

Update on District Goal 4: Student Wellness Study

RTSD School Board Curriculum Committee
May 14, 2019

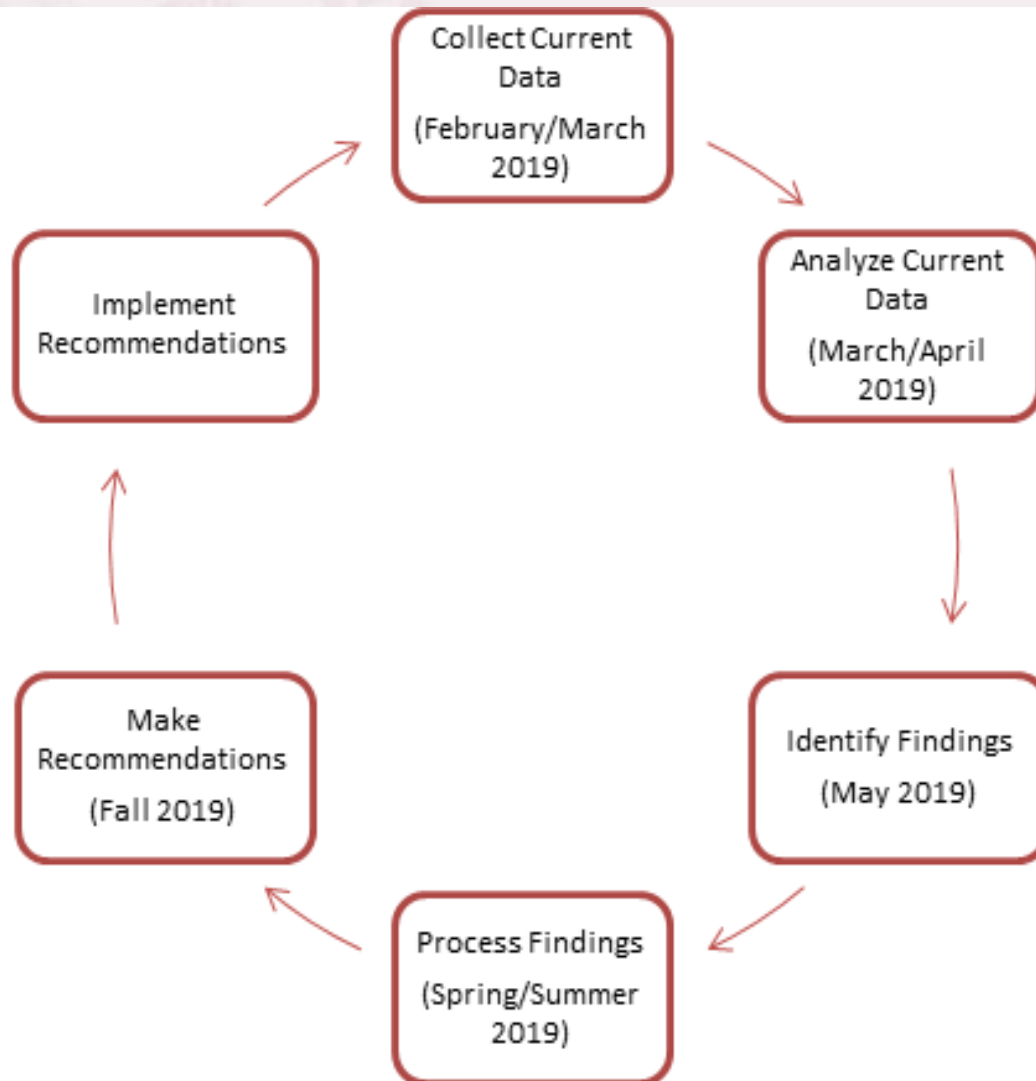


Student Wellness Study Leadership Committee

- Wellness Study Supervisor
 - Dr. Jim Kearney, Assistant Director of Teaching and Learning
- Social, Emotional & Behavioral Wellness
 - Dr. Dan Cane, Social-Emotional Learning Coach
 - Dr. Denny McKnight, Interim Administrator
- Physical Wellness
 - Dr. Doug Kent, RMS Assistant Principal and Supervisor of Health and Physical Education
- College and Career Capacity Wellness
 - Carolyn Reilly, DCIU School Counselor and Crisis and Response Team Leader



Student Wellness Study Cycle



Scope of the Study

I. Social, Emotional and Behavioral Wellness

- a. Social and Emotional Learning
 - i. School Climate
 - ii. Social-Emotional Learning Curriculum Infusion
- b. Mental Health
 - i. Student Safety
 - a. Drug and Alcohol
 - b. Violence Protection
 - c. Crisis Responses
 - d. Bullying
 - ii. Discipline Practices and Behavioral Intervention
 - iii. Homework

II. Physical Wellness

- a. Physical Education and Health
- b. Nutrition
- c. Athletics/Concussions

III. College and Career Capacity Wellness

- a. 339 Plan
- b. Employability Skills
- c. K-12 School Counseling



SOCIAL, EMOTIONAL AND BEHAVIORAL WELLNESS

Preliminary Data and Findings



Social-Emotional Learning (SEL)



