

UNDERSTANDING --- THE



SCHOOL WELLNESS ASSESSMENT

A guidebook for teachers, parents and students

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WHAT IS A SCHOOL WELLNESS ASSESSMENT?



As students headed back to school in 2021, violence in classrooms again began to rise as our nation witnessed the TikTok bathroom vandalisms, teacher assaults and more school shootings. In the United States, there are more than 20 million children and teens with mental health needs. The National Center for Educational Statistics report that 80% of public schools report violence, theft or other crimes had taken place on their campus. **Well-being Safety Assessments** has made it their mission to help students and schools with a preventative screening to help identify children and teens who are struggling with mental health issues earlier, offer treatment services sooner and ultimately make our schools safer.

The School Wellness Assessment is a **3-Point Prevention System** promoting the highest school safety standards.

Point 1

The School Wellness Screening is a 55 question online assessment for students in grades 3-12. The questions are very basic and straight-forward so students can easily determine how they feel and answer appropriately. The screening typically takes less than 20 minutes to complete. Students are offered counseling services following the assessment if they are feeling anxious, angry or sad due to the questions.

Based on how the student answers each question, the assessment identifies students in 8 targeted areas including anger/violence, depression/suicide, drug/alcohol abuse and emotional/social challenges.

Point 2

Educational staff members are given an online questionnaire to complete to assist with the identification of mental health and behavioral challenges within their school as well as environmental safety concerns.

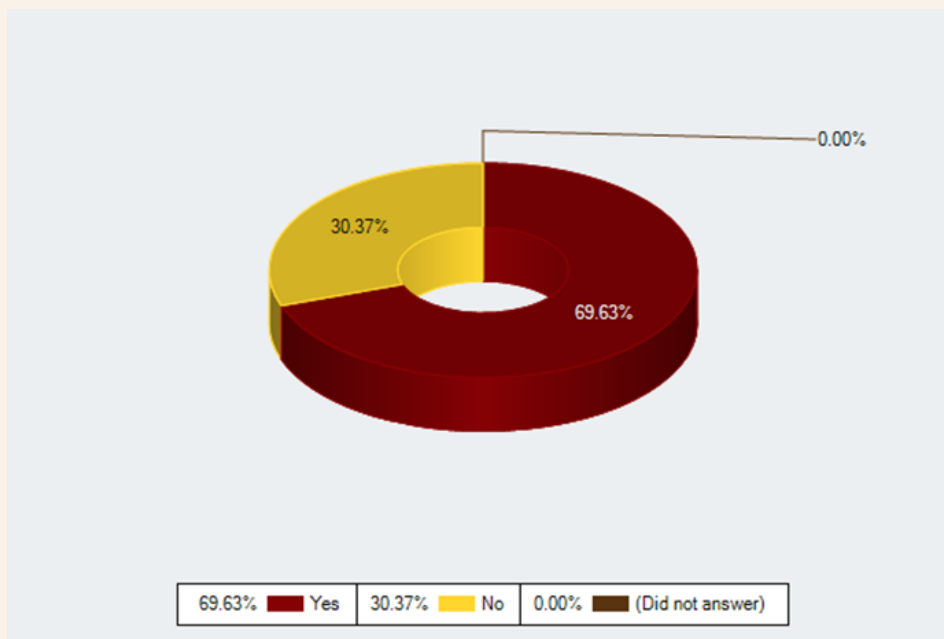
Point 3

The School Wellness Assessor will then meet with the school administration and review a current school safety checklist which looks at what each school within the district is doing to improve overall security. The Assessor will discuss questions about staff training, updated technologies, and unified communication systems. She will ask about specific students of concern, bullying prevention programs, and School Resource Officer training.

Once the student assessment, staff background questionnaire and school safety checklist meeting is completed, the Assessor will analyze the data and provide a confidential School Wellness Report to the designated school administrator.

The report identifies all high-risk students based on how the student answers the screening but also includes information other students and staff provide about the school and student population. By utilizing this 3-point system, WSA provides the school with a wrap-around approach to prevent mental health concerns going undetected. WSA also offers a treatment resource handbook for students and their families needing local, state or federal mental health referrals. Together, we can prevent violence in our schools and have a safer tomorrow.

STUDENT SCREENING



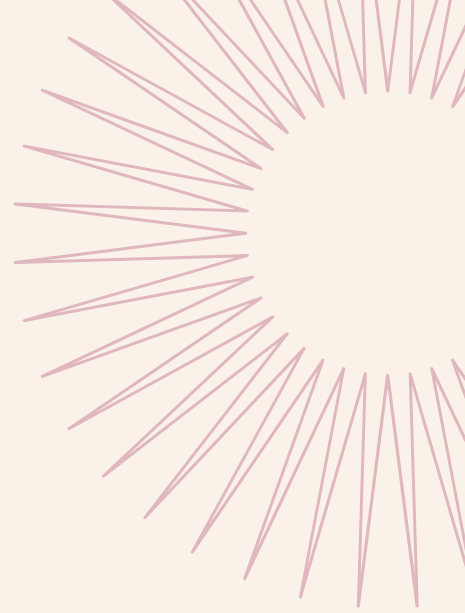
According to the Parent Resource Center, suicide is the second leading cause of death for students ages 10-24 years old.

