



*The best education for every student.*

# STEILACOOM

Historical School District No. 1



# FAMILY ACADEMY

We are all in this together and a strong connection and collaboration between the school and the family support system is critical.

Shawn Lewis, Director of Community Relations and Planning

Mary Snyder, Social Emotional Learning Specialist



# Today's focus


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- Why?
- Stages of program development
- Successes and challenges
- Collaborative dialogue



# Challenge Mosaic: Initial Thoughts



How can we engage with families  to support the academic and social emotional needs of their children?



TKO2, 2016

# Why Family Academy?



## Immediate Need

Connect with families as partners in learning in a remote environment

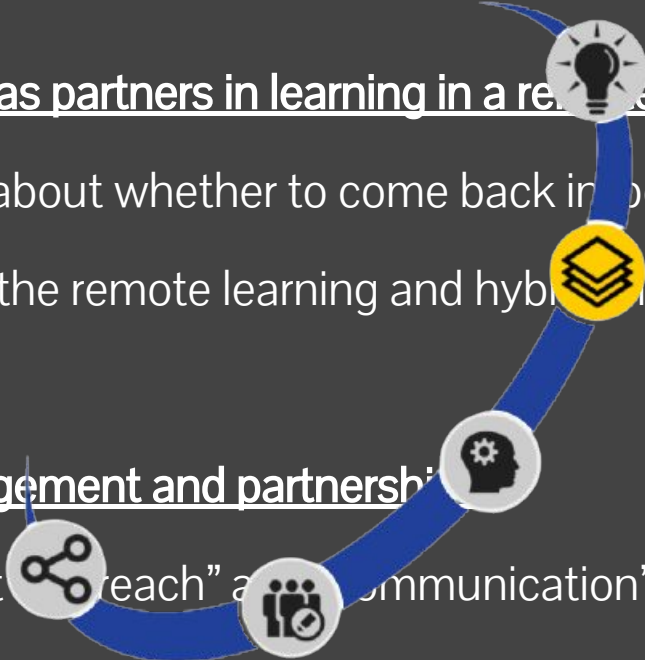
Families were divided about whether to come back in person

Many concerns about the remote learning and hybrid models

## Long Term Need

Authentic family engagement and partnership

Perception that district “reach” and “communication” could be improved



# Impact of School, Family, and Community Connections on Student Achievement

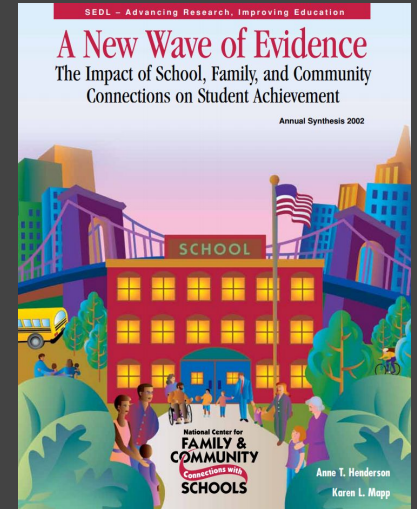
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Positive and convincing relationship between family involvement and benefits for students, including improved academic achievement.

This relationship holds across families of all economic, racial/ethnic, and educational backgrounds and for students at all ages.

## Benefits for students include

- higher grade point averages and scores on standardized tests or rating scales
- enrollment in more challenging academic programs
- more classes passed and credits earned
- better attendance
- improved behavior at home and at school
- better social skills and adaptation to school



# Culturally Responsive Education

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Our concerted effort to establish family — school connections to integrate students' funds of knowledge into personalized learning strategies sheds light on how authentic collaboration and mutual trust are established between teachers and students when both sides **unlearn deeply ingrained notions of power within traditional school based roles and relations** (Henderson & Zipin, 2010).

