



# Supporting the Whole Child During the Pandemic

Full Board Meeting  
November 16, 2020



New York State  
EDUCATION DEPARTMENT  
Knowledge > Skill > Opportunity

# Whole Child Supports

## Social Emotional Supports

- Social Emotional Learning
- MTSS
- SEL Remote Instruction/TRLE Grant

## Physical Health

- Health Services
- Advocacy for Families and Schools
- Child Nutrition
- Physical Health

## Safety/ School Climate

- Erin's Law
- OCFS-Joint webinar
- Center for School Safety TAC

## Engagement Beyond the Classroom

- Community Schools
- 21<sup>st</sup> CCLC
- Extended School Day/ School Violence Prevention
- MBK



# **Student Support Services/ Child Nutrition**

# Student Support Services Technical Assistance Centers

## **New York State Center for School Health**

*Supporting Student  
Success Through  
Health and  
Education*

## **NYS Community Schools TACs**

*Providing New and  
Established  
Community Schools  
**SEL supports**  
through Guidance  
and Training*

## **NYS Center for School Safety**

*Providing Support  
to Schools, Families  
and Communities*

# NYSED's School Health Services



## NYSED Office of Student Support Services

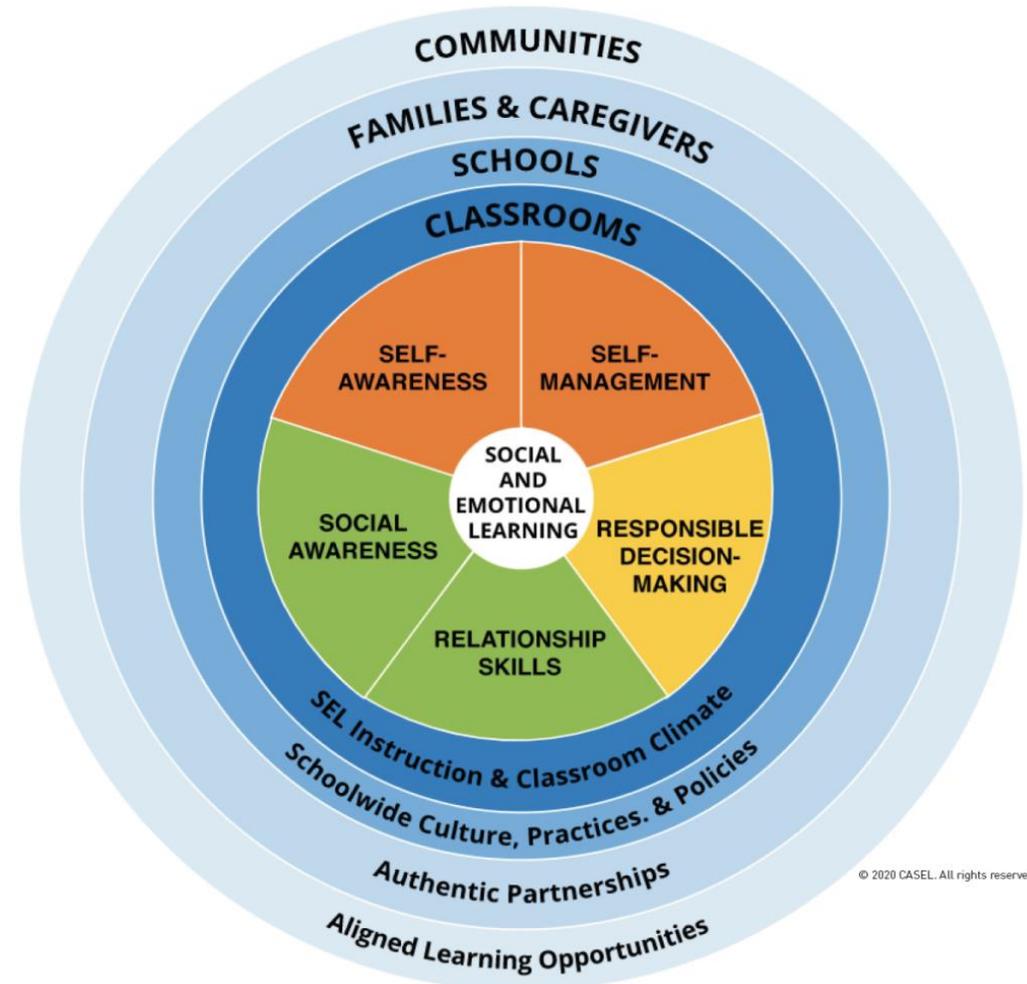
- employs two registered professional nurses (RNs) to oversee the provision of school health services in P-12 schools

