



Planning for the Next Normal at School

Webinar: Key starter plays for prioritizing health when schools reopen
July 22, 2020

Welcome!

Housekeeping

- Everyone is muted upon entry.
- Use the “chat” feature to ask questions – set to “all panelists.”
- This webinar is being recorded.
- The slide deck and recording will be available within a week on our website kp.org/thrivingschools



Objectives

- Orient you to the Kaiser Permanente-led *Planning for the Next Normal at School* Playbook
- Highlight the “starter plays” for 5 primary areas of health, including a conversation with the content experts
- Discuss how to take action on the Playbook, including no-cost and scalable resources
- Answer live questions from the audience

About Kaiser Permanente

217K employees and
22K physicians

deliver high-quality care to
members and on the front
lines of COVID-19
response



12.3M
people

get care + coverage
from Kaiser Permanente

8 regions

- Colorado
- Georgia
- Hawaii
- Mid-Atlantic States
- Northern California
- Southern California
- Northwest
- Washington



39
hospitals

+



701
medical offices

exceptionally prepared

- telehealth options
- consolidation to meet critical needs
- careful supply management

COVID-19
response



Why is Kaiser Permanente focused on schools?



RECIPROCAL IMPACT

Health impacts educational attainment and education impacts life-long health.

HEALTH ↔ ED



LOCUS OF BEHAVIOR CHANGE

Health interventions in and around school settings can make significant impacts on health behaviors.

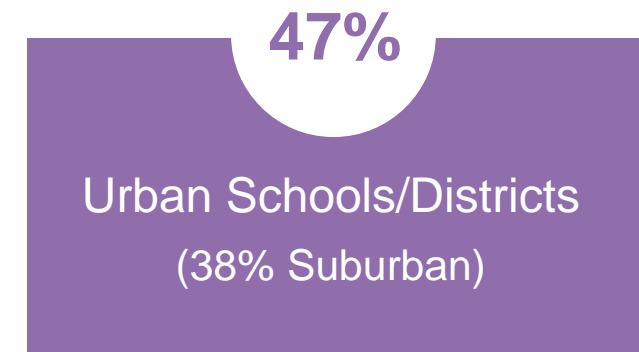
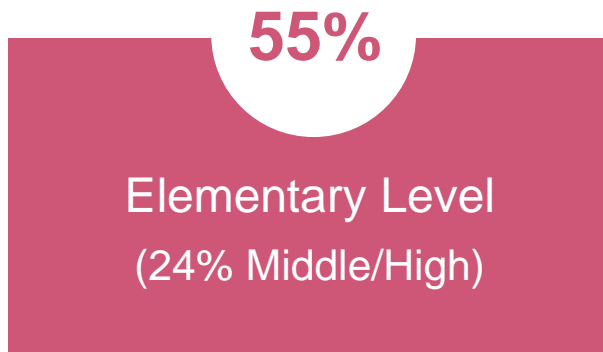
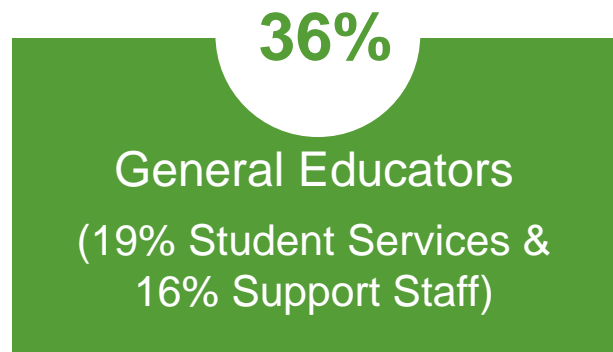
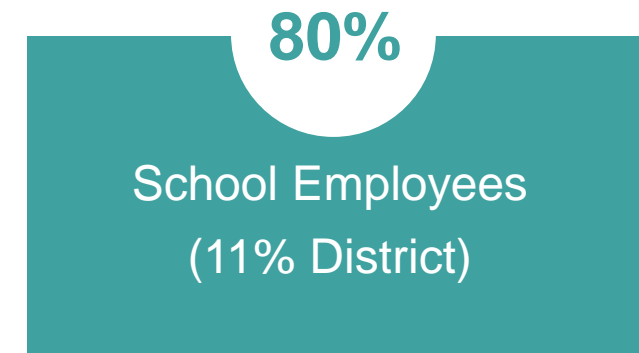


SUPPORT FOR OUR MEMBERS

Whether in-person or virtually, one in five Kaiser Permanente members is “in” schools every weekday.

