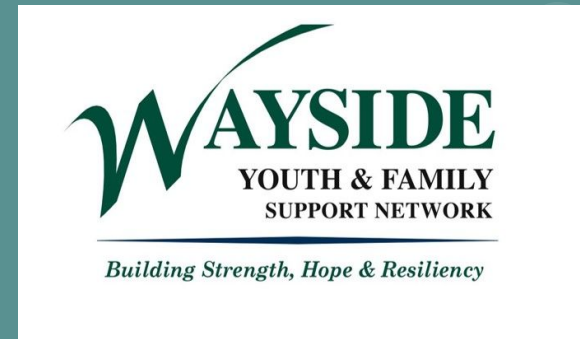



# BWC & PTSO Meeting

With Student Ambassadors  
May 6, 2021



Use 3 words to describe how you've been feeling the last few months.



A word cloud of feelings. The words are: stressed (pink), lonely (green), motivated (blue), disappointed (red), bored (purple), good (blue), happy (orange), and excited (yellow). The word 'motivated' is the largest and most central.

# Use 3 words to describe BHS

competitive stressful

welcoming

united  
many opportunities

consistent friendly

# What 3 ways do you want adults and the school to support you?

get to know me  
being there when needed  
understanding we're busy  
engage  
giving us less work  
provide support



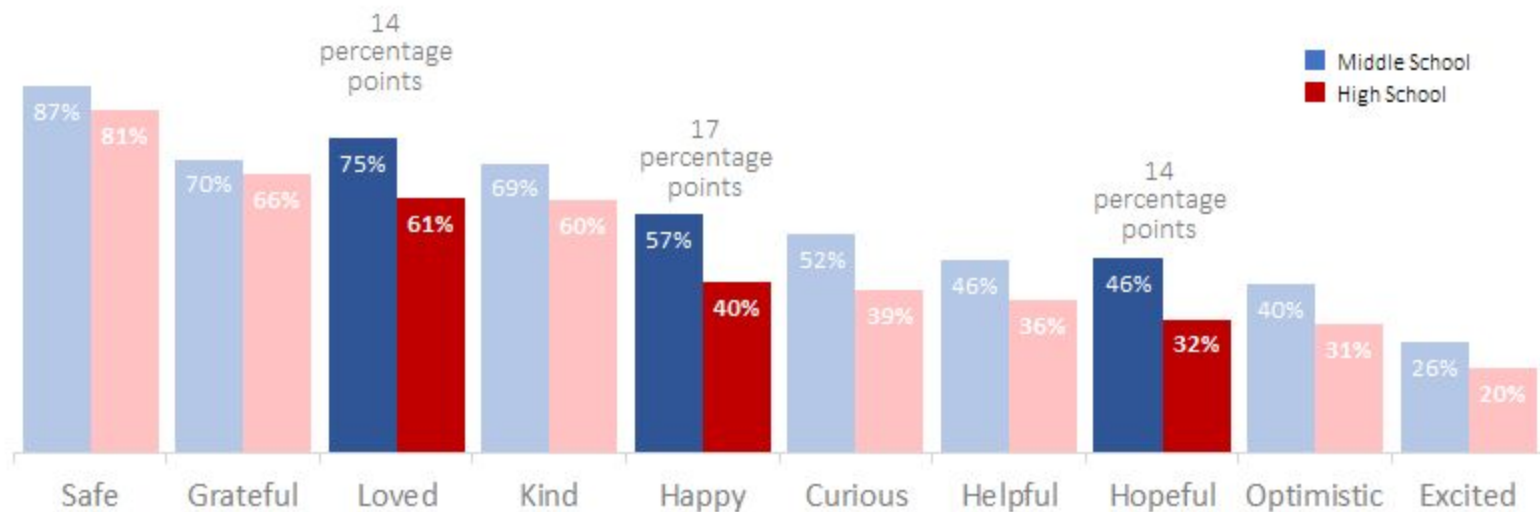
# Social Emotional Learning Survey

- December 2020 and January 2021
- Almost 700, 7th to 12th grade students
- Purpose: to understand how school and the pandemic impact students socially and emotionally and therefore where they require additional support

