Wellness Council
February 28, 2023
Purpose of the Wellness Council

Use scientific research, case study and survey information to develop consensus among a diverse group of students, parents, teachers and staff, administrators, and community members regarding student wellness.

Advise and shape input and activities related to student wellness and suggest to the District and Board other actions to consider or put into practice.
Meeting Objectives

Participants will:

• Use FUHSD’s core beliefs as a foundation for our collective work in support of student wellness.

• Learn about work the Council has engaged in and Wellness efforts in the District since March 2020

• Provide input for the content of the April 25th Council meeting.
Welcome

• Post in chat your name, role (student, parent) or position, and school

• Connection/Community Builder
CASEL Framework

Benefits of SEL

- Better academic performance
- Improved attitudes and behaviors
- Less negative behaviors
- Reduced emotional stress

SEL Components:
- Self-Awareness
- Self-Management
- Responsible Decision-Making
- Relationship Skills
- Social Awareness

Contexts:
- Family and Community Partnerships
- Schoolwide Practices and Policies
- School Curriculum and Instruction
- Classrooms
- Schools
- Homes and Communities
Four Corners

• On each of the next two slides you will see 4 images per slide.
• Choose 1 of the 4 images that best reflects your personality or your mood today.
• Post the number in the chat of the image you choose.
• I will call on 2 volunteers per round to share why they chose the number they did
• The goal is to think about values and how they might feel more (or less) challenging to different people.

• On the next slide you will see a value word like “kindness.” Your goal is to think about how challenging that word feels to you, in this moment. Choose the number representative of its difficulty and post it in the chat.

• I will call on 1 volunteer per round to share why they chose the number they did
Kindness

(1 = low difficulty, 12 = high difficulty)
Forgiveness

(1 = low difficulty, 12 = high difficulty)
Norms and Core Beliefs

• Breakout rooms to review
• Norms
  ▪ Equity of voice (mute when not speaking)
  ▪ Assume positive intent
  ▪ Expect and accept non-closure
• Core Beliefs
  ▪ Which of the beliefs resonates or does not resonate with you?
  ▪ Is there a belief you feel is most difficult to see evidence of?
FUHSD Wellness Council History

2007
Wellness policy
Legislated changes in nutrition standards

2015-2017
Wellness Council restart
Focus on adolescent sleep
Later start schedule, “no 1st period” for 2018-2019 school year

2017-2019
Social-emotional health
Student Wellness Survey in January 2019
State-Trait Anxiety Scale (STAI)
• The majority of responses from students surveyed indicated a moderate level of symptoms related to anxiety.

Center for Epidemiologic Studies Depression (CES-D)
• The majority of responses from students surveyed did not indicate symptoms of depression.

Brief Resilience Scale (BRS)
• The majority of responses from students surveyed indicated a normal level of resilience.
The Core Module is aligned with the Local Control and Accountability Plan to assess:

• school climate and safety,
• pupil engagement,
• student supports,
• bullying, and
• substance abuse.

Demographic questions help identify the needs of key subgroups, including:

• racial/ethnic groups,
• foster youth,
• economically disadvantaged, and
• English language learners.
What’s New

Staff

• SBT Lead began in 2021-22
• 4 School Counselors/site began in 2022-23
  • Training on anxiety and depression
  • Therapy conversations
• Wellness coaching and classroom connection

Students/Families

• Advisory lessons
  • Newsletter
• Sexual Orientation, Gender Identity, and Expression (SOGIE)
• Parent education
  • My Digital TAT2
  • Project Cornerstone
• Wellness Spaces - in development
Nutrition plays a crucial role in Wellness

Operate under National School Lunch Program (NSLP) and School Breakfast Program (SBP)

Funded and Regulated by Federal and State Govt.

