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# Parent Connection

with LBUSD Superintendent, Jill Baker Ed.D.

December 15, 2022

TRC- EF

6:00-7:30 pm

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LONG BEACH  
UNIFIED SCHOOL DISTRICT

*Excellence & Equity*

## Agenda

- 6:00 Welcome, Purpose Dr. Baker, Superintendent
- 6:20 Presentations
- § Pulse Survey Results Dr. Chris Brown, Asst. Superintendent, Research
  - § SEL/Wellness Centers Dr. Claudia Sosa-Valderrama, Director, Student Support Services
- 7:00 Feedback for Presentations (Q&A)
- 7:15 District Information, Q&A Dr. Baker
- 7:30 Adjournment





## The Superintendent Parent Connection: Purpose

Create opportunities for human connection between parents/caregivers, superintendent and district staff.

Provide districtwide information for parents/caregivers to enhance access and connection to schools and district resources.

Engage in two-way communication with parents/caregivers to inform continuous improvement efforts.



## The Superintendent Parent Connection: Assumptions

Parents/caregivers are their child's first teachers.

Each parent/caregiver wants their child to have a school experience characterized by high expectations and care.

Students' lives are enhanced when parents/caregivers are involved.

A home - school connection fostered by teachers and school staff positively contributes to student success.

# What will we focus on this year in the Parent Connection?

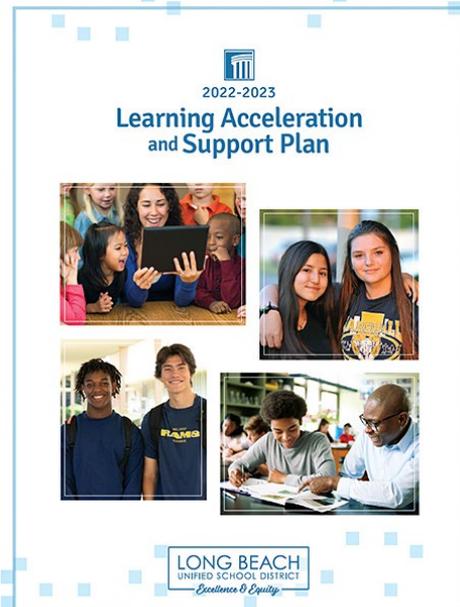


- LBUSD's efforts in developing and promoting **Social Emotional learning and wellness** as part of the **Learning Acceleration & Support Plan**
- **Accessing resources** in schools and across LBUSD

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# What is the Purpose of the Learning Acceleration & Support Plan (2022-23)?

- Enhance the core classroom experience for all students
- Provide academic acceleration, intervention and support
- Support student well-being
- Enhance classroom/school infrastructure



# Accessing the Learning Acceleration & Support Plan

The screenshot shows the Long Beach Unified School District website. The header includes the logo "LONG BEACH UNIFIED SCHOOL DISTRICT Excellence & Equity" and a search bar. The main navigation menu includes "A-Z INDEX", "ABOUT", "OFFICES", "SCHOOLS", "STUDENTS", "PARENTS", "EMPLOYEES", "CAREERS", and "COVID-19 INFO". The "OFFICES" dropdown menu is open, showing a list of roles and departments. A yellow arrow points to the "OFFICES" menu, and another yellow arrow points to the "Learning Acceleration & Support Plan" option within the dropdown. A third yellow arrow points to the "CLICK HERE" button next to the "Learning Acceleration & Support Plan" option. The background features a banner for "WE TO" and a "2025 NICHE BEST SCHOOLS" award badge. The footer contains icons for various services: Enrollment, Parent University, Renovation & Construction, Local Control & Accountability, Strategic Planning, and Video & Social Media.

LONG BEACH UNIFIED SCHOOL DISTRICT  
Excellence & Equity

A-Z INDEX ABOUT OFFICES SCHOOLS STUDENTS PARENTS EMPLOYEES CAREERS COVID-19 INFO

Board of Education  
Superintendent  
Grade Level Offices

OTHER MAIN OFFICES  
Chief Business & Financial Officer  
Communications & Community Engagement  
Curriculum, Instruction & Professional Development  
Deputy Superintendent  
Equity Leadership & Talent Development  
Equity, Engagement & Partnerships  
Human Resource Services  
Personnel Commission  
Research and School Improvement  
School Support Services

Home  
Biography  
Goals  
Student Outcomes Monitoring  
Learning Acceleration & Support Plan  
Student Advisory Committee  
More About the Superintendent  
Parent Connection

CLICK HERE

2025 NICHE BEST SCHOOLS

CAMS Ranked Best Magnet High School in State  
32 other LBUSD schools are listed among California's best.

