



## Middle School Recommendations

### For Teachers:

- Share Professional Development opportunities on the following topics: Self-Care for Teachers; Covid Recovery Strategies for the Classroom; and Child Abuse and Neglect Reporting. Contact Laura Keys for Audio/Video training materials that can be shared with your staff. There are also trainings provided free of charge by some of our community partners: [IYI Learning Through Change for Parents and Teachers](#) and [Paper Tigers and Resiliency](#).
- Consider asking your Youth First Social Worker to lead a weekly group check in for staff on what is coming up in the classroom and how they are doing personally.

### For Parents:

- Consider inviting parents to training on Navigating Virtual Learning. This would be a parent meeting conducted virtually focused on how to help with Virtual Learning and how to utilize the ELearning platform your school is utilizing.
- Providing Parents with a Virtual Open House or Back to School Night. Cover topics such as Hygiene, Masks and required procedures.
- Instead of just sending instructions for back to school procedures in an email, also consider sending a video message to parents on what to expect the first day, any differences in rules or procedures for drop off and a personalized welcome back.
- Consider sharing this video on the top 10 ways to prepare your student for heading back to school: [Back to School Tips for Parents](#)

### For Students:

- Have teachers send a welcome back video to their incoming students prior to the first day of school that talks about some of the changes that will be happening (masks, etc.) but also the fun things to look forward to when we are back in the building. This encourages engagement and future focus.
- Consider doing a school wide activity virtually to kick off the year. Examples include virtual spirit days, having students and families contributing to an online library, Teacher Celebration Days (highlight a few teachers everyday on Facebook), or having each grade do a digital escape room activity.

Youth First recommends these activities as well as regular communication with staff and your students' parents. Consider emailing families 3 weeks before school starts with some general recommendations for getting your students ready for heading back to school. You can use any of the links found in this document to send parents activities and games that will teach cope ahead strategies. Follow up by engaging parents 10 days before and the week leading up to the first day of school. Regular engagement from you will encourage participation and cooperation and hopefully help parents and students look forward to a return to school.



[www.youthfirstinc.org](http://www.youthfirstinc.org)

**Activities for Students:**

[Cool Down Checklist](#)

[Coping Skills: What Helps Me](#)

[Building Coping Skills](#)

[Anxiety Breakdown Journal Page](#)

[Center of Control Activity](#)

**Activities for Parents:**

[Emotions Charade](#)

[How to Start Family Meetings](#)

[Strategies for Parents in Stressful Times](#)

[Managing Your Child's Fears](#)

[COVID-19 Stress and Coping Skills for Parents and Children](#)

Feel free to copy and paste any of these materials or any materials found on our website [www.youthfirstinc.org/sel](http://www.youthfirstinc.org/sel) Also know that we value all of our school partners and will work beside you through this unprecedented time.

***Laura Keys, LCSW  
VP of Social Work and Programs  
Youth First, Inc.***