



Mountain View  
Whisman  
School District

# Health and Wellness Survey Results

February 10, 2022





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# Local and State Alignment

# SP2027 Goal Area 2: Student social-emotional health

## **Objective 2a:**

Equitably and effectively support healthy and responsible student behavior

## **Strategic Initiative 1A:**

Develop and implement a “whole school, whole community, whole child” model.

## **Objective 2b:**

Ensure an integrated, consistent approach to social-emotional learning.

## **Strategic Initiatives:**

### Initiative 2A:

Implement a competency-based Social Emotional Learning (SEL) model

### Initiative 2B:

Develop and implement a comprehensive social-emotional continuum of care embedded within the district MTSS

# Legislation

## Local School Wellness Policy Triennial Assessment

- The Health and Wellness Survey satisfies the public input requirement.

## SB 224

- On or before January 1, 2024 the state shall develop a plan to expand mental health instruction.
- Further guidance is pending.

## AB2246 and AB1767

- Suicide Prevention and Intervention in schools.



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# Health and Wellness Survey

# Survey Development

## Objectives:

- Understand stakeholder perceptions of current educational practices, supports, and overall well-being.
- Identify gaps in District health and wellness support and programming.
- Inform District health and wellness priorities.

# Survey Development

## Timeline

- Started development in July 2021
- 6 iterations through October 2021
- Administration November 17 through December 3, 2021
- Results reported February 2022

# Survey Development

- The many iterations considered feedback on reading level, length of survey, and to insure that results would provide clear and comprehensive health and wellness data.
- The MVWSD Health and Wellness survey was developed after examining several tools including:
  - School Health Index (Center for Disease Control)
  - Wellness School Assessment Tool (WellSAT-1)
  - California Healthy Kids Survey (CHKS)
  - Strengths and Difficulties Questionnaire (SDQ)
  - The Agency Self Assessment of Trauma Informed Care
  - Trauma Symptoms Checklist (Non-Diagnostic & Open Source for Researchers by John Briere, PhD)



# Survey Development

- The survey examined health and wellness programming in:
  - Prevention Activities
  - Education and Instruction
  - Intervention and Supports
- Within programming, the survey examined the following areas of health and wellness in schools:
  - Physical Health
  - Mental Health
  - Social Skills
  - Student Behavior

# Survey Responses

- Responses were collected from:
  - Students in grades 6-8,
  - Parents (PK-8), and
  - faculty & staff (all schools and district office).
- Response rates are reported as percentage of respondents.

# Survey Responses

2,171 Respondents

- 791 Parents, guardians, or caregivers
- 1112 Students
- 268 Staff members (certificated & classified)
- 22% of parent and 64% student respondents reported qualifying for Free-Reduced Price Lunch (FRPL).
- Distribution of racial-ethnic respondents is not representative of district demographics.



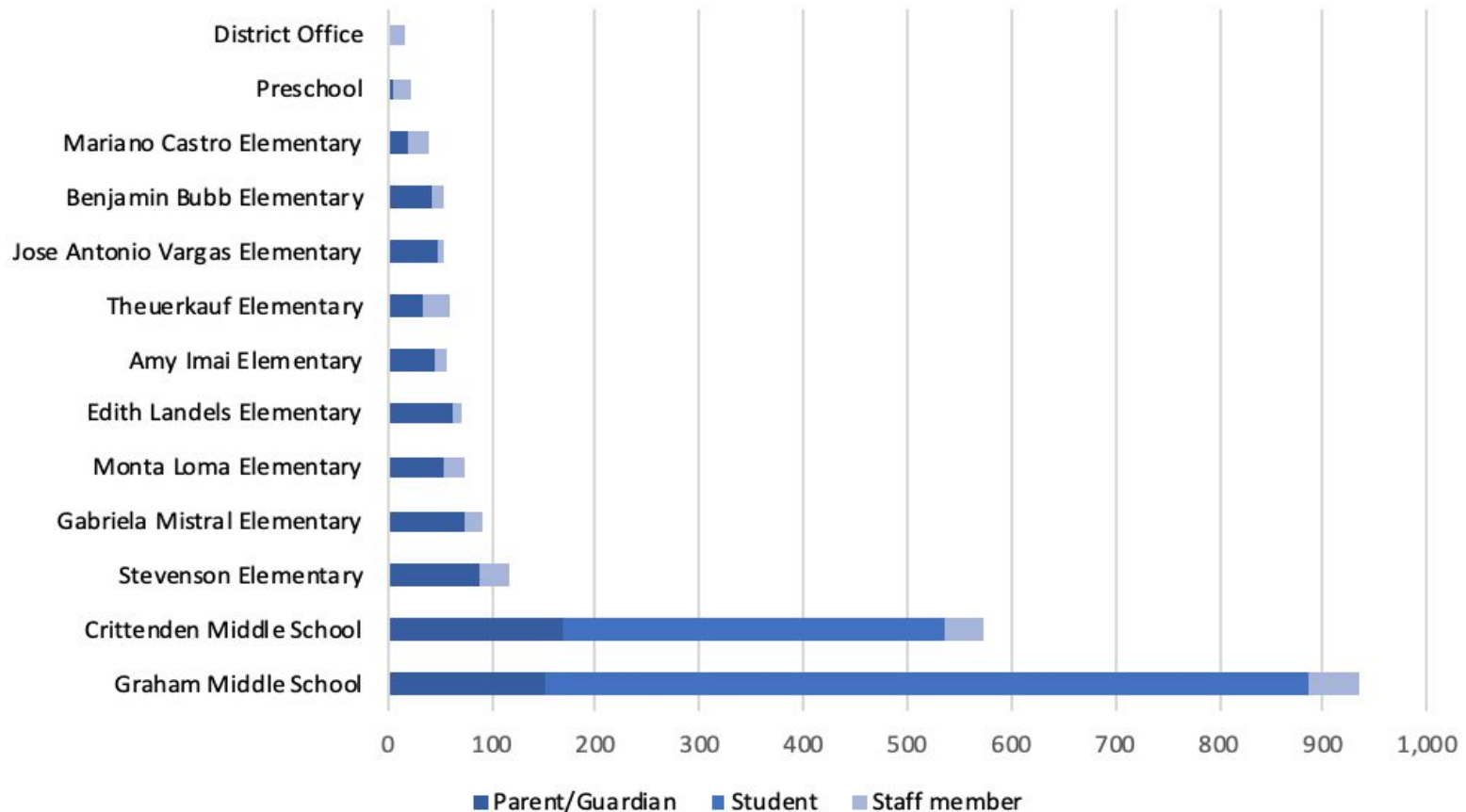
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# Survey Considerations