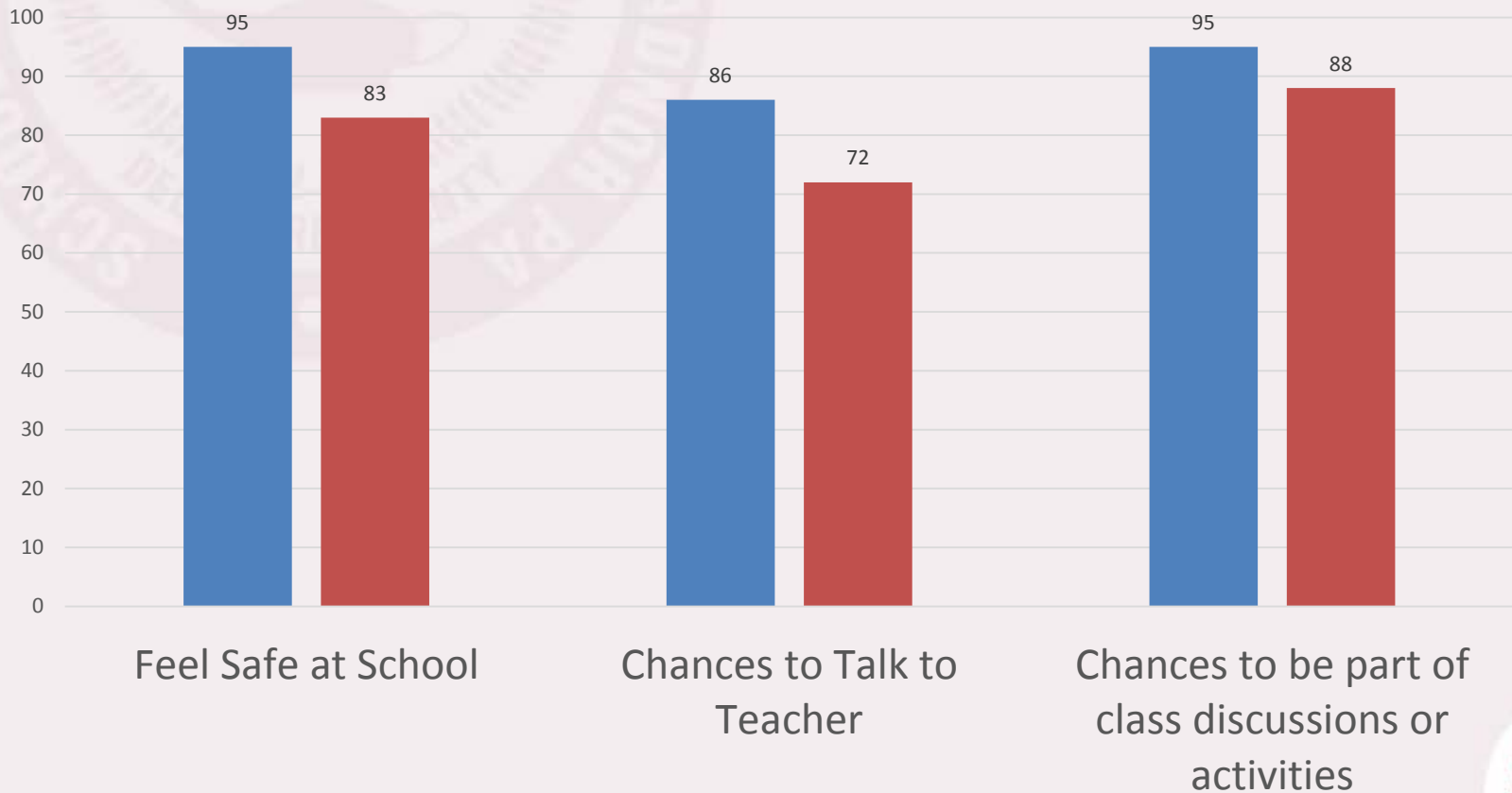
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Data Review: PAYS Survey