Enrollment Parent University Renovation & Construction Local Control & Accountability Strategic Planning Video & Social Media

[www.lbschools.net](http://www.lbschools.net)

Offices

Superintendent

Learning Acceleration  
& Support Plan



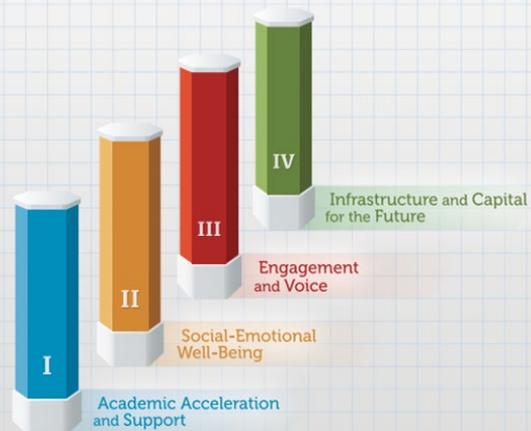
2022-2023

## Learning Acceleration and Support Plan



LONG BEACH  
UNIFIED SCHOOL DISTRICT  
*Excellence & Equity*

### Learning Acceleration & Support Plan Pillars



LONG BEACH  
UNIFIED SCHOOL DISTRICT

*Excellence & Equity*

# Student Wellness Pulse Survey

**"How are the children?"**



Dr. Chris Brown,  
Assistant Superintendent,  
Research

# What is the purpose of the Wellness Pulse Survey?

## 2022-2023 District Student Outcome Goals



**Goal 2: LBUSD students' sense of personal identity, belonging and agency will increase.**

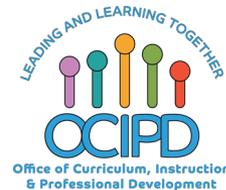


**Goal 4: LBUSD students will experience quality core instructional practices and aligned school supports.**

# How was the Wellness Pulse Survey created?

The survey is a joint partnership across multiple departments that support the “whole child,” including the Offices of Research and School Improvement, School Support Services, and Curriculum, Instruction and Professional Development.

The questions were written by survey experts from the Office of Research and School Improvement and sourced from research partners at Hanover Research, CORE Districts, Panorama Education, and with feedback from our students in the Superintendent’s Student Advisory Committee.



# Who participates in the Wellness Pulse Survey?

- On the day of the survey, all students in grades 4-12 will be given an opportunity to participate
- Students may skip any questions they do not want to answer

YOUR  
VOICE  
MATTERS



# When do students participate in the Wellness Pulse Survey?

Administered 3 times a year:

- 1) September 27, 2022
- 2) December 13, 2022
- 3) June 6, 2023\*



\*CAMS/Sato: May 30, 2023

# Where do students access the Wellness Pulse Survey?

- Surveys accessed online through secure link from Panorama Education
- Administered by a teacher/staff during designated class/period
  - Students complete independently in a quiet setting
  - Approximately 5-10 minutes long



# Will students' responses remain private?

- Individual student responses are kept private and confidential.
  - When reporting, survey results are “aggregated” or summarized so individual responses cannot be attributed to any person
  - Only administrators and student support staff will be able to see aggregate or summary scores
  
- Students will have the option to respond openly to questions that will only be shared with administrators and student support staff who may need to follow up with the student, but *only at the student's request*.



# Can parents see the Wellness Pulse Survey questions?

Click on the link below to preview the survey:

- [Elementary\(4-5\) Survey](https://bit.ly/ElemPulse)  
<https://bit.ly/ElemPulse>
- [Secondary \(6-12\) Survey](https://bit.ly/SecPulse)  
<https://bit.ly/SecPulse>



## Elementary School Summary

### Topic Description

### Results

#### Agency

Student agency gives students voice and a platform, and a choice in how they learn. Student agency is ownership and, it is an active process of engagement and empowerment over your learning. It reflects hope and self-direction.

**79%**

#### Belonging

The need to be accepted and valued by others without expectations of conformity. Belonging suggests the sense of connectedness and trust needed to engage in co-constructing an equitable, thriving local community and vibrant civil society. It enhances self-worth.