# Survey Considerations

- Thanksgiving break fell within the survey window (November 17 - December 3).
- 43% of respondents represented one school.

Respondents by School



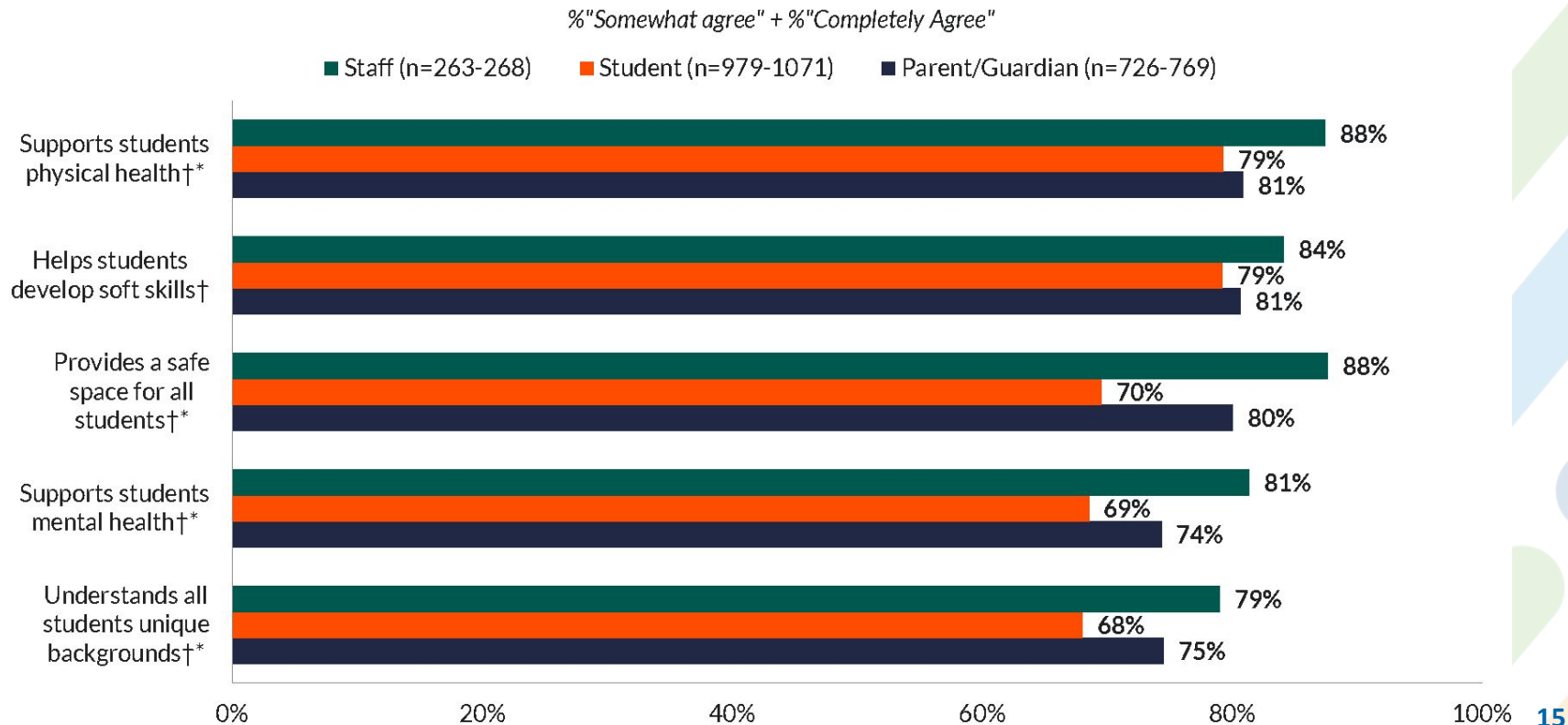


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# Key Findings

# Key Finding 1 - Overall Perspectives

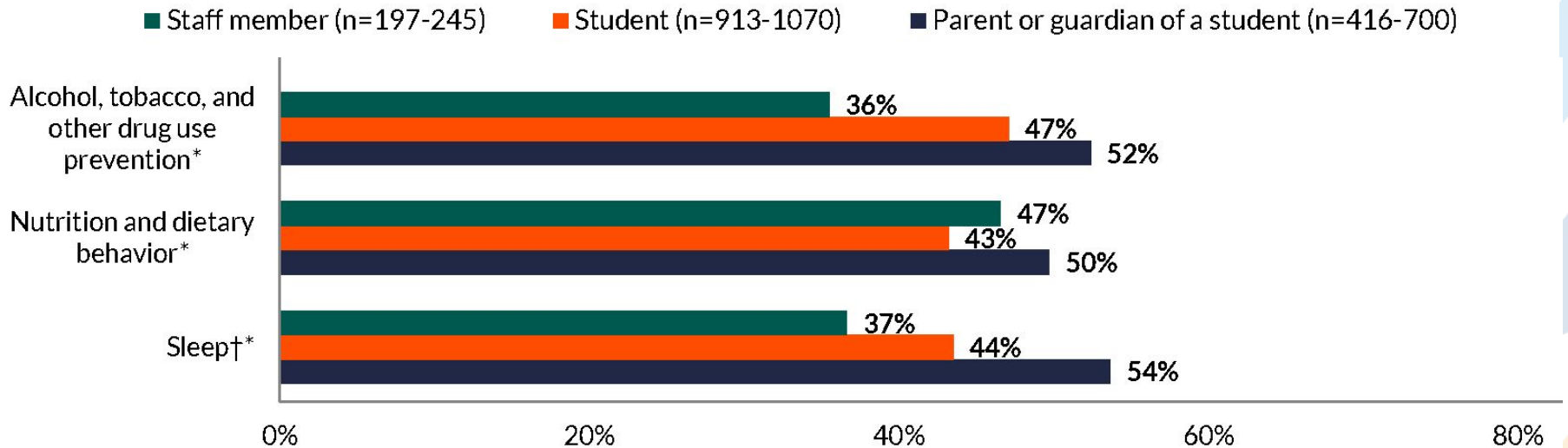
- Overall, respondents agree that students' health and wellness is supported in key areas.



# Key Finding 2 - Student Voice

- Students express lower opinions than parents of sufficient instruction in substance use prevention, nutrition, and sleep.

