

Health Education & Remote Learning

Supporting
Health Education
During a Public
Health Crisis



Poll: Question 1

What is your role in education?

State Service Provider

Regional Service Provider

Community Health Services

District Administrator

School-based Services

Classroom Educator

But first, housekeeping.

Audio

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

access code:
606-041-982

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
#EVERFIempowers
when you share out

A recording will be emailed to you following the webinar.

Today's Agenda

1

Introductions

2

Focusing on Mental Health
Katherine Melton

3

Teaching Essential Wellness
Tamara Gibson-Alonso

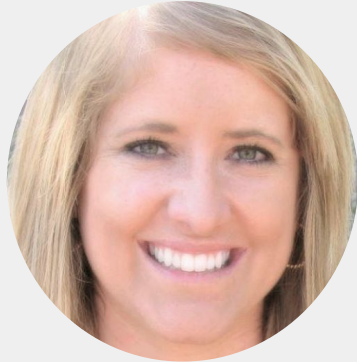
4

Social Emotional Learning
Supports
Liz Payne

5

Q&A

Introductions



Katherine Melton,
MPH, MCHES

Community Prevention Coordinator
Johnson County Mental Health
Center



Tamara Gibson-Alonso

Health Education Coordinator
Healthy Schools, Florida
Department of Health Education

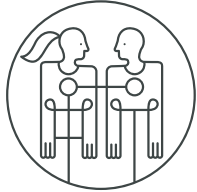
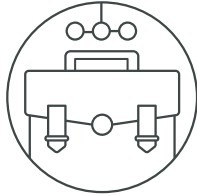


Liz Payne, EdD

*Health and Physical Education
Specialist*
STEM & Innovation, Virginia
Department of Education

Whole Child Lessons, No Cost to Educators

Career
Readiness

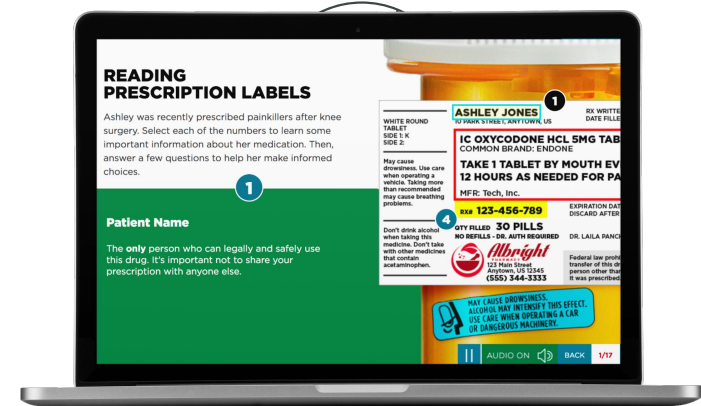


Social and
Emotional
Learning

Financial
Capability



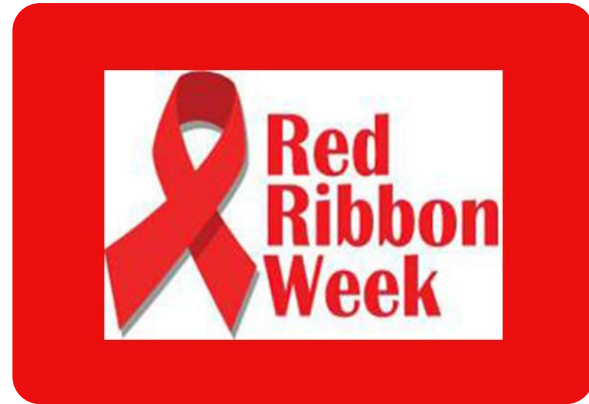
Health and Wellness



Drug and Alcohol Prevention
and
Mental Wellness

High School

In Partnership





Supporting Students, Supporting Yourself

Mental Health & Survival During Remote Learning

Be Compassionate to Yourself

Imagine a student schedule that looked like this:

- No time to eat, drink or use the bathroom
- No opportunity to connect with friends
- Only focusing on work regardless of what is happening in personal life. (Just get work done- we don't have time to talk through what is going on!)
- No exercise
- No fun!