**76%**

#### Identity

Students have a strong sense of self with regard to age, gender, religious or spiritual affiliation, sexual orientation, race, ethnicity, and socioeconomic status and are proud of who they are and who they are becoming. It suggests self-reflection and self-respect.

**80%**

7,632 responses



## Middle School Summary

Topic Description	Results
<p><b>Agency</b></p> <p>Student agency gives students voice and a platform, and a choice in how they learn. Student agency is ownership and, it is an active process of engagement and empowerment over your learning. It reflects hope and self-direction.</p>	<p><b>77%</b></p> <p>▲ 1 since last survey</p>
<p><b>Belonging</b></p> <p>The need to be accepted and valued by others without expectations of conformity. Belonging suggests the sense of connectedness and trust needed to engage in co-constructing an equitable, thriving local community and vibrant civil society. It enhances self-worth.</p>	<p><b>72%</b></p> <p>▲ 2 since last survey</p>
<p><b>Identity</b></p> <p>Students have a strong sense of self with regard to age, gender, religious or spiritual affiliation, sexual orientation, race, ethnicity, and socioeconomic status and are proud of who they are and who they are becoming. It suggests self-reflection and self-respect.</p>	<p><b>80%</b></p>
<p>9,432 responses</p>	



## High School Summary

### Topic Description

### Results

#### Agency

Student agency gives students voice and a platform, and a choice in how they learn. Student agency is ownership and, it is an active process of engagement and empowerment over your learning. It reflects hope and self-direction.

**81%**

▲1

since last survey

#### Belonging

The need to be accepted and valued by others without expectations of conformity. Belonging suggests the sense of connectedness and trust needed to engage in co-constructing an equitable, thriving local community and vibrant civil society. It enhances self-worth.

**73%**

▲3

since last survey

#### Identity

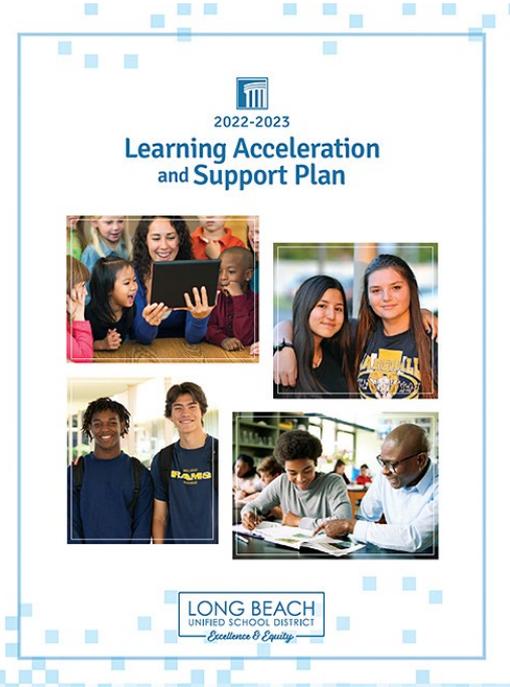
Students have a strong sense of self with regard to age, gender, religious or spiritual affiliation, sexual orientation, race, ethnicity, and socioeconomic status and are proud of who they are and who they are becoming. It suggests self-reflection and self-respect.

**83%**

14,355 responses

# What questions can you ask at your school?

- What were the **results** of the Fall Pulse Survey (**belonging, identity, agency**) for our school?
- What **plans or activities** are the school taking as a result of the Pulse Survey?
- **When** is the next Pulse Survey?

