

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



Kia moemoeā

DREAM BEYOND LIMITS

2023 IBSC ANNUAL CONFERENCE

Westlake Boys High School

Auckland, New Zealand

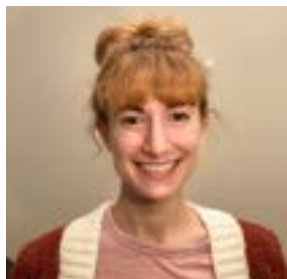
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Follow along with our
interactive workbook here!



GILMAN



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GILMAN

Pre K - 12th grade

All boys independent school

Baltimore, Maryland, US

~ 1031 students, ~262 faculty & staff

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

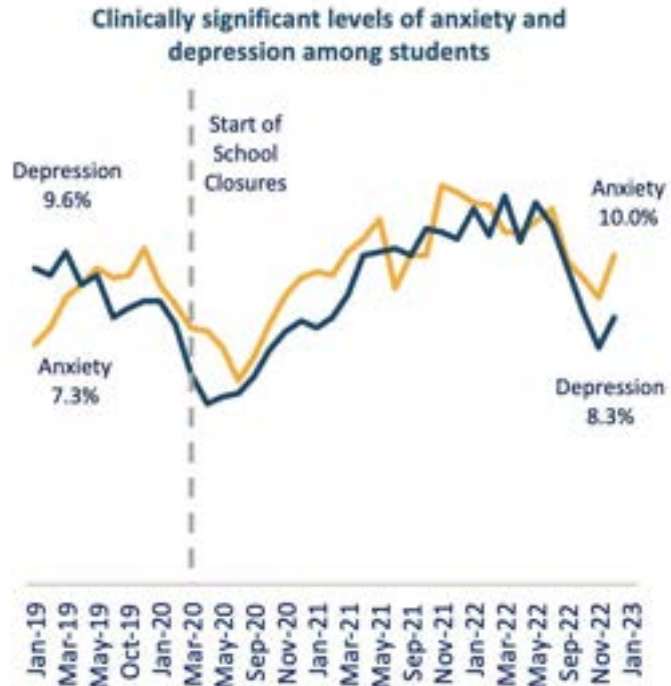
- Post-pandemic national youth mental health crisis
- Digital citizenship concerns- Cyberbullying
- Post-2020 DEI response → major impact on mental health
- Provide voice to affected populations (Why data)