# Staff Involved

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## Three Key Staff

Social Emotional Learning Specialist

Assistant Director of Special Education

STEM coordinator

Other Administrators and staff have supported - but a small number of dedicated staff carry 80% of the load in getting the work done. And recognizing the few who carry the 80% does not diminish the importance or value of the people carrying the other 20%





# Development of Family Academy

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## Initial Development for September

Planning - What are we doing and why; Brainstorming options and making a decision

Scheduling

Announcement

Use of Zoom

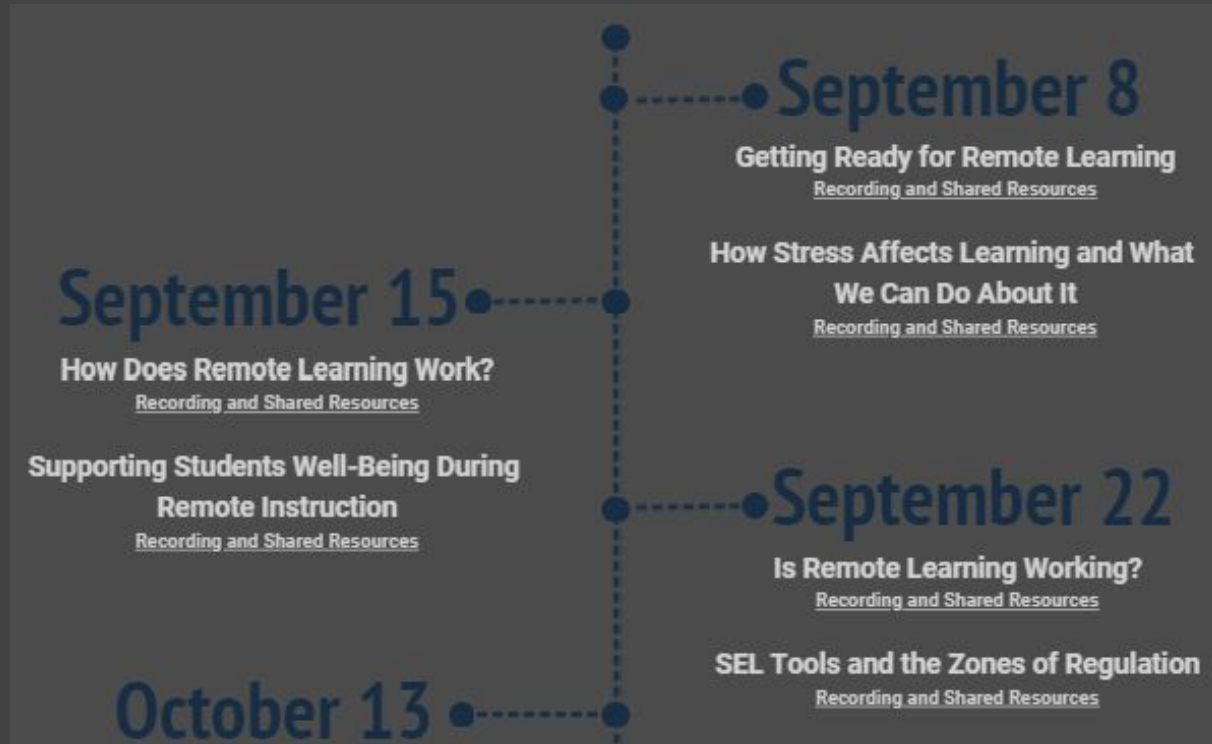
Promotion

Content





# Our Focus For September - Remote Learning Support


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# Announcing the Family Academy

**T** Introducing Family Academy 


1 file • Teaching & Learning •  Susan Cabigting • 7 months ago • Wednesday, Sep 2 at 2:20 PM • Steilacoom Historical School District





SHSD is excited to announce its Family Academy. Our first sessions start on September 8.

The Family Academy is a series of interactive sessions designed to help families and caring adults support their student learners. We are all in this together and a strong connection and collaboration between the school and the family support system is critical. We are limiting the size of each session to ensure families can interact with our session facilitators - but resources provided in each session will also be available on our website for all families. We look forward to seeing you!

Click [here for our Family Academy schedule](#), and to register for a session.

