Health Education & Remote Learning

Thriving with Health & Physical Education at Home



Poll: Question 1

What is your role in education?

State Service Provider

Regional Service Provider

Community Health Services

District Administrator

School-based Services



But first, housekeeping.

Audio

Listen through your computer speaker or by calling (213) 929-4221

access code: 420-993-675

Questions

Type in the questions box and we'll get to your questions in real time or address them during the Q&A.

Social

Find us on Twitter

@EVERFIK12 and use

#EVERFlempowers

when you share out

A recording will be emailed to you following the webinar.



Today's Agenda

- Introductions
- Challenges + Opportunities of HPE at Home
- Meeting Student Needs +
 Reaching Curriculum Goals
- Family Communication
- EVERFI's Health + Wellness Resources

Introductions



David Schmidt

Health and Physical Education Chair

North Allegheny School District

PSAHPERD President



Tajuana WilliamsDirector of Mental Health Services
DeSoto County School District

Implementation Support



Your Local Schools Manager

- Support Specific to your District
- Deep Understanding of State Standards Alignment and Regional Usage
- Dedicated Training and Professional Development

Whole Child Education, No Cost to Educators



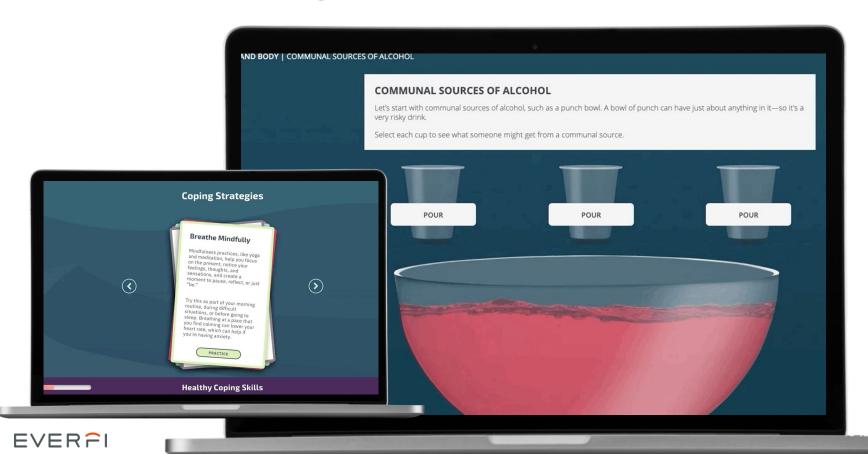


Digital Resources





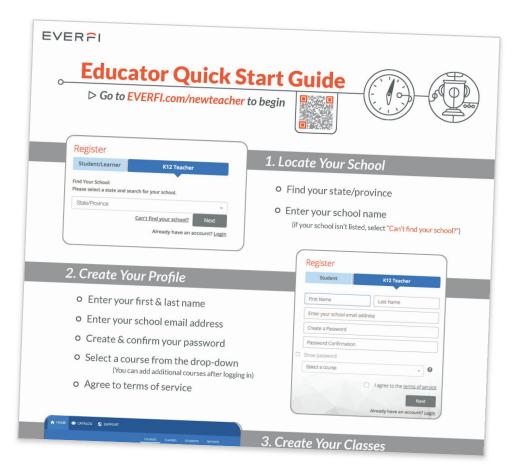
Actionable Strategies



Gaining Access

everfi.com/newteacher

- Select your state & school
- Username & password
- Select one resource to start
 & add more later





Poll: Question 2

What has been your biggest remote learning challenge?

