

Hi Everyone, As you have questions or comments, please ask in the chat! Thanks for joining us today
Does anyone else here happen to work in a boarding school?
How are teachers/schools approaching the hybrid model without teacher workload increasing unreasonably?
While this is all about 'emergency' now. I'd love some discussion of how we might support students IF (as seems likely) this continues into the next school year?
Did all students for the grade return together, or did you only have part of the students would attend each day?
We are reopening schools in Austria on May 18. Similar rules like in Denmark.
@ CIS, what is the role of the counselor looking like? Are you meeting with students individually in your offices?
Hi Lindsay - I work at a day and boarding school.
We have had grade 12 and grade 9 return in Beijing, China. We are waiting for other grades to return.
After your school back to open, what differences did you find in your students? Perhaps you can give some tips of how to prepare the psychological well being of the students before our school re-opens.
If possible, could Keith share the lovely color coded schedule :-)
Hi Kathy Manu- I work in Germany as well and have had 11 and 10th grades back. Yes, I am meeting one on one (with masks on). I am the college counselor so I am meeting with them for career counseling sessions.
With smaller groups with one teacher, do they get half days ? Or did you hire more teachers?
@Karen We have entire grade levels on campus for half days. Maximum 2 grade levels per day, and allocated to separate buildings.
With regards to delivering online counselling, are they session with videos? What's your thought on meeting safeguarding elements? What's the experience with Primary or/and Senior students? Thank you.
How are situations addressed in which students do not adhere to the distancing guidelines?
Can you share the "Emergency Plan" from Copenhagen?
would you be able to share social emotional stories/ ebooks for children?
Is there anyone else out there who's school uses an dynamic Freshmen Orientation like Link Crew (from the U.S.). I just got training this past February. What will your orientation look like if you have to start school on line?
Andrew Palmer could you share your needs assessment that you di at the beginning of returning? What sort of questions did you ask?
Link Crew: http://www.boomerangproject.com/link/what-link-crew
Does anyone have specific middle school and high school level ideas for supporting students as they return to school?
Could you please share your need assessment form/questions?
I cannot get my high school kids to fill out needs assessment surveys!!!
@Shazma - There are some storybooks / lessons that have been shared with the ISCA Lesson Share Project. If you don't have access then complete this form: https://iscainfo.com/event-3787029
thank you@Elizabeth

@Shazma - You're welcome! Another great source of resources (and books for kids) would be the ISCA Covid-19 Page too: <https://iscainfo.com/Covid-19-Resources/>

Thank you @ Elizabeth, this will be help ful.

Our counseling team has gotten our administration on board to send out resources and check in with staff members regularly, making sure they have someone to connect with.

We created a video to have a sensible approach in general and in order to avoid specific comments, fear of missing out, and what skills we gained and we can keep during this period, how we became more resilient! it is really helpful for the kids.

Hi All, I've had some people ask for our needs assessment. I've based it on a previous model created by Patrick Love at Concordia Shanghai. If you'd like an example of it, please send me an email, and I'll get back to you! Andrew.Palmer@dulwich-suzhou.cn

What strategies are counselors using to make sure there is self-care?

How do we make sure students who have disengaged during the virtual learning, catch up with work and lessons once school resumes?

These were my notes for today - some mine and some from my AGIS colleagues. You are welcome to review them: <https://docs.google.com/document/d/1y4vtHptNZQygh-k3Osw2LS7Dt352fc56Pf3peTq9pwM/edit?usp=sharing>

Reminder— if you have any resources to share, you can add the link here. This chat will be share will all those who registered for the Chat and you will be able to access the links.

Sameeksha, we are still on-line and will be through the end of the school year. Our principal is giving a couple days next week for "catch up" as well as instead of finals week we will have "catch up" week. He doesn't want to artificially pass students but he also recognizes that this time is different and difficult.

If we have students failing at the end of the year, they will get the summer months to still try to pass.

Many of our MS student are remarking on how much they enjoy the lack of social pressure and angst in online learning. Do you have any ideas for how to bring these positive learnings and experiences from online learning into "real life?"

