

CARING FOR THE EDUCATION
COMMUNITY DURING COVID-19:

How Families Can Partner with Schools during Distance Learning

Wednesday, April 8
11 a.m. PST / 2 p.m. EST

Presented by:

Action for Healthy Kids

In partnership with:



The Webinar will begin shortly.
Connect to audio using your computer's
microphone and speaker
OR dial in on your phone: (877) 853 525
and enter the webinar ID 685 551 890



ACTION FOR
HEALTHY
KIDS 

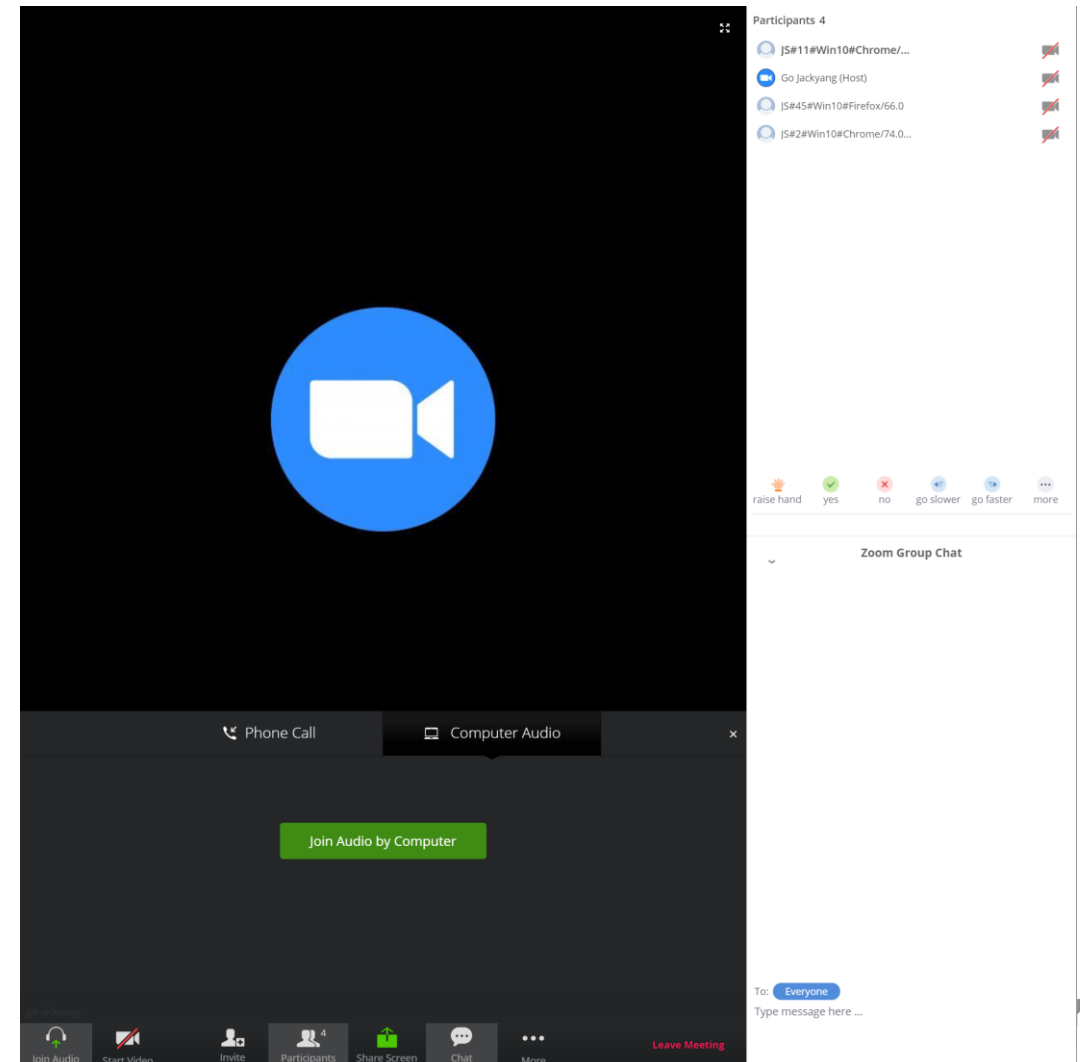


KAISER PERMANENTE®

**Caring for the Education Community During COVID-19:
How Families Can Partner With Schools During Distance Learning**
Presented in partnership with Kaiser Permanente
April 8, 2020