 Family Academy.pdf



*Introducing*  
**FAMILY  
ACADEMY**

A SHSD virtual series for remote learning success

**Tech  
1**

**GETTING READY FOR REMOTE  
LEARNING**

Tuesday, September 8  
2 - 3 pm (K-5)  
5 - 6 pm (6-12)

Thursday, September 10  
2 - 3 pm (6-12)  
5 - 6 pm (K-5)

This meeting and supporting resources will help families and caring adults learn about:

- setting up a learning space
- maintaining a schedule
- determining learners needs

**sel  
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**HOW STRESS AFFECTS LEARNING  
(AND WHAT WE CAN DO ABOUT IT)**

Tuesday, September 8  
3 - 4 pm (K-5)  
6 - 7 pm (6-12)

Thursday, September 10  
3 - 4 pm (6-12)  
6 - 7 pm (K-5)

This meeting and supporting resources will help families and caring adults learn about:

- stress and its impact on learning
- strategies to help increase students' focus, organization, and motivation

# Sharing the Flipped Resources in Week 2



## Week 2 Resources from our Family Academy!

Shawn Lewis • 6 months ago • Friday, Sep 11 at 5:00 PM • Steilacoom Historical School District

🔗 This post can be viewed by users outside of ParentSquare

Here are new resources provided by our Teaching and Learning staff from our Family Academy curriculum. These are going to be covered next week in the Family Academy as part of our "Back to School" series.

Are you a family member interested in attending the classes next week? You can find more information and the registration form [HERE](#)

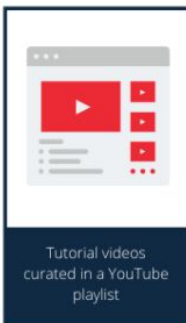
### How Does Remote Learning Work



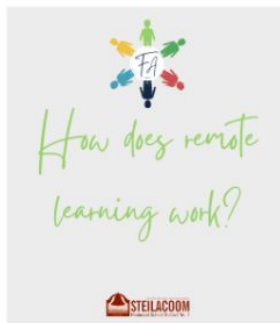
[A guide to understanding remote learning created by our STEM Coordinator](#)



[Additional materials and guides to help your learner to be successful](#)



[Tutorial videos curated in a YouTube playlist](#)



# Example from Resources Shared in September

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There's nothing wrong with feeling upset. That's normal. Especially when your upstairs brain helps you calm down. For example close your fingers again. See how the upstairs thinking part of your brain is touching your thumb, so it can help your downstairs brain express your feelings calmly?



Sometimes when we get really upset we can flip our lid. Raise your fingers like this. See how your upstairs brain is no longer touching your downstairs brain? That means it can't help it stay calm.

**The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind**

by Daniel Siegel and Tina Bryson

# Example from Resources Shared in September

## Ongoing Impact of Covid on Students

We might be feeling unexpected feelings, thinking unexpected things, and acting in ways we might not typically act. It's happening to most of us. There is a reason and normalizing the experience can be the first step in regulating our emotions, thoughts and actions.

	1ST MONTH	3 MONTHS IN	6 MONTHS IN	9 MONTHS IN	12 MONTHS IN
EMOTIONAL	Anxiety Grief	Anxiety Depression	Anxiety Depression Increased risk of suicide	Anxiety Depression Increased risk of suicide	Heightened anxiety, & depression if second pandemic wave occurs Coping & recovery if subsides
COGNITIVE	Confusion	Confusion Issues with attention, concentration, memory	Apathy Less interest/ involvement in learning Difficulty in job task	Apathy Less interest/ involvement in learning Difficulty in job task	Skill & academic deficits if second wave Increased future planning & competency if subsides
BEHAVIORAL	Acting Out Withdrawal	Developmental Regression	Acting out Withdrawal	Hopelessness Lack of planning for future Suicide	Hopelessness, lack of future planning if second wave Development of coping if pandemic subsides

# How to Use Zoom for Family Academy

Learning online platforms has been an evolution including how to use zoom functionality for presenting and capturing videos. Here are two early examples:

## [How Does Remote Learning Work](#)



**ACCESS GOOGLE CLASSROOM**

System for helping educators and students efficiently access and manage learning tasks, while providing opportunities for connections and collaboration between learners and their teachers to simplify creating, distributing, accessing, organizing, grading, and monitoring assignments.

