

Year-End Wellness Update

June 10, 2019

2019 Year-End Wellness Update

Now that this school year has ended, we want to provide an update on a few wellness issues, specifically questions about possible changes to school scheduling and wellness program management.

Teen Sleep, Wellness and School Schedules

In early 2018, MVLA commissioned a [study by Hanover Research](#) that reviewed the empirical research on the impact of school start times and sleep on adolescents and examined key considerations for implementing changes to school start times. Since then, several parents and local physicians have spoken in support of later start times at MVLA Board of Trustee meetings. We appreciate these concerns and are considering options, benefits and consequences of changes to bell schedules and school start time.

MVLA retained Hanover Research to conduct a survey and research study on bell schedules and counseling services. We had a great response rate, with more than 2,600 responses, most of which came from students. Hanover staff will continue working on these two studies then provide district administrators with the preliminary results of the survey to district leaders in June.

Wellness Program Management

MVLA has seven full-time therapists and two intake coordinators on our campuses. We contract with Community Health Awareness Council (CHAC) to provide counseling and support services to our students. Coordination and supervision of this busy and essential program has grown in recent years, so the district has opted to add to our staff a coordinator who will provide leadership and support to the district and school sites, and will supervise and oversee MVLA wellness programs, including school-based mental health services. Active recruitment is underway.

If you have questions about wellness programs in the MVLA High School District, please reach out to us: mvlahsd@mvla.net.

Have a wonderful summer!