

HCC PTA/PTSA SUPPORTING OUR CHILDREN'S EDUCATION IN THE NEW NORMAL

Challenges, tip & resources for all students & families
with focus on military connected students

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OBJECTIVES

- A. Define the Military Connected Student.
- B. Highlight challenges of highly mobile students during pandemic.
- C. Identify challenges and concerns for student's education over the last 6-8 months.
- D. Discuss ways to maintain guardian/caregiver involvement in school and in learning at home despite COVID restrictions.
- F. Discuss Routines, Motivation & Communication.
- G. Find support through a variety of resources for both elearners and B & M students who are highly mobile and/or civilian.

The goal for educational systems should be that all military connected students have equal & fair opportunity for academic success. We want this for all children.



MILITARY CONNECTED STUDENT

- **Who are the military connected students?:**

- The child or dependent of an active duty service member.
- There are roughly 1.2 million AD military connected students.
- 80% attend public school. 10-12% are served in special needs programs.
- Most move approx. every 2-3 years & will attend 6-9 schools or more b/w K-12th grade.
- Most will experience 3 or more combat related deployments.
- Many National Guard/Reserve service members get activated and their families can live almost anywhere in the U.S. Not just around large installations. Active Duty families may go back to home of record to stay with family to assist with children. You may have grandparents, aunts, uncles or other extended family helping with education.

BEING HIGHLY MOBILE IN A PANDEMIC



- Stop moves for service member & delays in planning last spring & summer
- Extended redeployment windows
- Out processing from previous school/duty station
- Finding housing in the gaining location
- Deciding on schools (elearning, B & M, HVS & FLVS)
- Obtaining Record transfers
- Absence of standardized testing prior to moves
- Class placement in gaining state/school
- Initiating services for children with special needs (IEP and 504)
- Social emotional wellness of self, family and child: Military connected students are more at risk for anxiety and/or depression due to the above reason. All students in 2020 were and are more susceptible than previously known.



NEW LOCATION CHALLENGES FOR MOBILE STUDENTS



- a. Finding schools, getting registered, placement in classes, getting services established.
- b. Choosing learning location/style: HSV or FLVS, B & M.
- d. Being welcomed or included in your new neighborhood/school.
- e. Children adjusting to continued COVID restrictions at school (masks, distancing, lunchtimes, P.E. or outside time, arts courses, focus, behavior issues, etc). Or elearning student new or existing, adjusting to strictly learning in a virtual way.
- f. Some new administrators, counselors, teachers may not fully understand the challenges of the highly mobile student if they have not received professional development or their population of military is lower. (MIC3.net)



ACADEMIC/SOCIAL EMOTIONAL CONCERNS

- **Closure and Loss:** Mobile & non mobile students: Lack of formal goodbyes or farewells for children and parents at previous duty station or previous school due to quarantine and COVID19 restrictions.
- **Effects of shut down/quarantine:**
 - a. Children being out of school. Learning loss. The COVID Slide: Estimated to be as much as 9- 12 months loss for some.
 - b. Sports/activities ceasing. Loss of social network out of school.
 - c. Caregivers/parents coping with our own loss of social/work interaction.
 - d. Separation from teachers, friends, community.
 - e. Loss of routine
 - f. Less adults physically present in their life to support them.



Did you know you can Active Duty families can use a Military Family Life Consultant for mental health help for your student? Need to find an MFLC? Contact the School Liaison Officer on base. Or www.militaryonesource.com

