

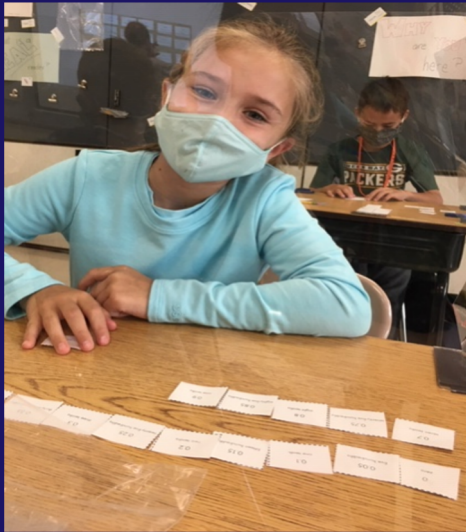


# Supporting Schools in Times of Physical Distancing & Crisis

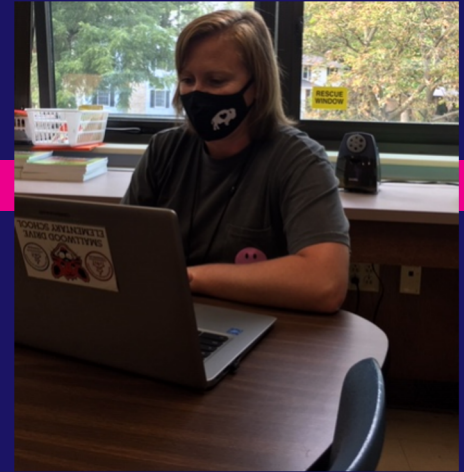
Jennifer Noe, LMSW  
School Social Worker  
Smallwood Drive Elementary School  
Amherst Central Schools

# Supporting...

Students



Teachers



Families

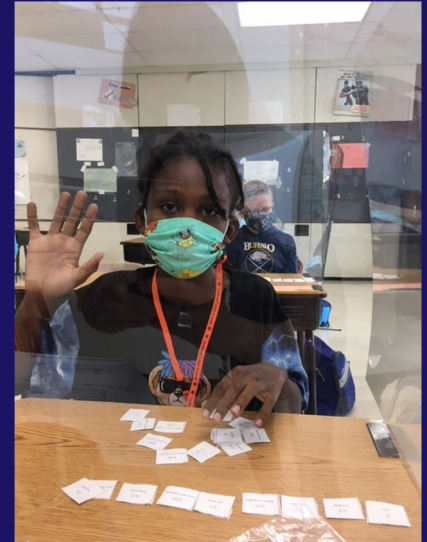




**“THE TRUE IMPACT OF COVID-19 WILL NOT BE  
KNOWN FOR YEARS TO COME, BUT WE DO  
KNOW THAT THIS PANDEMIC HAS CAUSED  
CONCERN FOR WIDESPREAD TRAUMA IN THE  
LIVES OF CHILDREN.”**

–The Washington Post

# Supporting Students





# Build a sense of community

**\* Find ways to connect school and home  
keep your PBIS ideas alive!**



**\* Connect with students while  
they are at home or in school.  
Keep your in school traditions  
alive in remote learning!**

*Click here to view  
the Virtual TV  
Announcements!*



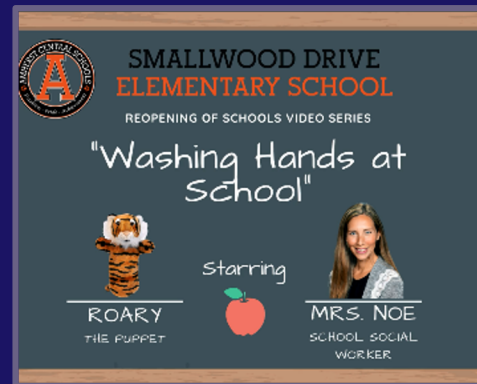
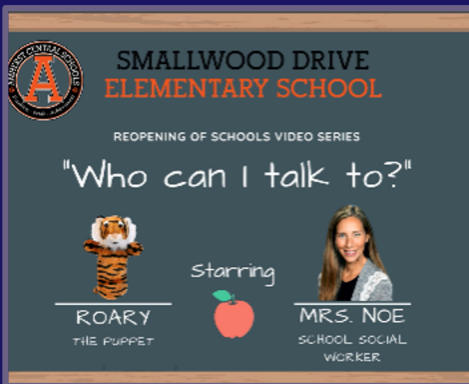
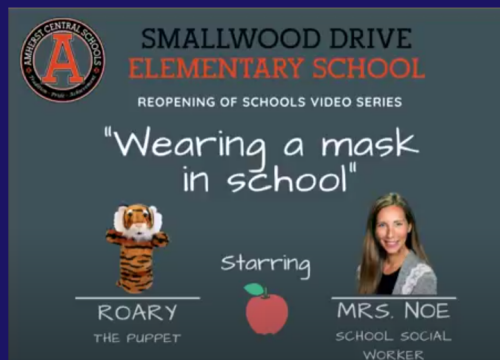
**Monday Morning "Virtual"  
TV Announcements here!**  
#SmallwoodSchoolsGreat

