Safe Passages to Wellness Overview

We are funded with a 4 year grant (this is our 4th year) from the US Federal Government Department of Education. Department of Justice and Department of Health and Human Services as part of the Safe Schools/Healthy Schools Initiative. Hoover MS is one of 5 SFUSD middle schools and 2 county high schools to have the Safe Passages to Wellness program.

The grant funds four staff members who coordinate mandated programs and services which are also part of the grant. Many of our services are targeted to certain youth, but we also work with the general school population in a variety of ways.

Safe Passages to Wellness Staff
(Employed by Student Support Services Department, SFUSD)
Leslie Wax—Learning Support Professional (LSP)
Nicholas Przybyla—Learning Support Professional (LSP)
Valarie Satow—School District Nurse
Linda Renteria—Family-Community Health Outreach Worker (F-Chow)

4 Elements of Safe Passages to Wellness
1. Safe School Environment and Violence Prevention
2. Alcohol, Tobacco, and other Drug Prevention Activities
3. Student behavioral, social emotional supports
4. Mental Health Services

Below are just a few of our core activities—see us for a more complete

Youth Leadership Programs & Healthy School Team
Youth Outreach Workers (YOW’s) are trained to run peer education activities around health related issues. This year we will focus on alcohol & tobacco prevention.
Safe School Ambassadors (SSA’s) participate in an Anti-Bullying program that trains students to intervene, advocate or tell an adult to decrease bullying around campus.
Healthy School Team. The team meets quarterly to discuss programs and strategies for success.
Mentoring for Success matches high needs students with a carting adult on campus (or a community volunteer) to enhance resiliency and school-connectedness.
Mental health coordination means that we assist families in receiving on and off-site services. We work closely with the special education and counseling departments to support student’s emotional well-being.
Wellness Groups are organized during the school day or lunch. Groups range from 6th grade transition, stress, grief, anger management, transitions, social/friendship groups. Students in 7th & 8th grade have an opportunity to self-refer or be recommend by a counselor, teacher, or parent.
Student Assistant Program (SAP) is a weekly meeting organized through the Wellness Office. All of our students support service personal participate to create and execute intervention plans for students with academic and/or emotional needs. We offer individual case management.
Parent outreach, advocacy & training is offered to increase parent empowerment and connection to school.

October is . . . Bullying / Violence Prevention Month
and we are kicking off this month in a major way! Did you know that as many as 160,000 students may stay home on any given day because they’re afraid of being bullied (Pollack, 1998). This is a tragedy that the counseling department has been working against diligently. This month we have an assembly on October 27th presented by the New Conservatory Theater titled “Outspoken.” Creating a caring community is a big charge of the Healthy School Team so keep your eyes and ears open for the many events and messages going out to the Hoover Community!

How can you help? Encourage your students daily to Go out, Make a new friend, Talk to someone who sitting alone and Offer a helping hand. Together we can continue Hoovers great tradition of being a

Please Remind Students About The Hoover Teen Center!

Hoover Teen Center is open on Mondays, Wednesdays and Fridays during

CALENDAR OF UPCOMING EVENTS
October Team Building class presentations in 6th grade PE classes!
Oct. 7th—Mentor Program Kick Off Event
Oct. 11th—No School.
10/12—Latino Parent Night at the Excelsior Library! Teachers are welcome and encouraged to attend!
Oct. 18th—Parent Teacher Conference Week.
Oct. 25th—26th All day Safe School Ambassador training.
Harvest of the Month is...

Apples!

Apple Facts:

The good: This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber and Vitamin C.

The bad: A large portion of the calories in this food come from sugars.

The Fun: The average person eats 65 apples per year.

Apples float because 25% of their volume is air.

The largest apple ever picked weighed three pounds, two ounces.

One medium apple contains about 80 calories.

Recommended Daily allowances of Fruits and Vegetables:

- Kids- Age 5-12: 2 ½ - 5 cups per day
- Teens- Age 13-18: 3 ½ - 6 ½ cups per day
- Adults- 19+: 3 ½ to 6 ½ cups per day

Contact Us

Call us directly at 415.759.2790. Visit us in the counseling office or email us at przybylan@sfusd.edu or via school loop. We are here from 8:30-4:00 each day, our nurse and F-Chow are part time.

De-escalation Corner:
Everyone encounters an upset student sooner or later, here are a few tips:

- Stay calm—e.g. use a calm voice, and practice a relaxed body posture. Yelling and being aggressive may only escalate the situation. Modeling calm behavior in the face of conflict is a great way of teaching students how to react to stressors.

- Give it time—When upset most students are not in a place to deal with complex problem solving. Taking a little time to think about an issue will give both you and the student a chance to return to the issue with a cooler head and more objective perspective.

For more advice and ideas on how to handle conflict contact any counselor we are all glad to help.

This Months Safe Passages Successes:

1. Ms. Wax and Mr. P have completed counseling 101, 201 and 301 presentations for all 1,200 Hoover Students!!! The presentations covered how to utilize the counseling department and team building exercises for the class!!! The Presentations were done through the PE classes So thanks PE department for all of your Support!

2. The Mentor Program is off to a roaring start! 15 students have been successfully matched with caring and supportive adults while eating pizza and doing “get to know you activities!” Mentor programs have shown to improve students attendance, sense of well being and grades so thanks mentors for making a difference!

Fourth year of the program! What do the numbers say?

According to the Safe Passages survey:

⇒ 73.9% of staff and 87.5% of parents feel Hoover is a safe Place for there students!

⇒ 87.3% of parents feel that Hoover handles discipline problems fairly.

⇒ 92.5% of parents surveyed feel that the school clearly communicates to students the consequences of breaking school rules.

⇒ 82.2% of staff and 87.7% of parents feel that the school fosters an appreciation of student diversity and respect for each other!

⇒ 70.4% of Staff and 87.4% of parents feel that Hoover provides adequate counseling service!!!!!

These numbers just begin to show case the amazing amount of talent and effort that goes into running Hoover daily. Keep up the hard work and lets try to boost these numbers for next year!