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Prevention of Mental Health Problems in K-8 Students

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Senior Capstone
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Abstract

This senior capstone research examines the methods being used to prevent mental health problems in K-8 students. Research from Chandra and Minkovitz (2007) shows that due to the lack of knowledge, confidence, and resources, teachers and on-site staff are not able to provide the necessary help to students who need mental health services. Through the use of literature review, interviews with three elementary teachers and three administrative staff, and 30 anonymous student surveys, the result findings indicate that the K-8 school in the Manteca Unified School District (MUSD) currently tackles student mental health issues primarily by onsite counselors and Social-Emotional Learning (SEL) curriculum, as well as by hosting a parent intervention night. However, result findings also indicate students are not comfortable discussing their mental health with the onsite counselors and do not take advantage of the resources currently available to them. It is recommended that by providing students with a safe and comfortable environment with proper resources, early signs of mental health problems could be detected and will eventually enhance the students' quality of life in the years to come.

Introduction and Background

As someone who struggles with mental health problems, I am passionate about the subject of mental health. I think it is important for students to be able to identify the signs and symptoms of mental health problems and, if they are experiencing these issues, to know their feelings are valid and they are not alone in their struggles. Often, a child will be ignored when expressing deep emotions that often come with a mental illness. Through this senior capstone research paper, I hope it shows the importance and relevance of giving every child a voice and the proper resources to express their emotions freely and to let them know they will not be ignored and their feelings are valid. I recognize not every child may want help but by at least providing resources and normalizing mental health discussions in K-8 students, I hope this allows some students to recognize and acknowledge their own mental health struggles and seek assistance.

In the United States, more than 50% of people will be diagnosed with a mental health disorder at some point during their lifetime. “1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness” (Centers for Disease Control and Prevention, 2021, p. 1). This should help put into perspective how many students per classroom could face a mental health issue in their lifetime. In a typical classroom of 30 students, that means there could be six students that experience a mental health issue during their lifetime. There are more than 200 types of mental illnesses, the most common being bipolar disorder, depression, and schizophrenia (Centers for Disease Control and Prevention, 2021 p.2). Introducing mental health prevention methods to students at a young age will not necessarily prevent them from getting a mental health disorder in the future; however, by introducing and

normalizing mental health conversations to students at a young age, it will hopefully make it easier for them to recognize and address their own mental health issues, if the time comes.

The topic of mental health is not talked about enough with elementary school students. Yet, depression, anxiety, and stress are common mental health problems among children and adolescents (Kim, Kim, & Kamphaus, 2022.) With teachers spending a lot of time each day with their students, it is important that teachers are properly trained to identify and assist students with mental health problems. Studies have shown teachers often lack the knowledge, confidence, and efficacy to be able to identify mental health problems in their students (Maclean & Law, 2022). More than 70% of adolescents who need mental health care are not receiving services (Chandra & Minkovitz, 2007). Mental Illnesses can occur over a short period of time or be periodic as well as being ongoing/long lasting. For these reasons, I believe that not only do teachers need more training, but the proper resources to make students feel more comfortable coming forward with these issues and taking advantage of available resources in order to prevent these problems from worsening.

My research of Prevention of Mental Health Problems in K-8 Students includes an extensive review of the existing literature; the collection of data through surveys with students, and interviews with teachers and administrative staff at Manteca Unified School District; and, the inclusion of findings and recommendations contained in a thorough report which will be available in the California State University Monterey Bay library for future reference. Each of these will be discussed in more detail in subsequent paragraphs. School administrators and educational policymakers can take charge for youth experiencing mental health issues by providing the necessary tools for prevention. “Early detection of mild behavioral and emotional symptoms that indicate mental health risk has been viewed as key to preventing or resolving

mental health disorders” (Kim, Kim, Kamphaus, 2022.) Increased school engagement and early identification leads to a rise in the use of mental health services by students. “...Youth with mild-to-moderate mental and behavioral disorders are more likely to use services in schools providing greater early identification resources” (Green, McLaughlin, Alegria, Costello, Gruber, Hoagwood, Kessler, 2013.)

As a future educator who is concerned about the mental health well-being of my students, the primary research question I chose to answer is: How do schools prevent mental health problems in K-8 Students? The secondary research questions are: What are mental health problems in students? What causes mental health problems in the K-8 student population? What does research say about the causes of mental health problems in K-8 and how do schools prevent them for K-8 students? Are there mental health problems among the K-8 student population in the Manteca Unified School District (MUSD)? If there are, what are they? Given the mental health problems existing among K-8 students in the MUSD, how do teachers prevent mental health problems among K-8 students? Are there resources in the MUSD to prevent mental health problems among K-8 students? Are teachers able to access these resources to prevent mental health for their students in the classrooms? These questions will be answered through this senior capstone research project beginning with a review of the current academic literature.