Anti-Asian Hate Crimes Increased 2019-2020



Mental Health & Well-being



Depression and anxiety are rising among adolescents and adults nationwide



Challenges to well-being are constantly changing

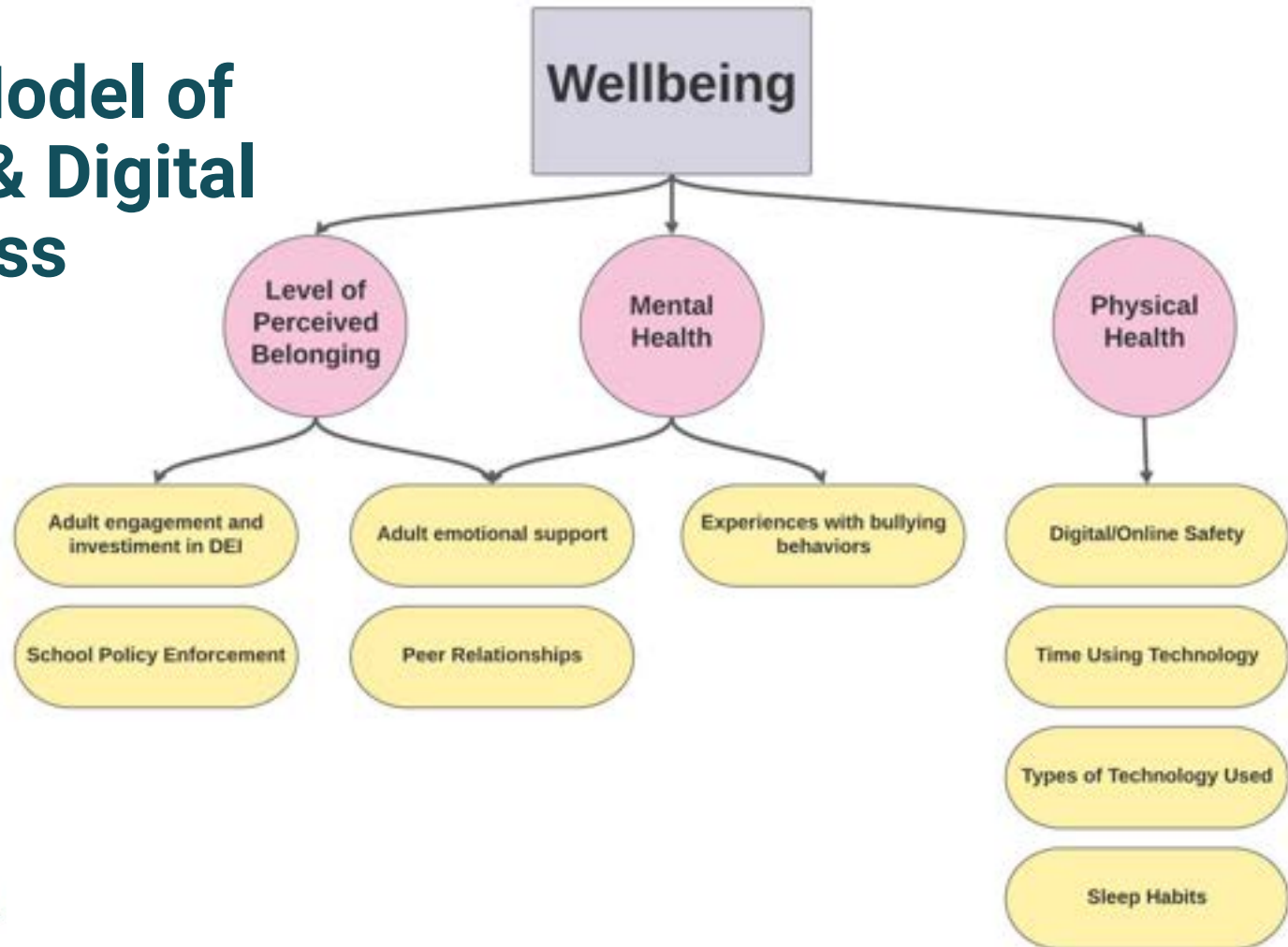


Students, faculty, and parents are stretched for time and resources



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

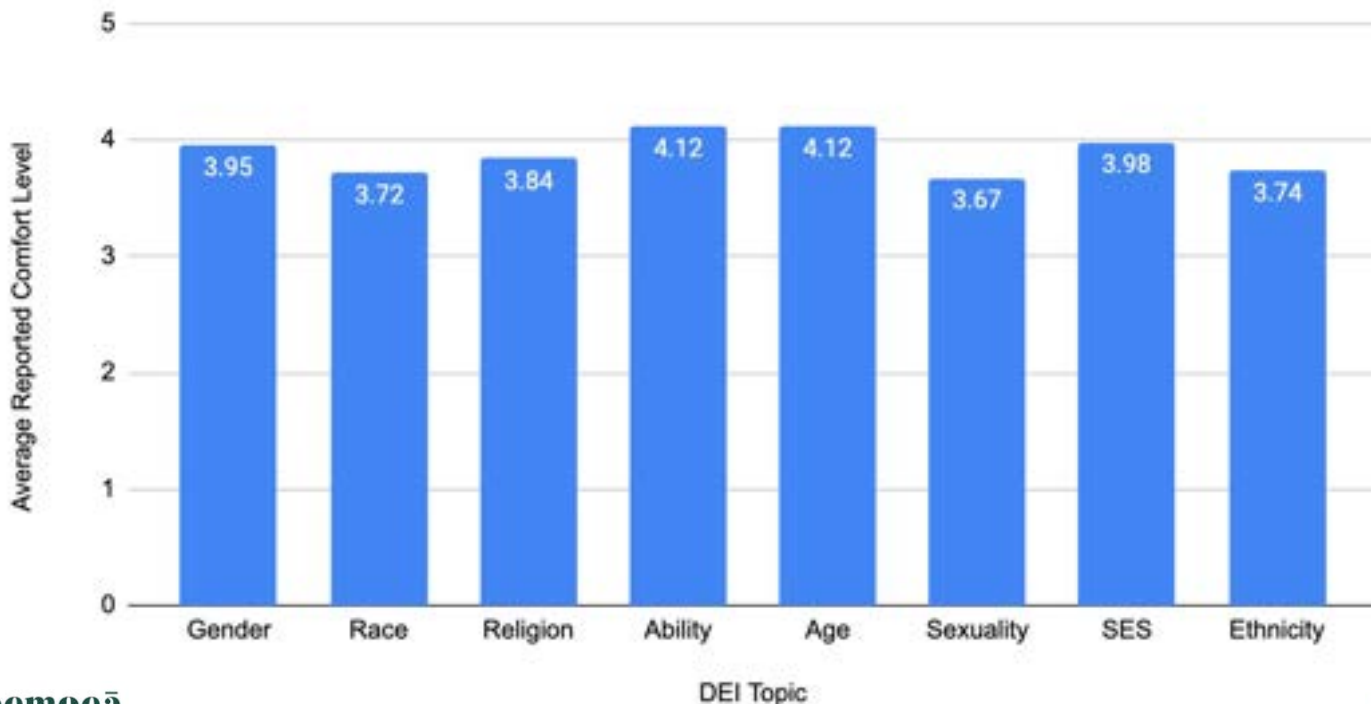
Promoting Student Belonging by Supporting Faculty