Is this an optimal schedule for students?

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

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

Positive Mindset

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

Lessons From the Field

Kansas

Katherine Melton, Johnson County Mental Health Center
Community Prevention Coordinator

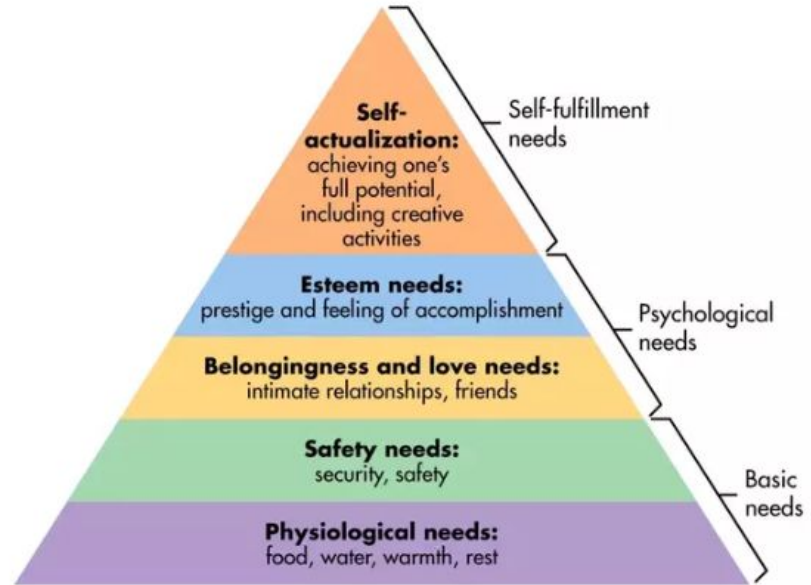
Update on the State of Kansas



- **Continuous Learning Plan**
 - Provided consistency and continuity across the state
- **Strong focus on SEL and integrating physical activity into learning**
- **Continuous Learning Plan is a framework with flexibility to adapt**
 - Plans submitted to state
- **Safe and Secure Schools Unit (KSDE) - approached COVID as a natural disaster**
 - Tracked virus and worked with internet providers for resources

Supporting Students/Staff through Mental Health

- Addressing basic human needs from the start
- Providing grace, validation, compassion
- Self-care, coping, and mental wellness supports



Maslow's Hierarchy of Needs

Supporting Comprehensive Learning for Everyone

Comprehensive Supports

Family, school
professionals, students,
peer-to-peer



Equity

Needed supplies, resources,
internet, school lunch/breakfast
program



Culturally Competent

Curriculum, resources,
supports



Individualized Supports

Meeting individuals where
they are at



Continuity of Learning

SEL, mental health, and
health education



Providing Resources

Ex Curriculum: EVERFI Family Portal
Ex Resource: KCTC/Greenbush



Supporting Student Learning



EVERFI is here to help families bring learning to life at home

EVERFI's digital lessons are used by more than two million K-12 students, and thanks to our sponsors, are always available to school districts and educators at no-cost.

In this period of increased remote learning, we're also providing students direct-access.

100+ Interactive, Game-Based Lessons

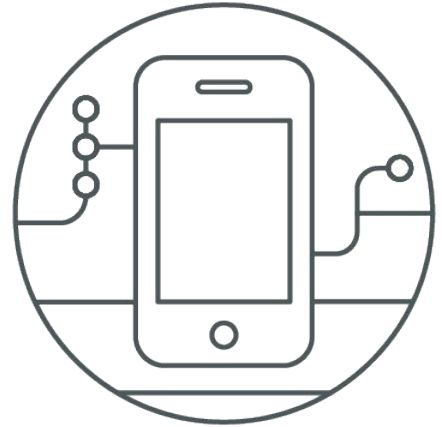
EVERFI Family Portal



**EVERFI helps teachers, schools, and districts
bring real-world skills to students online.**

EVERFI Educator Portal

**How are you communicating
health education support to your
community?**



Poll: Question 2

How is your organization addressing mental health during remote learning?

