



WSCC Emotional Well-Being Learning Collaborative

April Community of Practice Call

CDC National Initiative to Advance Health Equity in K-12
Education by Preventing Chronic Disease and Promoting Healthy
Behaviors

Priority 2: Emotional Well-Being

**National Center for School Mental Health &
Collaborative for Academic, Social, and Emotional Learning**





Welcome!

-Please change your Zoom
Name to: STATE-Name, i.e.
MD-Jill

Once you're done,
share in the chat one simple
way you promote relationship
building among staff and/or with
students.

TODAY'S AGENDA

Inclusive Welcome

Student-Adult Relationships

Elevating Youth Voices

Intentional Closing &
Feedback Survey





Feedback Survey

Please open the the feedback survey link. We will ask you to fill this out at the end of the call.

- Link is available in the chat or;
- Scan the QR Code; or
- Type in bit.ly/wscclc2





Inclusive Welcome



3:00

Part 1: Grab a piece of paper...

Write a memory of “that” teacher for you - a teacher who you felt connected to or made a difference in your life.

Part 2: Look back over what you wrote down and circle all the adjectives or descriptive words. Share a few in the chat! What do you notice?



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STUDENT-ADULT RELATIONSHIPS



So, how do we ensure that every student has at least one relationship with a trusted adult in the school building?

We don't leave it to chance.



“



What is one thing you would like to see educators do more of to foster strong student-educator relationships?

Ask questions to get to know students as people, not just students

Advocate for more students' voices to be heard in school decisions

Ask questions to get to know students as people, not just students

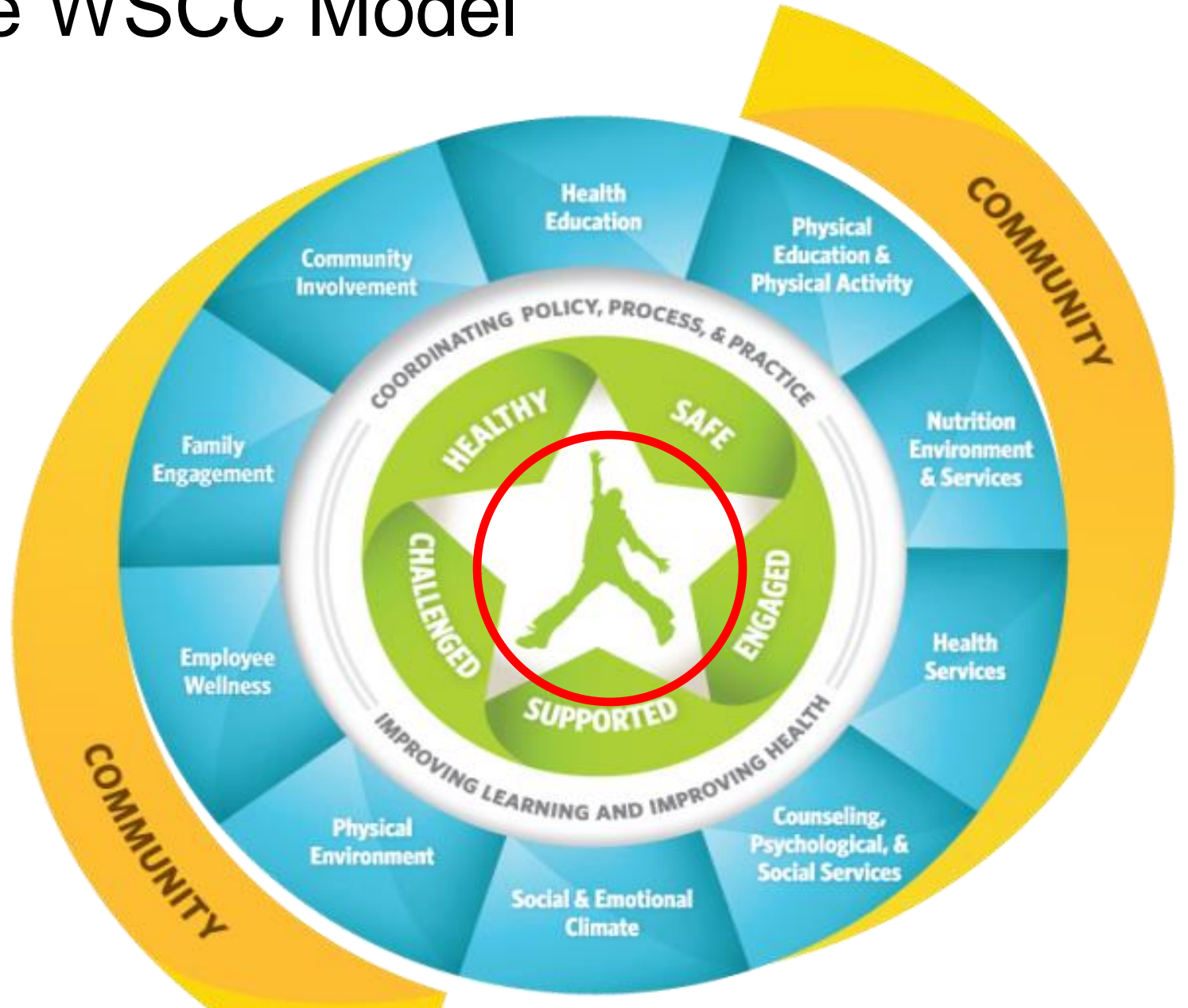
Having a more comfortable environment for students to grow in