- 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

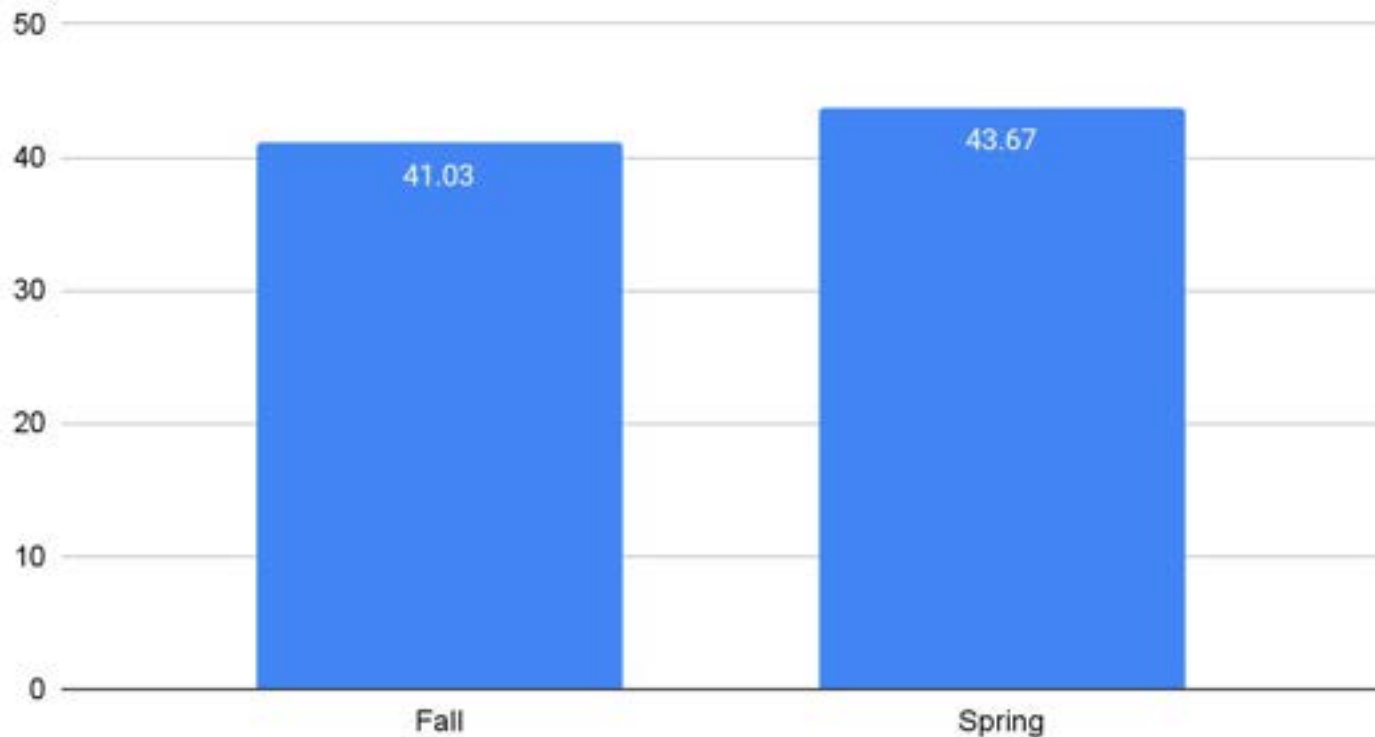
Comfort Level Discussing DEI Topics with Students