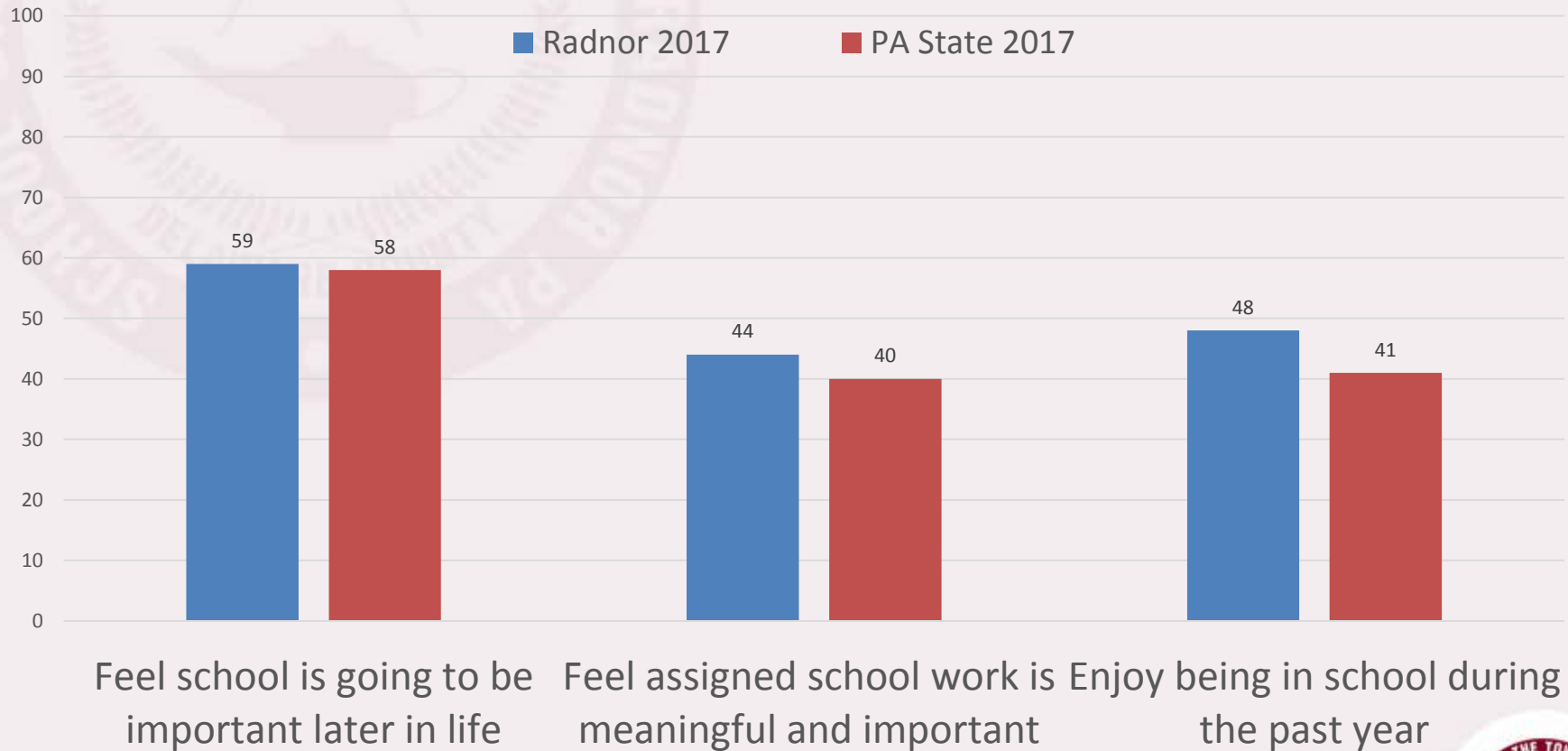
Perceived Positive School Environment
n = 1,043 RTSD Students

■ Radnor 2017 ■ PA State 2017



Data Review: PAYS Survey

Perceived Importance of School
n = 1,043 RTSD Students



Data Review: 2017 PAYS Survey

LIFETIME USE				
	6 th	8 th	10 th	12 th
Alcohol	17.5	36.9	55.6	78.4
Marijuana	0.4	4.1	20.3	49.8
Cigarettes	1.5	2.8	7.9	24.3
Smokeless Tobacco	0	0.3	5.6	12.7
Inhalants	3.0	3.4	3.8	4.0
Performance Enhancing Drugs & Steroids	0	1.4	0.8	0.5
Prescription Opioids (ie: Hydrocodone)	0.8	2.1	1.5	5.9
Prescription Tranquilizers (ie: Xanax)	0.4	1.1	2.6	4.5
Prescription Stimulants (ie: Adderall)	0	1.1	4.9	16.5
Over the Counter Medication	2.7	1.8	2.7	3.4
Cocaine	0	0	0.4	5.9
Crack	0	0	0.4	0.5
Methamphetamine	0	1.0	1.1	0.5
Heroin	0	0	0.4	0.5
Hallucinogens	0	1.0	1.9	5.9
Ecstasy/Molly	0	0.7	1.5	2.9
Synthetic Drugs	2.9	1.5	0.4	1.0

n= 1,043 RTSD students

Highlights indicate numbers higher than state average

Data Review: 2017 PAYS Survey

n= 1,043 RTSD students

The use of electronic cigarette/vape devices amongst Radnor students is substantially higher than state and national trends for 8th, 10th and 12th grades. Many students report knowingly vaping nicotine.

	Vaping/Electronic Cigarette Use Past 30-Day		
	Radnor	State of PA	National Data
6 th	0.7	2.3	n/a
8 th	18.1	10.9	6.6
10 th	35.7	21.9	13.1
12 th	50.2	29.3	16.6



Data Review: 2017 PAYS Survey

- Three Greatest Protective Factors in RTSD
 - Family Attachment (75%)
 - Family Opportunities for Prosocial Involvement (72%)
 - Family Rewards for Prosocial Involvement (71%)
- Three Greatest Risk Factors in RTSD
 - Parental Attitudes Favorable Toward Antisocial Behavior (46%)
 - Rewards for Antisocial Behavior at the peer and individual level (43%)
 - Tie: Perceived Risk of Drug Use & Favorable Attitudes Toward Drug Use at the Peer and Individual Level (40% each)



Data Review: PAYS Survey

n= 1,043 RTSD students

- Radnor students report higher rates of depressed feelings than those surveyed in 2011:
 - up 4 points in grade 6
 - up 9 points in grade 8
 - up 6 points in grade 10
 - up 6 points in grade 12

	Felt depressed or sad MOST days in the past 12 months		
	Radnor 2011	Radnor 2017	State of PA 2017
6 th	15.9	20	32.3
8 th	15.3	24.2	36.9
10 th	25.9	32	41.4
12 th	27.9	33.7	40.8



Data Review: PAYS Survey

n= 1,043 RTSD students

- Radnor students report lower rates considering suicide than the rest of PA. This was not surveyed in 2011.