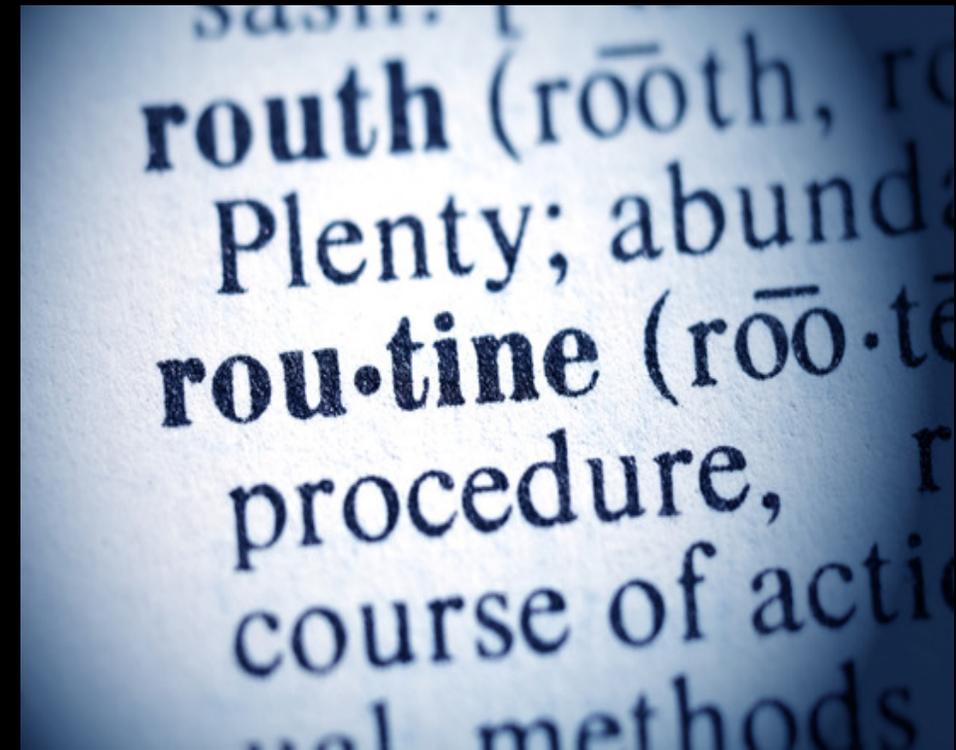




ROUTINES

The new normal looks very different. Old routines may have suffered. Routines are the key to helping our students adjust the best way possible whether elearning or B & M.

- Do “routine things routinely” is a saying often used in MCEC workshops.
- Schedules!! Schedules!! Schedules!!
- Discuss expectations
- Provide Structure
- Help student track their time
- Backwards Planning
- Building a Communication Center
- Family Dinners (www.thefamilydinnerproject.org)

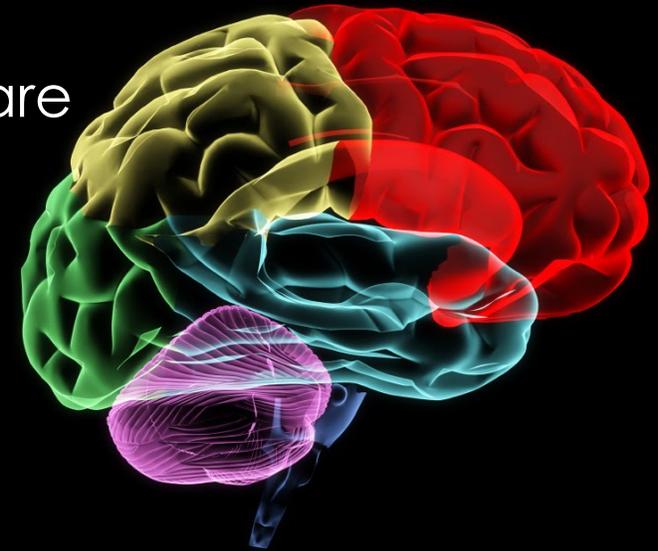


ACTIVITY

BRAIN BREAKS



- Building in **Brain Breaks** for elearners or B & M learners when they get home. Different learners have a lower tolerance for frustration and have trouble figuring out how to approach their work. Research shows Brain breaks help refresh the brain.
- Move & play intermittently. Mindfulness exercises. There are many free apps for breathing such as Breathe2Relax.
- Suggested sustained learning time by age group:
 - Grades 1-3: ~30 min
 - Grades 4-8: ~45 min
 - Grades 9-12: ~ 1 hour