Through Educational Materials

Virtual Meetings & Check-Ins

Social Media Campaigns & Engagement

Implementing New Policies

Other (*Chat in your response*)



Lessons from the Field

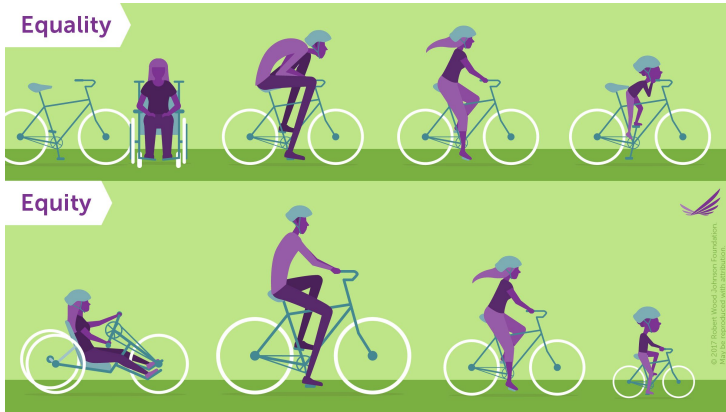
Florida

Tamara Gibson-Alonso, Healthy Schools, Florida Department
of Health Education
Health Education Coordinator

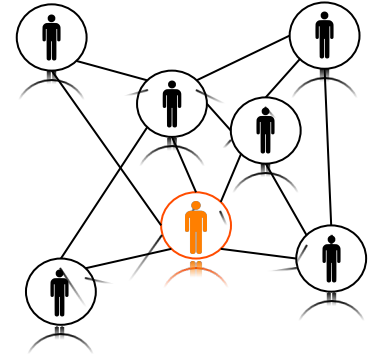
Florida's Response to COVID-19

<http://www.fl DOE.org/em-response/>

Florida Governor Ron DeSantis has identified three key efforts:



- Health and Safety
- Continued education
- Compassion



To build a Culture of Health, we must first ensure everyone has the basics to be healthy.

