



**Alaska Association of Student Governments**

**Resolution #8**

**Implementation of a Wellness Room in Sitka High School**

**Submitted by: Sitka High School Student Council**

**Submitted: 10/11/24**

**Be it Resolved by the Alaska Association of Student Governments that: AASG supports the implementation of a “Wellness room” at Sitka High School.**

1. **Whereas**, A “wellness room” refers to a room in which students could gather in a comfortable and quiet space free of distraction, overstimulation, and mass amounts of people, while still having adult supervision. While being allowed to collect themselves before returning to the classroom, or simply having the choice to work on classwork within the wellness room;
2. **Whereas**, Our state has rising mental health crisis as many students are reporting feeling depressed, suicidal, and attempting to take their own lives<sup>1</sup>;
3. **Whereas**, Studies have shown there are multiple benefits to a wellness room such as mental health benefits and stress regulation;
4. **Whereas**, Students in areas where wellness rooms have been implemented have reported how helpful their implementation has been in improving their mental health<sup>2</sup>;
5. **Whereas**, Wellness centers across the country have been utilized by students who are more likely to have mental health issues such as female students or genderqueer students<sup>3</sup>;

6. **Whereas**, In an interview by BYU conducted on 945 students, parents, and staff of Westlake High School in Utah, all three groups believed that the wellness centers had a positive impact on mental health<sup>3</sup>;
7. **Whereas**, Some students may be more likely to become overly stressed in the classroom environment so it is important to provide a space in which they can take the steps needed to manage their stress in an environment that is less likely to compound or increase the feelings of stress in the student;
8. **Whereas**, Allowing students to have an area where they feel comfortable, and have easy access to an adult that can help them is a way to lower these trends;
9. **Whereas**, Many students who have utilized these wellness rooms report being able to manage their stress far easier<sup>2</sup>;
10. **Whereas**, if wellness rooms have been found to decrease stress issues and improve mental health, Sitka High School Student Council believes that the implementation of a wellness room would be beneficial to the wellbeing of our students;

**Therefore, be it resolved that the Alaska Association of Student Governments** supports Sitka High School student council in the implementation of a wellness room.

**Action Statement:** If passed by the general assembly of AASG, the resolution will be presented to the Sitka School District administration. Additionally, the resolution will be made available for other student councils to implement into their schools.

Sources:

1. Alaska Division of Public Health. "Alaska Youth Risk Behavior Survey Trends, 2011-2023." *Alaska Youth Risk Behavior Survey Trends, 2011-2023, 2024*, [health.alaska.gov/dph/Chronic/Documents/yrbs/23YRBS\\_TrendsTable.pdf](https://health.alaska.gov/dph/Chronic/Documents/yrbs/23YRBS_TrendsTable.pdf).

2. Lai, Karen et al. "Bringing Wellness to Schools: Opportunities for and Challenges to Mental Health Integration in School-Based Health Centers."

*Psychiatric services (Washington, D.C.)* vol. 67,12 (2016): 1328-1333.

doi:10.1176/appi.ps.201500401

3. Allen, Christie. "School Wellness Centers: An Innovative Response to Student Stress and Suicide." News, BYU, 3 Oct. 2022,

[news.byu.edu/intellect/school-wellness-centers-an-innovative-response-to-student-stress-and-suicide](https://news.byu.edu/intellect/school-wellness-centers-an-innovative-response-to-student-stress-and-suicide).

*Passed with unanimous consent*

**Passed by the Fall 2024 General Assembly of AASG hosted by  
Delta Junction High School**

*Francis Myers*

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AASG Vice President, Francis Myers

*Kathleen Navarre*

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AASG Executive Director, Kathleen Navarre