

Virtual Learning Series

Coffee Break: Trauma-Sensitivity

Follow-up Questions and Responses

Question: How are students with IEPs being supported? What considerations should we be aware of?

All service providers, including speech therapists, occupational therapists and paraprofessionals, should be reaching out to their students with IEPs. Providers should be communicating with students via phone calls, Zoom, an online video platform, or FaceTime. Services will also be working with families to discuss activities that can be done at home to support students. Students who require consistent check-ins should be receiving that virtually as well.

Most counselors have access to google classroom and should be checking in with both families and students. Certain schools are trying to promote group sessions and mindfulness meditation virtually!

For additional information, visit:

<https://www.schools.nyc.gov/learn-at-home/information-on-remote-learning>

Question: Are there self-care opportunities available for teachers - especially yoga and mindfulness?

Many **free** resources are available, especially in light of COVID-19. Here are a few our team has found:

- Children's Health Fund is hosting Mindful Moments on Friday at 2:30 PM. Be sure to [sign-up for our mailing list](#) to get reminders and links to the session!
- [Calm](#) has meditation resources that are being extended to educators.
- [Smiling Mind](#) has meditation curated by psychologists and educators. They have specific "sessions" dedicated to COVID-19 stress.
- Many yoga studios and social media influencers are doing Facebook and Instagram Live classes. Check with your local studios or [click here to learn about trials](#).
- Yoga "flows" are available on YouTube.
- Amazon Prime Video also has different types of yoga classes.

Question: How are staff working to overcome barriers with parent engagement?

Since this is new for everyone, Administrators are checking in with their staff on google teams to discuss struggles and ways to overcome them. Parent engagement continues to be difficult for many schools, especially with families that don't have updated contact information. It is important to continue **collaborating** amongst school staff to try and check-in with all families. Staff should work together to see which students are participating in online learning and working with students who have been "absent" and plan to intervene from there. Once absent students are identified, the school team can work to gather family contact information and reach out to connect them to support.