Healthy Schools webinar April 14th, 10 AM ET

WSCC Model

ASCD, CDC



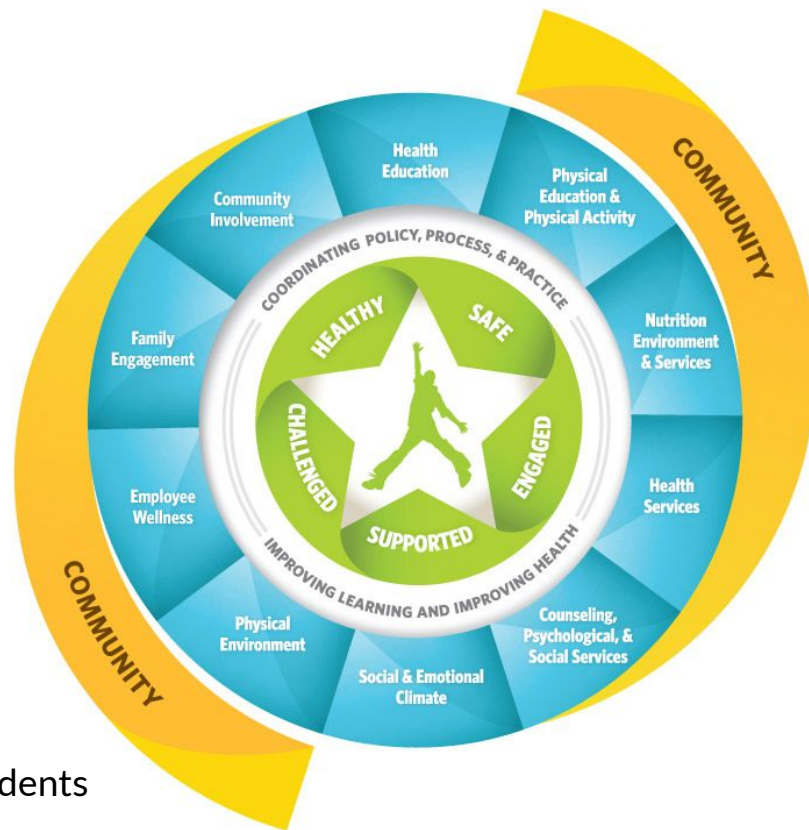
Mental and Emotional Health



Substance Use and Abuse

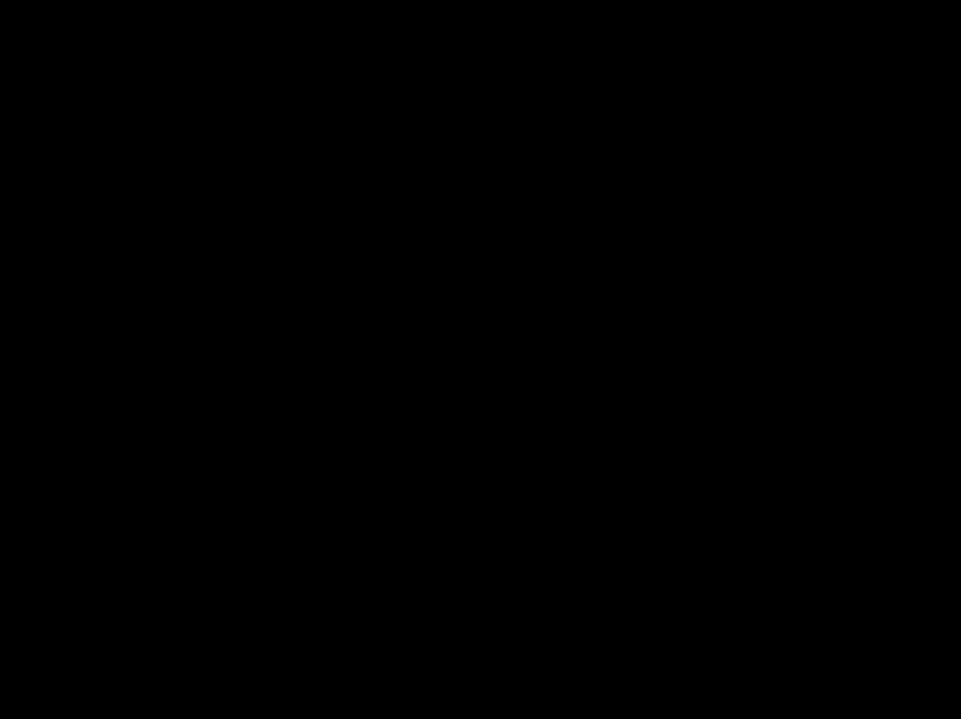


Child Trafficking Prevention



Resources for Districts: Ways to Help Struggling Students

Mindfulness Minute



What partnerships have proven to be most valuable since the start of remote learning?



Poll: Question 3

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*)

Lessons from the Field

Virginia

Liz Payne, STEM & Innovation, Virginia Department of Education
Health and Physical Education Specialist