Logging on to Google Classroom using given details in a classroom is a 22. We use its interface and platform will provide students instant access to this year's online learning space.

Navigating through the stream and classwork pages will allow you and your learner to see assignments, materials and announcements that have been posted for them.

Accessing, opening and completing assignments and materials within the classwork page will help students accomplish their goals each day.

The slide features a green background with white text and a central graphic of a laptop displaying a document icon. On the right side of the slide, there is a vertical strip of small video thumbnails showing various participants in the Zoom meeting.

## [How Stress Affects Learning Part 2](#)



**Healthy Mind Platter**

7 daily essential mental activities for maintaining mental health

FOCUS time	PLAY time	CONNECT time	PHYSICAL time	REFLECT time	LEARN time	SLEEP time
When we actively focus our tasks to a goal, we are able to complete them. This helps us to stay organized and on track.	When we allow ourselves to be playful and enjoy ourselves, we are able to recharge and have fun. This helps us to stay motivated and happy.	When we connect with others, we are able to share our thoughts and feelings. This helps us to feel supported and understood.	When we move our bodies, we are able to release stress and feel better. This helps us to stay healthy and energetic.	When we quietly reflect on our thoughts and feelings, we are able to gain insight and clarity. This helps us to better understand ourselves and the world around us.	When we gain new knowledge and skills, we are able to grow and learn. This helps us to stay curious and open-minded.	When we give our bodies and minds the rest they need, we are able to recharge and feel refreshed. This helps us to stay healthy and productive.

Developed by Zingit & Hock, 2021

The slide features a red background with white text and a central graphic of a platter with seven sections. On the right side of the slide, there is a vertical strip of small video thumbnails showing various participants in the Zoom meeting.

# Evolution of Family Academy

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Changes to Frequency and Topics

- Responsive to current needs of families

- Invitations to outside presenters

- Improvements to video capture

- More consistent with district culture (informal/familiar)

[Example of Authentic Connection - Family to Family](#)





# December Adaptation - Fully Asynchronous Component

DoDEA  
Project Inspire

The logo for 'Stellacom Winter Activities' features the word 'STELLACOM' in large, stylized letters. Each letter is filled with a different icon: 'S' has a microscope, 'T' has a hand holding a pencil, 'E' has a lightbulb, 'L' has a gear, 'A' has a pencil, 'C' has a pencil, 'O' has a pencil, and 'M' has a ruler and a protractor. Below the word is the text 'Winter Activities' in a white, sans-serif font.

Winter Activities

Stellacom Historical School District  
December 2020

The 'Math' logo features a large, stylized letter 'M' in a teal color. The 'M' is filled with a grid pattern and has a ruler and a protractor integrated into its design. To the right of the 'M' is the word 'Math' in a white, sans-serif font.

## Math

Melted Snowman Cookies - Telling time and changing temperature is an important math skill used in baking. Math is used in every step of baking. Bakers need to use math when measuring and weighing ingredients, changing recipes and temperatures. Put your baking skills to the test with these melted snowman cookies!



The Coordinate Plane - Explore all four quadrants of the coordinate plane! Use Python and our drag-to-text toolkit to send a snowman to various locations on the plane! There are demonstration and debugging activities included to help you become comfortable with navigating the coordinate plane.

Snowball Launcher - Create these snowball launchers to enjoy a snowball fight while being warm and cozy inside! For an extra challenge, see how far your snowball will go. Launch your snowball at least 10 times and measure the distance it can travel!

Build a Geometric Tree - Use gumdrops or mini marshmallows and toothpicks and put your geometry and building skills to the test! If you have extra materials, can you make a symmetrical snowflake?

# Flexibility on Frequency - More integration Academics/SEL

**We are Flexible**  
Adapting to New or Unexpected Situations

**Flexible Thinking Introduction**

This resource will help you introduce the idea of flexibility to your child, offer strategies to help everyone in your family to be more flexible, and provide playful activities you can do together to build flexible thinking skills.

