

School Practitioner Community of Practice
(A network for sharing & exchange)
Special Edition (4/3/20)

Sharing Requests and Information about Resources and Actions

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(Scroll down to read about the above and for hotlinks to resources)

Note: Go to <http://smhp.psych.ucla.edu/> for links to other Center resources.

This resource is from the
Center for MH in Schools & Student/Learning Supports, UCLA

So please feel free to share with anyone you think might benefit (e.g., forward our resources to individuals and share on listservs and websites).

For those who have been forwarded this and want to receive resources directly, send an email to Ltaylor@ucla.edu

For previous postings of community of practice discussions, see <http://smhp.psych.ucla.edu/practitioner.htm>

Special Edition:

Sharing Requests and Information about Resources and Actions

>What kids are saying about no school

We know that many of our listserv participants are wondering how kids are reacting to not being at school. So we asked some of colleagues to query kids they know about about no school and staying home. Here is a sample of what they reported:

From younger children

- > What I don't like about staying at home
 - I can't go to my friends house (5 year old)
 - It can be boring with nothing to do. (8 year old)
- > Good things about staying at home
 - We got video games (5 year old)
 - I can play video games with my sisters. (8 year old)
- > What I don't miss about school
 - I don't miss David (the character) from the David book series (5 year old)
 - The lunch at school. (8 year old)
- > What I do miss about school
 - My teachers, friends, and doing math. (5 year old)
 - My friends and my teachers. (8 year old)
- > Anything else you would like to share
 - I like having food at home (5 year old)

From middle school students

- > What I don't like about staying at home
 - We don't go outside much. We are stuck inside most of the day.(11 year old girl)
 - I miss going to school. (12 year old girl)
 - We can't go out and talk to people or go places. (13 year old boy)
- > Good things about staying at home
 - We get to relax and we are much safer than going outside right now. (11 year old girl)
 - I am social distancing and avoiding a lot of contact with others so we don't get sick.(12 year old girl)
 - We get to hang out and I know I am safer when I am at home. (13 year old boy)
- > What I don't miss about school
 - Having to do homework and sitting through all my long classes.(11 year old girl)
 - I do miss school. (12 year old girl)
 - Having to wake up early and having lots of homework. (13 year old boy)

- > What I do miss about school
 - I miss being able to see all my friends and I miss AVID class. (11 year old girl)
 - I miss everything about school right now. (12 year old girl)
 - I miss seeing my friends (13 year old boy)

From high school students

- >What I don't like about staying at home
 - The worst thing is social distancing and isolating. (14 year old girl)
 - Not being able to play sports or meet with friends (15 year old boy)
 - Not much is bad, but I'm not able to have as much fun (boy 16)
 - I am eating when bored (girl 16)
 - I can't go out and hang out with friends anymore and I can't do fun stuff. (Girl 16)
 - Some kids aren't safe at home and going out feels better to them. (Boy 17)
 - Doing more chores at home (girl 17)
 - The worst thing is I miss hanging out and seeing my friends (girl 17)
 - It will be harder to get resources since we can't be out for a long time and it's hard to get food that can withstand long periods of time. (Girl 17)
- >Good things about staying at home
 - Getting to do things you didn't have time to do before. (14 year old girl)
 - I won't get sick (14 year old boy)
 - More time to myself and I am able to play more video games (boy 15)
 - I know that I can actually do my work when it is due because now I know my grade depends on it and being creative at home. (Boy 16)
 - Having more time to do your homework (boy 16)
 - No stress and I have more time to do my assignments (girl 16)
 - I get to relax and sleep more (girl 16)
 - I like that I have more time to myself and I have been helping my own mentality instead of depending on others(boy 17)

- Being able to be lazy all day and I don't feel as stressed out as I did in school. (Girl 17)
- You have the ability to work at your own pace while taking care of yourself, so you don't feel too rushed or stressed about your work. (Girl 17)
- > What I don't miss about school
 - I don't miss the teachers lessons. (14 year old girl)
 - Waking up early (boys 14, 16, 17, girl 17)
 - The stress from all of the assignments (boy 15)
 - I don't miss my teachers (girl 16)
 - All the tests and stress of homework (girl 16)
 - I don't miss the work or the tests. (Girl 17)
 - I don't miss how sometimes there was no resources for students like soap in the restroom etc. especially during the time we were starting to hear about the virus. (Girl 17)
- > What I do miss about school
 - I miss seeing my friends. (14 year old girl)
 - I miss my friends and the teaching helps me better understand my assignments. (14 year old boy)
 - The social aspect of seeing everyone and interacting (boy 15)
 - I miss being able to see my friends. (Boy 16)
 - I miss football and my friends (boy 16)
 - I miss going to tutor one of the kids at the elementary school.(girl 16)
 - Hanging out with my friends (girl 16)
 - I miss my friends and being able to get a little escape from my home which is very boring.(boy 17)
 - I miss being with my friends, waking up early, going to tutor kids, and going to classes. (Girl 17)
 - I miss hanging out with friends and being able to talk to them. Even though I am enjoying not going to school, I get really bored at home. And this is way too much time I see my siblings all day and they are annoying. (Girl 17)
 - I miss being able to communicate with people and working with people on assignments. Sometimes we have trouble on things as well compared to in person. (Girl 17)

What are the children/youth you know saying and what do we do about it???

Let us hear from you; send to Ltaylor@ucla.edu

More from kids to come ...

>Sharing from the Field about Grief Resources

>>From Texas: "Here a two sites."