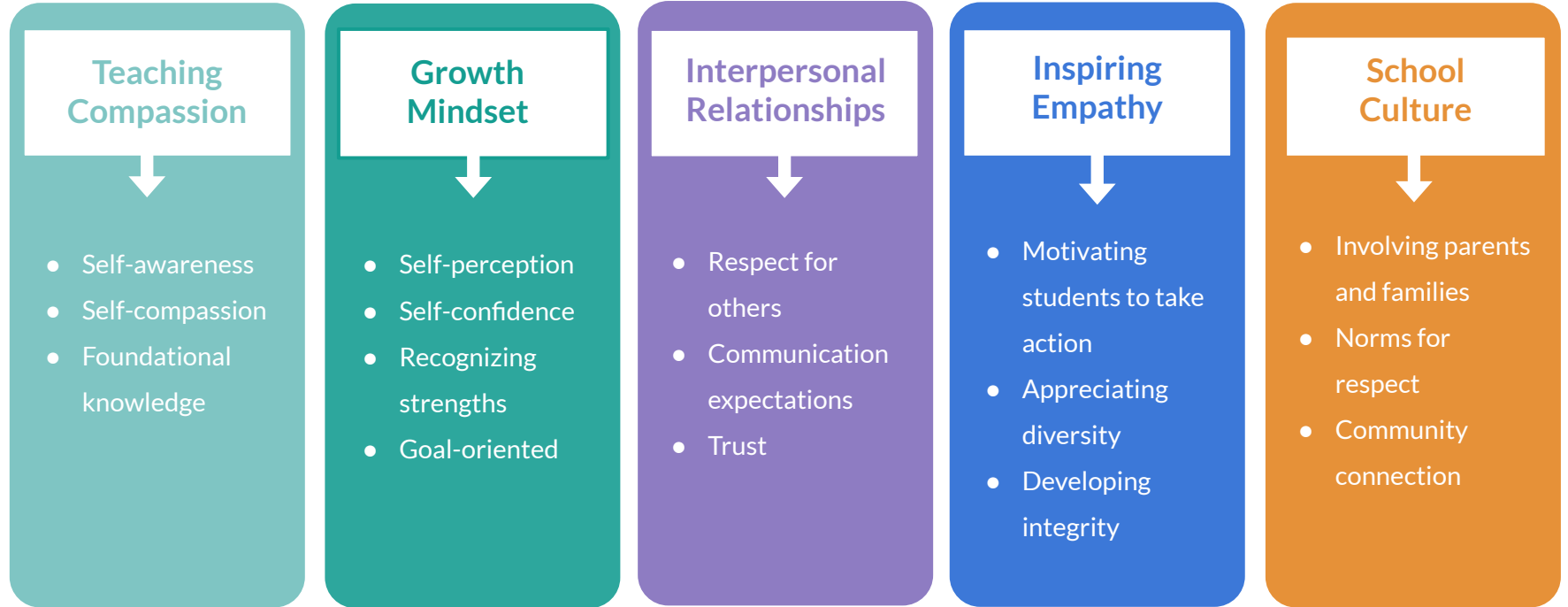


VIRGINIA
IS FOR
LEARNERS

- Friday, March 13th
- Lessons learned
 - Health skills are essential
 - Emotional and Social Health (and Learning!)
 - Fundamental shifts in learning
 - Consistent/accurate information
 - Asynchronous tools vulnerabilities
- Continuity of Learning
 - Student-centered
 - Teacher-centered
 - Hybrid



Focusing on Social Emotional Learning



Resources



How does equity of resource access affect your recommendations to district leaders and schools?



Poll: Question 4

What do you think your organization is doing well?

Addressing the community's physical needs

Supporting student mental wellness

Providing academic engagement

Partnering with others

Other (*Chat in your response*)

Q & A



SUBTITLE

Q & A

Support from EVERFI

Financial Education	STEM & Career Exploration	Social Emotional Learning	Health & Wellness	Early Learning	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 Literacy Adventure K-2nd 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	R_x Drug Safety 9-12 th Grade		
Marketplaces Investing Basics 9-12 th Grade					

