

WELCOME!

FUHSD Wellness Council Meeting

December 3, 2025



Agenda

Opening
Activity
Dina

Overview: CA
Healthy Kids
Survey (CHKS)
Trudy

Study of CHKS data
22-25: What factors
lead to higher grades?
Ranya

Activity/Discussion
Person

Closure
Person

Opening Activity

Mix & Mingle

1. What is your favorite food and why?
2. What do you love to do on the weekend?
3. If you could create a holiday, what would it celebrate?

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.

CA Healthy Kids Survey Results: 2022-2025



The CA Healthy Kids Survey (CHKS) is an anonymous, confidential survey of school climate and safety, student wellness, and youth resiliency.



School Climate Report Card

The school climate indicators provide district-level descriptions of several factors that are known to influence learning success in schools.

These include: school connectedness, academic motivation, absences, caring adult relationships, high expectations, meaningful participation, and safety.

How does the FVHSD use this data?

Local Control Accountability Plan (LCAP) Goal 3: Every student will feel safe, cared about, and both academically and socially engaged in school, as evidenced by the CA Healthy Kids Survey (CHKS), suspension and expulsion rates, attendance and absenteeism.

Purpose

Increase the percentage of students who report meaningful participation at school.

Belonging

Increase the percentage of students who respond positively when asked about their sense of well-being (safe and cared about).

Purpose: meaningful participation at school

Average percent of students reporting “pretty much true” or “very much true” to “meaningful participation at school”.



9th grade

27% (2022)

27% (2023)

33% (2024)

10th grade

26% (2022)

27% (2023)

33% (2024)

11th grade

25% (2022)

25% (2023)

32% (2024)

12th grade

29% (2022)

28% (2023)

36% (2024)

Belonging: sense of well-being

Average percent of students reporting “agree” or “strongly agree” to “school connectedness”.



9th grade

63% (2022)

63% (2023)

68% (2024)

10th grade

61% (2022)

59% (2023)

65% (2024)

11th grade

61% (2022)

60% (2023)

62% (2024)

12th grade

50% (2022)

60% (2023)

64% (2024)

What is the data telling us about purpose and belonging at school?

What do you see at school that supports the upward trend in the data?

What would help to build the sense of purpose and belonging at school?



CALIFORNIA HEALTHY KIDS SURVEY

Data Study

Ranya Zhang, Senior @ HHS
FUHSD Wellness Council, December 3, 2025

DATA OVERVIEW

- From all five high schools in the Fremont Union High School District
- Spanning 3 school years: 2022-23, 2023-24, & 2024-25
- ~7000 students/year or +75%

School	2022-2023	2023-2024	2024-2025
Educational Options	43	72	62
Cupertino High School	1391	1490	1308
Fremont High School	1648	1318	1427
Homestead High School	1246	1787	1724
Lynbrook High School	1491	1402	1380
Monta Vista High School	1345	1312	1290
Total	7164	7381	7191

STUDY DESIGN

- Question: *What factors lead to higher grades?*
- Solution method
 - *Mediation analysis*
 - *Machine Learning models*

	Counts			Percentages		
Data Source	2022-23	2023-24	2024-25	2022-23 %	2023-24 %	2024-25 %
Mostly A's	3384	3069	3162	49.81	43.77	45.58
A's and B's	2104	2484	2495	30.97	35.42	35.97
Mostly B's	384	470	432	5.65	6.7	6.23
B's and C's	531	583	550	7.82	8.31	7.93
Mostly C's	128	134	94	1.88	1.91	1.36
C's and D's	156	147	121	2.3	2.1	1.74
Mostly D's	42	39	18	0.62	0.56	0.26
D's and F's	65	86	65	0.96	1.23	0.94
Total	6794	7012	6937	100.01	100	100.01

- Grade distributions show little variation across the three periods.