## Positive emotions by school

During the past week, How often did you feel ...?  
Percent who selected frequently or almost always

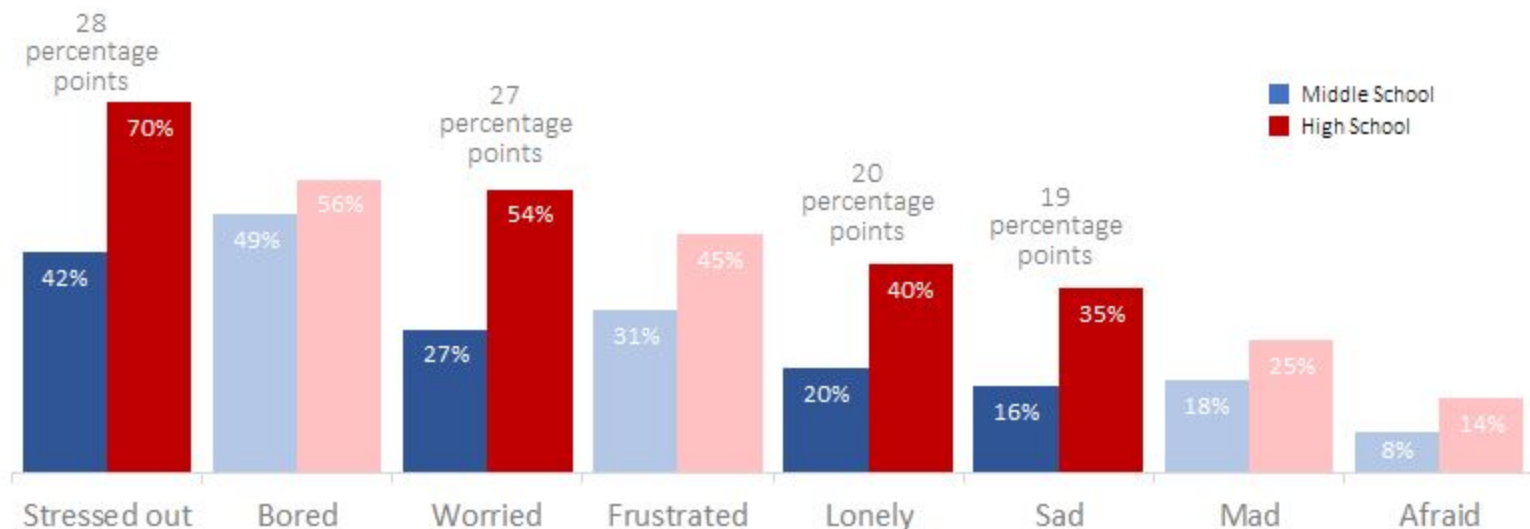
Clear drop of positive emotions from Middle School to High School



# Negative emotions

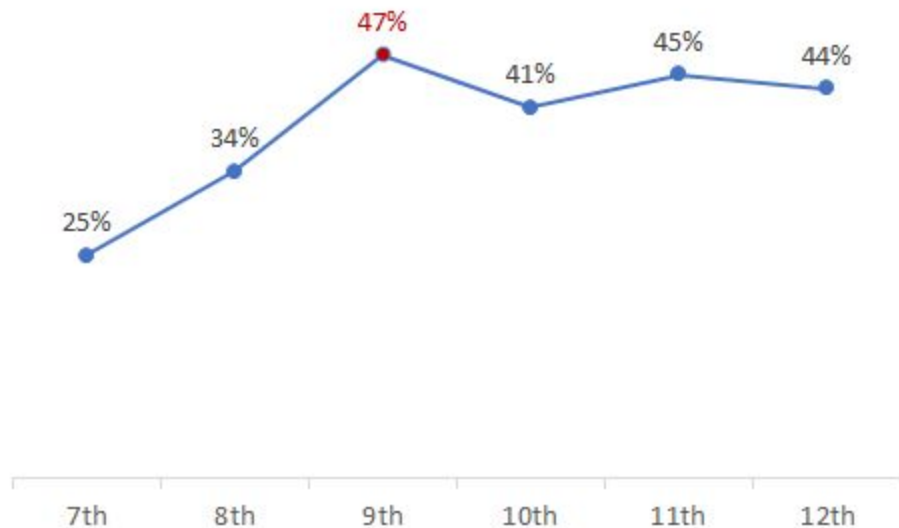
During the past week, How often did you feel ...?  
Percent who selected frequently or almost always

