

**West High School Community Council minutes (approved)**  
**February 10, 2020 5:30pm-7:30pm**  
**West High Media Center**

**I. Welcome and Introductions**

**In attendance:** Katherine Stroud, Joshua Pelton, Michael Hughes, Julie Lewis, Jennifer Johnston, Emily Stromness, Ami Burton, Katherine Kennedy, Laura Hernandez, Stacey Briggs, Valerie Gates, Suzanne Attix, Anna Cekola, Phillip Baker **Students:** Juliann Cruz **Guests:** Suyin Chong, Lisa Speight, Samuel Hanson, Nekquai Baker

**II. Consent Agenda**

**A. Approval of Minutes** Moved and Approved

**B. Fundraisers and Trips** West High Arabic Debate team invited to the International Arabic Debate competition in Qatar March 6-11. Qatar Government would pay for it. 4 students & advisor. Bringing to the Board on the 18<sup>th</sup>. Latinos In Action selling chocolate after school — \$350 goal. Football team invited to play in Santa Ana, CA in Aug. \$200 per student, 75-80 kids, because Boosters would pitch in the rest. If they don't raise it, they won't go. Will miss about 2 days of school, need at least a 2.7 GPA. No money will come out of their budget. Approved.

**III. Information Items** - 5 minutes each maximum (plus Q&A if necessary)

**IV. Discussion Items**

**A. Strength Training and Conditioning Room project:** Proposal — if outside funders can be found, the tech gym will be changed into a strength and conditioning room. Can accommodate up to 250 students at a time. ADA compliant (current one is not). East and Highland have new rooms. Rachel Townsend (Vice-principal in charge of athletics) has been doing a study on how the space is currently being used. There will be 3 gyms left, even with this change. Tech gym is currently used for some dances and testing. The current workout space is way too small for an actual class to use it. Mostly a site-based decision. Will only take a few weeks to change this, from start to finish. Could there be more Yoga classes offered once the new facility is established to assist with stress relief? This would help with our mental health goal.

**B. School Safety (mental health):** Brainstorm: Julian: gave a poll that went out on Instagram asking, Which would benefit student mental health most? 416 polled. 78 Wellness Center, 32 hire a professional, 13 more faculty training, 6 other. Most were interested in having a space where they could go. Are there wellness spaces in other schools? Adults in the school are also interested in this.

My Casa could potentially assist with mental health issues. My Casa's original purpose was to be used as a University partnership. It is currently located next to the Family Resource Center, which the School Board has approved a full-time person to staff. It's main function is to provide food and clothing to those in need, and medical and dental care to those who qualify. (Need to get the word out that they can create weekend food boxes for students and their families) UEN might also utilize My Casa – could install equipment and broadcast Adult Ed. classes. Would be funded with Adult Ed money. Could there be a mental health thread in it too? Maybe. Family Resource Center person is currently funded with a three-year grant. Social worker currently only works 90 minutes a week at West, and can only see four people. SCC will support any attempts to utilize this space to promote student mental health.

Statistics show that moving to a later start time (after 8:30) in high schools would improve mental health exponentially, by 58% or more. Suicide rates would be lower (we could save two child's lives). They will perform better academically. It reduces depression. It reduces traffic accidents. It reduces long-term health issues, including depression, blood pressure, etc. This is perhaps the most significant change that we could make to positively impact the mental health of our kids. Where is the Board with Late Start? Although they say that they believe the data, they are dragging their feet. SCC voted to support late start in general, with the understanding that we will need to work to minimize the negative impact on at-risk groups. Please write to Board Representatives to encourage them to keep this process moving.

**C. Diversity and Inclusion** Anti-Defamation League flyer passed out. More information to come...

**D. Digital Citizenship plan** Discuss in March

**E. LAND Trust** Will be more \$\$ than last year. Consider continued funding of PXP, Latinos In Action, AVID, ELL, PD. Considering allocating money to program for recovery packets. Formal discussion will happen at March meeting, following a presentation from LIA.

**V. Reports - 10 minutes each maximum**

**A. IB**

**B. School Board**

**C. Equity and Access**

**D. SIC**

**E. Others as needed** (LAND Trust, Development, Communication, etc.)

**F. Principal**

1. Report 2 more gender-neutral bathrooms are up and running. In the tech wing. West now has a total of 3.
2. Opportunity for the Community to ask questions and bring forth concerns

**VI. Action Items**

**A. Approve Digital Citizenship Plan** (postponed)

**VII. Assignments**

Valerie Gates: ask for a representative to come and talk about Latinos in Action  
Stacey: will investigate announcements about services from Family Resource Center, will follow up on LAND Trust expenditures from this year and projected amounts for next year.

**VIII. Upcoming Events**

Feb. 13: Midterm

Feb. 14: No school

Feb. 17: No school (President's Day)

Mar. 3: ACT Test Day (11th grade) No school for grades 9, 10, 12

Mar. 5: P/T Conferences 4-7pm

Mar. 6: Non student day

**IX. Next Meeting: Monday, March 9, 2020, 5:30 p.m.**