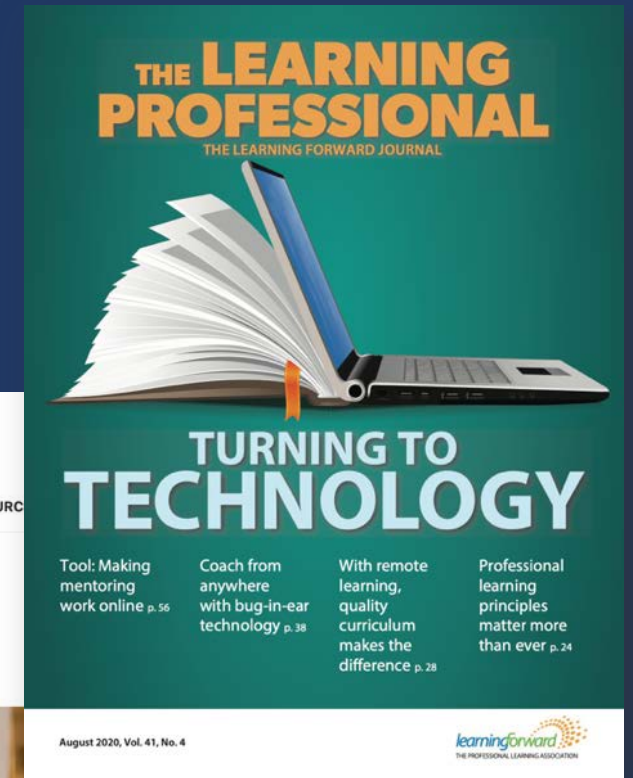


Online resources

- Look for follow-up resources, including a recording of this webinar and slides
- Read latest issue of *The Learning Professional*
- Check out the Learning Forward blog



The screenshot shows a blog post from the Learning Forward website. At the top is the Learning Forward logo and navigation links for 'ABOUT', 'ADVOCACY', 'STANDARDS', and 'RESOURCES'. Below the logo is a 'Back to Blog' link. The main title of the post is 'Three lessons learned from the pandemic about professional learning', dated July 29, 2020, by Elizabeth Foster. The post includes a photograph of a woman sitting at a desk, smiling while looking at a laptop and holding a large open book.



The cover of 'The Learning Professional' journal, August 2020 issue, features a green background with a white laptop and an open book. The title 'THE LEARNING PROFESSIONAL' is in large orange letters, with 'THE LEARNING FORWARD JOURNAL' in smaller white letters below it. The main theme 'TURNING TO TECHNOLOGY' is written in large white letters. Below the theme, there are four article teasers: 'Tool: Making mentoring work online p. 56', 'Coach from anywhere with bug-in-ear technology p. 38', 'With remote learning, quality curriculum makes the difference p. 28', and 'Professional learning principles matter more than ever p. 24'. The issue information 'August 2020, Vol. 41, No. 4' and the Learning Forward logo are at the bottom.

Mark your calendars

Thursday
September 3
3 pm ET

Connecting with families when it's more important than ever

Thursday
September 10
3 pm ET

Plan C: Preparing for the next wave

Thursday
September 17
3 pm ET

Learning from coaches: Supporting teams and individuals

We're going virtual!

VIRTUAL | *learningforward* 

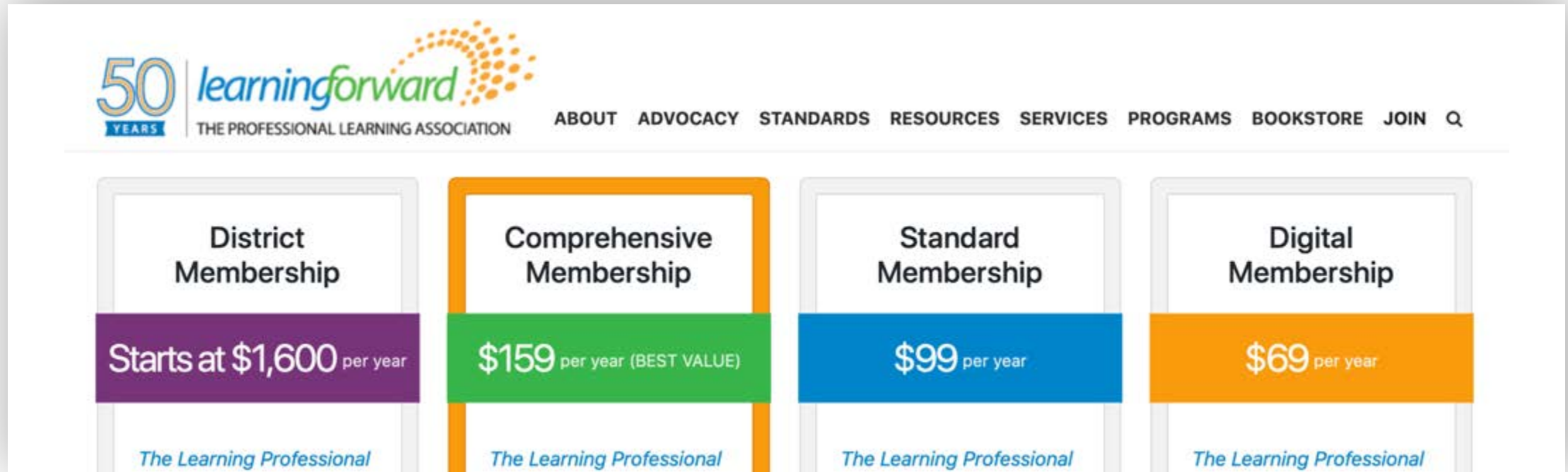
**2020 ANNUAL
CONFERENCE**

DEC. 6-8, 2020



Learning Forward memberships

- Get \$10 off any new Learning Forward membership
 - Use coupon code **LFWebinars***
 - **Visit** <http://learningforward.org/membership>
- * Code valid for new members only



The screenshot displays the Learning Forward website's membership page. At the top left is the logo for the 50th anniversary of Learning Forward, with the text "50 YEARS" and "learningforward THE PROFESSIONAL LEARNING ASSOCIATION". To the right of the logo is a navigation menu with links for ABOUT, ADVOCACY, STANDARDS, RESOURCES, SERVICES, PROGRAMS, BOOKSTORE, JOIN, and a search icon. Below the navigation menu are four membership options presented in vertical cards:

Membership Type	Price	Value
District Membership	Starts at \$1,600 per year	
Comprehensive Membership	\$159 per year	(BEST VALUE)
Standard Membership	\$99 per year	
Digital Membership	\$69 per year	

Each membership card also includes the text "The Learning Professional" at the bottom.

Thank you!

