One adjective that you love being called (e.g. warm, kind, funny, etc.)
What is your familiarity with COVID-19 Long Haul?

- Strongly disagree
  - I am familiar - I have had it, I have researched it, or had a family member/friend experience it: 3.9
  - I have heard about it, but don't know a lot about it: 1.8
  - I am not familiar with COVID-19 Long Haul: 2.2

Strongly agree
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?

<table>
<thead>
<tr>
<th>Mental health breaks</th>
<th>ways to avoid burnout</th>
<th>Mental health days.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reconnecting socially and mental health</td>
<td>Vax info</td>
<td>Emotional support</td>
</tr>
<tr>
<td>Mental health needs</td>
<td>Continuing isolation/social distancing. Sadness as we head into the holidays about disrupted traditions and family visits.</td>
<td>Need for rest and Mental Health days for staff, need for support and understanding for parents and students with the school</td>
</tr>
</tbody>
</table>
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,
- Disjointed celebrations, if any. None of my students are "looking forward" to the holidays
- Food scarcity
- Guilt and loss
- Fear about getting exposed, who has Vax
- is it safe?
- Wearing masks in a room when know one else is. Taking the Covid seriously when others deny it.
- reminder of loss
- grief
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?
- 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.
- A break but also doesn’t feel like a break
- Lack of paid time off and the balance of care/family/personal needs.
- Loneliness, family tension/uncomfort
- Fear of being coerced into receiving vaccine and the mandates.
- My parents are in hospital now, will they make it until xmas
- Risk of illness
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.
- Meeting people there 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. Their 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 knows 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?
- Are there resources or communities that I could refer people to when navigating covid longhaul etc.?
- How do I navigate differing ideas on VAX?
- When will it be safe again? Will parents and students agree on safety?
- What POLICY changes are needed?
- Is there any studies or evidence that proves long-haul?
- Will long covid be identified as a disability so that those affected can get needed services such as accommodations or assistive technology?
- 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 coworkers who struggle with this.
What is 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 :)