

Sophia Aiello : Hello Emily Welcome!

Sophia Aiello : Hello Jen!

Sophia Aiello : Welcome Alissa!

Alissa Lipton : Happy to join. I have two children at Mount Alvernia Academy - one in third grade and one in preschool.

"Emily St. Martin : I have 2 kids, a 3 year old in pre school and a Kindergardner at Mason Rice"

Mitch Lyons : Coordinator for SEL4Newton

Jamie Lightfoot : Hi All, I_m Jamie Lightfoot- I am a Library Teacher at Day Middle School"

Matthew Lyons : Uncertainty Interested in topic

Umesh Phirke : thank you. I have two children. 1st graders (angier) and 9 the grader(Newton south)

Sophia Aiello : Hello everyone! I have 4 kids. 1 at Brown and 3 at Angier

Andrea : I have twin 9 years olds boys at Lincoln Eliot

Annette Seaward : I have two adult children at home. I am participating because I teach Pre-K at Second Church Nursey School.

Karen Ghiron : I have two girls one at Peirce (2nd grade) and one at Day soon to be North

Jeff Lemberg : Hi. Parent of a 3rd grader at Angier and a 7th grader at Brown Middle School.

Elsa Janairo : I have a 10th grader at NNHS, 8th grader at Day, and 5th & 3rd graders at Peirce

"Miles Zinner : Hi, I have two boys, kinder and 4th grades at Countryside"

Rakshaa Dadlani_s iPhone : hi have 2 boys one in 1 grader and 4 th graders at countryside

Berry Family : Kindergartner at Angier

"Max Rotondo : Hi, I have a current fifth grader and current third grader at Countryside."

Fricanos : 5th grader at Angier and 6th grader at Brown

Arundhati_Biswas01_s iPhone : I have 5 year old starting kindergarten this fall

Joanna Josephson : 4th at Cabot and 7th at Day

Manish Puri : 6 years old in Kindergarten

Deanna Hoffman : Deanna - mother of 5 & 6-year old boys. (pre-K and 1st grade)

Naoko Teramoto : K and 3rd in Angier

Mora Segal : 3rd grader at Angier, 7th at Brown

Jay Snyder : 6 year old twins, both Kindergarten (Burr)

Kg in Boston : 5th grader transitioning to Brown next year. 4th grader

Rachel Schechter_s iPhone : K at Franklin

Arundhati_Biswas01_s iPhone : K at Cabot

Erwin Chuk : 1st and 3rd grade girls at Williams.

Jamie Lightfoot : For those who have recently come in, feel free to add in chat the ages of your children, and if you have school aged children please let everyone know what school and grades they are in. Thanks!

JD DePace : 5 yo - will be in Kindergarten in Underwood

Sharon Topper : 2nd grader at Mason Rice

JD DePace : Also a 3 yo

"Jennifer Sulewski : 12 year old 7th grader at Day, 6 year old kindergartner at Burr"

Ben Schlesinger : K at Zervas (also a preschooler)

Rebecca Roberts : Will be in K at Horace Mann. Current 1st grader at Horace Mann.

Tina Jan : Kindergarten and 3rd

Annette Seaward : I suggested that my preschoolers send each other mail-something tangible from their friends.

Jennifer Sulewski : My older daughter is playing Dungeons and Dragons with other kids on Zoom. But it_s harder to find good activities for the kindergarten set since most their play is so hands on.

"Marie : definitely the more enthusiastic/engaged I am in their assignments, the more they seem to enjoy it- just so hard to find the time"

"Rachel Schechter_s iPhone : my kids have really enjoyed mygym classes, very structured and routine and interaction"

"Connie Yarian : one on one sessions with teachers and students have been very helpful for my kids, 1st and 4 th grade"

Annette McGehee : Our preschooler had a zoom costume party which they all seemed to enjoy showing off their costumes

JD DePace : We are as active as possible during the day to tire out. Try to have a schedule of some sort.

Rachel Schechter_s iPhone : 1:1 with peers or social connection has been more successful than groups

"Siobhan Mikolajewski : It's a struggle...she has a limited attention span for facetime and zoom, but when we try to socially distance with even one other family, I feel I am constantly saying, ""No"" or ""back up more"" etc. and the stress I am putting on her might be outweighing the social benefits :("

"Connie Yarian : we try to have some social interaction, outside with small groups"

Marie : the best Zoom playdates my K son has had were where they both propped up their iPads and ran around like crazy playing a physical game

Fricanos : Supervised walks with their friends (6 ft away) - can work for older kids

JD DePace : My child always wants me to _watch her_ - so is that her way of saying do this activity next to me?