[My school/My child's school/MVWSD schools] provide[s] enough instruction (i.e., lessons and class time) on the following topics related to physical and health education:

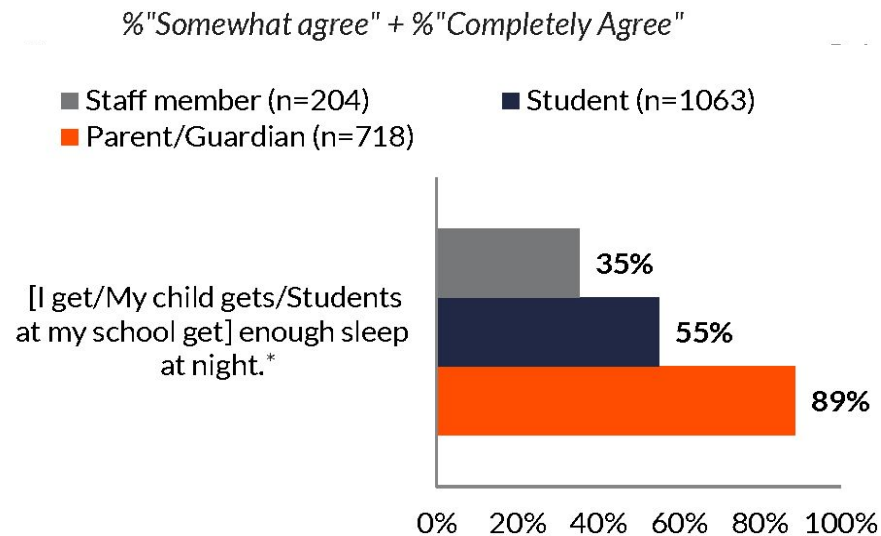




# Key Finding 2 - Student Voice

- Overall, students agree at a lower rate than parents regarding getting sufficient amount of sleep; and staff least agree that students get enough sleep.

Please say how much you agree or disagree with the following statements about students' participation in the following areas: - **[I get/My child gets/Students at my school get] enough sleep at night.**

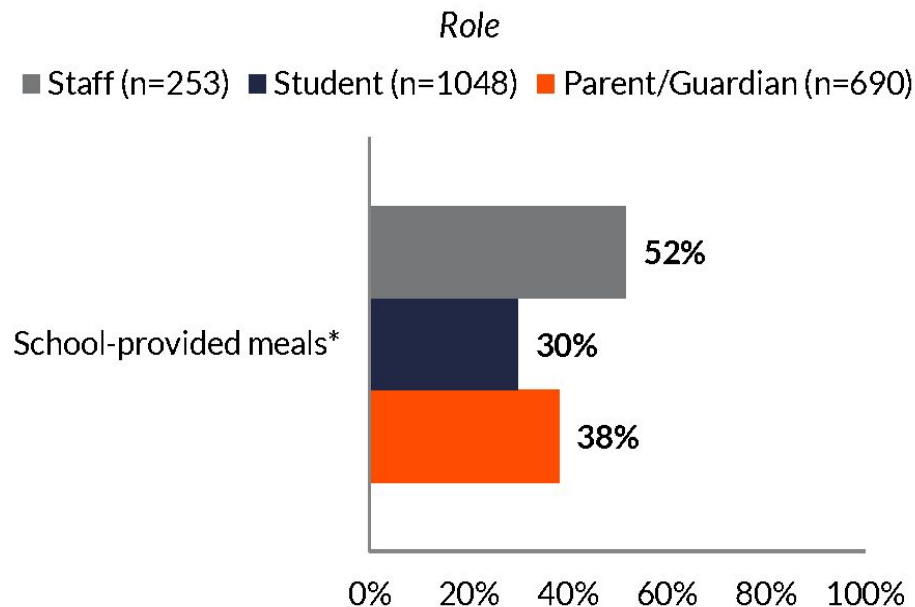


# Key Finding 2 - Student Voice

- Overall, students express lower opinions of school-provided meals than parents and staff.

