

#1 - Planning for Success and Less Stress

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AGENDA

- Welcome
- Introductions - who we are, what we do
- Strategies for at Home Learning
- Finding Peace and Balance
- Next Week
- Q and A

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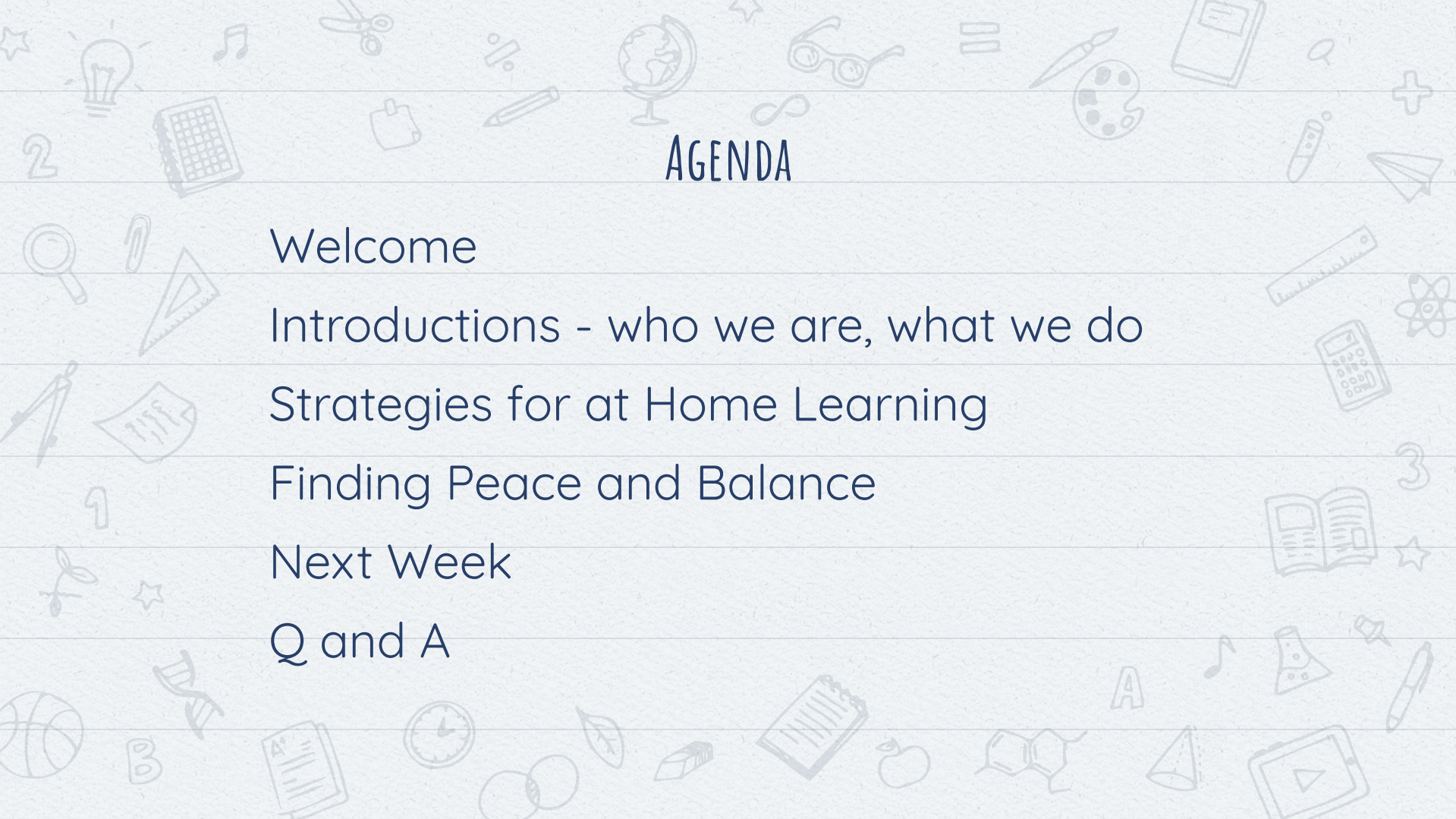
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BACK TO SCHOOL



2019 vs 2020

WELCOME/INTRODUCTIONS

Mike Black, Vista MS Counselor
Deanna Lane, Vista MS CIS Site Coordinator
Terry Saunders, Vista & Horizon MS Interventionist
Logan Toby, Vista & Horizon MS NA Advisor
Martha Dearstyne, Horizon MS Counselor
Bryce Larson, Horizon MS Counselor Intern
Jackie Posner, Horizon MS CIS Site Coordinator

A decorative border at the bottom of the slide featuring various hand-drawn school-related icons such as a lightbulb, scissors, paper airplane, ruler, pencil, globe, magnifying glass, compass, star, clock, calculator, notebook, apple, atom, and others.