## The NYS Center for School Health

- employs two RNs and a certified health educator to provide technical assistance, resources and professional development to the field

# Social Emotional Learning

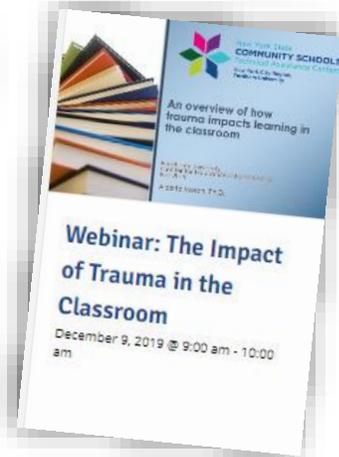
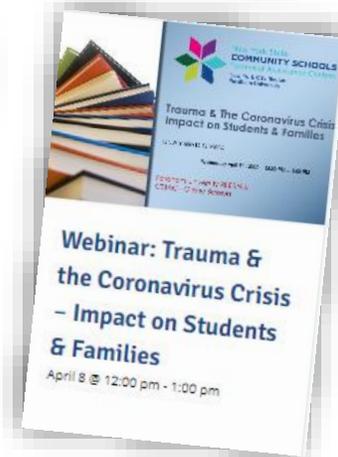
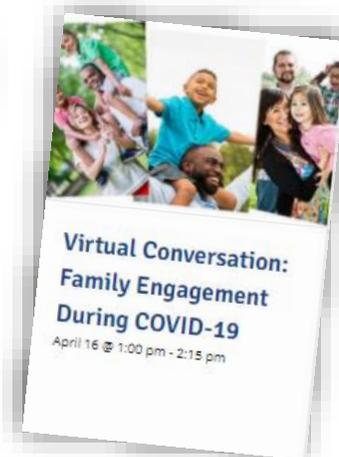
- CASEL recently announced equity-focused updates to their definition of and framework for SEL.
- SSS is working to revise existing resources to reflect these changes.
- SSS continues to work with S/CDN's SEL Framework Advisory workgroup in their development of professional learning opportunities.



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# Community Schools Technical Assistance Centers

- Technical assistance for Community School Coordinators
- Communities of Practice
- BOCES Networking Meetings
- Professional learning around family engagement, trauma, racial justice, chronic absenteeism, mindfulness
- Virtual coffee hours during COVID-19 Spring transition



Central/Western Region  
Binghamton University

Eastern Region  
Rockland 21<sup>st</sup> Century Collaborative for Children and Youth

New York City  
Fordham University

# 21st CCLC Support - COVID-19 Pandemic

- **COVID-related** resources and support
- **Meals** delivery
- **Check-in** Calls
- **Virtual learning** resources for parents
- **Academic** and **enrichment** services
- **Learning** focused on **social emotional wellness**
- **Federal waiver** – supporting students with their remote day school classes



# ESD/SVP Support - COVID-19 Pandemic

In person or synchronous,  
virtual access to programming



Cohorts aligned with School  
District hybrid scheduling



Remote check-in's, virtual  
family programming and  
outreach



Wellness, social emotional  
and mental health support  
and referrals to community  
partners



STEM projects and DIY kits



Virtual Family Fun Nights



# Providing Safe Meals Remotely and In-school



- In-classroom service
- Socially distanced cafeteria service
- Grab and go





# Office of Curriculum Instruction and Early Learning

# Physical Education



“...Participating in Physical Education (PE) is important for our students’ health and wellbeing. Not only do PE activities benefit students’ physical health, but research indicates regular physical activity improves students’ mental health as well as contributes to academic success...”

