

CARING FOR THE EDUCATION  
COMMUNITY DURING COVID-19:

# How Schools Can Partner with Families During Distance Learning

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Wednesday, April 15  
11 a.m. PST / 2 p.m. EST

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*Presented by:*



*In partnership with:*



The webinar will start shortly.

Connect to audio using your computer's  
microphone and speaker or dial in on your  
phone.



**ACTION** FOR  
HEALTHY  
KIDS 

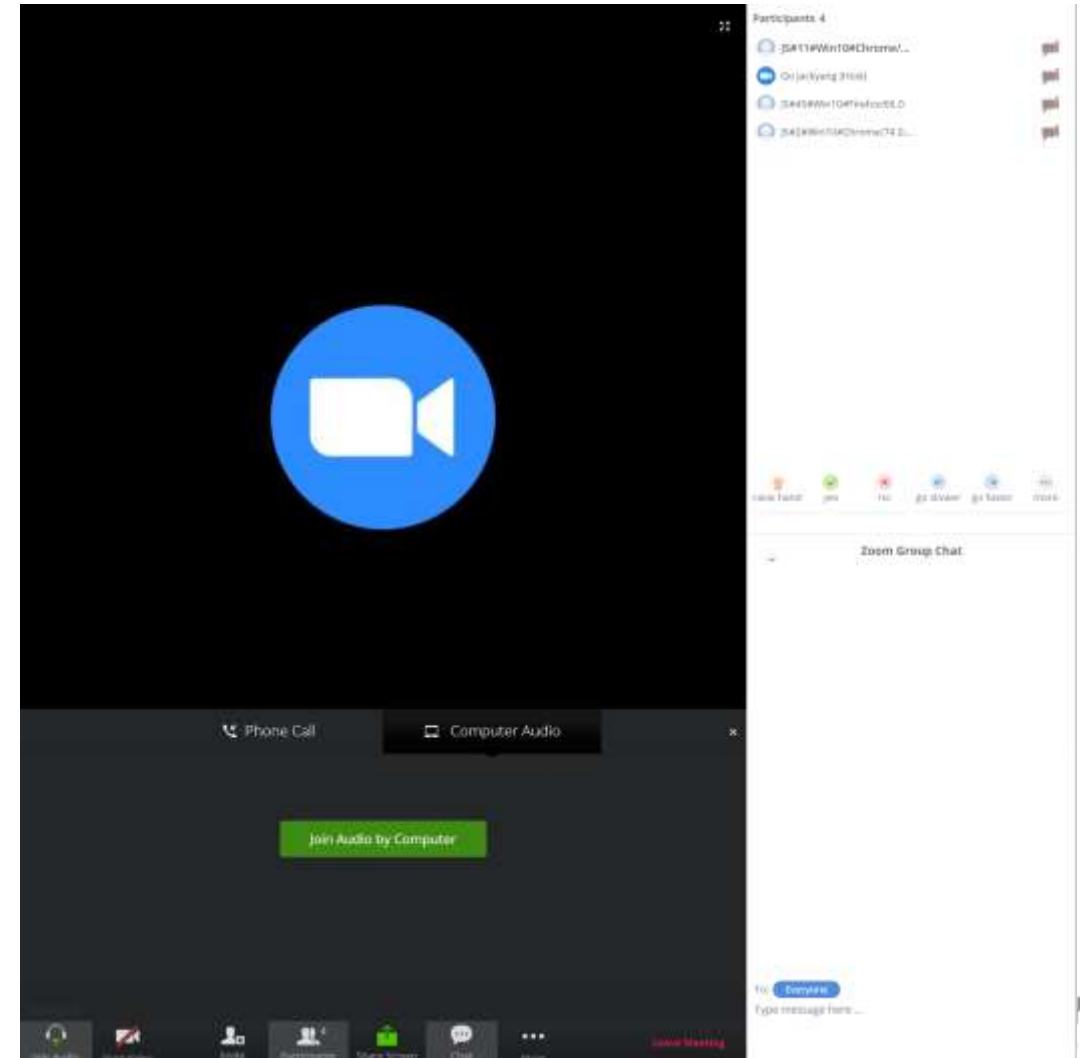


**KAISER PERMANENTE®**

**Caring for the Education Community During COVID-19:  
How Schools Can Partner With Families During Distance Learning**  
Presented in partnership with Kaiser Permanente  
April 15, 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