1:5

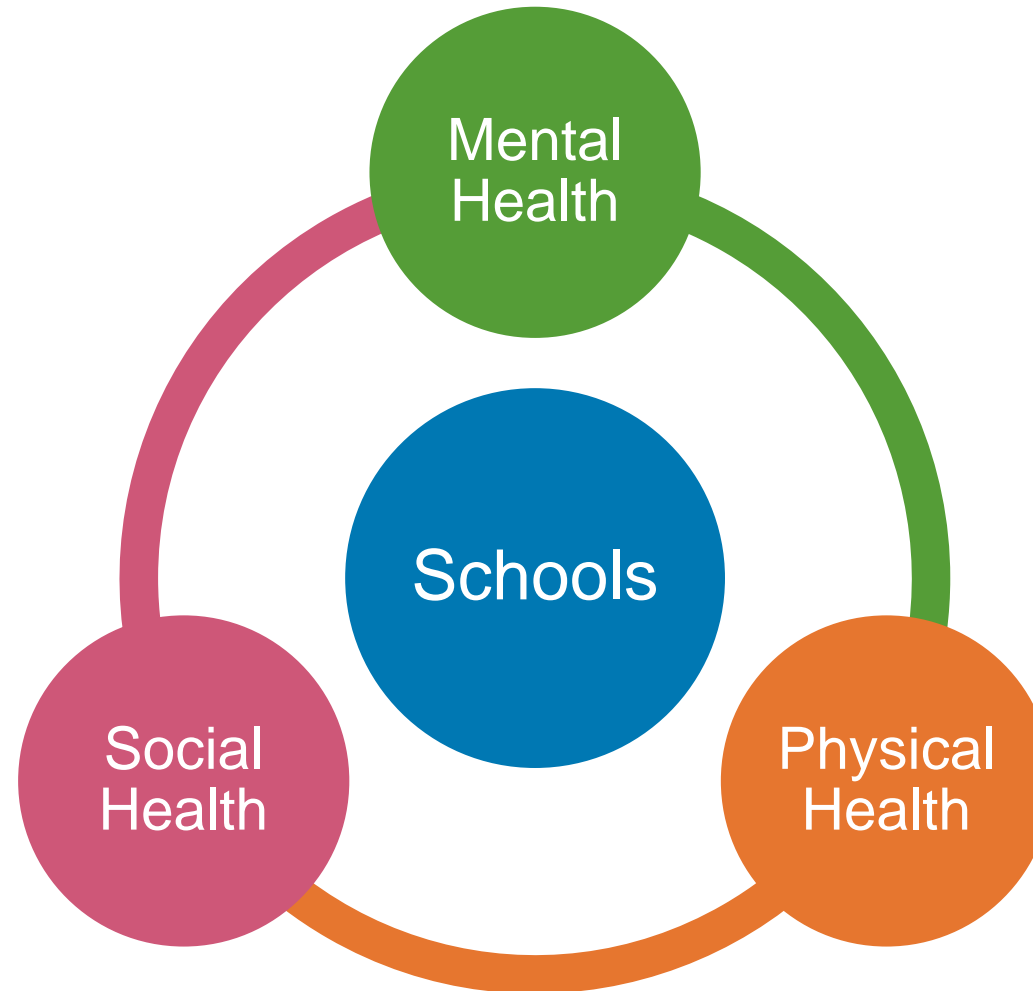
Kaiser Permanente and partners conducted a survey on health needs related to school reopening



Educator Survey Results: What health supports are needed?

