Stratford College School
Wellbeing Self-Evaluation Report and Improvement Plan, 2023-2024

Theme: 'Disconnect to Reconnect: all students, all teachers, all classes'

A whole school approach to explore the link between social media/sleep hygiene and Wellbeing.

Emerging Theme: Disconnect to Reconnect: A new theme called "Disconnect to Reconnect" emerged from the survey data, emphasizing the importance of taking intentional breaks from digital devices to improve overall well-being. This year we will collaborate with parents, teachers and students on how we can enable students to make better choices around these two areas.

Introduction: - This plan records the findings of our evaluation of well-being and how it impacts teaching in our school and our current improvement plan, including targets and the

actions we will implement to meet the targets which we have decided on.

The focus of this evaluation We undertook self-evaluation of wellbeing in the school during the period September 2021 to October 2021. We looked at the four key areas as part of the wellbeing framework for schools. Having met with Denise Dalton and after receiving student, staff and parental feedback, we evaluated/analysed the data and found that culture and environment was an area to focus on for development.

Our Focus for Improvement:
Having gathered evidence and analysed the data based on the four key areas – culture and environment, curriculum teaching and learning, relationships and partnerships and policy/planning, we will focus on Relationships & partnerships

Wellbeing Promotion Indicators of Success

Key Areas	Indicators of Success
Relationships & Partnerships	• Children and young people, their parents and other external partners are actively involved in wellbeing promotion within the school community. • All adults in schools and centres for education have an increased awareness of the importance of wellbeing promotion, including listening to children and young people, and signposting them to internal or external pathways for support when needed.

Statement(s) of Effective practice for all:
The wellbeing of the whole school community is central to the school's ethos/mission statement and school leaders and management actively promote wellbeing.

In the last academic year August 2022- June 2023, we looked at teaching and learning in our school to find out what we are doing well and what areas need improvement.

Findings
Student Wellbeing is affected by poor sleep hygiene and social media: The real impact of social media and sleep hygiene on Behaviour for Learning was identified in surveys in February and May 2023 conducted by the Wellbeing Team. Students had identified these areas in May 2022 in a Wellbeing Survey.

In February 2023 a Student Wellbeing Survey on Sleep and social media (114 students responded to this survey) reported some of the following data:

20% of students going to bed between 12-3am; 40% reported sleeping for only 5-7 hours; 32% of students reported feeling sleep deprived regularly in classes. 63% of students reported that parents do not take their devices away at night (phones, laptop, X- box, computer and games) and 90% said that the internet/WI FI is not turned off at night.

In a Parents' Survey (107 parents responded, also in February 2023)
89% said they would be willing to take their child's device each school night; 85% agreed that they encourage a good routine; 71% remind their children of the importance of a goodnight's sleep; 44% reported taking devices away at night and 48% are strict about bedtime. Some of these parents would welcome school and Parents' Association support with practical advice on settings and controls and to reinforce the message that sleep, and social media are stressors on student wellbeing and behaviour for learning.

National Findings
Our findings that most students feel that social media and overuse of phones affects their ability to learn, and their mental health reflects the evidence of National Surveys. For example, Study Clix and The Irish Times reported in May 2023 that social media and mobile phones had an impact on teenagers. Phone-Away Boxes for Junior Year groups installed in August 2022.

3rd Year Parent-Teacher Meeting Survey October 2023
94% of parents encourage a good home-school routine; 19% are strict about bedtime; 18% take devices away but 100% are willing to take devices away if it's a whole school Wellbeing initiative approach. Respondents suggested: Increased awareness of limiting the use of phones, encourage more time away from devices;' Many parents are supportive of whole school initiative as they feel it will effect change in their children's habits as a result.

Summary of Strengths:

- Management, teachers, parents, and students collaborate to bring about school improvement: collaboration and interaction between all stakeholders at meetings and through digital platforms that informs, reviews and reflects on behaviour for

learning, academic engagement and social media and mobile phone usage. All stakeholders evaluate and monitor progress through reporting, communications such as meetings (Parent Teacher Meetings; Parents' Association; Student Council and the Board of Management and Staff Meetings); surveys; focus groups.

- Stakeholder acknowledgement of significant data and information gathered about the link between behaviour for learning, social media & sleep hygiene which will inform 2023-2024 SIP.

- Our good practice of collaboration, we engaged with Advisory Bodies: PDST; OIDE; and Inspectorate Advisory Visits to advise on best practice.

- Student and teacher identification of students need for support with responsible mobile phone use led to the installation of Student Phone Away Boxes for the junior classes in August 2022;

- Excellent pastoral care and teacher awareness of our students in a small school community and small class sizes

- Most students feel praised for their work and connected to their school community through curricular and extra-curricular opportunities.

- School life promotes responsible digital citizenship and offers many opportunities for students to reconnect through active learning curricular and co-curricular activities.