# Help students feel physically and emotionally safe

**\*Teach ways to stay physically safe during this time and create time to have conversations about safety**

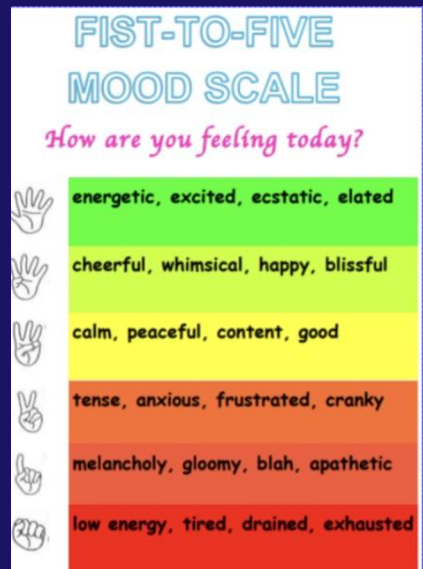
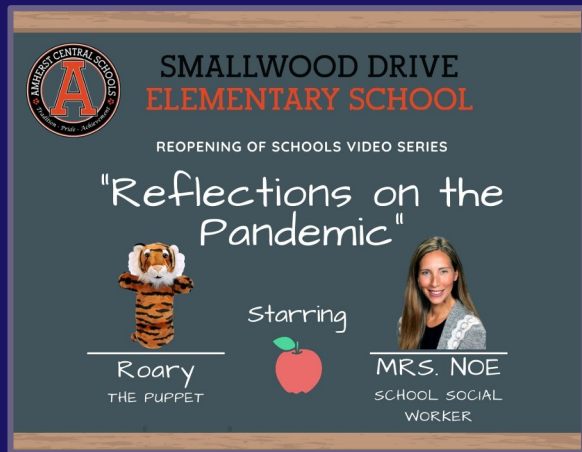
**\*Talk to students about who to talk to when they have strong feelings.**

**\*Create a safe and predictable atmosphere when in school and when remote.**



# Encourage students to express feelings and emotions.

**\*Incorporate Social Emotional Learning everyday during both in person and remote learning.**



# Refer When Needed

- \*Help teachers understand mental health warning signs**
- \*Develop a tiered support plan within school and in the community.**
- \*Support parents with access to mental health services.**

## Smallwood Drive Elementary School S.B.S. Tigers Mentor Program



### Purpose:

The purpose of the mentor program is to provide a structured, consistent, and purposeful relationship between a student and a caring adult. This adult is able to provide acceptance, support, encouragement, and guidance to students who need to develop a more positive connection in our school environment.

### Objective:

The objective is to decrease behavior referrals and/or support social-emotional concerns for students who are showing a need in these areas. Students in the program will have the opportunity to have a consistent adult to offer encouragement, a listening ear, and act as an advocate for the student in a positive way. Students who complete the program will be able to appropriately follow the PAWS rules and have a greater connection to our school environment. The outcome of this objective will be measured through the collection and comparison of baseline data and data that will be collected at the end of the six week trial period. Specifically, individual student referrals and school-wide referral rates will be looked at when it is a behavioral

# Celebrate Success

VOLUME 8 • MAY 11, 2020

## MOVIN' AND GROOVIN'

SMALLWOOD SPECIAL AREAS WEEKLY NEWSLETTER

Click here to view the Virtual TV Announcements!

