

Sacramento City Unified School District
Board of Education Meeting

December 10, 2020 Public Comments

Name:	Emily Crofoot
Comment:	<p>I am expressing my support for Resolution No. 3174. Beyond the proven direct connectivity between mental and physical health, it is absurd to expect students to arrive at school prepared to learn in the midst of mental health challenges. While each individual experiences these challenges differently, they can often make it difficult to focus, retain information, and fully participate in the learning environment; so although students may be physically at school, their required presence doesn't promise they will reap any of the benefits of the school day. Preventing students from taking legal absences for mental health reasons can prolong the issue by not providing students with the necessary time and space to recover, posing long term threats to their academic standing. To support students through mental health issues, it demands support and resources in whatever form they might take. Sometimes, this means a day away from the classroom. The same way forcing yourself to walk on a broken foot can lead to long term damages, denying students the ability to take mental health-related absences places them in no better position. Vote YES on Resolution No. 3174.</p>

Speaking as: Student

Email

Tel:

Date/time Stamp: 12/8/2020 1:53:21 PM

Sacramento City Unified School District
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December 10, 2020 Public Comments

Name:	Emelia-Rose Engel
Comment:	I heavily support this motion. I personally have suffered from mental health issues this year. I used to be a very successful student and have a lot of motivation. This past year everything changed. It is so hard to even just get out of bed, and I would love and appreciate the support of scusd.

Speaking as: Student

Email

Tel:

Date/time Stamp: 12/9/2020 3:52:32 PM

Agenda Item:
7.2 Resolution No. 3174: Excused Absence for Mental Health Reasons

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December 10, 2020 Public Comments

Name:	Lily Rusk
Comment:	I support this resolution because mental health problems are just as detrimental as physical. This finally takes the step to acknowledge that.

Speaking as: Student

Email

Tel:

Date/time Stamp: 12/9/2020 3:54:21 PM

Sacramento City Unified School District
Board of Education Meeting

December 10, 2020 Public Comments

Name:	Yusra Hassan
Comment:	I think that mental health days are a necessity. We tend to only look at fevers and coughs and say someone isn't feeling well, but mental health is just as much of a struggle, having the option to take a day off for our mental health teaches students and others that their health does matter to their educators, and that they matter! Now more than ever it's important to take care of each other and ourselves and this is a huge step in the right direction!

Speaking as: Student

Email

Tel:

Date/time Stamp: 12/9/2020 3:54:25 PM

Sacramento City Unified School District
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Name:	Abby Morioka
Comment:	I support this resolution, as a student who suffers from anxiety and depression, mental health days are crucial to any student's success. For students who suffer from any mental illnesses, going to school can be a challenge in and of itself not even taking into consideration the piles of work that needs to be done. Mental health days create an opportunity for students to reset their mind and create long term success in their classes but also with facing their mental illnesses.

Speaking as: Student

Email

Tel:

Date/time Stamp: 12/9/2020 3:54:29 PM

Sacramento City Unified School District
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Name:	Eden Getahun
Comment:	As a mental health advocate, currently working with the Sacramento County Office of Education and city council member Jay Schreiner to create a Youth Mental Health Advisory Board, it is important to understand that mental health is on par with physical health. Allowing students to excuse absences for physical illnesses but not mental wellness sends a signal that mental health just does not matter as much, a view that is very stigmatizing and makes students feel alone. Especially in the midst of a pandemic, which causes heightened anxiety and an overall sense of isolation, it is important for students to have room to take care of themselves, something that this resolution does.

Speaking as: Student

Email

Tel:

Date/time Stamp: 12/9/2020 3:54:58 PM

Sacramento City Unified School District
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December 10, 2020 Public Comments

Name:	Sara Faraj
Comment:	I am in absolute support of this policy. As a student taking challenging classes, I often struggle to prioritize my mental health. I know that a lot of my peers, from all walks of life, struggle in this same way. With COVID-19 and the collective trauma being experienced by students in the status quo, it is absolutely important that we give students the opportunity to take time to rest and take care of their mental health. Rest can also boost student morale, allowing them to better absorb information and remember the content learned. After all, what is the point of teaching curriculum if students cannot be mentally present to learn it.