Webinar Logistics

- Telephone or speakers
- Everyone is muted
- Submit a question
- This call is being recorded
- Link to recording and handouts will be sent out following the call



About Kaiser Permanente

217K Employees and
22K physicians

deliver high-quality care
to members
& on the front lines of
COVID-19 response



12.3M
people

get care + coverage
from Kaiser Permanente

8 regions

- Colorado
- Georgia
- Hawaii
- Mid-Atlantic States
- Northern California
- Southern California
- Northwest
- Washington



39

Hospitals

+



701

medical offices

Exceptionally
Prepared

- Telehealth options
- Consolidation to meet critical needs
- Careful supply management

COVID-19
Vaccine
Testing

Taking place in
our WA region



Kaiser Permanente Supports Schools in These Unprecedented Times



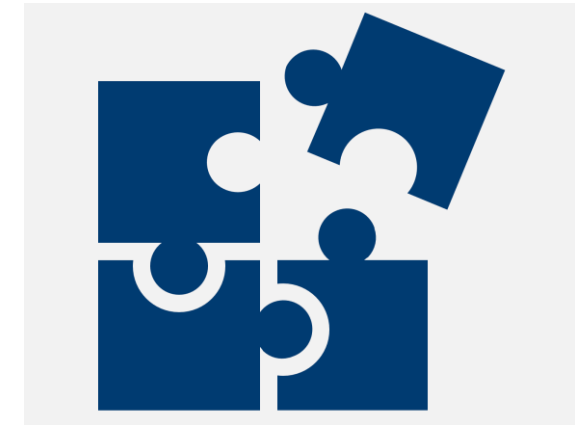
RECIPROCAL IMPACT

Recognize health impacts educational attainment and education impacts life-long health.



CARING FOR THE EDUCATION COMMUNITY

Understand the education landscape has changed drastically in response to COVID-19.



ORGANIZATIONAL PARTNERS

Activating partnerships with school health experts to provide support to schools, districts, educators & families.



What We'll Cover:

- » Kaiser Permanente Introduction
- » Action for Healthy Kids Introduction
- » Importance of School-Family Partnerships
- » Challenges of a Remote Environment
- » Five Ways for Families to Engage with Schools During Distance Learning
- » Resources for Families
- » Q & A

Today's Presenters



Sean Wade

Director, Family and
Volunteer Engagement
Action for Healthy Kids



Michelle Mancillas

TX Parent Ambassador
Action for Healthy Kids



Heidi Milby, MPH

Director of Programs
and Field Operations
Action for Healthy Kids

Tell Us About Yourself

What is your role?

- a. Parent
- b. School staff
- c. District staff
- d. Community organization member
- e. Other



Who Are We?

Action for Healthy Kids' (AFHK) vision is a world in which every kid is healthy, active and ready to learn. We work to mobilize school professionals, families and communities to take actions that lead to healthier schools where kids thrive.



The Learning Connection



1 in 3 U.S. children are overweight or obese


Overweight kindergartners had significantly lower math/reading scores than those at a healthy weight.²

Eating school breakfast positively affects student attendance, which leads to high academic achievement.³

Children who ate school breakfast increased their math grades by **+0.3 points** based on a 4.0 scale.³

Participation in breakfast programs is associated with:

- Increased grades and test scores
- Reduced absenteeism
- Improved cognitive function
- Memory and attention improvement!¹




High quality diets (and increases in micronutrients¹) improve cognition and the ability to perform well during short-term memory tests.⁵

Children with **increased cholesterol intake** had **poor performance** on short-term memory and cognition testing.⁶




Physical activity is **positively associated** with students' **cognitive functioning**¹ which includes ability to pay attention, memory, and IQ test scores.