## What We'll Cover:

- » Kaiser Permanente Introduction
- » Action for Healthy Kids Introduction
- » Importance of School-Family Partnerships
- » Challenges of a Remote Environment
- » Ways for Schools to Partner with Families During Distance Learning
- » District Spotlight: Duval County Public Schools
- » Resources



# Today's Presenters



**Annie Reed**  
National Director  
Thriving Schools  
Kaiser Permanente



**Heidi Milby**  
Director of Programs  
and Field Operations  
Action for Healthy Kids



**Sean Wade**  
Director, Family and  
Volunteer Engagement  
Action for Healthy Kids



**Regan Copeland**  
Parent Academy Supervisor  
Duval County Public  
Schools

# 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

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



## CARING FOR THE EDUCATION COMMUNITY

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



## ORGANIZATIONAL PARTNERS

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

# 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.<sup>2</sup>

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

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


Participation in breakfast programs is associated with:

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



High quality diets (and increases in micronutrients<sup>1</sup>) improve cognition and the ability to perform well during short-term memory tests.<sup>5</sup>

Children with increased cholesterol intake had poor performance on short-term memory and cognition testing.<sup>6</sup>




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

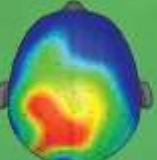


Participation in PE class is associated with better grades, test scores, and classroom behavior!<sup>1</sup>

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



after 20 minutes of sitting quietly



after 20 minutes of walking

# Tell Us About Yourself

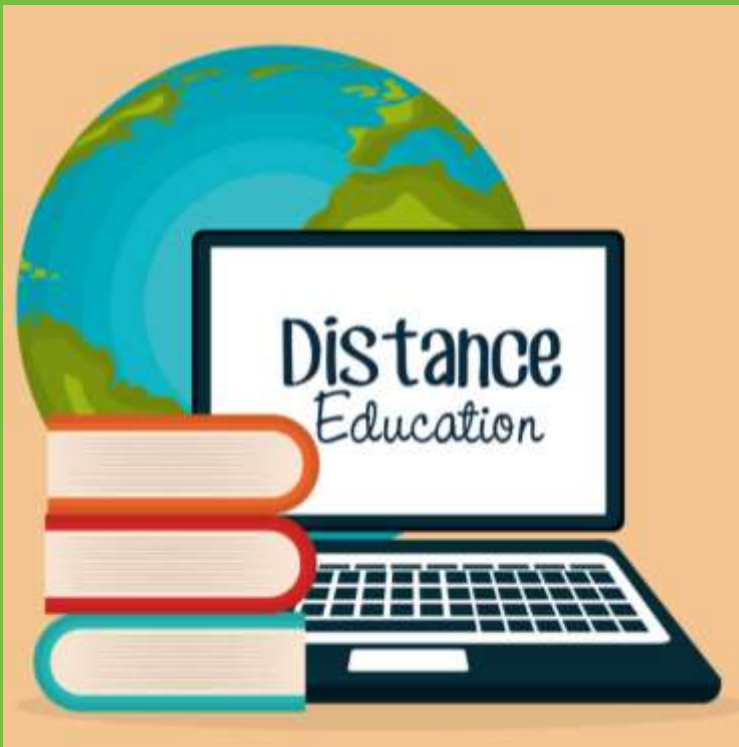
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What is your role?

