

CALIFORNIA STUDENT MENTAL HEALTH AWARENESS WEEK



The Board of Education
PITTSBURG UNIFIED SCHOOL DISTRICT

RESOLUTION 20-28

WHEREAS, the week of May 10, 2021 – May 14, 2021, has been designated as California Student Mental Health Awareness Week, consistent with the intent of California Assembly Concurrent Resolution Number 68;

WHEREAS, Students in California are subjected to community and school-based acts of violence or threats thereof; and

WHEREAS, Many students in California have experienced traumatic events; and

WHEREAS, Traumatic events and the overuse of social media can result in students feeling disconnected from their peers; and

WHEREAS, Research has shown that childhood stress and trauma may be harmful if not addressed; and

WHEREAS, Students' mental health or behavioral issues too often go unnoticed or unaddressed at school; and

WHEREAS, Reducing the stigma surrounding mental health will empower students to speak up when they need help; and

WHEREAS, the early identification, intervention, and treatment of mental health and behavioral issues is paramount for a healthy student body and school community; and

WHEREAS, Prekindergarten through grades 1 to 12, inclusive, through its unique role in serving children and youth, has an opportunity to address student mental health through relationship building, social emotional learning, and multi-tiered intervention early and effectively; and

WHEREAS, the need for comprehensive, coordinated mental health services and social emotional learning for students in school is a critical responsibility as part of an overall education plan; and

WHEREAS, Addressing the complex mental health needs of Pittsburg's students today is fundamental to the future of California; and

WHEREAS, it is appropriate that a week should be set aside each year for the direction of our thoughts towards our students' mental health and well-being; now, therefore, be it **Resolved** by the Pittsburg Unified School District Board of Education does hereby declare the week of May 10, 2021, to May 14, 2021, as California Student Mental Health Awareness Week in each of our schools. The Pittsburg Unified School District Board of Education does further declare the "Mindful Minute" activity as an effective coping tool to be shared with all students annually during California Student Mental Health Week.

Be It Further Resolved, that the Board of Education directs the Superintendent to post a copy of this resolution at each School Site; and

Passed and Adopted, on April 28, 2021 at a regular meeting of the Board of Education by the following vote:

AYES: 5
NOES: 0
ABSTAIN: 0
ABSENT: 0



Duane Smith, Board President