[An example of a school in China: https://screencast-o-matic.com/watch/cYhhepB8uV?fbclid=IwAR14BMWqcOzDPW_ZtcFYwB4FAaMmxPPV98KjSEd8-Bs8F5PVU1df_bhFoSU](https://screencast-o-matic.com/watch/cYhhepB8uV?fbclid=IwAR14BMWqcOzDPW_ZtcFYwB4FAaMmxPPV98KjSEd8-Bs8F5PVU1df_bhFoSU)

@Kate- Thank you for sharing. How does that work with students who have engaged and were accessing the virtual learning?

To prepare our ES students for returning to school, we sent out conversation starter cards sent to parents to have discussions with their children before they returned to school. For example, one card said: what is the first thing you will want to do when you return to school.

Preparing the parents? What might it be helpful for us to support parents. Especially around uncertainty or anxiety>

For self-care for staff we created a google doc folder with resources inside: social/emotional resources to address grief and transition, online counseling, virtual activities, helpful apps. Our Wellness Team sends this out every couple of weeks. As a K-12 counseling team we try to meet weekly and discuss anyone we should be checking on for self-care and then get in touch via video, text, chat. ISCA lesson share has great wellness/self care lessons that can apply to staff and students.

One of our parents actually suggested that we could open the campus a week or so before and allow students and parents to meet in small groups to give them a sense of what it's like to be back at school instead of going straight into the first day of school with everyone on campus at the same time. It might be an easier and smoother transition for some who could benefit from it.

Hi Zephyr- I started my job a few weeks ago. I moved to Frankfurt and started a new job in this pandemic. Being physically at work everyday on trains with the public, masks, etc. is definitely making me think about self-care. I am exercising, connecting with friends, doing yoga and trying to have work

life balance. We have to give ourselves breaks and time off screens and off email. Those are the things I have been doing. Self-care is so important :)
@Malia - Very interesting comment. One of my friends who teaches at the school mentioned that she is far more productive online because the classroom management piece is pretty much taken out of the lessons. She's actually lamenting the return to school and the return to classes and would rather keep going with online learning for some classes!
Could any one throw light on how credible the online exams are in the current scenario? Do you feel that we should stress on "Final exam grading" or allow students to seamlessly transition into the next academic year?
SEL books for Elementary School (Junior School) students: Anything by Julia Cook, Diane Alber's "A Little Spot of _____". Books--spot of anxiety, spot of love, spot of sadness, peaceful spot, etc. After the Fall by Dan Santat, Why Wash Your Hands by Sally Huss. These are what come to mind off the top of my head
@Jini - our principal surveyed our teachers first and we ended up getting rid of final exams.
We updated the homepage of our Counselling Department website with our recommended resources and how to get in touch with counsellors. We have regularly reminded students and parents of these resources: http://www.isdcounselling.org/
We aren't doing final exams, we are having more project-based assignments to supplement this requirement.
We have a teacher here who does daily zoom yoga and exercise classes after work, which is a fun way for staff to connect and practice self-care. Not sure if other schools would have that.
Yes, Kristina! We have teachers offering online workouts, yoga, cooking, trivia nights and open mic nights virtually. It is helping with self-care.
Here's a link to our re-opening plan for Shanghai American School if it helps anyone. https://www.saschina.org/communication-hub/sasreopeningplan
Has anyone had or have teachers that refuse to return back to school based on compromised immune systems?
Like Keith, we have Zoom meetings with counsellors in the region where we're allowing ourselves to be vulnerable and safe in expressing our concerns, worries, etc.
We also updated our 'useful links' page and included the link in our regular communications to the community: http://www.isdcounselling.org/useful-links.html
My school (TASIS England) has been amazing with staff wellbeing - they have reminded us about the Flourish (web-based platform we have access to as faculty) but also have offered mindfulness courses and a link to exercise classes that are offered three times a week from a local organization.
How are students responding when their teacher upon return is actually not "their" teacher?
Thanks, Amber!
How are teachers addressing this when it comes to reporting, etc.?
I think that probably depends on the country in terms of teachers going back with compromised immune systems. In Germany as far as I know, teachers should not be going to work with compromised immune systems.
Thanks everyone for the great sharing and resources!
Does anyone have recommended tip sheets or prompts counselors could give teachers to lead trauma-sensitive social emotional related classroom conversations?
Self-Care Opportunity — ISCA has three more Wellness Wednesday sessions with Mindwell — join us for free meditations at 7am U.S. Eastern Time — www.iscainfo.com/webinars
Thank you everyone! Very much appreciated! Wish you all much health, safety and overall well-being.