- a. School Staff
- b. District Staff
- c. Parent
- d. Community Organization/Member
- e. Other (Type in Chat Box)

# Tell Us About Your Barriers



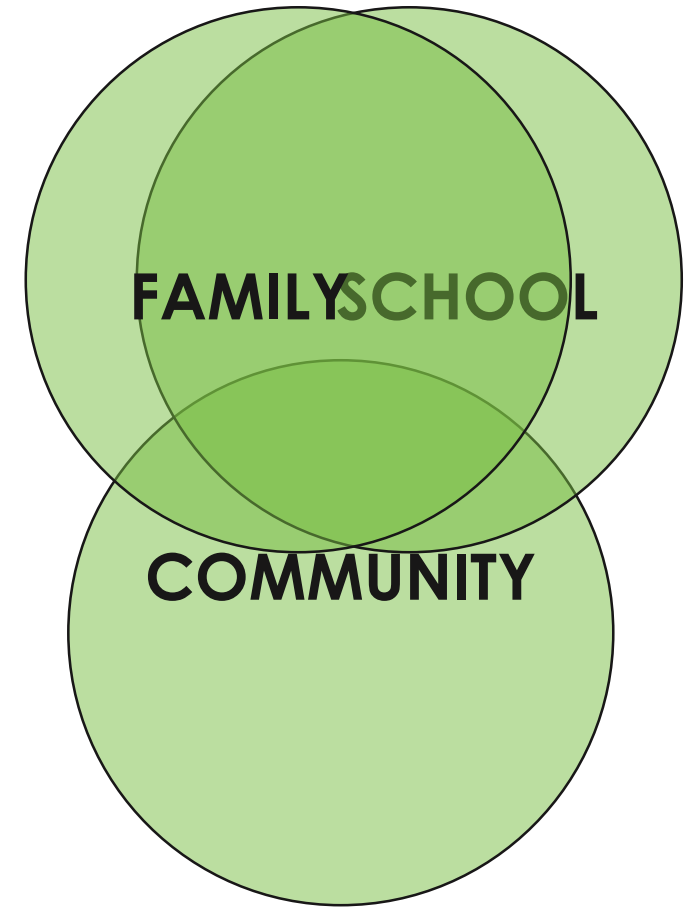
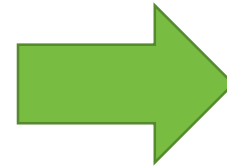
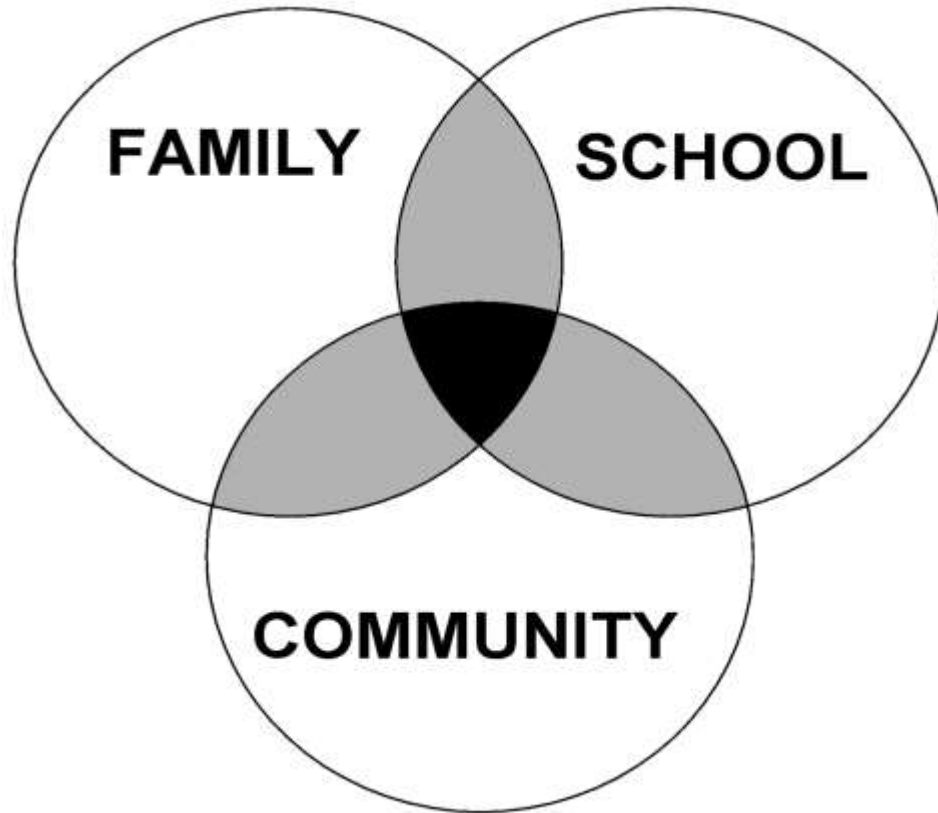
What are the barriers you are encountering now, specific to working with families during this time of distance learning?

