Wellness Reopening Planning Team Recommendations

School Board Meeting Presentation
July 30, 2020
Wini McMichael, Wellness Coordinator

Student Services

Wellness Reopening Planning Team

Met: 5/27/20; 6/19/20

Members:

- Brendan Devane, PE Teacher
- Christian Rubalcaba, Principal
- Chad Slife, Principal
- Jessica Notte, AP
- Judy Wai, School Counselor
- Maria Demattei, AP
- Siwin Chu, PE Teacher
- Sijen Olthof, Computer Teacher
- Suzi Riley, Coordinator
- Wini McMichael, Wellness Coordinator

Elementary SEL Subcommittee

Met: 6/11/20; 6/22/20

Members:

- Alice Moberg, School Counselor
- Amy Vang, School Counselor
- Brendan Devane, PE Teacher
- Chelsea Groeber, School Counselor
- Cynthia Gutierrez, Mental Health Clinician
- Lauren Marques, School Psychologist
- Marc Lopes, School Counselor
- Gina Johnstone, Teacher
- Siwin Chu PE Teacher
- Wini McMichael, Wellness Coordinator

Mental Health Subcommittee

Met: 6/15/20; 6/24/20, 7/21/20, 7/28/20

Members:

- John Michael Gomez, School Psychologist
- Jennifer Ramberg, School Counselor
- Marie Le, School Psychologist
- Moriah MacDonell, Mental Health Clinician
- Wini McMichael, Wellness Coordinator

Middle School SEL Subcommittee

Met: 6/15/20; 6/24/20

Members:

- Charles Neal, School Counselor
- Mackenzie Hunt, School Counselor
- Jennifer Brilhart, Dean
- Christian Potter, School Counselor
- Steven Chang, School Counselor
- Wini McMichael, Wellness Coordinator

Transition/Community Building Subcommittee

Met: 6/10/20; 6/19/20; 6/25/20

Members:

- Judy Wai, School Counselor
- Nancy Rocha, School Counselor
- Shoshona Frisch, Resource Specialist
- Tara Dixon, Teacher
- Yaou Liu, Teacher
- Wini McMichael, Wellness Coordinator

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Student Services

Reopening Wellness Recommendations

Promote Wellness for Administrators and Staff

- Community building
- Vision
- Communication
- Time
- Professional Learning
- Guidance
- Wellness Resources

Reopening Wellness Recommendations

Prepare students and families for reopening

- Connect
  - With students
  - With families
    - Virtual parent events
    - PTA or other parent buddy program for new community members
    - Parents identifying how they can help in the school community - including talents they can share for fun community-based virtual drop-in activities (for students and staff)
- Virtual school and classroom tours
- Parent Education

Parent Education for Student Wellness - the 3 R's

Routines
- Create a flexible, manageable routine: Write and post the schedule
- Set clear expectations
- Include choice and options
- Focus on healthy eating and sleeping habits

Relationships
- Schedule time for fun family activities
- Engage in safe, social distancing activities with others
- Teach physical distancing expectations

Regulation
- Practice relaxation
- Praise often, genuinely, and enthusiastically
- Privileges/rewards earned for following routines/expectations

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Student Services

Reopening Wellness Recommendations

Universal services for wellness support for all students

- Focus on community building
- Establish an ongoing system of wellness monitoring
  - Use morning meetings or a check-in survey to monitor student well-being
  - Ensure each school has CARE or similar team
  - Integrate Social Emotional Learning (SEL) and continue explicit SEL instruction
- Incorporate student voice in classroom norm development and SEL
- Create online social interaction opportunities for students, such as games, dance lessons, online recess, stuffed animal meet and play, virtual drop-in groups, GSA's/Pride Clubs, etc.

Reopening Wellness Recommendations

Tiers 2 and 3 services for wellness support for students

- Supportive crisis response to identification of COVID-19 in school community
- Telehealth individual counseling
- Small telehealth groups led by school counselors to help desensitize students who are averse to participating in class on camera
- Non-therapeutic groups to promote social connection for isolated students
- Drop-in school counselor hours
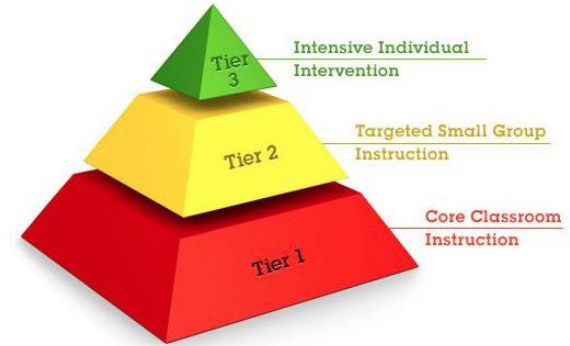- Continue teacher, self, and parent referral processes

Tier 3 — Intensive Individual Intervention

Tier 2 — Targeted Small Group Instruction

Tier 1 — Core Classroom Instruction

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Student Services