

RESOLUTION RECOGNIZING NATIONAL STRESS AWARENESS MONTH

**SANTA CLARA COUNTY BOARD OF EDUCATION
RESOLUTION No. 2682-4**

WHEREAS, April is recognized as National Stress Awareness Month, a time dedicated to increasing understanding of stress, promoting awareness of its impact on mental and physical health, and encouraging healthy coping strategies for individuals and communities; and

WHEREAS, stress can affect students' academic performance, emotional well-being, physical health, and overall ability to thrive, particularly in the context of academic demands, social pressures, and life circumstances; and

WHEREAS, fostering awareness and education around stress management helps reduce stigma related to mental health and supports the development of resilience, self-awareness, and healthy habits among students; and

WHEREAS, the Santa Clara County Board of Education is committed to supporting safe and inclusive learning environments where students' academic, social, emotional, and mental health needs are addressed holistically; and

WHEREAS, recognizing National Stress Awareness Month supports the Santa Clara County Board of Education's strategic Goal Three, The Whole Child, by affirming the importance of student wellness, mental health, and supportive systems as essential components of student success; now

THEREFORE, BE IT RESOLVED, that the Santa Clara County Board of Education and the County Superintendent of Schools do hereby recognize April as National Stress Awareness Month.

PASSED AND ADOPTED by the County Board of Education at a meeting held on April 22, 2026, by the following vote:

AYES: Raeena Lari, Maimona Afzal Berta, Victoria Chon, Jessica Speiser, Jorge Pacheco, Tara Sreekrishnan

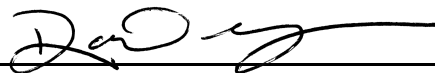
NOES: None

ABSTAIN: None

ABSENT: Don Rocha



Victoria Chon, President
Santa Clara County Board of Education



Dr. David M. Toston, Sr.
County Superintendent of Schools