

Tamalpais High School School Site Council Meeting Minutes

December 18, 2019

1:15 pm - 2:45 pm

Room 2020

Members in Attendance: Suzanne Alpert, Scott Birkestrand, Luc Chamberlin, Beth Cherry, Ben Cleaveland, Laura Erickson, J.C. Farr, Mackenzie Holtzapple, Theo Koffman, Laura Keaton, Adrian McCory, Kaki McLachlan, Elaine Wilkinson, and Matt Wulfstat.

Absent: Connie Jackson

Guest: Yvonne Milham, Wellness Coordinator

Call to Order: 1:15 pm

Approval of the Agenda: yes (Luc Chamberlin motions, Ben Cleaveland seconds, all in favor)

Approval of the previous meeting notes: yes

Next Meeting Date: Wednesday, January 22, 2020 · 3:00 – 4:30 pm

Public Comment (2 mins per guest):

- For the first year ever, Tam High Foundation's student directory is online, rather than a paper directory, saving \$10,000.
- THF 2019-20 fundraising has surpassed the \$600,000 goal and is currently at \$631,000 with 36% participation. Thank you to J.C. Farr for his support and assistance.
- There is a new student member of the site council. Welcome to 9th grade class representative, Adrian McCorey.

Discussion of THS' School Site Safety Plan: Kaki McLachlan

The majority of the work on this plan was accomplished by the 2018-19 emergency planning committee, led by Wendy Straton. Thanks for Laura Keaton for distributing this year's plan.

Highlights include:

- Safety at THS includes emotional and physical safety.
- THS is a unique campus, which is beneficial and challenging for safety. THS is now using the Remind App to communicate with teachers during all drills and emergencies.
- Representatives from Mill Valley Fire Department and Police Department attend Safety Plan meetings and are involved and supportive.
- The new procedure is to stay in place during any fire alarm, unless a person sees flames, smells smoke, or the administration contacts teachers.
- The safety plan outlines issues around sexual harassment.

- Drills are roughly every other month, balancing students' emotional safety and preparedness. Ideally, lockdown drills should be delayed beyond the first week of school to let students settle into school. Teachers offer that they try to be proactive rather than reactive and weave safety into classroom norms.
- Some teachers may need the emergency preparedness infographic to post in classrooms. Kaki will follow up during all school audit on Jan 6-7. Posters in Spanish should also be up in public spaces.
- Student input: students want to know what to do in situations so it would be ideal to explain procedures more thoroughly.
- Parent input: send an email after the next drill educating parents on what they should or should not do in an emergency on campus.
- Suspensions: teachers would like to know if their students are suspended. Ed Code dictates that teachers must be notified if there is a situation that is more of a violent nature.

Final takeaway: the committee will review the plan more carefully before the next meeting and then vote on a motion to pass the plan next month.

Wellness and Counseling Update: Yvonne Milham

The Wellness Center at THS is meant to be a 10-15 min break if something is intense enough to prevent student learning. After 10-15 minutes in the center, students either go back to class or go home.

- 65% of students come into the Wellness Center on their own or because they were referred by a friend. The coordinators are happy that health and wellness has been destigmatized.

Data from a statewide California healthy kids survey is shared:

- Topic: Students who are chronically sad and hopeless for two weeks or more
Survey reports: 9th grade = 32%, 11th grade = 37%.
Action in the Wellness Center: wellness coordinators refer students to his/her counselor or BRCA counselor (8-12 sessions open to a student over one year). Heidi Fulton teaches mindfulness, funded by THF. Wellness coordinators can do crisis assessments. There is a support group for female students of color and one that will start for men.
- Topic: drugs and/or alcohol use in the last 30 days (not including "Juuling" nicotine)
Survey reports: 9th grade = 38%, 11th grade = 62%.
Action in the Wellness Center: there are weekly counseling sessions by a substance abuse counseling specialist, students must choose to get help on their own. There is a drug education workshop called "just say know". If students are caught "Juuling" for the first time they can choose between suspension or "Just Say Know" workshop. Tobacco Use Prevention Education (TUPE) is being run on campus by Amber Allen and Kelly McGiven.
- Topic: Sexually active students
Survey reports: 41% of all students nationwide.

Action in the Wellness Center: students are surprised that the number is lower than they expect. Wellness coordinators are supportive of students who are abstinent and sexually active students.

- Topic: student use of protection during sexual activity
Survey reports: of those who are sexually active, 55% use protection always.
Action in the Wellness Center: anecdotally it seems students are “less afraid of not using protection” as in the past. Every six weeks there are specialists on campus who do STD testing for free. At THS this is utilized, but not as much as the coordinators would expect.
- Key takeaways in the Wellness Center:
 1. Students are not getting enough sleep. Parents are encouraged to give students alarm clocks so phones are kept outside the bedroom. THS students have a lot of overwhelm, anxiety, and stress. The pressure feels like self pressure more than peer pressure or parent pressure.
 2. There is not a peer resource class this year so there is a new wellness student council which will meet two lunches/month.
 3. The wellness coordinators are working with the Spahr Center (LGBT+) to bring light to issues with faculty and students.
 4. In the spring there will be “Signs of Suicide” workshops in classes, due to district-wide push about stress and anxiety.

Questions and Answers:

- There is a new group, the Wellness Collaborative, with representation from every school in Marin County. TUHSD has significantly higher drug and alcohol abuse than the rest of Marin.
- African-American students are the only group that feels less safe every year that they are at THS.

Member Updates

Principal Update: The WASC cycle has been pushed back by one year to 2021-2022 district-wide due to the suspension of the teacher leader model and not having the structure in place to facilitate the WASC process. On Jan 6, the union will present to teachers the process of changing the bell schedule for 2020-2021. We are excited about winter vacation.

Teacher Update:

1. The art department is missing the prospective 9th grade student tours because there isn't an opportunity to reach out to students and parents before online 9th grade class scheduling. Making a plea for a campus supervisor on campus at night until 6 pm.
2. The Community Service Day planning is going well with lots of coordination about using school buses as transportation.
3. The counseling department feels the intensity of final exams. In January counseling plus the college and career center are coordinating support of sophomore students when they schedule junior year classes. It is great working with the new Assistant Principal team.
4. Science NGSS curriculum is in place for the second year and there has been a very successful transitions including sitting in rows, not table groups.

Student Updates:

1. It is a busy time of year with finals and rain but cool things are happening next semester.
2. There is no clear definition for quiet week and there was lots of homework and little time to study.
3. 9th graders are unsure how to study and are either not studying at all or nonstop studying.
"What does it mean to study?"

Classified Report:

A new office staff person is working four hours/day, Jenny Poster. This is very helpful.

Parent Report:

1. Feedback about the heavy workload of tests during quiet week instead of final exams.
2. Community Service Day (May 18, 2020) has 65 parent volunteers and will need a total of 100.

Wrap Up:

Happy holidays!

Adjournment - 2:45 pm