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WE believe in the development of the whole self, including a healthy balance of mental, social/emotional and physical well-being.



SCHOOL COUNSELOR'S ROLES

Support students and their families with the challenges faced during adolescence and middle school.

Help with scheduling, school and personal issues

Promote peer connections and belonging

Help with stress/anxiety/depression

Referrals to support services in the community

Help with peer conflicts (esp when in-person)

If student has a concern about another student

→ One-on-one via Zoom,
phone or email

→ Small groups

→ Classroom lessons




CIS - COMMUNITY IN SCHOOLS - DEANNA LANE & JACKIE POSNER

- Mentorship
- Lunch groups
- Supports including academics, attendance, behavior, social-emotional support
- Connecting students & families to basic needs resources & community resources
 - School supplies
 - Clothing
 - Hygiene supplies
 - Food



NATIVE AMERICAN ADVISOR - LOGAN TOBY

- Direct support for students and their families
- Outreach to families with needed supplies
- Teaching young people about Coast Salish traditions and ways
- School and homework support

A decorative border at the bottom of the slide featuring a variety of small, hand-drawn icons. These icons include educational symbols like a lightbulb, paper airplane, scissors, numbers (2, 3), a globe, magnifying glass, ruler, compass, star, clock, calculator, notebook, and chemical structures, as well as general objects like a basketball, apple, and play button.

**I do not know how
homeschool parents
teach their own kids...one
day in and I am ready to
expel mine.**

STUDENTS & FAMILIES ARE STRUGGLING

Covid has increased stress and anxiety

- Lack of routine or predictable schedule
- Virtual learning - so many tech platforms
- A time of uncertainty- what is next
- Isolation from peers and other family members
- Worries about health, employment, future
- Parents are in a position that is new to them
- More and new responsibilities for EVERYONE

This is an unprecedented experience, although shared with others we are all having different experiences and there is no one right way. We have to find our way, one that fits with us and our family and our needs.



SELF CARE





STRATEGIES TO HELP

Relationships

Responsibility

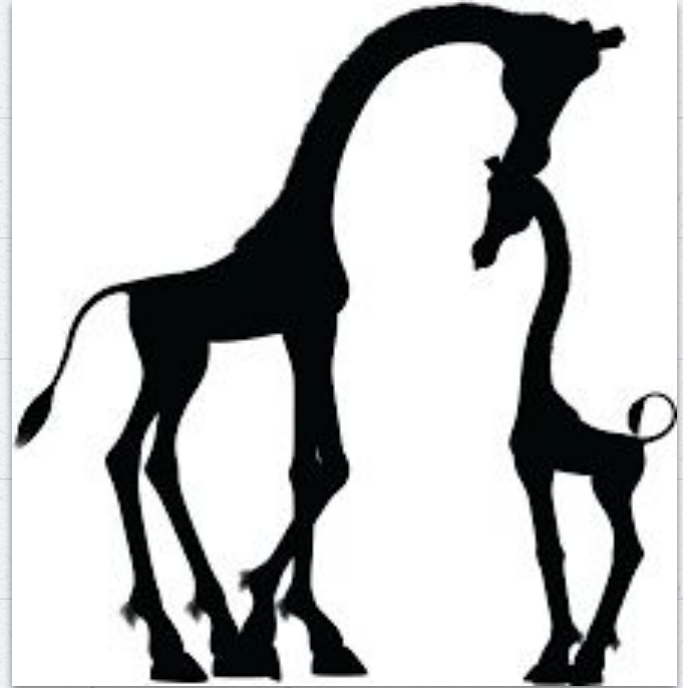
Routines

Regulation

YOU ARE ENOUGH

Who YOU are to your kids
right now matters more
than what you do!

Stop Should-ing - there is
not one right way



RESPONSIBILITY

Give Choices

Offer your child 2 choices. Do you want the red cup or the blue cup? Do you want to wear your shoes or your sandals? Do you want to go upstairs hopping like a bunny or running like a puppy?