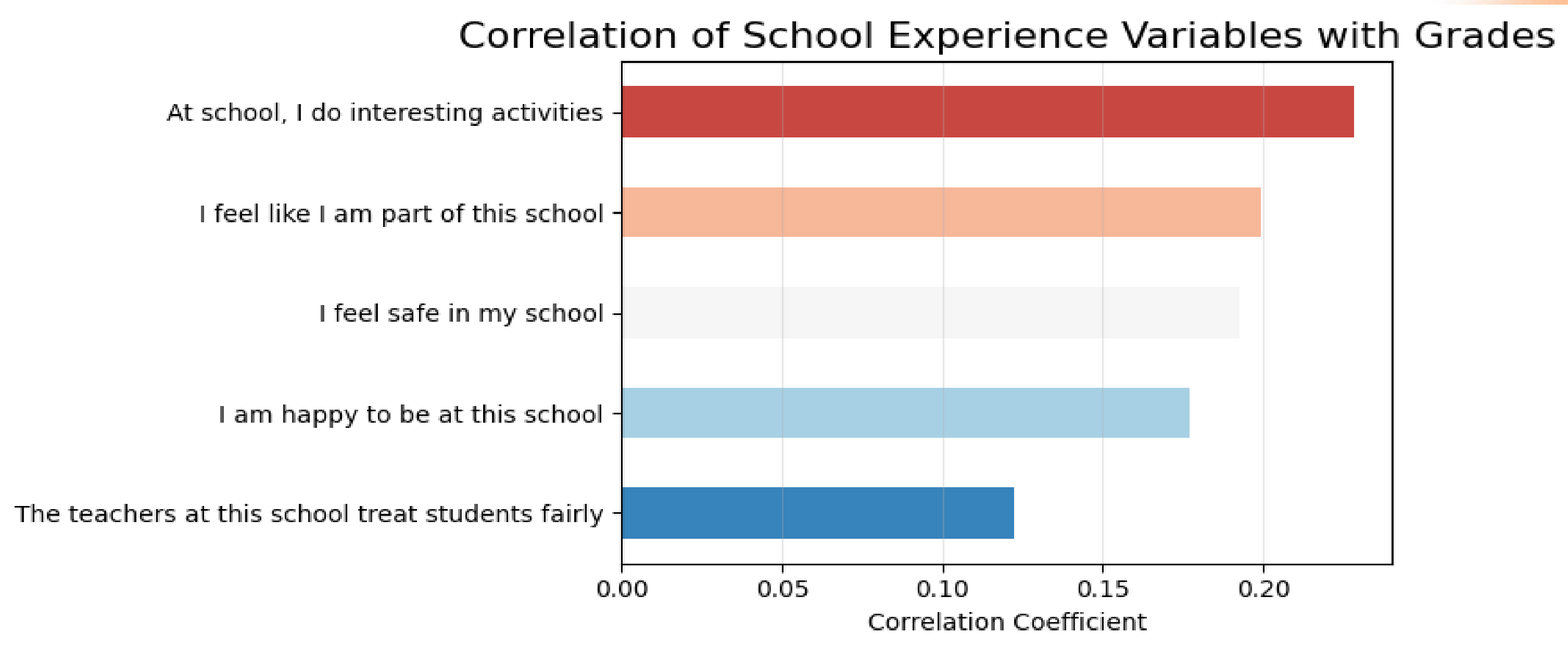
SELF-REPORTED GRADES

1ST STUDY: MEDIATION ANALYSIS

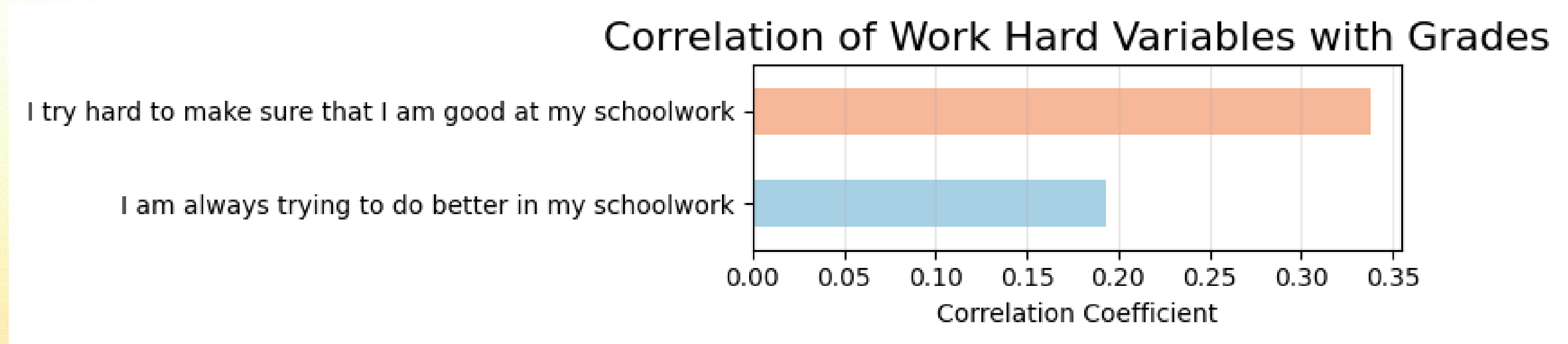
1. Correlation analysis
2. Combine with mediation model to evaluate relationships

