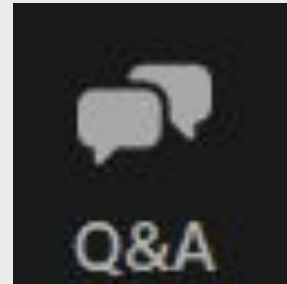


The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the right side and bottom of the frame, creating a modern, dynamic feel. The central text is set against a plain white background.

Using Social Emotional Strategies at Home

This meeting is a webinar. Once the host starts the meeting, video of the host will appear and you will hear them. Your audio will be turned off, so if you would like to ask the speaker a question click on the Q&A button at the bottom of your screen. Click on “Ask a Question” then type in your question. Questions will be read and answered at the end of the presentation.



UNIDOS US PARENT WEBINAR

AMBER CHARTER SCHOOL HAS PARTNERED WITH UNIDOS US FOR A SERIES OF WEBINARS TO GIVE PARENTS TOOLS TO BETTER SUPPORT THEIR CHILD DURING THE PANDEMIC.

THE SERIES WILL CONSIST OF 3 SESSIONS ON THE TOPICS BELOW:

- SESSION 1: USING SOCIAL EMOTIONAL STRATEGIES AT HOME
- SESSION 2: SUPPORTING STUDENT LEARNERS AT HOME
- SESSION 3: PARENTS AS DECISION MAKING PARTNERS

SESSIONS WILL TAKE PLACE ONCE A MONTH FROM JANUARY - MARCH IN **ENGLISH** AND FROM APRIL - JUNE IN **SPANISH**.



Purpose

The purpose of this session is to assist parents to build their child's capacity to deal with stress using social emotional learning.

The session will introduce parents/families to staff members that can offer social emotional learning supports.

Social Emotional Learning



Are you familiar
with social
emotional learning?

Please share using
the poll.

Social Emotional Learning



Social and emotional learning (SEL) is the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

- Collaborative for Academic, Social, and Emotional Learning

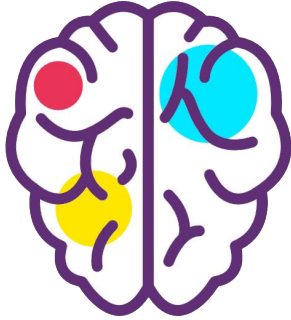


Anna Freud
National Centre for
Children and Families

We all have mental health



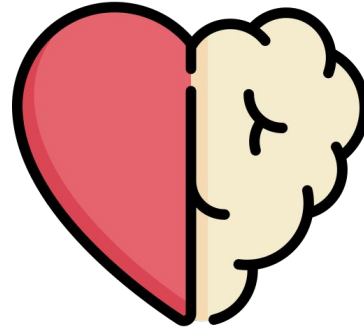
Stress



Stress is how the brain and body respond to any demand. Any type of challenge - such as performance at work and school, a significant life change, or a traumatic event - can be stressful.

- National Institute of Mental Health

Anxiety

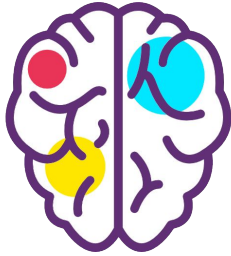


Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People experiencing anxiety may have recurring intrusive thoughts or concerns.

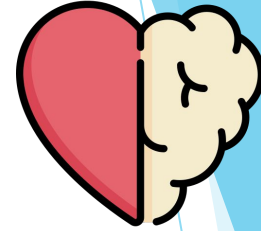
- American Psychological Association.

Causes of Stress Poll

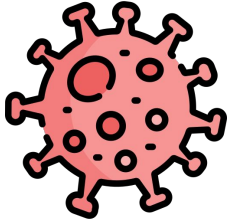
On a scale from 1 - 5, what has been the level of stress in your child during the pandemic?



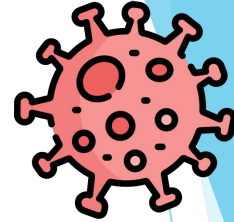
Common Stresses Before Pandemic



- Problems at home; especially problems involving conflict between parents
- Conflict they're experiencing between them and a friend or sibling
- Taking a test, known as test anxiety
- Issues stemming from negative self-image or poor self-esteem
- Feeling as if they don't have enough privacy
- Lack of basic necessities like food insecurity or homelessness
- Unexpected life changes like a house fire, car accident, or a pandemic.



Causes of Stress During the Pandemic



- **The disruption of student's daily routines**
- **Worry about their health or the health of their loved ones**
- **Separation anxiety; unable to socialize with friends.**
- **Having to care for younger siblings or older relatives if parents work**
- **Amplification of pre-pandemic stressors; e.g. lack of access to free school breakfast and lunch for food insecure students.**

Identifying Signs of Stress

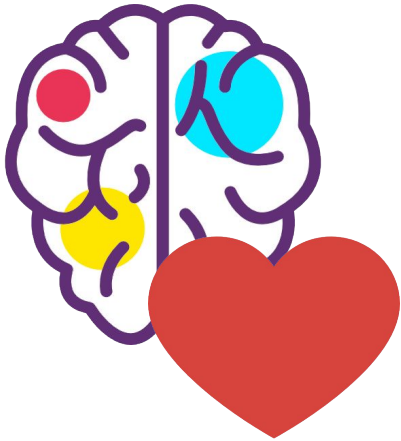


- **Have you been stressed before?**
- **How did stress affect your behavior or your interactions with others?**

Please share using your microphone or chat box.



Managing Stress At Home



- Be observant and take note of any negative behavioral changes.
- Set realistic, attainable goals alongside your student.
- Pay attention to your student's physical well-being.
- Speak honestly to your student.
- Relax with your student.
- Listen effectively to your student.
- Make sure your student stays connected with friends.
- Seek support when necessary.
- Take care of yourself, too.

School Supports



Ms. Gina
Principal - KB



Mr. Matt
Principal - EH



Ms. Francina
Assistant Principal - EH



Ms. Mia
Assistant Principal - KB



Ms. Sasha
Chief Academic Officer



Ms. Liliana
Dean of Students - KB



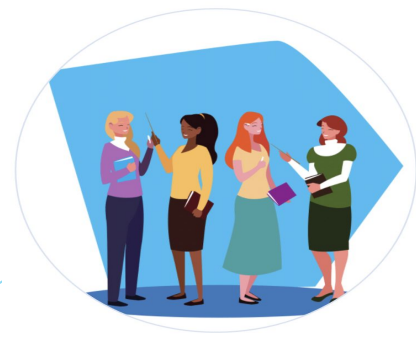
Ms. Yahaira
Dean of Students - EH



Ms. Mary Jane
School Counselor - KB



Ms. Stephanie
School Counselor - EH



Teachers

Next Steps

You will receive an email from Unidos US with an anonymous survey code and pre-survey link.

Please fill it out by Friday, January 22nd. They will use this survey and a post-survey to collect data to inform future sessions.

SAVE THE DATE! OUR NEXT SESSION WILL BE
TUESDAY, FEBRUARY 9TH AT 5 PM!

By attending today, and filling out the pre-survey, you will automatically be entered in a raffle to win a **\$50 Grub Hub Gift Card!**

You must be present at the next session to claim the gift card if your name is chosen!

We hope to see you all in February!

Closing and Homework



Homework:

Implement one of the strategies for managing stress at home.

Q&A