



# Cohasset Middle-High School

OFFICE OF THE PRINCIPAL

**TO: CMHS School Community**

**RE: Health and Wellness Survey Executive Summary**

**On Wednesday 9/20/17 the major findings of the surveys conducted at CMHS last spring were shared with School Committee. Our intent was to share data, report out major findings and trends, and to discuss next steps. Information shared is summarized below**

- High School and Middle School surveys were administered with notice to parents but without notice to students on April 24, 2017 (HS) and May 31, 2017 (MS)
- 370/432 students in the high school (86%) participated
- 384/406 students in the middle school (95%) participated
- Questions were customized by us and include topics previously asked about on either the Community that Cares or the Youth Risk Behavior Survey
- The survey is in keeping with our commitment to collect student wellness data biannually
- The survey was administered to students electronically and simultaneously
- Follow up listening sessions and conversations took place in all health classes at all grade levels
- Major Findings/Concerns:
  - A large number of students, particularly those in the minority groups (Black/African American, Latino/Hispanic, LGTBQ/Non-Binary) do not feel as supported in the CMHS environment. This number is also higher among younger students (grades 6-9).
  - Tobacco use has increased significantly, particularly regarding vaping, cigarette use, and blunt wraps.
  - Overall, there is a general perception that tobacco, alcohol, and marijuana use is less risky than was perceived in 2015, mostly notably in what students think their parents believe.
  - An alarming number of students report that parents are supplying alcohol.
  - A large number of student report riding in a car with someone who has been smoking marijuana.
  - Student stress and mental health concerns continue to rise.
  - Students overwhelmingly report that grades (not learning) are the primary source of stress, followed by the workload or balancing school and extracurricular activities.
  - Student treatment of one another, particularly via social media, is concerning.
  - Between 20-25% of students indicated atypical sadness or suicidal thoughts. Adults are only made aware of students considering suicide in about 20% of cases.
  - New data indicates that sexual violence increases as students get older, which perhaps correlates to an increase in substance use



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### ➤ Next Steps:

- Assess and implement SEL strategies to reduce stress and build resiliency (in accordance with the district strategic plan and school improvement plan)
  - Implement Institutional Climate and Inclusion Assessment (Winter 2018)
  - Reassess the Freshman Advisory program
  - Continue to develop CMS positive behavioral supports
  - Work with the Assistant Superintendent to explore social emotional learning strategies that can be embedded in our curricula
  
- Establish the Bridge transition program (BRYT) (ongoing)
  
- Implement SBIRT screening for students in grade 10 (Fall 2017)
  
- Pilot a “Mindfulness” student workshop to be offered after school
  
- Continue to sponsor student-led Mental Health Awareness Week every spring
  
- Work with the PSO to explore opportunities for parent education and engagement