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



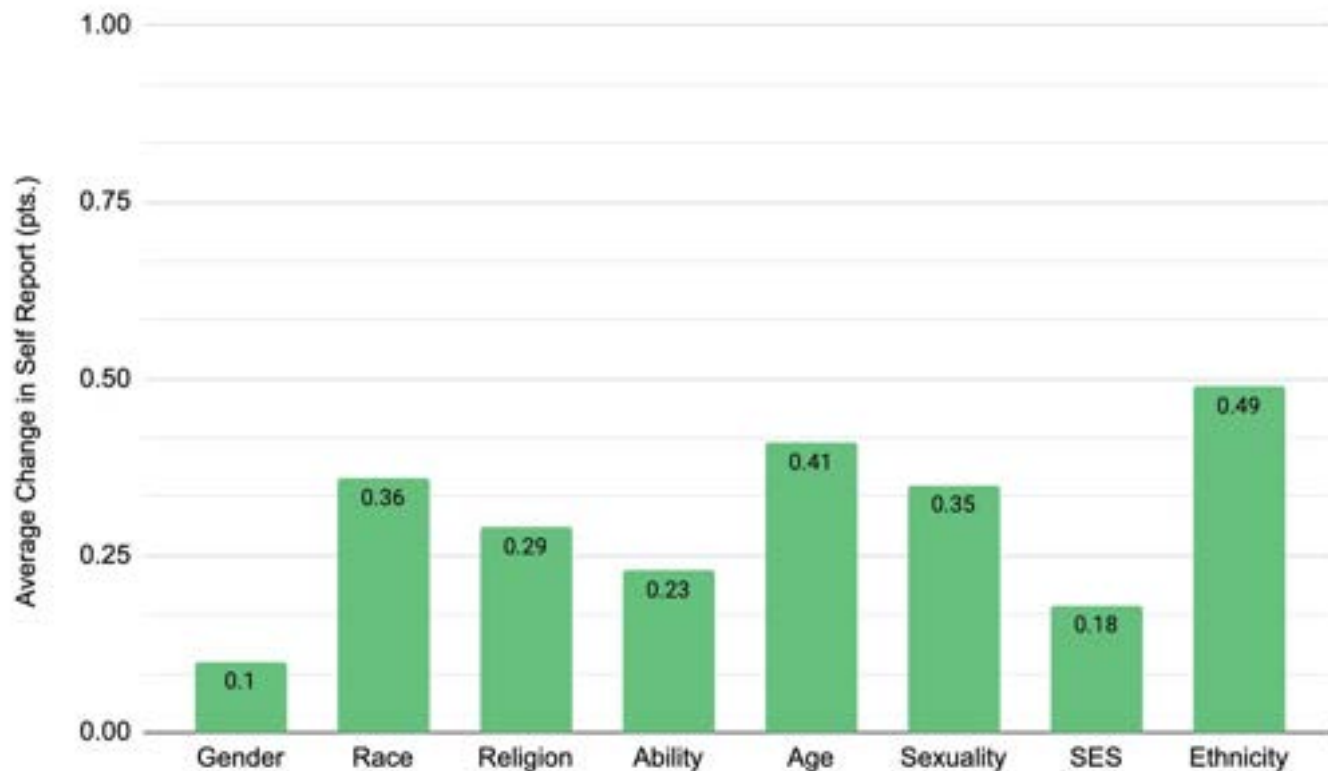
Seeing Change

Change in Comfort Level: Weighted Overall Average



Seeing Change - by Topic