	Considered Suicide in past 12 months		
	Radnor 2011	Radnor 2017	State of PA 2017
6 th	n/a	5.4	8.8
8 th	n/a	10.2	16.2
10 th	n/a	12.2	20.2
12 th	n/a	19.7	19.9



Data Review: PAYS Survey

n= 1,043 RTSD students

- Radnor students report lower rates attempting suicide than the rest of PA. This was not surveyed in 2011.

	Attempted Suicide in past 12 months		
	Radnor 2011	Radnor 2017	State of PA 2017
6 th	n/a	2.3	5.9
8 th	n/a	2.8	10.1
10 th	n/a	4.9	11.5
12 th	n/a	9.1	12

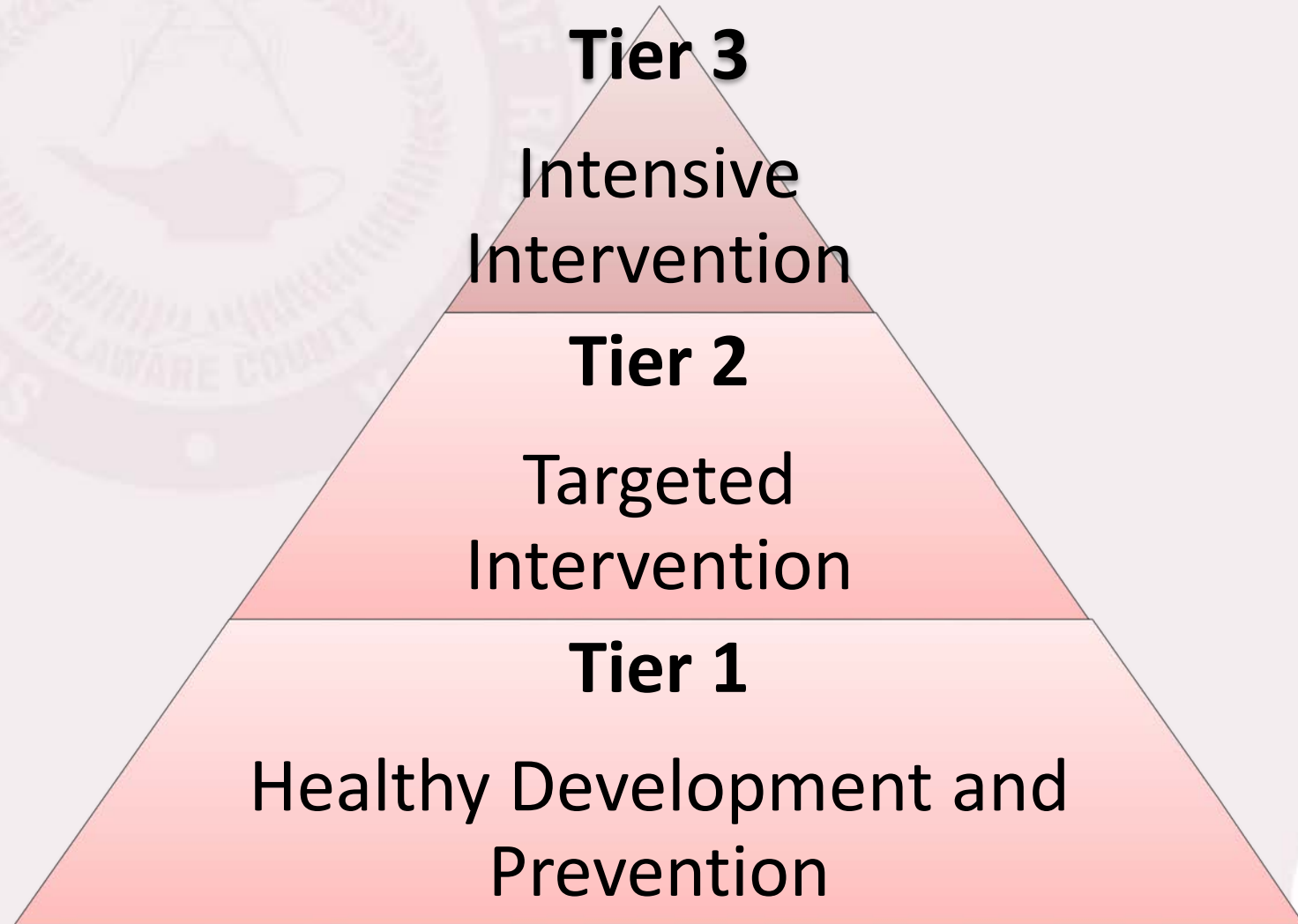


Data Review: PAYS Survey

- 26.8% of students in RTSD indicated experiencing bullying in the past 12 months (compared to 28.2% of students at the state level).
- Students who indicated experiencing bullying in the past 12 months reported these reasons most frequently:
 - “some other reason” (35.2% of students),
 - “I don’t know why” (30.2% of students), and
 - “the way I look [clothing, hairstyle, etc.]” (29.6% of students)