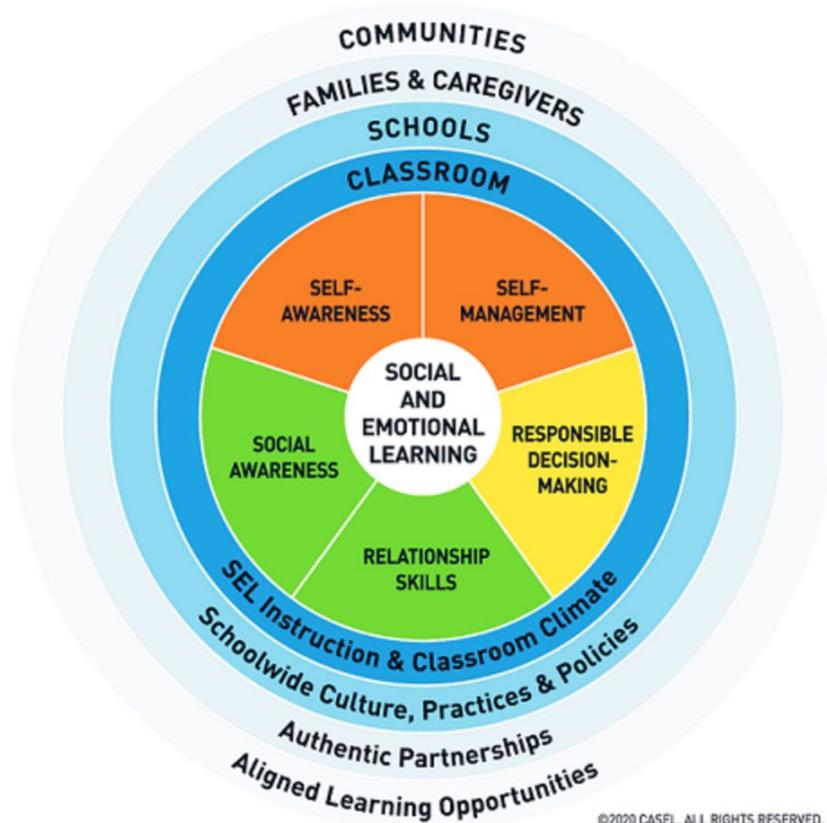




# Promising Social Emotional Learning (SEL) Practices

Dr. Claudia Sosa-Valderrama,  
Director, Student Support Services

# What is Social Emotional Learning?



- **Relationship Skills:** Students can communicate clearly, listen to others, be open to solutions, and seek and offer help when needed to build positive and healthy friendships and other relationships with people who are similar and different from themselves. Students can make positive choices, prevent, and resolve conflicts with care and respect.
- **Responsible Decision-Making:** Students can demonstrate responsibility by identifying consequences for their actions, finding solutions to problems, and making choices that will protect the safety and wellbeing of themselves and others.
- **Self-Awareness:** Students can identify what emotion they are experiencing and understand how their thoughts and emotions can influence the way they act. They know what is important to them, are honest and fair and believe in their abilities.
- **Self-Management:** Students can use strategies to express their emotions in helpful ways. They can notice and harness their thoughts and emotions to improve their wellbeing and wellbeing of others. They can set goals and reach them by planning the steps it takes to achieve them.
- **Social Awareness:** Students can take the perspective of and show empathy, compassion, and respect toward people who are similar and different to them. They can understand reasons people may feel, think and act the way they do and recognize people's talents. They can be aware of and directly challenge situations if they see others being treated unfairly.

## The benefits of SEL are well-researched:



SEL leads to **improved academic outcomes** and behaviors



SEL benefits are **long-term** and global



SEL is a **wise financial investment**



Social and emotional skills **help improve lifetime outcomes**

## Science Links SEL to Student Gains: Landmark study documented multiple benefits of SEL

**2011 meta-analysis of 213 studies involving school-based, universal SEL programs including over 270,000 students in K-12 revealed:**

### Science Links SEL to Student Gains:

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- ✓ Social-emotional skills
- ✓ Improved attitudes about self, others, and school
- ✓ Positive classroom behavior
- ✓ 11 percentile-point gain on standardized achievement tests

### Reduced Risks for Failure:

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- Conduct problems
- Emotional distress



## Benefits of SEL: Linked to young adult outcomes

Statistically significant associations exist between measured **social-emotional skills in kindergarten and young adult outcomes** across multiple domains:

Kindergartners who were stronger in SEL competence were **more likely** to:

- ✓ graduate from high school
- ✓ complete a college degree
- ✓ obtain stable employment in young adulthood

And **less likely** to be:

- ✗ living in public housing
- ✗ receiving public assistance
- ✗ involved with police
- ✗ in a detention facility



## Desired Student Outcomes

Students will have a well-developed sense of identity, agency and belonging, which will support improved school performance (academic, behavioral and attendance).

