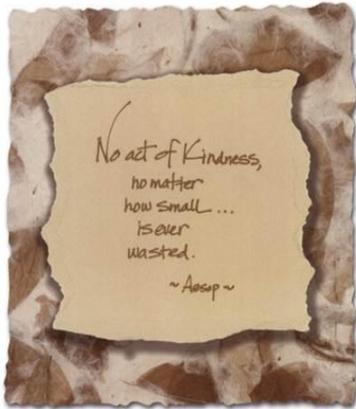


Healthy Schools/DASH story from KLO Middle School 2012-13



Date: May 23, 2013

School Name: KLO Middle School

School District: Central Okanagan #23

Contact Names: Mrs. Cathie Pavlik, Mrs. Jody Cronquist, Mr. Steve Labrie

Contact Email/Phone Number: catherine.pavlik @sd23.bc.ca

Healthy Schools Team

Teachers – Cathie Pavlik, Jody Cronquist

Vice Principal – Steve Labrie

Community Volunteers - Beth Hanishewski and Michelle Warwick

Students - 10 Grade 7-9 students

Our Inquiry question: "How can we help influence KLO students and staff to show more kindness and respectfulness to one another?"
(Social and Physical Environment Pillar)

Our school's Health Promoting School (HPS) team initially met to decide how to approach the inquiry. The team decided to have our district's HPS coordinators create a student friendly survey asking questions based on the comprehensive school health (CSH) four pillars so that we could see where the students assess the community of KLO in relation to each pillar. We chose 90 students randomly; 30 from each grade, to complete the survey. Members of the HPS committee compiled, analyzed and prepared the data so that the eventual inquiry team of students could see how their peers viewed the elements of each pillar.

At the first school wide assembly the results from the survey were shared. We asked students to apply to be a part of the HPS team and to take part in student inquiry. As a result of this process, ten very keen students from various grades became the team. We met to determine our focus and decided to call ourselves the "TIPS" team (The Improvement Plan).

To increase the TIPS team understanding of CSH, the purpose of the surveys, and also to hone in on a relevant and meaningful inquiry question, the district's health promoting schools coordinators and the community members of our HPS team facilitated the team through a two hour information gathering, team building and goal setting process. This activity led to a thorough analysis of the pre-survey data, many questions generated from the CSH pillars and resulted in our inquiry question. The conclusion drawn from this meeting was that KLO students felt that we could be more kind and respectful. The TIPS team took it from there and decided to begin a Random Acts of Kindness (RAK) campaign.

The first part of the initiative was to construct and deliver complimentary "paper heart messages" and "pay it forward slogans" for Valentine's day to many students. The TIPS team felt this would inspire the school to realize that someone out there could really benefit from a kind word or compliment.



The TIPS team then talked to the entire school at an assembly and asked them if they were willing to make KLO a kinder, more respectful school. We challenged the school by asking teachers and students to participate in a school wide RAK campaign. This involved mentorship teachers monitoring individual RAK contributions with their students using a star chart. The mentorship block was asked to finish their star chart and return it the TIPS team after approximately a one month period.

Towards the end of the school year, during our school wide track and field day, the TIPS team went around looking for students being kind and rewarded them with a treat and a ticket to the RAK draw. Once students caught on to what the TIPS team was up to, there were lots of acts of kindness... Though

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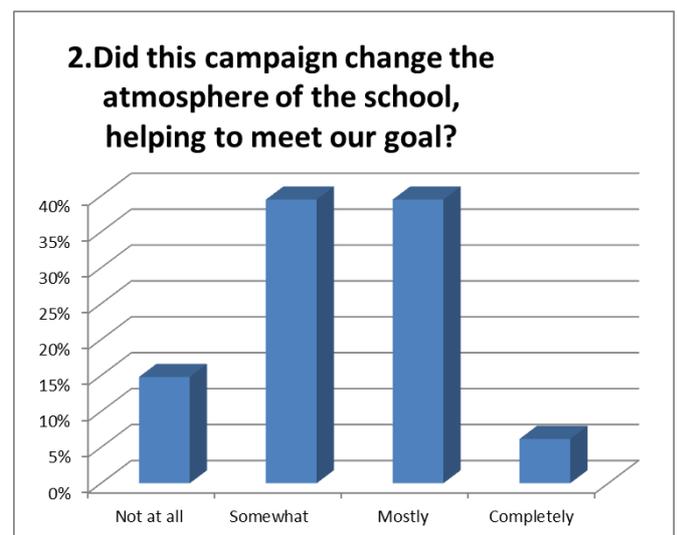
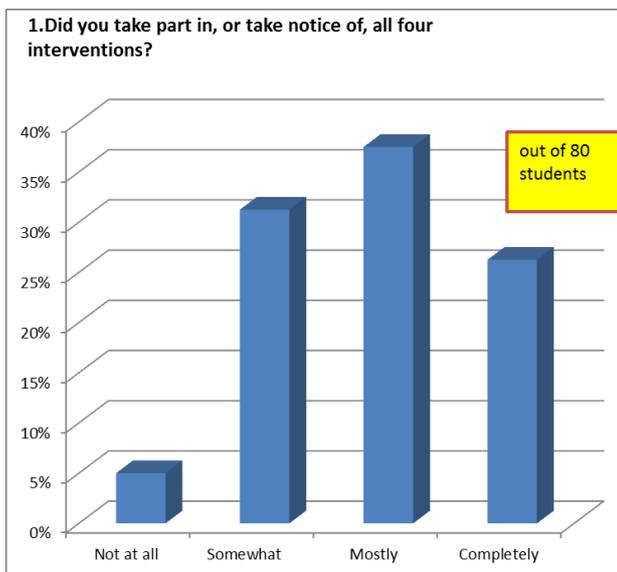
it was difficult to see who was actually being kind or who was just doing something nice in order to get a treat. Either way though the activity was fun or it reinforced the importance of being kind.

