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March 2020

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How to Talk to Your Children about Covid -19

1. Keep it Simple and age appropriate.
2. Reassure your child that they are safe.
3. Keep calm – Kids take their emotional cues from their caregivers/parents.
4. Emphasize what your family can and are doing to stay healthy.
5. Teach/ remind them to sneeze into the crook of their elbow, so they don't spread germs.
6. "Rest is Best" for healing sickness.
7. Practice and maintain healthy habits, such as sleep, exercise and proper eating.
8. Limit screen time for social media, television and monitor what they are watching.
9. Maintain as much as possible normal routines.
10. Make yourself available to answer your child's questions.
11. Be accurate and informed.

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

see Resources for information

How to Engage Families during the Health Emergency-

Many school districts are closing school due to the coronavirus. This can be disruptive and anxiety provoking. PTAs can engage families to manage this stressful time by being a resource. Here are some tips and ideas:

1. Keep your Facebook page and twitter accounts active and up to date with links to helpful district information.
2. Enforce your guidelines for engagement on these platforms to keep it positive and solution focused and rumor free.
3. Do post helpful articles and links to credible sources, such as
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html> and
<https://www.learningpersonalized.com/5-tips-for-families-as-they-transition-to-home-learning/>
4. Pass on helpful articles/blog posts that give parents tools to manage this extraordinary situation. Here is a blog on **transitioning from school to home learning.**
<https://www.learningpersonalized.com/5-tips-for-families-as-they-transition-to-home-learning/>
5. Ask parents to share what is working at their home to keep kids occupied in healthy ways- get a solution focused

dialogue going.

6. Stay away from any speculation. Stick to factual information.
 7. For families that depend on the school system for other services, help them find information through the appropriate local government agency websites.
 8. For playdates and smaller get togethers, here is some information:
<https://www.elledecor.com/life-culture/a31610820/social-distancing-coronavirus/>
 9. Take a page from a Hong Kong academy that sponsored a virtual sports day. Everyone doing the same thing at the same time virtually can still create a sense of community and stem isolation.
<https://qz.com/1814589/how-to-give-your-kids-stability-when-coronavirus-closes-schools/>
 10. Information on what is being done to open up emergency funds for governmental nutrition programs-
<https://www.youtube.com/watch?v=AqA9n9JPTvI&feature=youtu.be&t=2844>
10. Contact information for New York school nutrition programs- <http://www.cn.nysed.gov/>

Awards and Grants-

Jan Harp-Domene Diversity Award- submit by March 15

<https://www.pta.org/home/run-your-pta/Awards-Grants/Jan-Harp-Domene-Diversity-and-Inclusion-Award>

Key Dates to Remember-

- Boces Dinners Cancelled

Family Engagement Theme for March-

- National Nutrition month
- National Cheerleader Safety Month

Important Advocacy Calendar Notes- March-

- Submit proposed resolutions to NYS PTA by April 1, 2020
- Make plans to attend National Convention June 18-22 in Louisville KY

RESOURCES and LINKS-

<https://t.co/dv04W5yloY?amp=1>Covid-19 Virus resources- Newsletter with tips for while your school is closed.

https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html?CDC_AA_reffVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-for-schools.html

How to talk to children about

Covid-19-<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

PTA.org's new *Notes from the Backpack* podcast.

<https://www.pta.org/center-for-family-engagement/notes-from-the-backpack> topics range across the grade levels from elementary to High School.- check out the episode-“Confident Parents-Confident Kids”

Child's Plan-Improving the Social and Emotional Wellbeing of New York's Children and Their Families

https://www.ccf.ny.gov/files/5013/7962/7099/childrens_plan.pdf

Apps for building Resilience in Children and Adults-
Pacifica Stress and Anxiety -4.4stars

Mindfulness Coach-gives tools for getting to sleep- 4.6 stars
HappiMe- 5.0 Stars- free and in app purchases

6 phase meditation- https://www.youtube.com/watch?v=gRhrdm_1afQ

SEPTA-

Accessibility Service- Going on an excursion or day trip to local New York historic sites, Adventure parks, State and Local Parks, Museums? Wonder if they are Accessible for mobility challenges? Check out Destination Accessible to know before you go. This is a free service to make your trip more fun and enjoyable.

[www. destinationaccessible.com](http://www.destinationaccessible.com)

or call 917693-3420

<https://www.learning-styles-online.com/overview/>

<https://www.developgoodhabits.com/good-study-routine/>

Other Resources-

NYSED updated ESSA website:

<http://www.nysed.gov/news/2018/state-education-department-announces-updated-resources-every-student-succeeds-act>

Parent Partnership Kit-

<https://www2.ed.gov/parents/academic/help/parentpower/booklet.pdf>

Link to PTA Leadership webinars-

<https://nyspta.org/home/pta-leaders/trainingmaterials-webinars/>

Parent Workshop toolkit link-

<https://www.engageny.org/resource/planning-a-parent-workshop-toolkit-for-parent-engagement>

Link to Common Core Standards-

<http://corestandards.org/the-standards>