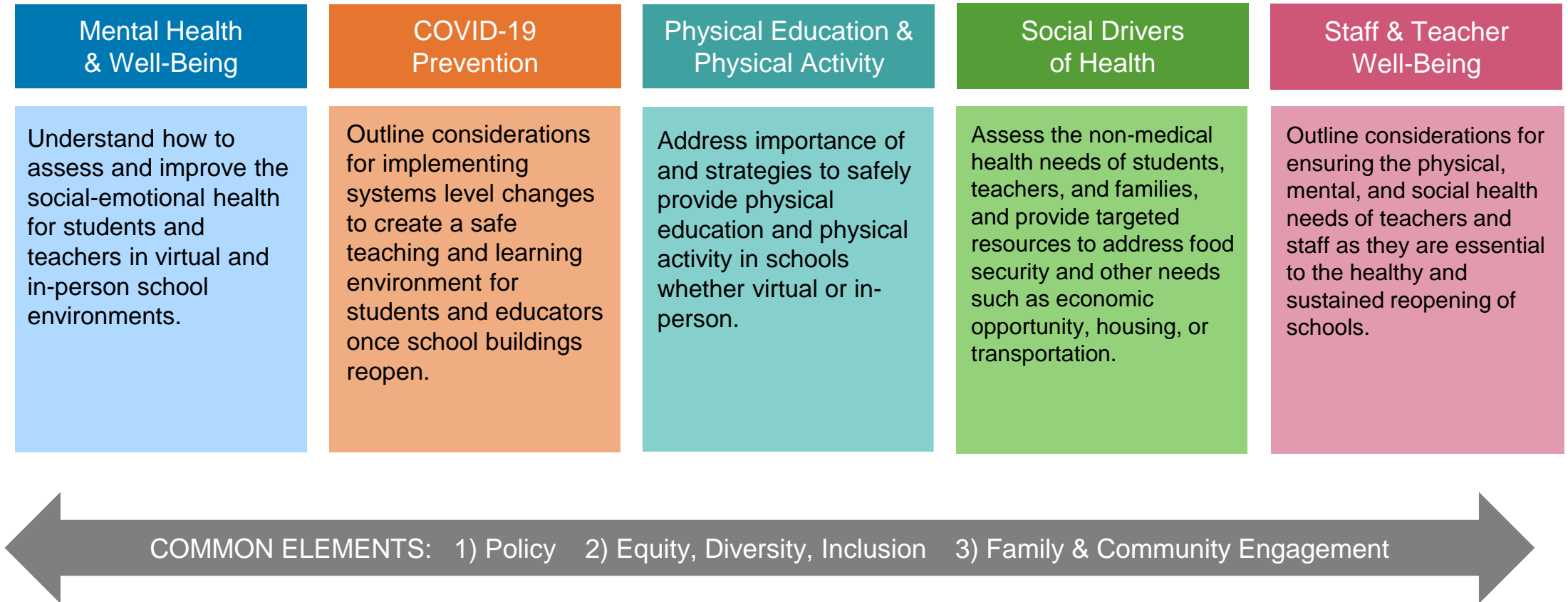


How is Thriving Schools responding to school needs?



Planning for the Next Normal at School:

Keeping students, staff, teachers, and families safe & healthy



What makes this resource different?

- Highlights different dimensions of health as conditions for learning.
- Offers new and additive content, avoiding duplication.
- Offers 5 high-impact “plays” for each dimension of health.
- Expert input from 30+ organizations.



Contributing partners



A conversation with the experts

Mental Health
& Well-Being

Elizabeth Cook
*Senior National
Advisor, Social
Emotional Health*
Alliance for a
Healthier Generation

COVID-19
Prevention

Alex Mays
*Senior National
Program Director*
Healthy Schools
Campaign

Physical Education &
Physical Activity

Carly Wright
*VP of Advocacy and
Equity, Diversity, and
Inclusion*
SHAPE America –
Society of Health and
Physical Educators

Social Drivers
of Health

Laurie Stradley, DrPH
Chief Program Officer
Alliance for a
Healthier Generation

Staff & Teacher
Well-Being

Mary Mancuso, MPH
*National Program
Lead, Thriving
Schools*
Kaiser Permanente

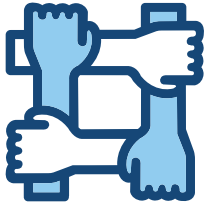
Mental Health & Well-Being

Elizabeth Cook

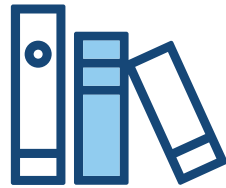
*Senior National Advisor, Social
Emotional Health*