Providing Equitable Access

Finding Quality Resources

Connecting With Students/Educators

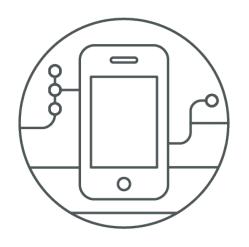
Coping Personally

Other (Chat in your response)



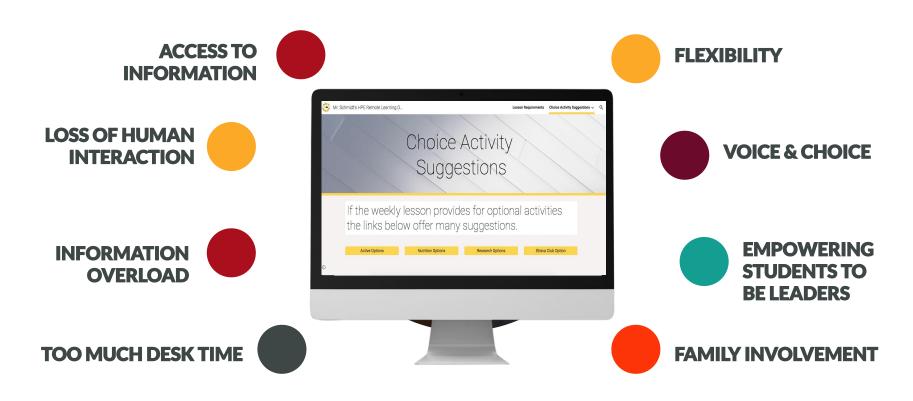


What are the opportunities and challenges of remote learning for Health/PE?





Remote Learning Challenges & Opportunities





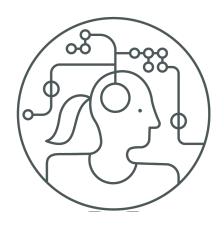
Addressing Wellness Remotely



SHAPE America

GOPHER

How are you suiting the needs of your students + meeting your district's curriculum goals?

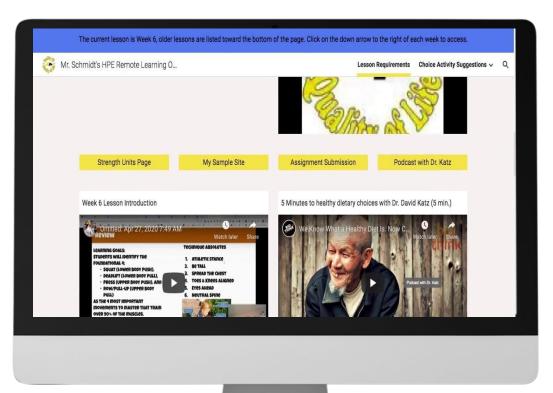


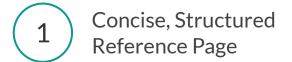




David Schmidt,
Health and Physical Education Chair
North Allegheny School District
PSAHPERD President

Individual Class Pages





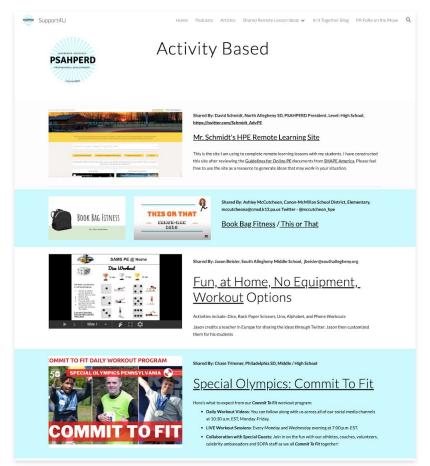
2 Lessons Assigned Weekly

- Balance Between Structured and Choice Activities
- 4 Individualized Goals + Plans





State-Wide Collaboration







Tajuana Williams,
Director of Mental Health Services
DeSoto County School District





Mental Health Services



Tajuana Williams
Director
Office: 662.449.7299
Cell: 901-870-4689



According to the Centers for Disease Control and Prevention, 1 in 5 American children ages 3 through 17 (about 15 million) have a diagnosable mental, emotional or behavior disorder in a given year.

DeSoto County Schools is committed to the wellness of all students by providing a safe learning environment and the necessary mental health supports to address the social and emotional needs of all students.

Please see our links and resources. If you have any questions, please contact Tajuana Williams, Director of Mental Health Services.

