



August 14, 2020

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Dear AUHSD Parents/Guardians:

In the midst of COVID-19 pandemic, the Acalanes Union High School District (AUHSD) Wellness Team provides support and services for students and school communities. AUHSD is fortunate to have support and services dedicated to the physical, social, emotional, and behavioral health of our students. Wellness services are available to all AUHSD students. Each AUHSD school has a Wellness Center that offers social, emotional, and behavioral support services, clubs, and youth activities. Wellness support services are offered virtually via telehealth at this time.

During Distance Learning, the predictable routine of students going to school and connecting with others has changed substantially. Teenagers often show how they are feeling through their behavior and may not verbalize feelings or reach out to talk with staff members during distance learning. Children, youth, and adults who have experienced trauma may see flare ups and exacerbated symptoms that are not always connected to immediate circumstances. Students sometimes report delayed reactions to difficult circumstances and may benefit from adult-to-student and peer-to-peer support. While our attention is drawn to how much has changed, we also remember what has remained consistent, for example, caring adults, excellent instruction, and our dedication to equity and educating each student in our community.

For parents and guardians of current AUHSD students, the Wellness Team scheduled a series of informational workshops. Links to register for each workshop will be made available closer to the workshop date.

8/26/2020 6pm - 8pm: Parenting teenagers during

COVID: a Wellness Workshop for AUHSD parents and guardians (opening by Dr. John Nickerson, Superintendent, AUHSD).

9/30/2020 6pm - 8pm: Managing adolescent stress and anxiety, a Wellness Workshop for AUHSD parents and guardians.

10/28/2020 6pm - 8pm: Equity and social responsibility, a Wellness Workshop for AUHSD parents and guardians.

11/17/2020 (date change) 6pm - 8pm: Wellness Workshop for AUHSD parents and guardians

01/27/2021 6pm - 8pm: Wellness Workshop for AUHSD parents and guardians

02/24/2021 6pm - 8pm: Wellness Workshop for AUHSD parents and guardians

03/24/2021 6pm - 8pm: Wellness Workshop for AUHSD parents and guardians

04/28/2021 6pm - 8pm: Wellness Workshop for AUHSD parents and guardians

05/26/2021 6pm - 8pm: Wellness Workshop for AUHSD parents and guardians

06/23/2021 6pm - 8pm: Summer Wellness, a Workshop for AUHSD parents and guardians

Welcome new and returning AUHSD parents and guardians. Thank you for the opportunity to serve your students during this unprecedented time. Please contact me if you have any questions or suggestions.

Yours truly,

James Wogan and the AUHSD Wellness Team

James Wogan, LCSW

Director of Wellness

Acalanes Union High School District

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