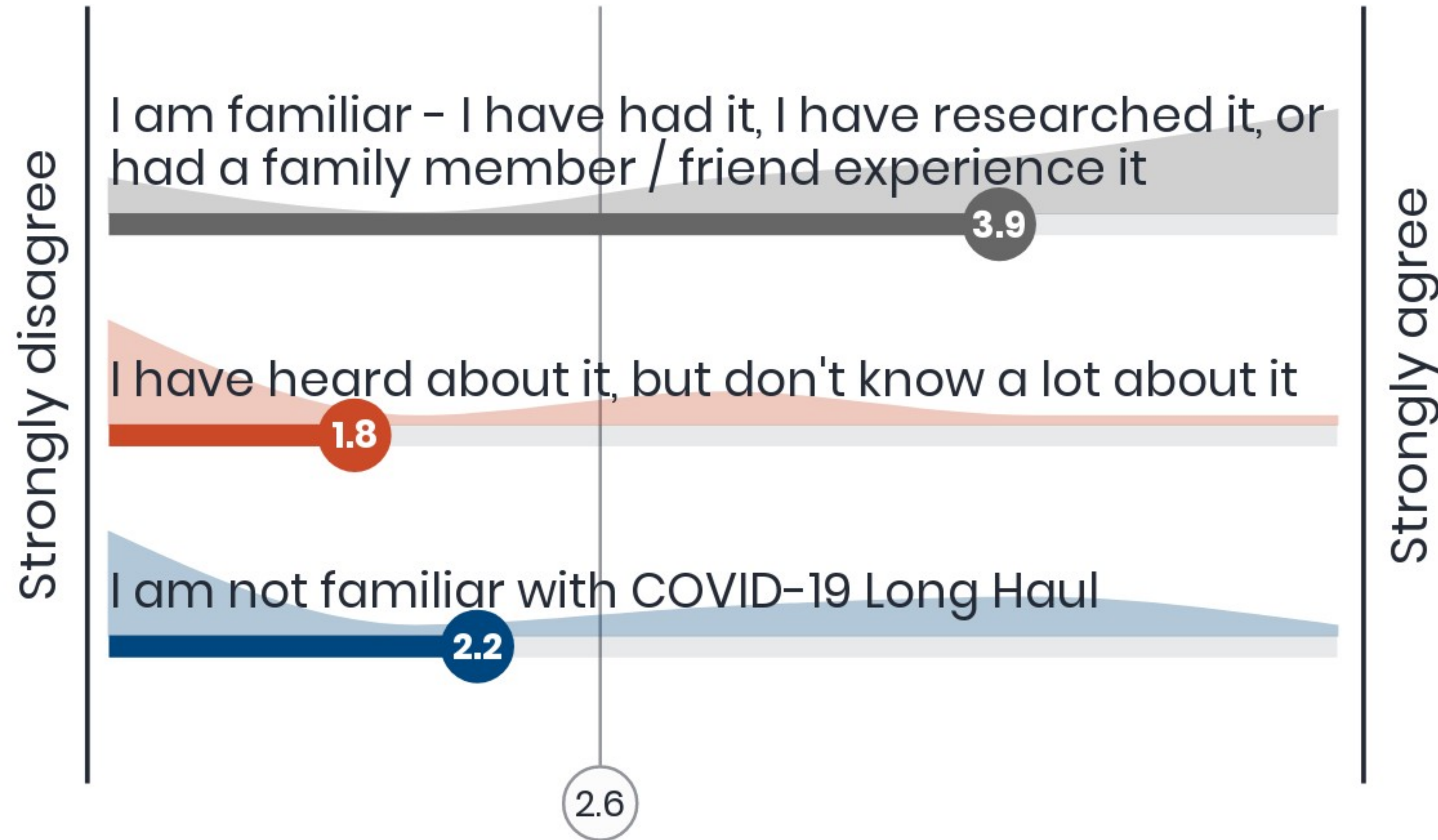


One adjective that you love being called (e.g. warm, kind, funny, etc.)



What is your familiarity with COVID-19 Long Haul?



If you attended our last session, what is 1 takeaway / learning that has stayed with you?

