

Health Goal: **To improve the mental, emotional and physical health of students and staff and increase knowledge in the area of Mental Health and Sedentary behaviour (Online Usage & Lack of Sleep) amongst our students.**

SCANNING

*What's going on for your learners in relation to your goal?
How are you supporting the diverse learning needs of your school population in relation to the goal?*

Teachers and counsellors are noticing that our students are increasingly anxious and dealing with mental health issues. Staff also see students who lack energy and focus in class. We also see the increased usage of electronic devices both inside the classrooms and in the hallways during non-instructional time. To address this, we devoted an entire week in March to focus on Health. We had teachers use mindfulness strategies in their classrooms. We had our PHE students put on a Health fair showcasing their health inquiry questions and brought in community people to share their resources. Students created a workout routine for students and staff to experience during lunch. Students were also given a challenge to improve their sleep habits and were given an opportunity to assess their own mental health knowledge.

CHECKING

Have we made enough of a difference? Feedback, data collection, data sharing, data analysis. How is the data informing / modifying practice? What has changed for your target groups?

We will continue to collect data from our students using the COMPASS survey for the next three years. Our hope is that the survey results will allow us to see what interventions and learning has helped our students become healthier individuals and which had no effect. We have done much to promote healthy sleep, limited recreational online usage and awareness of mental health issues this school year. Our participation in the COMPASS survey is a big positive change for our school as it allows us now to use a valid, reliable survey to measure the health of our school. In the past, we have created our own survey, without the ability of ensuring our questions are valid and reliable. In addition, we can now also compare ourselves with other schools around Canada to see if the health issues identified in the survey are consistent with the health issues found in teenagers across Canada.

We are encouraged that students are now also taking a leadership role related to our health goal. Students in the Mental Health Club assisted in the planning of the Health Fair and our Fitness Leadership students created and led Workout Wednesday during Health Week. Those students and teachers who participated wanted to see more of these "Workout Wednesdays" in the future. Students also commented about how they remembered the "Sleep Challenge" from last year and how it reminded them of the importance of sleep.

TAKING ACTION / WHAT ARE WE DOING DIFFERENTLY?

What is your implementation plan? Roles of key stakeholders? How are all 3 tiers supported? How will you monitor progress?

Our plan is to continue to focus our health goal efforts around the ideas of **sleep, electronic device usage, mental health and physical activity**. We want to target three key stakeholder groups: staff, students and parents. We want all groups to be educated with the same information and also be aware of the resources in the school and community. To do this, we plan on sharing this data with our school community and also with the Burnaby School District and our public health nurse.

We also have a student led Mental Health Club that is activity participating in our teacher led Health Committee. We will share these results and work together with the students to come up with some student approved ways of addressing these issues. We would also like to present our survey results to our parent population and give them the same educational information and tools that we want to provide our students. We hope that by having not just students, but parents being aware of this health issue and the supports that are provided at the school and in the community, that this coordinated joint effort will spur students to take action in improving some aspects of their health and ultimately improve student learning and achievement.

We will monitor our progress by continuing to use the COMPASS survey for the next three years to see if our students show improvements in the various health areas. We also will use the survey to gauge the effectiveness of our new health initiatives and supports we will implement in the near future. We hope to also bring back the school's Health Week again and perhaps have a more frequent focus on health throughout the year. The student led Mental Health club will also provide a student voice in assisting the Health Committee plan for future support of our students.

WHAT DOES OUR FOCUS NEED TO BE?

*What evidence identifies the focus? What targeted groups are addressed?
Where will concentrating your energies yield the greatest effect?*

The Health Committee created and administered a school wide health survey in November. Data was gathered from grade 8 to 12 students and identified that students were looking for more information in dealing with anxiety, depression, stress and time management. Survey results also continued to show that all students were not getting enough sleep and are spending far too many hours online (over 45% of Gr 11s & 12s get on average less than 6 hours of sleep; over 40% of Gr 10, 11 & 12s spend more than 4 hours a day on average online doing non related school work). We also participated in the COMPASS survey on Canadian Student Health and its findings were consistent with our own survey results. The entire student population is our target as this is an issue that affects all types of learners of all ages. We hope to focus greater effort on educating our Gr. 8s and 9s so that they will have the tools to support themselves in Gr. 10, 11 and 12.

NEXT STEPS:

What requires further attention? Where to next?

- We have identified three areas that require further attention.
- * student recreational online usage time needs to be decreased or limited
 - * student awareness and information regarding issues of anxiety and depression need to be increased, so that they can not only help themselves, but their peers who struggle with dealing with mental health issues
 - * an increase in physical activity for our students is needed to improve overall health

The Health Committee will continue find ways to encourage students to limit their recreational online usage with educational information and student challenges. We will work closely with our student led Mental Health Club to further the awareness and dissemination of info related to mental health. A drop off box for students to anonymously place their mental health questions will be placed in the school and the club would then find the answers and post it on a bulletin board for students to view. Teachers who have completed the UBC Mental Health course will start to integrate those lesson ideas into their own classroom and teaching practice. We would also like to have our Fitness Leadership students continue to lead "Workout Wednesdays" on a more consistent schedule, encouraging both staff and students to participate together.