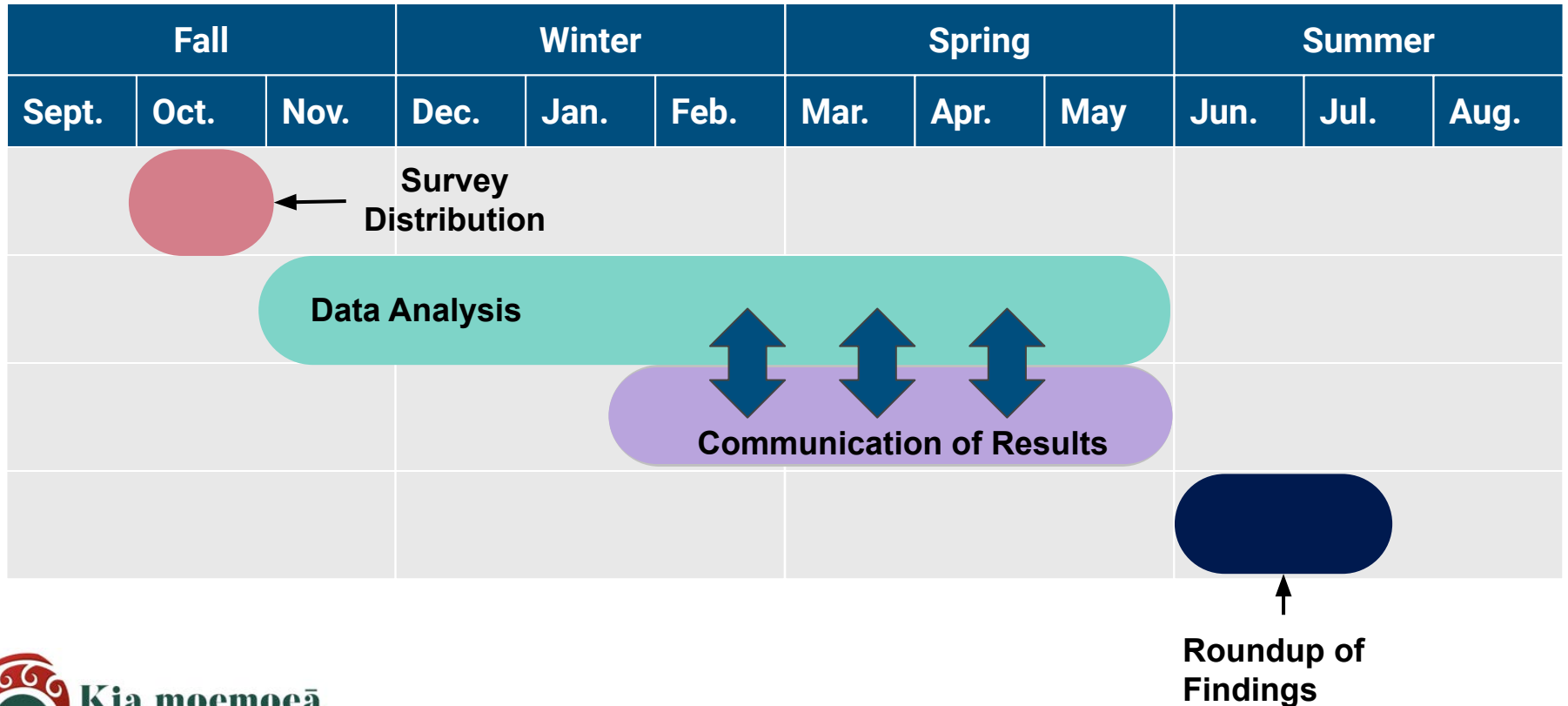
After One Year of Homegroup Attendance



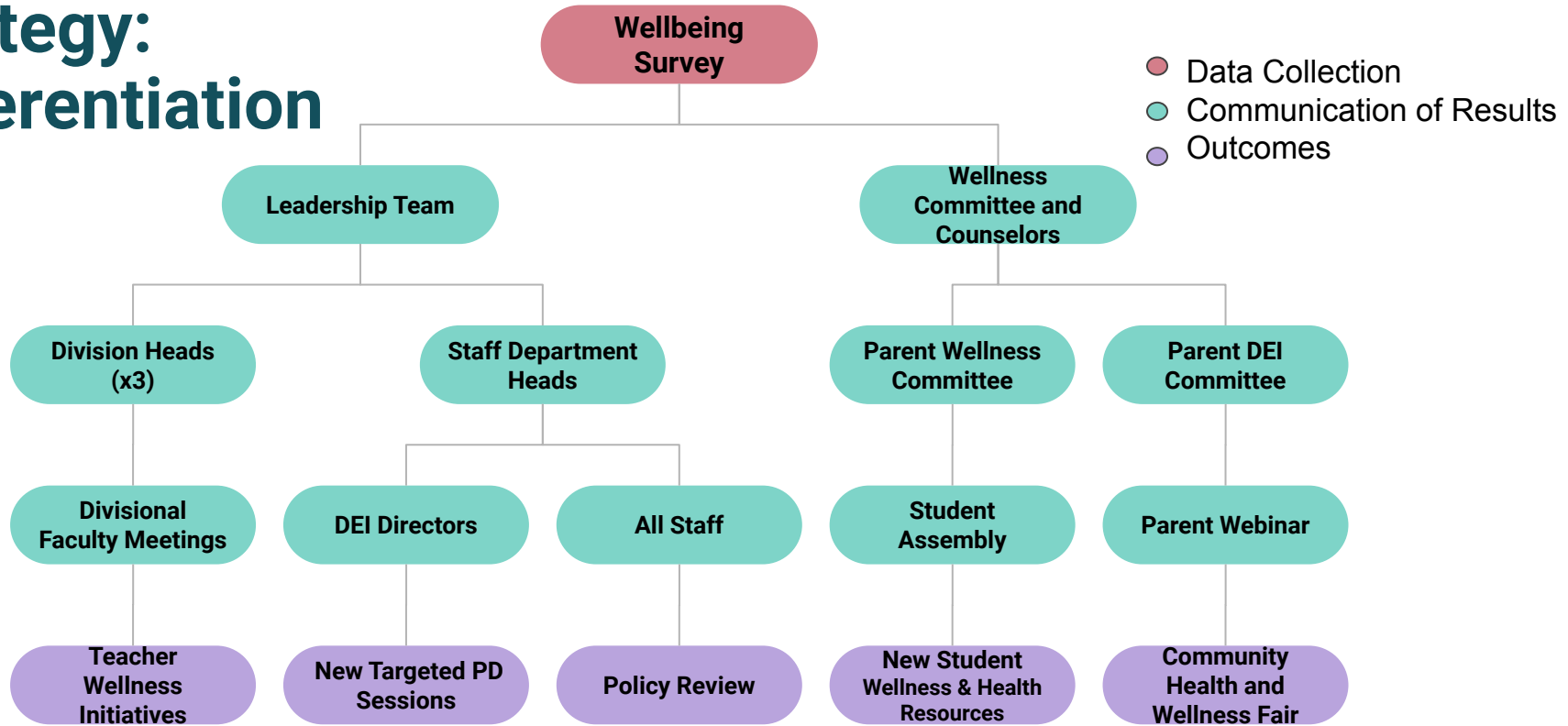
Using PD to Improve Teacher Support of Students