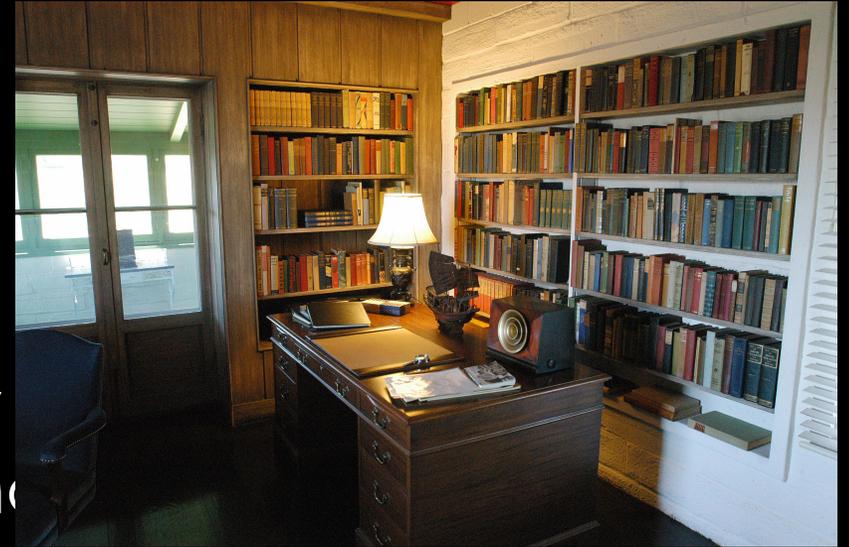


We know our students are sitting for longer periods esp. if elearning. It's so imp. for those strictly doing virtual learning to get up an move when they can.



A PLACE FOR LEARNING

- A quiet, well lit area.
- No tv, phones etc unless using their phone for elearning or hw research. Reduce ambient noise.
- Having materials they need in one spot where they can find them and ready to go. Tip: Make a mobile HW box for elearners or those that have long car rides in the afternoon for sports or activities.



Reading Tip: For young readers, provide a reading corner with comfortable seating. Research shows that if they are busy holding up their body, their brain must divide energy between operating major muscle groups and absorbing the information on the page.



BEST PRACTICES FOR LEARNING

- 1. Shorter Study Periods when possible
- 2. Daily Habits
- 3. Set Goals
- 4. Avoid Procrastination. We suggest doing the hardest subject first.
- Try “Sandwiching” the homework. Hard-easy-hard subject.
 - The Pomodoro Method
- Once your student starts studying, set a timer: 25 min for older and 10-15 min for younger. Have them stay on task until the timer goes off. Then allow a brain break! Do this intermittently until work is complete.
- Elearners: Continue to **D.R.O.P.**: Drop everything and read! (graphic novels count!)



MOTIVATION

Extrinsic

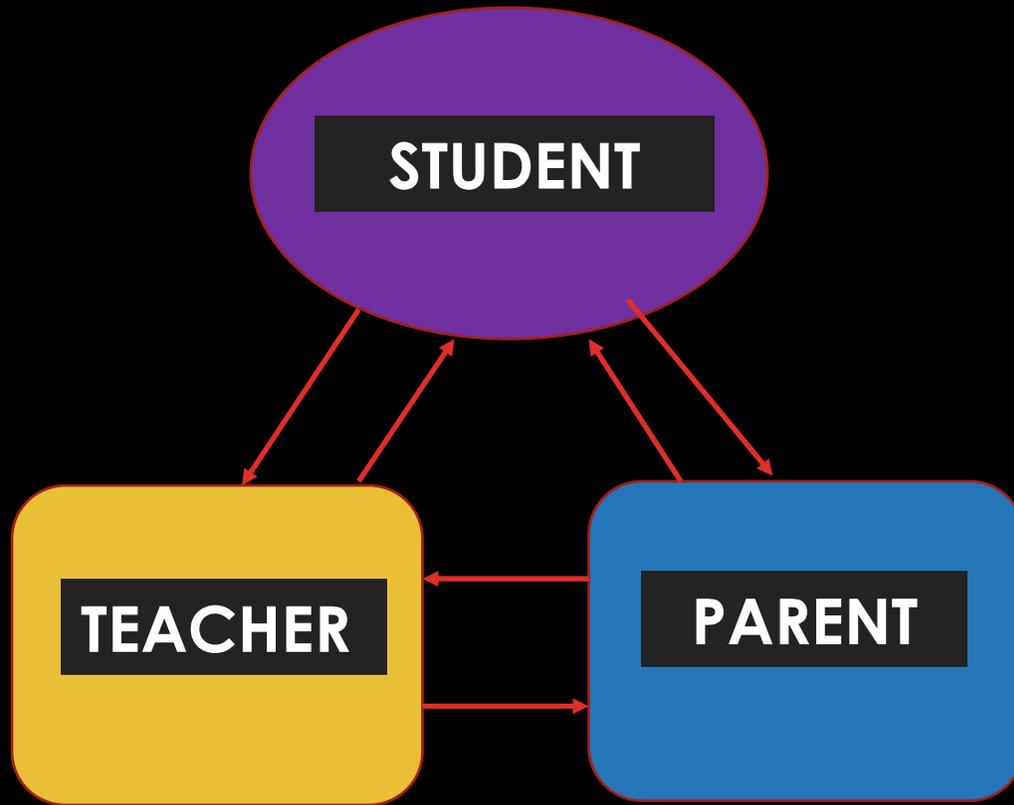
Badges
Gold Stars
Rewards
Points
Competition
Fear of Failure