The 5 starter plays for enhancing **mental health and well-being** during reopening



1. Community-building activities



2. Trauma-informed training



3. Open discussions on environmental stressors



4. Social-emotional skill building



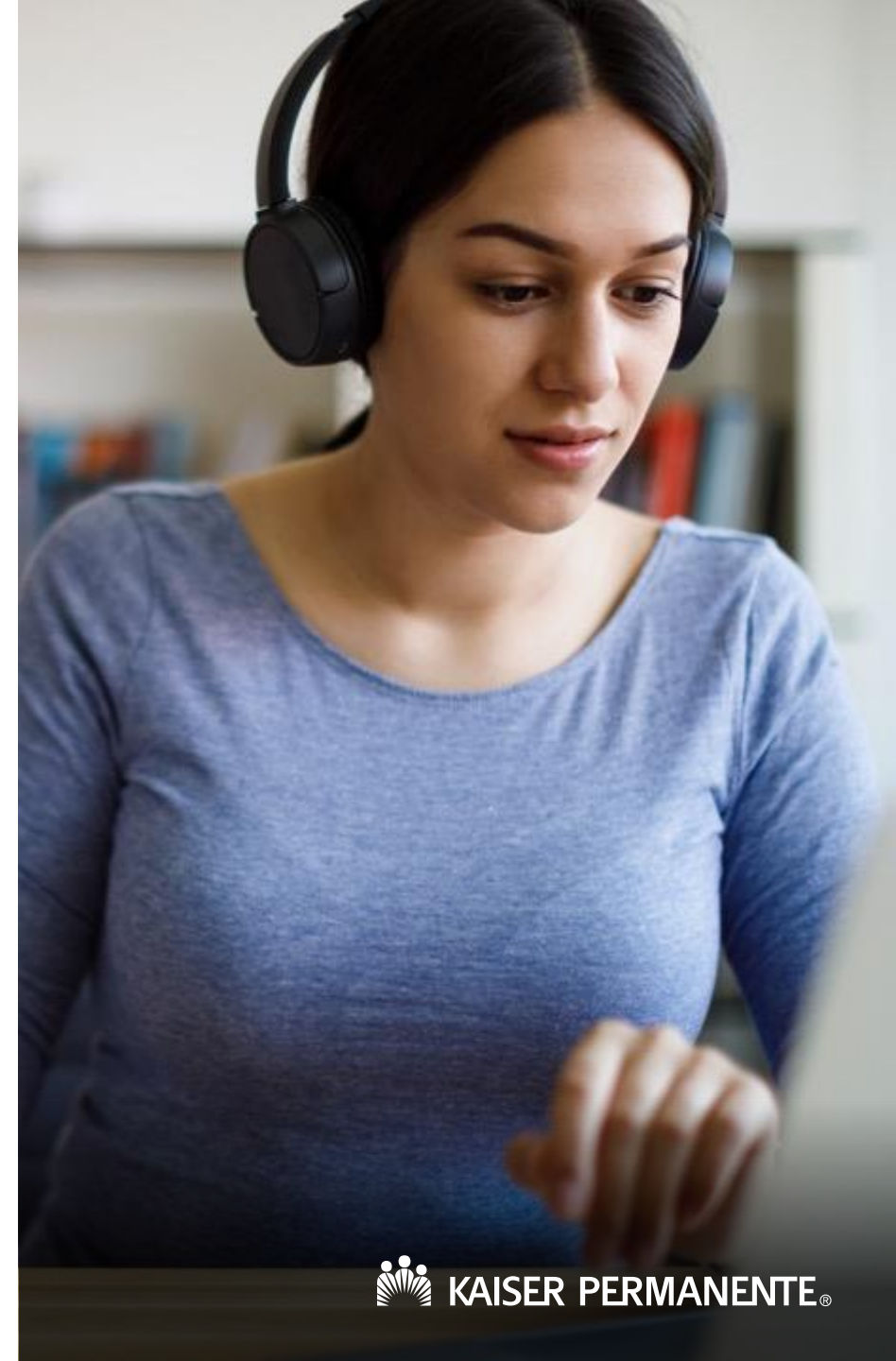
5. Mental health support services



Trauma-informed training

Prioritize continuous professional learning on implementing trauma-informed practices.

