

Fremont Union High School District

Meeting: Community Wellness Task Force

Date: March 21, 2016

Time: 3:30 pm - 5:30 pm

Topic/Item	Preparation/ Materials/Attachments	Action, Follow-Up and Person Responsible
Welcome and Introductions		<p>Trudy is no longer recruiting new members for the Community Wellness Task Force; we now have a teacher, parent and student from each school site.</p> <p>Meetings are set for the remainder of the school year. The group will start to focus on survey work. John and Trudy will attend a meeting with Hanover next week. Trudy reports that 1700 parents responded to the recent survey (around 20%), this is very typical for parental response according to Hanover.</p>
<p>Wellness Taskforce work</p> <ul style="list-style-type: none"> • Past • Current/Future 		<p>John reviewed the tasks for upcoming meetings. End Goal - by May 23 is to design student wellness survey for students, staff and parents.</p> <p>Today's goals - by the end of the meeting - review existing student wellness surveys, data and action and begin developing new student wellness surveys.</p> <p>Goals for Future Meetings:</p> <ul style="list-style-type: none"> • April 4 Meeting – Continue work on wellness surveys. • May 2 Meeting – Continue and complete wellness surveys. • May 23 – (meet if necessary) Complete surveys for Fall 2016-17. • June – Board meeting with update of Wellness Task Force work. • Fall 2016-17 – Administer student wellness surveys, analyze data, identify priorities, make recommendations. • Feb 2017 – Board meeting to share Wellness Task Force recommendations (possible policy action e.g. homework, extra-curricular activities, start time/schedule, etc..).
<p>Review of student wellness surveys and data</p> <ul style="list-style-type: none"> • Overview of Challenge Success, Youth Truth, other • Site reports • Survey discussion 	<p>CHS Challenge Success Survey Report FHS Youth Trust Report HHS Youth Trust Report LHS Challenge Success Survey Report MV HS Challenge Success Survey Report</p>	<p>John described the differences between The Challenge Success survey and the Youth Trust survey.</p> <p>Challenge Success Survey focuses on:</p> <ul style="list-style-type: none"> • How students spend their time • Perceptions of homework

- Extracurricular activities
- Other activities
- Teacher care and support
- Student perceptions of parents
- Sleep
- Academic engagement
- Student school stress and academic worries
- Student health and wellbeing
- Academic integrity and cheating

Youth Truth focuses on:

- Student engagement
- School culture
- Relationships with teachers
- Relationships with Peers
- Academic rigor
- College and Career Readiness
- Comments about what students like and don't like about their school
- Safety (school & elsewhere)
- Student motivation

John reviewed the results from all surveys.

John asked for school site input:

CHS - Created a group to discuss with students what they are experiencing / going through. From this many teachers are putting up balance calendars in their classrooms. Focused on getting students to sleep for more than 6 hours per night. Students given an information sheet when signing up for classes to let them know how many hours of homework is expected for each class. Based on the survey they were able to identify students who did not feel they were connected to staff, signup sheet given to staff for a buddy system. Staff chose a student and check in with them on a regular basis to help them feel connected to the school. Next steps include teaching for engagement.

FHS - Addressing student wellness - developed a crisis team to respond to students in need, participating in Camp Everytown - 4 day camp, students invited to attend, increases empathy, brings about

		<p>change, community building. 'Common Ground' freshmen orientation. Last year started 'stress less' week before finals exams - extended library hours etc.</p> <p>Snacks available for students in need. Started a morning workout during late start - FHS graduate donates his time to work with students. Latino staff members working with Latino students to help them engage in school. During first week of school presentations the focus was on cyber bullying and sleep.</p> <p>HHS - Personalization group sent tips to staff to help make connections with students. Freshmen advisory, one-on-one mentorship with staff. Staff discussing implementing homerooms. Take part in Challenge Day.</p> <p>LHS - Looked at school culture, academic engagement - areas the staff is concerned about. Had professional development sessions where teachers shared strategies for interacting/accommodating students. Challenge Days. Formed Challenge Stigma Group – mental health focus. Parent liaison hired, worked with parents on Challenge Success issues. Yes! Program impact evaluation. Will be surveying again in November this year.</p> <p>MVHS - Been involved in Challenge Success for 4 years, work with statistician to look at the data from MHVS and schools similar to MVHS. Teachers use conflict calendars. Changed final exam schedule, no more than 2 finals per day. Staff voted over a year ago to have no homework over any extended breaks. Created days to show that learning can occur away from the traditional books/classroom. Incorporate yoga and meditation. Time management worksheets including taking care of yourself, homework and extracurricular. No homework during Homecoming to let all students enjoy the activities. Involved in Challenge Day for around the last 12 years.</p> <p>Feedback</p> <p><u>Strengths</u></p> <p>Information was easier to evaluate in the Challenge Success Surveys. Liked the questions and clarifying questions in the Youth Truth survey and the number of questions asked.</p> <p>Challenge Success interpreted the data for you.</p>
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<p>Next steps For the Wellness Taskforce</p> <ul style="list-style-type: none"> • Begin developing common surveys 		
<p>Conclusion and evaluation</p> <ul style="list-style-type: none"> • Review meeting and action • Next steps 		
<p>For the good of the order</p>		