This helps your child feel a sense of control when things feel different.

HOW TO PROMOTE POSITIVE MENTAL HEALTH IN LESSONS

01



Provide students with autonomy so they can develop problem solving skills

02



Help students to learn from their mistakes and from failure

03



Provide feedback to your students on a regular basis so they can learn and grow

04



Allow students to make their own choices. Help give them a sense of control

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:30	Breakfast. Get materials ready, including device.	Breakfast. Get materials ready, including device.		Breakfast. Get materials ready, including device.	Breakfast. Get materials ready, including device.
8:30 – 8:55 am	Advisory – ZOOM class		Check Canvas for: <ul style="list-style-type: none"> • Period 1 • Period 2 • Period 3 • Period 4 • Period 5 • Period 6 Complete assigned work	Advisory – ZOOM class	
9:00 – 9:50 am	Period 1 ZOOM Class	Period 4 ZOOM Class		Period 1: ZOOM Class	Period 4: ZOOM Class
10:00 – 10:50	Period 2 ZOOM Class	Period 5: ZOOM Class		Period 2: ZOOM Class	Period 5: ZOOM Class
11:00 – 11:50	Period 3: ZOOM Class	Period 6: ZOOM Class		Period 3: ZOOM Class	Period 6: ZOOM Class
11:55 – 12:25	Lunch & Break Time	Lunch & Break Time		Lunch & Break Time	Lunch & Break Time
12:30 – 3:00	Check Canvas for: <ul style="list-style-type: none"> • Period 4 • Period 5 • Period 6 Complete assigned work	Check Canvas for: <ul style="list-style-type: none"> • Period 1 • Period 2 • Period 3 Complete assigned work		Check Canvas for: <ul style="list-style-type: none"> • Period 4 • Period 5 • Period 6 Complete assigned work	Check Canvas for: <ul style="list-style-type: none"> • Period 1 • Period 2 • Period 3 Complete assigned work

SCHEDULE TEMPLATE/CHECKLIST



Checklist

Date: 11/2/20

- ☐ Zoom Classes
- ☐ Attend Office Hours
- ☐ Assignments
- ☐ Exercise
- ☐ Eat a good breakfast, lunch, and dinner
- ☐ 5-30 minutes of mindfulness
- ☐ 8-10 hours of sleep
- ☐ Chores
- ☐ Free time
- ☐
- ☐
- ☐
- ☐

7:00 - 7:15 am	Wake up and 10 minutes of mindfulness
7:15 - 7:30 am	Breakfast
7:30 - 8:00 am	Get ready for the day
8:30 - 9:00 am	Advisory zoom class/get ready for the day
9:00 - 9:50 am	Period 1 or 4
9:50 - 10:00 am	Move your body, get away from the computer!
10:00 - 10:50 am	Period 2 or 5
10:50 - 11:00 am	Move your body, get away from the computer!
11:00 - 11:50 am	Period 3 or 6
11:50 - 12:30 pm	Lunch
12:30 - 3:00 pm	Check all classes and complete assigned work
3:00 - 4:30 pm	Exercise
4:30 - 5:00 pm	Mindfulness Activity
5:00 - 6:00 pm	Chores
6:00 - 7:00 pm	Dinner
7:00 - 8:00 pm	Free time
8:00 - 8:30 pm	Make sure everything is ready to go for tomorrow
8:30 - 9:30pm	Get ready for bed and 10 minutes of mindfulness

MINDFULNESS APPS- REGULATION



Insight Timer



headspace

Calm



Stop, Breathe
& Think, PBC

KEEP CALM AND PARENT ON: NAVIGATING THE TEEN YEARS

NEXT MONDAY, NOVEMBER 9, 6:30-7:30



**KEEP
CALM
AND
PARENT
ON**

PRESENTED BY: WHATCOM DISPUTE RESOLUTION CENTER

TOPICS OF THE WORKSHOP WILL INCLUDE:

- ADOLESCENT BRAIN DEVELOPMENT
- HOW TEENS MAKE DECISIONS
- DEALING WITH STRONG EMOTIONS
- TIPS TO RESOLVE CONFLICT

**Substitute Homeschool
Teacher needed for the
remainder of the Covid-19
school year.**

**Sincerely,
One Tired Parent**

Time for questions, comments, reflections, shared experiences.



Thank you !!