Clear increase of negative emotions from Middle School to High School



# Overwhelming Stress

Percentage of students that respond **always** and **most of the time** feeling overwhelming stress

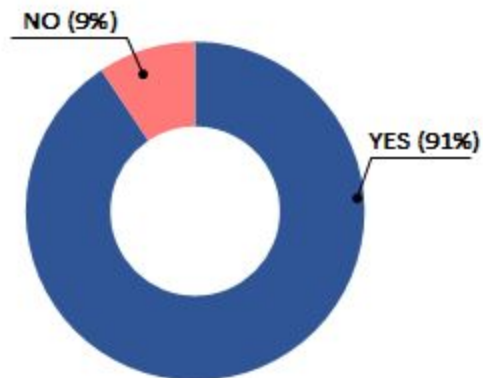




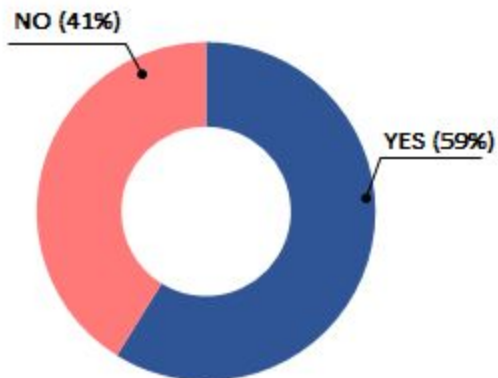
# Connection with others

...they can **count on to help them**, no matter what?

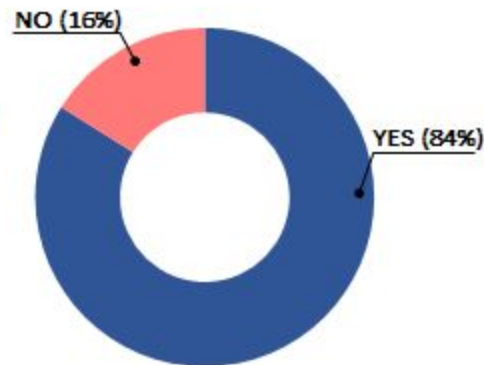
**Family member** or other  
adult outside of school



**A teacher** or other adults  
from school



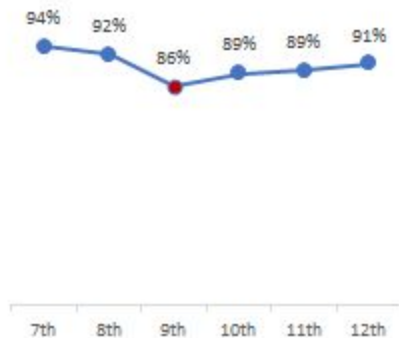
**Friend** from school



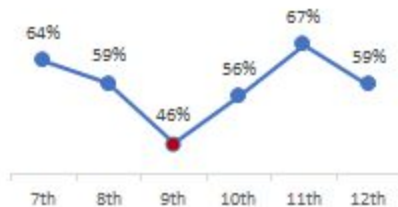
# Connection with others

...they can **count on to help them**, no matter what?