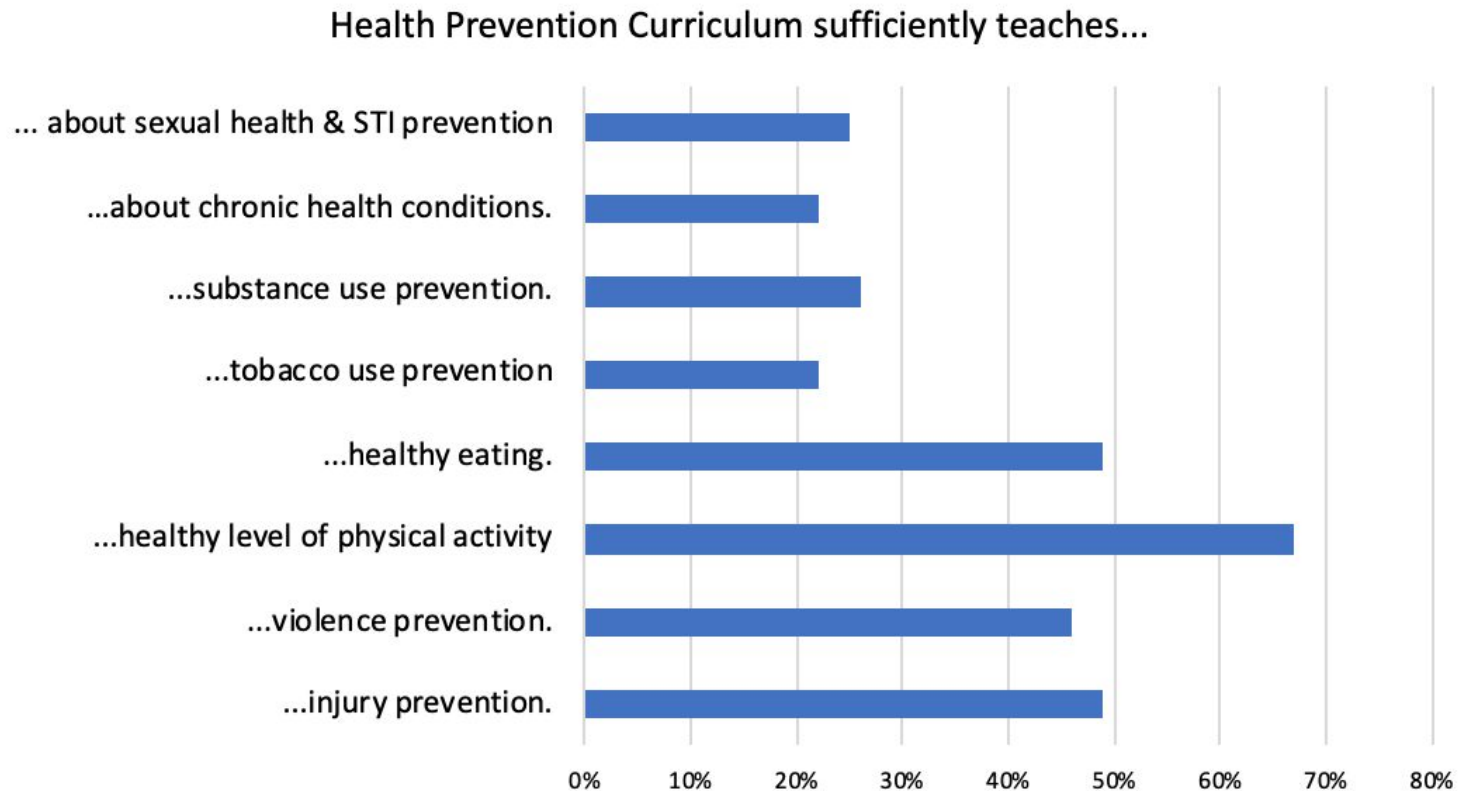
How would you rate the following health resources and supports at [your school/your child's school/MVWSD schools]? - **School-provided meals**

% "Good" + % "Excellent"



# Key Finding 3 - Health & Prevention Education

- Staff respondents generally disagree that the current health curriculum sufficiently teaches prevention behaviors.