# How is LBUSD Supporting Social Emotional Learning ?

## SEL Curricular Support

- Signature Practices- Strategies that can be incorporated into everyday teaching
- Selection of SEL curriculum (in progress)
- Lessons for required wellness topics (bullying prevention, suicide prevention, etc.)
- Summer equity institute

## SEL Culture & Climate Supports

- TSEL Coaches
- Student Wellness Centers (MS & HS)
- ASPIRE (TK-3) (11 Elem. Schools)
- Family Resource Centers (ES & MS)
- Expanded Student Support Teams
  - Attendance
  - Bethune Homeless Ed Program
  - Foster Youth Unit
  - School Psychologists

# SEL Promising Practice: WELLNESS CENTERS

Wellness Centers are a **safe** and **unique space**, which will nurture the overall health of our students, families and staff while providing a seamless connection between school and their local community agencies. Our staff empower our students, to promote and manage their own social, emotional and physical health while striving to support all areas of their lives that may impact their overall potential. High School & Middle School Wellness Centers also support school staff by providing tools to further understand and motivate students to thrive in the classroom and beyond.

*The vision is to provide a range of resources to support students and families in meeting the challenges of adolescence through prevention, early-intervention and education, in a safe and convenient place  
—at school.*



# Where are the Wellness Centers?



High Schools

Middle Schools

*Staffed by either a Social Worker, Psychologist or Counselor*

*Embracing Excellence & Equity*

# WHAT SERVICES ARE PROVIDED?

**The Wellness Centers are safe and inclusive spaces that support the academic potential of students through the promotion of social, emotional and physical well-being. Each centers' services are guided by the Wellness Center Framework. Which includes the following interventions and supportive services:**

- Short Term Counseling Services (Individual/Group)
- Social Service Needs Assessments/Linkages
- Empowerment/Educational Workshops (Grief, LGBTQ+, Positive Relationship Building)
- Peer Mentorship/Counseling
- Parent/Caregiver Support Groups & Workshops
- Student and Family Advocacy & Case Management
- Special Interest Activities (Art, Mindfulness, Yoga)
- Basic Needs Closet (Snacks/Toiletries/School Supplies)
- Internal (FYU/HEP) and External Community Resources
- Student/Staff/Family Presentations



# Wellness Centers are guided by the Wellness Center Framework, yet Each Center Is *Unique*



# Wellness Centers are guided by the Wellness Center Framework, yet Each Center Is *Unique*

## Kindness Challenge

**Monday**-Say hello to someone new

**Tuesday**-Ask someone new to sit with you

**Wednesday**-Do a kind deed

**Thursday**-Tell staff thank you for help

**Friday**- Self Care Day be kind to yourself and do something fun or new. On your DAY OFF from school.

THE WELLNESS CENTER PRESENTS

## DIY GRATITUDE JARS

COME LEARN ABOUT THE BENEFITS OF PRACTICING GRATITUDE!  
ALL SUPPLIES WILL BE PROVIDED FOR YOU TO MAKE YOUR OWN JAR TO TAKE HOME!

WEDNESDAY 11/9 AT LUNCH

Using my Gratitude Jar will help me...

- Build a stronger immune system
- Sleep longer and more peaceful
- Create higher levels of positive emotions
- Counter stress, depression, and anxious thoughts
- Boost your energy

STUDENT SUPPORT SERVICES

December 2022

## WELLNESS NEWSLETTER

Brought to you by the CAMS Wellness Center

### Assertive Communication and Active Listening

**Active Listening:** Treating listening as an active process, rather than a passive one. This means participating in conversation, rather than acting as an audience. Active listeners show they are listening, encourage sharing, and strive to understand the speaker.

**Assertive Communication:** a communication style in which a person stands up for their own needs and wants, while also taking into consideration the needs and wants of others, without behaving passively or aggressively.

<https://www.thegoldstandard.com/workbooks/assertive-communication-ppt>

### Upcoming Events

**Holiday Coin Drive:** Drop off coins in the Wellness Center all December long!

**Gingerbread House Building Contest:** 12/15 during Lunch

### Need Support?

Scan here to schedule a counseling session or a check in with Ms. Rivera

### Active Listening Skills

<p><b>Eye Contact</b></p> <p>Eye contact during the conversation shows the speaker that you give him your attention and that you really care about what he says.</p>	<p><b>Avoid Distractions</b></p> <p>There are so many examples of distractions such as our thoughts, mobile phones, jackets, music, side activities, other people and more. Learn to avoid these distractions otherwise they can destroy your conversation.</p>
<p><b>Body Gestures</b></p> <p>Body gestures and language are a whole science. Your body gestures tell the speaker whether you listen carefully or not.</p>	<p><b>Give Feedback</b></p> <p>Ask questions to clarify certain points, tell your opinions, summarize the speaker's comments.</p>
<p><b>Show That You're Listening</b></p> <p>Use facial expressions such as smile, nod your posture, encourage the speaker to share and to continue.</p>	<p><b>Listening allows you to learn, to have relationships, to plan, to develop, to be the part of something, to create, to think... and much more!</b></p> <p><a href="http://www.businessphrases.in">www.businessphrases.in</a></p>

