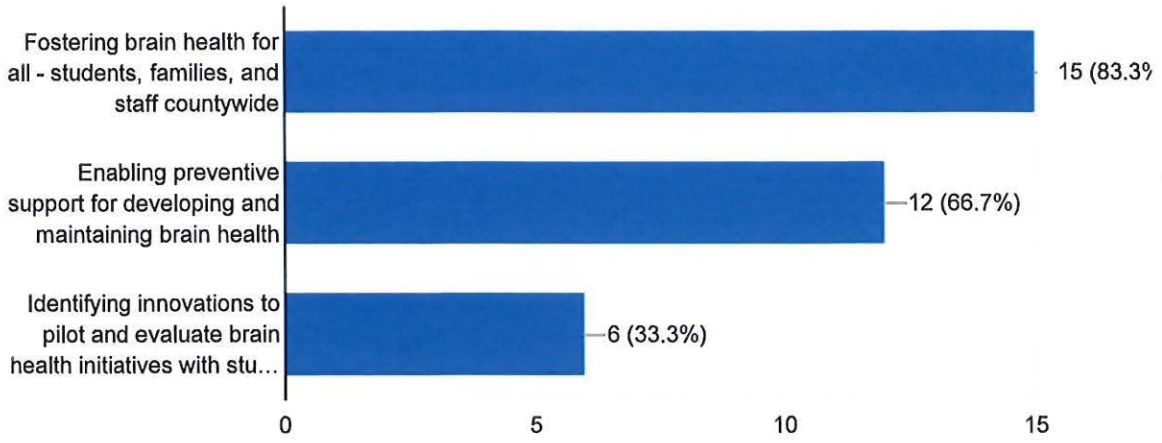




As possible, which workgroup would you prefer to be a part of this year?  
(Indicating more than one can help us ensure balance.)

18 responses



Given our charge, what specific topics would you like to see us cover this year?

(Optional)

13 responses

Homework and sleep deprivation  
Cognition and impacts of stress  
School wellness survey  
Extracurricular activities  
Outdoor classrooms  
Brain development  
Youth Survey  
Staff wellness

It would be helpful to have presentations about brain health early in the year to help shape our recommendations

I want to learn more about what is currently being taught to students through Health and Science courses. I am interested in learning more about how to take care of my brain and how we can help others do the same.

research backed methods that support brain health that are showing up in the school system

1. Addressing the rising mental health issues in our community
2. How to reduce the stigma around mental health
3. The intersection between mental health and physical health that is often overlooked.

Identifying correlations between brain health (brain development) and screen time/social media usage--particularly as it pairs with building social relationships in upper elementary and middle school.

Technology use (both personal and ed tech) and brain/mental wellness. Using peer reviewed and anecdotal data, I think that we could provide valuable insight to the importance of a phone free school day (as advised in VDOE final cell phone guidance) and support the use of only transformational educational technology

Sleep hygiene, balancing self care habits

Part of my participation is to help the committee as a school group representative, so my vote is to support the majority preference. :)

Mental Health coverage and services for staff. Enhanced mental health opportunities for families outside the school apparatus to utilize.

What are other counties doing in this space?



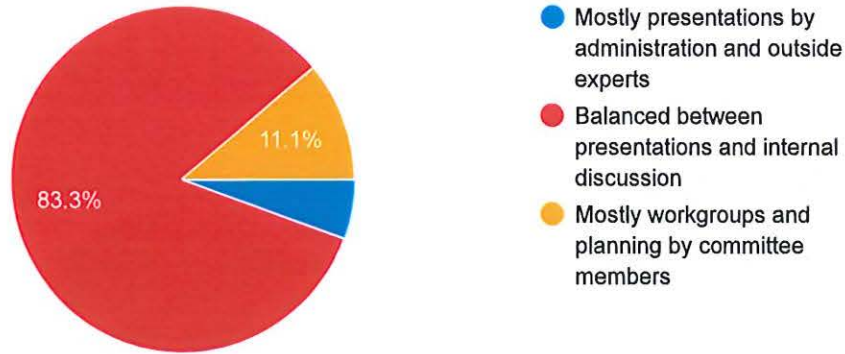
### Healthy school classrooms

Not sure yet. Need to learn more.

### How should we spend our time in meetings?



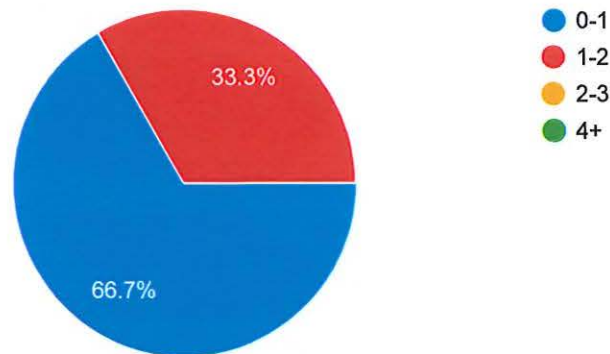
18 responses



### On average, how many presentations would you like at each meeting?



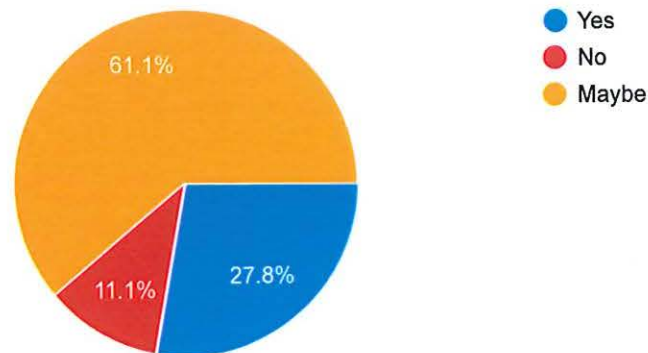
18 responses



### Are you be willing to propose, source, and schedule presenters?



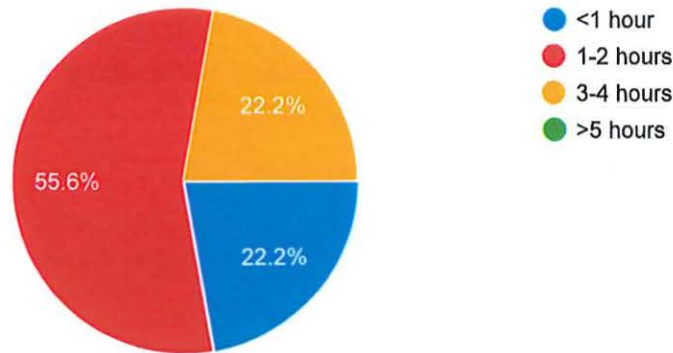
18 responses





How much homework (e.g., readings, videos, podcasts, etc) are you comfortable reviewing before each meeting?

18 responses



Any other thoughts or anything we are missing? (Optional)

4 responses

How can we ensure student participation and feedback?

I am excited to join SHAC! I am an ambassador for the phone free schools movement, a digital wellness educator and an advocate for allowing children's brains to experience life and learning as they are built to expect expect it, without interference from financial incentives of tech companies.

Cognitive muscle is a foreign term to many people, so I think we will need to provide examples of what we are talking about so that student feedback is more informed.

As I learn more about brain health, I will be able to better identify experts to present—hence my maybe response .

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