- [Provide all staff professional learning opportunities.](#)
- Review and revise school [policies and procedures](#) to be more trauma-informed and adapted to a virtual context.
- Create opportunities for staff and teachers to observe each other and provide feedback.
- [See more](#)



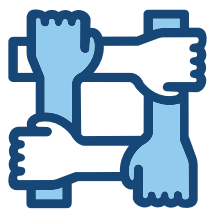
COVID Prevention

Alex Mays

Senior National Program Director

HEALTHY SCHOOLS
CAMPAIGN

The 5 starter plays for enhancing your **COVID-19 prevention** strategy



1. Provide staff and teachers with training opportunities



2. Take advantage of your staff's expertise in health and wellness



3. Engage students' families



4. Work with community partners and agencies



5. Destigmatize COVID-19



Take advantage of your staff's expertise in health and wellness

- Plan and implement COVID-19 prevention strategies in partnership with school staff with expertise in health and wellness, such as nurses and other [specialized instructional support personnel \(SISP\)](#), health and physical education teachers, and custodial staff.
- Ensure school staff, especially school nurses and other SISP, are involved with developing plans for your school's reopening and receive training and materials (including personal protective equipment) to meet student and staff health needs.
- Work with staff and teachers to develop and implement plans for supporting populations at high risk for COVID-19. Your plans should consider staff who support students with disabilities (where closer physical contact may be required) and students who need to see the faces of their peers and educators.



Social Drivers of Health

Laurie Stradley, DrPH
Chief Program Officer



The 5 starter plays for affecting the **social drivers of health** during reopening



1. Begin to address the impact of institutional racism on education and health



2. Connect your community to resources for food security



3. Work with local health and human services to support families enrolling in Medicaid or CHIP



4. Connect families or staff experiencing homelessness to unstable-housing resources



5. Connect families and staff to programs and organizations that support financial security



Connect your community to resources for food security

Identify the unique needs of your community to help them access the right food and nutrition resources.

- Widely distribute food access information to help families connect to resources like:
 - [Feeding America: Find Your Local Food Bank](#)
 - [USDA: National Hunger Hotline](#)
 - [USDA: Find Meals for Kids When Schools Are Closed](#)
- Consider working directly with a local food pantry to offer or expand in-house resources.
- Ensure that all staff are prepared with information to share during in-person or virtual home visits if families express a need.
- Help ensure that eligible families receive [Pandemic EBT](#).
- Work with local health and human services to support applications for the [Supplemental Nutrition Assistance Program \(SNAP\)](#) and [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#).
- Coordinate applications for free or reduced meals or universal meal programs.
- [Find meals for kids when schools are closed](#).
- Identify resources for families who may be ineligible for federal assistance due to immigration status or other factors.

Physical Education and Physical Activity

Carly Wright

*VP of Advocacy and Equity,
Diversity, and Inclusion*



The 5 starter plays for implementing **physical education** and **physical activity** during reopening



