

Campus Culture and Student Wellness

June 14, 2021

Agenda

1. Introduction
2. Limit # of APs
Lorenzo Varlaro
3. HW free weekends
Kristin Landaverde
4. Mental Health Services
Cassie James
5. Retakes & Revisions
Brooke Wardell
6. Retakes & Revisions
Maggie Mahasin

Mission

As MVHS Ambassadors, our mission is to foster an inclusive and accepting community at Mountain View High School.

Action needed

Our community is in crisis.

We need to take swift action to create a healthier environment that reduces stress and promotes mental health.

Recommendations

We have recommendations that align with MVLA District Goals and MVHS WASC goals:

- support the well-being of students and staff
- narrow the opportunity and expectation gap

Limit the # of APs

- Limit # of APs students allowed to take each year to 3
- Freshman and Sophomores cannot take APs
- Reduce stress, anxiety, competition, and other mental health issues

HW Free (all) Weekends / HW Reduction

- HW ↑ Wellness ↓
- Homework is a privilege
- Homework free weekend (every weekend): no assignments due Monday
- Maximum 1 hour of HW per week per class

Mental Health Services

- Need additional therapists that are more racially diverse
- LGBTQIA+ and low-income Black and Latinx students have experienced higher rates of chronic sadness and suicidal ideation in the past year,¹

Retakes & Revisions

- Growth mindset
- Reduces stress
- Reduces academic competition

Thanks!



Do you have any questions?

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