



SUMMER SURVIVAL TIPS: ESY, HEALTHCARE, AND MORE



Interact with us - Guidelines

- If you have a question that you would like answered, type it into the “Question” pane.
 - We will respond during the webinar to those that we are able to or afterward
 - We may have to reach out and get answers from partners
- If you have information or resources you want to share with everyone, type them into the “chat” box and chat to everyone
- We will also periodically be asking you to respond to polls during the webinar- we are trying a different way of polling today. You can either use your cell phone to text, or a website.

Participants will be able to:

- Discuss key points about ESY and Compensatory Education
- Discuss important health and telehealth reminders and strategies
- List and describe virtual activities to engage kids over the summer

When poll is active, respond at **PollEv.com/pealadmin468**

Text **PEALADMIN468** to **22333** once to join

Type one word that describes how you are feeling about the end of virtual school.



Understanding the Difference

- Extended School Year (ESY)
- Compensatory Education

Considerations

While schools are closed and summer approaches, families may be concerned about:

1. How will services be delivered to students who qualify for ESY?
 2. How will students with disabilities receive instruction when school buildings re-open?
- It is important to know that these two questions should be considered separately.

ESY

- Prior to schools closing, many IEP teams met to determine if a student was eligible to receive ESY services based on these factors:
 - Loss of basic skills (regression)
 - Takes a long time to get them back (recoupment)
 - Mastery of skill(s)
 - Self-Sufficiency and Independence
 - Successive Interruptions
 - Severity of the disability
- ESY does not support the learning of new skills
- Eligibility based on data collected before and after long breaks in education

Declining ESY

- If a parent decides to decline ESY for their child(ren) this summer
- It is recommended that they:
 - Request a NOREP if the school district has not already issued one
 - Sign the NOREP indicating that they are declining ESY and add language that includes specific information

Key Points to include in NOREP

1. The extraordinary circumstances of this summer
2. The District's offer of a virtual ESY program that is not appropriate
3. That the parent is declining the ESY program this year
 - without asking for a hearing or other dispute resolution
 - but reserving their right to an appropriate ESY program when the District is able to offer one, and
4. That they reserve their right to ESY as a pendent placement.

Will your child need compensatory education?

- Make up for services children did not receive while schools were closed
- Meet with the IEP or 504 team
- Look at goals, data, and other information to help determine:
 - Skills that were lost by a student
 - Needs to be made up

Ways to Calculate Comp. Ed

- Hour by Hour
 - For example: To make up missed sessions of Related Services
- Make Whole
 - Bringing the student up to where they would have been, had they not missed those services
 - Closing the gap between where the student's skills should be, compared to where they were prior to the disruption



Monitoring Progress at Home



Data Collection at Home

- Collecting data at home is not new -- many families collect data over summer and holiday breaks
- “Data” can include:
 - notes about your child's progress, regression and behavior
 - Video, photos and/or audio recording
 - Work products/samples (written work, math worksheets, art projects, etc.)

Monitoring Your Child's Progress

- Review documents:
 - most recent evaluation
 - IEP and progress reports
- Observe and collect data related to the IEP goals.
- This will help you to keep a record of:
 - the skills your child is able to perform at home
 - differences in how they perform at home vs at school

Monitoring Your Child's Progress

- Keep records of any regression or skill loss you see for your child while not in school.
- It may be helpful to keep track of this information on a calendar so it's easier to see patterns.
- Depending upon your child's strengths and needs, keep track of:
 - Academics
 - Social Skills
 - Behavior



Effective Practices for Virtual ESY

Effective Virtual ESY Ideas

- Individualized services
 - Real-time instruction
 - One-to-one tutoring
 - One-to-one or small group related services
 - Programmed individualized online instruction
 - Creative thinking by the IEP team
-
- Stay tuned to hear some ideas we found!

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Do you have other creative ideas for virtual ESY?



Healthcare & Telehealth Reminders



Regular Healthcare Is Still Important!

- Well-child visits remain important
- Recommended that Pediatricians prioritize in-person visits for newborns – 24 months
 - Newborn screening
 - Developmental screening
 - Physical Exam
 - Vaccinations
- Remember to reschedule surgeries or procedures that were postponed

#CallYourPediatrician



The doctor is in!

Pediatricians are taking steps to make sure it's as safe as possible for office visits:

Separate “Sick”
and “Well”
times and areas



Phone check-in
and in-car waiting
rooms

Video visits
when possible



If you have any concerns about your child's health, please give your pediatrician a call.

