Reimagining Communication

Through the Lens of Well-being

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Session Logistics

• **Questions**: Use the chat box to type questions or comments throughout the presentation.

• **Feedback**: We ask all participants to complete the pop-up feedback survey at the close of the session.

• **Recording**: A link to the session recording will be emailed. The recording will also be available on the TLSD Professional Learning website.
At-a-Glance

Reimagining Communication through the Lens of Well-being is part of the Tricks of the Trade Series.

• This webinar provides participants with the knowledge and resources necessary to build, maintain, and support affective communication and positive well-being tips to educational leaders, teachers, students, and parents.
Agenda

• Introduction
• Framing the Issue of Well-being
• Types of Well-being
• Communication for Well-being: Supporting leaders, teachers, students, and families
• Resources
• Q&A
• Feedback
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No doubt, there are many tough decisions still ahead, but we will get through them – together. But one choice is clear – the health and safety of students and school staff, the true heroes of this on-going crisis, must remain paramount. We will continue to choose compassion over compliance.

- State School Superintendent
Richard Woods
Georgia’s Systems of Continuous Improvement

- Coherent Instruction
- Effective Leadership
- Family & Community Engagement
- Professional Capacity
- Supportive Learning Environment
Let’s Take a Poll

• What is your role in education?
  o District Leader
  o Building Leader
  o Instructional Coach
  o Teacher Leader
  o Other (Please respond in the chat.)
FRAMING THE ISSUE OF WELL-BEING
Let’s Self-Reflect

Considered your personal well-being.

• If a friend were to check on you, what are some things you would want them to know?
Wellness responses

1. Did you ride your bike this weekend?

2. Did you get some alone time to read your favorite book?

3. Did you take a walk in the park with your family?
TYPES OF WELL-BEING
Types of Well-being

- Emotional
- Physical
- Social
- Intellectual
Emotional Well-being:

Ability to practice stress-management techniques, be resilient, and generate the emotions that lead to good feelings.

Skills
• Positive thinking
• Emotion regulation
• Mindfulness

Helps
• Cope with stress
• Handle emotions when faced with challenges
• Recover quickly from disappointments
Communication TIPS: Emotional Well-being

Best Practices

• Less is sometimes more
• Stay consistent
• Allow ownership
• Set the tone
Physical Well-being

Lifestyle choices that affect the functioning of our bodies. Physical wellness includes:

- Sleep
- Food Insecurity
- Activity
- Hygiene
- Relaxation
Communication TIPS: Physical Well-being

- Schedule Breaks
- Work with Parent Liaisons & Family Engagement Specialist
- Recognize Student Health Barriers to Learning
  - Hearing/Vision
  - Asthma
  - Oral Health (Tied to Social Well-being)
  - Food Insecurities
Social Well-being:

Directly connect to our social skills, make it easier to have positive interactions, help us to feel less lonely, angry, or disconnected.

- Relationships
- Gratitude
- Kindness
- Communication
- Social and Emotional Well-being
Communication TIPS: Social Well-being

- Praise
- Balance time
- Be an active listener
- Find an alternative way to celebrate
- Check-in to see how people are doing
- Establish clear and fair boundaries/rules
- Identify “Unhealthy Relationships”
Intellectual Well-being

Intellectual well-being encourages us to engage in creative and mentally-stimulating activities.

- Critical thinking
- Curiosity
- Hobbies
- Cultural involvement
- Music
- Games
- Ideas, views, & opinions
Communication TIPS: Intellectual Well-being

• Listen and respond with Empathy & Mindfulness
• Remove objectivity
• Be actively engaged
• Ask questions and allow time to reflect
• Apply classroom knowledge with real-world current examples
• Participate in community activities
SUPPORTING COMMUNICATION AND WELL-BEING FOR LEADERS, TEACHERS, STUDENTS, AND FAMILIES DURING COVID-19
Supports for Leaders

Building Level Practices

- Adequate resources and widespread commitment to address wellness in school
- Institutionalizing wellness in the school & online with a wellness program
- Take part in FREE virtual workshops to support mental health at every level

- Modeling good health practices
- Allowing open conversations for teacher/leaders to address wellness concerns
- Promote wellness in the classroom
Communication Tips for Leaders During COVID-19

1. Be sensitive to employees’ needs
2. Address emotions directly
3. Recognize the power of transitions and school culture
4. Embrace a new normal
Communication Tips for Leaders During COVID-19

- Be able to adjust and pivot
- Stay in contact with governmental authorities and other schools
- Keep teachers informed
- Be transparent
- Address concerns about job security

- Create a central location for all communications
- Assure community that you are all in this together
- Be proactive, not reactive.
- Practice Empathy
- Share the Positive
Supports for Teachers

Have you checked on a friend lately?