DATA and REFLECTION – scroll to bottom



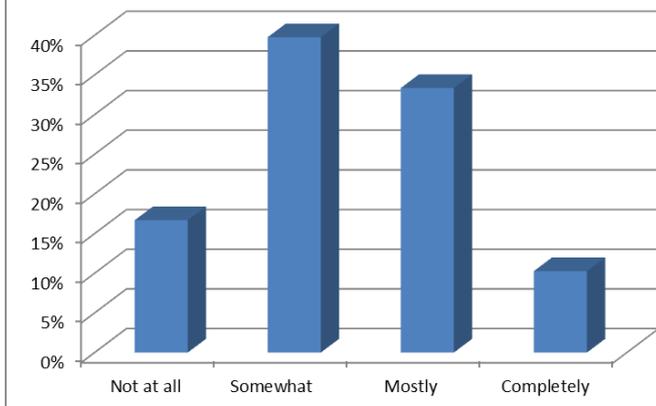
DASH Inquiry - Random Acts of Kindness 2013 – RESULTS

POST TEST SURVEY QUESTIONS - in percentage	Not at all	Somewhat	Mostly	Completely	Total
1. Did you take part in, or take notice of, all four interventions listed above?	5%	31%	38%	26%	100%
2. Did this campaign change the atmosphere of the school, helping to meet our goal?	15%	40%	40%	6%	100%
3. Did this campaign change the way you interact with other people?	17%	40%	33%	10%	100%
4. Did this campaign increase your awareness of your own actions and of the importance of treating other students in a positive manner?	10%	22%	40%	28%	100%
5. In your opinion, should work on this specific goal continue next year?	4%	11%	40%	45%	100%



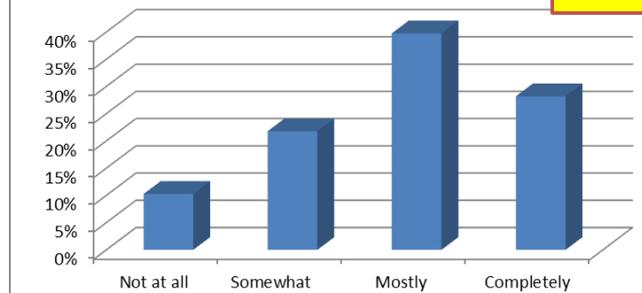
Healthy Schools/DASH story from KLO Middle School 2012-13

3. Did this campaign change the way you interact with other people?

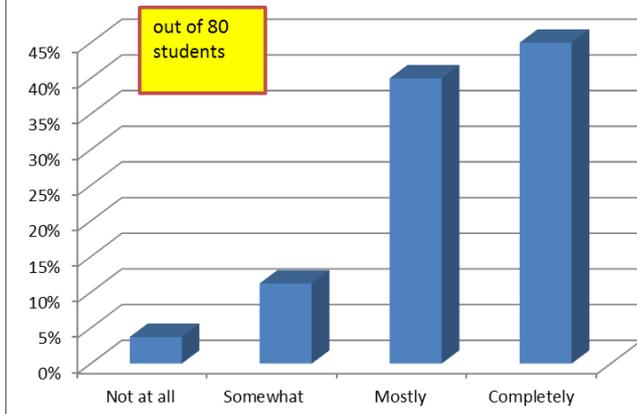


4. Did this campaign increase your awareness of your own actions and of the importance of treating other students in a positive manner?

out of 80 students



5. In your opinion, should work on this specific goal continue next year?



Reflections (what worked well, what would you do differently next year, where are you going next in the learning?)

Though we are pleased with our efforts and the results that came out of the inquiry to improve school respect and kindness, the post survey results showed that many students still feel that we are not as kind and respectful as we could be, or they felt they were not aware of the interventions that were put in place.

If we were to do this again, we would try to improve the way we communicate the campaign strategies/interventions to the students and staff. We would also look at trying to improve communication within the inquiry/HPS members by scheduling time beforehand so there was a consistent meeting arrangement (e.g. every Tuesday at 8:15 am). It is very difficult to meet with students when they are not organized as a "single class".

The TIPS team members enjoyed taking the lead on this project and are hopeful there will be a class that will continue with fostering a positive school atmosphere next year. Next year they would like to get t-shirts to wear when we go around the school promoting our goals and also they thought they would like to have professional posters made to put up around the school to remind students to be kind and respectful!