



**Kia moemoeā**

**DREAM BEYOND LIMITS**

2023 IBSC ANNUAL CONFERENCE

Westlake Boys High School

Auckland, New Zealand

July 5 - 8



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

## Participant Guide

### Presenters:

Rachel Gorsky, Christina Kim, Joe Valentine-White

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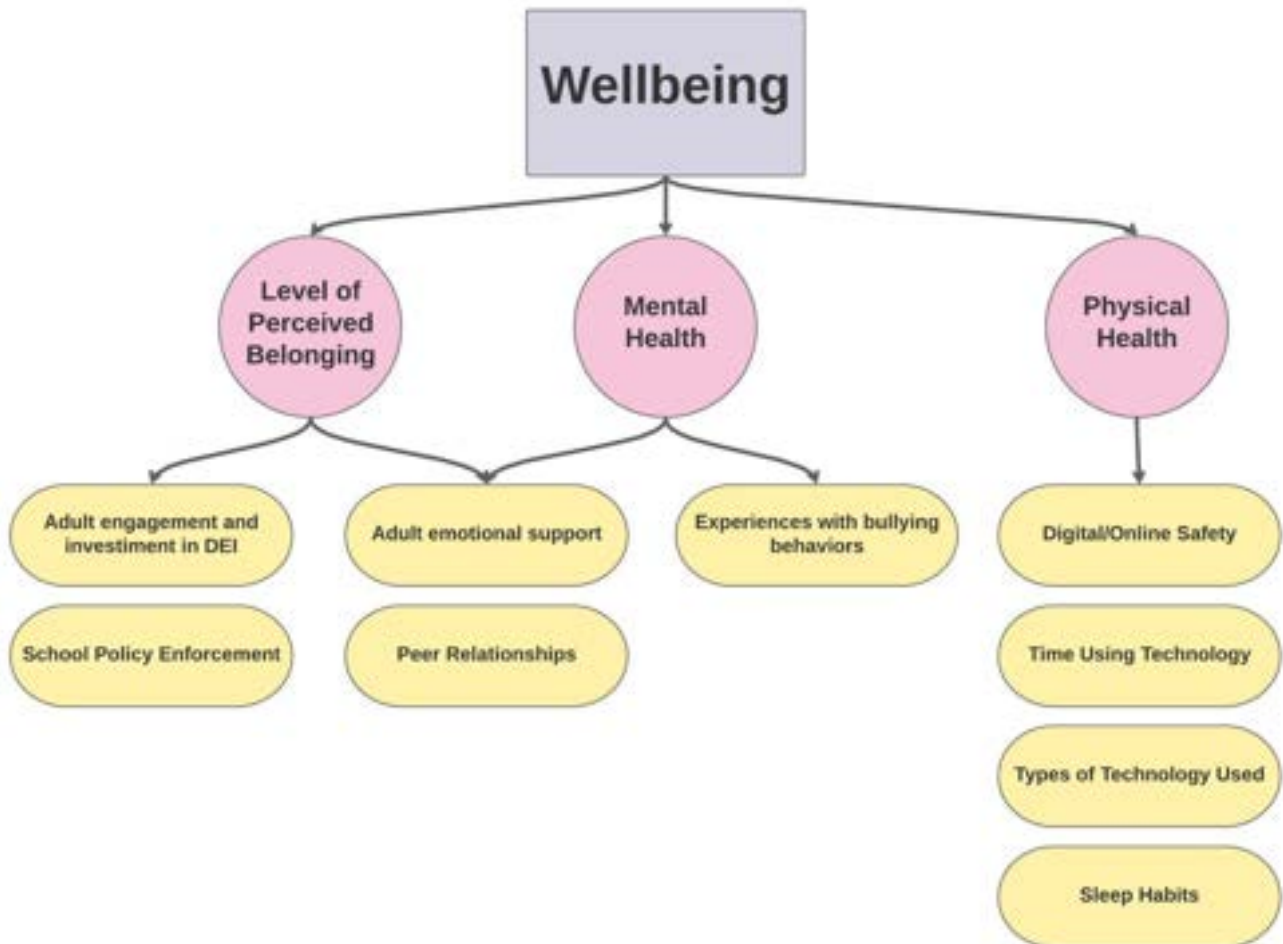
Walk-in Reflection:

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

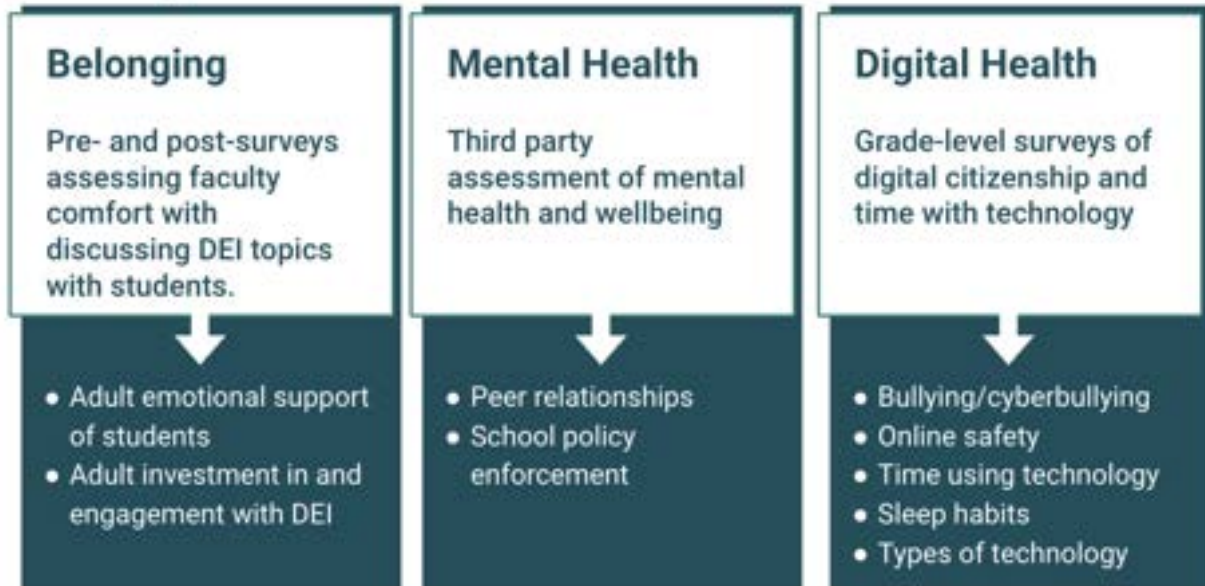
# A Holistic Model of Community and Digital Wellness



Consider:

What would a holistic assessment of community wellness look like at your school?

# Three Projects - One Goal



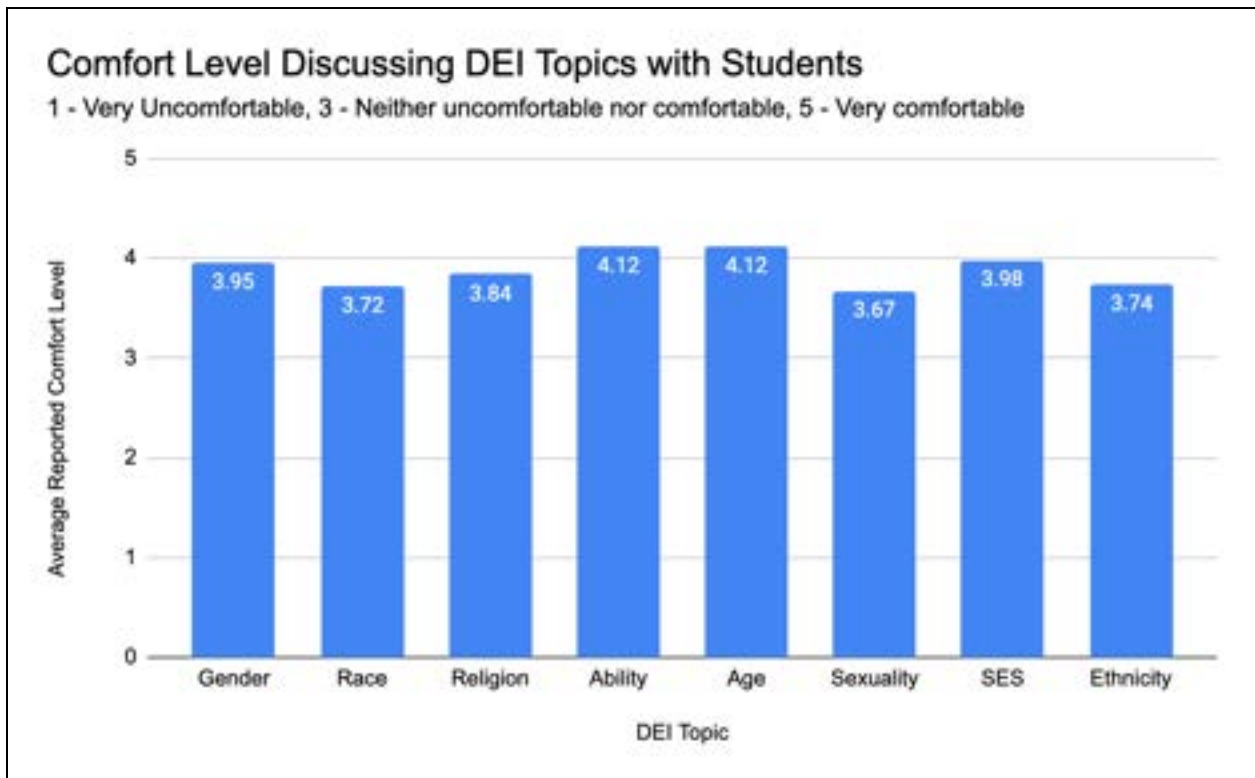
Discussion:

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

# Addressing Belonging

## Supporting Faculty to Support Students

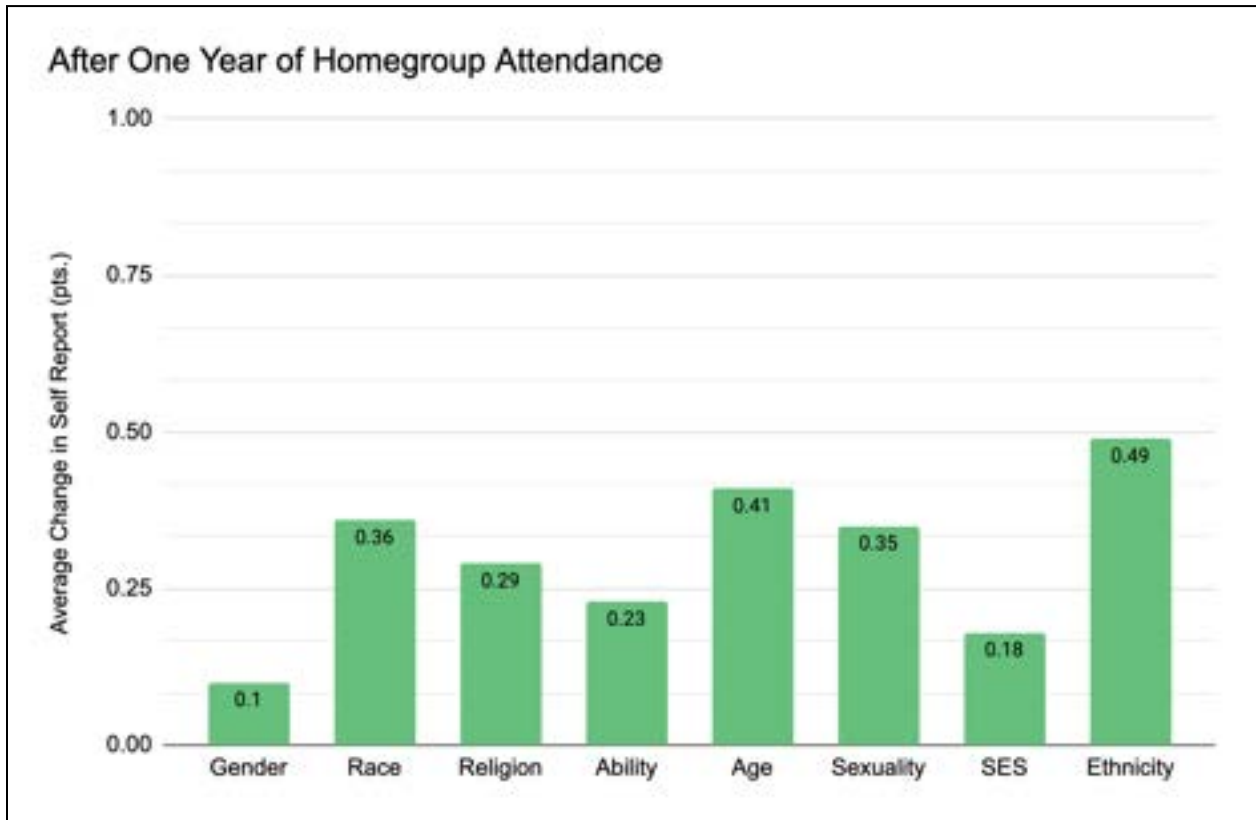
The Gilman professional development homegroups project was a collaboration between the Director of Community, Inclusion, and Equity and the Director of Institutional Research and Data Analytics. The project received support from the Division Heads and Assistant Heads of Schools.