Empathy
The ability to understand and share the feelings of another.

Mindfulness
A non-judgmental way of paying attention to the present moment.

In-person, virtual, and distance learning may contribute to increased levels of stress for teachers.
Communication Tips for Teachers

• Create positive social interaction
• Encourage laughter
• Allow for creative expression
• Prioritize frequent and open communication
• Listen to learn and not to respond
• Build authentic connections with teachers, students and parents
• Acknowledge the intersectional traumas impacting students.
• Dismantle inequities.
Let’s Reflect

How many educational decisions do students make per day ________?

• Classwork and assignments
• Quizzes and tests
• Objectives and due dates for assignments
• Feeling the need to help friends who are struggling
Supports for Students

A child’s well-being plays an important part in becoming a productive citizen.

- Consider a student’s homelife and responsibilities
- Provide resources for enrichment
- Allow students to process emotions in writing
- Support curiosity and interest in the world
- Establish mentorship programs
- Consider creating a “Calm Down Corner” for students to regroup
- Use PBIS Resources to support wellness and equity
- Provide interventions through school counseling services
Supports for Families

It’s important to show empathy toward families and be mindful of family experiences.

• Express appreciation of working parents and their experiences.
• Identify ways parents can support appropriate child development.
• Show empathy for parent’s everyday life by conducting conference during flexible schedules.
• Collaborate with parents frequently.
• To avoid stress - Make information available regarding student work.
• Provide safe channels for giving feedback
Resources
Just in Time Supports

Georgia’s K-12 Restart and Recovery Guidance

• Mental Health and Wellness (updated 7/27)

Teacher/Leader Support and Development

Ensuring a Strong Teacher Workforce During Covid-19 Crisis

• this guidance was created to help districts mitigate potential shortages and maximize teacher retention and substitute recruitment
GaDOE Community Courses

• A Leader’s Guide to Building Connections
  Link: https://community.gadoe.org/courses/3928/
  Description: The purpose of this course is to provide district and school leaders with strategies to build healthy and sustained connections with the staff, students and families.

• A Teacher’s Guide to Building Connections
  Link: https://community.gadoe.org/courses/building-relationships-in-a-virtual-setting/
  Description: This course aims to provide intentional relationship building ideas for teachers to develop and maintain positive relationships with their students in a virtual or physical setting.

• Practices to Support Staff Well-being
  Link: https://community.gadoe.org/courses/practices-to-support-staff-wellness/
  Description: The purpose of this course is to describe how self-care practices can be implemented individually and promoted by leaders to improve staff wellness.
Courses Available on the GaDOE Professional Learning Platform

• Engaging in Courageous Conversations: A School Leader’s Guide for Improvement
• Professional Learning Communities (PLCs): A Guide for Leaders
• FEP Community Engagement
• FEP School Parent and Family Engagement Policy
• Cultivating and Optimizing Teacher Leadership (modules)
• Mentors of Induction Phase Leaders (five modules)
• Updated TKES Performance Standard 10: Communication (coming soon)
Resource Disclaimer

The Georgia Department of Education is providing the following links as a convenience. We do not endorse any of the products, services, or opinions that are contained within this presentation through external hyperlinks. The Georgia Department of Education does not control these websites and bears no responsibility for the content, the accuracy of the information, and any products or services available on these websites. As a final note, it is at the discretion of individual school districts and schools to determine appropriate resources to serve stakeholders.
Resources from Children’s Healthcare of Atlanta

• Navigating Holiday Breaks
  Description: When school is out of session, it can be both a fun and challenging time for families. This year, holiday breaks may look even more different and come with unique challenges and uncertainty. Here are some tips for navigating the breaks and making the most of this time with your family.

• Educator and Staff Wellness

• Educator and Staff Resources (specific to Covid-19, virtual schooling, etc.)
Webinar Survey

Please complete the survey at the link below. Thank you for your participation. It has been a pleasure.

https://www.surveymonkey.com/r/S3DW3HG
For Additional Questions

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