

Student



Amador County Public Schools

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Agenda

Nutrition Education and Wellness

Physical Activity and Wellness

Social Emotional Wellness

Positive School Climate

Next Steps

Questions and Discussion

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Nutrition Education and Wellness

Partnership with UC CalFresh

- Healthy Environment in Cafeterias with Posters
- P.E. Classes
- Summer Meal Program
- Free meals for all students
- Curbside pickup of meals



Nutrition Education and Wellness

Partnership with Dairy Council of California

- Implementing Smarter Lunchrooms Movement
- Distributing free Nutrition Education Curriculum



Nutrition Education and Wellness

- Culinary classes at high schools provided supplies for students to cook at home
- School gardens at 4 of 6 elementary schools
- Healthy Living elective at North Star, Independence and Jackson Junior High School with one full unit on nutrition

Physical Activity and Wellness

- All students receiving required physical education minutes in a new way
- Recess before lunch continues in hybrid model where possible (4 of 6 elementary schools)
- PE electives at North Star and IJHS
- Grade level rotations / variation in PE courses

Social Emotional Wellness

- 5 School Counselors Prior to COVID-19 Pandemic
 - Classroom presentations
 - Small group lessons
 - 1:1 counseling
- 5 High School Guidance Counselors
 - 1:1 counseling
- 2 Additional Counselors Added with CARES Act Money
 - Classroom presentations
 - Small group lessons
 - 1:1 counseling
- Social-Emotional Curriculum including Sanford Harmony, Second Step, Project Success, and Botvin's Lifeskills

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Social Emotional Wellness

Counselors have adapted to the pandemic with the following strategies:

- Focus on reaching and communicating with students and their families.
- Seeing students through video format.
- Phone calls home, texts, or emails for those without access to the internet
- "Counselor's Hours" for students to talk about anything they may be concerned about
- Mindfulness, breathing, or stretches to begin our lessons and check-in on our feelings
- Google Classrooms where students can access resources and communicate with the counselor

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Social Emotional Wellness

Counselors have adapted to the pandemic with the following strategies: (Continued)

- Counselor's Websites that have videos, resources for families, and coping strategies
- Collaborating with caseworkers for students with IEPs
- Posting materials in general education teachers' Google Classrooms and joining their weekly video check-ins
- Office hours for each school so students can just drop in and see their friends or check-in without an appointment

Social Emotional Wellness

- Multiple professional development opportunities have been offered, including:
 - Suicide Prevention 101 for Parents: Recognizing Signs and What to Do
 - *LivingWorks Start* Suicide Prevention training sponsored by CDE for all 7-12 staff and students
 - CDE's Social Emotional Learning for School Well-Being
 - Question, Persuade, Refer (QPR) training during many of our schools' staff meetings
 - Post-traumatic Growth: How to manage the human experience through COVID-19
 - Mental Strategies for Managing Your Overactive Mind: Useful Techniques for Surviving the Pandemic
 - Crisis & Youth: Self Harm and Suicidal Ideation
 - Helping Teens with their Screens
 - The Role of Sleep in the Prevention of Mental Health Disorders
 - Maintaining Hope in a Time of Profound Grief and Loss

Social Emotional Wellness

- Continued support from Nexus Youth and Family Services
- All employees have access to free counseling and mental health support through our [Employee Assistance Program \(EAP\)](#)
- List of counseling and mental health resources in Amador County was sent to all counselors, psychologists, Principals, and VPs

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Social Emotional Wellness

- Mindfulness activities in many elementary classrooms
- Aspire student assistance program for linking students to mental health services in our community
- Social emotional component to health class
- Positive behavior interventions and supports
- Restorative justice / alternative discipline strategies

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Social Emotional Wellness

- Trauma Informed Practices / Youth Mental Health First Aid
- Continued Participation in Amador County Behavioral Health Advisory Board (ACBHAB)
- Resilient Amador- Adverse Childhood Experiences (ACES) Committee
- Nexus Youth and Family Services providing support to sites

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Positive School Climate

- Kindness clubs at elementary level
- Focus on teacher-student relationships
- Virtual awards assemblies for recognition of accomplishments
- Peep squad
- WEB lessons in tutorial
- “Pawsitivity” Fridays, tickets for positive behavior
- ASB spirit days

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