1. Require physical education instruction



2. Make necessary accommodations



3. Provide professional development



4. Offer recess in person or virtually



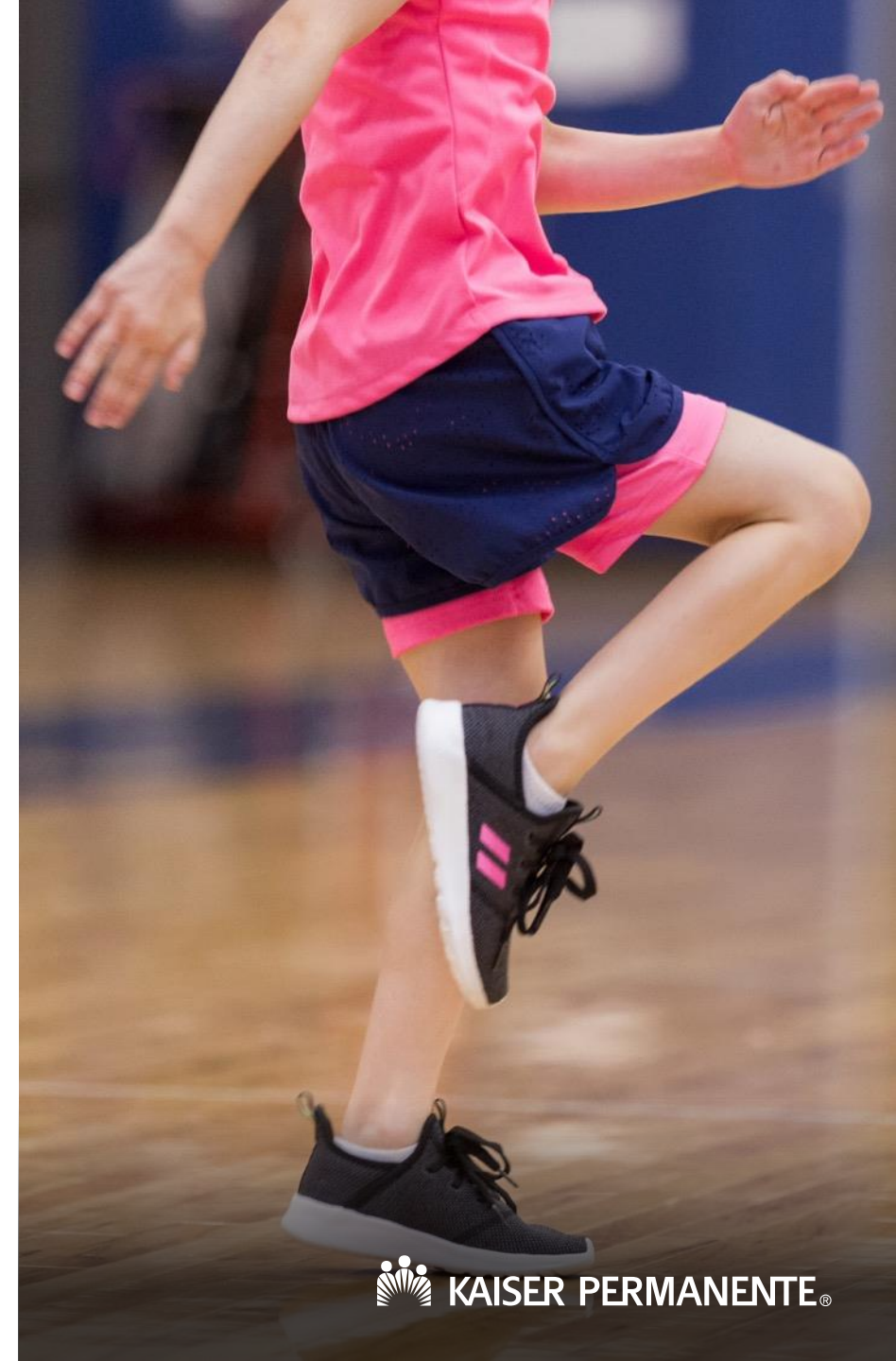
5. Offer physical activity in person or virtually



Make necessary accommodations

Make necessary accommodations for physical education instruction to ensure a safe and supportive learning environment for staff, teachers, and students. Consider SHAPE America's recommendations for the [physical environment](#), [personal hygiene](#), [equipment safety and sanitation](#), and [instructional strategies](#).

- For in-person instruction, focus on [activities](#) that require no person-to-person contact and limited or no physical activity equipment, such as yoga, dance and rhythms, fitness, outdoor pursuits, and kicking and throwing target games.
- For virtual learning instruction, focus on [activities](#) that can be done in small spaces and that use equipment that can be accessed at home (for example, rolled-up socks as a ball for tossing and catching, or a laundry basket as a goal or target).



Staff & Teacher Well-Being

Mary Mancuso, MPH

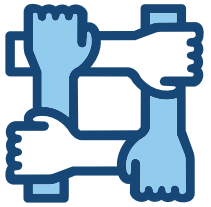
*National Program Lead, Thriving
Schools*



Co-authored with



The 5 starter plays for enhancing **staff and teacher** well-being



**1. Include staff
in strategy
development**



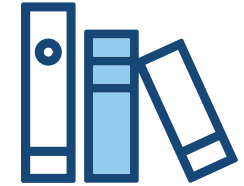
2. Prepare staff



**3. Foster
resilience**



**4. Empower
personal
well-being**



**5. Provide
resources**



Foster resilience

Prioritize and promote [resilience](#) and collective well-being within the entire school community.