**Family member** or other adult outside of school



**A teacher** or other adults from school

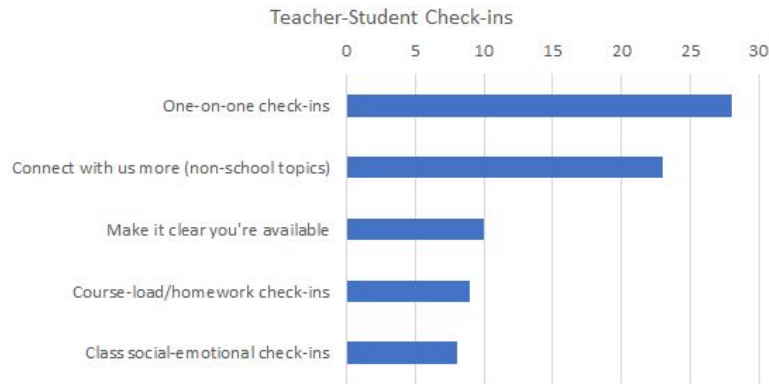


**Friend** from school



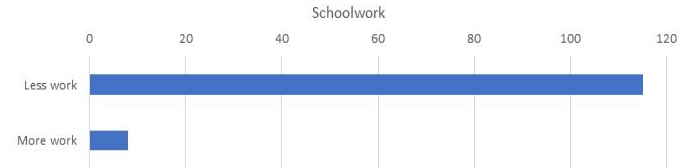
# Suggestions for Teacher-Student Check-ins

N=332



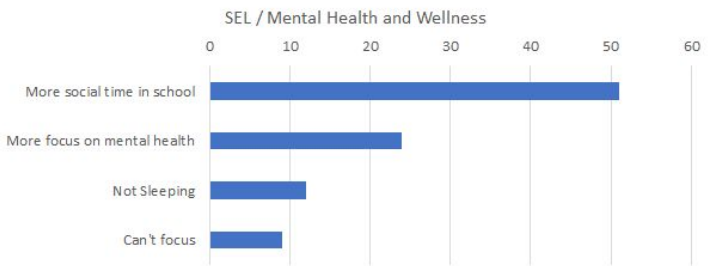
# Suggestions about schoolwork

N=332



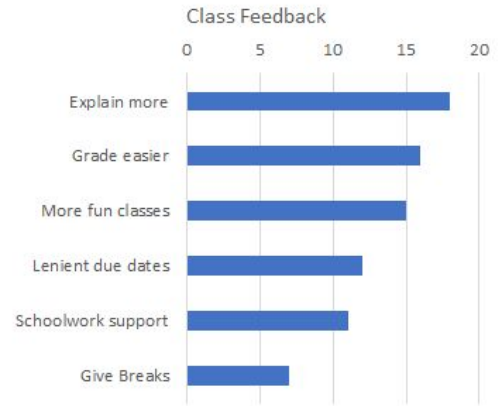
# Suggestions about Mental health and Wellness

N=332



# Suggestions about class

N=332





## **Parents - this is what the students want you to notice about the data:**

The data involving the current Freshman class

High schoolers feel more stressed out than middle schoolers

High Schoolers have more negative emotions than Middle Schoolers

# What is your biggest source of stress?

Homework and teacher expectations as a whole

School is the biggest source of stress in my life, especially how little sleep I get as a result of nonstop activities/sports, family responsibilities and homework after school

College, programs, SATs, APs, really any impending challenge we face can take a toll on our stress levels

When I don't understand a topic close to an assessment



## **How effective are stress-relievers for you?**

Stress relievers are quite impactful on reducing stress levels, as they preoccupy one with another goal.

By making to-do lists. It makes situations less stressful when there is a list in one place of to-dos.

Things such as sports are good stress relievers because when you're on the field school work isn't on your mind.

I think that sports are the best stress reliever for me because inside the court the only things that matter is the sport. Other types of stress relievers like listen to musics or going for a walk don't help me a lot



## **How would you describe the behavior you present on the outside when you're not doing well mentally?**

Not getting excited about many things, being tired all the time

I eat and talk less until I find a solution for why I'm stressed

I sit in front of my computer and just freeze, wasting hours on end getting nothing done, only adding to my stress levels

I get upset and angry about seemingly small things because they are just another thing I have to have on my plate.



## How can adults best support you?

Enforce reasonable policies the school already has in place to reduce stress, such as homework free vacations. These are routinely and blatantly ignored by teachers.

- Provide regular check ins, teacher-student
- Provide a more fun environment (spirit days, activities, etc)

## Continue to listen and support us.

Provide connections between other students, teachers, and school staff because:

- some students have not met some of their teachers yet
- students may want to get to know teachers who they do not have this year, but may in following years
- hard to meet new students in this environment



# Parent Questions