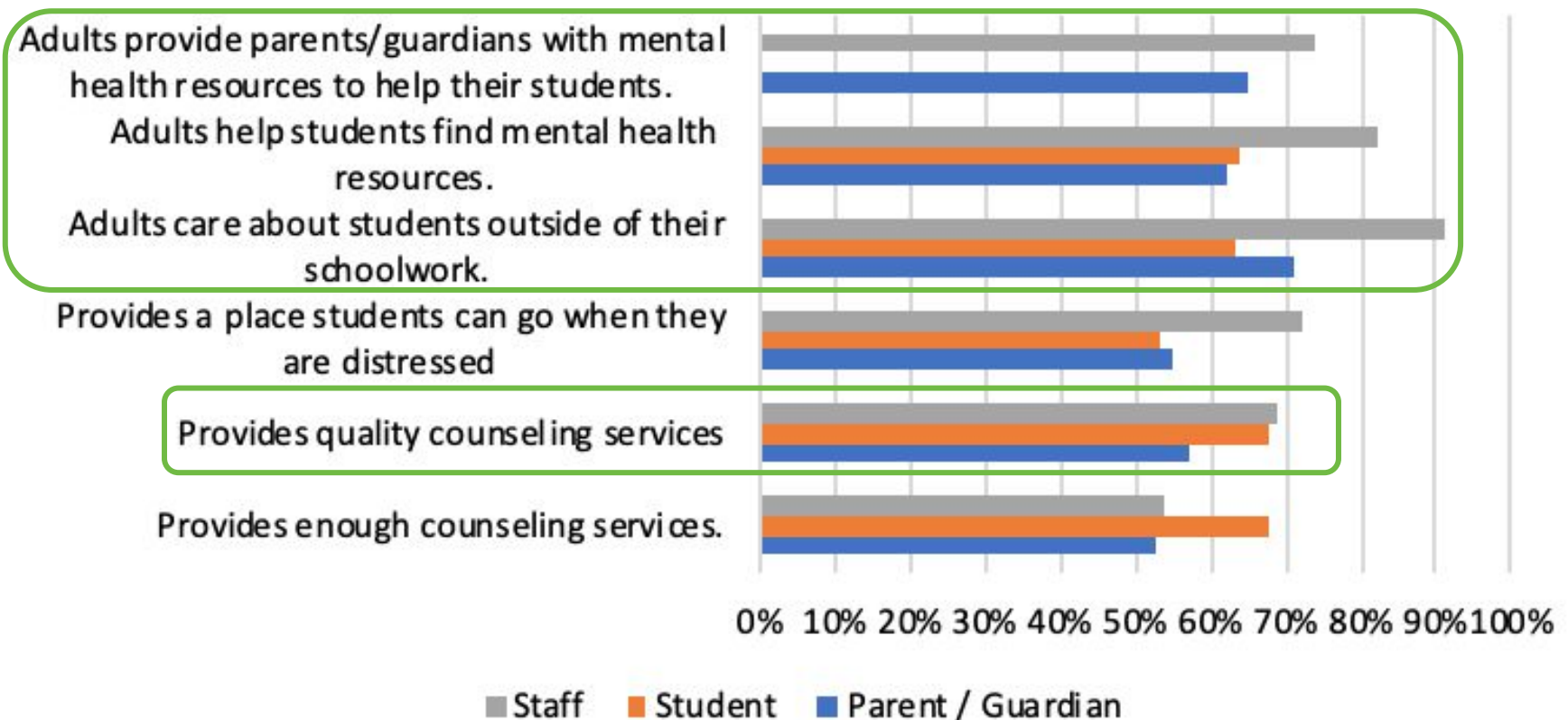


# Key Finding 4 - Mental Health Supports

- Responses indicate that most stakeholders are satisfied with the mental health support that is offered.

## School and Counseling Supports

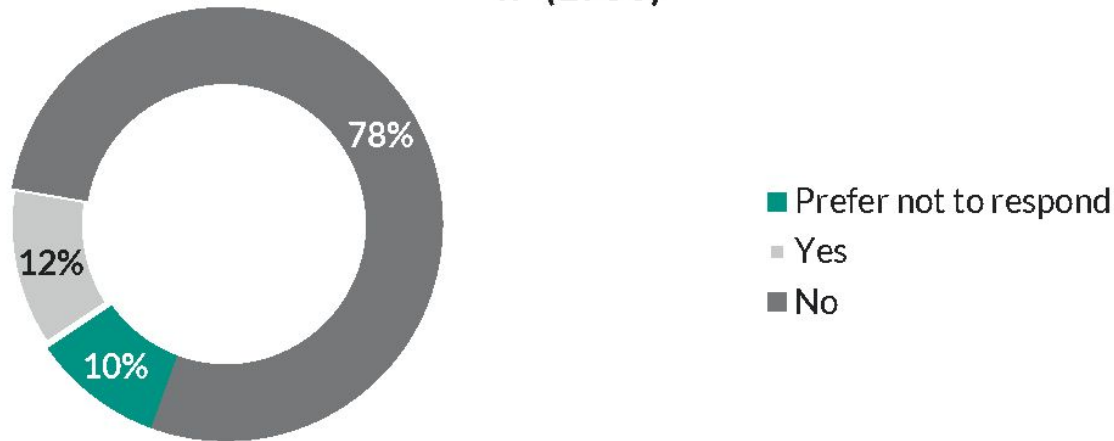
*% Agree or % Strongly Agree*



# Key Finding 5 - Counseling

- 12% of parent and student respondents indicate that their student/they have seen a counselor in the last year.

[Have you/Has you child] seen a school counselor in the past year to discuss [your/their] mental health (e.g., stress, anxiety, depression)?  
n=(1756)



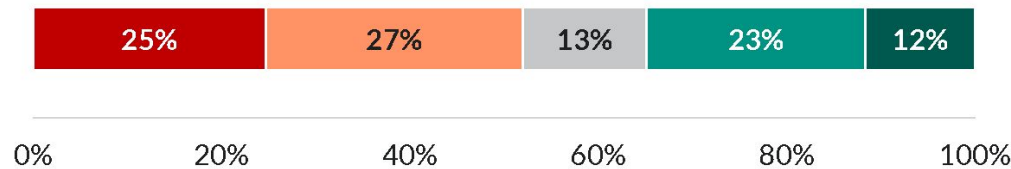
# Key Finding 5 - Counseling

- 48% of staff respondents agree that the ratio of counseling staff to students is appropriate.
- 54% of staff and 53% of parent/guardian respondents agree that the district provides enough counseling services.
- 68% of students agree that schools provide enough counseling services.

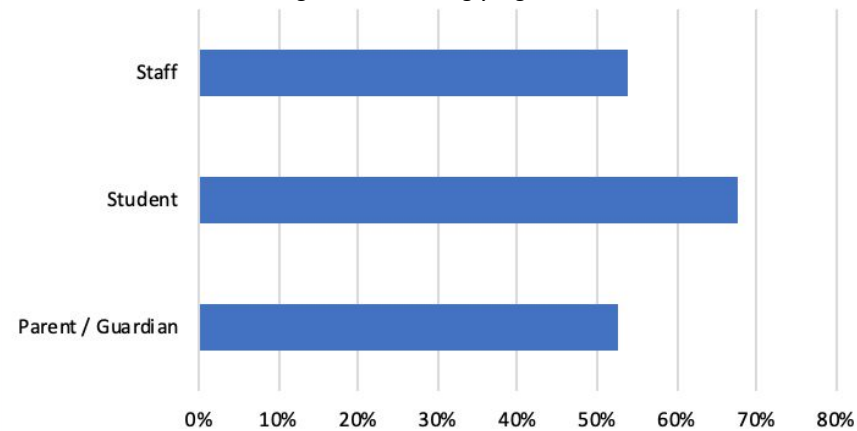
At my school, the ratio of counseling staff to students is appropriate. (n=198)

students is appropriate. † (n=198)