Participation in PE class is associated with **better grades, test scores, and classroom behavior.**¹

A 20-minute walk demonstrates a brain that is activated and primed to learn.⁴

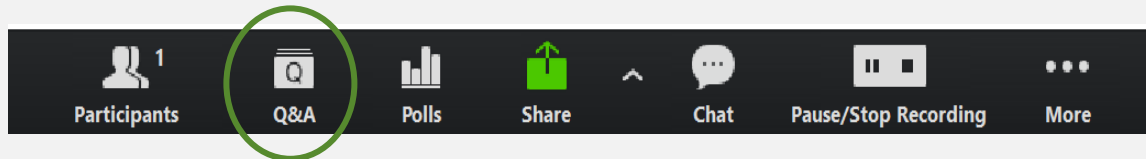


after 20 minutes of sitting quietly after 20 minutes of walking

Tell Us About... Barriers

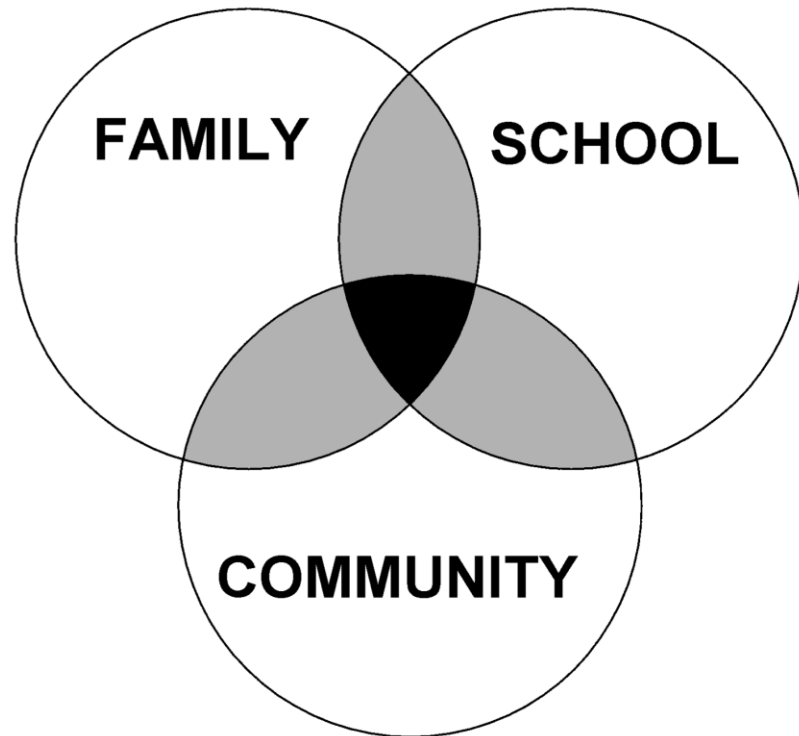
What are the barriers you are encountering now, specific to working with schools during this time of distance learning?

Use the Q&A button in your navigation menu below to share your answers.