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How to prepare for a video visit with the pediatrician

Have your child with you!

Other things to have ready:



Your child's weight
& temperature



A list of specialists
your child sees



Your pharmacy info



Medicines
your child takes

Don't forget to test your camera and microphone before the visit.
Log in a few minutes early.

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Telehealth Tips

- Find or prepare a quiet, distraction-free space
- Dress like you are going in-person – get in the right mindset
- Make a list of questions or concerns to discuss
- Introduce those who are present
- Share details about symptoms
- Take notes and ask clarifying questions
- Be prepared for remote examination techniques

Teletherapy

- Can include: OT, PT, Speech, Behavioral and/or Mental Health
- Review goals and focus on those that can be addressed remotely
- Delivery of some strategies or activities may need to be adjusted
- Ask questions and advocate for what you need
- Ask if the session can be recorded so that you can review the instructions or coaching that is provided

Emerging Mental Health Concerns

- You are not alone!
 - Increased stress, depression, anxiety, agitation
 - Decreased motivation, moods, patience
- Reach out for support!
- Establish new routines
- Incorporate social connections, exercise, regular meals, good sleep habits
- Self-care is essential! This is not easy for anyone!



Mental Health Resources

- Text HOME to 741741 for free 24/7 crisis counseling from Mental Health resources
- PA Statewide Support and Referral Helpline: 1-855-284-2494
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-HELP
- NAMI HelpLine: 1-800-950-NAMI (6264) or info@nami.org.
 - Monday–Friday, 10 am–6 pm, ET.
 - Their [resource page](#) can also help to address many needs and concerns or review their [COVID-19 guide](#).
- [Crisis Intervention by County](#)
- [Coping with Stress](#)
- [Mental Health America](#)
- PsychHub, a cooperative effort of insurers and mental health organizations has some helpful Covid-19 [Mental Health videos](#)
- [Common Mental Health Warning Signs](#)



Summer Virtual Activities for Youth

PEAL Youth Activities



Join us for #TQEPTuesdays on Tuesdays and #TQEPWatchParties on the 1st Fridays of each month at 6:00 pm on Zoom!

“Like” and Follow us on social media for topics and more info!

CLICK HERE TO JOIN!



TRANSITION DISCOVERIES
Your Voice - Your Story - Your Future

Email Erin Weierbach for more info or to request reasonable accommodations:
eweierbach@pealcenter.org

- **TQEP Tuesdays and Watch Parties**

[Transition Discoveries Facebook page](#)

- **Youth Virtual Coffee Drop-Ins**

<https://zoom.us/j/95790302310>



Take Virtual Tours!

- **12 Famous Museums Offer Virtual Tours**

<https://www.southernliving.com/syndication/museums-with-virtual-tours>



- **Zoos and Aquariums**

<https://www.njfamily.com/zoos-and-aquariums-you-can-visit-virtually/>

Create Art!



- **Free Art Lessons**

<https://www.youtube.com/channel/UC2nzX48Ucr1MIEpg0fC0J6A/featured>



- **24 Zentangle Patterns**

<https://www.youtube.com/watch?v=Ikliye1wNa0>

Go to Camp!



- **22 Virtual Summer Camps**

Animals, art, sports, STEM, general, & performing arts

<https://www.realsimple.com/work-life/family/kids-parenting/virtual-summer-camps>

- **Varsity Tutor**

<https://www.varsitytutors.com/virtual-summer-camps>

- **Sarasota Virtual Film Camps**

<http://sarasotafilmcamps.com/#camps>

Resources

- [PEAL's Extended School Year \(ESY\) Essentials](#)
- [PaTTAN's Extended School Year \(ESY\) Services in Pennsylvania Guide](#)
- [CDC-Child Care, Schools, and Youth Programs](#)
- [Compensatory Education Information](#)

Evaluations

- You will get an email in 1 hour with the link to complete the Webinar Evaluation.
- We have received wonderful feedback from previous evaluations.
- Please share any comments or questions, as we read them all!
- If you don't want to wait an hour, the link is:

<https://www.surveymonkey.com/r/PEALwebinareval>

Thank You!

PARENT EDUCATION & ADVOCACY LEADERSHIP CENTER



Promoting inclusion and access
in education and healthcare

Empowering families and
young adults across PA



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