WELLNESS NEEDS ASSESSMENT (WNA): TEACHER GUIDE

Harford County Public Schools, Bel Air, Maryland

WNA DATA DASHBOARD USER GUIDE

In October 2023, Harford County Public Schools (HCPS) administered a Wellness Needs Assessment questionnaire to students in Grades 3-12, created a Data Dashboard, and collaborated with Hanover Research to analyze the data.

The 2023-24 Wellness Needs Assessment Data Dashboard includes a Home tab with background and respondent information, an interactive Demographics tab, and 20 interactive tabs presenting wellness needs assessment results by category, which offer different ways of viewing student outcomes across groups. Users can utilize the drop-down menu options along the top of the Data Dashboard to filter the data by school and grade level.

SUMMARY OF WNA KEY FINDINGS

EMOTIONAL REGULATION & ENGAGEMENT

Despite strong personal relationships, students struggle with emotional regulation and school engagement, suggesting a need for more engaging activities and emotional support.

CONFIDENCE & FUTURE PREPARATION

Students' confidence in their learning abilities decreases as schoolwork complexity increases, and some secondary students feel they need more support in preparing for post-secondary environments.

HEALTHY HABITS & POSITIVE OUTCOMES

Students generally have healthy habits and positive experiences, though many stay up too late, report high levels of screen time, and rarely participate in organized physical activity during school. Areas of improvement include non-family adult support and students' senses of belonging at school.

REFLECTION QUESTIONS

? What patterns do you observe in the data? By grade level, school?

? Do the Wellness Needs Assessment results surprise you? Why or why not? Which results are most or least surprising?

? What factors or root causes could contribute to students' lack of emotional regulation, engagement, and confidence?

? What can you implement in your classroom to address trends observed in your student data?

? What can you do to support students' emotional regulation, engagement, confidence, belonging, and healthy habits?

? What additional information or supports do you need to support students' wellbeing based on the Wellness Needs Assessment results?

STUDENT SUPPORT TIPS

Implement social-emotional learning strategies in the classroom.

Scan the QR code for SEL teacher practices from CASEL.

Balance high expectations with attainable goals to build students' confidence.

Scan the QR code for confidence-building tips from the NEA.

Promote a growth mindset.

Scan the QR code for growth mindset strategies from Transforming Education.

Increase students' sense of belonging in school.

Scan the QR code for tips on belonging from the U.S. Department of Education.

Integrate real-world experiences into instructional examples and projects.

Scan the QR code to learn about authentic learning experiences from Harvard University.

HARFORD COUNTY PUBLIC SCHOOLS

HCPS Department of Research and Program Evaluation – HCPS Division of Student Support Services

WELLNESS NEEDS ASSESSMENT (WNA): STUDENT SERVICES STAFF GUIDE

Harford County Public Schools, Bel Air, Maryland

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REFLECTION QUESTIONS

? What patterns do you observe in the data? By grade level, school?

? Do the Wellness Needs Assessment results align with your experiences working with students? Why or why not?

? What factors or root causes could contribute to students' lack of emotional regulation, engagement, and confidence?

? What can school staff do to support students' emotional regulation, engagement, confidence, belonging, and healthy habits?

? What additional information or supports do you need to support students' wellbeing based on the Wellness Needs Assessment results?

STUDENT SUPPORT TIPS

Offer students opportunities and resources focused on building social-emotional skills.

Scan the QR code for schoolwide SEL practices from CASEL.

Establish a campaign to increase student confidence.

Scan the QR code for the ACSA's Mindsets & Behaviors for Student Success.

Implement community-building events and strategies to increase students' sense of belonging.

Scan the QR code to learn about Community Building Circles to foster belonging from ACSD.

Encourage students to practice healthy sleep and screentime habits.

Scan the QR code for tips from the CDC on creating a healthy school environment.

Enhance career counseling offerings and ensure student awareness of opportunities.

Scan the QR code for career guidance best practices from Colorado CTE.

HARFORD COUNTY
PUBLIC SCHOOLS

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REFLECTION QUESTIONS

- What patterns do you observe in the data? By grade level, school?

- Do the Wellness Needs Assessment results align with your experiences interacting with students, educators, and parents? Why or why not?

- How do results for your building's students differ from those of the district as a whole or other schools?

- What factors or root causes could contribute to students' lack of emotional regulation, engagement, and confidence?

- At the building level, how can you create a positive school climate and work with educators to support students' emotional regulation, engagement, confidence, belonging, and healthy habits?

- What additional information or supports do you and your staff need to support students' wellbeing based on the Wellness Needs Assessment results?

STUDENT SUPPORT TIPS

Enhance school culture and climate.

Scan the QR code for a school climate action guide from the National Center on Safe Supportive Learning Environments.

Review and implement a schoolwide SEL curriculum.

Scan the QR code for CASEL's guide to schoolwide SEL.

Provide professional learning on growth mindset for teachers and students.

Scan the QR code for strategies on promoting growth mindset from New Leaders.

Consider a schoolwide tutoring program to provide academic support and boost confidence.

Scan the QR code for a high-impact tutoring toolkit from the Texas Education Agency.

Provide student options for voice, choice, and representation to support student belonging.

Scan the QR code to learn about fostering student belonging from MDRC.

WELLNESS NEEDS ASSESSMENT (WNA): PARENT/GUARDIAN GUIDE

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REFLECTION QUESTIONS

? What patterns do you observe in the data? How do results for your child's school and grade compare to the district overall?

? Do the Wellness Needs Assessment results align with your experience and knowledge of your child?

? What can you do at home to address any concerns you may have based on the data? Do you have any questions?

? How do you discuss social emotional wellbeing, mental health, and healthy habits (e.g., sleep, screen/social media, and physical activity) with your child?

? How could HCPS and your child's school help you in supporting your student's wellbeing and healthy habit development?

STUDENT SUPPORT TIPS

Model social emotional skills, such as emotional regulation.

Scan the QR code for tips on modeling social emotional skills from the United Way.

Establish a healthy bedtime routine and sleep habits.

Scan the QR code for tips on children's healthy sleep routines from the U.S. Department of Health & Human Services.

Encourage and build healthy habits for screen time and media usage.

Scan the QR code for tools on building healthy screen and social media habits from CHOP.

Talk to your child's teacher about their academic performance and confidence.

Scan the QR code for strategies for working with your child's teacher from the Child Mind Institute.

Encourage your child to explore post-secondary and career interests.

Scan the QR code for a Havard Business Review article on talking to kids about careers.