



Children's in the Community Fall 2020 Special Back to School Issue

Children's in the Community is a quarterly newsletter that highlights UPMC Children's efforts in the community, and celebrates the successes and achievements of program partners.

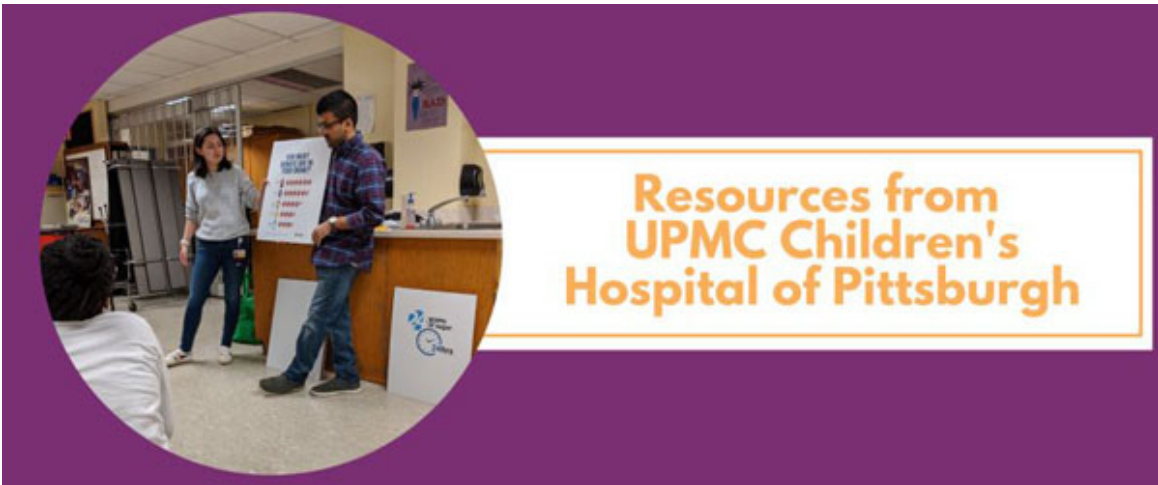
Whether or not your school year has started in-person or virtual, or a combination of both, this year is likely to bring its share of questions and concerns. Because the health and safety of kids is our priority, we've put together this comprehensive collection of resources for going back to school – resources from UPMC Children's and from our trusted partners on topics such as:

- Creating safe and supportive environments
- Encouraging physical activity and healthy nutrition
- Promoting social emotional learning
- Fostering equity and belongingness
- Furthering family engagement
- And more

If you have questions about [UPMC Children's Division of Community Health](#) or any of the articles in this newsletter, contact Anne Marie Kuchera at annemarie.kuchera@chp.edu.

In this issue:

- [Resources from UPMC Children's Hospital of Pittsburgh](#)
- [Resources from UPMC Partners](#)
- [Resources from Community Partners](#)
- [Other Helpful Resources](#)



COVID-19 FAQs

With so many questions about COVID-19, UPMC Children's Infectious Disease experts are providing school, out-of-school time, and early childcare staff and personnel with the most up-to-date information on COVID-19. See their responses to more than 50 FAQs [here](#).

United Way 2-1-1 School Advice Line

UPMC Children's is partnering with the Allegheny County Health Department and United Way's 2-1-1 services to include a [COVID-19 School Advice Line](#). This triage line will provide telephone support for schools, childcare centers, pediatric sports centers, and other pediatric entities that have questions related to specific incidents. Call 2-1-1 Monday through Friday from 8 am to 8 pm.

UPMC Children's Hospital Injury Prevention

The Injury Prevention Team at UPMC Children's is scheduling Safety Van visits to the community through mid-November to bring home safety education and resources. The team is also available to do virtual safety presentations to groups/classes on various safety-related topics. Interested parties should contact Christine Vitale at Christine.Vitale@chp.edu.

The Pittsburgh Study: Family Strengths Survey

Families are encouraged to participate in the University of Pittsburgh Department of Pediatrics Family Strengths Survey, a weekly survey that asks families how they are doing during the COVID-19 pandemic to improve resources. More information about the survey can be found [here](#). Please share with your networks.

Creating Peace: Preventing Youth Violence

Creating Peace is a program for high-school age students to talk about gender, race, class, and discrimination in ways that focus on building positive communities. Students work through an 18-hour curriculum about these topics before meeting with law enforcement and other adult allies from their neighborhoods. Together, they work toward shared visions of justice and peace. For additional information, including whether your students may be able to participate, please contact Namita Dwarakanath at Namita.Dwarakanath@chp.edu

UPMC Children's Hospital Asthma Community Outreach

UPMC Children's aims to support children across Pittsburgh with asthma by connecting them and their families with community-based care and resources. Specifically, the goal is to support families in working towards controlling their child's asthma to reduce the need for emergency room visits for severe exacerbations. UPMC Children's has established many connections with community resources and care providers to connect families with.

If you know of a family who could benefit from this type of assistance or if you are interested in learning more about community-based asthma resources, please email Summer Miller-Walfish at summer.millerwalfish@chp.edu.