Regulated by Federal, State and Local authorities:
- United State Department of Agriculture
- California Department of Education
- Santa Clara County Dept of Environmental Health
- District/Wellness policy
Federal and State regulations include detailed nutritional requirements on all items served. Some examples are:

- Whole grain items
- Trans Fat
- Calories (average of a week)
- Sodium levels
- Fruit and vegetables
- Milk
- Meal Components
- And Much more

Therefore, the Goal of Nutrition Services is to offer a menu that is compliant with all the regulations, while being nutritious, visually appealing and contributes towards wellness of all students.
California became the first State to implement statewide Universal meals Program for all school children.

- Led to unprecedented increase in student participation
- Average meals served per day increased from 275 to 950 during brunch and lunch
- All these meals still need to be served in 15 minutes for brunch and 40 minutes for lunch using the same facilities and space as before
Despite a 300% increase in number of meals served, we have continued to improve every aspect of our program. Some of our current initiatives include:

- Increased scratched cooked menu items
- Increased plant based items
- Reopen salad bars (post-pandemic)
- Continue to offer culturally diverse menu items to reflect student populations
CURRENT MENU OFFERINGS

Chicken Tikka

Stir Fry Tofu

Grab n Go Salad

Pasta Bolognese

Spicy Chicken Wrap
ADDITIONAL INITIATIVES

- Continually to test and offer new items
- Partner with local small vendors to decrease carbon footprint
- Buy minimally processed ingredients
- Seek, engage and implement student voice
  - Nutrition Services Student Board
Nutrition Services
Student Board
Homestead Representative,
Joshua Choi
A little bit about me...
What exactly is NSSB?

FUHSD Nutrition Services Student Board
Some of Our Past Work:
World of Flavors Event

MARCH 21 - 25

A WORLD OF

FLAVORS

CELEBRATING DIVERSITY THROUGH FOOD

SCAN HERE TO GIVE FEEDBACK FOR LUNCH MENU

For more information, visit
https://www.fuhsd.org/departments/food-services

FUHSD Food Services
X HHS Culinary
BOUNTIFOODS Food Sampling
Whole Student Body Polling

Which school do you attend? *
- Cupertino
- Fremont
- Homestead
- Lynbrook
- Monta Vista

If you don't eat school lunch

If you don't eat lunch, is there a specific reason?
Your answer

If you do eat lunch, is your favorite item always available on its given day?
- Yes
- No

Do you have any dietary restrictions? *
- Vegetarian
- Vegan
- I don't have any dietary restrictions
- Other: ________________________

What days do you eat brunch? *
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

Other concerns / points of feedback
Your answer
# District Wide Video Advisory

## General Overview

- **NSSB**
  - What is the NSSB?
- **Cafeteria**
  - How are our cafeterias run?
- **Department**
  - What does the department do?
- **Recruit**
  - How can they apply for a position?

## Action Items Schedule

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<th>Jan</th>
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<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Aug</th>
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<tbody>
<tr>
<td>Email advisory coordinators</td>
<td>Create scripts</td>
<td>Continue filming</td>
<td>Continue editing</td>
<td>Finish editing</td>
<td>Check in with advisory</td>
<td>Present advisory</td>
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<th>Jan</th>
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<tr>
<td>Hash out video plan</td>
<td>Schedule interviews</td>
<td>Begin editing process</td>
<td>Plan assignments</td>
<td>Upload all materials to drive</td>
<td>Refresh QR code for application</td>
<td>Present advisory</td>
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<tr>
<td>Begin filming</td>
<td>Send drive to advisory coordinators</td>
<td>Present advisory</td>
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Other Initiatives:

- Menu
- Nutrition Week Celebration (local sourced foods) during the month of March
• Thanks for your attendance and participation!

• Health Course Curriculum Development meeting on Monday, March 6 from 4:30-6p.m. via Zoom. **If you have not already RSVPed, email Trudy.**

• Wellness Council meeting on Tuesday, April 25 from 4:30-6p.m. via Zoom.
Wrap up

• Deep Kindness: A Revolutionary Guide For The Way We Think, Talk, And Act In Kindness by Houston Kraft

• Character Strong (characterstrong.com)
  • Engagement, Belonging, Well-Being
  • Drawing for Deep Kindness books

• Exit ticket
In closing...
Thank you!