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# NEWSLETTER

Hawai'i Statewide Family Engagement Center

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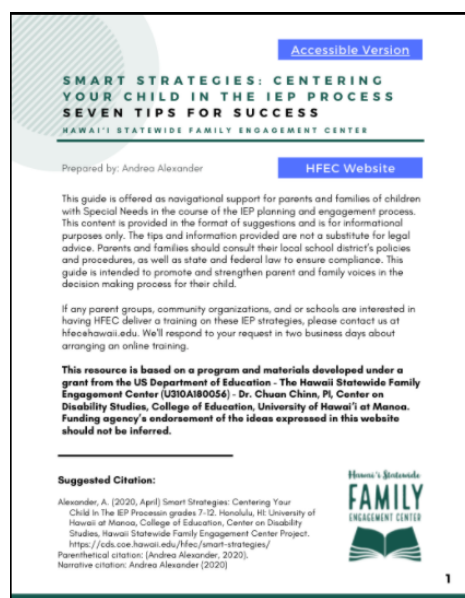


# IEP Smart Strategies

## Smart Strategies: Centering your Child in the IEP Process: **Seven Tips for Success**

This guide is offered as navigational support for parents and families of children with Special Needs in the course of the Individualized Educational Program (IEP) planning and engagement process. This content is provided in the format of suggestions and is for informational purposes only.

The tips and information provided are not a substitute for legal advice. Parents and families should consult their local school district's policies and procedures, as well as state and federal law to ensure compliance. This guide is intended to promote and strengthen parent and family voices in the decision making process for their child.



If any parent groups, community organizations, and or schools are interested in having HFEC deliver a training on these IEP strategies, please contact us at [hfec@hawaii.edu](mailto:hfec@hawaii.edu). We'll respond to your request in two business days about arranging an online training.

[Learn More](#)

[Access the Guide](#)

Andrea Alexander, HFEC Family, School, and Community Liaison, presented a webinar on the IEP Smart strategies as part of the 'Parenting During a Pandemic' **FREE** webinar series, that spotlights topics families in the Kailua-Kalāheo complex area have expressed interest in during this unprecedented time. Visit their [website](#) for the recorded webinar and slide deck on this topic, and many more!



# Coping with Zoom Fatigue



*“I thought I would have more time with working and classes all from home, but somehow I am more tired and it is hard to focus!!!”*

## **Why are video chats so exhausting???**

**Check out these resources on zoom fatigue, and coping strategies to deal with adapting to virtual communication.**

- [Zoom Fatigue is Real: Why Video Calls are so Draining](#)
- [12 Tips That Actually Help with Zoom Fatigue](#)
- [Zoom Exhaustion is Real: Six Ways to Find Balance and Stay Connected](#)
- [Zoom Fatigue is Real: Here's How to Deal With It](#)
- [Zoom Fatigue is Real and Our Kids are Feeling It](#)

# SEL Roadmap for Reopening School: For Educators

The Social and Emotional Learning ([SEL](#)) [Roadmap](#) is designed to support school leaders and leadership teams in planning for the transition back to schools, in whatever form that takes. Schools at any stage of SEL implementation can use this roadmap to build upon existing efforts around community-building, school climate improvement, student well-being and mental health, trauma-responsive learning environments, restorative practices, and social and emotional competency development.

They provide modules and a downloadable roadmap resource guide.

The [SEL Roadmap](#) offers four SEL Critical Practices, each with 3-5 activities.

## Topics include:

- Take time to cultivate and deepen relationships, build partnerships, and plan for SEL.
- Design opportunities where adults can connect, heal, and build their capacity to support students.
- Create safe, supportive, and equitable learning environments that promote all students' social and emotional development.
- Use data as an opportunity to share power, deepen relationships, and continuously improve support for students, families, and staff.

[Learn More](#)

# Partnership Highlight

## Parenting During a Pandemic - A Webinar Series

HFEC has partnered with the Kailua-Kalaheo Complex to present the [Parenting During a Pandemic Family Engagement Series](#). A free webinar series on topics that families request to learn more about during this pandemic.

Each webinar has been recorded and the slides and video can be accessed on the KK Complex Webinar Series website. These recordings are about 1 hour and 30 minutes and include a presentation by a content expert or panel, and then a 'question and answer' discussion with the audience.

Topics provided in this webinar series were requested by parents and family members through ongoing surveys in the local community.

### Topics include:

- Smart Strategies: Centering Your Child in the IEP Process, **Andrea Alexander**: HFEC Family, School & Community Liaison
- Hawai'i is Hiring: Connecting Kama'aina to Jobs, Training and Education Resources: **Keala Peters** and **Maria-Elena Diez**
- Motivating Children During the Pandemic: **Dr. Lois Yamauchi** and **Dr. Katherine Ratliffe**.
- And more related topics can be found at the [series website](#).

Upcoming webinar: October 16th at 2:00- 3:15 PM  
"Math Mindset"-help shape student achievement in math, with Dr. Jo Boaler, Stanford University.

