

## **Hello to the CESA 6 Safe & Healthy Schools Community 2020-2021**

I am looking forward to the new school year and hope we can all find the daily joy in our work on behalf of students. Even as we pivot, change gears, switch directions or find a new way; we will all learn and grow together!!

The variety of opening school plans and some decisions within my project has helped me to make the decision to go virtual for at least the first meeting. I will have the link to ZOOM for the first Community meeting linked into the CESA 6 MyQuickReg site. **Please register** as soon as possible for the **September 18, 2020; 9:00 am meeting.**

### **September 18, 2020**

#### **9:00 Welcome and updates from Jackie**

- Federal
- State
- WISH Center
- CESA6

#### **10:45 Break**

#### **11:00 District Sharing: Questions, concerns and exciting news!**

12:00 break for lunch

#### **12:45 Optional Continued supportive discussion – Recovery, Grief & Loss as you start the school year**

As should be best practice, we need to check in on ourselves before we can help others – so... We will be also doing break out rooms that will be mixed at various points. *Depending on the number of participants, we will be in whole group or break outs.*

. How are you as an individual doing today?

1. Chose three words to describe your state at this moment and share them. Once everyone has had a chance to share, please decide which words are shared/similar. What is the underlying energy in this room? What do you think has impacted the “energy”?
2. What is one thing that you need to support your work, from this group? Brave person please go first . Once the first person shares, please have everyone share. How can we find the resources we are missing? Please make note and be ready to share with the whole group/
3. What is one resource you have found that is especially helpful to you at the start of the new school year? Please share that resource!!

Grief/Loss/Recovery school issues you may be seeing in your district: I am suggesting we do not “label” the effects of covid-19 pandemic as “Trauma” unless a youth has continuing and enduring effects. We have all had some level of stress, strain, and some trauma in this pandemic. Adding a label and taking all the self struggle may create a situation where people do not believe they can recover/be resilient. It is more important to look at it from a resiliency point of view in my opinion!!

1. Grief and loss can be complex issues that sneak into our environment when we least expect them to.
  - a. What has happened in your building/district that is different this school year?
  - b. How has your district chosen to address the concerns around return to the school year?
  - c. What behaviors are you seeing that could be demonstrations of grief or loss?
  - d. In what ways are you identifying youth (Or staff) who are struggling with anxiety/grief/loss etc?
2. **Recognizing Grief in Children** Grief may show up differently in kids than it does in adults (Pearlman et. al, 2014).According to the National Association of School Psychologists (NASP) (2015), children may display grief through:
  - a. Regressive behaviors
  - b. Social withdrawal
  - c. Anger at the deceased (or in this case the loss)
  - d. Decreased verbalization, attention and concentration, academic performance, or attendance
  - e. Increased anxiety, irritability, aggression, or high risk behaviors
  - f. Guilt
  - g. Depression
  - h. Somatic complaints, including stomachs and headaches
  - i. Sleep or eating disturbances
  - j. Repeated re-telling of the event