GRADES & SCHOOL EXPERIENCE

- *School experiences are positively correlated with grades.*
- *The highest correlation is with “at school, I do interesting activities.”*

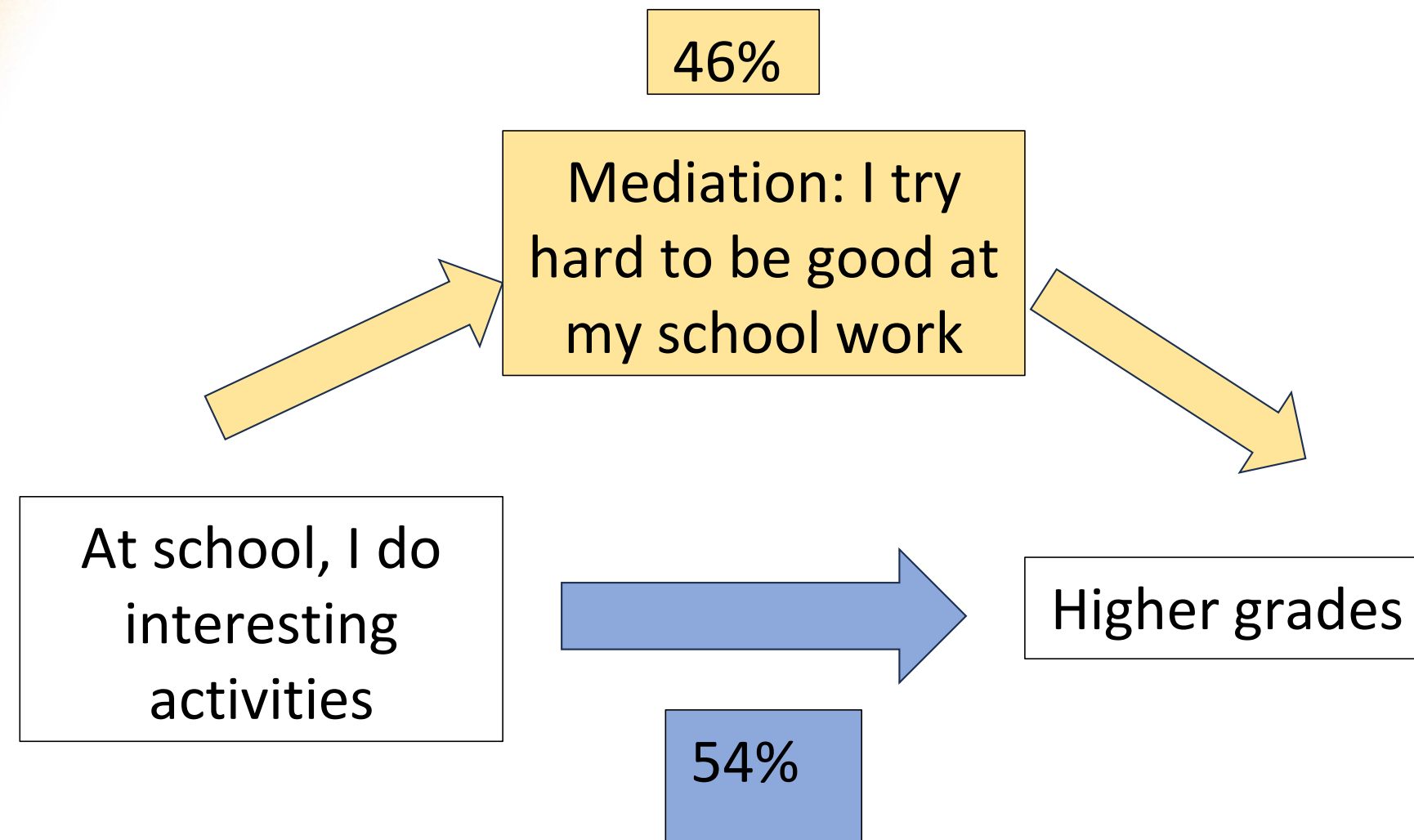


GRADES & WORKING HARD