This is what we plan to do:

- Encourage student engagement in extra-curricular activities e.g., lunchtime and after school clubs.
- Monitor and support patterns of student behaviour around sleep hygiene and responsible social media usage to promote 'Behaviour for Learning' and academic engagement in a student-centred environment and gather data regarding sleep hygiene, social media usage and student behaviour for learning.
- Enhance knowledge, attitudes, and skills required to improve sleep hygiene and responsible social media usage and their links to behaviour for learning.
- Raise Awareness: Educate students, parents, and teachers about the potential negative effects of excessive screen time on sleep quality, mental health, and overall wellbeing. We will conduct surveys in parent teacher meetings.
- Digital Detox Campaign: Organise a school-wide initiative to encourage students to disconnect from digital devices. Students to hand up phones at 9pm. Parents felt it would be easier to enforce if it was a whole school campaign.
- Establish Healthy Habits: Encourage students to adopt healthy sleep habits, such as setting consistent bedtimes, creating device-free zones in bedrooms, and practicing relaxation techniques before sleep. Encourage students to be physically active and to participate in our extra-curricular activities.

- TY (Transition Year) class to use this Theme for their YSI project, they will teach an SPHE (Social, Personal and Health Education) class to all year groups on Sleep Hygiene.

Actions to support implementation of the School Improvement Plan, 2023-2024

- Parent Teacher Meetings – Parents will complete surveys on Sleep Hygiene, social media usage and consider how it may impact their child's behaviour for learning.
- Senior Management Teams, SSE Co-Ordinator, Subject teachers, Transition Year Maths- Science Students with their teachers, and Dublin City University (DCU), will survey parents, teachers and students and gather data from Focus Groups to monitor progress in sleep hygiene and social media use.

This is what parents can do to help:

- Monitor your child's screen time, sleep hygiene and social media sites.
- Encourage your child to participate in extra-curricular school clubs and community clubs
- Participate in Parent Surveys at Parent/ Teacher Meetings
- Browse material on the school website regarding School Self-Evaluation and our School Improvement Plan for this year.
- Attend the Parents' Association Meetings
- Keep conversations open with your child regarding the benefits of sleep hygiene and responsible digital citizenship (screen time and social media)
- Encourage your child to take greater ownership and responsibility for their learning, mobile phone habits and sleep hygiene.

SMART Targets:	Required Actions	Measurable Outcomes/ Success Criteria:	Timeframe for Actions	Review dates
Teachers will engage with students around the topic of wellbeing and Sleep/social Media etc.	**August 2023:** **Staff will agree** on a common approach to monitor and support patterns of student behaviour (at home) around sleep and social media usage. (Staff Meeting August 2023)	Digital Platforms Data: VS Ware comments; School Wise Observations of phone usage, social media, and sleep patterns. Parents will review their children's Sleep, Social media use at Parent Teacher Meetings through surveys. Wellbeing Team will Survey Students & Parents regarding: Sleep Hygiene, Mobile Phone and Social media usage and report on their findings.	Phase 1 August– December 2023/23: SSE Surveys of students, teachers and parents. & Phase 2: January -May 2024 Regular teacher observations of their classes and students. SSE Surveys	August 2023, December 2023, May 2024 @ Staff Meetings Senior Mgt Meetings fortnightly reviews Surveys in October; Feb & May SSE Co-Ordinator's Report in May 2024 to all Stakeholders.
	Posters (laminated posters) on doors and noticeboards where staff and students have an opportunity to share what they are doing e.g., Ms. Kenny & 5th Years are			

	doing ... to 'Disconnect to reconnect' e.g., training on a basketball team outside school; evening; walking my dog every afternoon after school with my friends. All subject teachers will regularly check-in with students about their sleep patterns and remind students of the benefits of healthy sleep patterns, responsible phone and social media usage.			
Target 2 To use research collected from Dublin City University Anti Bullying Centre Surveys of our students to evaluate phone policies in schools aroudn Dublin (eg Pouch or Phoneaway boxes). The findings will be used to Inform our school policy	DCU will administer student surveys in October-November 2023 – Wellbeing and Behaviour for Learning Teams to lead.	SSE Co-Ordinator with Wellbeing & and Behaviour for Learning Teams	Data from surveys will reflect student experience of mobile phone and social media use	October – November 2023

See below for details of the timeline of this research study				
Target 3 Raise Awareness	Educate students, parents, and teachers about the potential negative effects of excessive screen time on sleep quality, mental health, and overall wellbeing.	Use of surveys to see if Students and Parents feel empowered to take ownership of their wellbeing		
Target 4 Digital Detox Campaign:	Organise a school-wide initiative to encourage students to disconnect from digital devices. Students to hand up phones at 9pm. Parents felt it would be easier to enforce if it was a whole school campaign.	Feedback from Parents and students.		
Target 5 Establish Healthy Habits	Encourage students to adopt healthy sleep habits, such as setting consistent bedtimes, creating device-free zones in bedrooms, and practicing relaxation techniques before sleep. Encourage			

	students to be physically active and to participate in our extra-curricular activities.		

Timeline for the Pouch and Phone research study:

Time Period	Research Activity
Week beginning 4th September 2023	Begin Recruitment for first survey (Time point 1)
Week beginning 11th September 2023	Launch survey (time point 1) - open for 1 month
October 2023	Survey (time point 1 closes)
Middle February 2024	Send out reminders for survey (time point 2)
Late February 2024	Launch survey (time point 2) and begin recruitment for focus groups
March-April 2024	Focus groups with principals, teachers and pupils, and undertake analysis of focus groups
March-May 2024	Analysis of all survey data and produce report

*Note: This timeline is contingent on DCU REC (Ethics) approval. The timeframe for time point 1 might be pushed back a week depending on whether Dr. Megan Reynolds receives approval from the ethics committee before the beginning of September 2023.