Intrinsic

Learning
Curiosity
Mastery
Love
Meaning
Potential
Self-realization
Belonging



COMMUNICATION: STAYING CONNECTED



Cooperation

- *Know how to reach the teacher
- *Teacher Expectations
- *Ask for Support
- *set up notifications on Canvas, FLVS, HVS
- *Join PTA's & get connected to newsletters, emails, PAC/SAC, parent link, text messages & virtual mtg. notices



HOW TO EMAIL A TEACHER

HOW TO EMAIL A TEACHER

1



Subject Line

Your subject line should be a short summary of your email (2-6 words).

Examples:

"Missing Assignments"
"Technical Difficulties"
"Late Work"

2

hello

Say Hello

Just like you would in person, say "Hello" first.

Examples:

"Hi [Name]."
"Good morning, Mrs. Gracey,"
"Greetings!"



To: myteacher@myschool.org
Subject: Missing Assignment

Good Morning,

I am emailing you because I have already turned in my book report. However, it still shows that I am missing the assignment in the grade book. Can you tell me if you have received it?

Thank you for checking on this.

Tommy Smith

3



Why Are You Emailing?

Tell the teacher why you are emailing them. Include any relevant details.

Examples:

"I am emailing because..."
"I can't find..."
"Can you please help me with..."

4



End Your Email

Close your email with a simple goodbye.

Examples:

"Thank you for your help."
"Have a nice day."
"See you in class."

5



Include Your Name

You were given a name when you were born, let's use it!

After ending your email, do not forget to sign your name.



SOCIAL EMOTIONAL HEALTH STRATEGIES

- Get kids moving: Many sports and activities are starting back up. Look for registrations at school, YMCA, MacDill Youth Center.
- Take a walk: HCCPTA Girl Trek Meet-Ups: Saturday, Nov. 14th, 9 a.m. Downtown RiverWalk. <https://fb.me/e/5v1E1KjG>
- Create obstacle course in your yard or house for brain breaks. Jump rope, hula hoop, mini trampoline, stationary bike or regular bike, play catch.
- Contact counselor if you feel your student needs encouragement or a referral. HCSD received a contract to offer mental health services. Utilize them.
- Contact your child's primary care provider or go to local hospital in an emergency.
- For Military Families: Reach out to your SLO for the closest Military Family Life Counselor or www.militaryonesource.com.
- Reduce screen time not related to school (www.common sense media family social media agreement contracts)