Literature Review

Mental health problems in K-8 students are often ignored or not taken seriously by schools and not a lot is being done to tackle these issues and help these students. Even though there are resources available on-site at schools, they are not being properly utilized by staff, ultimately exasperating these students' mental health.

Children and adolescents constitute almost a third of the global population, and it is estimated that approximately 20% of them experience some form of mental health (MH) difficulty [United Nations Children’s Fund] (UNICEF), 2013). (O’Connor, 2017, p.1)

Yet, as mental health is becoming more common, it should be taken more seriously by teachers, on-site staff, and parents. It should be an important aspect in the classroom and prevention methods should be implemented every single day.

Defining Mental Health

In order to prevent mental health problems in K-8 students, there has to be an understanding of mental health problems. One of the most common forms of mental illness is depression, “depression is a mental illness that causes dysfunctional thinking, concentrating, making decisions, speaking, sleeping, eating, and excessive feelings of worthlessness, hopelessness, and sadness” (Magno, 2023, p.5). Mental illness can affect our emotional, psychological, and social well-being. It affects how we think, feel, and act and impacts how we handle stress, relate to others, and make healthy choices. Mental health is an important aspect in all stages of life, from adolescence through adulthood (Centers for Disease Control and Prevention, 2021.) Other forms of mental health issues can include but are not limited to stress, anxiety, suicidal thoughts, eating disorders, schizophrenia and self-harm. Having good mental health is important for overall well-being because it can increase the risk for physical health problems.

Often there is a stigma regarding mental health. “Mental health stigma includes the perception that individuals with mental health disorders are weak, flawed, dangerous, and socially incompetent” (Chandra & Minkovitz, 2007, p.764). This stigma can prevent children from coming forward about their emotions and seeking help. If a student hears another student or adult talking negatively or dismissing someone with these overwhelming emotions, they will think their emotions are not important enough to talk about. As an educator, it should be a

priority to diminish this stigma if ever shown in the classroom or school community and to give all students the safe space they need to come forward.

Causes of Mental Health Disorders

Mental Health disorders can be introduced into a person's life in many ways. A child's background and early life experiences can have a big impact on their mental well-being. If there is trauma established early on in their life, they are more likely to experience symptoms of Post Traumatic Stress Disorder (PTSD), depression, or anxiety (Centers for Disease Control and Prevention, 2021). This can cause the child problems in the classroom as it can affect their attention and they could have a harder time focusing. Additionally it can affect their ability to process information and their skills at problem solving.

Family socioeconomic status can have an impact on decreasing a child's mental health. "Low-income, urban, and African-American and Latino youth experience higher rates of externalizing and internalizing symptoms, and minority youth are more likely to experience food insecurity, community violence, poverty, and family dysfunction that increase their risk for mental health problems" (O'Connor, et al, 2010, p. 2). Since these students typically reside in a low-income area, it is important to keep in mind that there could be a lack of access to healthcare which can also cause an increase in children getting undiagnosed and untreated for mental health problems (O'Connor, et al, 2010.)

There are some risk factors that can be looked for when assessing the cause of mental health issues. It is important to look out for "...stress factors in a child's life, including poverty; severe marital discord; violence in the home, school, or community environment; disability; and, other factors that tend to be associated with these risks (Bender, et. al, 1999, p.134). If any of these factors are prevalent in a student's life, it should be important to be aware of these factors

and to keep an eye on this child and provide necessary tools, if needed. However, in contrast, some children do have good resiliency and are able to overcome and bounce back from such situations. Some of these positive factors could include "...a loving, caring parent to assist in nurturing of the child at-risk; a caring grandparent; a mentor or significant authority figure in the school or the community recreation center; a stable and healthy home environment; and, effective educational interventions' (Bender, et al, 1999, p. 134). When a healthy relationship is established between a child and mentor of some sort, this can help decrease the risk of a mental health issue.

Prevention Methods in the K-8 Population

Since K-8 students spend a majority of their time at school, schools should have a high responsibility for their students and their health. Schools already have resources for physical health, such as Physical Education, and are doing their best to provide free lunches to students who cannot afford it. But what about these students' mental health? What are schools doing to identify and protect their mental well-being? There are two basic types of prevention programs that schools can do. The first one emphasizes the development of general skills and competencies that are designed to prevent maladjustment (Green, et al, 2013). An example of this could be a stress control program. The second type of prevention program emphasizes teaching skills that are specific to a certain disorder, this is something such as therapy or on-site counseling (Green, et al, 2013).

