

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 process direct

[REDACTED]

connectivity between mental and physical health. it is absurd to expect students to arrive

	Sacramento City Unified School District
	<b>Board of Education Meeting</b>
	<b>December 10, 2020 Public Comments</b>

Name: Emelia-Rose Engel

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

Sacramento City Unified School District  
**Board of Education Meeting**

**December 10, 2020 Public Comments**

Name:	Lily Rusk
-------	-----------

Comment: I support this resolution because mental health problems are just as detrimental as

[REDACTED]



Sacramento City Unified School District  
**Board of Education Meeting**

**December 10, 2020 Public Comments**

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 any mental illnesses, going to school can be a challenge in and of itself not even taking into consideration the piles of work that needs to be done. Mental health days create an opportunity for students to reset their mind and create long term success in their classes but also with facing their mental illnesses.

Speaking as: Student

Email

Tel:

Date/time Stamp 12/9/2020 3:54:29 PM

Sacramento City Unified School District  
**Board of Education Meeting**

**December 10, 2020 Public Comments**

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, something that this district is

Sacramento City Unified School District  
**Board of Education Meeting**

**December 10, 2020 Public Comments**

Name Sara Faraj

Comments: I am in absolute agreement with the Board's decision to...  
[Redacted]

Sacramento City Unified School District  
**Board of Education Meeting**

**December 10, 2020 Public Comments**

[REDACTED]

Comment: Expanding excused absences to include mental health commits SCUSD to the idea that so many other school districts have shifted to and so many mental health experts have been telling us for so long– that mental health is just as important as physical health. Personally, I am far more distracted in class and unable to get work done on a day when my anxiety is really acting up than on a day where I feel nauseous or otherwise sick. Good mental health is incredibly important to acknowledge and encourage students to maintain, especially during an international pandemic that is creating exponentially more stressors for students and families. Allowing students to have excused absences for mental health days would improve the attentiveness and willingness to learn of the

[REDACTED]



Sacramento City Unified School District  
**Board of Education Meeting**

**December 10, 2020 Public Comments**

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:

Sacramento City Unified School District  
Board of Education Meeting

December 10, 2020 Public Comments

Name: Jacqueline Lopez

Comment: I personally believe all students should have the right to be excused from school for mental health reasons. I have seen many students struggle with mental health issues and it is important for them to have the support they need. I believe that the school district should have a policy in place that allows for excused absences for mental health reasons. I have seen many students who have been excused from school for mental health reasons and it has helped them to get back on track. I believe that this is a very important issue and I hope that the school district will take action on this. I have seen many students who have been excused from school for mental health reasons and it has helped them to get back on track. I believe that this is a very important issue and I hope that the school district will take action on this.

Sacramento City Unified School District  
**Board of Education Meeting**

**December 10, 2020 Public Comments**

Name: Sierra Jacobs

Comment I believe it is important to allow students to have excused mental health days because school curriculum can be completed



7.2 Resolution No. 3174: Excused Absence for Mental Health Reasons

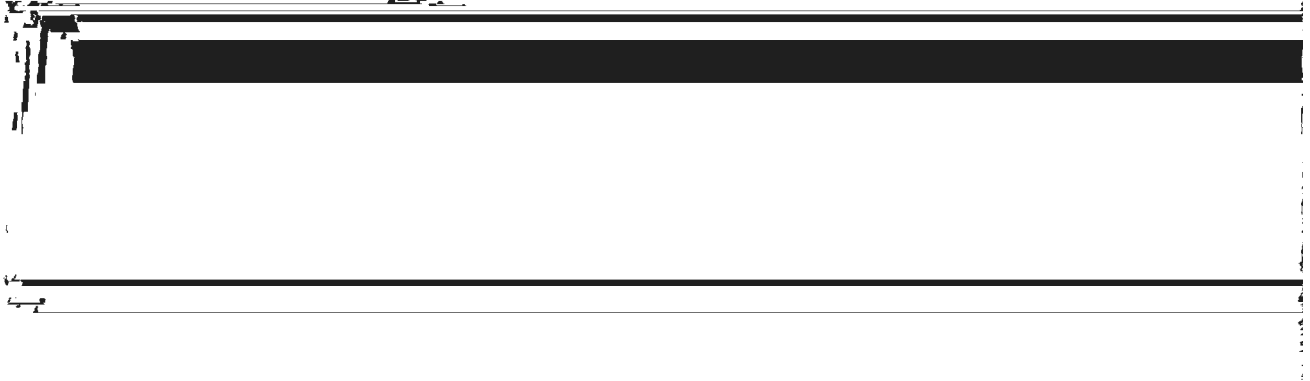
Sacramento City Unified School District  
**Board of Education Meeting**  
**December 10, 2020 Public Comments**

Name: Yusra Hassan

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

Sacramento City Unified School District

Board of Education



**December 10, 2020 Public Comments**

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

Sacramento City Unified School District  
**Board of Education Meeting**

**December 10, 2020 Public Comments**

Name:	Allison Escobedo
-------	------------------

[Redacted content]

Comment: Thank you Student Development Services for their support and assistance.