

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

Expanding Opportunity and Unleashing Potential

Obtained via MD PIA by Judicial Watch, Inc.

High School Psychoeducational Lesson

MCPS Return to School



Introduction

Obtained via MD PIA by Judicial Watch, Inc.

- Who am I?
- Why am I here?
- What can I do to help?





Zoom Classroom Expectations



Take Care of Others -
While someone is
speaking, please mute
yourself so that we can
hear what is being
shared.



Take Care of Yourself –
Find a space that helps you
learn at your best and focus.



Take Care of Yourself - Raise
your hand through the chat if
you would like to share an
idea.



Take Care of Others –
Practice active listening by
following directions and listening
to others as they are speaking.

Objectives

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At the conclusion of this lesson, students will be able to . . .

- Recognize 2-3 common crisis reactions.
- Identify resources for support.
- Perform a deep breathing exercise for relaxation purposes.
- Identify and use 2-3 adaptive coping strategies.

Some COVID-19 Facts

Obtained via MD PIA by Judicial Watch, Inc.



- COVID-19, aka “Coronavirus disease 2019” is a new virus that scientists and doctors are still learning about
- This disease has impacted the globe, showing cases in almost every country and region on Earth.
- COVID-19 is spread mainly from person-to-person, when an infected person coughs, sneezes, or even talks within 6 feet (or about two arms length) of another person and those droplets are inhaled into the nose or mouth of that individual.

Center for Disease Control (2020)

COVID-19 Facts Continued...

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- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.
- Symptoms vary from mild (or no symptoms) to severe. Know the symptoms.
- There are ways to protect yourself from getting COVID-19.
- Covid-19 does not recognize race, nationality or ethnicity.

Center for Disease Control (2020)

Help prevent the spread of respiratory diseases like COVID-19.

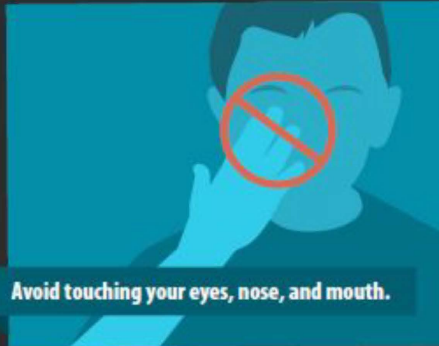
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



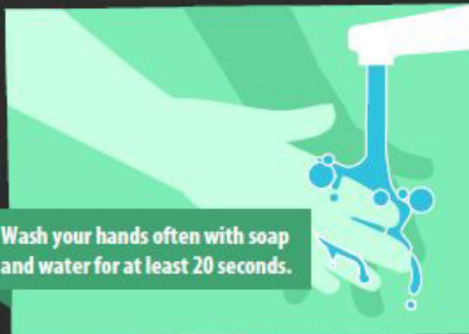
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19

CS31-0115-A



TEACHER NOTES

Obtained via MD PIA by Judicial Watch, Inc.



The discussion about race is uncomfortable for some people, however, it is an important discussion to have among ourselves and with our students. If you are uncomfortable with having this discussion with your students, please co-teach with your school counselor, psychologist, or social worker.

Provided below are some resources for staff to support their journeys to make it easier for them to have discussions with their students:

[Educator and Caregiver Learning Guide from Disrupt Texts](#)

[Racial Detour](#)

[Staff Work Playlist](#) - Here is a self-work playlist that is available to support facilitators of these lessons engage in their own learning before engaging in these discussions as well.



Dual Pandemics

Obtained via MD PIA by Judicial Watch, Inc.

UPDATED: Protesters gather in Germantown to speak out about death of man in Minneapolis

Police didn't see any local protests on Saturday, when they were tense in many U.S. cities

BY DAN SCHERE AND CAITLYNN PEETZ | Published: 2020-05-31 15:21

As protests continued for the sixth day across the country, about 200 protesters gathered in Germantown, marching for hours and demanding justice after a white officer was