Importance of Family-School Partnerships

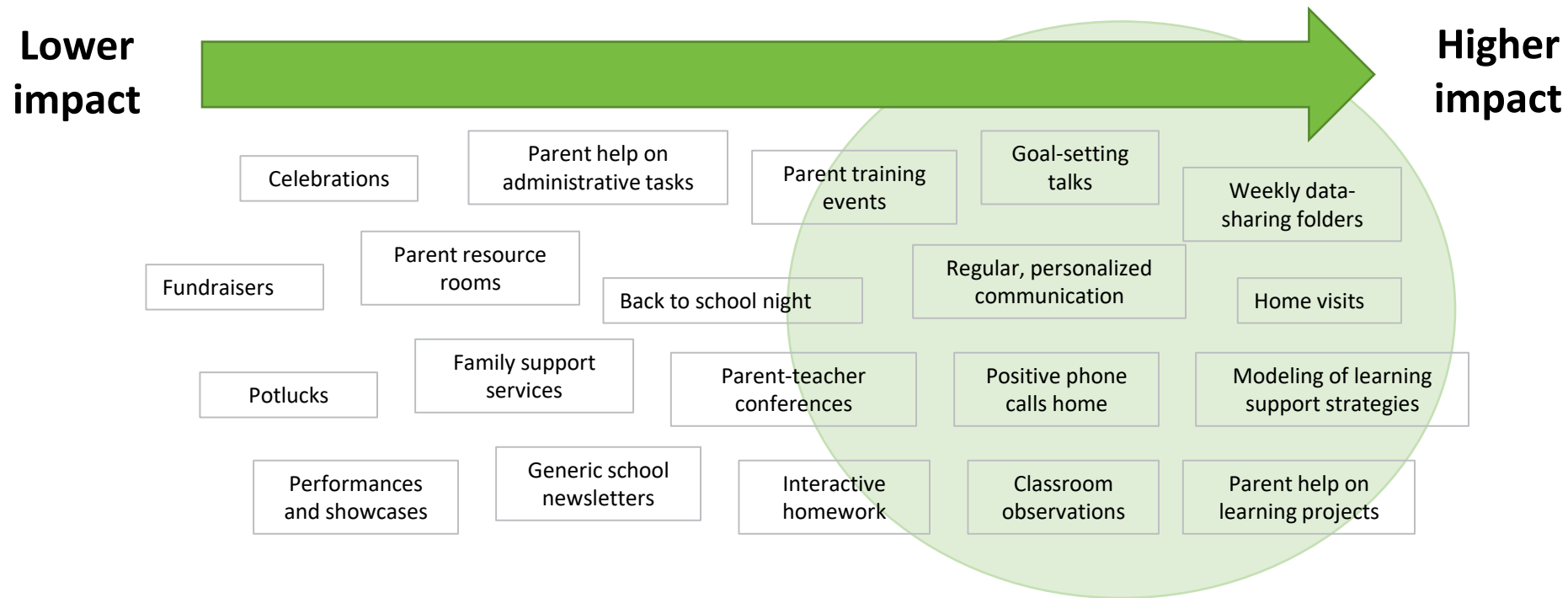
Overlapping Spheres of Influence



Factors Influencing Effective Partnering

- Experiences
- Beliefs
- Practices

Importance of Family-School Partnerships



Flamboyant Foundation defines family engagement as collaboration between families and educators that accelerates student learning.

Challenges of a Remote Environment

- » Parents and caregivers are being tasked with a near-impossible combination of roles during this time: working from home, home-schooling, counseling, managing your and your family's stress, economic challenges, and more.
- » Give yourself grace that you can't do it all and don't have to – all you can do is the best you can do, with what you have, where you are.
- » Pay attention to your feelings of stress and make time to practice self-care.

Ways for Families to Engage with Schools

1. Focus on Basic Needs

- » Meeting basic needs, especially around health, will set your student up for success
- » Immediate needs for food access: contact your district nutrition services department or local Feeding America food bank
- » Internet access:
 - [Internet Essentials](#) from Comcast provides free or low-cost internet access
 - [EveryoneOn](#) offers a low-cost internet service programs tool kit
- » Ask for help when you need it – communicate challenges to school staff, they are there to support you through this challenge!

Ways for Families to Engage with Schools

2. Establish a Baseline

- » Identify the minimum you can do to integrate physical activity, nutrition and social emotional health into the day
- » Check in with how children are feeling physically throughout the day and pay attention to sedentary patterns.
- » Try starting by building 'recess' into your daily routine, and add a couple active brain breaks to break up the day
 - Use a video app on your computer or phone to connect with friends for a 5-minute dance break!



Ways for Families to Engage with Schools

3. Structure the Day

- Develop a standard schedule to give kids (and yourself!) some structure
- Create designated spaces for yourself and for kids to work and play
- Practice patience when the schedule inevitably changes

7:00am – 8:00am	Wake up and start the day! Change out of PJ's and get ready for the day. Make breakfast a breeze with these easy tips and tricks for staying healthy and on a schedule.
8:00am – 8:15am	Quiet morning activity. Create space for children to ease into the day with a quiet activity. Get the body moving with some stretching or yoga or start the day with journaling or a reflective art activity .
8:15am – 9:15am	Active Learning Session I
	Take a 5-minute Brain Break!
9:15am – 10:15am	Active Learning Session II
10:15am – 10:30am	Snack. Make snack time at home a healthy one with easy, on the fly recipes.
10:30am – 11:00am	Recess before lunch! Research has shown that recess before lunch has lots of positive effects on children's overall health and wellness. Children aren't rushing to eat so they have more time to play and they've burned off excess energy so they're ready to learn when they go back to learning. Win-win-win! Create a backyard fitness circuit course or pick one of these 50 activities out of a hat. Stuck indoors? Try out a sensory play activity or make the most of screen time .
11:00am – 12:00pm	Lunch time. Refuel with a healthy lunch. Use meal times as on way to incorporate nutrition education into your home routine or practice mindful eating as a family.
12:00pm – 1:30pm	Active Learning Session III
	Take a 5-minute Brain Break!
1:30pm – 2:30pm	Active Learning Session IV
2:30pm – 3:00pm	Play. Unstructured play opens the door for additional exploration, creativity and self-expression. Opt outside if the weather permits or use the imagination to turn household items into fun and games!
3:00pm – 3:30pm	Quiet afternoon activity. Wind down from the day with another quiet or reflective activity. Use this time to talk with children about how they are feeling or join them in a quiet activity they enjoy most.