- *Grades are positively correlated with the hard-working variable*

MEDIATION RESULTS



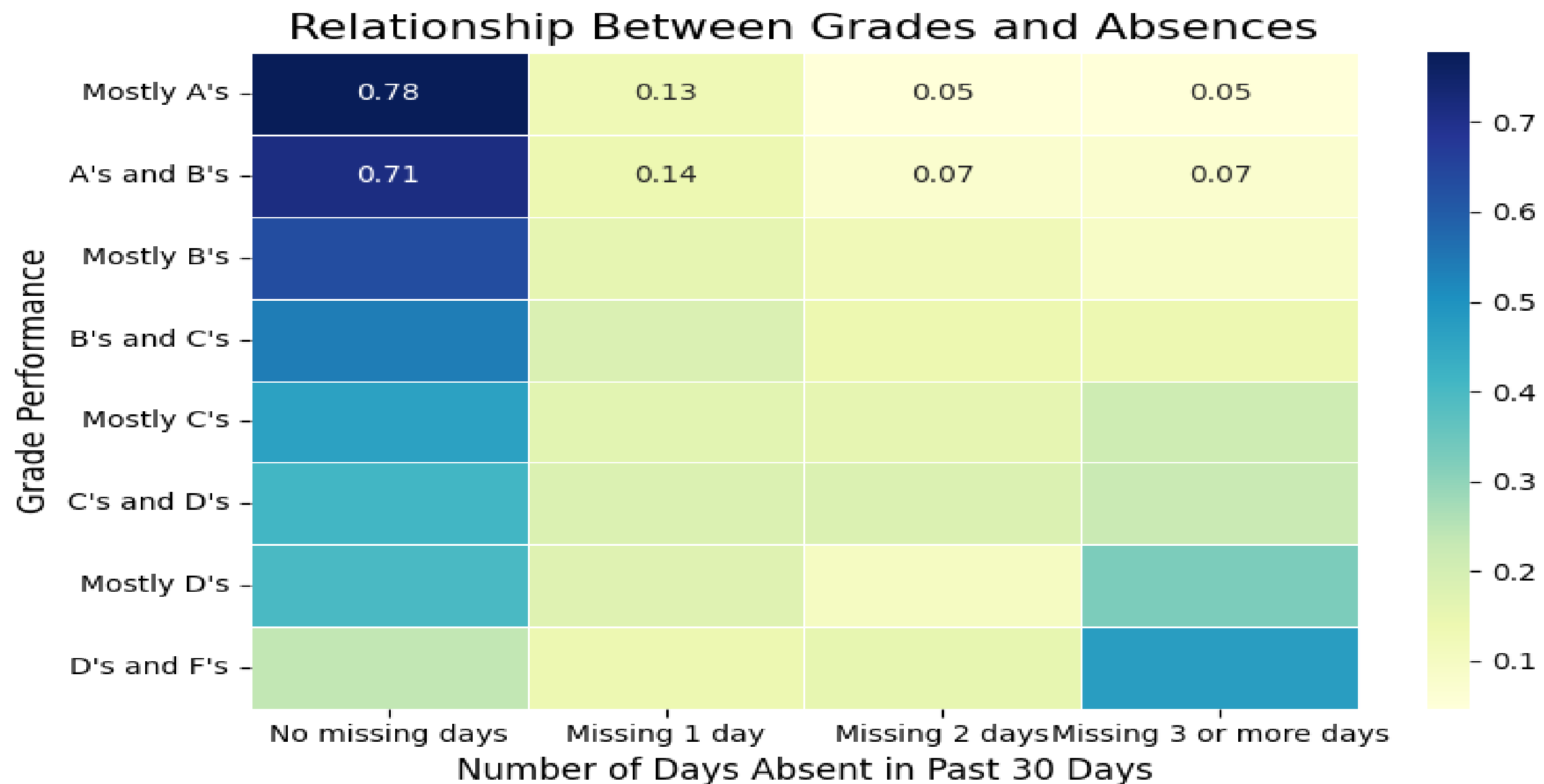
- *Doing interesting activities at school helps with getting higher grade*
- *This effect is mediated by being hard-working*

