



COVID & School Guideline Resources

Choices & Worries

Helpful Links:

- **Mask Supports:**
<https://utahparentcenter.org/wp-content/uploads/2020/09/Masks-9-options.pdf>
- **Utah Mask Mandate Factsheet:**
<http://disabilitylawcenter.org/wp-content/uploads2/2020/10/Mask-Requirements-and-Disabilities-Factsheet.pdf>
- **Utah.gov Mask Order FAQ:**
https://coronavirus-download.utah.gov/Health/Mask_Order_FAQ.pdf
- **Teens & COVID Worries & Supports:**
<https://utahparentcenter.org/wp-content/uploads/2020/09/Teens-and-COVID-19-Challenges-and-Opportunities-During-the-Outbreak.pdf>
- **Crisis Nursery Support:** <https://www.familysupportcenter.org/>
- **Remote Learning: Thriving for some disaster for others:**
<https://www.edrevsf.org/resource/remote-learning-has-been-a-disaster-for-many-students-but-some-kids-have-thrived-2/>

Guidance from the Department of Education

Helpful Links:

- **IDEA Guidelines under COVID**
 - IEP Service Provisions, ESY, Evaluation Q & A:
<https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-provision-of-services-idea-part-b-09-28-2020.pdf>

- Procedural Safeguards Q & A:
<https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-procedural-safeguards-idea-part-b-06-30-2020.pdf>
- Dispute Resolution Q & A:
<https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-dispute-resolution-procedures-part-b.pdf>
- Providing Services Q&A:
<https://www2.ed.gov/policy/speced/guid/idea/memosdcltrs/qa-covid-19-03-12-2020.pdf>
- **Office of Civil Rights:**
 - COVID in Schools While Protecting Civil Rights of Students:
<https://www2.ed.gov/about/offices/list/ocr/docs/ocr-coronavirus-fact-sheet.pdf>
- **Utah State Board of Education**
 - Providing Special Ed Services and Supports:
<https://utahparentcenter.org/wp-content/uploads/2020/03/March-16-Letter-to-LEA-Directors.pdf>
- **Utah State Board of Education Coronavirus Information and Resources:** <https://schools.utah.gov/coronavirus>
- **Legal FAQs on Coronavirus, School Closings, and Special Education:**
https://www.understood.org/en/school-learning/special-education-coronavirus-faqs?_ul=1*asjyhb*domain_userid*YW1wLVV0Y3VMdUF6OEIXX0NUOGFtZ0prLWc

School Exposure Guidelines

Helpful Links:

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- **COVID-19 School Manual Summary on exposure:**
<https://coronavirus.utah.gov/education/school-manual/>
 - **CDC Updates:** <https://coronavirus.utah.gov/cdc-updates/>

Academic Virtual & In-person Learning Supports

Navigating School Platforms

- ★ Visit YouTube and search for tutorials.
- ★ Call your school and ask about receiving individualized guidance and get a designated contact.
- ★ Reach out to other students or family members that may have knowledge about these platforms.
- ★ Learn by doing- simply attempt to understand the system by using it.
- ★ Reach out to your team with technical difficulties

Helpful Training Links:

- **Aspire:** <http://utah.pearsonaccessnext.com/training/>
- **Canvas:**
<https://community.canvaslms.com/docs/DOC-10745-canvas-basics-table-of-contents>
- **Google Classroom:**
<https://support.google.com/edu/classroom/?hl=en#topic=6020277>
- **Google Hangouts/Meet:**
https://www.youtube.com/watch?time_continue=14&v=kU4fYfHG-LY&feature=emb_logo
- Virtual Learning Engagement Concerns for Students:
<https://u.org/2LKAhNM>
- **Zoom:**
<https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutoria>

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- **Google Doc Educational Videos:**

https://edu.google.com/teacher-center/products/docs/?modal_active=none

Curriculum Supports

Helpful Links:

- **Family Guide to At-Home Learning:**
<https://cedar.education.ufl.edu/portfolio/family-guide-to-at-home-learning/>
- **Supported Learning Through COVID-19:**
<https://iris.peabody.vanderbilt.edu/module/c19/>
- **Khan Academy** (math, science and engineering, computing, arts and humanities, economics and finance, test prep)
<https://www.khanacademy.org/>
- **Online Math Resources:**
<https://utahparentcenter.org/wp-content/uploads/2018/03/Online-Math-Resources.pdf>
- **Learning Resources by Subject:** <https://www.ck12.org/student/>
- **Tips for Home Schooling in a Hurry:**
<https://medium.com/@asinhey/11-tips-for-parents-starting-to-homeschool-on-monday-e6562712efc3>
- **COVID 19 Resource Center, Learning Disabilities Association of America:** <https://www.ldaresource.org/>

Tech Supports

Helpful Links:

- **Assistive Technology links from LDAU:** <https://www.ldau.org/technology>
- **Utah Assistive Technology Teams:** <http://uatt.org/>

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- **Handpicked recommendations for learning apps, games, and websites for kids:**
<https://www.common SenseMedia.org/best-for-learning-lists>
 - **Assistive Technology Suggestions and Explanation of AT review process in Utah:** <https://www.Idau.org/technology>
 - **Microsoft tools for learning supports:**
<https://www.Idau.org/post/learning-tools-from-microsoft-to-help-individuals-with-learning-disabilities>
 - **Considering AT for students with disabilities:**
<https://www.parentcenterhub.org/considering-at/>
 - **Conversation and tips for parents:**
<https://www.pacer.org/stc/pubs/STC-38.pdf>
 - **Utah Center for Assistive Tech:**
<https://jobs.utah.gov/usor/vr/services/ucatt.html>
 - **Utah Assistive Technology Teams:**
<https://jobs.utah.gov/usor/vr/services/uatt.html>
 - **Utah Assistive Technology Newsletter:** <https://www.usu.edu/uatp/>

