A Data-Informed Approach to Promoting Community and Digital Wellness in PreK-12 Schools

Kia moemoea
DREAM BEYOND LIMITS
2023 IBSC ANNUAL CONFERENCE

Westlake Boys High School | Auckland, New Zealand | July 5 - 8

Follow along with our interactive workbook here!
MEET THE PRESENTERS

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Gilman School is a diverse community dedicated to educating boys in mind, body, and spirit through particular emphasis upon academic excellence, athletic participation, and aesthetic appreciation. Gilman seeks to produce men of character and integrity who have the skills and ability to make a positive contribution to the communities in which they live and work.
Meet Your Neighbor

- What is your name and role at your school?
- Where are you from?
- What were some highlights from this conference so far?
Agenda

● What Students are Facing
● A Holistic Model of Student Wellness
● Three Projects - One Goal
  ○ Promoting Student Belonging Through Adult Support
  ○ Assessing Mental Health
  ○ Assessing Digital Health and Wellness
● How It All Fits Together
Societal Context: What our students are facing

- Post-pandemic national youth mental health crisis
- Digital citizenship concerns- Cyberbullying
- Post-2020 DEI response → major impact on mental health
- Provide voice to affected populations (Why data)
Mental Health & Well-being

Depression and anxiety are rising among adolescents and adults nationwide

Challenges to well-being are constantly changing

Students, faculty, and parents are stretched for time and resources

School communities have typically tracked achievement, but have not established systems to monitor mental health
A Holistic Model of Community & Digital Wellness
Discussion

● What kind of wellness assessments do you do at your school?

● What would a holistic assessment of community and digital wellness look like for your community?
Three Projects - One Goal

**Belonging**
Pre- and post-surveys assessing faculty comfort with discussing DEI topics with students.
- Adult emotional support of students
- Adult investment in and engagement with DEI

**Mental Health**
Third party assessment of mental health and wellbeing
- Peer relationships
- School policy enforcement

**Digital Health**
Grade-level surveys of digital citizenship and time with technology
- Bullying/cyberbullying
- Online safety
- Time using technology
- Sleep habits
- Types of technology
Promoting Student Belonging by Supporting Faculty

- Homegroups - A best practice from NAIS’ Diversity Leadership Institute
  - Using our student demographics and performance data +
  - Faculty survey data we were able to create a =

- Differentiated Professional Development experience
  - Facilitated conversations on topics of identity and belonging
  - Supplemented with external professionals to enhance educator knowledge and skills
Middle School Homegroup Data

Comfort Level Discussing DEI Topics with Students

1 - Very Uncomfortable, 3 - Neither uncomfortable nor comfortable, 5 - Very comfortable

<table>
<thead>
<tr>
<th>DEI Topic</th>
<th>Average Reported Comfort Level</th>
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<tbody>
<tr>
<td>Gender</td>
<td>3.95</td>
</tr>
<tr>
<td>Race</td>
<td>3.72</td>
</tr>
<tr>
<td>Religion</td>
<td>3.84</td>
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<tr>
<td>Ability</td>
<td>4.12</td>
</tr>
<tr>
<td>Age</td>
<td>4.12</td>
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<tr>
<td>Sexuality</td>
<td>3.67</td>
</tr>
<tr>
<td>SES</td>
<td>3.98</td>
</tr>
<tr>
<td>Ethnicity</td>
<td>3.74</td>
</tr>
</tbody>
</table>
Seeing Change

Change in Comfort Level: Weighted Overall Average

- Fall: 41.03
- Spring: 43.67
Seeing Change - by Topic

After One Year of Homegroup Attendance

Average Change in Self Report (pts.)

- Gender: 0.1
- Race: 0.36
- Religion: 0.29
- Ability: 0.23
- Age: 0.41
- Sexuality: 0.35
- SES: 0.18
- Ethnicity: 0.49

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Dream Beyond Limits
2023 IBSC Annual Conference

International Boys' Schools Coalition
Using PD to Improve Teacher Support of Students

● Conversations
  ○ Initially focused on building trust
  ○ Then we worked on improving teacher comfort level talking about various topics
  ○ Finally we used scenarios to respond to student concerns or potential incidents that teachers or parents may encounter

● Speakers
  ○ Dr. Lawrence Brown
  ○ Rosetta Lee
  ○ Dr. Ivonne Garcia
# Wellness Assessment

<table>
<thead>
<tr>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
<th>Summer</th>
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- **Survey Distribution**

- **Data Analysis**

- **Communication of Results**

- **Roundup of Findings**
Communication Strategy: Differentiation

Wellbeing Survey

Leadership Team

Wellness Committee and Counselors

Division Heads (x3)

Staff Department Heads

Parent Wellness Committee

Parent DEI Committee

Divisional Faculty Meetings

DEI Directors

All Staff

Student Assembly

Parent Webinar

Teacher Wellness Initiatives

New Targeted PD Sessions

Policy Review

New Student Wellness & Health Resources

Community Health and Wellness Fair

Data Collection

Communication of Results

Outcomes
Wellness Wins!
Technology Use & Digital Citizenship Assessment

Looking at the intersection of mental health and students’ experiences with technology.
Changing Habits as Children Age

Hours Spent on Social Media

- **4th Grade**: 66.35% 1 hour or less, 21.15% 1 to 2 hours, 7.69% 2 to 3 hours, 3.78% More than 3 hours
- **5th Grade**: 50.59% 1 hour or less, 25.29% 1 to 2 hours, 17.06% 2 to 3 hours, 7.09% More than 3 hours
- **6th Grade**: 51.32% 1 hour or less, 31.14% 1 to 2 hours, 11.84% 2 to 3 hours, 5.61% More than 3 hours
- **7th Grade**: 37.5% 1 hour or less, 36.11% 1 to 2 hours, 18.06% 2 to 3 hours, 4.31% More than 3 hours
- **8th Grade**: 16.04% 1 hour or less, 53.77% 1 to 2 hours, 21.7% 2 to 3 hours, 5.5% More than 3 hours
- **9th Grade**: 35.96% 1 hour or less, 39.04% 1 to 2 hours, 11.4% 2 to 3 hours, 10.9% More than 3 hours
Digital Citizenship Indicators

- I do my best to make sure I don't accidentally hurt someone's feelings by what I post online. 71.10%
- I think about my digital reputation and try to make sure that every decision I make reflects positively. 64.10%
- I have stood up for and defended my friends when I saw them being harassed or picked on online. 60.40%
- People often misunderstand my texts or social media posts. 30.90%
- I have pretended to be someone else online. 9.10%

Percent of 12-17 year-olds
# Supporting Students Through Curriculum

<table>
<thead>
<tr>
<th>6th Grade</th>
<th>7th Grade</th>
<th>8th Grade</th>
<th>9th Grade</th>
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</thead>
<tbody>
<tr>
<td><strong>Digital Citizenship Course:</strong></td>
<td>“Netiquette,” Digital Footprint, Online Safety, Copyright, Use Agreements, Device Set-up</td>
<td></td>
<td>Digital Health and Wellness Seminar</td>
</tr>
<tr>
<td><strong>Tech, Talk, and Tea Nights for Families</strong></td>
<td>At-Home Strategies, Sharing Ideas, Building Community</td>
<td></td>
<td>App Anxiety, Managing Screen Time, Combating Cyberbullying</td>
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What now?

● Where are there opportunities to use data to improve and enhance your school wellness programs?
● Who are the potential collaborators at your school?
● What hesitations or reservations do you have?
How it All Fits Together
Q&A

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Thank You!