Some schools tackle mental health prevention by using identification screenings to pinpoint these mental health issues as early as possible. "When mild symptoms evolve to become mental illness, treatment becomes more challenging and of longer duration" (Kim & Kim & Kamphaus, 2022, p. 2). Detecting symptoms early on can be a good way to resolve these issues

and can improve a student's academic outcomes, prevent the extent of mental health problems in adulthood, and ensure timely treatments and interventions (Kim & Kim & Kamphaus, 2022).

This will result in a better quality of life for these students.

Other schools practice mindfulness which is a "... 6 [step] therapeutic technique that helps a person focus one's awareness on the present moment, free from distraction, while being calmly aware of one's thoughts and feelings, without getting caught up in them... can be implemented into any activity, ranging from deep breathing activities, guiding meditation, watching calming visual imagery, listening to calming music, mindful coloring, mindful eating and drinking, mindful walks, yoga and tai chi" (Magno, 2023, p.5-6). The implementation of mindfulness practice is beneficial in prevention as it teaches kids how to handle emotions in a healthy way and gives them tools that not only benefit their mind but their body as well (Magno, 2023). Mindfulness techniques can be incorporated into their daily lives through adulthood.

Methods and Procedures

At the start of the spring semester, I had no idea what I wanted to focus on in my research. When instruction first began, my professor, Dr. Paoze Thao, started talking about how it would be easier to find a topic within our minor or emphasis, I started getting some ideas. Dr. Thao helped me find something I was passionate about and assisted me in reshaping my topic into something realistic and attainable. After framing my research topic, I began conducting an extensive review of the literature. It was upon an initial review of the literature that I was able to fully develop my primary research question, and secondary or related questions. I wrote the prospectus laying out the methods and procedures on how to seek the answers to my research questions. My method and procedures consist of extensive literature review, interviews with administrative staff and teachers, and anonymous student surveys.

I conducted extensive library research and gathered 15 peer-reviewed articles and journals that related to my topic and primary and secondary research questions. I found it challenging to gather some of these resources considering there is not a lot of research on the topic of mental health within the population of K-8 students. However, I was able to find research on a variety of relevant topics including: defining mental health, causes of mental health disorders, prevalence of mental health disorders, and prevention methods in the K-8 population.

In order to figure out how to prevent mental health problems in K-8 students, I first needed to figure out what is currently being done in schools for students with these issues. I knew I wanted to conduct interviews and give students a survey but I was not sure where to start. I attended a K-8 school in Manteca, California, where I still have relationships with teachers and school staff. I got into contact with the school in the Manteca Unified School District and I collaborated with Teacher 1. When I sat down with Teacher 1, we discussed what my goal was for my research paper and drafted the interview and survey questions to make sure the answers would provide me with the information I was seeking.

I then created interview questions related to the administrative staff. I sat down with the administrative staff to conduct interviews and inserted their answers on three (3) Microsoft forms (See Appendices A-C). These questions were created to see the viewpoint on mental health disorders from a staff member that is not in the classroom with a set amount of students every day. This allowed for a conversation that is different from a conversation with a teacher or student. The interview covered topics such as the prevalence of mental health issues, what they have noticed, what they believe are the causes, the steps the school takes to prevent mental health issues, the mental health resources available in MUSD, and how those resources are accessed.

I then created interview questions for the teachers. I sat down with the teachers to conduct interviews and inserted their answers on three (3) Microsoft forms (See Appendices D-F). Since teachers are in the classroom with a set of students on a daily basis, I created interview questions that allowed me to gain a better understanding of their knowledge of mental health issues, and how prevalent they perceive it is in the classroom. The interview covered similar topics as the interview questions for the administrative staff; however, I believed the teachers' perspective would be somewhat different than administrative staff due to the amount of time the teachers spend with the students in the classroom. The interview covered topics such as the prevalence of mental health issues, what they have noticed, what they believe are the causes, the steps the teacher takes in the classroom to prevent mental health problems, the mental health resources available in MUSD, and how those resources are accessed.

When designing the anonymous survey questions for the students, I had to take into consideration that these students will be 11-12 years old. I had to form questions that the students would be able to easily answer in relation to my secondary research questions. After some trial and error, I came up with a set of fifteen (15) questions that I emailed to Teacher 1. Teacher 1 and myself reviewed the questions together to ensure they were clear and at the appropriate grade level for the students. Teacher 1 then sent the questions out via a Microsoft form to thirty (30) students, where the answers were sent directly back to me (Appendices G-JJ). Teacher 1 did not see the answers from the students. These questions were designed around the emotions of the students to get a sense of how they feel when they are at home and when they are at school.

