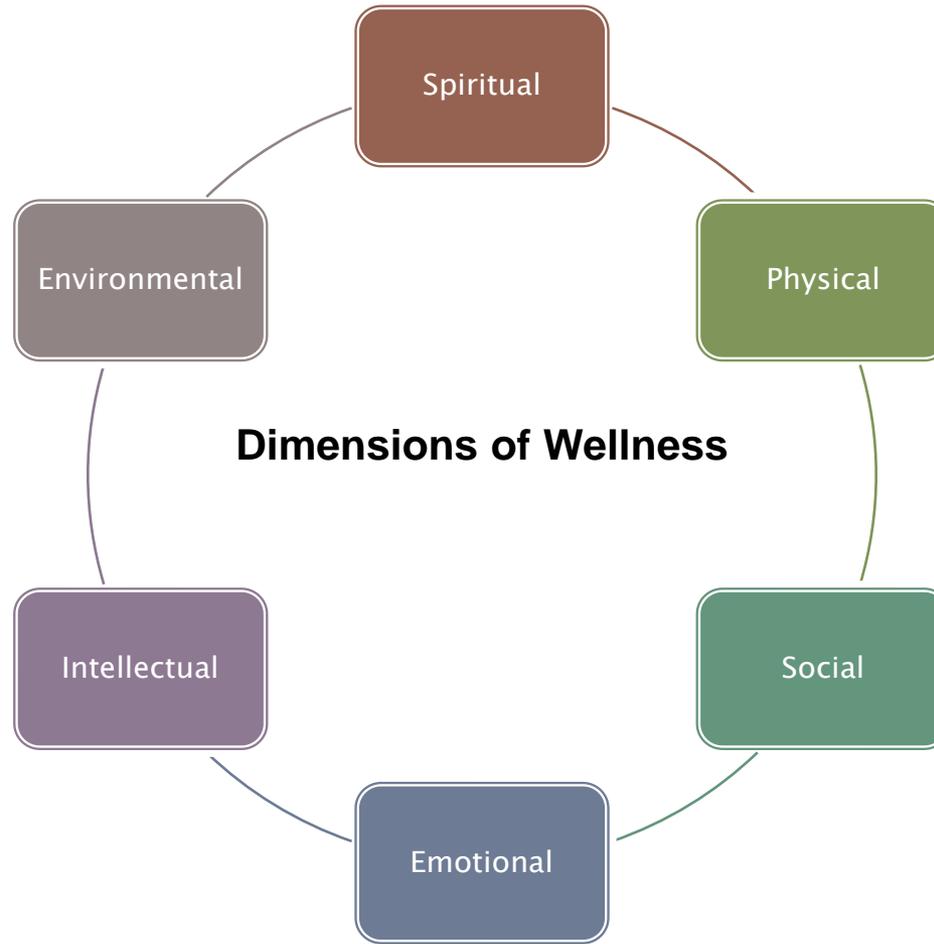


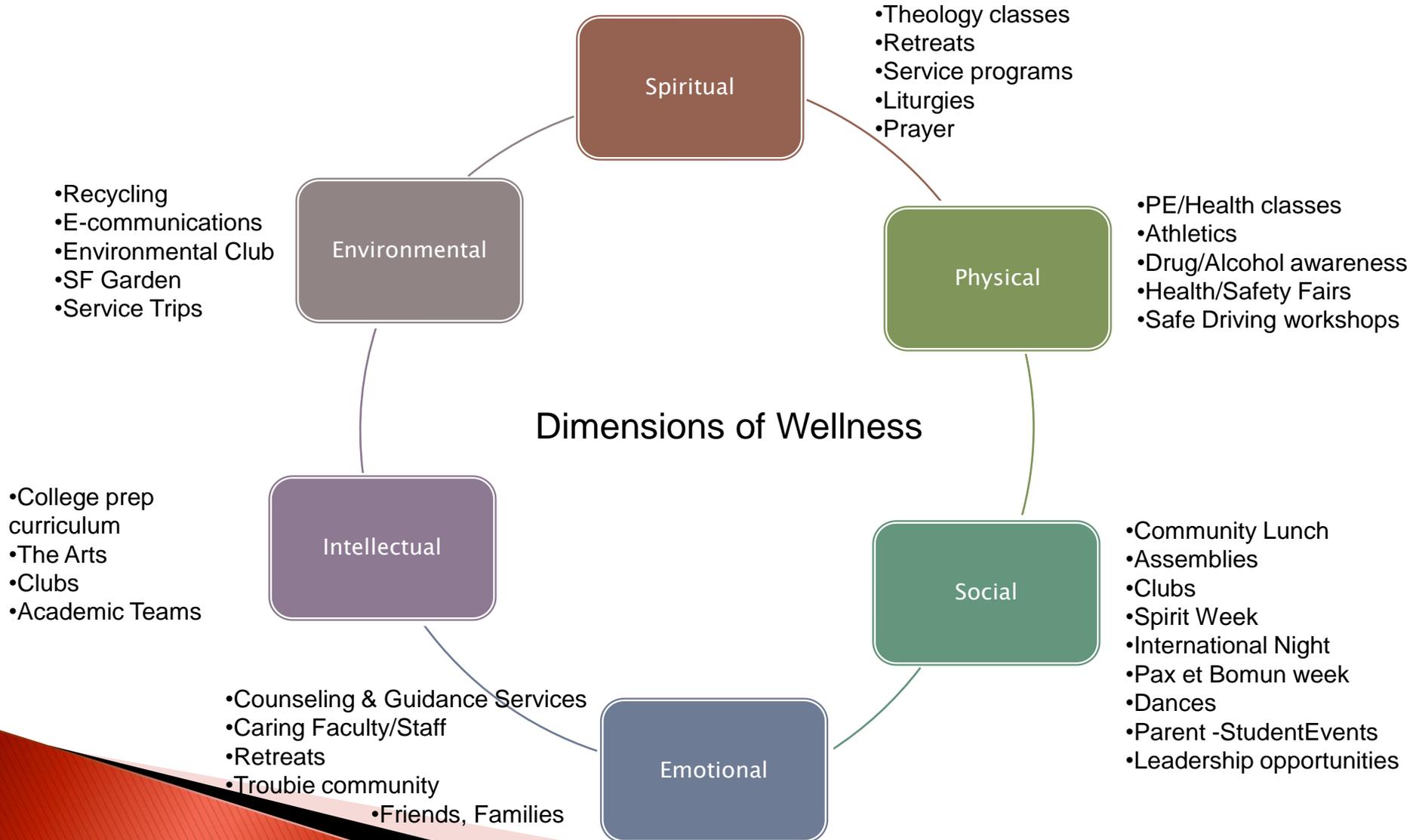
What are SFHS goals?

- ▶ **To create a campus culture of wellness that supports students, faculty, staff, and families.**
 - ▶ **To encourage student participation in campus efforts that promote life-long healthy choices in all dimensions of wellness: spiritual, physical, social, emotional, environmental and intellectual.**
- 

What is wellness?



What is currently happening at SFHS?



What is happening NATIONALLY?

- ▶ Obesity rates have tripled for adolescents.
- ▶ Currently 27% are overweight.
- ▶ Only 50% of female 12 graders report regular physical activity.
- ▶ 1 in 3 children born in 2000 will develop diabetes.
- ▶ Only 20% of adolescents eat the recommended servings of fruits and vegetables.
- ▶ 30% of adolescents engage in risky behavior.
- ▶ 24% of female adolescents report suicidal thoughts.

All of the above are preventable risk factors!