National Suicide Prevention Lifeline

Available 24 hours everyday or 1-800-273-TALK

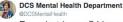
Crisis Text Line-Text "TN" to 741 741

Suicide Prevention Lifeline for Hearing and Speech Impaired 1-800-799-4TTY (4889)

The National Hopeline Network 1-800-SUICIDE (784-2433)

Region IV Mobile Crisis Team 1-888-287-4443

Tweets by @DCSMentalHealth



Bored at home? Here are some ideas we bet you

SIS COUNSELOR CORNER



HOM

COUNSELORS AND STAFF

COUNSELING SERVICES

NEWSLETTER

REFERRAL FORMS

COUNSELOR OFFICE HOURS

3RD GRADE LESSONS

4TH & 5TH GRADE LESSONS

REVIEW 360 LESSONS

RESOURCES & LINKS

DISTRICT INFORMATION

CONTACT





3RD GRADE: MRS. MORGAN'S OFFICE HOURS

3rd Grade Counselor Office Hours will be Tuesday at 2:00

*Password is Morgan

There is a waiting room so I can speak with students individually. Please I see everyone! If you require a longer time to speak with me than a few min schedule you another counseling time while we are talking. You may also form and I will contact you separately.

3rd Grade Mrs. Morgan's Office Hours

4TH GRADE: MRS. PALMERS OFFICE HOURS

4th Grade Counselor Office Hours will be Tuesday at 2:00 *Password is palmer

There is a waiting room so I can speak with students individually. Please I

Home Guidance Staff Our Services Course Planning/Diploma Options Emotional/Social Support More+



Our mission is to nurture and provide excellent guidance in all areas of growth and development to all students at Southaven High School. We, along with other stakeholders, strive to make provisions for personal goals, academics, college and career readiness, and emotional support to ensure the success of Ifeiong learners. Mini Lessons-Social Emotional Learning:

The Feeling of Frustration



Frustration Worksheets "Feeling Bugged"

♣ Feeling Bugged.pdf

What To Do With A Worry!



Worry Activity Sheets from



Honesty is our character trait this week

n honest this week! Email your teachers your pics!
nestyisthebestpolicy #charactertrait





Sign up now to get your own personalized timeline

Sign up

Relevant people



SIS Counselors
@sis_counselors



SIS @TweetDCS SIS



The OFFICIAL Twitter news portal for Southaven Intermediate School

Follow



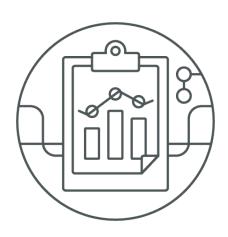
Happy Birthday Candace 6.312 Tweets

News · Trending





How are you measuring student success during remote learning?





Measuring Success + Accountability

Participation

Monitoring participation and the work that students are submitting

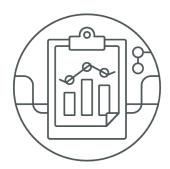
Surveys

Providing a brief survey with every assignment to gauge how students are doing then using that information to design the upcoming assignments

Referrals

Monitoring the number of referrals being submitted
Reaching out to students weekly through our MHT

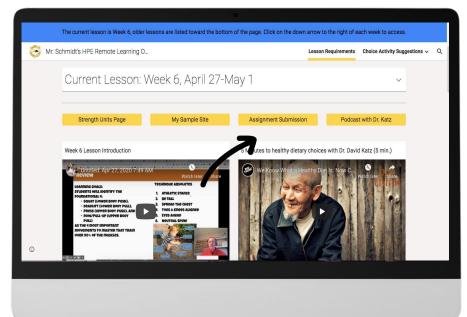








Measuring Success and Accountability











Poll: Question 3

How is your school community sharing information to your families and students?

Email

Learning Management System

District/School Website

Automated Calls

Other (Chat in your response)



How are you deciding what information to provide families and educators?





