

Online Inclusion Forum Decorum

- All mikes will be muted to ensure speakers can be heard
- If you wish to speak raise your hand on your video screen
- Keep focused on Students! We will not discuss individual schools' situations
- We will not discuss individual cases unless you want to, rather over arching challenges or supports
- We can share any resources we talk about



Session Layout

- Welcome
- You are not alone [Parent Portal](#)
- Strategies for supporting my child with Dysgraphia during home learning
- Q&A
- How can we support each other



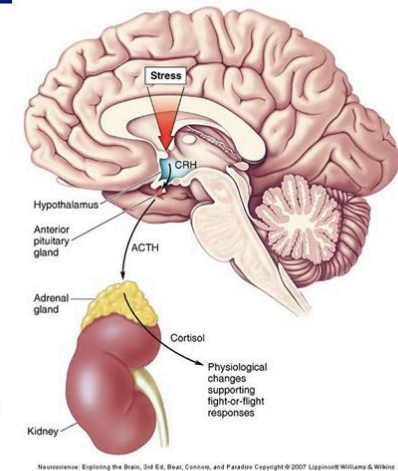
What is it?

- Anxiety is the topmost contributing factor to reduced wellbeing
- Fear
- Anger
- Confusion
- Frustration

Anxiety Disorders

Biological Bases of Anxiety Disorders

- Fear evoked by threatening stimulus: Stressor
- Manifested by stress response
- Stimulus-response relationship strengthened (and weakened) by experience
- Stress: Corticotropin-releasing hormone (CRH) → adrenocorticotropic hormone (ACTH) → cortisol



Generalized Anxiety Disorder (GAD) Symptoms



**Excessive anxiety
and worry**



**Increased muscle
aches or soreness**



**Impaired
concentration**



Fatigue



Irritability



Restlessness



Difficulty sleeping



What things are effecting my child's wellbeing online during COVID-19?

(Compiled by Suzie Hachez)

- **Fear:** of losing a dear one or about personal health
- **Anger:** No notification/information was given
- **Confusion/frustration:** How am I to learn now? How can I just go on as normal? What is expected of me (even more difficult when we are a face-to-face person), how to juggle family and workload?
- **Guilt / self-blame:** being technophobic and afraid that it affects the quality of work.
- **Shame / humiliation:** feeling embarrassed compared to colleagues who are thriving, afraid to admit they are scared to go back to school, unable to access the curriculum
- **Sorrow / grief:** missing routine / their community. Unable to say goodbye to a dear friend, student (for those who had planned to leave UAE) or family (bereavement).

Remember that all these emotions are normal and are there to understand ourselves only better.

What does it look like in an online session

- Inattention and restlessness
- Attendance problems
- Disruptive behavior
- Trouble answering questions in class
- Frequent breaks from the session
- Never turns on camera
- Late submitting assignments
- Poor assessment scores