■ Completely disagree    ■ Somewhat disagree    ■ Neither agree nor disagree  
■ Somewhat agree    ■ Completely agree



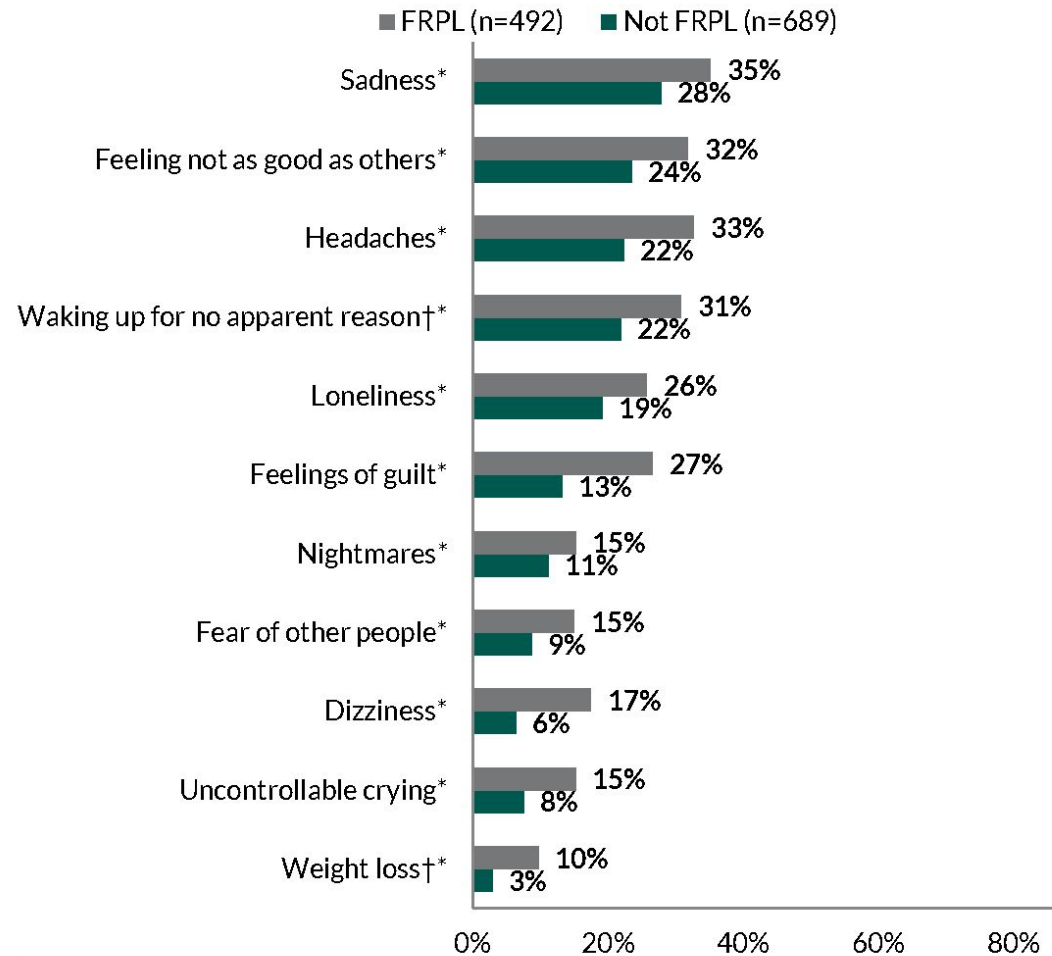
Provides enough counseling services.  
*% Agree or % Strongly Agree*



# Key Finding 6 - Student Group - FRPL

Parents and students who report receiving Free or Reduced-Price Lunch indicate a higher prominence of mental health symptoms.

Within the last month, (my child/I or others I know) have experienced the following...

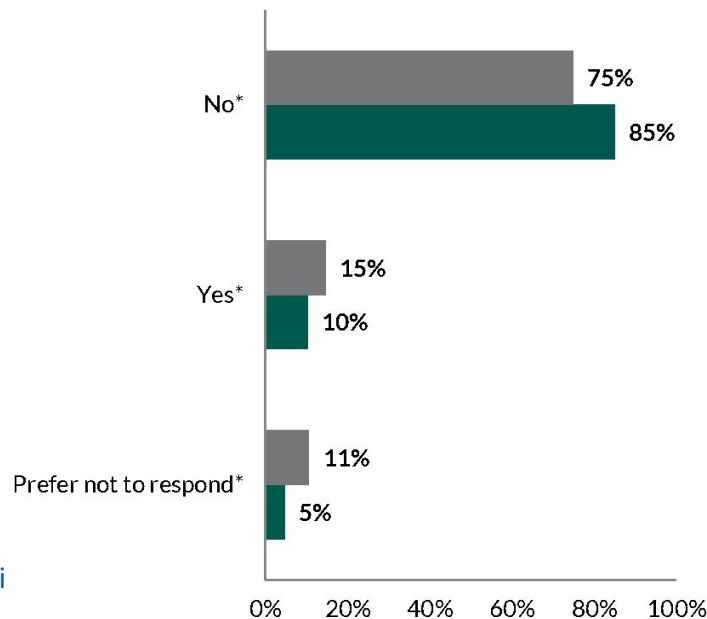


# Key Finding 6 - Student Group - FRPL

- Students participating in FRPL have a higher counseling utilization rate than students who do not participate in FRPL.

[Have you/Has you child] seen a school counselor in the past year to discuss [your/their] mental health (e.g., stress, anxiety, depression)?

