

Sacramento City Unified School District
Board of Education Meeting

December 10, 2020 Public Comments

Name Emily Crofoot

Comment: 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 as a whole.



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Name: Emelia-Rose Engel

Comments: I heavily support this motion. I personally know a CC...
[Redacted]

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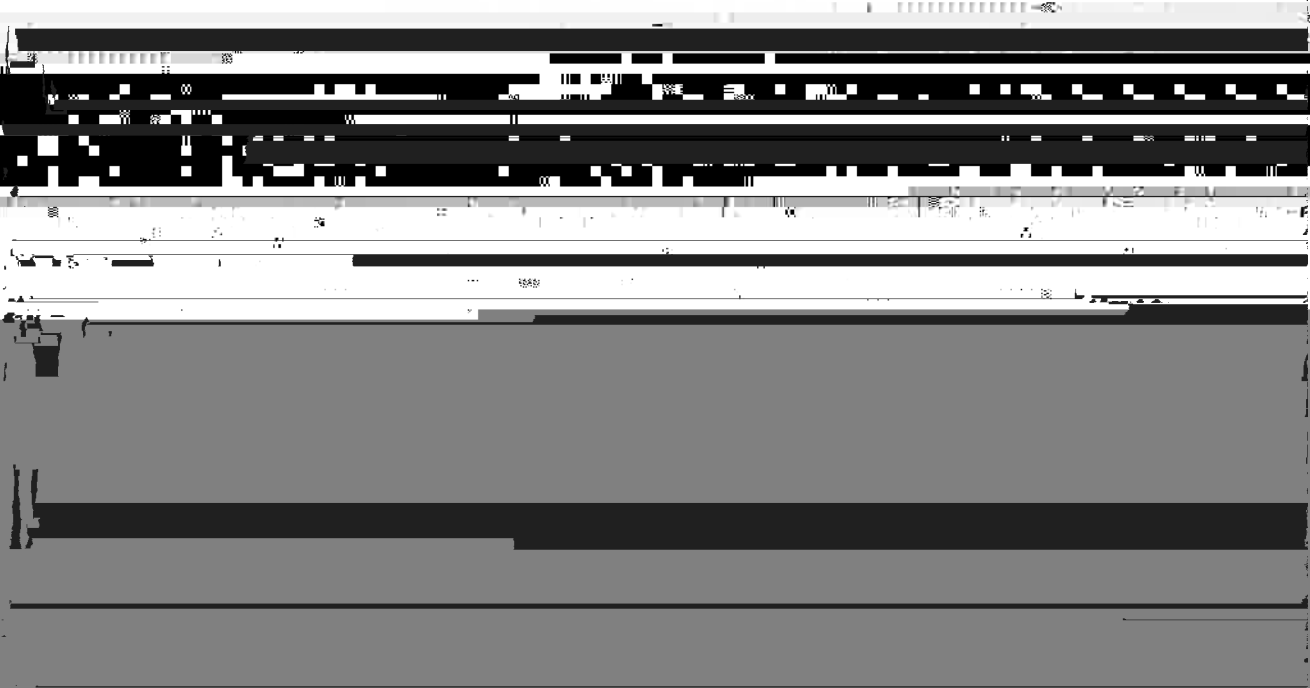
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Name:	Lily Rusk
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Agenda Item:
7.2 Resolution No. 3174: Excused Absence for Mental Health Reasons

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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

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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.

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Name Sara Faraj

Comments: I am in support of the resolution. I have a child with a mental health condition and I know how difficult it is to get the support needed. I hope the board will pass this resolution so that all children with mental health conditions can get the support they need.

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Comment: Expanding excused absences to include mental health reasons. SOLICIT 45-46-11-01-02

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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 be performing 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:

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Name: Sierra Jacobs

Comment I believe it is important to allow students to have excused mental health days because school curriculum can be completed at home. Children that are not in school

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Name: Yusra Hassan

Comment: ~~I think that mental health days are a necessity. We tend to only look at fitness and social~~

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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

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Name: Allison Escobedo

[Redacted comment text]

Comment: Thank you Student Development Services for providing support and resources.