*From New York’s Reopening Guidance*

- **Maintain a safe distance**
- **Focus more on individual pursuits or skills**
- **Use games and activities that require no physical contact**
- **Include opportunities for student choice and incorporate student-suggested activities**

## Erin's Law



All pupils in grades K-8 in all public schools in the state shall receive instruction designed to prevent child sexual exploitation and child sexual abuse.

# Erin's Law Webpage

☰ Health Education
New York State Learning Standards for Health
Health State and National Survey Data
Mental Health
Organ and Tissue Donation
Sepsis
Tick and Tick-Borne Disease
Erin's Law
Additional Resources
Awards and Scholarships
General Education and Diploma Requirements
Multiple Pathways
Teacher Centers
Contact Us

## Erin's Law

In August 2019, New York State became the 37th state to sign Erin's Law into legislation. New York State's law, ([S.4070-B/A.2577-B](#)) - known as Erin's Law - requires public schools to teach child sexual abuse and exploitation prevention classes to students in kindergarten through eighth grade. Erin's Law is named for Erin Merryn, an abuse survivor, and activist against child sexual abuse who has advocated for similar laws nationwide for over a decade. This legislation mandates that these prevention classes include practical, age-appropriate instruction which are developed according to the needs and abilities of students at each grade level in order to provide awareness, skills, information, self-confidence, and support to aid in the prevention of child sexual exploitation and child sexual abuse. In Summer 2020, work was completed with organizations that researched, developed age-appropriate grade bands, and found multiple resources to help school districts develop curriculum and useful lesson plans to implement Erin's Law.

The following grade band curricular benchmarks have been developed to help assist schools and districts implement Erin's Law. Under the following grade band benchmarks are resources for schools and districts. These are suggested resources as all curricular programming and instruction are locally determined.

- Kindergarten-2nd Grade
- 3rd-4th Grades
- 5th-6th Grades
- 7th-8th Grades
- Resources for Schools and Districts



<http://www.nysed.gov/curriculum-instruction/erins-law>



# Office of Access, Equity and Community Engagement

# My Brother's Keeper

 New York State  
EDUCATION DEPARTMENT  
Knowledge > Skill > Opportunity

**#NYSMBK FELLOWS  
NEEDS, DEEDS, AND IMPACT  
DURING COVID-19**  
AN MBK VIRTUAL VILLAGE MEETING  
APRIL 23, 2020  
1:30PM TO 3 PM



CLASS OF 2019



CLASS OF 2015

Contact your MBK  
community liason  
for details.



 NEW YORK STATE  
**My Brother's Keeper**

<http://www.nysed.gov/mbk>



Dr. Perdo Noguera

## My Brother's Keeper TOC II Summit

June 10, 2020

### All Eyes on Equity

<http://www.nysed.gov/mbk/videos>

 NEW YORK STATE  
**My Brother's Keeper**  
**Ask the Doctor Series**

*with Dr. Anael Alston*

**Episode 1:  
How to Survive, Then Thrive in  
Schools With the Reality of  
COVID-19**



<https://vimeo.com/468028546>





# Office of Bilingual Education and World Languages

# Office of Bilingual Education and World Languages



## Social and Emotional School Climate



Educators and parent workshops on topics including trauma, Social Emotional Learning, and Culturally Responsive-Sustaining Education



“RBERN on Demand” website



Multilingual supports for educators, students, and families

## Family Engagement



ELL Parent Hotline



Multilingual videos and resources providing information and guidance on remote learning



Evening and weekend sessions presented in parents’ home languages

# Office of Bilingual Education and World Languages



## Remote Learning

- “Working with ELLs Remotely” (10 languages)
- “Working with Special Needs Students Remotely” (5 languages)
- “Planning the Remainder of the School Year” webinar series (6 languages)
- “Considering Culture and Disability for Children and Families”
- “Mindfulness and Conflict Resolution During a Time of Crisis” (10 languages)

## Learning at Home

- “Supporting Students Academically at Home” (3 languages)
- “Fun Home Learning” activity sheet (11 languages)
- “Increasing Literacy at Home”
- “Authors in the Home”
- “Science and Math at Home”
- ELA and Social Studies family webinar (2 languages)
- Math and Science family webinar (2 languages)

