



School Counselor on the Go Webinar Series - Virtual Resources You Can Use Today: Social and Emotional Learning (SEL) (Event ID# 184293)

Presented by: Alameda County Office of Education

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Q: Where and when will the scripts be available?

A: They will also be on www.rcec.us, along with this webinar as soon as possible.

Q: Short book available in Spanish?

A: Yes it is available in multiple languages for download in PDF through their website.

Q: Are these resources something we can share with parents in our district?

A: Yes, you can absolutely share. I would recommend that you share specific items. I wouldn't share the entire list, as it might overwhelm them.

Q: My parent community is 99% Spanish speaking. Are these resources available in Spanish? Thank you!

A: Some of the resources are available in Spanish that were listed but some would need translating.

Q: Where can I get this document with the links?

A: The presentation and links will be shared right after the training.

Q: I work at a dual immersion school, are some of these resources available in Spanish by any chance?

A: Yes, though it may vary by resource

Q: What does an average day look like as a virtual school counselor?

A: This will vary by grade level and school site. Our recommendation is you work with your site and district administrator to prioritize the greatest needs for your students and families.

Q: Where do we go on rcoe.us to find resources from webinars this week?

A: The website is www.rcec.us for resources and a copy for this webinars PPT. Once you visit the site you create a free account and when you log in you will see the webinar series logo.

Q: As a school counselor at multiple sites, would you recommend setting up our own Google Classroom to share links, videos, activities, etc. that can be shared with all the staff at all sites?

A: I would recommend setting up a separate classroom for each site if you plan to differentiate your lessons and support by site.

Q: So we can have our students join in a classroom in the Smile App?

A: Panelist has only used it personally but her belief is yes and that it gives you a code to share with anyone you want to have access to that classroom.

Q: My district does not allow students to download any apps onto our district provided chrome books. How would they utilize the resources?

A: Not all resources shared today required apps students must download. Please review the various links and we hope you can find sites that work for your district.

Q: What are the requirements you have in Alameda for counselors?

A: Please visit <https://www.acoe.org/page/416> to speak to Personnel about the School Counselor job description.

Q: Where can I provide feedback for the webinars?

A: Please give us feedback at www.surveymonkey.com/r/scotg. You can access it multiple times and give feedback on all the webinars so far. We use this as data to create more webinars to support you--it only take 2-3 minutes.

Q: Where on the website are the resources? I registered

A: Once you login, you will be taken to the dashboard and see the School Counselor Leadership Network On-The-Go logo and the various webinars are listed under it.

Q: Our District Chrome Books we loaned to students block all YouTube access with filters. We have brought this to their attention and hope they will resolve. In the meantime, anyone have ideas of how to still use the videos?

A: Not all videos shared today are on YouTube so you should find plenty to choose from the list and if not please feel free to email the presenters directly.

Q: What are the legal considerations when hosting a Video Chat with a student with Social Emotional issues? Can we / should we record it (liability issues)? Do we need parent permission (even though we never had to get their permission before) your thoughts?

A: This a local district/LEA decision and you should consult with your admin for best direction

Q: Would students be able to record the meetings from their side?

A: Depending on the device a student uses, they could record a meeting but this would be a parameter

Q: Can Mindful Powers be accessed on a Chromebook?

A: Not sure about Chromebook because the device must be able to access iOS or Android apps.

Q: Any resources to help students who have lost a family member due to COVID-19? English/Spanish resources?

A: Currently we have not seen any but on the lookout for them as they are shared. There are general mourning and grief resources but there is a need for this specific resource.

Q: How are you encouraging students and parents to engage in your resources? We seem to only have about 20% of our students even logging on to their email.

A: Different approaches we have seen and shared:

- Superintendents and/or Principals have sent things in their newsletters to parents/guardians, encouraging parents/guardians to login, at least once, with their students...so their teachers and counselors can connect with the students

- Having teachers, or even all staff (certificated and classified) split the list of students, and call all households to check-in with students. At secondary sites, having teachers call their 1st period classes...and having counselors call anyone who doesn't have a first period...is another approach. Again, the call is to check-in, make sure the student knows to check their email, and:
 - Have one basic email to each student that asks them to click on a link in the email...acknowledging that their email is working within 48 hours of the call...so later that week, the counselors (or teachers) can personally call every household where the student(s) have not responded to the email.
 - Have the staff give the counselors and administrators a list of folks who have not responded to the email and/or didn't answer the phone call (any call they made where they didn't speak to an actual person).
 - If the parents/guardians do not speak English, maybe make a list of those households and/or families and have language proficient folks call those families to check in.

Tips and Tricks:

Teachers can also download YouTube videos, and can give access to YouTube videos without sending the students to YouTube.

I found another video on YouTube titled: "Time to come inside bear: a children's story about social distancing". It helps quickly explain to little ones what social distancing is, it is very precious (even for me as an adult, it touched my heart)

If others want to use our Project Alert (for middle schools) or Project TND (for high schools), please email Cecilia at capley@acoe.org and we will work with you.

I found this great website that explains mindfulness and the brain in kid friendly terms
<https://blissfulkids.com/mindfulness-and-the-brain-how-to-explain-it-to-children/>

For 9-12, an interactive app that is great for stress, anxiety, and depression is "Sanvello". Includes daily check-ins and mediations.