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?

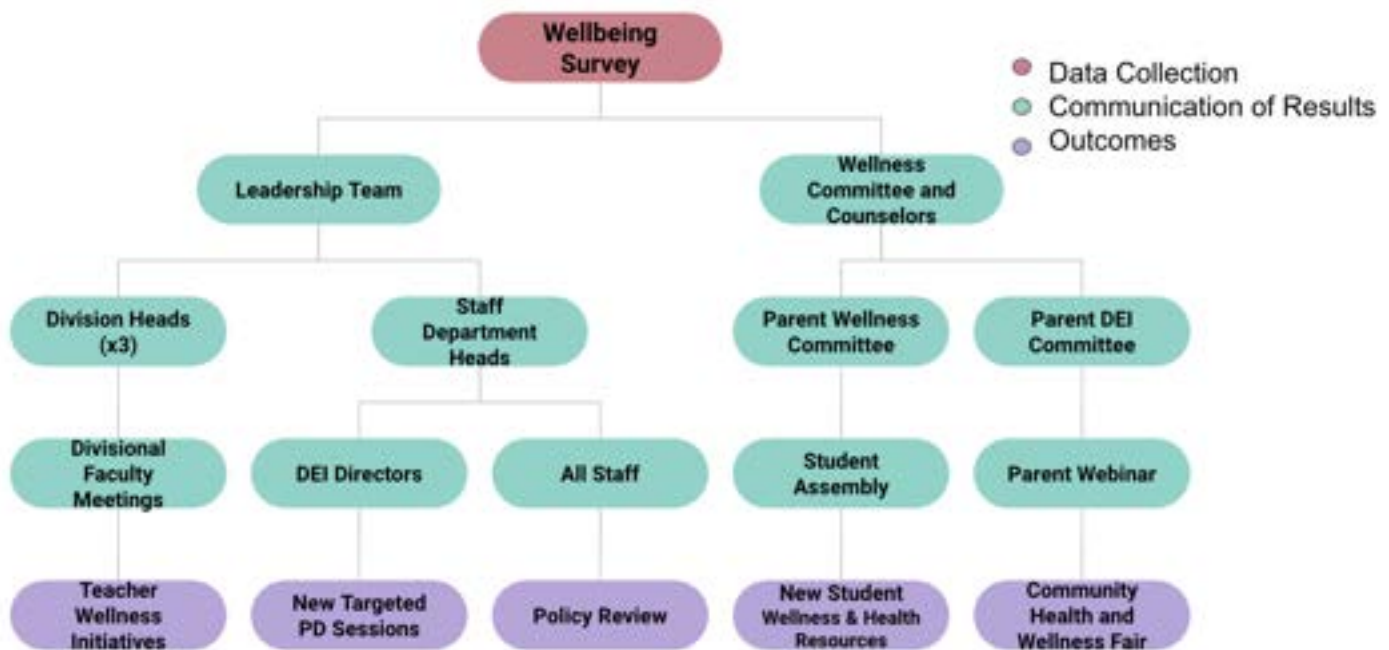
How would you change next year's program to improve the outcomes?

# 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?

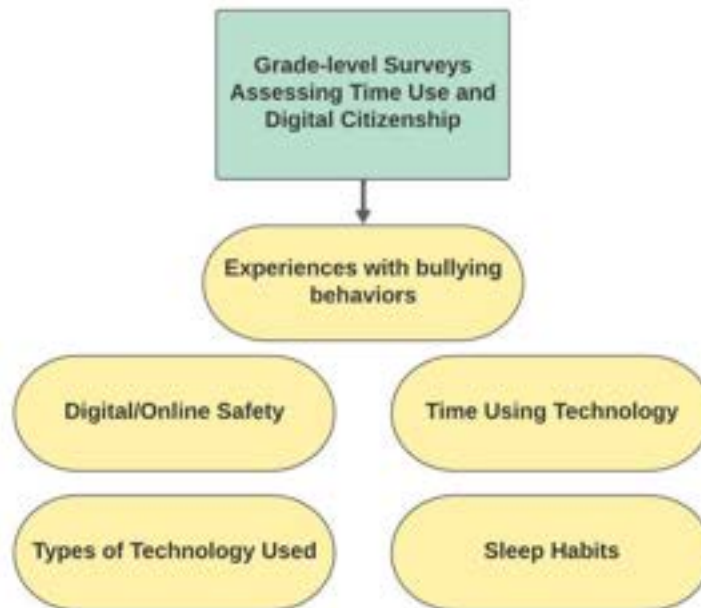
Who are the key collaborators that could utilize data to support the well-being of your school community?



