

Fremont Union High School District

Meeting: Community Wellness Task Force

Date: May 2, 2016

Time: 3:30 pm - 5:30 pm

Topic/Item	Facilitator	Preparation/ Materials/Attachments	Action, Follow-Up and Person Responsible
Welcome and Agenda Review	Trudy Gross	Draft - Student Wellness Survey Draft –Wellness Definition Draft – Wellness Survey Goals	Trudy thanked everyone for attending today. At a previous meeting we discussed whether we would need to meet again before the end of the 2015-school year; we will meet on May 23. After today's meeting Trudy and John will discuss the survey with Hanover and talk with Principals. Our goal is to have the content of the survey ready by the end of this school year; survey will take place early in the 2016-17 school year.
Athletics and Extra-curricular activities: CIF rules, expectations, and future planning.	Trudy Gross		Trudy invited Tom Avvakumovits from HR to join the group today. Tom discussed the aspects of extra-curricular activities and gave an overview of the rules and regulations that guide CCS and CIF athletics including limits with weekday practice sessions and weekend practice/rules. No more than 18 hours of practice per week, no practice to take place on a Sunday. He also discussed the time commitments involved in other activities including FBLA, band, etc. Parents gave feedback on athletic practices, games and competitions at their student's school. Per parent questions/feedback, Tom will look into Volleyball and Swimming practice rules and also look at the Athletics handbook.
Student Wellness Definition and Goals - revised drafts • Review, discuss, and edit revised Student Wellness Definition and Wellness Survey goals draft	John Dwyer		John explained that by the end of this meeting participants will have reviewed, edited and finalized a revised definition of the Student Wellness Definition and Goals. We will also review and edit the Student Wellness Survey questions. End goals by May 23: <ul style="list-style-type: none"> • May 17 – Board meeting – Taskforce update. • May 23 – Final survey edits. • Fall 2016-17 – Administer wellness surveys, analyze data, identify priorities, make recommendations. • Feb 2017 – Board meeting - share Wellness Task Force recommendations (possible policy action e.g. homework, extra-curriculars, start time/schedule, etc..). <p>Defined Problem: Students struggle with school-life balance, stress, and</p>

			<p>sleep deprivation.</p> <p>Wellness Definition and Survey Goals:</p> <p>Wellness Definition - Revised draft (from 4-4-16) Wellness is an individual’s state of physical, intellectual, emotional, social, and spiritual balance, resiliency, and overall health reached through an active and dynamic process of proper diet, exercise, stress management, and illness prevention.</p> <p>Wellness Survey Goals - Revised draft goals (from 4-4-16)</p> <ul style="list-style-type: none"> • Identify school and life factors that positively impact student wellness. • Develop strategies and approaches to emphasize these factors in order to promote healthy school-life balances and improve overall student wellness. • Implement these strategies and approaches by working with students, teachers, and parents. <p>Activity - Wellness Definition and Goals - the team split into small groups and appointed a facilitator, note taker and presenter for each group to review, discuss and edit the revised wellness definition draft and survey goals.</p> <p>Feedback: Some of the definitions are very global and it's hard to see how they relate to students and school sites Three of the 4 groups revised the definition. Two of the 4 groups revised the goals.</p> <p>All feedback will be turned into John; he will work on incorporating the changes into the final version of the Definition and Goals.</p>
<p>Student Wellness Surveys - revised drafts</p> <ul style="list-style-type: none"> • Review, discuss, edit, and amend revised survey drafts 	<p>John Dwyer</p>		<p>Activity - Survey Questions. The team split into small groups and appointed a facilitator, note taker and presenter for each group to review, discuss and edit the revised draft of the Wellness Survey questions. Check to see if we identified the key survey areas that will match our survey goals and if not, make suggestions.</p> <p>General Comments: Discussed 'pressure' - how much pressure, what is pressure etc. Define 'stress' if we are asking questions about stress.</p>

			<p>Discussed 'emotionally healthy' and whether students would understand what we are asking</p> <p>Define 'emotional wellbeing' before asking a question about it</p> <p>We want to ask questions that the school district can act on</p> <p>We do not want to narrow down the student survey as we really want to hear their voices</p> <p>Remove 'somewhat' from answers and add 'neutral' or 'no opinion'</p>
<p>Closure</p> <ul style="list-style-type: none"> Review meeting and action Next steps/dates: 5/17 Board meeting presentation at 6:15 p.m.; 5/23 in the Board Room from 3:30-5:30 p.m. 	<p>John Dwyer</p>		<p>Trudy and John will present an update to the Board on May 17, if you would like to join them then please let Trudy know.</p> <p>Next steps/dates:</p> <ul style="list-style-type: none"> 5/17 Board meeting presentation, 6:15 pm 5/23 Taskforce, Board Room, 3:30-5:30 pm