



# SACRAMENTO CITY UNIFIED SCHOOL DISTRICT BOARD OF EDUCATION

Agenda Item# 7.2

**Meeting Date:** December 10, 2020

**Subject:** Resolution No. 3174: Excused Absences for Mental Health Reasons

- Information Item Only
- Approval on Consent Agenda
- Conference (for discussion only)
- Conference/First Reading (Action Anticipated: \_\_\_\_\_)
- Conference/Action
- Action
- Public Hearing

**Division:** Board Office

**Recommendation:** Approval of Board Resolution No. 3174: Excused Absences for Mental Health Reasons

**Background/Rationale:** Sacramento City Unified School District students face mental health challenges throughout their education. In recognizing that mental health and physical health are on parity, we understand Board Policy 5113 and California Education Code 48205, which establish the conditions under which students may be lawfully absent from school, including “health reasons,” as including mental health reasons. This resolution directs the Superintendent to create a board policy that clarifies the definition of health reasons to include mental health absences.

**Financial Considerations:** None

**LCAP Goal(s):** Safe, Emotionally Healthy and Engaged Students; Family and Community Empowerment

**Documents Attached:**

1. Board Resolution No. 3174

<p><b>Estimated Time of Presentation:</b> 5 minutes <b>Submitted by:</b> Student Board Member Isa Sheikh <b>Approved by:</b> President Jessie Ryan, Board President</p>
---

**SACRAMENTO CITY UNIFIED SCHOOL DISTRICT  
BOARD OF EDUCATION**

**RESOLUTION NO. 3174**

**“EXCUSED ABSENCES FOR MENTAL HEALTH REASONS”**

WHEREAS, California Education Code 48205 establishes the conditions under which students may be lawfully absent from school, including personal illness or injury; and

WHEREAS, Board Policy 5113 states that “absence from school shall be excused only for health reasons, family emergencies and justifiable personal reasons, as permitted by law, Board policy and administration regulations”; and

WHEREAS, the U.S. Department of Health and Human Services’ Office of Disease Prevention and Health Promotion closely links mental health and physical health; and

WHEREAS, the 2008 federal Mental Health Parity and Addiction Equity Act (MHPAEA) put care and treatment of mental health and substance use disorders on equal footing – or “parity” – with physical health care; and

WHEREAS, the recent California Healthy Kids Survey of SCUSD students indicated that on average 1 in 5 students has considered suicide in the past 12 months; and

WHEREAS, Striving for Zero, California's Strategic Plan for Suicide Prevention urges all Californians to play a role in suicide prevention and promoting health and wellness; and

WHEREAS, recognizing the mental health issues of students helps to reduce stigmatizing attitudes of prejudice and exclusion.

**NOW, THEREFORE, BE IT RESOLVED** that the Sacramento City Unified School District Board of Education understands the definition of “health reasons” in the context of excused absences under California Education Code 48205 as including mental health reasons; and be it further

RESOLVED, that the Board of Education requests that the Superintendent review all relevant Board policies and SCUSD regulations and explore the possibilities and impact of explicitly permitting excused mental health days; and be it further

RESOLVED, that the Superintendent should make recommendations to the full board no later than February 4, 2021.

**PASSED AND ADOPTED** by the Sacramento City Unified School District Board of Education on this \_\_\_\_ day of \_\_\_\_\_ 2020, by the following vote:

AYES: \_\_\_\_\_  
NOES: \_\_\_\_\_  
ABSTAIN: \_\_\_\_\_  
ABSENT: \_\_\_\_\_

---

Jessie Ryan  
President of the Board of Education

ATTESTED TO:

---

Jorge A. Aguilar  
Secretary of the Board of Education