## Learning with Parents

- “Rights in Education for ELLs” (2 languages)
- FAFSA completion sessions (weekends, 2 languages)
- “Technology Support in FAFSA Informational Sessions for ELLs”
- Parent QA Sessions (evenings, 5 languages)



# Office of Special Education

# Special Education – Educational Partnership Family and Community Engagement (FACE) Centers

- **Transitioned trainings for families to virtual formats**, as well as the traditional in-person offerings
- **Provided Spanish-speaking specialists** and/or interpreters for trainings, as needed
- **Participated in community events** to reach more families to make them aware of our supports
- **Collaborated with community partners** to provide training to parents on how to access their schools' virtual platforms for learning
- **Assisted community partners in distributing food** to families in need
- **Distributed donated books** to families

# Multi-tiered Systems of Support

The framework integrates both academic and behavior instruction to support the learning, social, emotional, and behavioral needs of New York State students.





# Office of Education Policy

# Teaching in Remote/Hybrid Learning Environments

New York was awarded over **\$19 million under the CARES Act** to build educator capacity to effectively implement remote/hybrid learning.

**To meet the needs of our most vulnerable students, NYSED is working with partners to develop and disseminate professional learning resources in 6 areas:**

1. Shifting to Blended/Remote Instruction
2. Families as Partners
3. Students with Disabilities
4. English Language Learners/Multilingual Learners
5. Culturally-Responsive Education
6. Social Emotional Learning



## Mission Statement

Mental Health Association in New York State, Inc. (MHANYS) improves the lives of individuals, families, and communities by raising mental health awareness, ending stigma and discrimination, and promoting wellness and recovery.

[www.mentalhealthEDnys.org](http://www.mentalhealthEDnys.org) ~ [schools@mhany.org](mailto:schools@mhany.org) ~ 518.434.0439



### WELCOME

Welcome to MHANYS' School Mental Health Resource and Training Center! We have the tools and information schools need to educate students about mental health – from instructional resources to staff development, and information for families. To learn more, contact us at [schools@mhanys.org](mailto:schools@mhanys.org).



### BACK TO SCHOOL 2020

New York State schools will face unprecedented challenges this Fall, including a potential increase in student and staff mental health concerns. Check out our professional development offerings, SEL resources and practical strategies to promote resiliency and build connections in schools.

### MENTAL HEALTH EDUCATION

In 2016, Governor Cuomo signed a bill that requires schools to provide mental health instruction as part of K-12 Health curriculum. We have all the information you need to implement this law, including a tool to assess current practices and guidance from the NYS Education Department.

### 2020 Messages from MHANYS

ASK A QUESTION or JOIN OUR MAILING LIST

### Family Education Project

The Mental Health Association in New York State, Inc. has received funding from Mother Cabrini Health Foundation to launch the *Family Education Project*. Administered as part of the School Mental Health Resource and Training Center, the project will educate families and caregivers about youth mental health – providing access to informational webinars and other resources to promote greater understanding of mental health and support wellness for the whole family. For more information visit [www.mentalhealthEDnys.org/parents/](http://www.mentalhealthEDnys.org/parents/)

## Parent/Caregiver Section:

- 30 minute monthly webinars
- how to talk with children
  - understanding cognitive distortions
  - Information on social media & suicide
- tools for develop coping skills
  - apps for mindfulness, emotion regulation
  - activities to promote conversations
- supporting students beyond high school
- Fall Learning Communities
  - Book study and film screening
  - Panel discussions & presentations

Available in Spanish

### 6 Ways to Encourage Good Mental Health Habits



Developing healthy coping strategies is not an innate ability and as children continue to grow, there are some ways parents and caregivers can assist in helping them obtain good mental health habits.

#### 1. Talk openly about mental health.

There is still a stigma surrounding mental health disorders which discourages people from talking about any mental health challenges they may be facing. When we talk openly about mental health, we are promoting a safe environment that will encourage youth to seek support and help when it is needed.

#### 2. Model your own healthy habits.

Children learn by observing. When adults use positive coping strategies to manage life's stressors, youth are more inclined to develop and use their own strategies.

