## Presentation to the School Committee by the Belmont Wellness Coalition



Building Strength, Hope \& Resiliency


BELMONT WELLNESS
COALITION

# Belmont Middle School and High School Social-Emotional Learning Survey Results 

School Committee Meeting
April 27th, 2021

## Survey Purpose

The impetus for administering the SEL Survey was to understand how the pandemic was impacting our students socially and emotionally, and therefore where they require additional support.

## Survey Implementation

- December 2020 and January 2021
- 697 students from $7^{\text {th }}$ to $12^{\text {th }}$ grades


## Grades



## Demographics



## Positive emotions

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


## 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


Safe Grateful Loved Kind Happy Curious Helpful Hopeful Optimistic Excited

## Negative emotions

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


## 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


## 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

7th 8th 9th 10th 11th 12th

A teacher or other adults
from school


Friend from school


## Connection with others

## ...who they can be themselves around?

Family member or other adult outside of school


A teacher or other adults
from school


Friend from school


## Connection with others

## ...who they can be themselves around?

Family member or other adult outside of school


Friend from school


## Connection with Adults and Peers

How connected do you feel to other students at your school?

| All school | 11\% | 24\% | 38\% | 22\% | 5\% |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Middle School | 11\% | 20\% | 41\% | 23\% | 5\% |
| High School | 11\% | 28\% | 35\% | 20\% | 5\% |

How connected do you feel to the adults at your school?


## Connection with Adults and Peers $9^{\text {th }}$ grade

How connected do you feel to other students at your school?


How connected do you feel to the adults at your school?


## Sense of belonging

How much do you think you matter to others at this school?

| All school | 10\% | 24\% | 37\% | 25\% | 4\% |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Asian | 11\% | 24\% | 34\% | 27\% | 4\% |
| Black/Latinx | 6\% | 38\% | 23\% | 29\% | 4\% |
| White | 9\% | 21\% | \% | 26\% | 4\% |

How well do people at your school understand you as a person?

| All school | 8\% | 22\% | 38\% | 28\% | 4\% |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Asian | 4\% | 30\% | 35\% | 28\% | 3\% |
| Black/Latinx | 6\% | 35\% | 31\% | 25\% | 4\% |
| White | 9\% | 17\% | 40\% | 30\% | 4\% |

## Sense of belonging

How much respect do students in your school show you?

| All school | $2 \%$ | $7 \%$ | $29 \%$ | $51 \%$ | $10 \%$ |
| ---: | :---: | :---: | :---: | :---: | :---: |
| Asian | $2 \%$ | $8 \%$ | $28 \%$ | $51 \%$ | $11 \%$ |
| Black/Latinx $2 \%$ | $8 \%$ | $35 \%$ | $46 \%$ | $10 \%$ |  |
| White $1 \%$ | $7 \%$ | $28 \%$ | $53 \%$ | $11 \%$ |  |

Overall, how much do you feel like you belong at your school?

| All school | $6 \%$ | $13 \%$ | $28 \%$ | $38 \%$ | $15 \%$ |
| ---: | :---: | :---: | :---: | :---: | :---: |
| Asian | $6 \%$ | $14 \%$ | $27 \%$ | $38 \%$ | $15 \%$ |
| Black/Latinx | $2 \%$ | $15 \%$ | $35 \%$ | $27 \%$ | $21 \%$ |
| White | $5 \%$ | $11 \%$ | $28 \%$ | $41 \%$ | $16 \%$ |

## Overwhelming Stress

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


## Overwhelming Stress

| Not at all | Hardly ever | Sometimes | Most of the time | Always |
| :--- | :--- | :--- | :--- | :--- |



## Overwhelming Stress

| Not at all | Hardly ever | Sometimes | Most of the time | Always |
| :--- | :--- | :--- | :--- | :--- |

All school $4 \% \quad 21 \% \quad 38 \% \quad 24 \% \quad 13 \%$

Gender Identity


## Source of stress

## Causes for the most negative stress

Top2

| School demands/expectations--such as assignments, <br> homework, etc. |
| :--- |
| Worrying about the future such as college, career, <br> etc. |
| Busy schedule (school, activities, sports, etc.) |
| Parent/family demands/expectations about <br> academics, grades, etc. |
| Difficulty getting enough sleep |
| Social isolation due to CoviD-19 |
| Other family or personal issues which cause <br> emotional stress for you <br> Extracurricular activity demands or pressures |

## Most stressful about school

Top2
Keeping up with schoolwork
Having to concentrate too long during the school day
Having to study things you are not interested in
Having to study things you do not understand
Getting up early in the morning to go to school
Teachers expecting too much from you
Pressure of study
Attending remote learning
Going to school

## Suggestions for Teacher-Student Check-ins

$\mathrm{N}=332$


## Suggestions about schoolwork

$N=332$


## Suggestions about class

$N=332$


## Suggestions about Mental health and Wellness

 $N=332$

# Questions? Next Steps? 

## Contact us!

## Lisa Gibalerio, Program Coordinator at Lisa Gibalerio@WaysideYouth.org

Anne Wang, Grant Evaluator at AWang@EDC.org

Visit our website to learn more about the Belmont Wellness Coalition http://belmontwellness.org/

