

Educator Guide to Wellness Check-Ins

Purpose: We know that relationships are the foundation of effective family engagement and academic partnership. Given the unprecedented times, it's critical to continue fostering deep, trusting relationships between school and home. This guide is intended to provide school staff with a framework to connect with families during this difficult time and to let families know that you are thinking of them, concerned about them, and are available as a resource.

Consideration: Teachers should not feel pressured to have all the answers to questions/concerns that may be raised by families during the wellness check in. During the check in, pay attention to what families share, let the family do most of the talking, and keep a record of any questions or needs that emerge. **Be sure to follow up on any unmet needs that the family identifies, and flag any emergency and/or immediate needs to your school leader** (i.e. family doesn't have transportation to pick up meals, etc.). You may consider the following sequence for your check-in call:

People: Start by checking in with the family member *as a person*. Remember that the family member you are talking to is likely the head of household, juggling many competing responsibilities and may be experiencing high levels of stress and anxiety. Listen to understand, not to respond.

Resources: After you've checked in on people, ask about immediate needs and resources. Remember to take note of items in need of follow-up. Listen and leave space for the family to do most of the talking here. Rather than make assumptions, ask for clarification as needed, and where appropriate.

Distance Learning: Next, check in on learning at home. Does the family have a designated space for their child(ren) to engage in learning activities? Have they received communication from the district or school about expectations during continuous learning? Do they have any questions about the plan or timeline? (*Additional questions below*)

Important Phone Numbers:

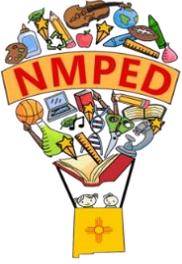
- Report Abuse or Neglect to CYFD: 1-855-333-SAFE
- National Domestic Violence Hotline: 1-800-799-7233
- National Suicide Prevention Hotline: 1-800-273-8255 or 1-800-784-2433S
- National Suicide Prevention Hotline (Hearing and Speech Impaired) 1-800-799-4889
- New Mexico Suicide and Crisis Hotline: 1-866-435-7166
- New Mexico Coalition to End Homelessness: (505) 217-9570
- New Mexico Coronavirus Hotline: 1-855-600-3453
- New Mexico Non-Health Related Coronavirus Information: 1-833-551-0518
- Senior Food Hotline: 1-800-432-2080

Online Resources:

- New Mexico Department of Health: <https://cv.nmhealth.org/>
- School meal sites for children: <https://www.newmexico.gov/education/meal-sites-for-children/>
- Emergency Housing: http://www.housingnm.org/emergency_housing/emergency-shelter1
- New Mexico Women's Shelters: https://www.womenshelters.org/sta/new_mexico

Teacher Self-Care Resources

- <http://www.mindfulteachers.org/p/self-care-resources.html>
- <https://loreamartinez.com/2014/10/22/what-do-you-do-with-your-stress-building-resilience-through-emotional-intelligence/>



Student & Family Wellness Check-In

Student(s):

Parent or guardian contacted:

Date:

Time:

People Check-in

How are <i>you</i> doing?	
How is your child(ren) staying connected to peers?	
How is everyone in your home doing mentally, physically, and emotionally?	

Resources Check-in

Do you have any urgent or pressing needs?	
Is there anything less urgent that you need or do not have?	
Do you know locations to get meals for your child?	Yes <input type="checkbox"/> No <input type="checkbox"/> Meals not needed at this time <input type="checkbox"/>

Distance Learning Check-in

Have you structured the day for child(ren)?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Do you need ideas for scheduling time or keeping child(ren) engaged?	Yes <input type="checkbox"/> No <input type="checkbox"/>
How do you feel about the resources available from the district? What additional resources do you need?	
What seems unclear or what questions do you have about how distance learning will work?	