>>>Coalition to Support Grieving Children <https://grievingstudents.org/>

>>>National Center for School Crises and Bereavement <https://www.schoolcrisiscenter.org/>

>>From New York: See

Children's Bereavement Art Group

<https://www.sutterhealth.org/ways-to-give/philanthropy/smcs/childrens-bereavement-art-group>

>>Young adult bereavement support | UC Davis Children Hospital

"The group is appropriate for young adults, age 17 to 24, who have experienced the death of someone close to them. The young adult bereavement art group use."

https://health.ucdavis.edu/children/patients_family_resources/young_adult_bereavement_support.html

>>From North Carolina

“Here is the response I received from Prevent Child Abuse NC to your inquiry. One of the things they mention is Mrs. Kendra. Miss Kendra is great, related to potential abuse, involves children writing letters to Miss Kendra, and follow up provided by MH professionals when needed. But Mrs. Kendra will be nearly impossible to roll out state wide. It necessitates every school participating to contract with MH providers for the follow up. But there is also lots of additional information included below that may be helpful.”

<http://traumainformedschools.org/miss-kendra-program/>

<https://www.preventchildabusenc.org/online-trainings/>

<https://www.preventchildabusenc.org/connections-matter-nc/>

>Links to a few other relevant shared resources

Anxiety and Coping With the Coronavirus

https://childmind.org/article/anxiety-and-coping-with-coronavirus/?utm_source=newsletter&utm_medium=email&utm_content=%20Parents%20Guide%20to%20Problem%20Behavior&utm_campaign=Weekly-03-03-20

How to Help Kids Through COVID-19

https://msutoday.msu.edu/news/2020/ask-an-expert-how-to-help-kids-through-covid-19/?utm_source=insidemSU-email&utm_medium=email&utm_campaign=standard-promo

New Strategies in Special Education as Kids Learn From Home

<https://www.edutopia.org/article/new-strategies-special-education-kids-learn-home>

#COVIBOOK Supporting and Reassuring Children Around the World in Multiple Languages

<https://www.mindheart.co/descargables>

How to Be a Successful Virtual Teacher

<https://www.eschoolnews.com/2020/03/26/how-to-be-a-successful-virtual-teacher/>

Connecting Students to Mental Health Care Through Telehealth Technology

https://ednote.ecs.org/connecting-students-to-mental-health-care-through-telehealth-technology/?utm_source=EC+S+Subscribers&utm_campaign=125ab836ff-ED_CLIPS_04_02_2020&utm_medium=email&utm_term=0_1a2b00b930-125ab836ff-53599575

COVID-19 Resource Hub <https://healthyschoolscampaign.org/resources/covid-19-resource-hub/>

COVID-19 Update: State Policy Responses and Other Executive Actions to the Coronavirus in Public Schools

https://www.ecs.org/covid-19-update/?utm_source=ECS+Subscribers&utm_campaign=125ab836ff-ED_CLIPS_04_02_2020&utm_medium=email&utm_term=0_1a2b00b930-125ab836ff-53599575

COVID-19: Considerations for the Afterschool Field

https://afterschoolalliance.org/covid/?utm_source=sendinblue&utm_campaign=Alt_Email_COVID-19_3312020&utm_medium=email

Fact Sheet: Addressing the Risk of COVID-19 in Schools While Protecting the Civil Rights of Students <https://www2.ed.gov/about/offices/list/ocr/docs/ocr-coronavirus-fact-sheet.pdf>

As Schools Close to Coronavirus, Special Educators Turn to Tele-Therapy

<https://ecs.us18.list-manage.com/track/click?u=c950350ab39c4f5a80e4f1661&id=df4888efc6&e=8a94183111>

For links to activities to pursue while schools are closed, see

<http://smhp.psych.ucla.edu/pdfdocs/homeactivity.pdf>

and previous special editions of the Community of Practice.

Activity for today

Virtual museum tours

https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR0_aE4RoHjKjSBWSTeXArNybl4-PiG8CVAAsANa8i8oTaCx915OsnuldM

DEAR READER:

Everyone has a stake in the future of public education. This is a critical time for action. Send this resource on to others. Think about sharing with the growing number who are receiving it. AND Let us know about what we should be including.

For those who are employed by state and local education agencies and schools, we know you are busy. It would be great to share what actions you are taking to address immediate concerns and how you are anticipating the problems that will arise when schools reopen.

I wonder what our friends are doing today.



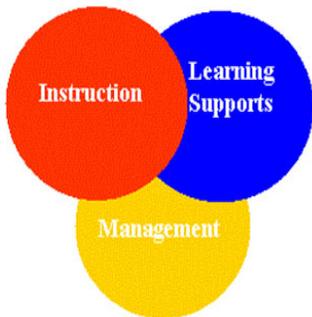
Probably better things than us -- let's call and ask them!

Equity of opportunity is fundamental to enabling civil rights; transforming student and learning supports is fundamental to enabling equity of opportunity, promoting whole child development, and enhancing school climate.

**For information about the
National Initiative for Transforming Student and Learning Supports**
go to <http://smhp.psych.ucla.edu/newinitiative.html>
Also online are two related free books

Improving School Improvement
http://smhp.psych.ucla.edu/improving_school_improvement.html

Addressing Barriers to Learning: In the Classroom and Schoolwide
http://smhp.psych.ucla.edu/improving_school_improvement.html



THE MORE FOLKS SHARE, THE MORE USEFUL AND INTERESTING THIS RESOURCE BECOMES!

For new sign-ups – email Ltaylor@ucla.edu

Also send resources ideas, requests, comments, and experiences for sharing.

We post a broad range of issues and responses to the Net Exchange on our website at <http://smhp.psych.ucla.edu/newnetexchange.htm> and on Facebook (access from the Center's home page <http://smhp.psych.ucla.edu/>)