# 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.

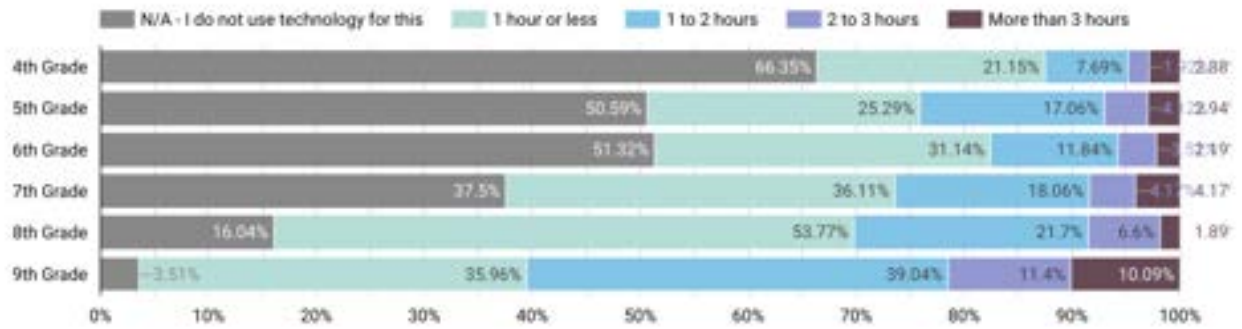


Stop & Jot:

What other indicators of digital health might you want to assess at your school?

## Changing Habits as Children Age

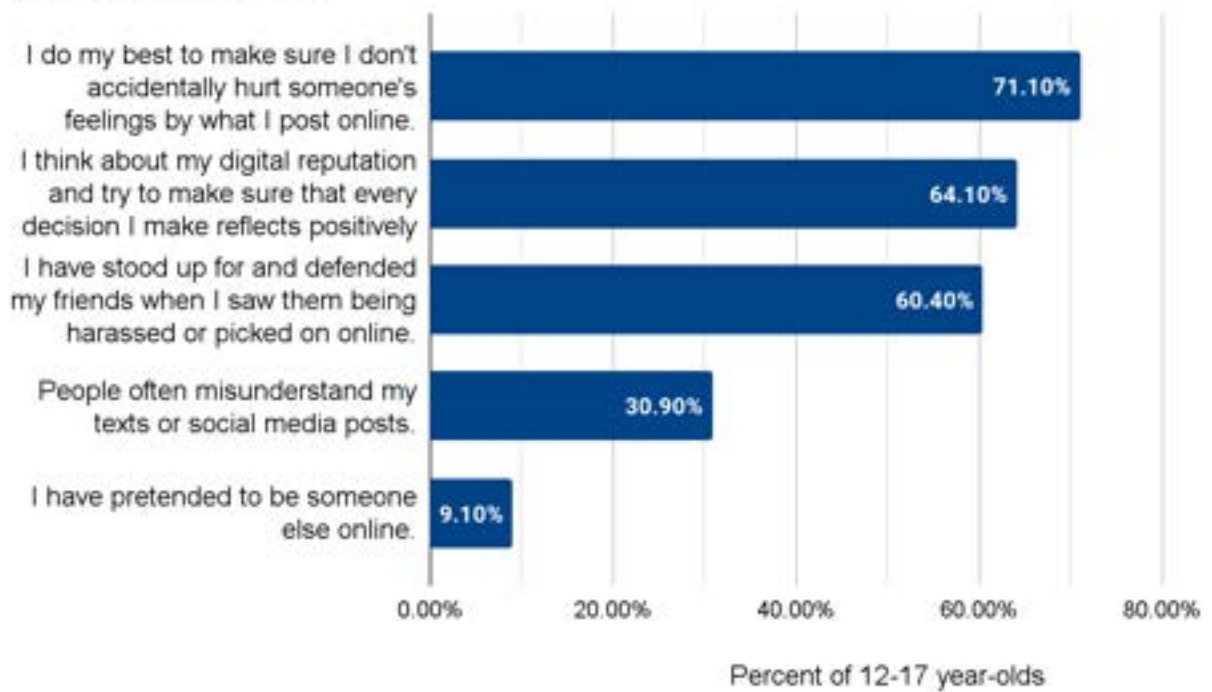
### Hours spent on social media by grade



