

SAFE & SUPPORTIVE SCHOOLS E-NEWSLETTER

APRIL 2020 | ISSUE 2



**SNEAK PEEK OF
WHAT'S INSIDE:**

**VIRTUAL SEL
STRATEGIES**

**BEST PRACTICE
SPOTLIGHT:
TRAUMA INFORMED
PRACTICES**

**COVID-19
RESOURCES:
WHAT WE'RE
READING**

SOCIAL EMOTIONAL LEARNING IN A VIRTUAL WORLD

HOW CAN WE ADDRESS SEL SKILLS IN AN ONLINE LEARNING SETTING?

- Use **video resources** to spark discussion and review key concepts. Try [*Lessons for SEL, Video Resources*](#)
- Engage in **mindfulness activities** together. It can be short! Even a series of deep breaths can help us be present and gain awareness of what we're feeling.
- Create **rituals** that offer opportunities to check in with students. Try the [*Institute for Social Emotional Learning's REALM mnemonic*](#) to strengthen virtual connections with students.



BEST PRACTICE SPOTLIGHT

WHAT CAN WE LEARN FROM TRAUMA-INFORMED APPROCHES?

According to the Center for the Study of Traumatic Stress, quarantine can have psychological effects. This can make us feel frustrated, bored, and scared. This can be exacerbated by other stressors.

The Center highlights the importance of planning, communicating with loved ones, and self-care.



A Trauma-Informed Approach to Teaching Through Coronavirus

Experts from the National Child Traumatic Stress Network share their recommendations for educators supporting students during the COVID-19 crisis.

Click [here](#) to access this resources for staff, students, and families.



UPCOMING EVENTS

VIRTUAL RP CIRCLES: SKILL BUILDING PRACTICE SESSIONS

On April 3rd we gathered to learn more about implementing virtual restorative circles. Join us for a series of follow up practice sessions to practice developing scripts and facilitating a circle with staff and/or students.

Click [here](#) to register.

Next in our Webinar Series... A Spotlight on Trauma-Informed Strategies

Click [here](#) or use the QR code below to register.






What we're Reading

Click the  to access each article!




Speaking Up Against Racism Around the New Coronavirus

The spread of the new coronavirus has become racialized, so it's critical that educators understand the historical context and confront racist tropes and 




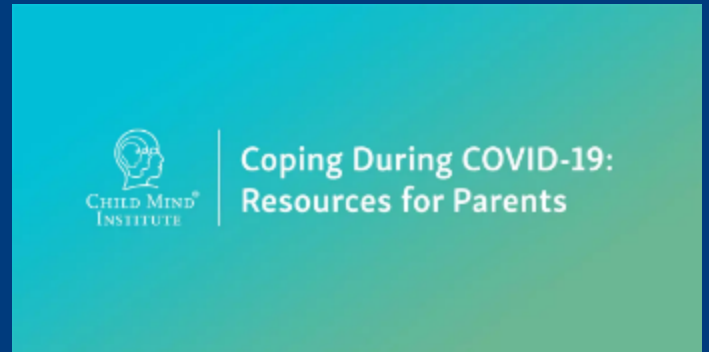
Watch Class #5 - Free: Online Mindfulness Class for Kids!

Mindful Schools is offering mindfulness classes for kids! Join us for mindful activities, mindful movement, read-alouds and let's have fun exploring mindfulness... 




Teacher, Interrupted: Leaning into Social-Emotional Learning Amid the COVID-19...

Dear educators, There was life before COVID-19, and there will be life after. We didn't choose to have our schools and colleges closed; our carefully ... 



Supporting Families During COVID-19

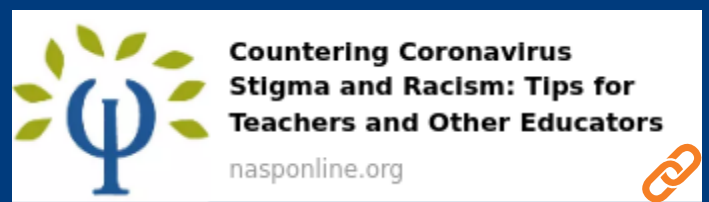
Our clinical and supportive resources include: Facebook Live video chats with expert clinicians (10am and 4.30pm) Remote evaluations and... 

 Child Mind Institute / Jessica Wakeman



COVID-19 Resources: School Closures and Food Access

actionforhealthykids.org 



Countering Coronavirus Stigma and Racism: Tips for Teachers and Other Educators

nasponline.org 

Visit us [online](http://www.nys-ssstac.org) at www.nys-ssstac.org
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