SPECIFIC GOAL YOU ARE ADDRESSING:

How does your data inform next steps? What is contributing to this area of focus? How will students benefit academically, personally, socially?

The data from the two surveys clearly show that we need to continue to focus on the areas of sedentary behaviour and mental health. When survey results show students on average spend more than 4 hours a day on recreational screen time while only spending about 2 hours a day on homework, we can begin to see why they struggle to focus in school. The results also show that almost 1 in 4 students have felt depressed, nervous and anxious over the course of a two week period. We hope that by getting students to be more active, by limiting their screen time and by encouraging more hours of sleep, these actions will lead to the students' improved well-being and increase academic success. The sluggish behaviour and lack of focus will hopefully begin to decrease and student engagement in class and academic performance at school with increase.

HOW AND WHERE CAN WE LEARN MORE?

*What professional learning has taken place and what is needed/ planned?
What resources and school/ district supports are you using?*

To help staff learn more about mental health, administration has graciously paid for over one dozen staff (teachers, counsellors and educational assistants) to enrol in UBC's Mental Health massive open online course created by Dr. Stan Kutcher. Using this course to inform us about mental health issues, the staff involved have used collaboration time to talk about the course materials and how they could be used in a classroom setting with our students.

We will also be bringing in a guest speaker from the BC McCreary society to address students questions about anxiety, depression, stress and electronic usage. They will provide comparison data so that our students can see how they compare with other BC schools and also provide resources for students to use to help improve their health. We are increasing our connections with our community, in particular our public health nurse and youth resources like the Youth Hub so our students are aware of the types of resources that are available not just at the school, but in their neighbourhood

SCHOOL TEAM VISIT SUMMARY REPORT
(to be completed by Visiting Team)

SCHOOL: _____ DATE: _____

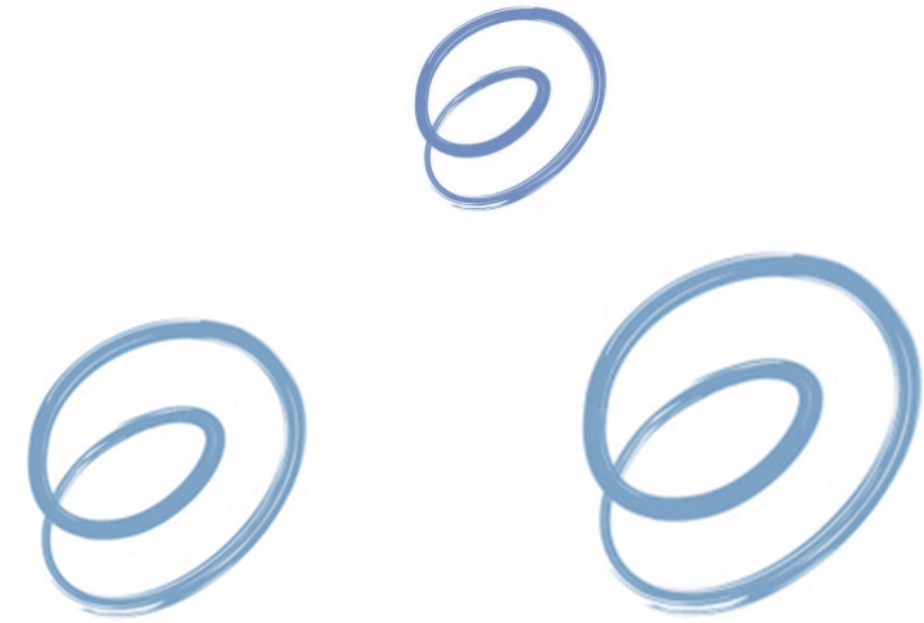
PROMISING PRACTICES

RECOMMENDATIONS

NAMES OF VISITING TEAM MEMBERS:

_____	_____
_____	_____
_____	_____
_____	_____

A SPIRAL OF INQUIRY APPROACH TO SCHOOL PLANNING



SCHOOL PLANS GUIDELINES:

- 1) School Goal(s) – must be clearly stated and include an academic / intellectual focus (such as Reading or Writing).
SEL may be an additional goal or incorporated in your academic goal.
- 2) Your goal should focus on student learning based on evidence both qualitative and quantitative.
Examples below:
 - a. Goal – To improve student skills in writing
Target – Group of Level 3 ELL students at Grade 8 not meeting expectations
 - b. Goal – To strengthen student comprehension skills K – 7.
Target – Group of grade 3 students / (male) not meeting expectations in comprehension.
- 3) This target group should be monitored for progress and this data should be included in your plan. If progress is not occurring, what are your next steps?
- 4) How are you involving parents in meaningful conversation around the school plan?
- 5) School Plans template
 - a. RTI
 - b. Inquiry Model