



K-12 Schools are in

Remote learning for all

Remote learning with exceptions

In-class & remote learning

Learning groups: full-time in-class

Learning as usual: full-time in-class

Stage 5

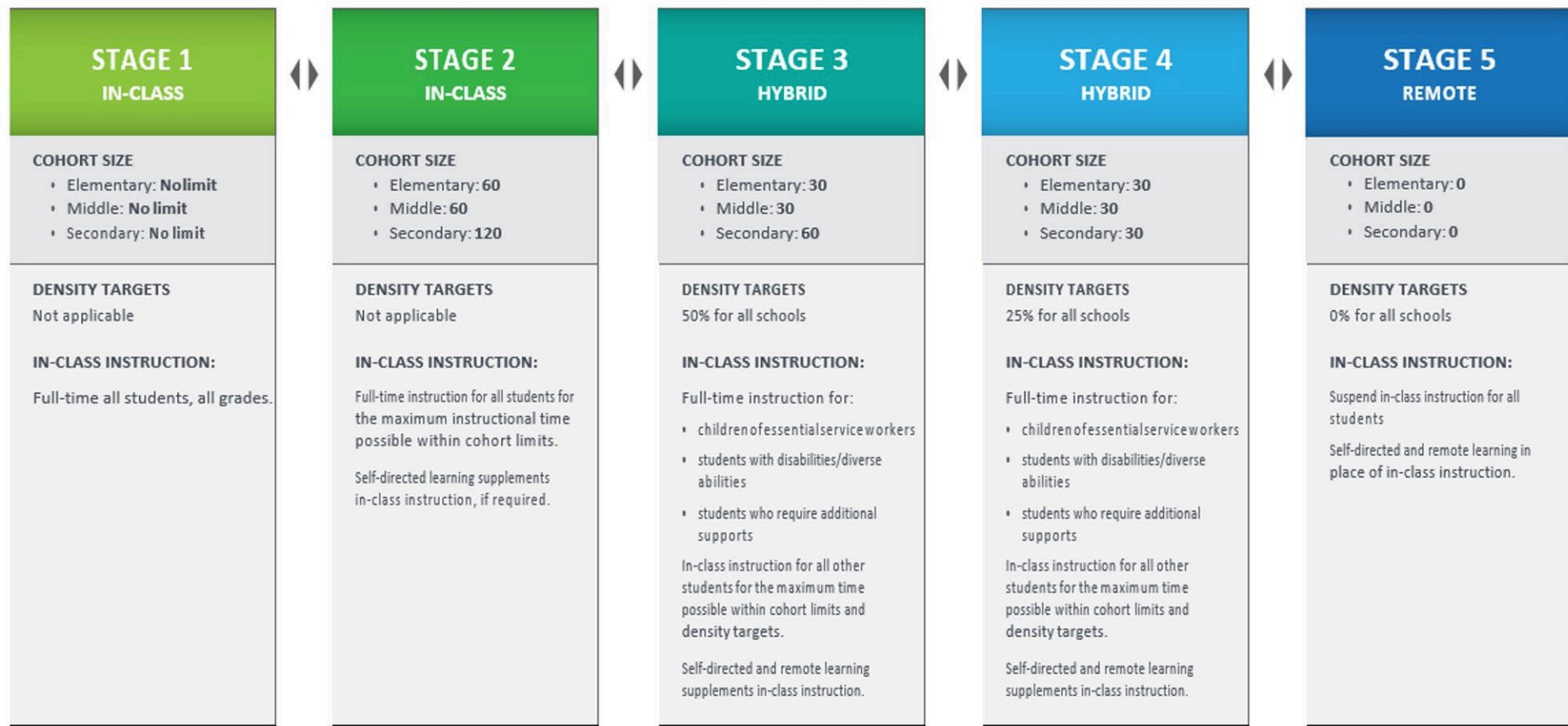
Stage 4

Stage 3

Stage 2

Stage 1

FIVE STAGES FRAMEWORK FOR K-12 EDUCATION



Learning Groups/Cohorts

Key component of the safe re-opening of schools

Group of students and staff who stay together for a longer period of time

- Year, Semester, Quarter
- Elementary and Middle (60)
- Secondary (120)

Reduce number of interactions between students and adults

Improved contact tracing

Better sense of connection amongst students and staff



A Parent Framework for Successful School Return

Step 1: Make an informed decision about whether to send your child back to in-person school

Step 2: “Live” your decision. Practice it.

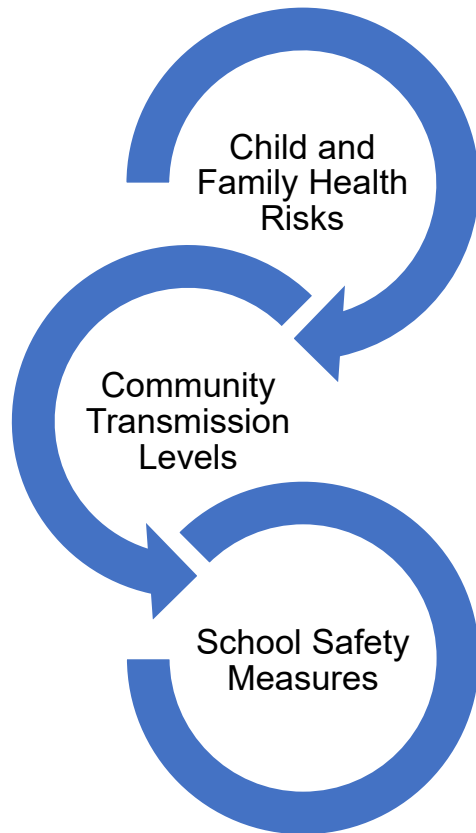
Step 3: Communicate confidence to your child

Step 4: Practice the routines in advance with your child/break down the steps if refusal

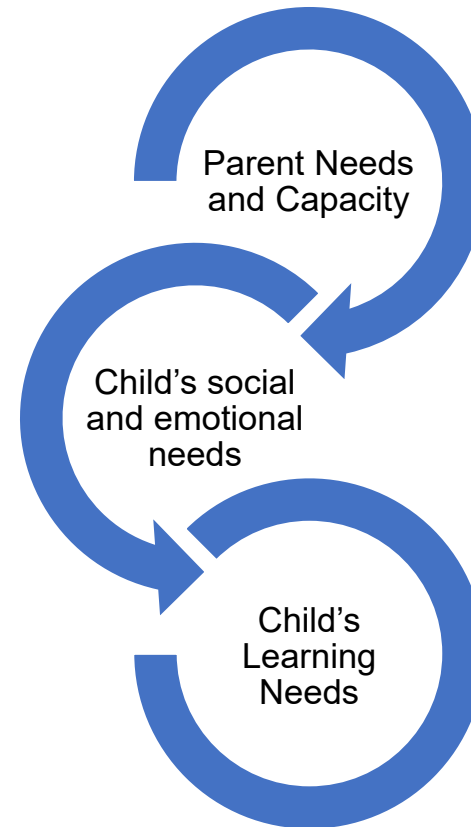
Step 5: Don't give up if your child pushes back!

Help parents to broaden their view...

Physical Health



Academic and Socio-Emotional Health



Child/Teen Refusing To Go

- Go through decision framework (check on parents' ambivalence)
- Make sure home extremely boring (no wifi etc)
- Parents **MUST** set expectations in coordination with school
 - slowly increasing time at school
- Working with parents and school comes first; not individual therapy for child/teen in most cases (too much control to them)
- While SSRIs can lower anxiety, stepwise exposure is the critical treatment ingredient
 - SSRIs can make those steps easier but are not curative in and of themselves