

# District Wellness Council

## November 28, 2023

### **Attendees (22)**

#### ***Students***

Cupertino: Chetana Medam  
Homestead: Sophie Park  
Lynbrook: Irene Hwang  
Middle College: Varsha Ganesh  
Monta Vista: Amy Zhang

#### ***Parents***

Cupertino: Teresa Olson  
Fremont: Ambrosia Studley  
Homestead: Maia Elder Kadar  
Lynbrook: Jennifer Leder

#### ***Staff***

District Office: Divya Puri (District Manager of Nutrition Services)  
Fremont: Erik Medeiros (School Counselor)  
Homestead: Sarah Loyd (School-Based Therapist), Dawn Predium (School-Based Therapist)  
Monta Vista: Lora Lerner (Science Teacher)

***Trustees:*** Stanley Kou, Naomi Nakano-Matsumoto

***Planning Team:*** Dina Cuellar (Executive Assistant, Teaching & Learning), Hayley Giniger (Program Specialist, Mental Health Services), Trudy Gross (Associate Superintendent, Student and Special Services), Leila Lurie (School-Based Therapist Lead), Denae Nurnberg (Coordinator of Data and Assessment), Nancy Sullivan (Director of Educational and Special Services)

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## **AGENDA**

The meeting opened at 5:30 p.m.

**Welcome and review of the agenda by Associate Superintendent of Student and Special Services Trudy Gross (slides 1-2).**

**Community builder, “Greeting Frenzy”, was facilitated by School-Based Therapist Lead Leila Lurie (slide 3).**

**Trudy provided an update on Wellness Efforts in the District focusing on the wellness spaces that opened at CHS and MVHS. Jennifer Leder, FUHSD Wellness Council member, is also a member of the Cupertino Union School District Wellness Council and provided an update from their most recent meeting. (slide 4)**

**Director of Educational and Special Services Nancy Sullivan reviewed the role of** Representative of FUHSD Wellness Council (slide 5). Participants shared at their table groups the efforts they engaged in since the Council meeting on September 14, 2023.

**Trudy introduced continued discussion about the CA Healthy Kids survey results from the** administration in January/February 2023. The administration for the 2023-24 school year occurred in November 2023. In place of the substance use section, this year's survey includes two mental health surveys; the core survey remains in place. Groups had some time to review areas of the data and provide thoughts, feedback. (Slides 6-10). See attached group input document.

**Trudy transitioned the group to a role-alike discussion: students, parents, and staff (slide 11).** See attached group input document which includes follow-up with Principals and incorporation into the school plan template.

**Leila led the group in reviewing two main recommendations/discussion points for** principals to consider that were shared in their role-alike discussion (slide 12). See attached group input document which includes the follow-up with Principals and how Wellness Council input was incorporated into the school plan template.

**Leila led the Council in an optimistic closure (slide 13).**



# Wellness Council Meeting

November 28, 2023



# Agenda

1. Community Builder - Greeting Frenzy
2. Updates
3. Continued Review of CA Healthy Kids Survey (CHKS)  
Results: SY 2022-23
  - a. Group alike Discussion; what are you seeing, hearing, experiencing?
  - b. Share out - Consider Principal's needs
4. Optimistic Closure

# Greeting Frenzy

Welcoming/ Inclusion/Activity	3 minutes
Overview:	This activity provides an opportunity for each person in the room to make a brief connection with everyone else in the room.
When and Why	“Greeting Frenzy” lifts up the energy in the room and reinforces positive connections, by name and face.
SEL Focus	This activity builds Relationship Skills (Social Engagement, Building Relationships)

# Updates

- CUSD Wellness Council: Jennifer Leder
- SSD Wellness Efforts: Trudy Gross

# Representative of FUHSD Wellness Council

- Knowledge
  - Share a summary of Council meetings
  - Share your experience
  - Share opportunities
- Build relationships
  - Friends
  - Neighbors
  - Staff
- Gather feedback and insight
  - Actively listen
  - Bring information back to the group

# CA Healthy Kids Survey Results and Plans





# Table Group Discussion

CHKS Data and Input Packet- start on assigned data point for your table

- After discussing the following questions enter notes on the padlet:

[Padlet Link](#)

## **Questions for discussion/note-taking on padlet:**

1. What is to be celebrated about this data?
2. What gives you pause and/or is an area of concern? What questions do you have about this data?

# Table Groups for Data Review

<b>Group 2</b> Caring Adult Relationships	<b>Group 3</b> High Expectations and Meaningful Participation	<b>Group 4</b> Mental Health Measures 3-5	<b>Group 5</b> School Connectedness and Academic Motivation
Sophie P.	Dawn P.	Sarah L.	Maia E.
Stanley K.	Lora L.	Jennifer L.	Naomi N-M.
Chetana M.	Teresa O.	Eric M.	Ambrosia S.
	Varsha G.	Irene H.	Divya P.
			Amy Z.
Nancy S.	Hayley G.	Leila L.	Dina C.

# Role-Alike Discussion

- Move to groups: students, parents, staff. Take time to introduce yourself.
- Review entries on [Padlet](#).
- Team to decide which measure they would like to begin their discussion.
  - What would you want FUHSD Principals to consider in their thinking and planning as a result of this data?
  - Where would you like to see principals focus their energy and efforts in continuing wellness efforts on their campus?

# Main Take-Aways from Role-Alike Discussions

**What are your two main recommendations/discussion points for principals to consider?**



# Optimistic Closure

Share a word that describes your feeling at the end of this meeting.

