

Fremont Union High School District

Meeting: Community Task Force on Student Wellness

Date: January 25, 2016

Time: 4pm- 6pm

Members in attendance: Graham Clark, Associate Superintendent of Administrative Services; Benaifer Dastoor, CHS parent; Trudy Gross, Director of Educational and Special Services; Lenora Montoya Heuchert, FHS parent; Liza Hudepohl, LHS parent; Neeha Kadavakolanu, MVHS student; Anjali Kausar, Community Member; Johnny Kobori, HHS student; Eileen Mao, LHS student; Ron McNeil, Classified Union President; Jeff Moe, Member of the Board of Trustees; Steve Puccinelli, FHS certificated; Aman Suri, FHS student; Colleen Vandevoorde, Community Member; Eric Wong, LHS Assistant Principal; Patrick H. Yeung, MVHS student.

Topic	Preparation/ Materials/Attachments	Action, Follow-Up and Person Responsible
Background of the task force <ul style="list-style-type: none"> • Composition • Introductions • Board Letter • Role of the Committee 	Memorandum to the Board of Trustees	When putting together the task force Trudy and Graham received suggestions from all school sites and union representatives. The group is representative of the district schools and the community. Role of the committee is to review various aspects of the defined problem and make recommendations to the Board of Trustees.
Defined problem: students struggle with school-life balance, stress, and sleep deprivation	Current Campus Activities to Address Wellness	What are the factors that affect these areas? <ul style="list-style-type: none"> - School start times - Balance of homework, activities, athletics, travel time to and from school - Social Media - Comparison and competition: parent to parent; students to students - Lack of information on different ways to get into college. More one on one counselling - does not need to be a guidance counselor giving the information - Increase parent education re colleges, this should start at middle school - Pressure on going to a good college, getting a good job, making a high salary, etc. There's always a next step, learn how to handle it now. - Some students think UCs are the only option. Push more advertising for more and newer schools. - Bring in Alumni panels to speak about experiences - broad range of alumni attending different colleges - Status issue re colleges – students do not want to be seen inquiring about some colleges. - During course selection, have students think about the time commitment for the course they sign up for. This is already happening at most school sites. - Some students are pulling out of after school activities/sports due to the time commitment of classes. - There needs to be a de-stresser for students ie swimming, or some other interest. - Allow student to change class if they find the workload is too much for them after

		<p>the start of the school year.</p> <ul style="list-style-type: none"> - Teachers could eliminate busy work and concentrate on curriculum. - Use of 'conflict calendars', keep it a useful tool for everyone. - Stress from time commitment on after school activities/sports. - Mentoring teachers/students on time spent on classes/sports - Some students are lost, there are lots of options for them but some find it hard to find where they fit in. They need some help to find their way. - Playing sports can relieve stress, students do better in school when they are in season. <p>What is currently in place at our schools to address these areas?</p> <ul style="list-style-type: none"> - Handout was shared. - A few years ago the school district was involved in 'Stressed out Students' program - through this program Final Exams were changed from January to December to alleviate student stress. <p>What can schools do differently to support student wellness?</p> <ul style="list-style-type: none"> - See items above under factors. - <p>What else do we need to know/share/discuss?</p> <ul style="list-style-type: none"> - What are some of the factors for teachers if we were to change the start time/bell schedule? - Could be helpful to have student surveys/parent surveys re what their needs are, how late would they be willing to stay at school etc. - If we consider changing the start time at MVHS, we have to consider the elementary and middle school times too. Roads are already congested. - Take into consideration that even if we change the start time a lot of parents would still have to drop their students early due to them having to get to work. Parent job times don't change just because the bell schedule does. - Would like to see the bell schedules for all schools and instructional minutes required by state and instructional minutes for each school.
Scope of Work		<p>Anticipated timeline</p> <ul style="list-style-type: none"> - Board presentation in May/June 2016 sharing the work and plans of the task force - Trudy will share the Defined Problem with the Board at an upcoming meeting. She would like to have members of the committee speak at the board meeting in May/June. - Board presentation in February 2017 with recommendations from the task force <p>Frequency of meetings: Trudy to send a survey to task force members in order to determine the most common day of the week, time of the day; next meeting to be determined following the survey</p>

		<ul style="list-style-type: none"> - One per month, 2 hours - Additional meetings based on need/topic - Subcommittees; constituencies - Neighborhood and/or community meetings
<p>Agenda items for future meetings</p>	<ul style="list-style-type: none"> • Challenge Success • Former Stanford dean explains why helicopter parenting is ruining a generation of children • Medical expert emphasizes importance of sleep for teens. • Pediatrics 	<ul style="list-style-type: none"> - Instructional minutes, current school schedules, meal service - Review existing survey data: Challenge Success (CHS, LHS, MVHS), Youth Truth (FHS, HHS) - Information on how college reps are selected to visit school sites and attend the district-wide college fair. -