Give the same respect to students that we are supposed to give them

Paying equal attention to every student.

The WSCC Model

At the center of everything is **the Child** and it is **relationships** that build the foundation for healthy systems





What is one big outcome for young people that you are working towards or one data metric that you are paying close attention to?

Share in the chat.





Why relationships? Research demonstrates that:

- Strong teacher-student relationships are associated with higher academic engagement, attendance, grades, fewer disruptive behaviors and suspensions, and lower dropout rates.
- Improving students' relationships with teachers could have important, positive and long-lasting effects beyond just academic success, including better physical and mental health in their mid-20s,

[Why Teacher-Student Relationships Matter](#) (EdWeek)

[Positive Student-Teacher Relationships Benefit Students' Long-Term Health. Study Finds](#) (APA)



Strategies for Building Individual Connections with Students

2x10

“2 minute intervention”



- Select ONE student
- For TWO minutes a day
- For TEN consecutive days
- Brevity; Student Voice; Honesty



[2x10](#) (Panorama)



Strategies for Building Individual Connections with Students

5 minute student chats

- Initiate
- Open
- Personalize
- Invite Feedback
- Close

[5 Minute Chats with Students](#) (CASEL)





Building Relationships in the Classroom

Community Building Circles



Community Building Circles (CASEL)



Schoolwide Efforts: Relationship Mapping



Relationship mapping is one powerful tool schools can use to intentionally measure



[Relationship Mapping Overview, Facilitation Guide, Video](#) (Harvard)



Schoolwide Efforts: Leadership Modeling

Relationship Skills

- Greet students by name daily.
- Build a connection with someone in your school with whom you do not normally interact.
- Take time to reflect on potential outcomes before responding to challenging students.
- Get to know students and allow them to get to know you within your individual comfort level and appropriate boundaries.
- Model fairness, respect, and appreciation for others.
- Provide opportunities for students to work together and give specific praise for strong teamwork and collaboration: "I saw how you built a plan and divided responsibility so everyone could work to their strengths."
- Acknowledge the efforts of others with encouragement and affirmation: "I notice you stepped out of your comfort zone when you volunteered to act out that scene. You've really grown."
- Intervene when you hear language that is racist, sexist, ableist, or homophobic, or when you see a student being targeted by peers.





Your Turn!

Let's crowdsource from our learning collaborative!

Add your ideas to our collective toolbox by sharing a strategy for building adult-student relationships either through individual connection, at the classroom level, through schoolwide efforts, or systemically.





Putting together the pieces

Use the conversation time in smaller groups to thought partner around staff-student relationships

What did you hear that builds on work you are already prioritizing?

What stands out to you as a new idea or opportunity?

What do you want to learn more about?





