

CS-TAC Coffee Hour Notes 6-16-20



Thank you all for joining us at this week's CS-TAC Virtual Coffee Hour. Thank you also to *Ron Cope, Children's Aid, Sandra Romero, Community School Director & Shannon Hefferman, SW from Whitney Young Jr. & MS 318, Bronx* our featured guests 🙌

Below you will find a recap of shared practices and resources. Please note the *new* embedded links that showcase example templates. Thank you to all who shared their amazing work with us this week!

Practices Shared

Staff as First Client:

- Foundation of supporting teachers & staff first to promote best selves & best work
- Conducting 10-15 minute **wellness checks** with staff at start of all meetings
 - Allows insight into how meeting agenda might need to flex
 - Provides opportunity to ground staff and provide safe, confidential forum for discourse
 - Confidentiality key component to building relationships between staff
 - Examples:
 - Using a google form: 3-4 quick questions on: rating scale of how mentally feeling, physically feeling & request for further assistance
 - Confidential-unless enter contact info
 - Non-clinical-just using for overall staff wellness & self-check
 - Offer a quick video clip/tip on various

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practices-mindfulness, meditation, breathing, etc.

- If response needs resources: share wellness NYC contact and walk staff through contacting resources (avoid conflict of interest of agency & DOE)
- Goal: continually build culture of wellness & relationships within workplace

- **Monthly events**

- Offer virtual staff get togethers
- Informal
- Promotes interaction between CBO staff and school staff to promote collaboration & relationship building
- In-person: offer a Sunshine cart (filled with snacks and quick takeaways to build positivity & wellness)

- **Mindfulness resources:**

- [Mindfulness for Children](#)-Uz Afzal
- [Mindful Teaching & Teaching Mindfulness](#)-Deborah Schoeberlein & Suki Sheth

- **[Brain Power](#) Wellness Activities**

- Curriculum used with staff to then turnkey to students
- 2-5 minutes quick activities
- Rolled out virtually first with Success Mentor staff then to teachers
- Use a reflection survey to gather data on use & feedback of strategies in real teaching

- **Considerations**

- Goal to be mindful of the social/emotional needs & experiences of staff as they transitioned in spring months &

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- also as they move forward.
- Read the room: remain open to check in with staff & others; maintain a flexible schedule, acknowledge that agenda items may need to be postponed
- Sandra's 3C's: connection, communication & compassion
- Family Outreach
 - Noticed that students may join virtually with Success Mentors and not classrooms-indicating need to maintain strong relationship and communicate between agency staff and school staff
 - Holding parent events & check-ins virtually to provide forum
 - Wellness checks-lead to immediate resource connection-ensuring staff are ready and knowledgeable about available resources
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Contact: Ron Cope, Deputy Director Children's Aid;
rcope@childrensaidnyc.org

Upcoming VIRTUAL OPPORTUNITIES

- 6/23/20 @ 1 pm [Culturally Responsive Family Engagement during COVID 19 with Monique Fletcher from the National Center for Community Schools](#)
- 6/22-6/26 @ 1-2pm [Virtual Event Series: Mindfulness & Cultivating Racial Justice for the Self](#) with Ghylian Bell of Urban Yoga Foundation

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