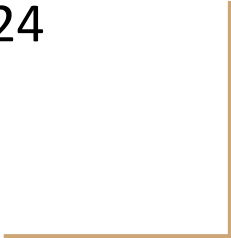




Wellness Committee

October 24, 2024



Agenda

1. Welcome - 3 min (Trudy)
2. Opening Activity - 5 min (Leila)
3. FUHSD History of Wellness Efforts - 10 min (Trudy/Nancy)
4. Purpose and Belonging /Turn & Talk- 15 min (Leila)
5. Review of Wellness Council Purpose and Role/Group chat time - 15 min (Brooke)
6. Wellness Activity Updates - 15 min (various)
7. Closure - 5 min (Leila)

Name + Gesture

Directions

1 min

- Say your name and share an activity you enjoy.
- While saying it, make a gesture related to that activity.
- EX: "Hi, I'm Alex, and I like to play drums." mimics hitting drums



Directions, Continued

 4 min

- Listen to the names and gestures of others.
- Then, repeat their name and gesture before sharing yours.
 - If you forget a gesture, don't worry!
 - Ask your friends around you for a reminder.
- Keep going around the circle until everyone has had a chance.
- Finally, let's all go through the names and gestures together as a whole group!



FUHSD History of Wellness Efforts

2007

- Wellness Council formed
- 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

2017-2020

- Social-emotional health
- Student Wellness Survey in January 2019

FUHSD History of Wellness Efforts

2021-2024

- Wellness Council Restart February 2023
- Updated district belief statements
- Social Emotional Learning Curriculum Lead
- School Counselor minimum of 4
- Wellness coaching and classroom connection
- Wellness spaces opened @ CHS, FHS, MVHS
- Universal free lunches
- Student nutrition council
- Feedback from wellness council for School Plans and LCAP

Purpose & Belonging Efforts: FUHSD

Building Community In Our Schools

- Start of School
- Wayfinder [Family Information Hub](#)
- Advisories
- Newsletters
- Coaching and PD
- Parent Education

Turn & talk



What purpose and belonging efforts have you seen/felt a part of at your school site?

Purpose & Belonging: 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.

Representative of FUHSD Wellness Council

- Share 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

Activity

8:00

1. Individually reflect on the purpose and belonging statements.
2. Talk with tablemates about your responses.
3. Share takeaways from table conversations with whole group.



FUHSD Wellness Updates

- IntraDistrict Council Wellness Commission: City of Cupertino and Sunnyvale Teen Resource Fairs 2025
 - Sunnyvale Teen Resource Fair: Saturday, February 1 from 12-3 p.m.
 - Cupertino Teen Resource Fair: Saturday, March 15 Cupertino Main Street from 1-4 p.m.
- SCCOE Student Wellness Advisory Group (SWAG):
Irene Chung, SWAG Co-Lead
- Purpose & Belonging: LHS Equity Taskforce
Irene Hwang, ETF Student Leader

LHS Equity Task Force

What is equity?

Equity is the provision of personalized resources needed for all individuals to reach common goals.

Our goals:

- Creating a more inclusive school environment
- Provide students with personalized support to reach their goals
- Inclusivity, Action for Growth, Rigor, Educating the Whole Child, Empowerment

What we do:

- Focus groups
 - Prevalent issues on campus
 - Grading inequity, inclusivity, not enough information for non-STEM students
- Survey
- Events
- Studies/Interviews/Other

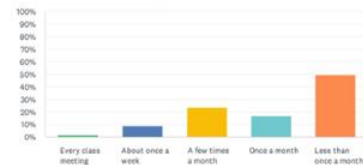


What have we done to support students?

- Annual survey (past 3+ years) w/findings reported to staff
 - 1000+ student responses
 - Presented recommendations during professional development (grading equity)
 - Teachers have made changes to their policies/green sheets toward equitable grading
- Promoted avenues to inform financial need services available to students
- Non-STEM speaker event had large turnout
- Worked with other FUHSD schools to launch respective Equity Task Force
- Suggest to FUHSD administrators to fix areas of inequity for low-income students
- Worked to reduce stigma against non traditional pathways
- Conducted interviews on campus on topics of inclusivity
 - Learn more about student experiences to support their individual + collective needs

Q2 On average, how often do you receive written feedback from your teachers about your progress in your classes?

Answered: 1,192 Skipped: 0





FUHSD Wellness Updates

CHS Wellness Space

FUHSD Wellness Updates

FHS Wellness Space



FUHSD Wellness Updates - MVHS

Wellness Space





We are still working on more...

Closure



- + **THANK YOU...** – Someone or something you are grateful for or a shoutout for someone in the class
 - + Ex: "I'm thankful to Praveen for sharing about his mom," "I'm grateful to Sarah for listening to my story today"
- + **I LEARNED...** – Something you learned in the class today
 - + Ex: "I learned a new way to ask for help when I need it," "I learned Ms. A has a pet snake."
- + **NEXT TIME...** – A commitment you have for the upcoming week or next class
 - + Ex: "Next time, I'm going to try to share something new about myself," "Next time, I'm going to ask for a break when I'm feeling tired"