

Notes from the Return to School Counselor Chat on September 15, 2020

Discussion points and conversations/resources and ideas shared:

- **Social/emotional support for students, teachers, and parents (wellbeing) - What is working at your school? What challenges are you having?**
 - <https://www.responsiveclassroom.org/educator-resources/covid-19-resources/covid-19-morning-meeting-and-responsive-advisory-meeting-downloads/>
 - <https://flourishdx.com/>
 - School is allowing teachers to take care of themselves
 - Student survey every week and the open ended question and following with those students has given the counselor a lot more information and interaction with students.
 - Built a Google Site and a virtual calming room -
 - “What questions do you have?”
 - Taking Action Ourselves classes- focused on building in opportunities for relationships. This is where students do Flourish and much more.
 - <https://calmingroom.scusd.edu/>
 - [Sample calming room](#) from Sarah Borgerding
 - [Another sample alming room](#) from Amanda Inez
 - Teacher wellness program?? How do you do that?
 - Virtual meetings, Virtual book talks with wine, Virtual cookie clubs and options social drop ins
 - Put a picture of yourself on a button to help make a connection with students?
 - Meeting with each grade level teams micro lessons with Second Step -
 - Wednesday midweek meetup optional meetings with counselor and - moments of genuine connection with students - what has been working and what hasn't
 - Focus days for each week:
 - Mindful Monday
 - Kindness Tuesday
 - Motivational Wednesday
 - Healthy eating Thursday - the counselor send a healthy recipe out
 - Fitness Friday
 - Self Compassion Saturday and
 - Sunday Funday
 - Mindful moments - once a week - 15 minutes in duration
 - Second Step has an Adult SEL pilot program running currently:
<https://www.secondstep-sel-for-adults-resilience.org/>
 - School wide email practices: no student emails past 4pm, no teacher to teacher emails past 6pm, no emails on Saturday
 - Google classroom sites for faculty/staff wellness
 - Morning meetings in ES
 - Lots of work with teachers to use the classroom for lessons and to make sure



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teachers can refer for social emotional needs

- Using Whatsapp and other communications to make sure students, teachers, and parents aware how to get referred to counseling
- Listen, Protect, Connect...psychological first aid model adapted for some schools

- **Transitioning to hybrid (anxiety) and counselor's roles - Is anyone dealing with this in the group? Does anyone want to share something they have done at their school to help in this process?**
 - Working closely with admin team to create communication has eased anxieties
 - Welcoming teams of staff around school when students come to school
 - Signage and other preparation so students know how to physical distance helps anxiety

- **Counselor Self-Care - How are you taking care of yourself? How are you helping staff with their self-care?**
 - Watching comedies, distracting but fun TV (British comedies, Disney movies)
 - Allowing yourself to be "good enough"
 - Being intentional about activities
 - Reminding yourself and others about what you are grateful for
 - Getting outside
 - Being happy / thankful to have a job
 - Being present in the moment even with its challenges