Speaking as: Student

Email

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Date/time Stamp: 12/9/2020 3:56:28 PM

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Name:	Natalie Nielsen
Comment:	Expanding excused absences to include mental health commits SCUSD to the idea that so many other school districts have shifted to and so many mental health experts have been telling us for so long– that mental health is just as important as physical health. Personally, I am far more distracted in class and unable to get work done on a day when my anxiety is really acting up than on a day where I feel nauseous or otherwise sick. Good mental health is incredibly important to acknowledge and encourage students to maintain, especially during an international pandemic that is creating exponentially more stressors for students and families. Allowing students to have excused absences for mental health days would improve the attentiveness and willingness to learn of the student body.

Speaking as: Student

Email

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Date/time Stamp: 12/9/2020 3:58:12 PM

Sacramento City Unified School District
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Name:	Sierra Northcutt
Comment:	Mental health goes hand in hand with your physical health so if you aren't feeling well mentally, your body will follow but only physical health can be excused . Schools shouldn't count attendances against you because you will not being preforming to your best abilities just as you wouldn't if you came to school sick trying to perform in p.e.

Speaking as: Student

Email

Tel:

Date/time Stamp: 12/9/2020 3:58:38 PM

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Name:	Jacqueline Lopez
Comment:	<p>I personally believe all students should be provided with a certain amount of mental health days because virtual school is very stressful. Not only can it be stressful mentally, but also physically. This is new to everyone and most of the time , staff are unaware of what is going on at their student's home -- meaning there could be stress on their shoulders already and virtual school is just the cherry on the top. Our eyes begin to strain from looking at a screen for hours at a time due to attending zoom calls, then to proceed to do the assignments afterwards is sometimes too much to handle. These eye strains lead to headaches and eventually make the student not want to participate in virtual school anymore. Everyone needs a break once in a while, therefore I believe students should be able to take a couple days off of school for their wellbeing.</p>

Speaking as: Student

Email

Tel:

Date/time Stamp: 12/9/2020 4:02:39 PM

Sacramento City Unified School District
Board of Education Meeting

December 10, 2020 Public Comments

Name:	Sierra Jacobs
Comment:	I believe it is important to allow students to have excused mental health days because school curriculum can be overwhelming, on top of what students may be facing at home, some students have jobs, not to mention, trying to figure out who they are and what they want to do with their lives. All of this can become stressful and sometimes you just need a day to take care of yourself and regroup.

Speaking as: Student

Email

Tel:

Date/time Stamp: 12/9/2020 4:08:02 PM

Sacramento City Unified School District
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December 10, 2020 Public Comments

Name:	Simon Downes Toney
Comment:	I offer full support for this resolution. The importance of it is immense. I have family and friends that suffer from mental health issues and I believe that the support offered by this resolution is invaluable. I have witnessed firsthand just how debilitating mental health issues can be and I firmly believe that they are deserving of all possible understanding and assistance to ensure equitable treatment.

Speaking as: Student

Email simon-downes-tony@metsacramento.org

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Date/time Stamp:

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Name:	Yusra Hassan
Comment:	I think that mental health days are a necessity. We tend to only look at fevers and coughs and say someone isn't feeling well, but mental health is just as much of a struggle, having the option to take a day off for our mental health teaches students and others that their health does matter to their educators, and that they matter! Now more than ever it's important to take care of each other and ourselves and this is a huge step in the right direction!

Speaking as: Student

Email

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Date/time Stamp: 12/9/2020 7:29:35 PM

Sacramento City Unified School District
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December 10, 2020 Public Comments

Name:	Sierra Jacobs
Comment:	I believe it is important to allow students to have excused mental health days because school curriculum can be overwhelming, on top of what students may be facing at home, some students have jobs, not to mention, trying to figure out who they are and what they want to do with their lives. All of this can become stressful and sometimes you just need a day to take care of yourself and regroup.

Speaking as: Student

Email

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Date/time Stamp: 12/9/2020 11:55:46 PM

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Name:	Alison French-Tubo
Comment:	Thank you Student Board Member Sheikh for bringing this important situation to the Board for action, I encourage all board members to vote yes to support recognizing mental health as a recognized reason for absence.

Speaking as: Parent/Guardian

Email

Tel:

Date/time Stamp: 12/10/2020 12:35:23 AM