Data Review: K-12 SEL Programming



Data Review: K-5 SEL Programming

Tier III

Positive Behavior
Support Plan

Positive Action-
Curriculum

Tier II

Check-In/Check-Out

Divorce Group

Social Skills Group

Trauma-Resiliency
Group

School Attendance
Improvement Plan

Restorative Practice

Tier I

Nest program

Camp program

Guidance Employability

Divorce Support Group

School-Wide Positive
Behavior Support
Intervention

Health & Wellness Classes

Mind-Up Lessons

Responsive Classroom

Cool Tools Lessons

Student Ambassadors



Data Review:

6-8 SEL Programming

Tier III	Positive Behavior Support Plan	Positive Action-Curriculum	
	Drug-Alcohol Support Group	Divorce Support Group	Speak Up
Tier II	Resiliency Group	School Attendance Improvement Plan	Girls Lead
		Social-Coping Skills Groups	Student-Adult Mentor
Tier I	No Place for Hate	Minding Your Mind	Camp
	Guidance-Employability Skills	Where Everybody Belongs	Family-Consumer Science Curriculum
	Health and Wellness Curriculum	Lessons Olweus Bullying Program	Raider Groups Relationships & Self-Management
	John Halligan Assembly-Lesson	SEL Coaching	

Data Review: 9-12 SEL Programming

Tier III

Positive Behavior Support Plan	Positive Action-Curriculum	Transition to School Hospitalization
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Individual and Support Groups – Drug and Alcohol	Divorce Group	Grief and Loss Group
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Resiliency Group	School Attendance Improvement Plan	Girls Lead
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Student-Adult Mentor	Social and Coping Skills Groups	Speak Up
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Tier II

Restorative Practice	Emotional Regulation-Attention L2B	Groups Anxiety-Depression
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Black Student Union	Mentoring Programs Student-Adult	Mind-Up RHS Student-Elementary Student
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Paws for People	Dream Academy for Male Teens	Girls Empowerment Group
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Student-Student Mentoring		
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No Place for Hate	Minding Your Mind Speaker	Camp
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Guidance-Employability Skills	Adolescent Depression Awareness Program	Family and Consumer Science Curriculum
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Tier I

Health and Wellness Curriculum	Leader-in-Me	Day of Silence
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Freshman Fundamentals	SAM Spady Assembly-Lessons	Kindness Week
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Ethics-Honor Council	SEL Coaching	
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Data Review: Teacher Survey and Curriculum

n= 260 RTSD teachers

- Mean responses show that RSTD teachers include SEL elements in their classroom once to a few times per week.
- Written curriculum related to SEL instruction, expectations, and assessment exists for physical education, health, and family and consumer science.

Frequency of K-12 RTSD teachers including SEL elements in the classroom

<u>SEL Competency</u>	<u>Mean</u>
Self-Awareness	2.6
Self-Management	2.6
Social-Awareness	2.5
Relationship Skills	2.6
Responsible	2.7
Decision-Making	

Notes:

1=Not Detected, As-needed (0-4 days/month);

2=Occasional, About once a week (5-8 days/month);

3=Frequent, A few times a week (9-12 days/month);

4=Daily, Just about every day (13-20 days/month).



Data Review: Discipline Referrals

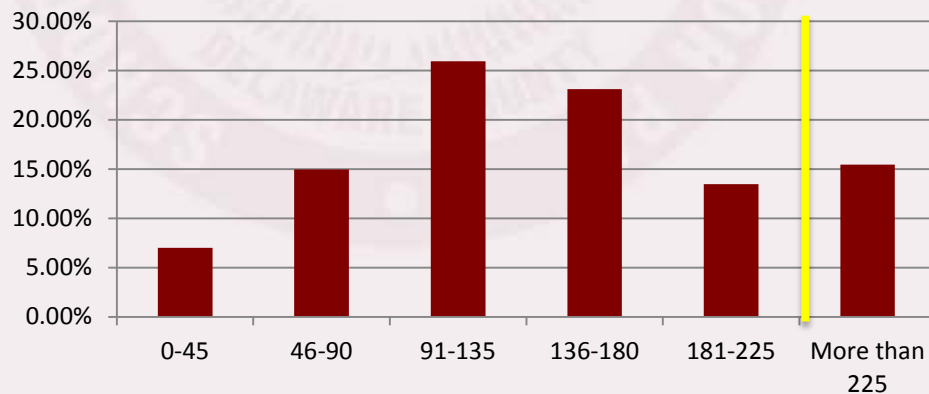
- There is variance between schools in the number and type of discipline incidents recorded
- Most behavior incidents are relatively minor
- 6% of RMS students had one or more discipline referrals recorded in 2017-2018
- 22% of RHS students had one or more discipline referrals recorded in 2017-2018