Ways for Families to Engage with Schools

4. Encourage Independent Work and Play

- » Keep a running list of backup activities for when kids finish work.
 - Pull together resources that children can utilize when feeling overwhelmed or needing a break – meditation videos, doodling, e-painting apps, or virtual calm down jars.
- » Check out [AFHK resources](#) for activity ideas on how to incorporate physical activity, nutrition, mindfulness into the day.
 - Indoor or outdoor obstacle courses, scavenger hunts, and old school games
 - Cook with your kids or taste test new foods
 - Practice yoga or start a letter-writing tradition



Ways for Families to Engage with Schools

5. Stay Connected

- » Maintain connections and relationships with friends and family
 - Try to set up opportunities for group work or partner work via video conferencing or collaboration apps
 - Use chat or messaging features to set up a “Virtual Buddy Bench” and create space where children can reach out if they need to talk.
- » Give your kids’ teachers a call with questions, to share progress, or just to check in with a good story
- » Talk with your kids about their feelings and how you’re keeping them safe, and share age-appropriate information
 - [The National Association of School Psychologists has some great tips on how to talk to kids about COVID-19](#), and age-appropriate messages

Additional AFHK and Partner Resources

- » [AFHK COVID-19 and at-home resources](#)
 - Food Access and School Closures
 - Transitioning the Learning Environment
 - Physical Activity, Nutrition and Social-Emotional Activities and Resources
- » [Thriving Schools Resources for Schools and Families Impacted by COVID-19](#)
- » [Healthy Schools Campaign](#)
- » [Alliance for a Healthier Generation](#)
- » [Institute for Educational Leadership Resources for Families and Educators](#)
- » [CASEL Resources for social emotional health](#)

COVID-19 Resources

Here are resources collected from trusted partners for both parents and educators regarding the transition to home schooling. (For CDC information on COVID-19, [click here.](#))

School Closures and Food Access (Updated 4/3)
[Get Resources](#)

Transitioning the Learning Environment (Updated 4/3)
[Get Resources](#)

Physical Activity, Nutrition and More (Updated 4/3)
[Get Resources](#)

Tell Us About... Your Takeaways

What did you take away from today's presentation that you can use to support your kids and work with your school?

Use the Q&A button in your navigation menu below to share your answers.



Participants **Q&A** Polls Share Chat Pause/Stop Recording More

CARING FOR THE EDUCATION COMMUNITY DURING COVID-19

Upcoming Webinars

Wednesdays | 11:00-11:30 AM PT

Date	Title	Host Organization
April 1st	Stress Management for Educators	Alliance for a Healthier Generation
April 8 th	How Families Can Partner with Schools during Distance Learning	Action for Healthy Kids
April 15 th	How Schools Can Partner with Families during Distance Learning	Action for Healthy Kids
April 22 nd	Comprehensive Self-Care for Educators	Alliance for a Healthier Generation
April 29 th	Finding Balance in Disorienting Times	Alliance for a Healthier Generation
May 6 th	Supporting Student Success through School Health Policy	Healthy Schools Campaign
May 13 th	TBD	TBD

Registration and recording available at <https://thrivingschools.kaiserpermanente.org/covid19-webinars/>

HEALTHY SCHOOLS
CAMPAIGN

ACTION FOR
HEALTHY
KIDS

ALLIANCE FOR A
HEALTHIER
GENERATION

KAISER
PERMANENTE®

Questions?

Name: Sean Wade

Email: swade@actionforhealthykids.org

Name: Michelle Mancillas

Email: mmancillas@actionforhealthykids.org

Name: Heidi Milby

Email: hmilby@actionforhealthykids.org



Every kid healthy, active and ready to learn

actionforhealthykids.org • 600 W. Van Buren St., Suite 720, Chicago, IL 60607 • 1.800.416.5136