- 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



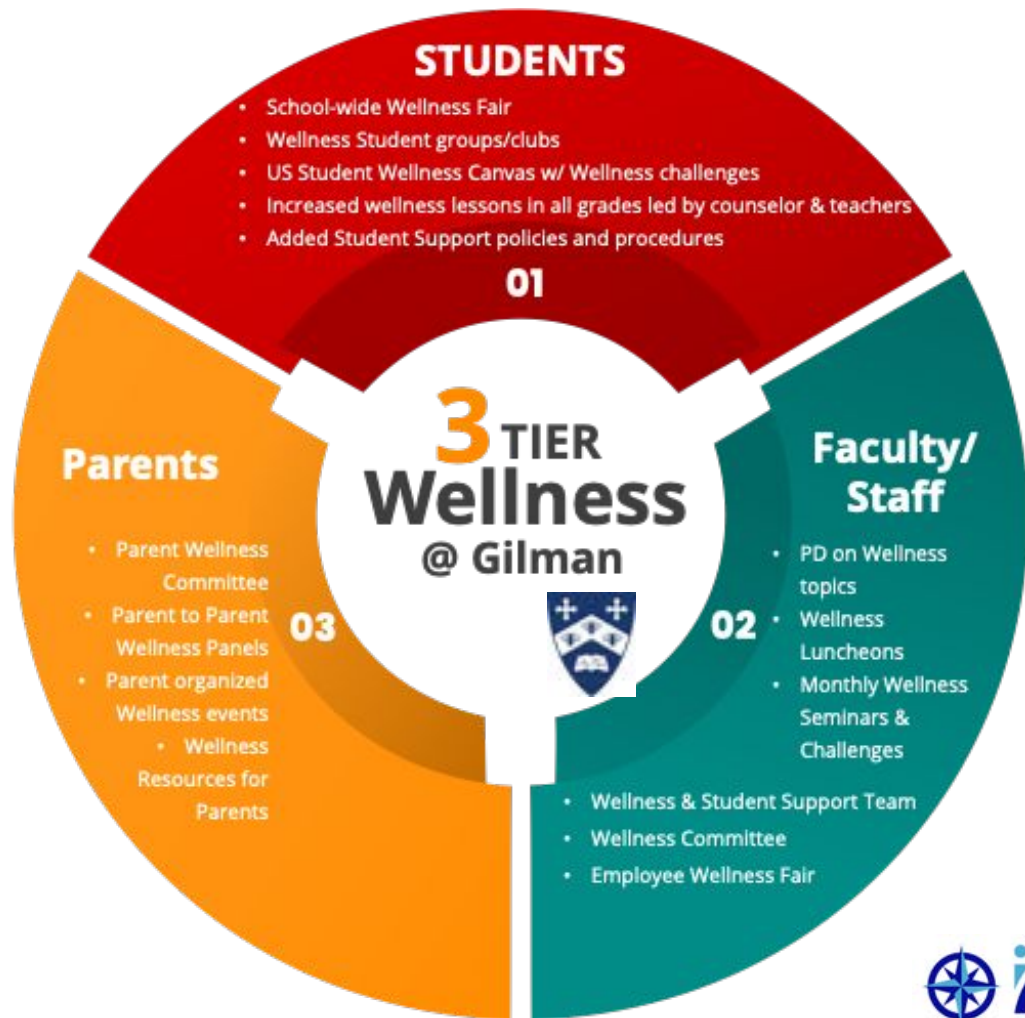
Communication Strategy: Differentiation



- Data Collection
- Communication of Results
- Outcomes

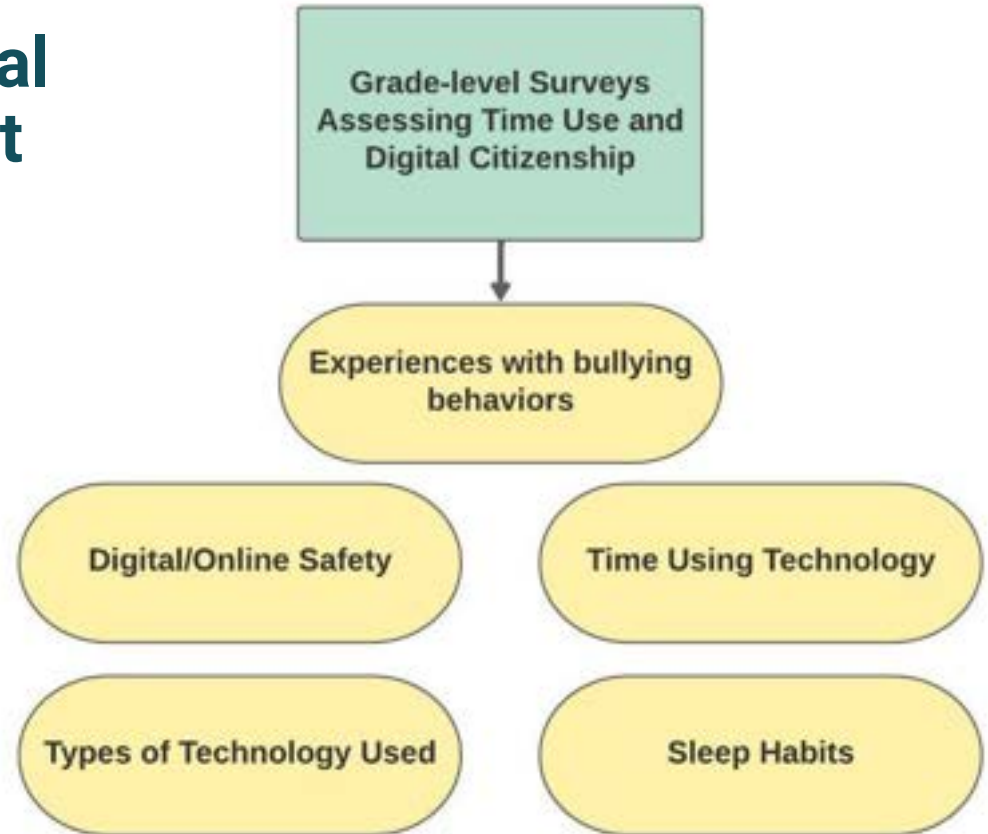


Wellness Wins!