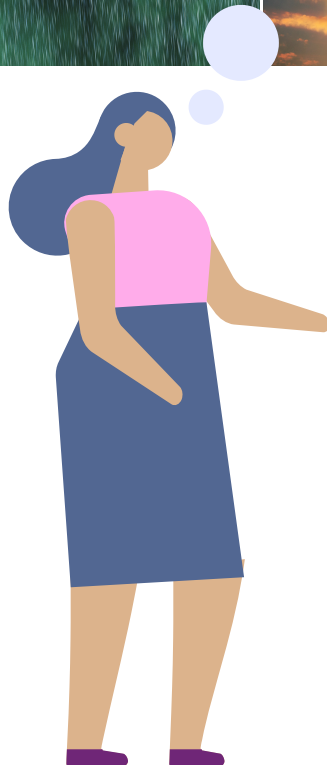
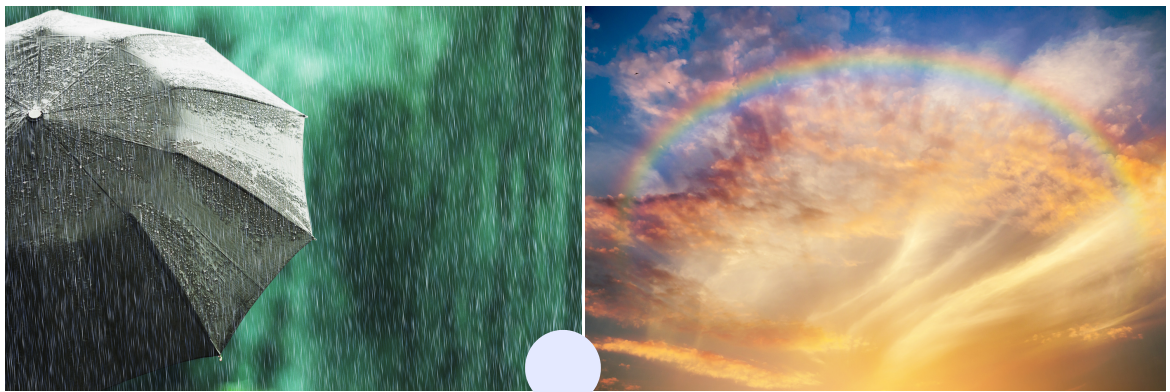
[Learn More](#)

# Reflection Question

In every situation, you can find both good and bad, challenges and opportunities. Sometimes it is a chance to make things better.

Although we've had to change the way we interact in classrooms and workplaces (for example face-to-face became virtual), what are some positive things that happened as a result of living in this new virtual world?

Connect with HFEC ([hfec@hawaii.edu](mailto:hfec@hawaii.edu)) now with your discussion question responses and your answer may be anonymously shared in our next newsletter!



# Resources

## **Educator/Ohana Package**

Find out more ways to incorporate Family Engagement strategies with the Welcome Back Packages for Family Engagement. There are two versions available, one for educators and one for 'Ohana.

Check out these new resources to support and strengthen the three spheres of influence that contribute to student success: Family, School, and Community.

### **[Welcome Back Package: Family Engagement for 'Ohana 2020](#)**

This 'Ohana Engagement guide is designed to provide a foundation to support your child's learning and connect with the school, in this new learning landscape.

### **[Welcome Back Package: Family Engagement for Educators 2020](#)**

This support guide is designed to provide educators a foundation on how to connect with families in the new learning landscape.

Included in this package is the First Phone Call Home- [Sample Script](#). The first phone call establishes a powerful and lasting impression that encourages families to engage. It is a great opportunity to set the tone for relationship building and demonstrates the commitment to connecting the school with families. Educators can use this [sample script](#) for specific ways to communicate with families, and to show the importance of a positive first phone call.

# Resources

## Family Resources

**Is family engagement even possible during a pandemic?  
Absolutely!**

Family engagement is more important than ever, as many students across the state are learning at-home or virtually. Our website has recently updated the [Family Resources](#) library with topics that are relevant for all ages (from birth to college/career) and include specific strategies to incorporate family engagement in all aspects of education.

**Topics include:** academic success, college and career readiness, financial empowerment, parent education, social emotional learning, special education support, virtual learning, support transitions & more!

[Learn More](#)

## Social Justice Resources

HFEC has provided a list of social justice resources for educators and families to engage in racial justice issues and to consider getting involved in other ways.

[Find Out More](#)

### **Hawai'i Votes!**

Learn about the important dates and how voting impacts our students.

[Learn More](#)





# Acknowledgements

The HFEC held a successful symposium 'Ohana Engagement for Student Success - Collaborating for Our Keiki Symposium on September 25th, 2020 to kick off the Big Island Family Engagement in Education Cohort. Mahalo to our keynote speaker **Dr. Karen Mapp** and our amazing panelists- **Courtney Hamakawa**, HIDOE, Homeless Concerns Liaison, Kau-Keaau-Pahoa Complex Area, **Dr. Kathleen O'Dell**, HIDOE Kailua-Kalaheo Complex Area, Complex Academic Officer, **Andrea Alexander**, Hawaii Statewide Family Engagement Center, Family School & Community Liaison, **Jana Smith**, Hawaii Community College- Manono Campus, Asst. Professor, Early Childhood Instructor, **Mahealani Contrades-Brun**, 'Ele'ele Elementary, Parent Community Networking Center Coordinator, and **Chad Cabral**, CEO, Boys and Girls Club of the Big Island- for sharing their mana'o on how to use family engagement strategies to promote educational equity and strengthen family engagement at home, school, and in the community.

## COLLABORATING FOR OUR KEIKI

Brought to you by: The Hawaii Statewide Family Engagement Center

Friday, September 25, 2020

8:30 am - 11:30 am



As everyone is adapting to the current “normal” school environment, we are grateful for our contributing partners' support and collaboration. We would especially like to acknowledge our partnership with HI DOE offices, LDAH, Kamehameha Schools, and our participating cohort schools in Kaua'i and Hawai'i counties. We also want to thank our readers for your interest and support in the work that the Hawai'i Statewide Family Engagement Center provides. For more information, questions, or interest in a training opportunity provided by HFEC please contact us at [hfec@hawaii.edu](mailto:hfec@hawaii.edu) or visit our [website](#).