Use the Chat button in your navigation menu below to share your answers.



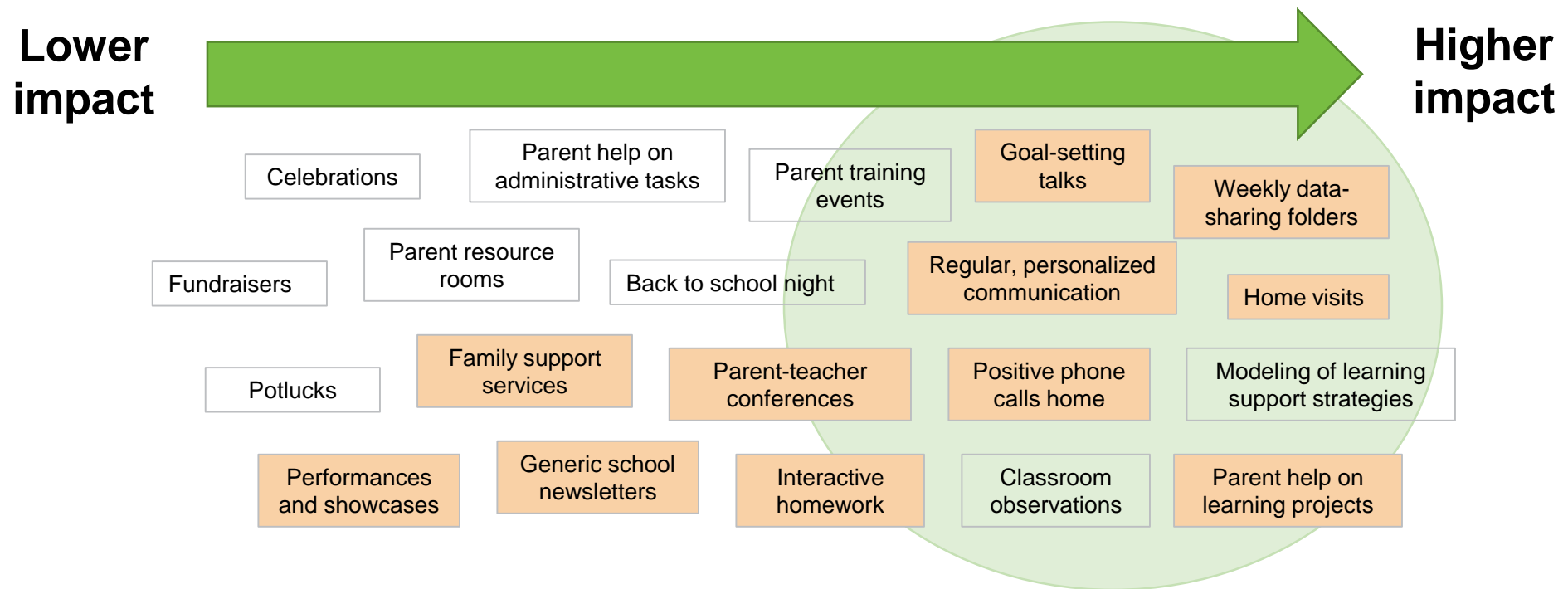
# Importance of Family-School Partnerships