How have your schools addressed teacher anxiety ? How have you schools helped teachers avoid burnout?
@Cynthia - this might be a good place to explore - https://www.acesconnection.com/
What about teachers and students not wanting to return because of health reasons. How do we support them and for them not to feel guilty
At our school we have like a motto: "one day at a time" so we remind this to each other, and encourage colleagues to reach out when they need help or support. we are all watching out for each other and encouraging the teachers to do so.
I send out the Action For Happiness daily action to our community Facebook page every morning: https://www.actionforhappiness.org/calendars
Thanks so much for everything! I look forward to the follow up chat transcript :) Such great ideas and resources!
Petal, that is a great question. I am going to put that on my radar. I imagine teachers doing zoom for some grade levels and teaching in class for other grade levels must feel pulled in so many directions!
Thank you so much it was very useful, thanks for sharing
@cynthia floyd: We sent these two articles to teachers. https://childmind.org/article/talking-to-kids-about-the-coronavirus/ and https://www.heysigmund.com/how-to-help-children-feel-calm-during-a-global-crisis-talking-to-kids-teens-about-covid-19-and-other-gobal-trauma/
For self care a great resource is the Greater Good - they have a monthly calendar https://greatergood.berkeley.edu/article/item/your_greater_good_calendar_for_may_2020?utm_source=Greater+Good+Science+Center&utm_campaign=3c6a38f506-EMAIL_CAMPAIGN_MAY_2020_Calendar&utm_medium=email&utm_term=0_5ae73e326e-3c6a38f506-74031939
Thank you so much for a great chat and great resources! So helpful!
Love Marc Brackett's "Permission to Feel" - Google will show you lots of resources as he's spreading far and wide right now :)
This has been one of the most helpful webinars! Thank you all so much!
thank you for this helpful chat. Be well everyone
Thanks again. Have to leave for another meeting. I look forward to checking out the resources you all have shared.
we have distributed staff to counselors, we have online licensed professionals here and we have a phone line too
Thank you everyone, stay safe and well.
Thanks everyone! Gotta run but sending out strength and resilience and health to you all!
Tons of self-care and student/parent resources on my web page:
Super helpful. Thank you!
Thank you
This was fantastic! Thanks everyone! Thanks Brooke and panelists!
Thank you for the your experience and helpful information. All the best to everyone.
Thank you all for the resources and the chat!
https://www.brevardschools.org/domain/9774
Thanks everyone!! Super helpful!!!!

Thank you to the Panel and for all the great suggestions and tips that you all shared!
Thank you all for your time and expertise. This is most helpful, especially for collaborating on this journey.
Thank you everyone!
Thank you so much everyone. This has been a great info share. All the best with the return to school everyone!
Thank you much for your great ideas! Very helpful particularly we are not sure on how to go about it here in the Philippines.
Thank you very much for all your useful tips. Goodnight from Hong Kong
Thank you so much!! very helpful
Tons of self-care and student/parent resources on my web page: https://www.brevardschools.org/domain/9774
this was awesome, thank you
Thanks for your sharing. Very well appreciated
Thank you everyone for sharing as well.. This was very helpful and insightful.
Thank You to Brooke and all the Panelists!
Thank YOU!
Thanks!
Thank you so much!
Thank you so much everyone. Very useful information and resources!
Thank you
Great working with you all!!
Thank you!
Thank you panelists and ISCA
thank you
Thank you kindly again!!
Thanks Brooke!
Thank you so much!!
Thank you. This was very helpful.
Thank you so much