School Nurse Resources: NEW COVID-19 Folder

Children's Community Health team has added a [COVID-19 folder](#) to the existing [School Nurse Database](#) containing fact sheets, infographics, accessible guides, and more. Check out this folder and all the other resources that have been compiled for use by school nurses and nurse practitioners.

Health & Wellness Resources

The [Health & Wellness Resources Database](#) includes activities, videos, and games on various health topics to help support virtual learning and healthy lifestyles.

COVID-19 Community Resources

Our [COVID-19 Community Resource Sheet](#) provides information for families affected by COVID-19, including information on food distributions, child-care, housing/utility supports, etc.

Keeping your Family Healthy During COVID-19: Tip Sheet

From Children's Community Health, this [tip sheet](#) provides fun and family-friendly resources on nutrition, physical activity, social-emotional health and self-care.



Resources from UPMC Partners

UPMC Western Behavioral Health Child Services Central Call Line

Our colleagues at Western Behavioral Health have launched a new [central call line](#) to assist families with connecting to behavioral health services. Families can call [412-235-5444](#) to get connected with the treatment of their choice. Please share this number with students and families in need of behavioral health services.

UPMC Sports Medicine Playbook: Minimum Guidelines for Return to Sports During COVID-19

A multidisciplinary team of clinicians and researchers led by UPMC Sports Medicine has developed guidelines to assist coaches, athletic trainers, and organizers in creating a safe environment for both [youth](#) and [high school athletes](#), fans, and staff as they consider a return to play amid COVID-19.



Resources from Community Partners

Allegheny County Community Learning Hubs

Learning hubs are a great option for parents who need childcare when in-person school is not in session. Learning hub staff will help facilitate the virtual curriculum from your child's school district in the morning and conduct fun activities with them in the afternoon.

Adagio Health Power Up Online Education

Our colleagues at Power Up have developed virtual lessons for students, parents, adults, teachers and more. The classroom lessons can work both in conjunction with and/or as a supplement to online coursework.

Common Threads: Virtual On-Demand Classes

Common Threads is currently offering FREE on-demand Small Bites classes for elementary school students all over the country and interested teachers can contact Common Threads directly at classes@commonthreads.org.

Grow Pittsburgh: Grab N' Grow Kits and Early Childhood Garden Application

Grab N' Grow kits include one 6-inch pot, one bag of soil, and one bag of seeds along with a lesson plan. These kits allow students to observe and learn about the life cycle of a plant from planting to harvest. The curriculum is ideal for ages K-5 but can be adapted for all ages. If you are interested in Grab N' Grow, contact Victoria Thurmond at victoria@growpittsburgh.org.

Grow Pittsburgh is currently accepting applications for their Early Childhood Garden Program. New facilities will be selected for garden builds as early as this fall and programming will continue for one year. Interested in having a garden at your early childhood center, fill out [this application](#).

Highmark Caring Place: Virtual Grief Groups

The Highmark Caring Place has taken their services virtual by offering [virtual grief groups](#) for children, teens and adults. Group members can find support, share memories of their loved ones, ask each other for guidance and discover others who understand them. The Caring Place will also be holding [Young Adult Grief Support Groups](#) starting in October, as well as a ["Creating a Grief-Informed School During the Pandemic... and Beyond"](#) webinar on October 7th.

Pittsburgh Parks Rx: Parks Rx Anywhere & Parks on the Go

Students and families can now fill their park prescription anywhere with the [Parks Rx Anywhere](#) and the [Parks on the Go](#) sheets that can be used in any greenspace, park or even a backyard! The Parks Rx Anywhere page is also available in [Arabic](#) and [Spanish](#).

The Mentoring Partnership of Southwestern Pennsylvania: Virtual Mental Health First Aid

Our partners at The Mentoring Partnership of Southwestern Pennsylvania will be offering a virtual [Mental Health First Aid](#) training in October. Mental Health First Aid is a program that encourages awareness of and an appropriate response to potential mental health issues and substance abuse. It empowers communication and referral to appropriate professionals. The training will be held virtually on October 20th from 10am - 2pm. You can register for this training [here](#).



Other Helpful Resources

Alliance for a Healthier Generation's Back to School Guides

Here you will find a selection of "grab-and-go" [back to school guides](#) that any educator can use to co-create a caring, supportive in-person and/or virtual school environment.

Kohl's Healthy at Home Back to School Toolkit

Created in collaboration with the Alliance for a Healthier Generation, the [Kohl's Healthy at Home Back to School Toolkit](#) was designed to help caregivers create a home environment that nurture everyone's physical, mental and emotion well-being.

Wide Open School

[Wide Open School](#) is website to help families and educators find trusted resources to enrich and support distance learning. Every day students can access free, high-quality learning activities across subjects, all in one place.

K-12 OPEN Curriculum Resources for In-School & Distance Learning

New OPEN Weekly is providing [week-by-week curriculum resources](#) for your physical education programs that are designed for both face-to-face and online instruction.