RESOURCES

- Hillsborough PTA Military Inclusion Chair: Jennifer Southerland: military@hccptaptsa.org.
- HCC PTA Military Resources Link: www.hccptaptsa.org/military-resources. Follow on FB & Twitter for resources, links, calls to action, advocacy, scholarships, reflections art contest info, diversity, equity & Inclusion groups, Girl Trek and book clubs: www.hccptaptsa.org.
- HCC PTA/PTSA: www.hccptaptsa.org. Like us on Facebook, IG & Twitter.
- Florida PTA: www.floridapta.org. Like FL PTA on Facebook.
- National PTA: www.pta.org. Like National PTA on Facebook.
- MacDill SLO: Venetia.waters@us.af.mil Follow on Facebook. www.macdillfss.com
- MacDill EFMP: Follow on Facebook
- MFLC's: Military Family Life Consultants: If you aren't sure if you have one, ask your SLO.
- District Military Liaison and School Choice: Kim.Sukach@sdhc.k12.fl.us
- MCEC: Military Child Education Coalition: www.militarychild.org. Like them on Facebook. Also like Parent to Parent Tampa on Facebook. There is now an **MCEC en Espanol** Facebook page.
- www.Schoolquest.org. A way to build a digital educational portfolio in a secured place.
- Seasons of My Military Student: Book, FB page and blog. How teachers and parents support the military connected student. www.seasonsofmymilitarystudent.com
- Sesame Street Support materials: www.sesamestreet.org



RESOURCES FOR HW HELP AND VIRTUAL LEARNING

Tutor.com: Free tutoring help 24/7 in all subjects. www.tutor.com

Kahn Academy. www.kahnacademy.org.

Mathnasium: www.mathnasium.com Search for Brandon area.

Math Homework help with Mathnasium. Call in during the live shows 5:30-7:00 p.m. on any math topic.

Spectrum Channel 635, Frontier Channel 32. 813-840-7260. www.mhh.mysdhc.org.

The Tutoring Club: Located in the Valrico area: 813-681-9900 valricofl@tutoringclub.com

HCSD 2020-2021 **Hotline Support:**

Gen Calls: 813-272-4788 Technology: 813-272-4785 Mental Health: 813-272-4787

Spanish: 813-272-4789 School Choice Options/Magnet 813-272-4692

Hillsborough Virtual K-12: 813-983-7278

Brain Breaks info: <https://www.facebook.com/1547765686/posts/10217870890274406/?extid=3y9JWHijCTK51Bwl>
and [https://www.understood.org/en/school-learning/for-educators/teaching-strategies/evidence-based-behavior-strategy-brain-breaks?utm_medium=paid&utm_source=google-search&utm_campaign=evergreen-sep20-edu&gclid=CjwKCAjw-](https://www.understood.org/en/school-learning/for-educators/teaching-strategies/evidence-based-behavior-strategy-brain-breaks?utm_medium=paid&utm_source=google-search&utm_campaign=evergreen-sep20-edu&gclid=CjwKCAjw-5v7BRAmEiwAJ3DpuHm1j0V3rvTb_z_KFWIWApuVBuHpBePdYPWGrVt3nZKVNtxPpyDxvBoC-nkQAvD_BwE)

[5v7BRAmEiwAJ3DpuHm1j0V3rvTb_z_KFWIWApuVBuHpBePdYPWGrVt3nZKVNtxPpyDxvBoC-nkQAvD_BwE](https://www.understood.org/en/school-learning/for-educators/teaching-strategies/evidence-based-behavior-strategy-brain-breaks?utm_medium=paid&utm_source=google-search&utm_campaign=evergreen-sep20-edu&gclid=CjwKCAjw-5v7BRAmEiwAJ3DpuHm1j0V3rvTb_z_KFWIWApuVBuHpBePdYPWGrVt3nZKVNtxPpyDxvBoC-nkQAvD_BwE).

Thirty Virtual Learning Support web links: https://justcaracarroll.com/30-free-virtual-learning-resources-for-covid-19-school-closures/?fbclid=IwAR0H1DNUv-zK5BgmSCb3Su_ugXzxFEZm8L5RlkGUJJqHn0ZE9pVkt7MSZHA

The 14 Best Educational Websites for Children: https://www.parenting.com/child/10-best-educational-websites-kids/?fbclid=IwAR21t9OBONQKPHk1w6g43GPNQG9PsQewq_ABp6RZ3wiEy3xBUUbORs2biU4