**Mindfulness and the Brain**

Video detailing how our brains are impacted by mindfulness practices.

Click on each image to access the resource.

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Hastings School District No. 1

**Rigid vs. Flexible Thinking**

Part of getting good at self-management and responsible decision-making is recognizing when our brains are STUCK on something which we need to feel frustrated or lose control. Watch this video on rigid vs. flexible thinking to understand more.

**9 Flexible Thinking Activities for Kids**

Playing games and doing activities that teach flexible thinking can help develop the skill. Here are nine activities you can try at home or at school.

Full STEAM Ahead  
Recording and Shared Resources

January 26

We are Flexible - Adapting to New or Unexpected Situations  
Recording and Shared Resources

March 9

Connect with Music  
3:45-5:00pm  
Recording and Shared Resources

May 11

January 12

We are Flexible - Adapting to New or Unexpected Situations  
Recording and Shared Resources


February 9

The Science of Sleep: Building healthier sleep routines for teens and kids  
Recording and Shared Resources

April 13

Army JROTC Program: Coming to Steilacoom High School in 2021-22  
Time: 3:45 - 5


# Flipped Resources and ParentSquare Post in March



## The Science of Sleep


Building healthier sleep routines for teens and kids

### Bedtime Routines




Bedtime can be a nightly challenge for families when your child resists going to sleep, or when she awakens in the middle of the night looking for mom and dad. This article will help you recognize possible causes of sleep difficulties and develop a sleep routine.

### Clean Up Your Sleep Hygiene




Graphic: Is your phone keeping you up at night? With a few tweaks to your tech habits, you can wake up more refreshed and ready to face the day.

### Sleep well, Think Well




Video: When we're asleep, the brain is not resting at all. It's almost unbelievably active! It's possible that the reason we need to sleep is so that we can learn.

Click on each image to access the resource.




### How much sleep do I need?



Article: Most teens need about 8 to 10 hours of sleep each night. Getting the right amount of sleep is important for anyone who wants to do well on a test or play their best in sports. Unfortunately, many teens don't get enough sleep.

 **Connect with Music! Join Megumi Azekawa Today at 3:45pm**  
1 file • Steilacoom Historical School District •  Shawn Lewis • 10 days ago • Tuesday, Mar 9 at 10:00 AM • Steilacoom Historical School District

 This post can be viewed by users outside of ParentSquare



## Connect with Music!

This session and supporting materials will help families and caring adults:

- use music as a tool for increasing connection and family bonding
- use music as a vehicle for engaging conversations and creating routines

[Our guest presenter for the session is Megumi Azekawa, a board certified music...](#) [Read More](#)

 [Science of Sleep Resources.pdf](#)

# Successes

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Dedicated loyal following

Virtual environment connections with families that we historically would not have reached

Connections of SEL to Academics

Increased dialogue about authentic family connections

Flexibility on format - December Asynchronous Activities / April MOMC



# Biggest Challenges

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Engagement

Promotion

Is Zoom Fatigue contributing to low engagement in Family Academy?



# Evaluating Effectiveness

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**How to measure effectiveness?** Reach, depth, opportunities, synchronous vs. asynchronous

Pilot Project Evaluation: First year of the program - evaluation will occur after the first year with reflection on what has worked, what hasn't, improvement plans, what to keep, what to abandon

Learning and Improvement are most important when evaluating new programs

Evaluation question: Access to the content and perception of district engagement is critically important - but how important in comparison to actual engagement and connections?



# Challenge Mosaic: Reflection

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What was surprising?

What did you know but now see in a new way?

What do you want help with?



# Challenge Mosaic: Revised Thinking

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What was surprising?

What did you know but now see in a new way?

What do you want help with?





# Challenge Mosaic: **Share your thinking**

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What was surprising?

new way?



# Help us

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What suggestions do you have to address our greatest challenges:

- Number of families engaging in family academy is low

Have you had success in connecting with families during the pandemic? **What has worked for you?** How will that translate into greater engagement post-pandemic?

How would you evaluate the success of an online Family Academy start up in the context of the Pandemic?





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Shawn Lewis, Director of Community Relations and Planning

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