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

6th Grade	7th Grade	8th Grade	9th Grade
<b>Digital Citizenship Course:</b> "Netiquette," Digital Footprint, Online Safety, Copyright, Use Agreements, Device Set-up			<b>Digital Health and Wellness Seminar</b>
<b>Tech, Talk, and Tea Nights for Families</b> At-Home Strategies, Sharing Ideas, Building Community			App Anxiety, Managing Screen Time, Combating Cyberbullying

Consider:

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

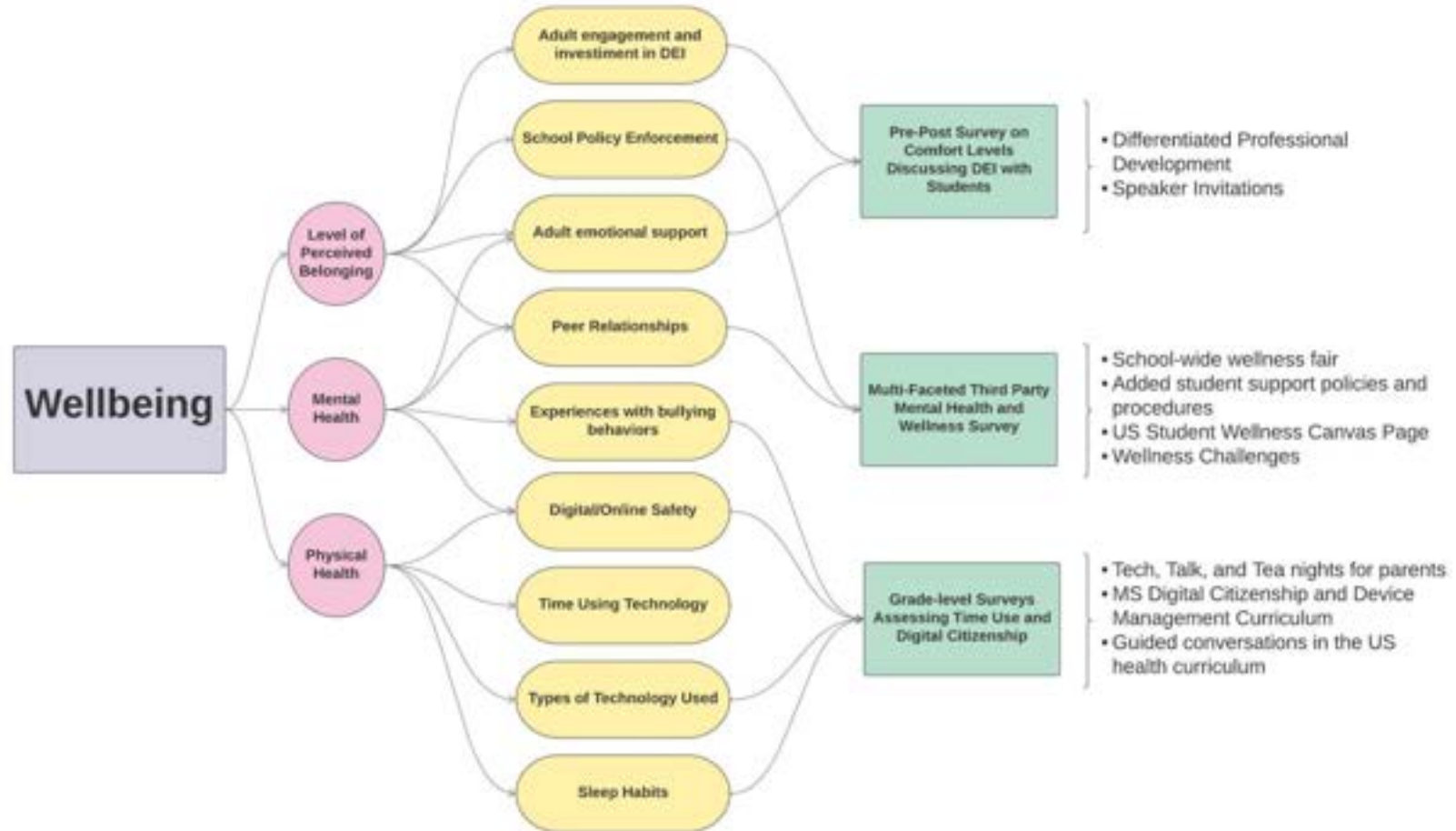
## What Now?

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



# Thank you for attending our session!

Reach out any time!



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