County COVID-19 case increases remain under 1% for 16 consecutive days

State continues to have higher increases

BY BRIANA ADHIKUSUMA FOLLOW @BRIADHIKUSUMA | Published: 2020-07-23 10:53

For the 16th straight day, the increase in newly reported COVID-



Health

What it's like to be Asian during the coronavirus pandemic

Save Share Print



02564.pdf

NEO Agenda Pro...docx

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WJLA NEWS WEATHER CORONAVIRUS 7 ON YOUR SIDE CHIME IN WATCH LIVE

Photos show officers kneeling at peaceful Germantown protest

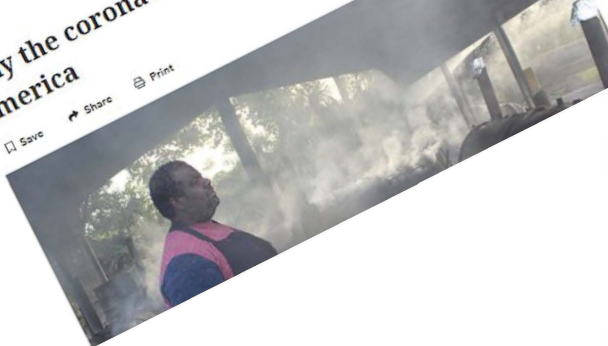
by Lesly Salazar/ABC7 | Monday, June 1st 2020

GERMANTOWN, Md. (ABC7) — Peaceful protesters gathered in Germantown, Maryland on May 31, and officers were captured kneeling in solidarity.

A helicopter flew above the protest that started on Frederick Rd. between Crystal Rock Dr and Airport Dr. Later in the afternoon, the protest moved further down Frederick P. Middlebrook Rd.

Why the coronavirus looks different to black America

Save Share Print

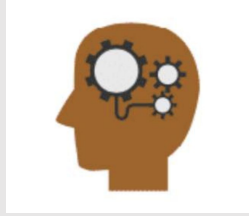


Some Facts About Racism and Social Justice

- Social justice refers to the practices and structures that contribute to improved access of marginalized populations to various school programs and activities. (Brown, 2004; Marshall, 2004; Theoharis, 2008).
- There are protests happening all over our country and the world because people are **acting** on their beliefs that all people should be treated fairly and are protesting to change things that make life harder for some people.



Four Levels of Racism



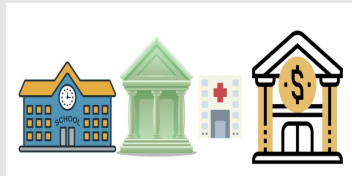
Internalized Racism:



Interpersonal Racism:



Institutional Racism:



Structural Racism:



A Brief Anti-Racism Glossary

Obtained via MD PIA by Judicial Watch, Inc.



Equity is the commitment to ensure that every student and staff member, without regard to their actual or perceived personal characteristics, is given the individual challenges, support, and opportunities to exceed a rigorous common standard in order to be prepared for academic and career success.

Implicit Bias refers to the attitudes or stereotypes that affect our understanding, actions, and decisions. These biases, which encompass both favorable and unfavorable assessments, may be activated involuntarily and without an individual's awareness or intentional control.

Cultural Proficiency is the ongoing process of becoming knowledgeable of one's culture, as well as the cultures of others in order to foster an appreciation, understanding, and respect for varying cultural expressions that exist in the actions and interactions of an organization; and, to strengthen and enrich the organization and the community at large with the presence and contributions of many cultures.

Brief Anti-Racism Glossary-Continued

Obtained via MD PIA by Judicial Watch, Inc.

Cultural Responsiveness is the ability to learn from and relate with people of one's own culture as well as those from other cultures. Culturally responsive educational systems are grounded in the belief that culturally and linguistically diverse students can excel in academic endeavors if given adequate support and resources.

Cultural Competences is the knowledge, behaviors, and dispositions necessary to effectively interact with other cultural groups (Hansuvadha, Slater 2012).

Systems of Oppression identifies inequity by calling attention to the historical and organized patterns of mistreatment. In the United States systems of oppression (like systemic racism) are woven into the very foundation of American culture, society, and laws. (Social Identities and Systems of Oppression, 2019)

Social Justice in the Time of COVID-19



- Impacts of COVID-19 on the African American and Latinx Communities
- Black Lives Matter Movement - Acknowledgement of Social Injustices
- Protests of Anti-Racism
- Discussions about Race and Privileges
- *Dual Pandemics: COVID and Closure, Race and Equity*

www.blacklivesmatter.com

<https://www.cdc.gov/coronavirus/2019-ncov/community/health-equity/race-ethnicity.html>

Let's Dispel Rumors

Obtained via MD PIA by Judicial Watch, Inc.



Insert Reference here

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How are you Feeling?



