Hello Valley Christian High School!

It is my privilege and honor to have joined the Valley Christian community to serve as your K-12 Wellness Director for the 2022-2023 school year. I can greatly empathize with all the new students to Valley Christian as they meet so many new people and work to make connections, all while learning about the things that make VC special. One thing that has struck me as I work to acclimate and adjust is how kind the culture is. The students have been so welcoming and the staff have worked so hard to welcome me and ensure students are embraced and welcomed to the school year.

I have spent the last 22 years in the public school system. I began as a Young Life leader, which is a Christian outreach to public schools. This led to a teaching job where I worked with students with learning disabilities for 7 years. This chapter equipped me to truly understand the various disabilities students may experience and the best ways to support and accommodate student learning. The next hat I wore was an activities director for two schools in San Jose Unified where I worked to ensure school culture and climate was positive and healthy through activities, events and programs. I had the opportunity to teach the leadership classes and see students make a difference in the lives of others. My final hat was beginning the first wellness program in SJUSD. We opened up a wellness center where we met the mental health needs and social emotional needs of the student body. Our first year we had over 1,600 student check ins where students learned healthy coping strategies to practice in their life.

I did not have any plans to leave the public school system, but in Psalms 37 it says, “The Lord directs the steps of the godly.” God has been equipping me for this next chapter through all the jobs I have had, and guided my steps to accepting this position. My hope in joining the VC team is to bring lots of love and support to the students, staff and families. There are so many great things happening here and I look forward to celebrating those things. With that said life can throw us some challenges and we all experience some hardships. At times, we all need support, care, kindness, empathy and encouragement and my plan is to develop a wellness program that works to meets the needs of the student and staff, all while supporting families. I will be looking for community members that would like to participate in committees to ensure all stakeholders have the opportunity to guide and influence the creation of a wellness program moving forward.

I am so passionate about mental health and wellness. God has given me a heart for the hurting and gifted me with a significant amount of compassion. I find myself working with students how I hope adults will work with my son (12) and daughter (15) as they navigate the school system. I look forward to all the ways I will get to serve the VC community and encourage you to reach out to me at anytime with questions, concerns, and/or to join me in this mission to ensure we are taking great care of all our students, staff and families. We will be sharing wellness tips, strategies, updates and information monthly in this newsletter and look forward to sharing supports that will serve you well.

In Him,

Amy Hernandez
ahernandez@vcs.net
408 513 2539 ext.2539