■ FRPL (n=500) ■ Not FRPL (n=699)

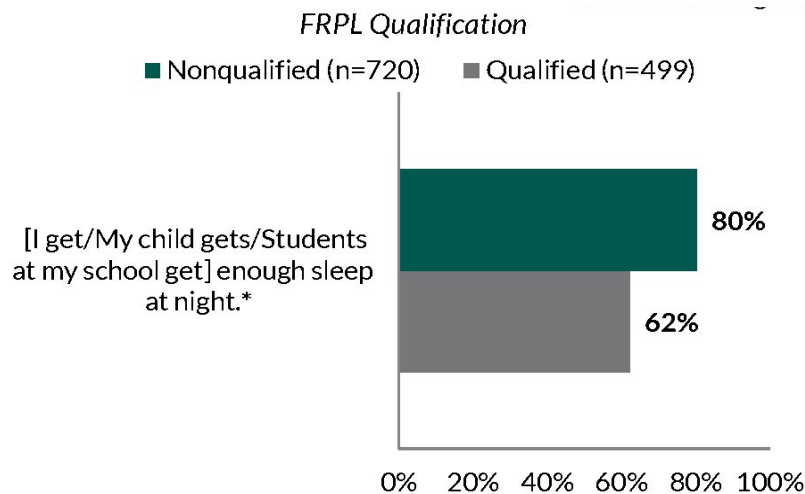




# Key Finding 6 - Student Group - FRPL

- Parent and student respondents participating in FRPL, report a lower rate of getting enough of sleep.

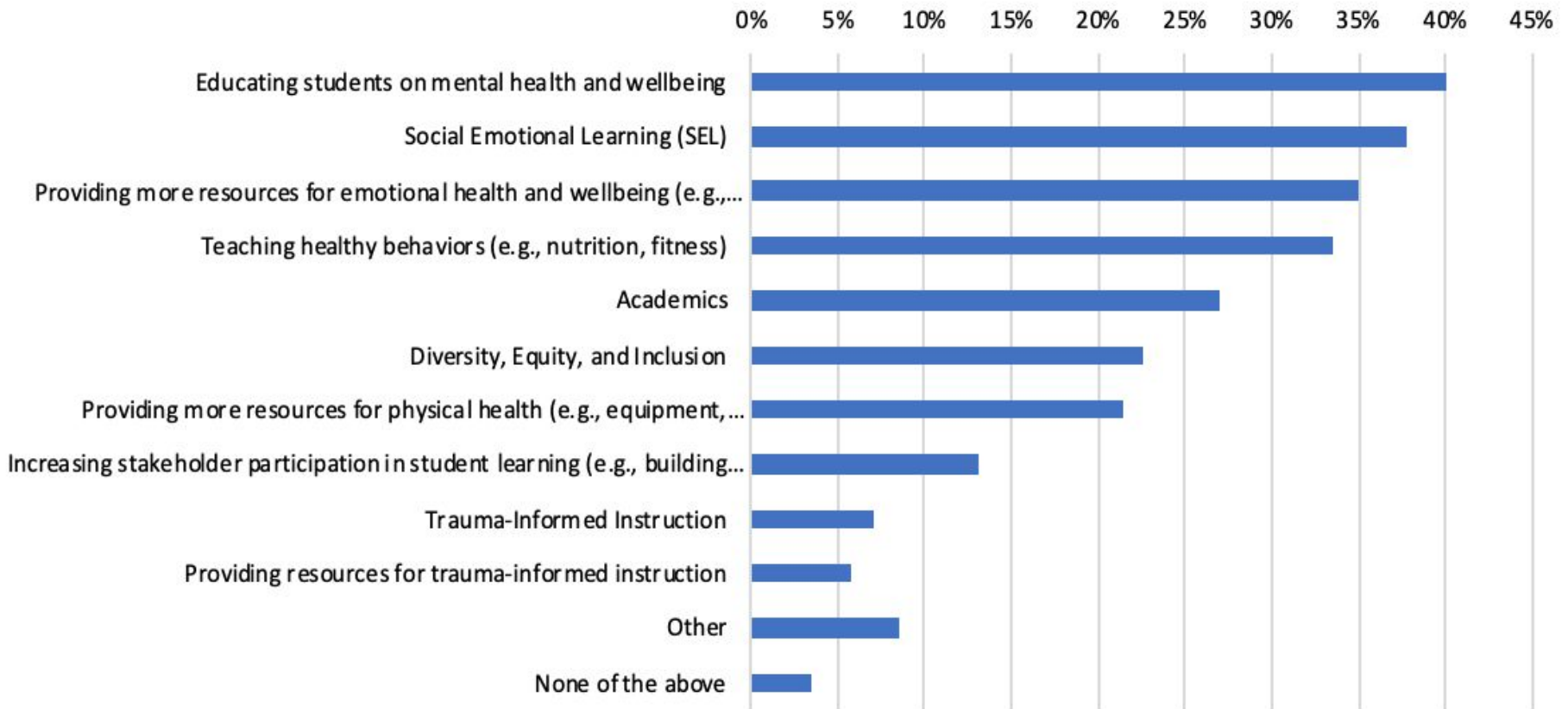
Please say how much you agree or disagree with the following statements about students' participation in the following areas: - [I get/My child gets/Students at my school get] enough sleep at night.



Respondents	Child(ren) get(s) enough sleep	Happy with their child's overall health
FRPL	62%	66%
Non-FRPL	80%	81%