Communicating with the Community







Supporting Students, Supporting Yourself

Together with EVERFI

Bolster Your Mental Health Foundations

Healthy Habits

- Stretch and move once an hour
- Eat lunch!
- Healthy snacks on hand
- Breathe & relax
- Exercise

Emotional Awareness

- Identify emotions
- Practice mindfulness
- Transition intentionally

Positive Relationships



- Ask for help
- Stay positive as much as possible
- Maintain friendships outside of school

Positive Mindset

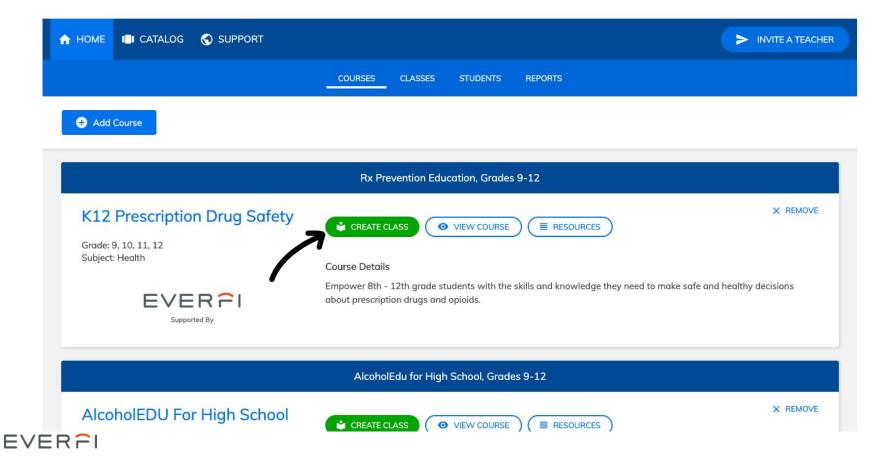


- Reframe your thoughts
- Keep things in perspective
- You've got this!

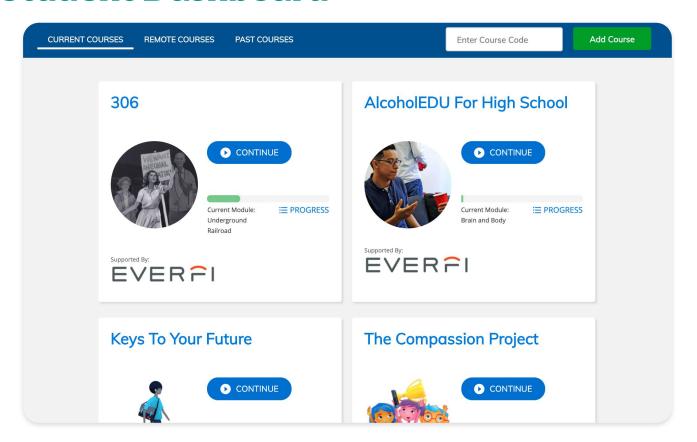


Financial Education	STEM & Career Exploration	Social Emotional Learning	Health & Wellness	Academic Readiness	Cultural Literacy
Vault Understanding Money 4-6 th Grade	Future Goals Hockey Scholar - Math Edition 4-7 th Grade	The Compassion Project 2nd-4 th Grade	Healthier Me Nutrition & Wellness 1st-4 th Grade & 6-8 th Grade	WORD Force Early Literacy PK-2 nd Grade	306 African–American History 9–12 th Grade
FutureSmart 6-8 th Grade	Future Goals Hockey Scholar - Science Edition 4-7 th Grade	Ignition Digital Wellness & Safety 6-9 th Grade	Mental Wellness Basics 8-10 th Grade	Summer Slugger Math & Literacy 4-5 th Grade	
Venture Entrepreneurial Expedition 7-10 th Grade	Endeavor STEM Literacy & Career Exploration 7-9 th Grade	Character Playbook Character Education 7-9 th Grade	AlcoholEdu 9-12 th Grade		
EVERFI Financial Literacy 9-12 th Grade	Keys To Your Future College & Career 9-12 th Grade	Honor Code Bullying Prevention 8-10 th Grade	Prescription Drug Safety 9-12 th Grade		
Marketplaces Investing Basics 9-12 th Grade					