Possible stress factors for girls

1. Lack of sleep
 2. Poor nutrition; lack of exercise/
environmental toxins
 3. Trying to build a college resume
 - High grade expectations & over-scheduled activities
 4. Economic or family concerns
 5. Victim of abuse –adult, boyfriend, cyberbully
 6. Addictive behaviors (alcohol, drugs, sex, and
cyber-addictions)
- 

What to do? As much as possible

- ▶ Avoid fast foods
- ▶ Avoid highly processed foods
- ▶ Avoid food/drinks from cans or plastic bottles/boxes
- ▶ Avoid processed foods that have more than 5 ingredients
- ▶ Avoid processed foods that have additives that you can't pronounce or spell
- ▶ Do read food labels: be smart

(Michael Pollan, author of books on healthy eating)



From the experts:

- ▶ DO eat more fruits and veggies—consider organic when possible
 - ▶ DO eat high fiber foods
 - ▶ DO drink water from steel or glass bottles (saves environment also)
 - ▶ DO drink milk
- 

Exercise

Save your

*mobility

*bones

*flexibility

Sleep better, feel better, reduce stress.

Always, exercise in moderation!

Listen to your body when it's time to stop.

What do colleges expect?

- ▶ Community college – Age 18 or high school diploma
- ▶ California State Universities 3.0–3.8 GPA
- ▶ Most Private colleges 3.3–3.8 GPA
- ▶ University of California campuses 3.3–4.0+
- ▶ Selective private colleges (Ivy League types) 3.8–4.0+ and special accomplishments, leadership, or skills

Pressure on students and parents is real!



What to do?

- ▶ Don't overload on number of classes
 - ▶ Give yourself time to “learn”
 - ▶ Don't overload on activities – choose 1 or 2 and do that well!
 - ▶ Talk with your parents about your schedule
 - ▶ Be flexible about your choices
 - ▶ Set aside uninterrupted study time
 - ▶ Talk with your teachers about balancing tests, assignments and homework.
- 

Do electronic distractions make you dumb?

Your brain can only do one thing at a time. Electronic interruptions during study time lead to inefficiency.

- ▶ Even Microsoft, Intel, Google and IBM are trying to find ways to reduce their employees' electronic distractions (and they created the distractions!)

Reduce your digital deluge

- ▶ Focus on studying without electronics
- ▶ You'll be amazed at your efficiency
- ▶ And you will reduce your homework hours

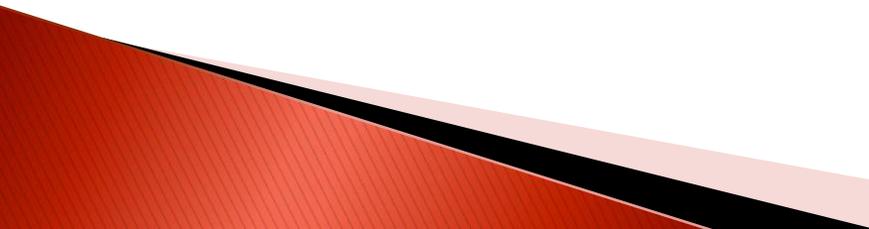
According to researcher, Dr. Leonard Sax in *Girls on the Edge*,

- ▶ Girls in public single sex schools achieve academic gains about six times greater than girls of the same academic ability who attend a comparable coed public school.
- ▶ Girls in coed schools are more concerned with being objects of attention (looks, dress, sex appeal)

Research on Self-esteem

- ▶ In coed schools, girls' self-esteem is closely related to appearance.
- ▶ In all-girls schools, self-esteem is closely related to behavior (who you are rather than what you look like.)

(Dr. Sax, Girls on the Edge)



Church Connection/Spirituality: Exploring value and meaning in one's life

- ▶ Belief system
 - ▶ Hope and optimism
 - ▶ Purpose
 - ▶ Sense of belonging
 - ▶ Introspection and contemplation
 - ▶ Life satisfaction
 - ▶ Volunteer work
- 

A time to connect

A time to be silent

- ▶ The spirit cannot grow and be healthy “if there is not enough silence.” T.S. Eliot
 - ▶ Tending to our spirit and developing a relationship with God gives us courage in difficult times and a sense of joy and purpose that will carry us through life.
 - ▶ Research shows that girls who have a strong belief system are healthier emotionally.
- 