

THE WORLD AS IT COULD BE IS WITHIN REACH AT ARROYO HIGH SCHOOL 2018-19
PROCESS FOR DETERMINING THE CLASS COMMUNITY ACTION PROJECT

PRIORITY UDHR ARTICLES SELECTED FOR COMMUNITY ACTION PROJECT, VOTES RECEIVED & ISSUES IDENTIFIED

2	9	13	18	19	20	24	25	26	29
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Article 2	Everyone has all the rights in this document regardless of race, ethnicity, gender or nationality.
Article 9	No one can be arrested, held in prison or kept out of her/his country without fair reason.
Article 13	Everyone has the right to move freely within the borders of a country. Everyone has the right to leave and return to their country.
Article 18	Everyone has the right to choose and practice their religion.
Article 19	Everyone has the right to to their ideas and opinions. Everyone has the right to express those ideas and opinions.
Article 20	Everyone has the right to join any group of people and assemble peacefully. No one may be forced to join a group.
Article 24	Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.
Article 25	Everyone has the right to food, clothes, shelter, medical care and economic security. Mothers and children have the right to special care and assistance.
Article 26	Everyone has the right to free and equal education for the primary grades. Higher education must be equally accessible. Education should support people in becoming the best they can be. Education should promote human dignity, understanding and peace. Parents have the right to choose the type of education for their children.
Article 29	Everyone has the responsibility to help create a community where these rights and freedoms, such as the ones in this declaration, are respected and protected.

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ISSUES IDENTIFIED AS NEEDING TO BE ADDRESSED IN PRIORITY ORDER BASED ON THE FOLLOWING CRITERIA:

1. The issue affects ourselves and people we know.
2. It's an issue we can do something about.
3. It's an issue that would appeal/be relevant to other people to get more involvement.

ISSUE (Bold items are top priorities for Community Action Project focus)	UDHR ARTICLE(S)
Students fearful of speaking up, especially with unpopular opinions.	19
Students and adults are under too much pressure, and don't have enough rest/leisure time.	24
Adequate campus access to healthcare for students	25
Discrimination: People not being treated equally.	2
Immigrants held in detention or being arrested; Immigrants being told to return to where they came from.	9, 13
Lowerclassmen not being able to leave campus to access tasty food.	13
Hate crimes related to religion.	18
Protests often broken up by police, even when nothing has happened.	20
Push on Paideia to be implemented into the school system.	26
Many of us just focus on ourselves and ignore others around us. People don't really talk to each other. We see so many people around us yet stick to our own groups, which doesn't form a community.	29

EXAMPLES OF FIRST 3 ISSUES ABOVE BASED ON STUDENT OBSERVATIONS

OBSERVATION	RELATED UDHR ARTICLE
Friend's aunt couldn't get Kaiser and had to go to clinic that was hard to reach	25
Arroyo students, if injured, can't get help on campus, as available at San Lorenzo High	25
Undocumented person hasn't seen a doctor or dentist in years; Students need access to contraception, as well as help with anxiety; Students need information on healthy foods; Students miss school in order to get doctor's appointment to meet sports team requirements	25
Too many obligations at the same time, such as sports after school, then homework, then chores...	24
30 students polled at Arroyo noted feeling overwhelmed	24
Too many assignments at the same time; Need access to mindfulness activities and guidance for how to have a healthy	24

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mindset	
Gay student was fearful of wearing an outfit to school that would generate negative comments	19
Student didn't want to state her opinion at debate because it was different than most of the class, and she was afraid of being different	19

DEVELOPING STRATEGIES FOR COMMUNITY ACTION

ISSUE	UDHR ARTICLE(S)
Students fearful of speaking up, especially with unpopular opinions.	19
Students and adults are under too much pressure, and don't have enough rest/leisure time.	24
Lack of adequate campus access to healthcare-related treatment, resources and information for students	25

HEALTH CARE ISSUES WE WANT TO ADDRESS:

- Student anxiety:
 - ♦ Fear of speaking up
 - ♦ Too many tasks at the same time
- Access to contraception resources
- Access to physical exams for sports team requirements
- Access to information on nutrition and healthy food
- Access to care in case of injury
- Access to mindfulness activities:
 - ♦ Guidance for a healthy mindset
 - Managing emotions/understanding Emotional Intelligence competencies
 - Strategies for managing challenging situations, including communication skills

DESIRED RESULTS OF OUR EFFORTS:

- Better academic performance
- Learning how to deal with stress and anxiety

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- Overall better mental and physical health
- Better life beyond High School
- Fewer fights; reduced negative drama
- Destigmatizing mental health issues
- Greater understanding of others
 - ♦ Greater demonstration of empathy and compassion

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POSSIBLE STRATEGIES/SOLUTIONS TO ADDRESS THE ISSUES AND ACHIEVE DESIRED RESULTS

1. Create a class/forum on managing stress, including:
 - Time management tools/strategies
 - Mindfulness exercises
 - Emotional Intelligence competencies
2. Create pamphlets/video on healthy food and nutrition
3. Write articles in school newspaper on health topics
4. Create list of resources for accessing contraception information and resources, as well as accessing physical exams for sports teams
5. Help arrange for District transport to and from REACH
6. Have PE classes dedicate time to teach about mindfulness activities, nutrition and other health topics

MESSAGES ABOUT WELLNESS TO INCLUDE IN PROJECT MATERIALS

- Definition of wellness
 - ♦ Factors contributing to wellness
- Purpose of the Wellness Center
 - ♦ Resources available
- Awareness of ourselves and others
- Choices we make
 - ♦ Use information to make good decisions
- Access to wellness is for everyone, not just when you think you have a problem or issue
- Stress is part of life
 - ♦ We can gain coping skills to deal with stress, such as mindfulness exercises

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- Find positive ways to voice our concerns
- Know about how use of social media/phones affects our health