# Wellness Centers are guided by the Wellness Center Framework, yet Each Center Is *Unique*

**LAURA'S HOUSE**  
Inspiring Hope and Empowering Change to End Domestic Violence

## Upstander Intervention

Learn important tips and feel empowered to act when witnessing a situation where someone needs assistance.

Join us for an engaging and interactive conversation about being a positive upstander.

When: Tuesday, November 29th at 12 pm  
Where: Millikan High School Wellness Center

Website: [www.laurashouse.org](http://www.laurashouse.org) | Laura's House 24/7 Hotline: (951) 498-1311 | @laurashousephoenix  
H.E.A.R.T. Chat Bot: 3pm Mon-Fri, 10am Sat-Sun

15 MINUTES

## Guided Meditation

On December 14th during Lunch

Monday, October 17th 6th Period

## VISUALIZATION Workshop

Look forward to...

<b>GUIDED IMAGERY</b>	<b>GOALS VISUALIZATION</b>
<ul style="list-style-type: none"> <li>• Visualize positive scenes and images</li> <li>• Coping with stress or fear</li> <li>• Relax and feel more at peace</li> </ul>	<ul style="list-style-type: none"> <li>• Visualize goals</li> <li>• Cultivate optimism</li> <li>• Confront doubts</li> <li>• Develop positive mantras</li> </ul>

If you would like to join, please fill out these sections:

Student Name: \_\_\_\_\_

6th period Teacher's Name: \_\_\_\_\_

6th period Teacher's Signature: \_\_\_\_\_

Hughes Wellness Center

## TRANQUILITY TUESDAY YOGA

HOSTED BY MRS. PRICE AND MRS. RESNICK

<b>WHEN</b>	<b>WHERE</b>
Every Tuesday 2:45 to 3:45	The Wellness Center Room 1102

OPEN TO ALL HUGHES STUDENTS, FAMILIES, AND STAFF!

Please bring water and wear comfortable clothing that allows for movement. Mats are encouraged and will be available to borrow.

## How to Maintain a Healthy Mental State

- Take charge of your life ♥
- Interact with others ♥
- Stay Active ♥
- Get enough sleep ♥
- Make sure to eat well ♥

MORE INFO VISIT :  
The Wellness

## SELF-LOVE PRESENTATION

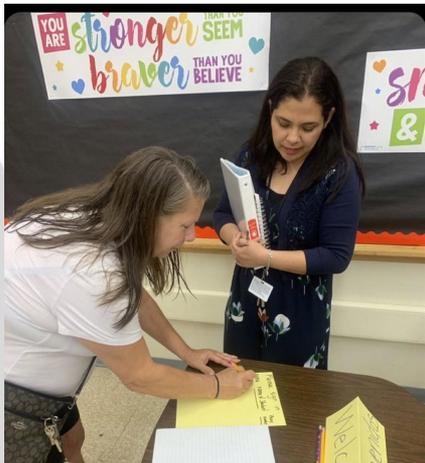
Tuesday, December 6th  
At Lunch  
Room 703

Let's Talk About...

- Affirmations
- Goal Setting
- Self-Care

Presentation begins at 12:10PM

# Wellness Center Support for Caregivers and Staff



TIPS TO PREVENT HOLIDAY STRESS

3. STICK TO A BUDGET. BEFORE YOU DO YOUR GIFT AND FOOD SHOPPING, DECIDE HOW MUCH MONEY YOU CAN AFFORD TO SPEND. THEN STICK TO YOUR BUDGET.

TRY THESE ALTERNATIVES:

- DONATE TO A CHARITY IN SOMEONE'S NAME.
- GIVE HOMEMADE GIFTS.
- START A FAMILY GIFT EXCHANGE.

THE WELLNESS CENTER PRESENTS:  
**GRIEF DURING THE HOLIDAYS**

A Workshop hosted by Pathways

The holidays may look and feel different after experiencing the death of a loved one. Join us at the Wellness Center to talk about how grief affects us during the holiday season.