## Overlapping Spheres of Influence





# 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

- » Maintaining/Building relationships and communicating effectively.
- » Parents and caregivers are being tasked with a near-impossible combination of roles during this time: Working from home, home-schooling, counseling, managing family's stress, economic challenges, and more.
- » Give grace - You can't do it all, they can't do it all, and that's ok! 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.

# School Spotlight: Hiawatha Academy Minneapolis, MN

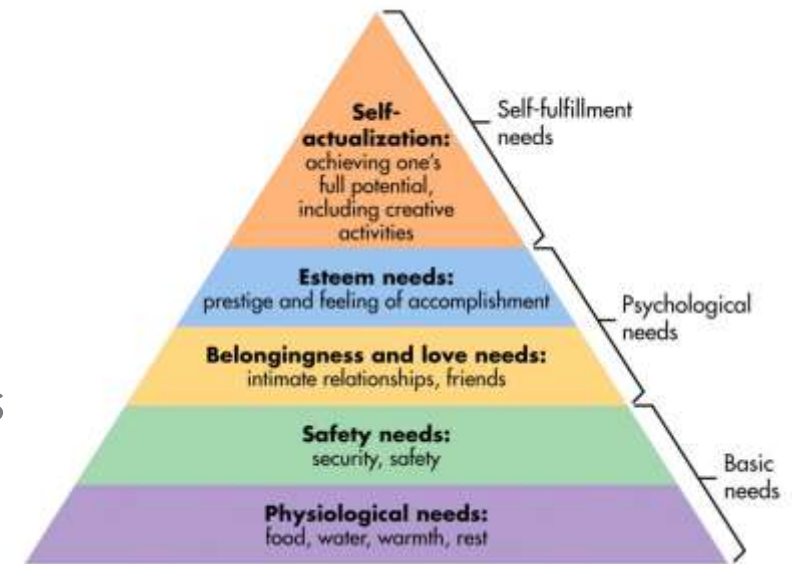
Subject	KG	1st	2nd	3rd	4th
	Minutes per Day**				
Morning Meeting	5-10	5-10	5-10	5-10	5-10
Reading (independent or with family)*	20	20	20	20	25-30
ELA*	15	20	20	25-30	25 - 30
Phonics (K-3)/Amplify Reading (4)*	10-30	15 - 30	15 -30	15 -30	15 - 30
Math*	20	20	20	25	25 - 30
Specials <i>**except Fridays**</i>	20	20	20	20	20
Science or Learning Labs <i>**except Fridays**</i>	20	20	20	20	20
Exercise (brain breaks or other activities spread throughout the learning time)	15-20	15-20	15-20	15-20	15-20
<b>Approximate Total Time Per Day</b>	125-155 minutes	135-160 minutes	135-160 minutes	145-175 minutes	150 - 190 minutes

# Ways for Schools to Partner with Families

## 1. Focus on Basic Needs

*Your students can only succeed academically if they are safe and healthy.*

- » Check in regularly on basic needs, especially among the most vulnerable families
  - Food access: Contact your district nutrition services department or local food banks
  - Mental health: Contact your school counselor or district's counseling department to share information on how services are being provided remotely
- » Connect families to information needed to do remote learning successfully
  - Internet access: [EveryoneOn](#) offers a low-cost internet service programs tool kit
  - Packet pick-up





# Ways for Schools to Partner with Families

## 2. Give Families Options

*Flexibility gives students and families an opportunity to succeed – and reduces feelings of stress and guilt.*

