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

Participant Guide

Presenters:
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Walk-in Reflection:

What wellness concerns are your students facing in 2023?
Session Agenda:

1. What Our Students are Facing

2. A Holistic Model of Student Wellness

3. Three Projects - One Goal
   a. Promoting Student Belonging Through Adult Support
   b. Assessing Mental Health
   c. Assessing Digital Health and Wellness

4. How It All Fits Together
A Holistic Model of Community and Digital Wellness

Consider:
What would a holistic assessment of community wellness look like at your school?
Three Projects - One Goal

Discussion:
How would you distribute indicators of wellness into a series of short surveys or other assessments?
Addressing Belonging

Supporting Faculty to Support Students

The Gilman professional development homegroups project was a collaboration between the Director of Community, Inclusion, and Equity and the Director of Institutional Research and Data Analytics. The project received support from the Division Heads and Assistant Heads of Schools.

Consider:

Given the above survey results, how would you target professional development to help faculty more effectively support their students?
Outcomes

Discussion Questions

According to the above results, where did Homegroups have the most impact?

How would you change next year's program to improve the outcomes?
Wellness From Multiple Angles

Third Party Multi-Faceted Wellness Survey

The Gilman Community Wellness Initiative was a collaboration between the Director of Wellness and the Director of Institutional Research and Data Analytics. The project received support from the Head of School, the Assistant Head of School, and the Director of Communications.

Getting the Message to Stick - Differentiated Communication
Outcome and Actions

Discussion Questions

How would you describe the state of well-being at your school? What feedback are you receiving about your community’s wellness needs?

Who are the key collaborators that could utilize data to support the well-being of your school community?
Technology Use and Digital Citizenship
Assessment Tool: Grade-Level Surveys

The Gilman Digital Citizenship Curriculum project was a collaboration between the PK-12 Instructional Technology Coach, the Director of the Innovation Lab, the Middle School Wellness Counselor, and the Director of Institutional Research and Data Analytics. The project received support from the Director of Wellness and Division Heads.

Stop & Jot:

What other indicators of digital health might you want to assess at your school?
Changing Habits as Children Age

Hours spent on social media by grade

Consider:
What patterns in student technology use do you see here? How might you use that finding?
National Comparison Data: Digital Citizenship Indicators

Discussion:

What assumptions about how students act online are confirmed by the above data? What assumptions does the data contradict?
A Targeted Curriculum

Consider:

What does the digital health and wellness curriculum look like at your school? What other concepts might you include?

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<tr>
<th>6th Grade</th>
<th>7th Grade</th>
<th>8th Grade</th>
<th>9th Grade</th>
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<tr>
<td><strong>Digital Citizenship Course:</strong></td>
<td>&quot;Netiquette,&quot; Digital Footprint, Online Safety, Copyright, Use Agreements, Device Set-up</td>
<td><strong>Digital Health and Wellness Seminar</strong></td>
<td>App Anxiety, Managing Screen Time, Combating Cyberbullying</td>
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<td><strong>Tech, Talk, and Tea Nights for Families</strong></td>
<td>At-Home Strategies, Sharing Ideas, Building Community</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 as you return to your school?
How it all fits together

- **Wellbeing**
  - Level of Perceived Belonging
    - Adult engagement and investment in DEI
    - School Policy Enforcement
  - Mental Health
    - Adult emotional support
    - Peer Relationships
    - Experiences with bullying behaviors
  - Physical Health
    - Digital/Online Safety
    - Time Using Technology
    - Types of Technology Used
    - Sleep Habits
  - Differentiated Professional Development
  - Speaker Invitations
  - School-wide wellness fair
  - Added student support policies and procedures
  - US Student Wellness Canvas Page
  - Wellness Challenges
  - Tech, Talk, and Tea nights for parents
  - MS Digital Citizenship and Device Management Curriculum
  - Guided conversations in the US health curriculum
Thank you for attending our session!

Reach out any time!