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ELEVATING YOUTH VOICE





Youth Leader Panel

*Sampson County Schools,
North Carolina*

*Rock Hill Schools, South
Carolina*





Panel Topics

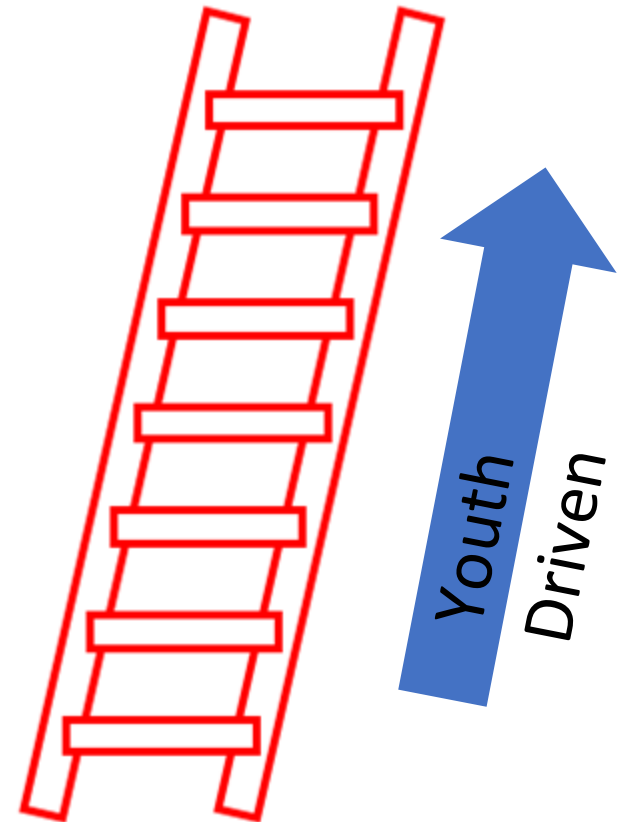
- Introductions & fun facts/well-being practices
- Relationships between students and teachers/staff
- Equity



Poll: Ladder of Youth Participation

On which rung is your school or district?

1. Youth Initiated and Directed
2. Youth Initiated, Shared Decisions with Adults
3. Youth and Adult Initiated and Directed
4. Adult Initiated, Shared Decisions with Youth
5. Consulted and Informed
6. Assigned and Informed
7. Tokenism
8. Decoration
9. Manipulation



What Youth Want

- Choice of how to participate
- Options that build on skills/interests
- Clear understanding of roles, tasks, and expectations
- Support and coaching from caring adults
- Be a meaningful partner
- Grow with opportunities to participate in the work
- Connection with others who share a common experience



Strategies for Welcoming Student Input

- Consider young people as key stakeholders and partners
- Regularly solicit student feedback
- Engage students in studying and assessing their school or district
- Include authentic student representation on leadership teams
- Invite students to any discussion related to their own services

–adapted from [Giving Students a Voice](#), Harvard Graduate School of Education



Trauma-Informed Youth Engagement Practices

Principle	Practical To Dos
Safety	Co-create safety norms with youth.
Trustworthiness & Transparency	Communicate goals and expectations.
Peer Support	Facilitate peer relationship building activities.
Collaboration & Mutuality	Actively invite youth to share their opinions.
Empowerment, Voice & Choice	Use shared decision-making processes.
Cultural, Historical and Identity Concerns	Focus on cultural responsiveness, diversity, equity and inclusion. Solicit youth feedback.



Breakout Group Time





State Breakout



- What is one strategy that your district has used to engage students?
- How could your district improve upon this strategy to represent a higher rung on the ladder?
- What is one action your district could take this year to “climb the ladder”?

Join State Breakout



Youth Leadership Update



- Final Youth Action call:
 - **April 23, 2024, 1-2 PM EST/12-1 PM CST/11-12 PM MST**
 - **Leadership Topic - Mentorship**
 - District youth liaisons and reps from the States invited to participate to hear youth updates!