Sharing Courses with Students

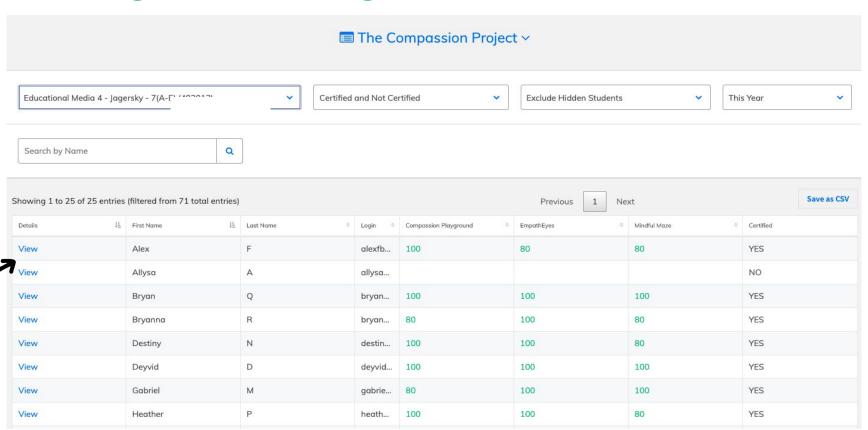


The Student Dashboard



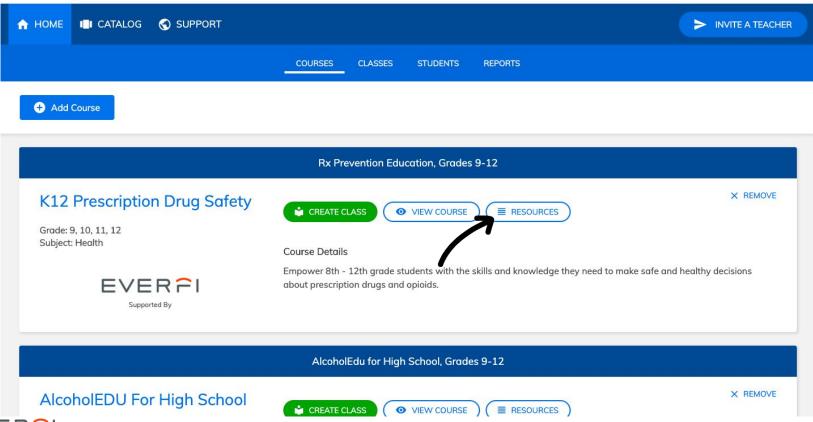


Viewing Student Progress



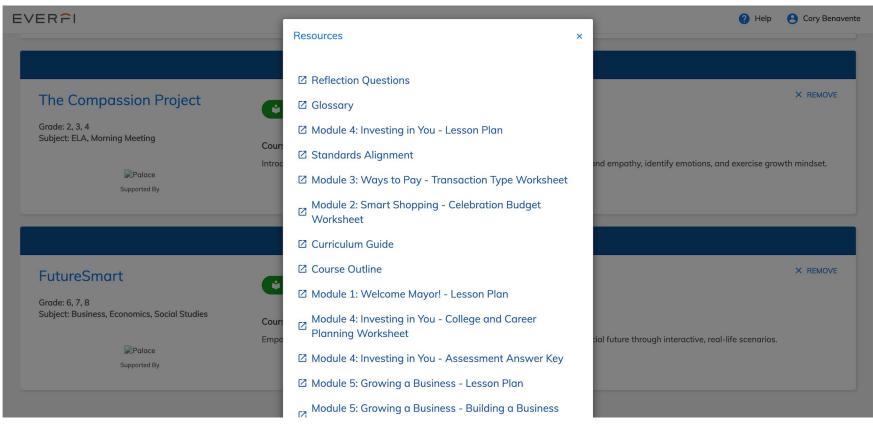


Additional Lessons & Resources





Teacher Resources





Next Steps

Learn

Visit everfi.com/k-12/ upcoming-events for all future webinars and past recordings

Share

Provide educators with registration and resources information to create an account at www.everfi.com/k-12

Connect

Share about your class and connect with other districts/educators on social media - tag
@EVERFIk12 and/or use #EVERFlempowers