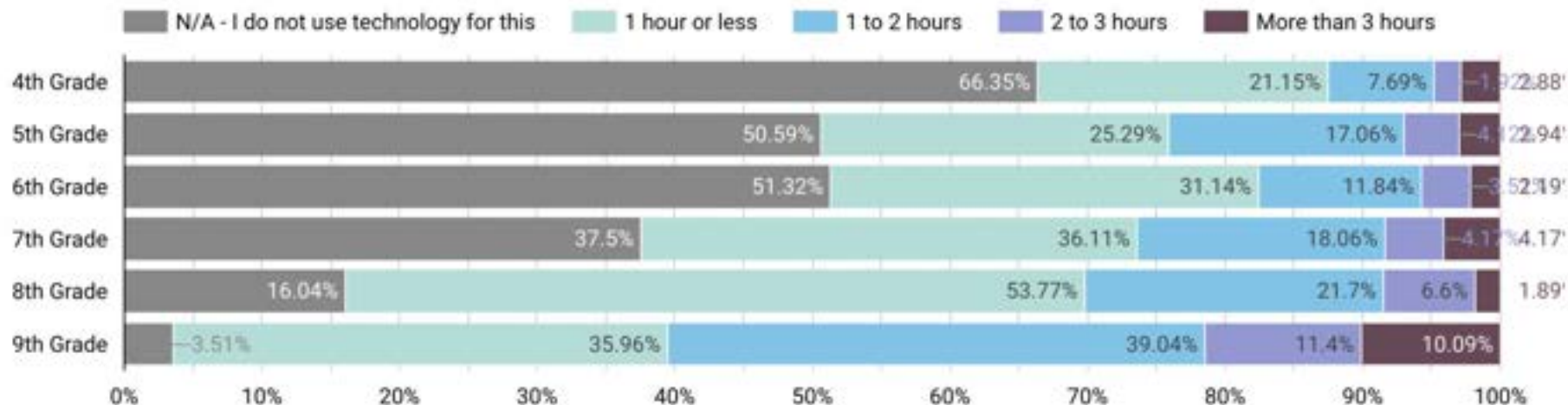
Technology Use & Digital Citizenship Assessment

Looking at the intersection of mental health and students' experiences with technology