Rachel Schechter_s iPhone : parallel play is more fun than solo

Lucy Shen : pairing up my child with another child as study buddies and go over school assignments in the evenings

"Emily St. Martin : Adjusting to the amount of screen time has been a challenge (between school assignments, Zoom calls, tv, social interactions etc.)"

"Jennifer Sulewski : For in-person it can help to have a physical barrier or marker, like we are on our picnic blanket and the other family is on theirs. Or we are in the yard and they are on the porch. This helps the adults keep distance too. :)"

Mitch Lyons : I saw hats with noodles attached as a way to distance themselves. It was very funny.

JD DePace : lol

Erwin Chuk : I make a point to be present for Zoom calls to support them for the unusual format of awkward pauses and waiting for your turn. It also helps me gauge when they may need a timeout (video off) and things of that nature.

"Mitch Lyons : Great suggestions, Jeff"

Wendy Rivenburgh : I think a cheat sheet for strategies on getting together safely would be such a community asset

Karen Ghiron : Great idea Wendy

"Connie Yarian : we have done water balloon wars with kids, a lot to cleanup afterwards but tons of fun and low risk"

Siobhan Mikolajewski : Thanks so much!!!

Jennifer Sulewski : I third Wendy_s idea of a cheat sheet! Been feeling like there_s a lack of concrete guidance on what_s ok to do.

Wendy Rivenburgh : Especially with lack of summer programming ahead

"Sophia Aiello : Great idea Wendy! Sometimes when we are caught up in the moments of frustration, a quick reference would be helpful!"

Jamie Lightfoot : I am jotting these ideas down for cheat sheet and also this chat will be posted on SEL4Newton site

Andrew Gluck : Dance Parties!

Sharon Topper : she keeps on saying she doesn_t want to die.

Karen Ghiron : yes then both parents are on the same page

Lorna : for my zervas fifth grader, the transition to oak hill without the same prep activities

JD DePace : We do the Peach and Pit reflection.. started this week and it made a big difference with my 5yo and got us to tlak

Andrew Gluck : _Roses and Thorns_

"Mike Fox : Sharon, both our girls, 5 & 7 have had nightmares about that or losing us."

Rakshaa Dadlani_s iPhone : I watch the movie inside out with my kids and made the connection about how we all feel right and the best thing is to talk about it as a family

Mitch Lyons : Journaling site with questions to ask elementary school age children <https://bit.ly/2LWc3g7>

Mike Fox : Lately it_s been better

"Rachel Schechter_s iPhone : my daughter has been having calls with her boss, in her room. but I_ve left that to her own imagination and not asked too much"

Sharon Topper : Mike - same here

Lucy Shen : my child writes a daily journal and we review it with my child at night.

lucia : legos have been helpful for my older son. both boys are having trouble settling down at night - I think combo of lack of routine and also worries/thoughts keeping them up

"Mitch Lyons : Activities to identify emotions and break the ice - this can be a written exercise or an oral one.

List of things that make me happy.

I wish I knew more about _____ because_.

What is something that is important to my family?

What has been your favorite thing you learned from schoolwork?

My favorite part of last week was_

Three things I_d like to talk about.

Rachel Schechter_s iPhone : we have been doing a lot of puzzles before bed with my toddler. it_s comforting to complete something.

JD DePace : We realized when we were talking about cover to each other my daughter would say her stomach hurt. We try to keep it to after bedtime now.

JD DePace : *COVID

Mitch Lyons : Smile when you can. Tell them how special they are for reassurance

lucia : the zooms and remote learning create a lot of angst and anxiety for my son. Part is because it is a constant reminder of everything that is different right now. also because kids can feel very on the spot with the zooms, and those with learning challenges feel self conscious

Rakshaa Dadlani_s iPhone : there is a kid program in cnn this coming Saturday which will give a good explanation about the situation and it is done by Sesame Street .

"Karen Ghiron : Yes having a set time to begin the day but not so rigid if things go off in a different direction. Learning right now is not just academic, we can do great family day trips now summer is coming."

"Sophia Aiello : I am appreciating all these resources and ideas. An enormous challenge, for me, is finding time to put these ideas into practice while spread so thin trying to balance our responsibilities now with even more on our plates."

