

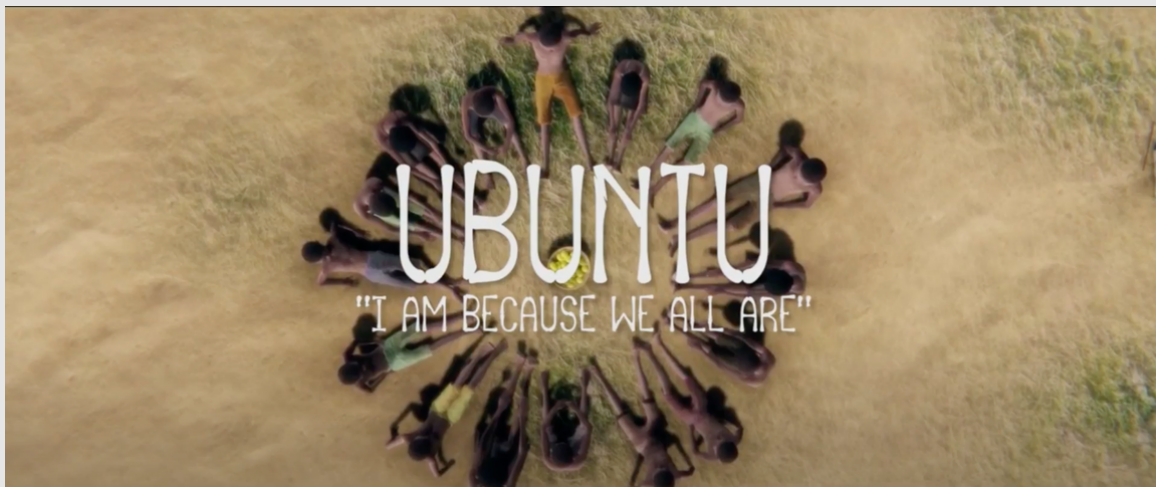


Guess What?

Discover more about what your student just learned in advisory

❖
September 2023

2023-2024 Focus:
**Building Healthy Communities through
Strengthening Relationships and Communication Skills**



This month in Advisory, we are setting the stage for the year: building a healthy and interdependent FUHSD. Students learned about an African concept called **Ubuntu**, which can be translated into *"I am because we are."*

Ubuntu essentially speaks about Interdependence: we can nurture each other within our communal spaces by balancing shared purpose; responsibility, and personal autonomy. Our individual voices and collective well being thrive when we recognize we need both.

Try it at Home!

Consider asking your students what Ubuntu means to them. You may open a dialogue about examples of individualism and interdependence in your family structure. Examples of individualism may include guardians/parents making all the rules in the home; prioritizing freedom of expression in dress, etc. Examples of interdependence may include things like joint family chores - one person washes the dishes and the other dries; or family meetings; relying on each other for drop offs and pick ups.

Words to know

- **Coagency** - one acting with another; joint control and decision making
- **Indigenous** - of a people native to an area or region, existing from the earliest times or before the arrival of colonists
- **Individualism** - being independent and self-reliant; a social theory favoring the freedom of action of individual over the collective
- **Individuality** - the quality or character of a particular person or thing that distinguishes or differentiates them from others of the same kind, especially when strongly marked..
- **Interdependence** - a state in which two or more people, situations, variables, or other entities rely on or react with one another such that one cannot change without affecting the other.

Resources

Care Solace

1 (888) 515-0595

www.caresolace.com/FUHSD

County Mental Health

1 (800) 704-0900

NEW Suicide and Crisis Lifeline

Dial 988

**Refer your teen to a school-
based mental health professional
for help during the school day
(8:00a-3:30p)**

[Cupertino](#)

[Fremont](#)

[Homestead](#)

[Lynbrook](#)

[Monta Vista](#)

[Educational Options](#)