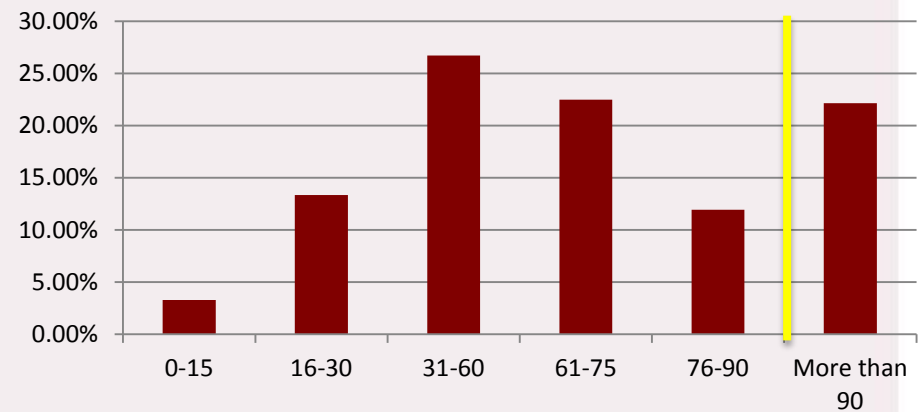
Data Review: Homework Survey

How many minutes of homework do you do on a typical week day
(Exclude time when you were taking breaks, instant messaging, using the
computer for recreational use, etc.)?

(n=601 RHS students)



(n=636 RMS students)



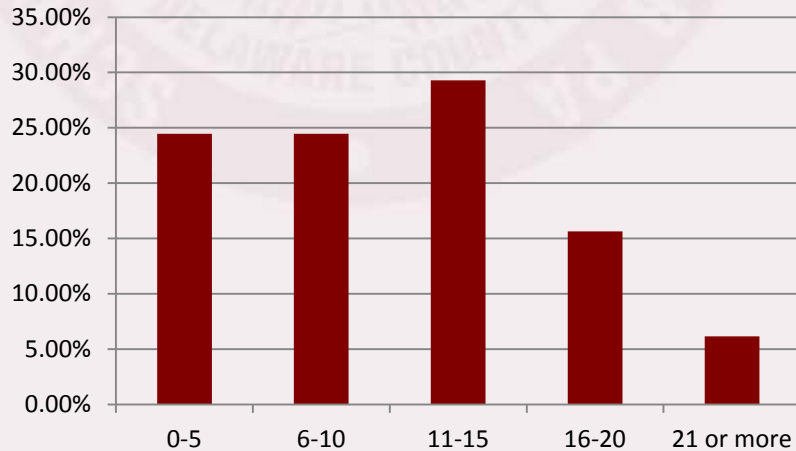
- Nearly half (49%) of RHS students who took the survey reported they spend between 1.5 and 3 hours on homework each week day.
- Nearly half (49%) of RMS students who took the survey reported they spend between 0.5 and 1 hours 15 minutes on homework each week day.



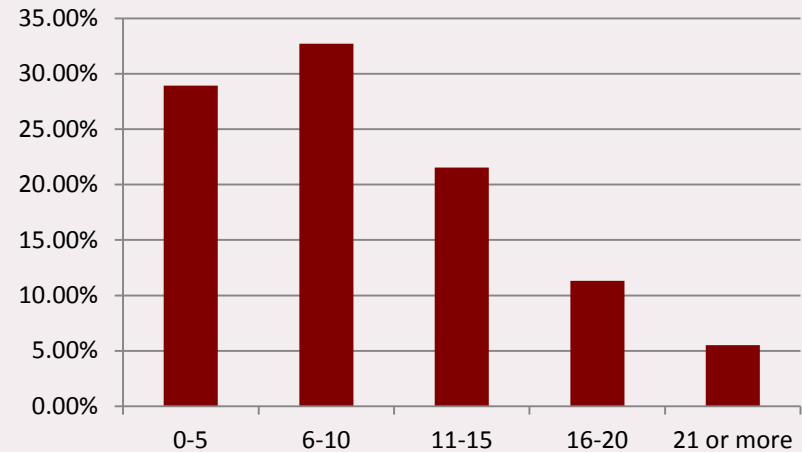
Data Review: Homework Survey

On average, how many hours do you spend in organized extracurricular activities (sports, clubs, musical, etc.) during the week?

(n=601 RHS students)



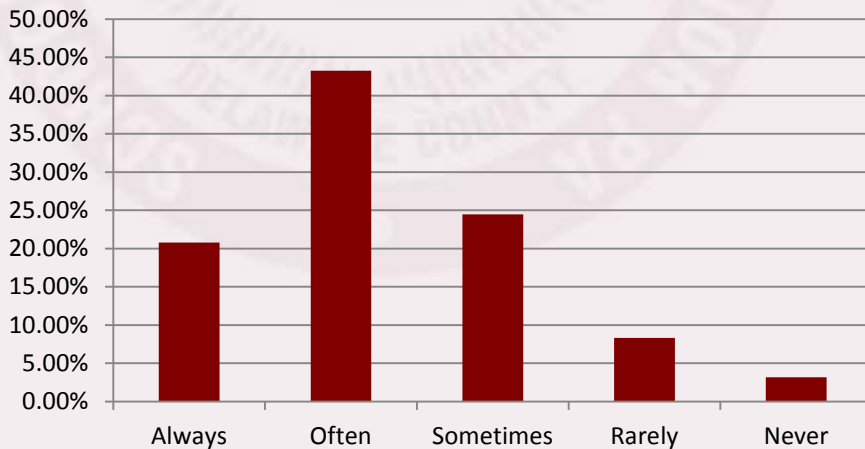
(n=636 RMS students)