Wendy Rivenburgh : building agency

Elise Person : what Sophia said up 2 comments

Connie Yarian : I do not sign the kids up for Zoom sessions outside of school. I am tapped out of managing their zoom sessions and they are tapped out of zooming. we play outside and have slipped the zoom version of their regular sessions.

Aedin : some good news

https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug is a great news channel that talks about current events from a good news perspective. it_s from newton native John Krasinski

"Rachel Schechter_s iPhone : @sophia working out a weekly plan has helped my family. we have just 1 or 2 live online events, 1 art project and 1 science project. then we have a set of everyday on demand choices, like yoga and coloring."

Rachel Schechter_s iPhone : 1-2 live events a day

Karen Ghiron : Yes John Krasinski is so funny and great

"Mitch Lyons : SELF CARE

_ being positive (self-check in several times a day)

_ Ask How am I feeling? throughout the days and make change

_ positive self-talk (repeating positive statements about yourself),

_ Meditation

_ Mindfulness (being in the present)

_ self-compassion

_ if have serious problem contact doctor to refer you for counseling"

Sophia Aiello : @rachel Thank you!

"Marie : I worry a lot that my kids are feeling pushed aside for my work, but I'm not sure what the solution is, without childcare and without quitting my job..."

"Elise Person : my son is spending a lot of time playing Roblox while on facetime with friends, it's his main social outlet"

Lorna : screens

JD DePace : We are doing cartoons because we need a break - I work FT and my spouse is student with homework. We start to need a break from each

other.

"Berry Family : Marie - I feel the same way! As a single parent and being a teacher, my daughter seems to get the short end of the stick"

"Rachel Schechter_s iPhone : @Marie knowing when you'll be available can help. having a short, but meaningful connection is what is key"

Lorna : any thoughts on dealing with a child (kindergartener) whose afraid to leave the house?

"Marie : my kids still think my job is to bang on a keyboard all day long, lol"

Rachel Schechter_s iPhone : this is an article I wrote in early April that has some ideas too <https://medium.com/@rachel.schechter/parenting-for-learning-in-a-pandemic-first-reduce-stress-c622d6c726b7>

Lorna : *who is

"Karen Ghiron : Sometimes my 7 year old goes down to her dad_s work area, and sits and listens_"

Justin Griffiths : my son does well with a routine so he knows what to expect during the day. we don't always stick to it but it's a framework

Jackie Real : as a wfh mom I focus on quality over quantity with activities with my kids. I set aside two chunks of the day to really be present with the kids. I then make up that time when the kids are asleep.

"Rachel Schechter_s iPhone : we have found that we have needed to keep changing little things, because things and people change. so we need to change too."

Mike Fox : We do morning meeting and the pledge every day - we discuss the day and fun facts and things they want to do get added.

Karen Ghiron : YEs my girls don_t like to go play outside by themselves because they want their friend with them to play

Sophia Aiello : @Mike I like the idea of a morning meeting and the pledge every day!

"Wendy Rivenburgh : I've been envious of friends who have the grandparents connect an hour or more during the day to do lessons with their child. Special bonding for both! Maybe there's a grandparent or an aunt/uncle who could fill this role that you hadn't otherwise thought of. Or even just playing online game like Uno, which my son loves and my parents would be able to do with" him

Mike Fox : They bring their stuffies to morning meeting too usually.

Mike Fox : :)

Rachel Schechter_s iPhone : at first we also did star of the day! it helped siblings fight less over who goes first etc

Rachel Schechter_s iPhone : we are also doing an hour a day with grandparents. so helpful

Mitch Lyons : Having Facetime with grandkids regularly and the 7 year old takes us up to her room

Elise Person : tele mental health--- often the copay is waived

Rachel Schechter_s iPhone : thanks for sharing that

"Connie Yarian : we have had the grandparents read with the young kids, too. it is great for the kids and grandparents"

Elise Person : for those for whom \$25 or \$35 an appt is a lot

Mike Fox : Regular grandparent zooms have been great for the kids and the grandparents here too.

Mitch Lyons : sometimes they speak to us for an hour - we play games with them

"Marie : my K son really fights the class Zooms, but he's really gotten into FaceTime with his grandparents- he can almost do it independently now. I think it's just less pressure."