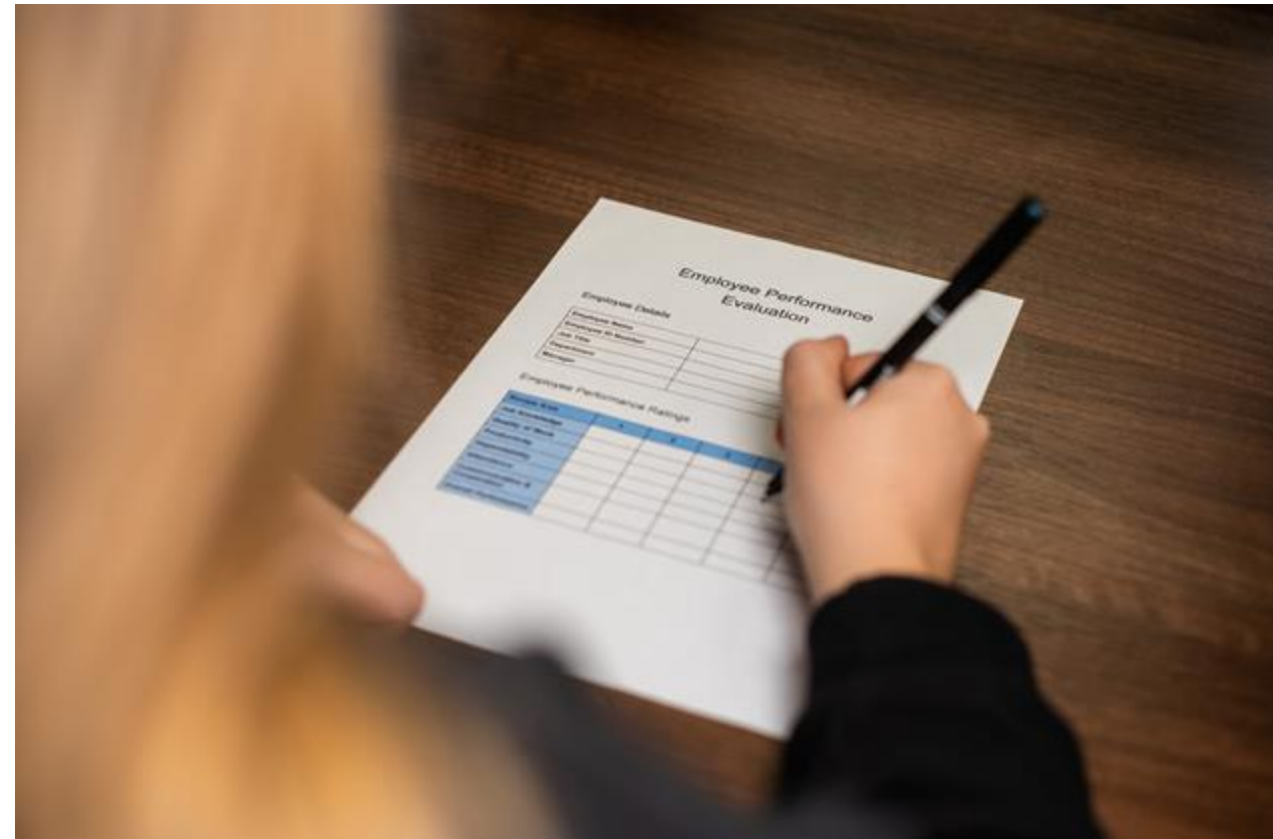
Intentional Closing

In the chat, share one new relationship-building strategy that you will either try out or learn more about before our May call!



End of Year Evaluation

- Sending out an end-of-year survey
 - Programs, Policies and Practices Adapted
 - Impacts on Health Equity and Youth Engagement
 - Feedback on the LC process
- Fill out with all initiatives since June 2023.





Feedback Survey

- Please take 1-2 minutes to provide feedback on today's session!
- Click on the link in the chat OR;
- Scan the QR Code OR;
- Type in **bit.ly/wscclc2**





Thank you for joining today!

Next Monthly Call:
May 21, 2024

Remember to visit
e4ed.com to access our
Learning Collaborative
Resources, Monthly Call
Recordings and Slides





WSSCC Emotional Well-Being LC Communications

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Websites: schoolmentalhealth.org; e4ed.com
casel.org

Listserv bit.ly/NCSMH_listserv

CASEL Newsletters: [Newsletters - CASEL](#)

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