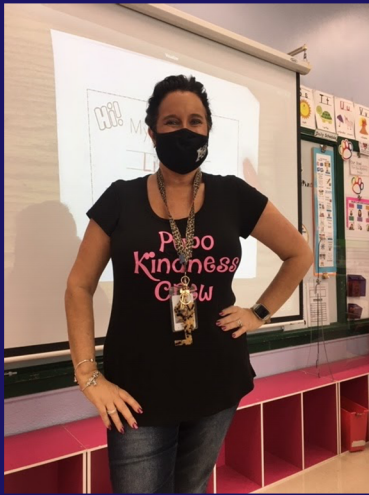


**OUR STUDENTS OF THE MONTH FOR APRIL**  
Accepting Responsibility

Monday Morning "Virtual"  
TV Announcements here!  
#SmallwoodSchoolsGreat

SPECIAL AREAS FROM HOME





# Supporting Teachers





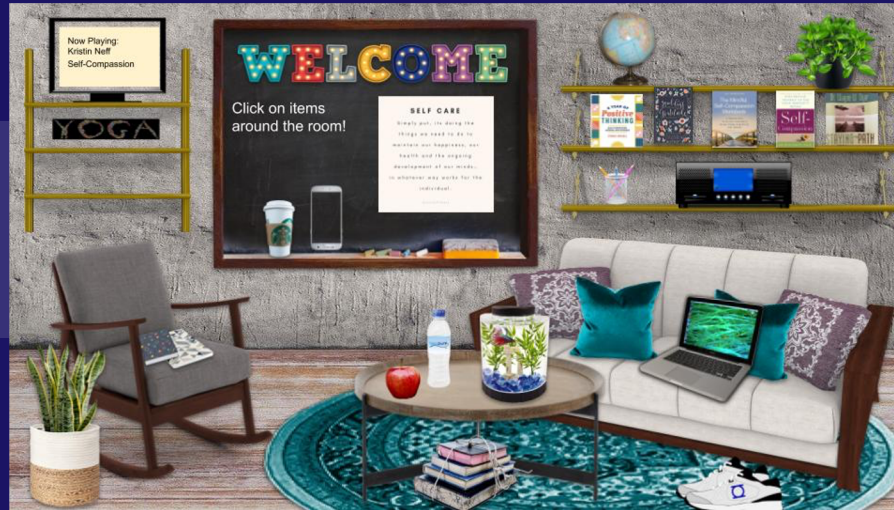
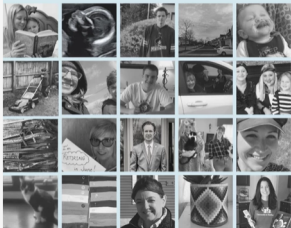
# Social & Emotional Support for Teachers

## Mental Health Check-In

Use an emoji to share how you're feeling today.

- ❤️ I'm doing really great!
- 💛 I'm doing pretty good.
- 🟡 I'm doing okay, I guess.
- 🟢 I'm starting to struggle.
- 💙 I'm having a really hard time.
- 💜 I need to reach out for support.

## THE MINDFULNESS MOTIVATOR #2 STAYING CONNECTED TO OUR SOS FAMILY



-Allow for time to intentionally check in with teachers frequently.

-Find ways to connect while socially distancing or remote teaching

-Encourage and provide ideas for personal self-care.



# Teacher Morale Boosters!

**\*Find creative ways to come together**

**\*Develop a culture that it is OK to not be OK**

**\*Find creative ways to add encouragement  
and celebrate successes**



# Supporting Families

**\*Help families easily incorporate rules and structure at home.**

**\* Help families stay connected to the school environment.**



# Supporting Families

## Social and Emotional Health

### MRS. NOE AND ROARY VIDEO SERIES

Click Below for another Video from Mrs. Noe and Roary

Roller coaster Breaths!



This week, boys and girls, we are providing you with another segment of what we love to call "classic rewind." In this video, Roary is having a bad day as he is struggling with not following the teacher's directions (could this also be happening at home?). Mrs. Noe teaches Roary another technique to help get his emotions under control!





Practice being a friend	Always be respectful	Work to learn and grow	Safety First
<ul style="list-style-type: none"> <li>• Use kind words</li> <li>• Share with everyone</li> <li>• Include everyone</li> <li>• Play fair</li> </ul>	<ul style="list-style-type: none"> <li>• Follow your Parent's directions the first time</li> <li>• Clean up after yourself</li> <li>• Use kind words to Parents and Siblings</li> </ul>	<ul style="list-style-type: none"> <li>• Do your work packets Read, Read, Read</li> <li>• Look for opportunities of new learning in all that you do</li> <li>• Exercise daily</li> </ul>	<ul style="list-style-type: none"> <li>• Wash your hands!</li> <li>• Stay with your family at home</li> <li>• Keep hands and feet to yourself</li> <li>• Use an inside voice</li> </ul>

## Social and Emotional Health

### The Mrs. Noe and Roary Video Series

Click here to view episodes of our favorite video series from the past several weeks.



## Social and Emotional Health

### How to "Fill a Bucket" at Home

This is one of our favorite books and we are certain that many Smallwood children will be familiar with it! The concept of this book is that everyone is born with an invisible bucket and this bucket can be filled up with kindness, thoughtfulness and positive behavior. What we love about this book is that it teaches about the positive feelings we receive when people fill our buckets, and also the positive feelings we receive in return when we fill the buckets of others.

Examples of ways to fill someone else's bucket from the book include smiling, sharing, playing together, listening to one another, and using kind manners and kind words. This is very similar to what we expect with our PAWS rules!

As we continue to navigate the global pandemic, including the need to social distance ourselves from others, we are aware that feelings are often changing. These strong feelings often impact our mood and the mood of our children. Reading this story together and creating your own buckets as a family can be a fantastic reminder of how we feel when someone fills our bucket and how we feel when we fill the bucket of someone else!





## SMALLWOOD DRIVE SCHOOL EVENT!



# THE VIRTUAL SING-OFF

(ON-LINE ONLY)



TONIGHT  
6:30 P.M.

VISIT OUR TWITTER PAGE  
@SMALLWOODDRIVE TO ENJOY  
THE FAMILY-FUN EVENT!



