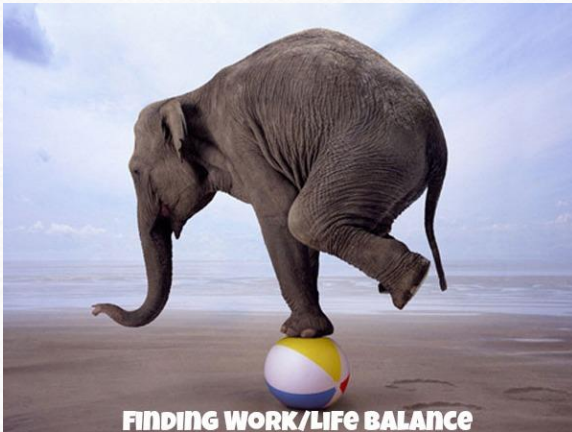


Supporting Student & family “life balance”



...Elementary Schools

- ✓ There are a wide range of activities and strategies that support a focus on overall wellness and student stress management and balance
- ✓ Overall, our elementary schools report that the stress level / life balance issue is managed well with the various activities provided by the sites.
 - ✓ A few sites have higher levels of concern, whereas a number of sites feel very comfortable with their students' feelings around balance.
 - ✓ Staff uses School Climate Surveys and Healthy Student Survey to identify needs specific to site.
 - ✓ Site staff work directly with their parent groups to support community-based interests and “balance” has been a focus for a few of our sites.



...Types of activities for students and parents occurring at IUSD elementary schools

- Homework policy being discussed and adjusted yearly and as necessary
 - Use of flipped teaching provides some relief with the type of homework presented
- Use of school PBIS plan to support student life balance
 - Classroom lessons
 - School-wide focus on specific PBIS attributes contributing life balance
- Parent/teacher/student conferences with a focus on life balance
- Teacher de-emphasis on grades during awards assemblies and student honorings

...Types of activities for students and parents occurring at IUSD elementary schools

- School site evening events (via PTA, SSC) where focus is on time management, efficient home management strategies. This is done with professional speakers, IUSD staff from Irvine Family Resource Center, site staff.
 - 40 Developmental Assets; “Race to Nowhere”
- Use of guidance assistants for full classroom presentations/conversations around stress management
- Individual/small group work for specific students struggling with stress/management with guidance assistants

...Types of activities for students and parents occurring at IUSD elementary schools

- Focus on student fitness programs
 - Yoga classes have become regular at a number of sites
 - PE Paraprofessionals increase variety of activities provided for our students
 - PE being integrated in short bursts throughout the day and immediately prior to academic work
- Alternate ACE programs de-emphasizing academics and supporting a well-rounded student
 - Running clubs; increase in art and music courses; athletic courses

...Staff Focus

- Many school staffs have focused on overall wellness
 - After school running clubs
 - Before/after school Yoga, P90X sessions
 - Adding more team building activities to staff meetings
 - This year's focus on Growth Mindset and Intellectual Risk Taking
 - Principal messaging regularly on managing the many initiatives IUSD is undertaking

...Middle School

Integrating Programmatic Supports:

- PBIS (Positive Behavioral Interventions and Supports)
- SEAMS (Student Empowerment at Middle School)
- Advisement/Homeroom Programs
- Tutorial
- Homework Plans: Some coordination and Homework “Free” Breaks
- MSP (Middle School Program)Activities

...Middle School

Implementing Health & Wellness Initiatives:

- Special Focus Weeks- Kindness Week, Anti-bullying weeks, Expect Respect Spirit Days, Be Nice to People
- Project Success
- Counselor Guidance Lessons
- Counselor Support in all three domains (Academic, Social/ Emotional, College & Career)

...Middle School

Student and Parent Education Opportunities:

- **Parent Nights: Understanding the Teenage Brain, Success Nights, etc.**
- Naviance: Educating students and parents about the breadth of options
- **Growth Mindset presentations and resources**
- Elective Opportunities- including the elective wheel

...High Schools



...High Schools

Broadening Educational Options:

- Parent Nights: Including a wider selection of post secondary options
- **Naviance: Educating students and parents about the breadth of options**
- College and Career Centers: Resources and Presentations
- **ROP Opportunities**
- Addition of more practical courses (i.e. Business Communications)

...High Schools

Integrating Programmatic Supports:

- Advisement Programs
 - Advisement Renewal
 - Advisement Lessons
- Office Hours/Tutorial
- Sophomore Counseling Conferences
- Homework Plans: Homework “Free” Breaks in the Winter and Spring

...High Schools

Implementing Health & Wellness Initiatives:

- Mental Health Curriculum in 9th Grade Physical Education (WHS & NHS)
- AP & Honors Evenings
- Registration - “Hours Calculators”
- Student Advisory Councils - Mental Wellness
- Wellness Wednesdays (Art & Music)
- Youth Action Team Speaker Series
- PTSA sponsored Mental Health Clinics

...Questions?

- Additional thoughts?
- Questions?
- Ideas?
- Next Steps?