COMMON INITIAL CRISIS REACTIONS



EMOTIONAL

Shock	Depression or sadness
Anger	Grief
Despair	Irritability
Phobias	Hypersensitivity
Terror or fear	Helplessness
Guilt	Hopelessness
Emotional numbing	Loss of pleasure from activities

COGNITIVE

Impaired concentration	Decreased self-esteem
Memory impairment	Self-blame
Disbelief	Worries
Confusion	Nightmares
Distortion	Decreased self-efficacy
Intrusive thoughts or memories	
Impaired decision-making abilities	

PHYSICAL

Fatigue	Startle response
Insomnia	Headaches
Sleep disturbance	Decreased libido
Hyperarousal	Decreased appetite
Somatic Complaints	Gastrointestinal problems
Impaired immune response	

INTERPERSONAL/BEHAVIORAL

Alienation	Aggression
School refusal	Crying easily
School impairment	Tantrums
Vocational impairment	Change in eating patterns
Regression in behavior	Risk Taking
Increased relationship conflict	Avoidance of reminders
Social withdrawal or social isolation	

Note. Compiled from Speier (2000); Young, Ford, Ruzek, Friedman, & Gusman (1998).

How to Manage Your Stress



→ Stress is the uncomfortable feeling you get when you're worried, scared, angry, frustrated, or overwhelmed. Stress is how the body responds to any demand.

→ It is caused by emotions, but it also affects your mood and body.

→ **STRESS AFFECTS EVERYONE**

-Many things can cause stress. At the moment, we are in the middle of a pandemic as well as recognizing the impact of social injustices. Other situations also lead to stress.

-Everyday Responsibilities

-Major Life Changes

-Life Circumstances

-Recognize the signs of your body's response to stress, such as difficulty sleeping, being easily angered, feeling depressed, and having low energy.

Stress can be managed utilizing a variety of strategies.



How to Manage Your Stress

- Try a Relaxing Activity
- Set goals and priorities
- Don't focus on the problem
- **Always remember, just keep moving forward.**

- **Daily Uplifts:** Positive experiences that make you happy
- **Healthy Coping Strategies:** Positive actions that help to reduce or manage stress and other uncomfortable emotions.
- **Create a sense of belonging:** Feeling connected and welcomed is essential to an individual's positive adjustment, self-identification, and sense of trust in others and themselves.
- **The next time you're stressed:** take a step back, inhale and laugh. Be strong, be flexible, love yourself, and love others.

Relaxation Activities

Obtained via MD PIA by Judicial Watch, Inc.



- **Deep Breathing:** A deep breathing exercise allows you to take slower, deeper belly breaths and reach a truly relaxed state.
- **Progressive Muscle Relaxation:** tensing and relaxing muscles throughout the body.
- **Visualization Imagery:** sights, sounds, and touch sensations associated with a particularly calm scene induce a state of pleasure.
- **Meditation:** a mental exercise to train the mind and promotes relaxation.



Great Stress Management Resources



Here are some great At Home workouts to get you up and moving!

[Kid & Teen at Home Workout](#)

[15 Min Kickboxing Lesson](#)

[30 Min Latin Dance Workout](#)

[30 Min Yoga](#)



Check out these Mindfulness and Guided Meditation videos.

[Guided Meditation](#)

[Seated Body Scan](#)

[Yoga and Mindfulness BrainPop Video](#)

[Calming Breathing Practices](#)



Here are links to some great coping strategies to try out.

[A to Z Coping Strategies](#)

[Grounding Technique](#)

When to Seek Additional Help?

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While these reactions are normal, it can become a problem if the thoughts become persistent and invasive.



Seek additional help if:

- You begin to feel an alarming sense of sadness or anxiety is overwhelming
- You begin thinking about suicide or harming yourself
- You begin thinking about harming others.
- You feel that your reaction is so significant and need to speak with someone about it

Tell a Trusted Adult

Obtained via MD PIA by Judicial Watch, Inc.



- If you or a friend feel this way, tell a trusted adult:
 - At School:
 - Teacher, Administrator, Counselor, Psychologist, etc.
 - At Home:
 - Parent, Grandparent, Sibling, Guardian, etc.
- Montgomery County Crisis Hotline - Text Hello to 741741 or Call/Text 301-738-2255
- Montgomery County Crisis Center - (240) 777-4000
- EveryMind - (301) 424-0656

Supports At School

Obtained via MD PIA by Judicial Watch, Inc.

Insert pictures, names and emails of the teacher presenting, Admin, School Counselors, School Psychologist, PPW, & PCC





Check for Understanding

What coping strategies will you use when you are feeling overwhelmed?

Remember your trusted adults at school:

School Counselors:

School Psychologist:

PPW:

Administrators:

***“You are braver than you believe,
stronger than you seem, smarter than
you think, and loved more than you’ll
ever know.”***

– A.A. Milne



Resources

Obtained via MD PIA by Judicial Watch, Inc.



- [National Association of School Psychologists \(NASP\)](#)
- [Center for Disease Control and Prevention \(CDC\)](#)
- [Montgomery County \(MD\) Department of Health and Human Services](#)