Learning Opportunities

everfi.com/k-12/upcoming-events/

WEBINAR - K-12 Teachers

Engaging Students in Deeper Learning with Technology

April 21st, 2020

4:00 PM EST / 3:00 PM CST

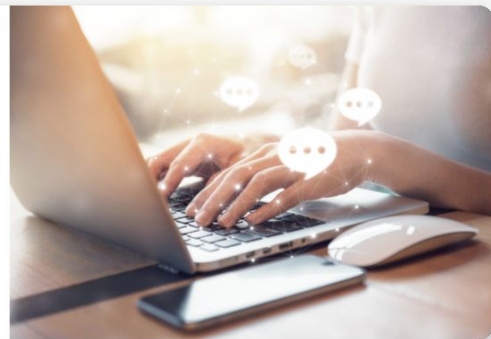


WEBINAR - K-12 Teachers

Empowering from Afar with Social Emotional Learning

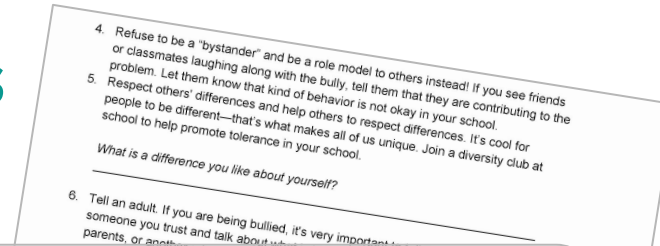
April 22nd, 2020

3:00 PM EST / 2:00 PM CST



Offline Resources - SEL & Wellness

- Reinforce digital lessons with reflection activities
- Simply upload to Google Classroom or share via email



High School
Middle School

Name: _____

Date: _____

Social Emotional Learning Remote Learning Activities

Leadership & Courage

Learning Objectives:

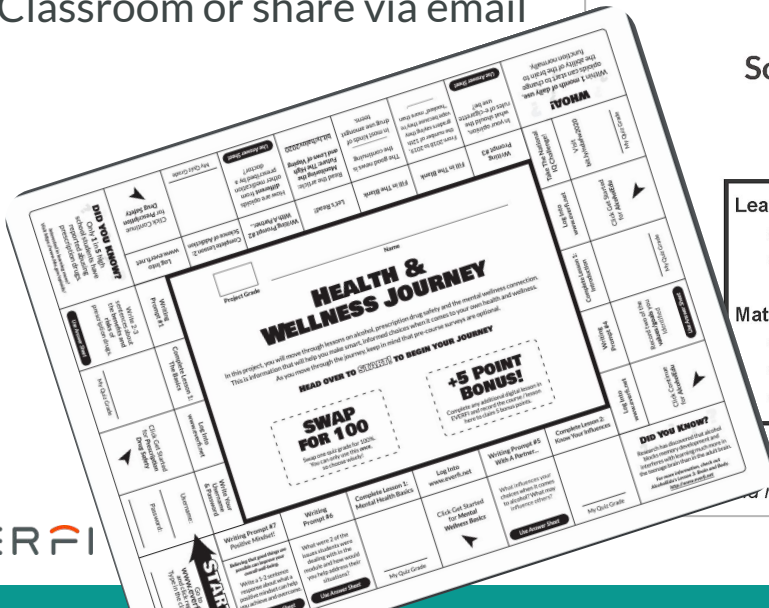
- Explain risk factors that can lead to bullying.
- List techniques to handle bullying when it does occur.

Materials Needed:

- Pen or pencil
- Paper
- Optional: Props

How to Use: Read the passage and answer the questions. You may use a highlighter to underline important information. You may also use a ruler to help you with the questions. You may also use a ruler to help you with the questions.

Close Reading: As you read you will see questions asked throughout. Jot down answers to these questions to help you with the activity at the end!



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

Next Steps

Learn

Visit everfi.com/

Use everfi.com/k-12/teacher-remote-learning/ to learn more about addressing remote learning with students.

Try

Register for an account at www.everfi.com/newteacher

Share

Share everfi.com/k-12/parent-remote-learning/ with parents in your community.

Share about your class on social media - tag @EVERFIk12 and/or use #EVERFIempowers