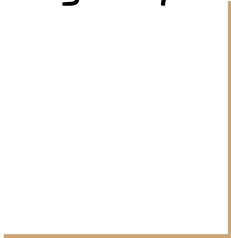




Wellness Council

You choose your seat/table group

February 25, 2026



Agenda

1. Opening Activity - 5 min. (Leila and Karen)
2. Summary of Feedback from December Council Meeting - 5 min. (Trudy)
3. Topic and Activity - 60 min. (My Digital TAT2)
4. Wrap-Up - 5 min. (Trudy)
5. Closing Activity - 5 min. (Leila and Karen)

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 - Convergence



Connection to December Council Meeting

Principal/District Leadership review of the input provided by the Wellness Council regarding CHKS,

- what reinforces wellness, social-emotional, purpose/belonging, relationship building efforts in place on your campus?
 - Focusing on and dialoguing about purpose and belonging.
 - Kids and families notice when a teacher make moves in addition to core content.
 - Student/Teacher relationship play a significant role.
 - Data aligns with the work happening at sites.
- in what areas might there be a deeper dive and/or additional effort?
 - Belonging in connection with removing barriers.
 - Group work.
 - Reflection form for observations: how do you know the students are engaged with the lesson?
 - Students value having a voice, balance with how much power they have.

My Digital TAT2

Digital Agency: Building Healthy Tech Habits Together
<https://isu.pub/unAjVka>

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

Upcoming

- City of Cupertino Teen Resource Fair on Saturday, March 21 at Cupertino Main Street from 12-3 p.m.
- Next and final Wellness Council meeting for 2025-26
 - Wednesday, March 25
 - 4:15 p.m. snacks; 4:30-6 p.m. meeting
 - Topics:
 - Nutrition Services and Student Nutrition Board
 - Debriefing 25-26 and planning for 26-27

Closure - At your table...

Name one small way you can try to balance your online & IRL (In Real Life) social life.