2ND STUDY: MACHINE LEARNING MODELS

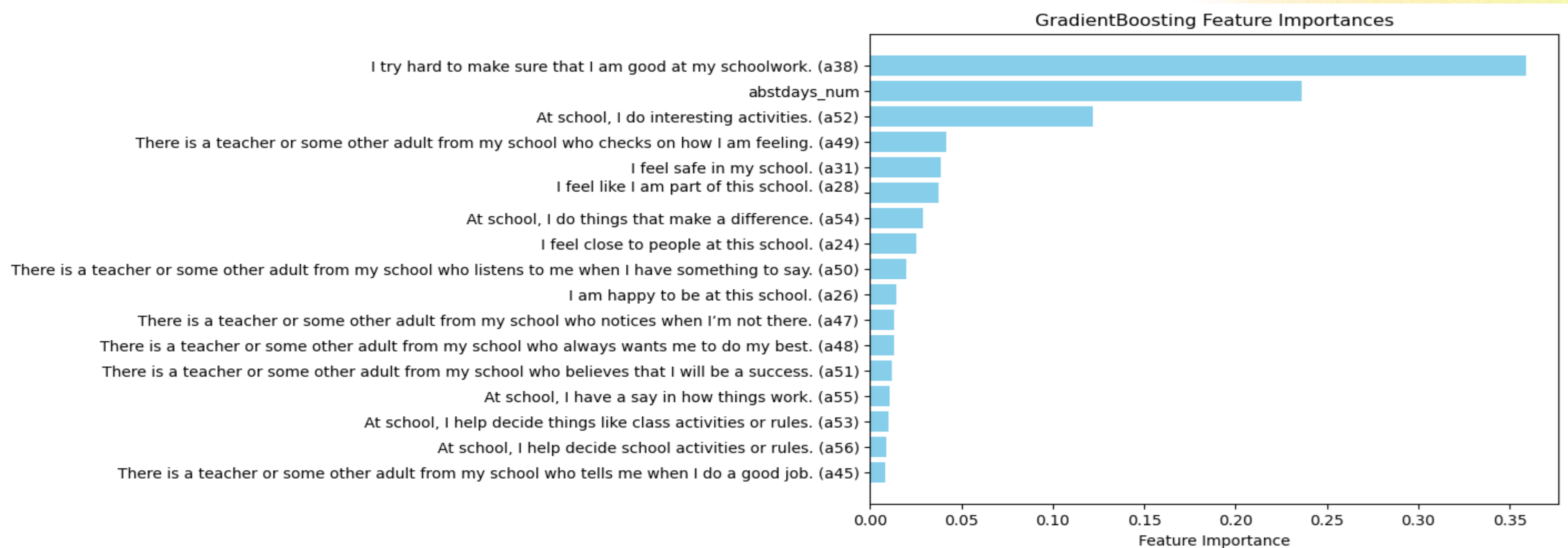
ML models allow for more factors to be included.

GRADES & ABSENCES

- Among those who didn't miss any day for class, 78% of them have grades that are mostly A's.
- Among those who missed 3 or more days, about 47% have grades of D or F.



IMPORTANCE RATINGS FROM GRADIENT BOOSTING MODEL



- 3 Most Important Features (Purpose)
 - Hard work, not missing school, doing interesting activities at school
- 2nd set of Most Important Features (Belonging)
 - A teacher or adult who checks on me, feel safe at school, feel part of this school

CONCLUSIONS

Student responses

- *Students' grades are highly correlated with their participation at school*
 - *Activities*
 - *Not missing school*
- *Hard work is the most important factor in predicting higher grades.*
- *A teacher or adult who checks on me is the 4th most important factor*

What is the data telling us about purpose and belonging at school?

What within these conclusions stands out to or resonates with you?

What's one small action you could take in the next month to build belonging?

What long-term change could strengthen belonging in your school?



Wellness Council Representative



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

Feedback/Insights Gathered?

Announcements: Teen Resource Fairs
- City of Sunnyvale on February 7, 2026

Closure

Share one insight from the survey data that stood out to you

OR

Share one reason for hope based on the survey data

Credits

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Happy designing!