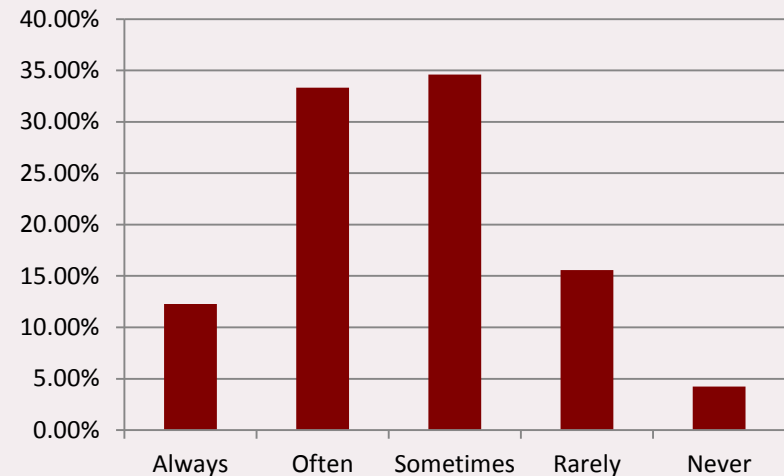
Data Review: Homework Survey

How often does school work or studying keep you from having time for your family, friends, or other activities?

(n=601 RHS students)



(n=636 RMS students)

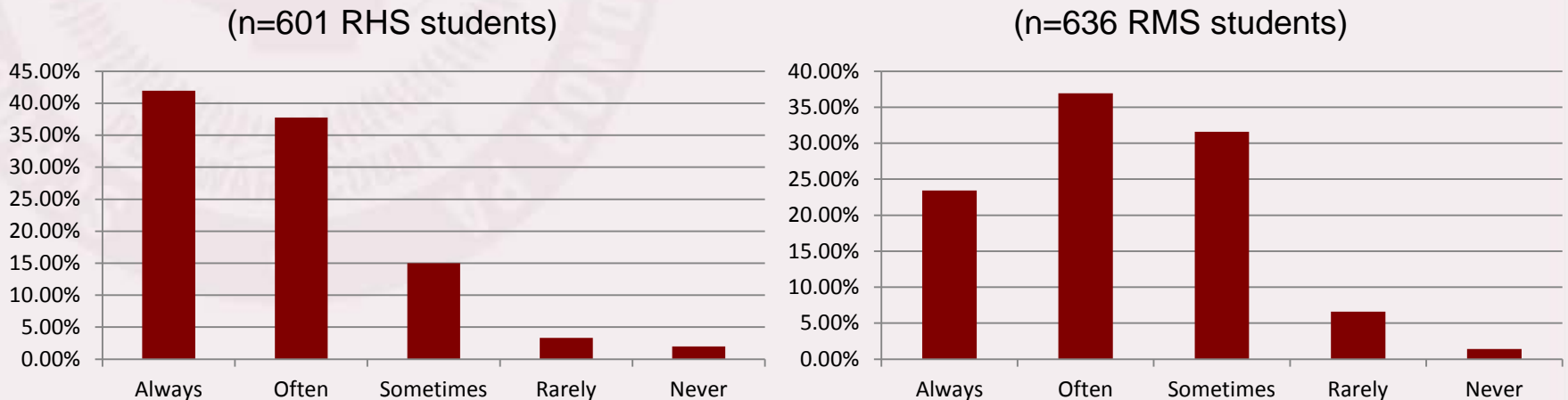


- 64% of RHS students who completed the survey report that schoolwork or studying “Often” or “Always” keeps them from having time for their family, friends, or other activities.
- 46% of RMS students report that schoolwork or studying “Often” or “Always” keeps them from having time for their family, friends, or other activities.



Data Review: Homework Survey

How often do you feel stressed by your schoolwork or academic experience?



- When RHS students were asked what in their life causes them the most stress, the top five responses were: School (32%), Homework (14%), Tests (10%), Grades (9%), and College (8.5%).
- When RMS students were asked what in their life causes them the most stress, the top five responses were: School (27%), Homework (24%), Tests (11%), Projects (10%), and Sports (7%).



Preliminary Findings

- Since 2011, substance use and instances of selling drugs on school grounds has declined.
- There is substantially higher use of e-cigarette/vaping devices in RTSD than state and national data.
- Radnor students report higher level than the rest of the state in involvement in pro-social activities.
- Many students believe their parents and peers are supportive (either actively or passively) of their substance use.



Preliminary Findings

- RTSD remains responsive to mental health (MH) and addiction with students reporting lower rates of MH problems compared to PA.
- Strong student-teacher relationships with RTSD students reporting greater sense of safety compared to PA.
- Inconsistent vision, language, and values across the district regarding social-emotional and wellness programming.
- Over emphasis on breadth versus depth with social-emotional learning and wellness programs and interventions with tendency toward fragmentation.



Preliminary Findings

- There is inconsistent collection and use of discipline data across schools.
- Our system for recording discipline incidents does not support easily obtained and actionable data.
- Although over three-fourths of RHS students received no discipline referrals in 2017-2018, a small group of students received more than half of all referrals during the year.
- Some RMS and RHS students exceed the maximum average daily time expectations for homework identified in the Administrative Regulations for school board policy 130.