#### 3. Spend time together as a family.

Children need love, time and attention. Setting time aside to be with your child produces a stronger bond, making them feel valued and loved. Invite them to join you in an activity you enjoy to reduce stress. Incorporate these activities into your family's weekly routine and acknowledge their mental health benefits.

#### 4. Participate in community or volunteer activities.

Children will meet and connect with new people. They will experience a sense of belonging and purpose, and will learn how to relate to others.

#### 5. Encourage regular exercise.

Children and adolescents need at least 1 hour of daily physical exercise to promote healthy development, and exercise is one of the most effective strategies for maintaining a healthy mind. Exercising stimulates chemicals that improve our moods and allow us to channel negative energy positively.

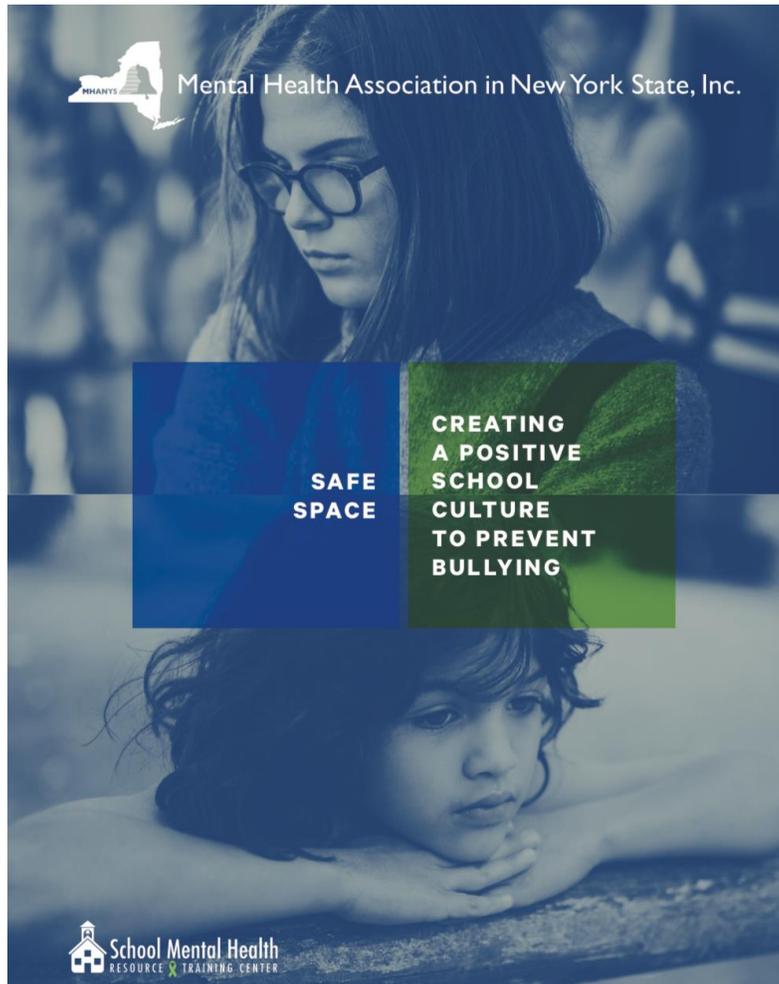
#### 6. Praise your child's efforts and behavior.

When we are praised on something we did, we feel good about ourselves, and our confidence and self-esteem increases. Praise also helps to motivate kids and encourage them to continue to try new things.



A project of the Mental Health Association in NYS, Inc.  
[MENTALHEALTHEDNYS.ORG](http://MENTALHEALTHEDNYS.ORG)

# Education Professionals: Resources and Trainings



- Resources for mental health instruction
- Strategies for virtual and classroom SEL
- Live, virtual trainings
  - Mental Health and Wellness 101
  - Cultivating Educator Resiliency
  - Introduction to Trauma-Sensitive Schools
- Self-paced, online trainings
  - Support Mental Health & Wellness of Students
  - Suicide Safety for School Staff
  - Bullying Prevention (coming soon!)

# WHOLE SCHOOL, **WHOLE COMMUNITY**, **WHOLE CHILD**

*A collaborative approach to learning and health*



<https://www.cdc.gov/healthyschools/wsc/index.htm>