The student screening section of the School Wellness Assessment focuses on how a student feels about him/herself, how they feel about others and how they believe others perceive them. By looking at these three viewpoints, the assessor can help identify the student's level of risk when it comes to violence, depression, drug/alcohol abuse as well as social/emotional issues.

Students are also asked about their peers, educational staff members, and their school campus. WSA wants to ensure the screening encompasses the entire school environment.

One of the questions often asked to the CEO of Well-being Safety Assessments is, "What prevents a student from providing false information on the assessment?" Although there are always some students who will not take any assessment seriously, most children and teens see the screening as a means for them to have "a real voice" in their school. They utilize the assessment as a way to tell their school officials what is going on behind the classroom door, in the hallways and on the buses. Like most adults, students want and need to be heard and often this is enough to prevent a verbal or physical altercation in the future.

EDUCATIONAL STAFF QUESTIONNAIRE



Teachers see our students everyday

Our educators play an important role in the assessment process

Our educators play a very important role in the assessment process. Most students spend over 6 hours at school 5 days a week with school staff. Our teachers, librarians, counselors and coaches know these kids very well. They know what frustrates them, who they don't get along with and sometimes even what they are thinking and how they're feeling.

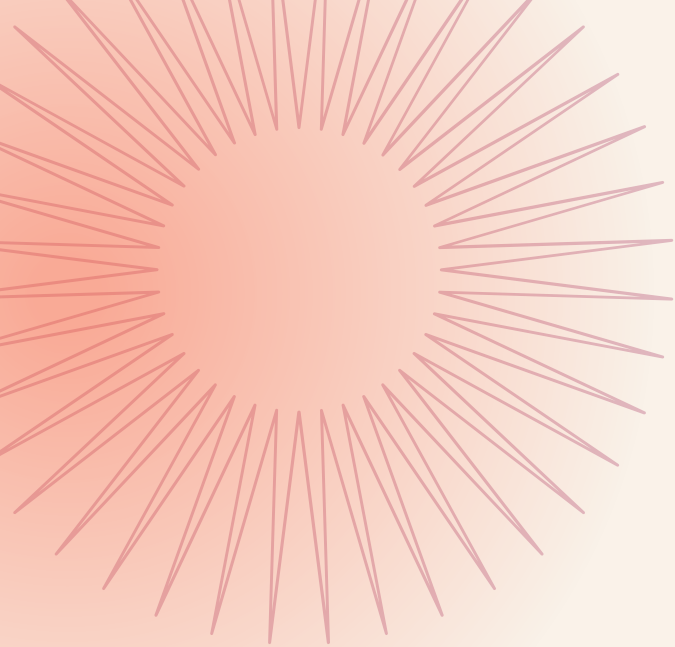
The Staff Background Questionnaire gives educators an opportunity to voice the concerns they have about students, their classroom and the school.



Questionnaires are anonymous

Well-being Safety Assessments asks educators questions about the last 6 months they have been at school. All questionnaires are anonymous giving them the freedom to be truthful with no fear of repercussions. We focus on specific students who have been struggling, classroom deficits, and overall school safety.

Most questions are open-ended allowing the reporter to provide as much detail as possible.



SCHOOL SAFETY CHECKLIST MEETING

what trainings do educators attend to improve school safety?

The final step of the School Wellness Assessment is a meeting held to discuss school safety with school administrators. What has the school put in place to promote a secure environment for it's students and educators.

The Assessor will focus on the specific training staff attend to help maintain a safer classroom and school. He will ask questions about staff defusing and de-escalation programs, student wellness/SEL courses, as well as current training for the School Resource Officer.

The Assessor will ask about the School Counselor and the Parent Engagement Specialist to ensure they too are making school safety a priority through their regular programming and interaction with parents and students.

School Administrators discuss their monthly in-house School Safety meetings and their partnership with emergency management agencies.



What school technologies are in place to make classrooms safe?

The Assessor gathers information on current technologies the school is using such as cameras, GPS systems, visitor entrance procedures, and communication systems to determine if these processes are working the best they can.

The information gained from this meeting is extensive and is often insightful for all who participate.

This process is not about "what the school is doing wrong" but instead about working together to create the safest school environment we can give our students and staff tomorrow.





PARENT INVOLVEMENT

Parents are an important part of the assessment process



Well-being Safety Assessments request all schools utilizing the [School Wellness Assessment](#) to notify the parents of all students prior to giving access to the screening. We want parents to be proud of their school for taking a flagship role as we move toward more preventative measures to keep our schools safer than they were yesterday.

WSA also wants parents to have the opportunity to learn more about the assessment itself and to take a sample screening to fully understand what questions their child is getting ready to be asked and to also communicate with the Assessor if they feel their child is displaying signs of depression, anger or emotional instability.

Together, we can keep our schools safe and make everyone's tomorrow brighter by tackling issues while they are small instead of waiting till they escalate out of control.



Most of us would see a doctor if we had a physical illness, yet there is still a stigma against seeing a therapist for a mental illness. It is important to let our children know it is okay when we are sad or angry and sometimes we just need some extra help.

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MAKING SCHOOL SAFER TOGETHER



10300 County Road 8130
Rolla, Missouri 65401
573.451.2151

www.well-beingsafetyassessments.com
info@well-beingsafetyassessments.com
[@wellsafety](https://www.instagram.com/wellsafety)