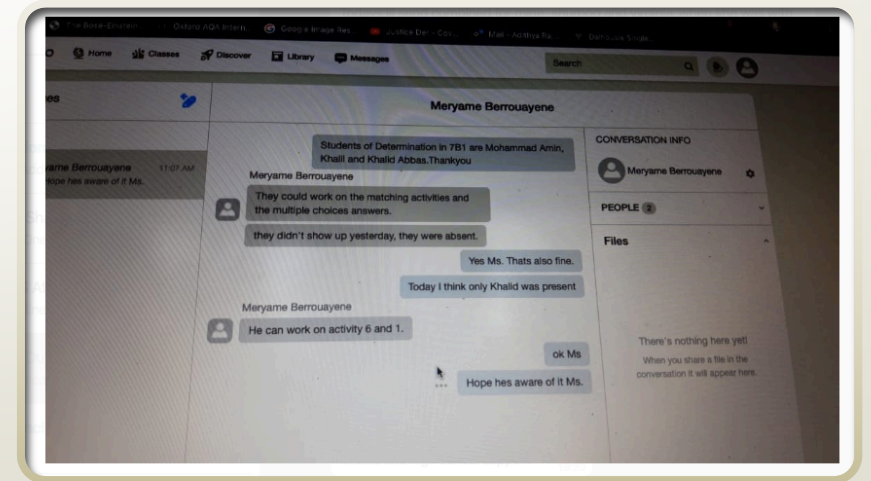
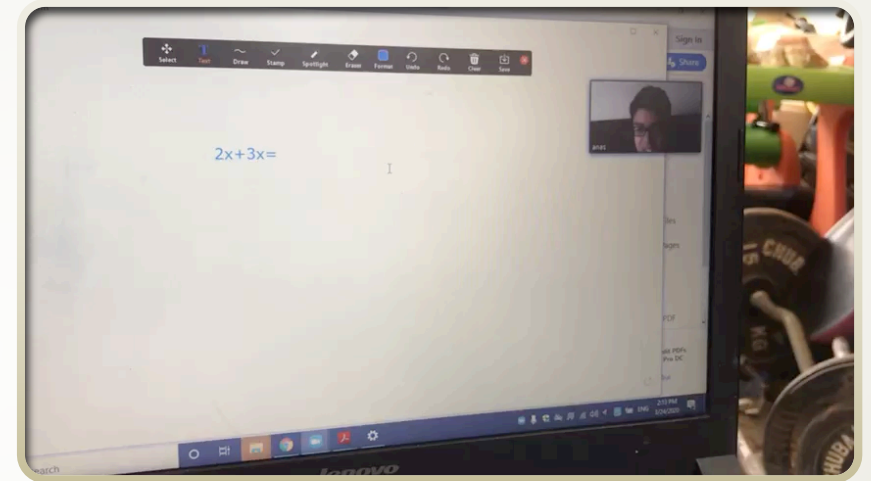




What a session looks like

Push in

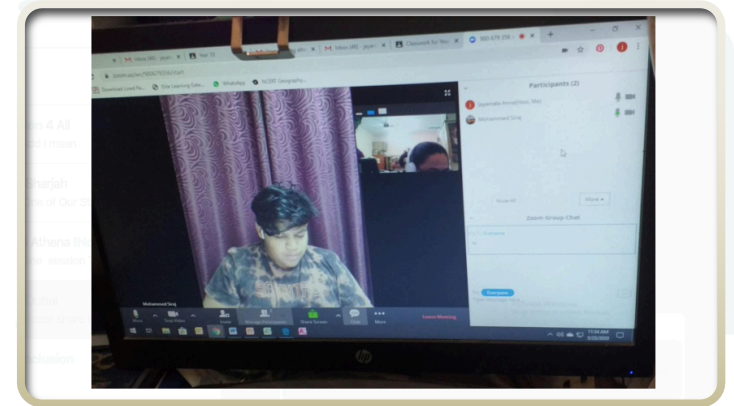
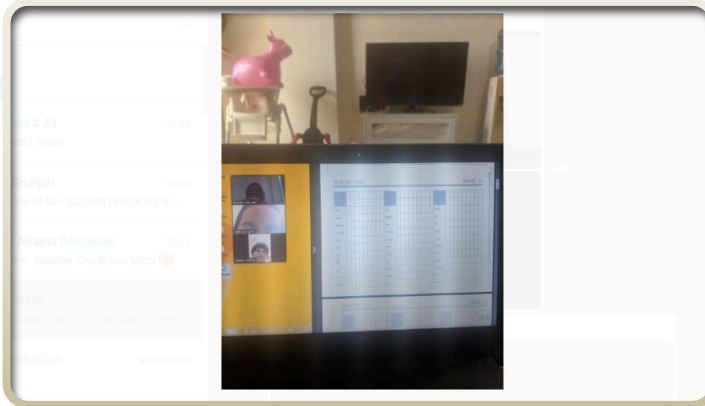
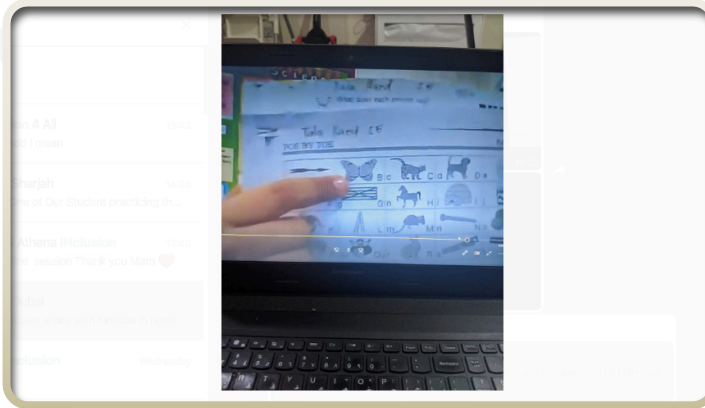
- Support Teacher logs into the student's class session and hosts along with the teacher.
- Where a student needs support they interact on chat or even WhatsApp
- The support teacher can assign individual, differentiated work to the student as part of the class



