

Fremont Union High School District

Wellness Council

February 27, 2025

Attendees (36)

Students

- Cupertino: Avani Bheemaiah, Aditri Gupta, Holly Harrison, Pearl Lakhani
- Fremont: Lily Dasgupta
- Homestead: Naveen Badrinath, Ranya Zhang
- Lynbrook: Jaclyn Chiu, Irene Chung, Irene Hwang, Shelby Kim
- Monta Vista: Noah Guan, Michael Yeung

Parents

- Cupertino: Jenna Clarke, Teresa Olson, Rachel Wei
 - Fremont: Ambrosia Studley
 - Homestead: Maya Elder Kadar
 - Lynbrook: Monique Anderson, Sonya Patel

Staff

- District Office: Divya Puri (District Manager of Nutrition Services)
- Cupertino: Angela Verbin (Wellness Space Support Specialist, SCCOE), Natalie Rodriguez-Garcia (Wellness Specialist, SCCOE)
- Fremont: Alejandra Flores (Wellness Space Support Specialist), Erik Medeiros (School Counselor)
- Homestead: Sarah Loyd (School-Based Therapist), Dawn Predium (School-Based Therapist)
- Lynbrook: David Erwin (Assistant Principal)
- Monta Vista: Lora Lerner (Teacher)

Trustees: Danny Choi

Planning Team: Brooke Chan (Coordinator of Data and Assessment), Dina Cuellar (Executive Assistant, Teaching and Learning), Hayley Giniger (Program Specialist, Mental Health Services), Trudy Gross (Associate Superintendent, Teaching and Learning), Leila Lurie (Social Emotional Learning Curriculum Lead), Nancy Sullivan (Director of Educational and Special Services)

AGENDA

The meeting opened at 5:32 p.m.

Welcome and review of the agenda by Associate Superintendent of Teaching and Learning Trudy Gross (slides 1-2).

Opener, 5 Minute Seated Stretch, was facilitated by Trudy (slide 3) followed by updates on the Sunnyvale Teen Resource Fair and SCCOE Student Wellness Advisory Group (SWAG) (slide 4).

Trudy shared that the December 12, 2024, Wellness Council meeting was cancelled (slide 5) due to learning of the death of a student and staff implementing the support necessary for the family, students, and staff. During that day Trudy and Nancy Sullivan, Director of Educational and Special Services, determined that it would be disingenuous to hold the Council meeting and the “lesson plan” that was prepared. The focus on academic pressure is important and will be incorporated during one of the 2025-26 Wellness Council meetings. The focus on more proactive counseling practices fits into the shift in lesson plan for this current meeting which will be to share the steps that are part of how we address a crisis. (Slide 6).

Leila Lurie, Social-Emotional Learning Curriculum Lead, provided an overview of the Trauma Informed Framework and the 4 priorities as written by Alex Shevrin Venet in Equity Centered Trauma Informed Education (slide 7).

- Predictability: routines - same format for Wellness Council each time - food, opener, closer, etc. Our crisis response is manualized - we have a plan - written out and followed by all schools.
- Flexibility: can seem contradictory - because trauma is unpredictable, we need others to meet where we are. Our canceling the meeting was to meet the needs of all involved; we made a decision to not go on as business as usual. While following a plan, crisis response is always individualized.
- Empowerment: trauma is disempowering, putting choice and say in our learning environment is important. In our Council meetings we seek to create a space where participants have agency. Council members are also empowered to be representatives to their community, share information and resources, etc.
- Connection: relationships create safety. We work to build community in Council meetings by leaving plenty of time to chat, enjoying food and community with each other, providing opening and closing activities where we get to share a bit of ourselves with each other. And we want to strengthen the good stuff/the hopefully warm feelings and knowledge we create in Council meetings to spread throughout our wider community.

In transition to information about our crisis response, Program Specialist for Mental Health Services, Hayley Giniger, provided detail about sensitive material being covered and how participants should take care of themselves (slide 8). Fidget and mandalas and colored pencils were available on each table.

Nancy shared details about our crisis manual and response (slide 9). She provided details on the implementation that occurs when a crisis arises, while emphasizing that the planned foundation anchors the process and the people while individualization occurs based on the needs of each specific situation (slides 10-12).

Trudy provided an opportunity for participants to ask questions, take a break, etc. (slide 13). Input was provided about the impact of crisis situations on the students at the school site.

There were questions about recent shelter-in-place situations at two of our campuses including that parents are confused about the difference between shelter-in-place and lockdown. Trudy shared that the Superintendent and Trustees have also heard this concern. There is updated communication plan for the near future and inclusion of the definitions within the FUHSD website. Student members of the Council expressed challenges they have experienced during the school day when teachers/adults are navigating a potential threat and implementing a shelter-in-place.

Trudy introduced the District focus on proactive counseling efforts (slide 14). The FUHSD has had licensed staff on our campuses for over 30 years and is proud of our evolving implementation of wellness spaces. Council members Sarah Loyd and Dawn Predium, school-based therapists at Homestead High School, provided details about the HHS Mental Fitness Squad (slide 15). Council member Alejandra Flores, Wellness Space Support Specialist at Fremont High School, provided an update on the FHS wellness space, The Nest, which opened on January 6, 2025 (slide 16). Student members of the Council expressed that they would like the wellness space at their campus to have a name. They see this as stigma reducing. It was also emphasized that teachers need to understand that students are to be provided the opportunity to leave class to go to the wellness space without asking “why”. Trudy stated that this will be shared with the principals to include in the August professional development/staff preparation days that occur before the school year begins.

Trudy shared that the next and last Council meeting of the school year will be focused on nutrition services (slide 17).

Hayley led the Council in a closure (slide 18).