



A healthy school workplace also helps retain teachers and staff, reduces stress, boosts job satisfaction and supports employees to perform at their best. They are absent fewer days and more likely to stay in their positions, creating the continuity and stability that's essential for students' success. Teachers and staff are also influential role models for students. ~ Thriving Schools

When schools inspire and help students, staff, and teachers to be at their physical, mental, and emotional best, learning thrives.

~ Thriving Schools

Schools are not only a place of learning, but they are also worksites. Fostering school employees' physical and mental health protects school staff, and by doing so, helps to support students' health and academic success.

~ Whole School, Whole Community, Whole Child

- AGENDA -

Opening Remarks by Dr. Susan Salcido, Santa Barbara County Superintendent of Schools

SOCIAL AND EMOTIONAL SCHOOL CLIMATE

More Good Days: An Integrated Approach to Staff and Student Success by Dr. Joelle Hood

Keys to manage stress, shift mindset and enhance resilience by Kathy Gruver

PHYSICAL EDUCATION AND PHYSICAL ACTIVITY

5 Ways to Pivot Movement in Distant Learning by Katie Booser

Mindful Breathing and Stretching by Cori Lassahn

EMPLOYEE AND WORKPLACE WELLNESS

If Not You, Then Who? Self Care for School Employees by Isabelle Wettergren

NUTRITION ENVIRONMENT AND SERVICES

Cultivating Social Emotional Skills through Nutrition Education by Bessie O'Connor

California Department of Education Nutrition Services Division Resources

COUNSELING, PSYCHOLOGICAL AND SOCIAL SERVICES

How We Mangle The Stress Of Our Current Normal by Suzanne Grimmesey

COMMUNITY INVOLVEMENT & FAMILY ENGAGEMENT

Whole School, Whole Community, Whole Child (WSCC) by Katherine Hawksworth

HEALTH SERVICES

Santa Ynez Valley Union High School District Health and Wellness Center by Claudia Peña

Good health is critical to ensuring that students can make the most of their educational opportunities.

A foundation of good nutrition and physical activity enriches students' readiness to learn. A school environment that supports students' social and emotional well-being will propel young people to do better on all levels of academic achievement: academic performance, classroom behavior, and cognitive skills and attitudes. ~Thriving Schools