



# Wellness Council

February 28, 2023



# Purpose of the 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.



# Meeting Objectives



Participants will:

- Use FUHSD's core beliefs as a foundation for our collective work in support of student wellness.
- Learn about work the Council has engaged in and Wellness efforts in the District since March 2020
- Provide input for the content of the April 25th Council meeting.

# Welcome



- Post in chat your name, role (student, parent) or position, and school
- Connection/Community Builder



# CASEL Framework



Collaborative for Academic, Social, and Emotional Learning

## Benefits of SEL



# Four Corners



- On each of the next two slides you will see 4 images per slide.
- Choose 1 of the 4 images that best reflects your personality or your mood today.
- Post the number in the chat of the image you choose.
- I will call on 2 volunteers per round to share why they chose the number they did









# The Hard Scale



- The goal is to think about values and how they might feel more (or less) challenging to different people.
- On the next slide you will see a value word like “kindness.” Your goal is to think about how challenging that word feels to you, in this moment. Choose the number representative of its difficulty and post it in the chat.
- I will call on 1 volunteer per round to share why they chose the number they did





12

9

# Kindness

3

(1 = low difficulty, 12 = high difficulty)

6

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12



9



# Forgiveness

3

(1 = low difficulty, 12 = high difficulty)

6



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# Norms and Core Beliefs



- Breakout rooms to review
- Norms
  - Equity of voice (mute when not speaking)
  - Assume positive intent
  - Expect and accept non-closure
- Core Beliefs
  - Which of the beliefs resonates or does not resonate with you?
  - Is there a belief you feel is most difficult to see evidence of?





# FUHSD Wellness Council History



2007

- Wellness policy

- Legislated changes in nutrition standards

2015-2017

- Wellness Council restart

- Focus on adolescent sleep

- Later start schedule, “no 1<sup>st</sup> period” for 2018-2019 school year

2017-2019

- Social-emotional health

- Student Wellness Survey in January 2019



# Key Findings: Survey Measures



## State-Trait Anxiety Scale (STAI)

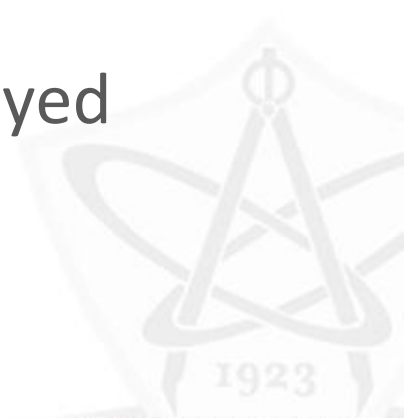
- The majority of responses from students surveyed indicated a moderate level of symptoms related to anxiety.

## Center for Epidemiologic Studies Depression (CES-D)

- The majority of responses from students surveyed did not indicate symptoms of depression.

## Brief Resilience Scale (BRS)

- The majority of responses from students surveyed indicated a normal level of resilience.



# CA Healthy Kids Survey



The Core Module is aligned with the Local Control and Accountability Plan to assess:

- school climate and safety,
- pupil engagement,
- student supports,
- bullying, and
- substance abuse.

Demographic questions help identify the needs of key subgroups, including:

- racial/ethnic groups,
- foster youth,
- economically disadvantaged, and
- English language learners.



# What's New



## Staff

- SBT Lead began in 2021-22
- 4 School Counselors/site began in 2022-23
  - Training on anxiety and depression
  - Therapy conversations
- Wellness coaching and classroom connection

## Students/Families

- Advisory lessons
  - Newsletter
- Sexual Orientation, Gender Identity, and Expression (SOGIE)
- Parent education
  - My Digital TAT2
  - Project Cornerstone
- Wellness Spaces - in development



# FUHSD NUTRITION SERVICES



## Nutrition plays a crucial role in Wellness

Operate under National School Lunch Program (NSLP) and School Breakfast Program (SBP)

Funded and Regulated by Federal and State Govt.

Regulated by Federal, State and Local authorities:

- United State Department of Agriculture
- California Department of Education
- Santa Clara County Dept of Environmental Health
- District/Wellness policy



# NUTRITIONAL REGULATIONS



Federal and State regulations include detailed nutritional requirements on all items served. Some examples are:

- Whole grain items
- Trans Fat
- Calories (average of a week)
- Sodium levels
- Fruit and vegetables
- Milk
- Meal Components
- And Much more

Therefore, the Goal of Nutrition Services is to offer a menu that is compliant with all the regulations, while being nutritious, visually appealing and contributes towards wellness of all students.