TUESDAY DECEMBER 6 AT LUNCH  
 RSVP BY CLICKING THE LINK IN THE BIO

# Wellness Center Brochure

## MISSION STATEMENT

Our mission at the Wellness Center is to **EMPOWER** students to **THRIVE** and achieve **LIFE-LONG** success through **EXPERIENCES** that cultivate holistic well-being.



## ABOUT US

The Wellness Center is a safe place on campus where students and their families receive support through services such as counseling, community engagement, empowerment workshops, case management, and peer-to-peer support.

## MESSAGE FROM THE WELLNESS CENTER

We look forward to helping every student find success in their Middle School journey and in preparing for the world beyond these doors!

Wellness Centers are available to all students to support their physical, social, and emotional well-being. If you ever have questions or concerns, please feel free to visit the Wellness Center.

## THE WELLNESS CENTER BELIEVES:

- All students have dignity, worth, and the potential to succeed.
- Support from home, school, and community enhances all students' ability to reach their potential.
- All students have individual differences that need to be addressed by all personnel through teamwork and collaboration.



Your School Logo Here

[School Name]  
Wellness Center

## Services

Wellness Centers will provide the following services to 6th-8th students:

- Short term counseling services (individual/group) by appointment
- Family educational workshops
- Family support groups
- Opportunities for community building through service/projects
- Classroom presentations
- Faculty professional Development and Workshops
- Student and Family Resources & Case Management
- Special Interest Activities (Art, Mindfulness, Meditation, Yoga)
- Basic Needs Closet
- Family Food Insecurity Pantry
- Community & Internal Resource Coordination (FRC, SBMH)
- Coordination with other school programming and initiatives
- Staff consultation



## How to Access Services

Complete referral via:

- Google Link- Add your own
- QR- Codes are available in all school sites, newsletters, brochures.
- Ask any staff member on site
- Visit your Wellness Social Worker
  - A referral must be filled out before meeting with the student in need of short-term counseling services.

Insert QR code

Insert Google link

## In Person

- Wellness Centers are opened before/after school, nutrition, lunch, or by appointment.
- Teachers are provided passes to use during class time.



## Our Commitment to Excellence and Equity

Wellness Centers will celebrate the unique gifts and cultural experiences that our students bring to school.

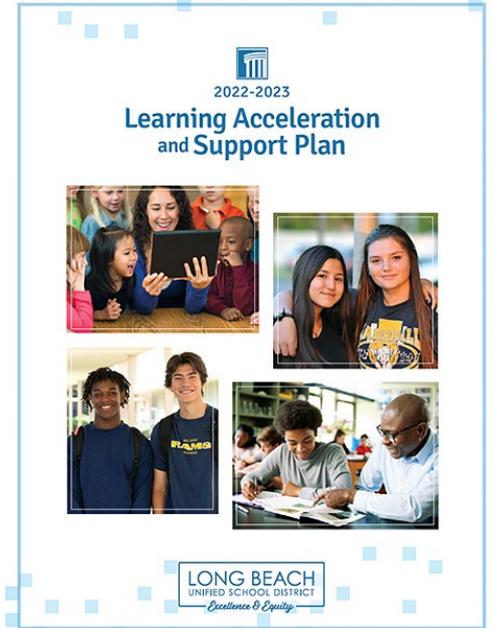
Wellness Centers will create an environment in which students' identities build connectedness to one another and honor individual's experiences.

Wellness Centers will be student and family centered, to build a positive school culture and climate that celebrates the diversity.



# What questions can you ask at your school?

- How is student **wellness** and **social emotional** learning and support being delivered at the school?
- How can I access **support** for my student?
- What kinds of **enrichment or wellness activities** exist at the school?



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## Next Steps for Representatives

- Make an appointment with the school principal.
- Use your notes to brief the principal about tonight's meeting
- Ask the principal the questions about SEL and wellness centers.
- Ask the principal how will this information be shared with other school groups/committees.





**SUPERINTENDENT'S**  
**firesidechat**

**Dr. Jill A. Baker**  
Superintendent of Schools  
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Fax 562-997-8280  
JBaker@lbschools.net

 @jbaker000  
 leadinginlbusd  
 #ProudToBel.BUSD  
 **LONG BEACH**  
UNIFIED SCHOOL DISTRICT

**Next Meeting: Thursday, March 16, 2023**  
**6:00 – 7:30**  
**Location: TBD**