Elementary Family Wellness Forum

Featured Presenters:

Carol Johnson, BSD Counselor, Spiritridge Elementary

Randi Peterson, BSD Social-Emotional Learning Curriculum Developer

Kristie Neklason
Director School Based Behavioral Health
Youth Eastside Services

Brought to you by BSD Family Engagement
Forum Presenters

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Director, School Based Behavioral Health, Youth Eastside Services

Randi Peterson
BSD Social-Emotional Learning Curriculum Developer

Carol Johnson
BSD Counselor, Spiritridge Elementary
Adult Well-Being

"Kids will do better, when adults do better."

~Roger Weissberg
Emotional Wellness

Cultivating the Soil:

Quality of Relationship
Playful and positive time
Creative Problem Solving
Attention and Attunement
Reinforcing Strengths
Consistency and Flexibility
WA State Social-Emotional Learning Standards

SELF

Awareness
Management
Efficacy

SOCIAL

Awareness
Management
Engagement
WHEN TO ACCESS SUPPORT

• When there is a pattern of distressing behavior that you have not been able to shift.
• When your child is repeatedly harming themselves, others. Or being physically destructive.
• When you perceive more drastic changes in your child's behavior
• When your instincts inform you that something is not right and that sense persists

WHAT TO DO

Access others who can assist you and leverage your strengths as a parent and family:

• School counselor
• Pediatrician
• Behavioral Health Agencies
• Crisis Connections or CCORS
Naming feelings to tame feelings!

[Diagram: The Mood Meter]

- Energy
- Pleasantness

- Medidor Emocional
- ¿Cómo te sientes?

- The Mood Meter
- How are you feeling?

- 心情量尺
- 你感觉怎么样？
How to Calm Down

Stop—use your signal
Name your feeling
Calm down: breathe count use positive self-talk

Cómo Calmarse

Basta—usa tu señal
Di qué sientes
Cálmate: respira cuenta habla contigo mismo de manera positiva
Effective Strategies to Shift Moods

- Breathing
- Positive Reappraisal (positive spin)
- Positive Self-Talk
- Distraction
- Mindfulness
- Acceptance
- Mental Space (break)
- Visualization
- Physical Space
Motivation: Positive Behavioral Interventions & Supports (PBIS)

- Set Routines
- Set Home Expectations: Show Respect, Solve Problems, Make Good Decisions
- Teach Remind, & Reward Expected Behaviors with Positive Feedback: Maintain a 5:1 ratio, Remind instead of correct, To decrease undesired behavior, you can also teach alternatives
- Be Creative
- Model & Promote Emotional Wellness
Virtual Field Trip: BSD Parent OneNotes

OneNote Learning Notebooks

The grade-specific notebooks provide a comprehensive overview of different core and supplemental curriculum materials for each grade by subject. Once in the notebook, use the sections on the left to navigate content. Included in the notebooks are weekly learning opportunities for each and every student and provide inclusive supports that are innovative within a remote learning environment.

The weekly plans are grade level specific and provide one comprehensive lesson or activity in each content area. Selecting engagement opportunities from the weekly plan is intended to supplement the content provided by your student's classroom teacher. Please choose from any of the options that best meet the needs of your student and your family.

<table>
<thead>
<tr>
<th>Kindergarten</th>
<th>First Grade</th>
<th>Second Grade</th>
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<tbody>
<tr>
<td>Third Grade</td>
<td>Fourth Grade</td>
<td>Fifth Grade</td>
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Addressing Your Questions
Parent Questions

• **Screen Time**  
  Resources available  
  * Great questions to ask as a family, talk about it, schedules, balance... there are guidelines shared with lots of resources.  
  * Know who/what your kids are doing or interacting with (commonsensemedia.org)  

• **Content creative vs Content Consumption**  
  * Watch student behavior

• **Student Connectedness**  
  * Virtual "play dates"  
  * Most successful when structured - lots of ideas shared regarding games, activities, conversation starters  
  * Recognize there is a lot of "social skills" on-line too.
Parent Questions

• Worries/Fears/Stress
  • These are all big emotions and a lot of the skills Randi talked about in addressing big emotions fit here too.
  • Structure, predictability, good self-care, limit news exposure helps all of us.
  • Dawn Huebner in her book What to Do When You Worry to much.
    • Logic, Know we will get through this, Worry Time/box, "talk back to your worries, positive self talk
    • Worry Says What-Allison Edwards

• Fostering Independence
  - When this is all over what do you want to have learned looking back?
    * skills- laundry, cooking, vacuuming, writing, plant something, learn something new,
    * Practice positive self talk-resource
"We can grow the most when we go through the hardest things."
~Mathew Portell
Where Can I Find Out More?
Wellness Resources for Families

Skills to Learn how to Deal with Worry by Carol Johnson, Spriritridge Elementary School

Parent Resources to Help Manage Screentime

Screentime Guidelines for Parents

Crisis Management Institute Resources

Counselor Corner

Additional Links for Family Resources
Who Can I Call?
Phone Numbers For Additional Support

**BSD Mental Health & Counseling Hotline**
Bellevue School District counselor support
Monday – Friday
8 a.m. to 4 p.m.
(425) 456-4445

**BSD Nursing Hotline**
Bellevue School District nurse support
Monday – Friday
9 a.m. to 12 p.m.
(425) 456-4444

**Essential Resources Hotline**
Nutrition, technology, childcare
Monday – Friday
9 a.m. to 1 p.m.
(425) 456-4470

**Youth Eastside Services**
Telehealth/Telephone counseling
(425) 747-4937

Youth Eastside Services
Virtually Supporting You During COVID-19
youheastideservices.org/covid19-response
**BSD Essential Resources**

**Grab & Go Meals for Kids and Teens**
Free meals available for students 18 & younger. Includes a lunch + breakfast for the following day. Students do not need to be enrolled in BSD. Meals for purchase available for adults 19 and older.
Locations: Sammamish High School, Lake Hills Elementary, Stevenson Elementary, Eastgate Elementary, Newport Heights Elementary, Tillicum Middle School and Sherwood Forest Elementary

**Pre-Order Meals Online or by Phone- Delivered to Select Locations**
Free meals available for students 18 & younger. Includes a lunch + breakfast for the following day. Students do not need to be enrolled in BSD.
Over 30 pick up locations. Please see BSD website for locations and schedule.

**Childcare**
Bellevue School District is providing limited childcare for healthcare providers and first responders. Please email childcare@bsd405.org for more information.
Boys & Girls Club of Bellevue has limited sites open for children of first responders, healthcare workers and workers deemed essential by Governor Inslee’s Stay-Home, Stay-Safe Order. Information is available at bcgbellevue.org or by calling 425-454-6162.
Family Connection Center Community Resources

Family Connection Centers are open to all BSD students and families in need of supplemental food and hygiene products. Family Engagement Specialists are there to help. Please email Judy Hunsberger (Hunsbergerju@bsd405.org), Lead Family Engagement Specialist for more information.

Currently three FCC locations available to connect families to community resources.

**Sammamish High School**
Monday – Friday
8:00 a.m. – 3:00 p.m.

**Lake Hills Elementary**
Monday - Friday
9:00 a.m. – 3:00 p.m.

**Stevenson Elementary**
Monday – Friday
8:30 a.m. - 4:30 p.m.