Each experience is different

Visual summary of the conversation

It is brutal and unpredictable.

My friend was suffering in silence

n/a

What are the needs of your students or staff that have come up related to COVID-19 since August / September 2021?

mental health breaks

ways to avoid burnout

Mental health days.

Reconnecting socially and mental health

Vax info

Emotional support

Mental health needs

Continuing isolation/social distancing. Sadness as we head into the holidays about disrupted traditions and family visits.

Need for rest and Mental Health days for staff, need for support and understanding for parents and students with the school

What are the needs of your students or staff that have come up related to COVID-19 since August / September 2021?

Managing isolation, anxiety, depression. Time to adjust.

Trauma training

To feel safe and "normal"

More education on the facts we know. Not rumors.

Loosen the vaccine noose.

When you think about the upcoming holiday season, what do you imagine might come up for your students or staff related to COVID-19?

anxiety, worry, fear,

Food scarcity

is it safe?

Disjointed celebrations, if any. None of my students are "looking forward" to the holidays

Guilt and loss

Wearing masks in a room when know one else is. Taking the Covid seriously when others deny it.

grief

Fear about getting exposed, who has Vax

reminder of loss

When you think about the upcoming holiday season, what do you imagine might come up for your students or staff related to COVID-19?

Who will I spend the holidays with?

Lack of paid time off and the balance of care/family/personal needs.

Stress. Increased rates of COVID19. Financial limitations. Safety concerns

Anxiety and sadness over loss of family and friends. Food and rental needs. Gas, food and so many things are so expensive and many individuals can not afford things.

Loneliness, family tension/uncomfort

Fear of being coerced into receiving vaccine and the mandates.

A break but also doesn't feel like a break

risk of illness

My parents are in hospital now, will they make it until xmas

**As we're about to listen and learn from our faculty,
what's 1 word you want to offer to set the tone for
our community today?**



What are 3 ideas or important to know that came up in your room?

empathy – meet student and families where they are.

important to know that covid long hauler symptoms are real, lack of resources for long haulers

1-meeting people there they are at 2-creating opportunities for youth to have a voice about what they need 3-thanking those that continue to break barriers

It is mission critical to care for ourselves – have a list of go-to things you can do for self care!

I am not alone, There is hope, It's ok to discuss fear and uncertainty

Mission critical to support Bx health for students and our own self-care, physically get up and have movement for learning, creating routine and connection

The science behind long-haul

Long-haul COVID with compound experiences take time to heal. Validating the reality and grief of the situation. Sharing with others in supportive settings.

Those in supervisory positions need to be aware of these long hauler matters that need to be understood, heard and believed.

What are 3 ideas or important to know that came up in your room?

listening to/ utilizing youth/ students' ideas .
Peer support. Acknowledging collective trauma

The future focused nature of schooling can compound pressure, fear, depression and disengagement because of how impertinent time became for them

We like caregivers need to pause for prevention. Selfcare is building ourselves everyday.

Limbic system has been highly active and leads to exhaustion.

Rm. 5 - Courage, strength, & will to live!

What are 2 questions that still linger for you?

what do others do about brain fog

When will it be safe again? Will parents and students agree on safety?

is there any studies or evidence that proves long-haul?

Are there resources or communities that I could refer people to when navigating covid longhaul etc. ?

What POLICY changes are needed

Will long covid be identified as a disability so that those affected can get needed services such as accommodations or assistive technology?

How do I navigate differing ideas on VAX?

how can i get the information to our amazing agencies. this is fantastic information. How can we get this information out to media venues.

What is 1 appreciation for the learning?

everyone sharing!

You all rock and are brave survivors.

Educated community

Minorities are greatly affected by COVID.

Thank you for everyone's vulnerability and supportive listeners.

the opportunity to discuss our experiences

Listening to experience. Following up with action!

Thank you all for showing up

I appreciate knowing the intimate struggles long haulers of COVID experience. this helps me with my co workers who struggle with this.

What is 1 appreciation for the learning?

thank you to all the presenters and organizers for helping to keep this in the forefront of our minds.

Thank you Jessica for your courage to share, inform, and facilitate! :)