Rachel Schechter_s iPhone : maybe try zoom with camera off for a few sessions

Annette McGehee : My 4th grader has really enjoyed connecting with her grandparents by writing letters - the act of walking to the mailbox to send a letter, and then getting a physical letter back feels more exciting than a zoom call"

Sarah Link : What a gift to the parents, too! Nice to have the break if the grandparents can fill an hour ;)"

Emily : We've done baking over Zoom with family/friends. For easter, we each had our own easter egg dying kits, and next week we are getting a group together for a cookie making party"

Rakshaa Dadlani_s iPhone : I made a list with my kids on what they would like to learn but never had time for it they made a long one and now they are trying to fulfilling it. my older one told me that he will publish it one day. he is hoping to be famous one day

Karen Ghiron : That is wonderful Rakshaa !

"Mike Fox : Baking over zoom sounds like a good idea, we've been doing a crap ton of baking!!!"

Rachel Schechter_s iPhone : knowing what will be discussed on the zoom is helpful. especially if presumably completed work will be discussed

"Jamie Lightfoot : the Newton Free Library has some fun sounding zooms like stem challenges for kids, trivia, etc"

Mitch Lyons : SEL4Newton is interested in starting a How to Read A Book through a SEL Lens. with your child.

JD DePace : Have to go - this was very helpful. Thank you for holding this webinar!

Jamie Lightfoot : Thanks JD- reminder we will be posting the recording on SEL4Newton site

Sophia Aiello : Thank you for joining us JD!

Jeff Lemberg : Some good tech resources/_virtual camps_ (largely free) to check out include Varsity Tutors; Lavner Camps, iD Tech, Camp Supernow, Audible Stories, Lego Education, and Freckle Math.

Mitch Lyons : Ask what emotions the characters have shown

Robin Levenson : Thank you. Lots of good info. I see this is being recorded. Will it be available at a later date?

Annette McGehee : ????????

Karen Ghiron : Yes it will be on the SEL4Newton webiste

Karen Ghiron : website

Jen Kohl : summer:

"Jamie Lightfoot : Yes, Robin- we need to get it uploaded but this recording and a cleaned up version of the chat will be on SEL4Newton within a few days I would think"

"Mike Fox : S.P.A.C.E camp through Newton is virtual, as is the New Art Center"

Elise Person : summer: hoping newton parks and rec will have at least 1/2 day option

Jennifer Sulewski : So hard to know what the options will be for summer.

Jen Kohl : 4th grader bc high movie _ making camp online.

"Jen Kohl : backyard swing, ninja warrior line, garden"

"Jamie Lightfoot : Camping in our yard is one of my best childhood memories. Great point, Jeff!"

Robin Levenson : Thanks!

Rachel Schechter_s iPhone : I don_t know if the summer will be that different from now for us. more outside time and water play. still considering how to boost social experiences

Karen Ghiron : Summer is a good time we can try so many new things without pressure of academic learning

"Marie : With my Kindergartener, I'm hoping there will be some in-person camp option available- virtual just wouldn't be worth it for us. And he was so excited about it."

Jen Kohl : bike riding socially distant with friends

Karen Ghiron : Nice to see you hear Robin L!

Aedin : this time has highlighted disparities in community. empathy is vital

Jen Kohl : agreed that it will be good to have pressure of school done

Mike Fox : Thank you! Mike & Susannah Fox

Rachel Schechter_s iPhone : thanks everyone

"Jay Snyder : agreed on virtual camp not being worth it (@marie). One of our camps is still aiming to do a modified in-person experience, so we're crossing our fingers for that"

Mitch Lyons : Please join SEL4Newton - we are all volunteers

Jaime Mason : thank you! this was helpful!

Erwin Chuk : Thank you! Appreciate the perspective!

"Wendy Rivenburgh : Thanks, Jim and panel!"

Robin Levenson : Same KG!

Jennifer Sulewski : Thank you!

Phoebe Tseng : Thank you all! This has been great and helpful

Berry Family : Thank you SEL4Newton for this! IT was helpful

Jay Snyder : thanks panel!

Sophia Aiello : Thank you for joining us tonight!

Naoko Teramoto : Thank you!

Lorna : thank you

Annette McGehee : Thanks

Elise Person : thank you!!!!

"Rakshaa Dadlani_s iPhone : thank everyone, I feel so much better knowing that we are all in this together"

Siobhan Mikolajewski : Thank you all!!!

Steve and Michelle Master : Thank you so much

Kate LeBlanc : Thank you so much!

Marie : thanks everyone! great discussion.

Karen Ghiron : Thanks everyone for coming !

Karen Ghiron : Your ideas made this so helpful to all