



Wellness Committee

Please sit in assigned seat

October 22, 2025



Agenda

1. Opening Activity (role alike table groups) - 5 min. (Nancy)
2. Review History & Purpose of Wellness Council - 7 min (Trudy)
3. Summary of Feedback from Last Year - 2 min (Nancy)
4. Activity:What We Carry and What We Want to Reclaim - 50 minutes (Karen and Leila)
5. Commitments - 5 min. (Brooke)
6. Closing Activity (whole group) - 5 min. (Leila)

Community Agreements

- Take space, make space
- Assume positive intent, and...recognize that impact trumps intent
- Expect and accept non-closure
- What's said here, stays here. What's learned here, leaves here.

Opening Activity



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

2021-2025

- Wellness Council Restart February 2023
- Updated district belief statements
- Feedback from wellness council for School Plans and LCAP
- Wellness spaces opened @ CHS, FHS, HHS, MVHS
- Crisis Protocol
- Integrating Student Nutrition Council with Wellness Council

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

Summary of Feedback from Last Year

Prompt: What topics would you like to see addressed this year?

In order of most common responses:

- Academic pressure
- Opportunities to explore different pathways after high school
- The week before finals: how to make less stressful for students
- Nutrition
- More proactive counseling practices
- Advisories: how to improve

Setting the stage for tonight

- We listened to you
- Concerns about academic pressure



What We carry...and What We Want to Reclaim



Setting an Intention: Think of a time when you felt deeply proud or “alive”—not because of grades or achievements, but because you were connected or joyful.

Joy, defined here as a sense of wonder, purpose, belonging, connectedness; not necessarily “happy”, rather, a deeper sense of meaning.

Activity , Part 1, Individual Reflection

- What messages have I received about what makes someone successful?
- How do these beliefs affect me or those I care about?
- What stress or pressure comes from these ideas?"

Activity, Part 1a - Group Reflection

- What are common pressures we experience around achievement?
- How do these pressures impact joy or connection?

Instructions:

- Write common pressures on post-it notes
- Write impact on Joy on post-it notes
- Post on The Weight We Carry poster

Gallery Walk

- Check out all the posters
- Move to your new table group

New Groups

TABLE 1 K. Morgan Y. Aluru D. Bonde D. Kucer H. Harrison M. Hsu S. Kim	TABLE 2 J. Ragabally T. Kappeler-Hurley J. Clarke C. Rohloff A. Bheemaiah S. Prayag J. Chiu	TABLE 3 N. Brown L. Lerner R. Wei M. Anderson P. Lakhani N. Badrinath C. Song
TABLE 4 E. Mederos A. Verbin A. Studley P. Kuppuswamy A. Gupta R. Zhang A. Wong	TABLE 5 S. Loyd A. Flores N. Basler S. Baba C. Medam I. Hwang N. Guan	TABLE 6 D. Predium J. Llerenas M. Elder Kadar M. Dasgupta A. Jain T. Ramachandran

Activity 2

Tell about a time when academic pressure felt heavy or overwhelming—for yourself, your child, or your students. Talk about what/who helped you to get through that experience and shift your perspective (including in retrospect)

Instructions:

- Storyteller speaks for up to 2 minutes
- Listeners use intentional listening skills to uncover assets and strengths heard with in the story
- Notetaker: document strengths and assets on post its then put poster on big post it

Part 3, Reimagining - Individual Reflection

Using prompts on Handout:

- What lights me up – *joyful activities or experiences*
- One way I can bring more of this into my week



Part 4 - group Share out

What's one small shift—at home, in classrooms, or as families we can make to move toward bringing more joy into our lives? Share *process* or content



Make a commitment

P.S. You are
important.

Write down one small shift—at home, in classrooms, or within yourself you will make to move toward bringing more joy into your life *

* Outside of academics

Looking Ahead

- HHS 12th grade student, Ranya Zhang
- Wellness Council Member
- Interested in Data Science
- Collaboration with Dr. Gross to provide 3 year data analysis of California Healthy Kids Survey

FOCUS → Factors Impacting Grades

Closure

One Word