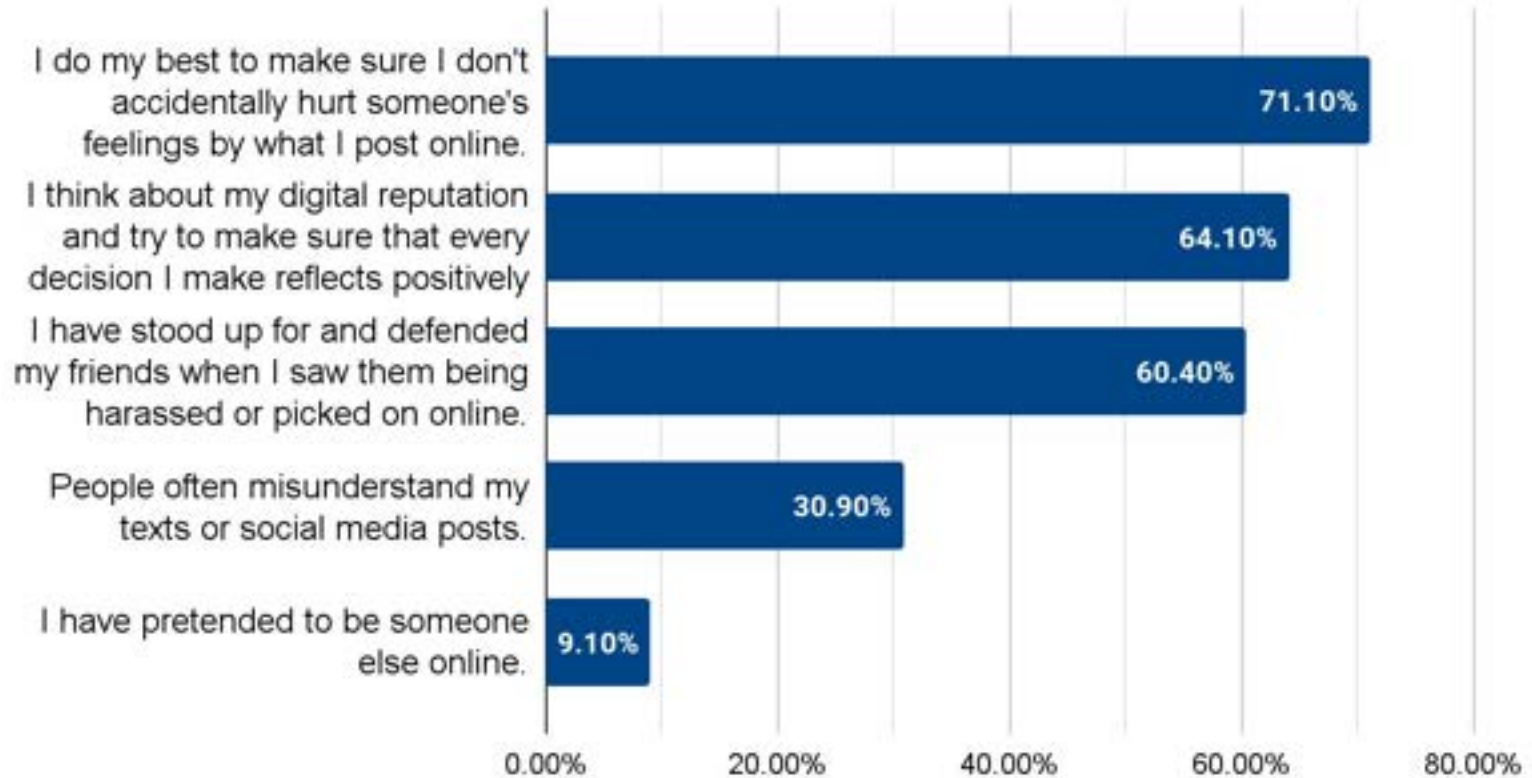


Changing Habits as Children Age

Hours Spent on Social Media



Digital Citizenship Indicators



Supporting Students Through Curriculum

6th Grade

7th Grade

8th Grade

9th Grade

Digital Citizenship Course:

“Netiquette,” Digital Footprint, Online Safety, Copyright, Use Agreements, Device Set-up

Tech, Talk, and Tea Nights for Families

At-Home Strategies, Sharing Ideas, Building Community

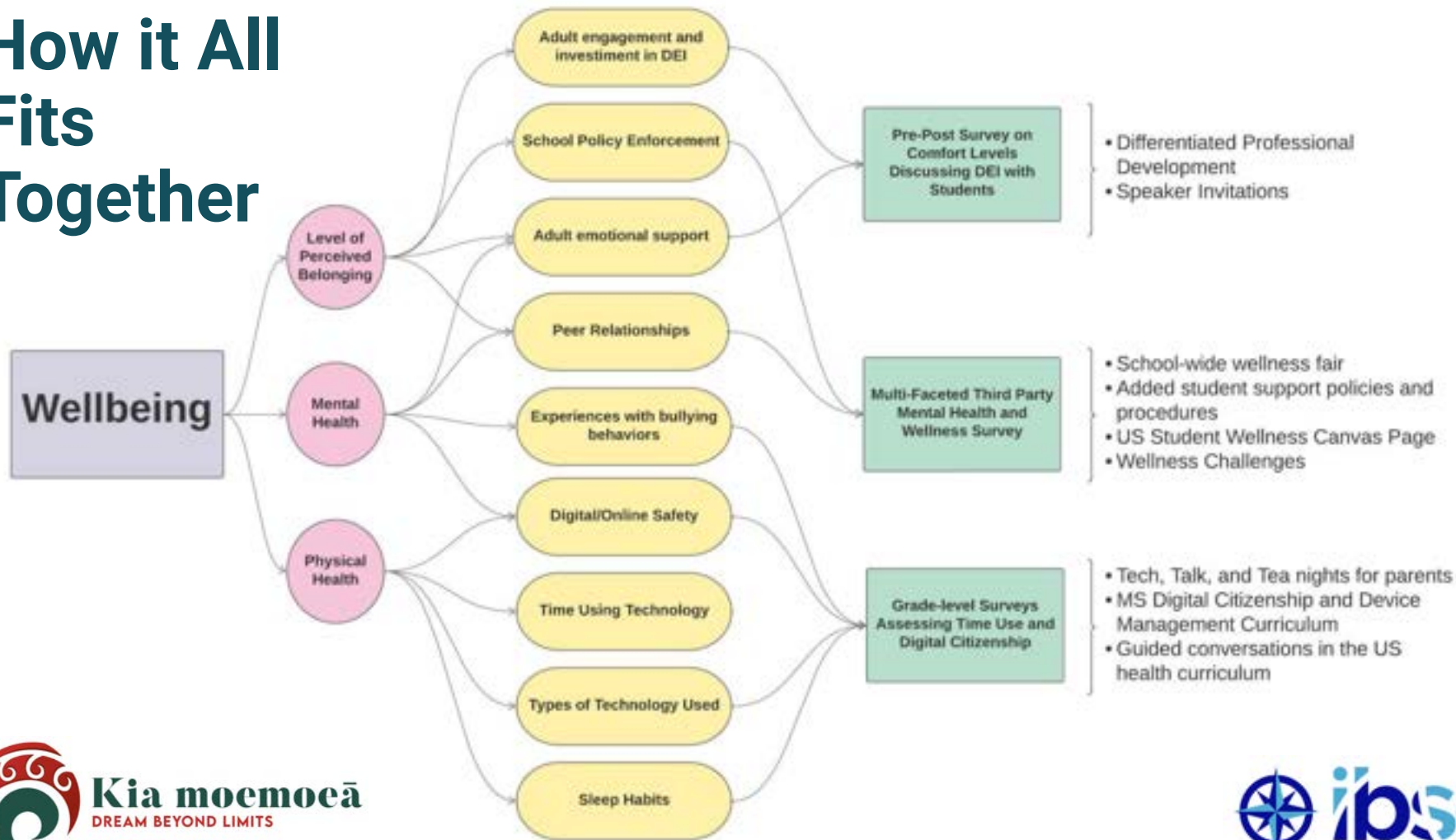
Digital Health and Wellness Seminar

App Anxiety,
Managing Screen
Time, Combating
Cyberbullying

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!