# Key Finding 7 - Overall Priorities

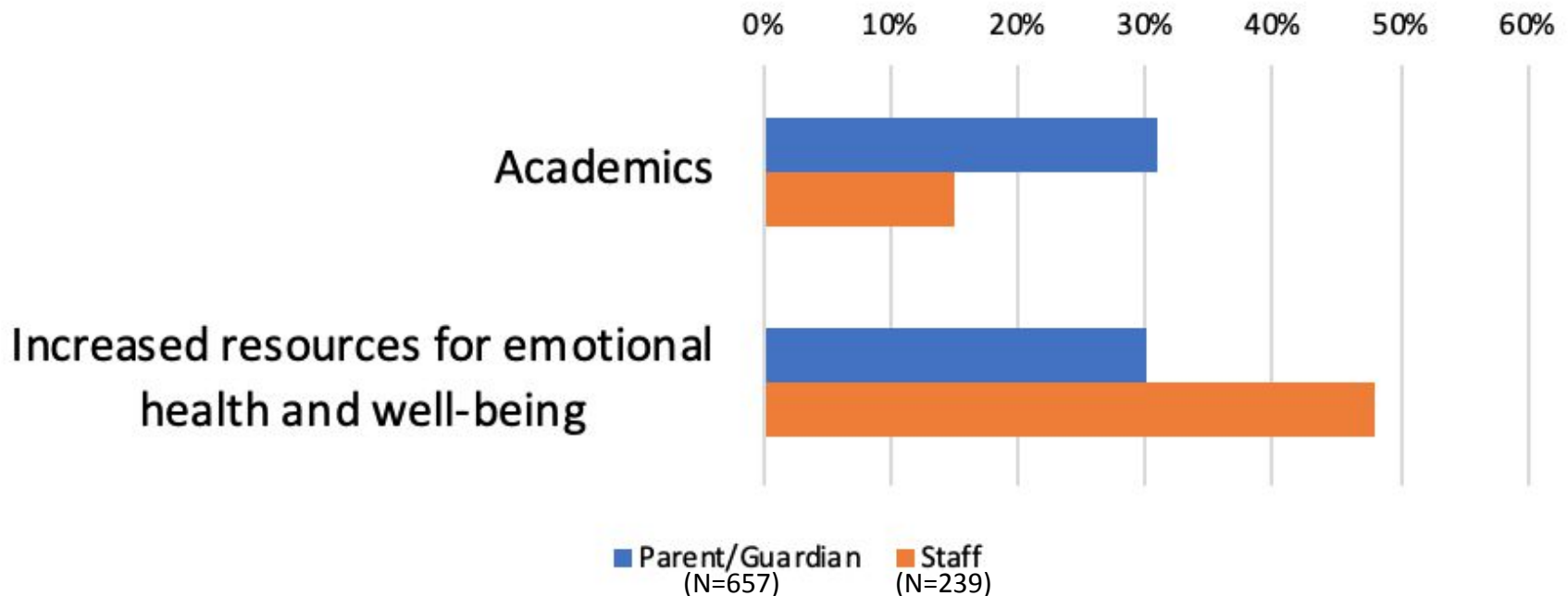
Which of the following areas should MVWSD prioritize for improvement?  
Parent and Staff respondents (n=896)



# Key Finding 7 - Overall Priorities

- When considering academics or increased resources for emotional health and well-being, parent and staff responses are significantly different.

WHICH OF THE FOLLOWING SHOULD MVWSD PRIORTIZE FOR IMPROVEMENT?





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# Student Behavior and Mental Health Symptoms

# Student Behaviors

- Overall, respondents didn't report severe student difficulties at high rates.

Overall, student having difficulties with ...	Parent/Guardian Respondent				Student Respondent			
	No	Yes, Minor	Yes, Moderate	Yes, Severe	No	Yes, Minor	Yes, Moderate	Yes, Severe
...controlling emotions.	49%	32%	14%	4%	49%	27%	18%	6%
...concentrating.	51%	27%	16%	6%	39%	31%	21%	10%
...controlling behavior.	68%	22%	7%	2%	73%	17%	7%	4%
...getting along with others.	80%	15%	4%	1%	66%	20%	9%	5%

# Symptoms

- Parent and Student respondents identified the following most common symptoms within the month preceding the survey (October-November 2021):
  - Sadness (32%)
  - Feeling not as good as others (29%)
  - Sleep disturbances (29%)
  - Headaches (28%)
- On a positive note, 44% of parent respondents and 25% of student respondents reported “None of the above.”



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# Strengths & Weaknesses

# Areas of Strength

- Student response rate helps provide a clear picture of middle school student opinions.
- Responses tell us that there is satisfaction with our Physical Education program.
- Responses indicate higher levels of satisfaction with existing mental health supports than prevention education.
- Top 3 priorities rated by respondents from the survey are aligned with SP2027 and California legislation.
  - Mental Health Education
  - Social Emotional Learning
  - Providing more resources for emotional health and wellbeing



# Areas for Improvement

- Students expressed lower rates of satisfaction than parents and staff.
- Students who receive free-reduced price lunch report experiencing more mental health symptoms.
- Responses from students, parents, and staff indicate low rate of agreement that enough prevention education is provided.
- The majority of respondents came from the middle schools which may make it more difficult to understand the needs of all students, families and staff.

# Considerations Looking Ahead

- Current staff shortages and resulting workloads are increasing occupational stress.
- Staffing shortages and continued pandemic could impact the District's ability to continue to provide mental health services.
- This data is just the start of learning about the impacts of the pandemic.
  - It will take time to mitigate the impacts, particularly as the pandemic persists.
- Number of parent respondents was lower from schools with higher FRPL participation.

# Considerations Looking Ahead

- Staff responses prioritize providing more resources for emotional and mental wellbeing; while parent responses prioritize educating students on mental health and wellbeing.
- Include a wider variety of student, staff, and parent voice to inform action items in prevention areas.
- Future timelines could be disrupted by COVID-19 surges.



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# Next Steps

# Next Steps

- Develop Plan of Action based in H&W survey data, while continuing to seek further input from stakeholders regarding their health and wellness needs.
  - Collaborate across Education Services departments to insure that next steps consider the intersection of academic, equity, and wellness data.
  - Analyze counseling utilization across the district.
  - Report back to the Board by June 30, 2022

# Next Steps

- Continue H&W Committee actions on Local School Wellness Policy Triennial Assessment.
  - Triennial Assessment completion and board report by June 30, 2022
- Continue SEL Committee work on synthesizing California Department of Education SEL guidance.

# Questions