

Evidence Based Practices to Improve the Social, Emotional and Physical Health of Middle and High School Students

APRIL 20, 2016 - 3:00 PM TO 4:00 PM



Order of Conversation

- 1) Self-assessment
- 2) School Climate Survey
- 3) Focus Groups
- 4) Professional Development
- 5) Curriculum and Instruction
- 6) Examples of Initiatives



Conducting a Program Inventory

Before undertaking any change initiative it is very helpful to first assess where you are.

Many schools are inundated with programs related to SEL, Character Education, Health Promotion, etc. Often there is a lack of coordination and awareness of these programs among school staff.

This can create a “Jumbled Schoolhouse” of inefficiencies and overlap (Maurice Elias).



Conducting a Program Inventory

Steps to conducting a Program Inventory:

- Form a team of administrators, teachers, and staff at your school.
- Adopt a Program Inventory template that is available or create your own.
- Complete the exercise of culling information on all existing programs in the school as a team project.



Conducting a Program Inventory

Steps to conducting a Program Inventory:

- Questions for the team to consider
 - Who is responsible for each program?
 - Which students are being impacted by each program? Which students are not being impacted and could benefit from the program?
 - Is the program effective? Doing what? How do you know?
 - What program(s) should stay? Go?
 - What gaps exist?



School Culture & Climate Survey

- Collect the perceptions of students, staff, and parents regarding the key indicators of school culture and climate.
- Examples of survey instruments:
 - School Culture & Climate Initiative
 - NJDOE
 - USDOE
 - National Climate Center



School Culture & Climate Survey

- Some keys to productive use of SC&C Survey data:
 - Form a team of students as well as a staff team to receive and discuss the survey data in depth. Disaggregate the student data and the staff data across important subgroups (e.g., student grade).
 - Teams cull strengths and opportunities for improving student and staff school climate.
 - Share out the data with the whole community.



Focus Groups

Focus groups encourage schools/districts to develop relationships with the school community, such that school initiatives that emerge out of data analysis are then offered into a school community that has felt heard. The school community is thus more likely to be receptive to any new initiative.



Best Practices

- Questions should be formed based off of the issues/challenges that arise during an initial analysis of quantitative data
- Groups should be conducted with parents, faculty, students, and other relevant community stakeholders
- 45-90 minutes, with at least one skilled facilitator, and no more than 10 thoughtfully chosen participants



How to Document Focus Group Data

- Raw data:
 - Verbatim quotes from participants, written by a designated scribe
 - Quotes should capture the essence of the conversation and reflect participants' various perspectives
- Summary document:
 - Quotes separated into themes
 - Each category/theme articulated as a complete thought/sentence
 - Verbatim quotes listed as bullet points under the appropriate heading
 - Includes name of school and relevant demographic info about participants



Professional Development

- Staff are absolutely critical to helping students develop social and emotional skills
- Many issues facing educators today – from anxiety in children , to new mandates, staff needs
- Any new curriculum will need to be implemented effectively and will require Professional development
- Important to think of sustainability



Professional Development

- The approach
 - Determine what your needs are
 - Research providers and type of Professional Development
 - How will the PD be shared with the rest of your colleagues (if appropriate) and how will it be reinforced throughout the year



Curriculum and Instruction

- Do you have an advisory in your school or morning meeting?
- Have you implemented a SECD curriculum in your school?
- Have you ever done a program inventory?
- Do you have a school wellness council?



Examples