- » Clearly convey your minimum expectations of your students (and keep these realistic)
- » Provide opportunities for enrichment for those that have the capacity for more
- » Reflect various learning styles and environments in your lessons and activities
- » Integrate opportunities for movement to keep students engaged during learning (bonus: It's fun!)
- » Provide sample schedules/routines



# Ways for Schools to Partner with Families

## 3. Maintain Regular Communication



*Communication is one of the highest impact activities you can do right now – and one of the most challenging!*

- » Make it clear to your families who they should be contacting with needs
- » Communicate regularly and with purpose
  - Keep it short and sweet
  - Consider weekly “office hours”
- » Set clear boundaries

# Ways for Schools to Partner with Families

## 4. Vary Your Communication Style

*Communication is one of the highest impact activities you can do right now – and one of the most challenging!*

- » Figure out the best way to each of your families
  - Consider phone calls, texting, “office hours”, emails, apps, snail mail
- » Make mode of teaching/learning dynamic
  - Pre-recorded video mini-lessons, paper worksheets, project-based learning, discussions with other students/family members, etc.
- » Make positive phone calls/virtual home visits



# District Spotlight: Duval County, FL

Regan Copeland  
Parent Academy Supervisor  
Duval County Public Schools  
Jacksonville, FL





DUVAL COUNTY  
PUBLIC SCHOOLS

# PARENT ACADEMY

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VIRTUALLY ENGAGING PARENTS AND CAREGIVERS

[www.duvalschools.org/ParentAcademy](http://www.duvalschools.org/ParentAcademy)



# OUR VIRTUAL OPTIONS

Our goal is to reach all parents and caregivers on a site of their choice in order to simplify the process.

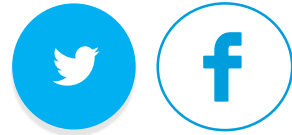
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## YouTube

**NEW!** Videos are shared weekly and include a large variety of topics and facilitators.

*Search “Parent Academy – Duval County Public Schools” on YouTube*



## Social Media

Posts are shared 2-3 times per week. Content includes announcements, links, webinars, and updates.

*Facebook -*

*@ParentAcademyDuval*

*Twitter –*

*@ParentAcadDCPS*



## Website

This page is our one stop shop! Caregivers register for courses, locate the YouTube page and videos, find numerous COVID-19 resources, and get updated activities and a curriculum aligned TV schedule from a local partner station.

[www.duvalschools.org/ParentAcademy](http://www.duvalschools.org/ParentAcademy)

# EXAMPLES BY STRAND

Parent Academy courses are organized into three strands to support all aspects of a caregiver's role.

## Student Achievement



This video includes a compilation of free remote learning resources designed to support your child's educational needs while implementing school at home.

## Parenting & Advocacy



This video discusses the importance of mental health in our students. Viewers will hear about how mental health is taught in our schools and receive links to valuable resources available for children in our community.

## Personal & Individual Growth



This video shares numerous strategies for "Managing Money in Tough Times." Viewers will learn the importance of managing money, steps to build a spending and savings plan, and how to focus on goal setting.

# 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](#)



**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.](#))

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**School Closures and Food Access (Updated 4/3)**

[Get Resources](#)
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**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 is one thing you will do to partner with families during distance learning as a result of this webinar?

Use the Chat button in your navigation menu below to share your answers.





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 <sup>th</sup>	How Families Can Partner with Schools during Distance Learning	Action for Healthy Kids
April 15 <sup>th</sup>	How Schools Can Partner with Families during Distance Learning	Action for Healthy Kids
April 22 <sup>nd</sup>	Comprehensive Self-Care for Educators	Alliance for a Healthier Generation
April 29 <sup>th</sup>	Finding Balance in Disorienting Times	Alliance for a Healthier Generation
May 6 <sup>th</sup>	Supporting Student Success through School Health Policy	Healthy Schools Campaign
May 13 <sup>th</sup>	TBD	TBD

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



# Questions?

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**Every kid healthy, active and ready to learn**

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