# WHAT'S NEW IN 2022-23



California became the first State to implement statewide Universal meals Program for all school children.

- Led to unprecedented increase in student participation
- Average meals served per day increased from 275 to 950 during brunch and lunch
- All these meals still need to be served in 15 minutes for brunch and 40 minutes for lunch using the same facilities and space as before



# EXCELLING THRU CHALLENGES



Despite a 300% increase in number of meals served, we have continued to improve every aspect of our program. Some of our current initiatives include:

- Increased scratch cooked menu items
- Increased plant based items
- Reopen salad bars (post-pandemic)
- Continue to offer culturally diverse menu items to reflect student populations





# CURRENT MENU OFFERINGS



Chicken  
Tikka



Stir Fry Tofu



Grab n Go  
Salad



Pasta  
Bolognese



Spicy Chicken  
Wrap



# ADDITIONAL INITIATIVES



- Continually to test and offer new items
  - Partner with local small vendors to decrease carbon footprint
  - Buy minimally processed ingredients
  - Seek, engage and implement student voice
- Nutrition Services Student Board**





# Nutrition Services Student Board

Homestead Representative,  
Joshua Choi





# A little bit about me...



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# What exactly is NSSB?



FUHSD Nutrition  
Services Student Board





# Some of Our Past Work:



# World of Flavors Event



**MARCH 21 - 25**

## A WORLD OF

**Monday**  
Asian Rice Bowl  
with fortune cookie,  
Banh Mi Pizza

**Tuesday**  
Cheeseburger with  
baked fries

**Wednesday**  
Pasta Bolognese

**Thursday**  
Chicken Tikka Masala  
with rice & samosa

**Friday**  
Burrito Bowl

## FLAVORS

**CELEBRATING DIVERSITY THROUGH FOOD**  
**SCAN HERE TO GIVE FEEDBACK FOR LUNCH MENU**

For more information, visit  
<https://www.fuhsd.org/departments/food-services>

**FUHS Food Services**  
**X HHS Culinary**





# BOUNTIFOODS Food Sampling



# Whole Student Body Polling



Which school do you attend? \*

- ☐ Cupertino
- ☐ Fremont
- ☐ Homestead
- ☐ Lynbrook
- ☐ Monta Vista

Grade \*

- ☐ 9
- ☐ 10
- ☐ 11
- ☐ 12

What days do you eat brunch? \*

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday

☐ I don't eat school lunch

If you don't eat lunch, is there a specific reason?

Your answer

If you do eat lunch, is your favorite item always available on its given day?

- ☐ Yes
- ☐ No

Do you have any dietary restrictions? \*

- ☐ Vegetarian
- ☐ Vegan
- ☐ I don't have any dietary restrictions
- ☐ Other: \_\_\_\_\_

Other concerns / points of feedback

Your answer

Submit

Clear form

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# District Wide Video Advisory



## General Overview

**NSSB**

What is the NSSB?

**Cafeteria**

How are our cafeterias run?

**Department**

What does the department do?

**Recruit**

How can they apply for a position?



## Action Items Schedule

**Jan**

**Feb**

**Mar**

**Apr**

**May**

**Aug**

**Sept**



Email  
advisory  
coordinators

Create  
scripts

Continue  
filming

Continue  
editing

Finish  
editing

Check in  
with  
advisory

Present  
advisory



Hash out  
video plan

Schedule  
interviews

Begin  
editing  
process

Plan  
assignments

Upload all  
materials  
to drive

Refresh QR  
code for  
application



Begin  
filming

Send drive to  
advisory  
coordinators

Present  
advisory



# Other Initiatives:



- Menu
- Nutrition Week Celebration (local sourced foods) during the month of March





- Thanks for your attendance and participation!
- Health Course Curriculum Development meeting on Monday, March 6 from 4:30-6p.m. via Zoom. If you have not already RSVPed, email Trudy.
- Wellness Council meeting on Tuesday, April 25 from 4:30-6p.m. via Zoom.



# Wrap up



- Deep Kindness: A Revolutionary Guide For The Way We Think, Talk, And Act In Kindness by Houston Kraft
- Character Strong ([characterstrong.com](http://characterstrong.com))
  - Engagement, Belonging, Well-Being
  - Drawing for Deep Kindness books
- Exit ticket





# In closing...







# Thank you!