- Build in time during staff meetings to connect as a group. Consider including parents and caregivers to help build a sense of community and trust.
- Provide opportunities for [collaboration](#) and shared decision-making between staff, teachers, and administration about their well-being.
- Engage staff and teachers during the workday with well-being activities, such as [expressing gratitude](#), [engaging in physical activity](#), or [sharing healthy recipes](#).



Playbook Activation

Flora Daniel

*National Project Manager, Thriving
Schools*



How to take action

- Share the **Planning for the Next Normal at School Playbook** with your school and district leadership.
- Participate in planning meetings for SY2020-2021.
- Review your school or district plans for SY2020-2021 and determine where and how these plays can be incorporated.
- Reach out to the specialized instructional support personnel (SISP), such as school nurses, to support activation of the starter plays.
- Find allies inside and outside of your school or district to advocate for and support implementing the Playbook strategies.
- Visit the Healthier Generation Action Center for a COVID-19 Assessment that reflects these plays.

Coming Soon!

Printable checklists for each chapter

Checklist: The 5 starter plays for affecting the social drivers of health during reopening

Print this page to help track your progress toward completing the 5 starter plays.



1. Begin to address the impact of institutional racism on education and health

- ☐ Seek out partners in equity, diversity, and inclusion to provide resources and training for all school staff.
- ☐ Build authentic relationships with formal and informal leaders of color from your community.



2. Connect your community to resources for food security

- ☐ Widely distribute food access information to families.
- ☐ Consider working directly with a local food pantry.
- ☐ Ensure that all staff are prepared for home visits.
- ☐ Help ensure that eligible families receive Pandemic EBT.
- ☐ Work with local health and human services to support applications for SNAP and WIC.
- ☐ Coordinate applications for free or reduced meals or universal meal programs.
- ☐ Find meals for kids when schools are closed.
- ☐ Identify resources for families who may be ineligible for federal assistance due to immigration status or other factors.



3. Work with local health and human services to support families enrolling in Medicaid or CHIP

- ☐ Educate families about who qualifies for Medicaid's free or low-cost medical benefits: eligible adults with a low income, children, pregnant women, people who are age 65 or over, and people with disabilities.
- ☐ Inform families that if income is too high for Medicaid, a child may still qualify for the Children's Health Insurance Program (CHIP). It covers medical and dental care for uninsured children and teens up to age 19.



4. Connect families or staff experiencing homelessness to unstable-housing resources

- ☐ Identify local opportunities for students and families experiencing homelessness and housing instability, like your local HUD office, the local public Housing Authority, or an affordable housing locator.
- ☐ Point students and families to community housing aid, like the National Low Income Housing Coalition, legal resources and housing assistance, and community action agencies.
- ☐ Create opportunities for your McKinney-Vento liaison to educate parents, staff, and students.



5. Connect families and staff to programs and organizations that support financial security

- ☐ Encourage families to [take the benefits.gov survey](https://www.benefits.gov) to find government benefits they may be eligible to receive.
- ☐ Work with job development programs, skills training, and employment programs, such as the U.S. Department of Labor and Goodwill Industries.
- ☐ Co-host interview skill building, ESOL classes, or other workshops to support families and staff in achieving living-wage employment.

Additional district and school administrator resources

Available now at kp.org/thrivingschools

- **Download** the *Planning for the Next Normal at School Playbook*
- **Find** additional Resources for Schools and Families Impacted by COVID-19
- **Watch** past webinar recordings from the *Caring For the Education Community During COVID-19*

Coming soon:

- **Find** the recording of this webinar (within a week)
- **Watch** short recordings with more in-depth conversations with our experts (within 2 weeks)
- **Get updates** as new versions of the Playbook are released (later this summer)
- **Track your progress** on Playbook implementation using the COVID-19 Assessment module on the Healthier Generation Action Center

Panel Q & A





Thank You!