What a session looks like

Pull Out

- The support teacher arranges one to one sessions with the SoD
- Targeted work allocated by the teacher or the Inclusion team is delivered

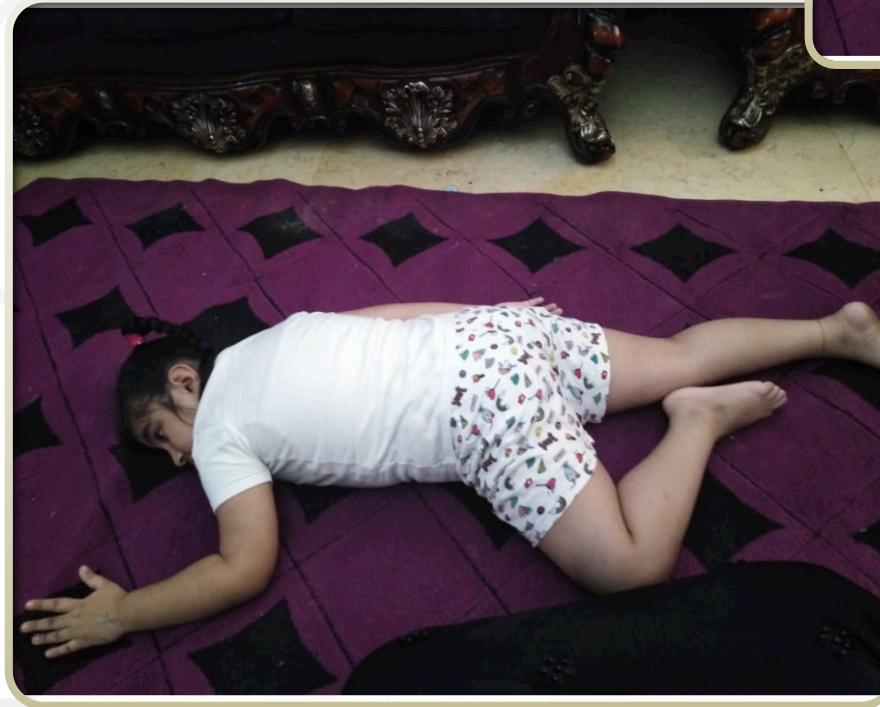


What a session looks like

Individual Assignments

The support teacher assigns tasks to be completed at home

- SoD submits evidence of completion of the task
- Support Teacher engages either on google class / zoom/ teams etc. to directly feedback about the SoDs progress



How to be successful at home

No two children
are the same so it
depends on what
works for you

Create structure

Break tasks into
manageable
pieces

Listen

Give choices

Talk about
wellbeing and the
challenges

Set boundaries
and stick to them

Practice Self-Awareness:

(by Suzie Hachez)



It is very important to recognize their feelings, knee-jerk reactions, defense mechanisms, relationship dynamics as all these affect relationships with others and our output.



Use a journal where they answer to a few prompts such as: what went well today?



What did I learn that will help me be a better learner/ friend/ learning partner/ brother?



One thing I appreciated today was?



What did not go well and what I learned from that?



One thing I learned about myself today is...

This journal can be:

- handwritten
- digital
- Sketch notes
- Photos
- Audio entries
- Video entries



Platforms

- During the period of home learning one of the most common student complaints is the distance from their friends
- Work with your child to find a platform to connect with their friends- a digital homeroom or study hall can provide a place for classmates to come together
- Talk to your teacher to find a time where they can connect with you or your child
- Research forums around topics that your child is interested in where people come together online to chat about it and make new friends with similar interests





Sowabona



Thank you!