School Communication

- ★ Communicate with teachers to express concerns
 - ★ Ask about additional support they can provide
 - ★ Brainstorm innovative ways to provide support - phone call, other technology
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- **See handout provided at conference**
 - **Steps to communicating with your child's school:**
<https://www.cadreworks.org/resources/cadre-materials/steps-success-communicating-your-childs-school>
 - **Communicating with your child's teacher:**
<https://www.understood.org/pages/en/school-learning/partnering-with-childs-school/working-with-childs-teacher/>

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- **How to mend the broken relationship:**
<https://www.additudemag.com/adhd-and-school-problems-strategies/>
 - **Dispute resolution USBE:**
<https://www.schools.utah.gov/specialeducation/resources/lawsrulesregulations?mid=942&tid=1>
 - **Frequently Asked Questions about how COVID 19 is affecting special education:** <https://www.wrightslaw.com/>

Student Needs: Tips & Examples

Behavior, Social & Emotional

- ★ 5 point scale for feelings or feeling thermometer scale
- ★ List of personal coping strategies
- ★ Volume meter (to gauge how loud it is in a room)
- ★ Break plan


Helpful Links:

- **PBIS (Positive Behavioral Intervention Supports for at Home):**
<https://www.pbis.org/resource/supporting-families-with-pbis-at-home>
- **Least Restrictive Behavioral Interventions UPC:**
<https://utahparentcenter.org/behavior-lrbi/>
- **Behavior Response Support Team:**
<https://ed-psych.utah.edu/news/brst2020.php>
- **Smarter Parenting:**
<https://www.smarterparenting.com/behavioral-issues/>
- **Ruler and other cool and free stuff:**
<https://www.socialemotionalworkshop.com/>

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- **Positive Behavioral Supports:**
https://www.understood.org/en/school-learning/for-educators/universal-design-for-learning/what-are-positive-behavior-strategies?_ul=1*6o5xrg*domain_userid*YW1wLUizUFg4Q2Z1bV9xYlh4d1VLNmZjbXc.
 - **Protecting Your Families Mental Health:**
https://www.upliftfamilies.org/protecting_your_family_s_mental_health_during_covid_19?utm_campaign=protectingfamilymentalhealth&utm_medium=email&utm_source=upliftfamilies
 - **FREE NAMI online class:**
<https://publiccourseapi.nami.org/Learner/Login?fbclid=IwAR1TB8OXE0izZj3LkX249vzX5GdBNxepvixAKI2y65z3UNX-wjqwi0WqaS0>
 - **Mindfulness classes for Kids:**
<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>
 - **Crisis Help:**
<https://utahparentcenter.org/wp-content/uploads/2019/12/Crisis-Help-flyer-Allies.pdf>
 - **Helping Anxious Child Find the Facts:**
<https://www.brainson.org/episode/2018/10/23/how-to-find-the-facts-prove-it-part-4>

Organization

- ★ Binder
- ★ Calendar/Planner
- ★ Whiteboard
- ★ Multiple Apps
- ★ Timer/reminders
- ★ Schedule
- ★ To-do task lists

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- ★ Copy of the Class Rules to know what is expected when in person or virtual

Helpful Training Links:

- **Homework contracts for all ages at Understood.org:**
<https://u.org/3qDJOVN>
- **Visual Strategies:**
<https://www.ldatschool.ca/wp-content/uploads/2017/07/Visual-Strategies-for-Improving-Organization-and-Planning-Outline.pdf>
- **Learning Contracts & Picture Daily Routine Schedules:**
<https://u.org/2XFH11O>
- **Homework Tracker:**
https://assets.ctfassets.net/p0qf7j048i0q/70RAWFvD7z1PIL0juK4x6g/49d586117306f25d4f36c6b834fb3ab2/Homework_Contract_for_Middle-Schoolers_and_High-Schoolers_Understood.pdf
- **Organization Supports for High School Age Students:**
<https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/executive-functioning-issues/executive-functioning-issues-and-learning-6-ways-to-help-your-high-schooler>
- **Tech Supports:**
<https://www.edrevsf.org/wp-content/uploads/2018/10/Helpful-Tech-by-Executive-Function.pdf>

Time Management

Helpful Training Links:

- **Best Time Management Apps for Students:**
<https://www.educationalappstore.com/blog/best-apps-will-help-students-manage-time/>
- **Time management webinars and information:** <https://efpractice.com/>
- **Get Ready, Do, Done:** Multiple videos about this process on YouTube
https://www.youtube.com/results?search_query=get+ready+do+done

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- **How to help your child with homework challenges:**

https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/homework-strategies?_ul=1*q2o73t*domain_userid*YW1wLVZTbmo4Snk1FrTUJYamxteXIUNGc.

Attention & Concentration

Helpful Links:

- **Executive Functioning 101 E-book:**

https://www.edrevsf.org/wp-content/uploads/2019/01/executivefunction101ebook_344.pdf

- **Understood.org:**

https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/distance-learning-focus-challenges?_ul=1*15knh3a*domain_userid*YW1wLVZTbmo4Snk1FrTUJYamxteXIUNGc.

- **17 Apps to help kids stay focused:**

<https://www.common sense media.org/lists/apps-to-help-kids-stay-focused>

- **CHADD Children and Adults with Attention Deficit Disorder Utah:**

<http://www.chaddofutah.com/index.html>

Disclaimer: This information is meant to help parents support their students through the soft school closure measures in the state of Utah due to COVID-19. Although we may review official information provided by the Department of Education and the Office of Civil Rights, our intention is not to interpret guidance or provide anything that could be construed as legal advice. We are parents helping parents.

Please keep in mind that this information is continuously changing as the situation changes.