Hillsborough County Library: <https://www.hcplc.org/>



RESOURCES AND LINKS



Reading eggs

https://readingeggs.com/gaw/freetrial-br?gclid=CjwKCAjw-5v7BRAmEiwAJ3DpuDe6YbcUsivQnM2ruG_zNS7BRRsAVTThQ0Fg1RM6QhR5QevdlgPV5BoCe_cQAvD_BwE

Starfall: free resource to teach kind to read

<https://www.starfall.com/h/>

Reading help:

https://www.teachyourmonstertoread.com/about-the-game/why-is-it-free?fbclid=IwAR1uux_bFx3JQT1WRLbM0qZPx9vd8gBtFTqwHpVArVPIKqxJ76KlebAh4KI

ABC ya: learning games

<https://www.abcya.com/?fbclid=IwAR22bpN0kmONFRhwr0OopgMX8dOvqDWYU2pX1In08dxSJIm4qq6gY9DfkeY>

Books brought to life: Vooks

<https://www.vooks.com/?fbclid=IwAR20NDRAKYqnbOpEQH9IkHfTMHhjoNvLBjdk6AbO12BdaDCLDD-nhCfPCFU>

RESOURCES AND LINKS



National Math + Science Initiative

<https://www.nms.org>

Math skill building:

<https://xtramath.org/?fbclid=IwAR30207RQaWCNy2uqQm-Or56J9hf8jXe6aJ4yYIhGY-AANlh-SRaaSkOlc0#/home/index>

Multiplication help:

<https://www.multiplication.com/?fbclid=IwAR0qrv2dIlpTU5Yp5LW-rhdyLpJriIV2RyNPcl4Q0a0VIHZC0xgCCA-msl8>

Add'l math practice

https://www.thatquiz.org/?fbclid=IwAR3nrF5J17lc-ihPEWclZRRxTyt80ujsxRGHboRnUYmlaM20NFZ_302hJcs

Multiplication Ninja: download for IOS and Android on App Store

Arcademics: arcade and academics combined

<https://www.arcademics.com/?fbclid=IwAR0oBxEGVBYUwhsLfnH5Fjuo3Bbb9CoNsnA-1KKueTfLjcW1-6T-m3jw0fw>

Reflex Math: https://www.reflexmath.com/?fbclid=IwAR278VV9aJuw-G1F1FLIKsm--K68_mdSLHH9pCR0Wn-vVfBpQHdUOyXYa6s

RESOURCES AND LINKS

knowit.com pick the grade and get the practice K-12

MathChase: https://www.mathschase.com/?fbclid=IwAR0LTaXhb2hYDKfSTD_V9Zdi8vFZoUJroDN3Zc9VhWlrvwUamcqhYTykM

Dr. Math

<http://mathforum.org/dr.math/>

Homework help: Fact Monster

<https://www.factmonster.com/homework-help/homework-help-study-tips>

Common Core Works: <https://www.cgcs.org/domain/104>

Scholastic parent and child: <https://www.scholastic.com/parents/home.html>

Wonderpolis: <https://wonderopolis.org/>



COVID MCEC SUPPORT RESOURCES

Covid19 military support initiative

https://www.militarychild.org/upload/files/K12_Key_Takeaways_Final_MCEC_BSF.pdf

Virtual learning suggestions:

https://www.militarychild.org/upload/files/resources/Parents/COVID_19_Parent_Virtual_Learning.pdf

Ten resources for students suggested by Mcec

https://www.militarychild.org/upload/files/NTS%20Resources/MCEC_COVID_19_Resources_STUDENT.pdf

Parent resource list from Mcec

https://docs.google.com/spreadsheets/d/e/2PACX-1vSxTQO0emnRpydmm_bkdOaFcOp4nEG1AVZTbdghpF_5wzb0btrZxI5wiinZ5-u3DrDsyclT1PDFEmNr/pubhtml?gid=1745610344&single=true

Pdf version

https://www.militarychild.org/upload/files/NTS%20Resources/MCEC_COVID_19_Resources_PARENT.pdf



THANK YOU!

PARENTS, YOU ARE DOING AN AMAZING JOB IN UNPRECEDENTED TIMES.

If you need to reach me, please email me or would like the resources:

Jennifer Southerland

military@hccptaptsa.org