SOCIAL, EMOTIONAL AND BEHAVIORAL WELLNESS

Questions?



PHYSICAL WELLNESS

Preliminary Data and Findings



Data Review: Food Allergies

- All three elementary schools have a nut free table in the cafeteria.
- Each elementary school has a protocol for addressing food in the classroom.
- RMS and RHS do not have specific protocols for food in the classrooms and do not have a nut free table in the cafeteria.
- All schools ensure the needs of students with allergies are met.



Data Review:

Physical Activity During the Day

- Students in K-5 have a 25-minute recess daily and students K-2 have an additional 20-minute afternoon recess.
- Classroom teachers at the elementary level have movement breaks in their classrooms.
- Students in 6-8 have the opportunity for a fifteen-minute recess (second half of lunch).
- Students in 9-12 do not have a designated recess time.
- Students K-12 have scheduled Physical Education class for 1 or 2 semesters.



Data Review: Concussions

- Students suffer concussions both from RTSD activities and non-RTSD activities.
- RTSD conducts base-line concussion testing every two year for athletes in all contact sports at RHS and for football at RMS.
- Taken steps to reduce the likelihood of concussions through instruction on proper tackling technique, limitations on tackling during practice and equipment.



Preliminary Findings

- RTSD uses different protocols in schools for managing food in the classroom and food allergies.
- RTSD Elementary schools meet the recommended guidelines for recess time and K-12 students have opportunities for movement throughout the day.
- RTSD meets PDE requirements of Physical Education for all students each year K-12.
- The RTSD Health and Wellness curriculum was found to be robust with some identified areas of focus.



PHYSICAL WELLNESS

Questions?



COLLEGE AND CAREER CAPACITY WELLNESS

Preliminary Data and Findings



Data Review: 339 Compliance

- RTSD has identified activities and artifacts aligned with college and career readiness requirements in grades 3-12.
- System in place to archive career artifacts in grades 3-12.
- School counselors oversee the collection and storage of 339 artifacts in each school.



Data Review: Higher Education Attendance

**Most Common Institutions of Enrollment in the Fall Immediately following
Radnor High School Graduation for All Classes by Number of Students
(2010-2018)**

1	Pennsylvania State University	238 students
2	Temple University	113
3	Delaware County Community College	112
4	University of Pittsburgh	95
5	West Chester University	60
6	University of Pennsylvania	55
7	Drexel University	50
8	University of Delaware	50
9	Syracuse University	30
10	Villanova University	27

Source: National Student Clearinghouse



Data Review: Higher Education Completion

Count of Radnor High School Class Who Completed a Degree Within Six Years as of November 2018

	Class of 2010	Class of 2011	Class of 2012
Total In the Class	334	300	294
Total With a Degree	243	214	219
Total Completion Percentage	72.8%	71.3%	74.5%
Female Completion Percentage	81.5%	76.6%	81.1%
Male Completion Percentage	65.0%	66.9%	67.8%
Asian Completion Percentage	75.0%	65.1%	76.9%
Black or African American	30.0%	38.1%	22.2%
White	75.1%	76.3%	78.3%

To protect student privacy, subgroups containing fewer than 10 students have not been reported.

Source: National Student Clearinghouse



Data Review: Counseling

School (Enrollment)	Number of Counselors	Ratio
RHS (1228)	5	246:1
RMS (830)	3	277:1
IES (447)	1	447:1
RES (629)	1	629:1
WES (579)	1	579:1
RTSD (3710)	11	337:1

Other Staff (2018-2019):

- 9-12 Social Worker
- 6-12 SAP Assessor
- K-8 Social Worker
- K-12 SEL Coach
- K-12 School Psychologists
- K-12 Counseling Support Person

Average Student to Counselor Ratio from the National Association for College Admission Counseling and American School Counselor Association:

National 482:1

Pennsylvania 395:1

(school counseling is not mandated in PA)

ASCA recommended Counselor Ratio: 250:1

NASW recommended Social Worker Ratio: 250:1



Data Review: Counseling

- Counselors allocate time for counseling students and for collaboration in meeting social, emotional, and behavior needs of students.
- Counselor time is divided between Academic, Career, SEL, and other activities domains.
- In the SEL domain counselors participate in IEP, 504, Crisis Team, Social Worker, SAP, and individual student meetings.



Preliminary Findings

- RTSD has collected K-12 career, education, and workforce artifacts for 339 compliance.
- There has been a concerted effort to expose students in grades 4, 5, 8, and 9 to Career and Technical Education to increase their awareness of educational and employment options.
- RTSD has a graduation rate and college completion rate that are higher than state and national averages.
- Student completion of higher education degrees far exceeds the national average with lower completion for black/African American students.
- Counselor responsibilities vary from school to school across levels.





COLLEGE AND CAREER CAPACITY WELLNESS

Questions?



Next Steps

- **Parent and Community Input**
 - **Email: wellness@rtsd.org**
 - **Focus Groups:**
 - **May 23 6:30-7:30 pm in RMS LGI**
 - **May 28 9:00-10:00 am in Admin GFCR**
- **Final Student Wellness Study Report with recommendations will be presented in Fall 2019**

Thank You!