Each survey question for the students utilized a Likert Scale from 1-10 with 1 being "Never" and 10 being "Always." Each question also allowed the student to write a narrative response if they desired. Survey questions included questions around how often the students

were sad, happy, worried, and scared. There were also questions regarding how often a student had a stomach ache, headache, or had problems falling asleep. There were also a series of questions related to how often the student talked to someone when something is wrong, who they talked to, if they received emotional support at school and at home, and if they felt safe at school. The last set of questions were related to if they provided help to others, for them to rate their physical health, and if they were aware of resources offered by the school when they were having problems.

I found the method of sending the students the survey questions through the Microsoft form the easiest for me and the most convenient for Teacher 1. That way the teacher could fit administering the survey into the schedule at a time that worked best for the teacher and the students. This would allow the students to take as much time as they needed to answer the survey questions. Considering I live two hours away from the Manteca Unified School District, I had to conduct all my interviews in the same school day. Trying to get the survey questions done at the same time would have run into time constraints and I wanted there to be ample time for the students to give honest and thoughtful answers. I conducted all of my interviews during the same school day and interviewed three administrative staff and three teachers. Teacher 1 teaches 6th grade (See Appendix D), Teacher 2 teaches 3rd grade (See Appendix E), and Teacher 3 teaches 2nd grade (See Appendix F). I chose to give my survey to Teacher 1's class which included 34 students (19 females and 15 males). It is important to note that only 30 students completed the survey. I am not sure if the missing students were absent the day the survey was administered or they just did not choose to complete the survey. Since the survey was anonymous, I could not inquire with Teacher 1 as to the reason why those students did not participate. Choosing this population was an easy process, I wanted the girl to boy ratio to be fairly close together so I

could get a sense of both genders even though the surveys would be anonymous. Additionally, due to the ages of the students, this was the only class where the teacher was willing to administer the survey. The other two teachers felt the younger students may not understand the questions being asked as the topic is quite advanced and serious and would not necessarily be at their grade level. By using a combination of interview questions with administrative staff and teachers and the survey questions with the 6th grade students, it was the easiest and most appropriate way to answer my primary and secondary questions.

Results, Findings, And Discussion

Through my research, my results have indicated that not enough is being done to help prevent mental health problems in K-8 students.

In order to fully answer the primary and secondary research questions, an analysis of the interview questions with the administrative staff and teachers, as well as an analysis of the anonymous student survey questions must be completed. Since the interviews with the administrative staff and teachers were in narrative form, those will be discussed later under the analysis of the primary and secondary research questions. Following is an analysis of the fifteen (15) student survey questions. Each survey question for the students utilized a Likert Scale from 1-10 with 1 being “Never” and 10 being “Always.” However, it is important to note the students used a scale of 0-10. For purposes of discussion and analysis, it will be assumed that a score of “5” is a feeling of “average” or “neutral” to the question. By utilizing the scale of 1-10, there are five scores below “5” (average/neutral) and five scores above.

1. *What grade are you in?*

All the students who completed the survey were in the 6th grade.

2. *On a scale of 1 (Never) to 10 (Always), how often are you sad?*

The students primarily used the middle range of the scale. There were only 2 students that marked either a 0 or a 1 and only two students that marked between 8-10. Twenty-six (87%) of the students rated between a 2 and a 7. Eleven (37%) of the students ranked themselves as a 2 or a 3 in this category. The mean was 4; the median was 4; and, the mode was 3. Students rated how often they are sad as slightly below average/neutral.

3. *On a scale of 1 (Never) to 10 (Always), how often are you happy?*

The students primarily used the “average/neutral” to “always” range in the scale. There were no students that ranked themselves in the 0-3 categories and only two students that ranked themselves a 4. Twenty-one (70%) of the students rated if they were happy between a 7-10. The mean was 7; the median was 8; and, the mode was 8. Students rated themselves as generally being very happy.

4. *On a scale of 1 (Never) to 10 (Always), how often are you worried?*

The students primarily used the middle of the range. Fifteen (50%) of students indicated they were worried at either a 4 or a 5. There were very few students at either end of the scale; only five (17%) students were between 0-3 and eight (27%) students were between 8-10. The mean was 5; the median was 5; and, the mode was 5. Students rated themselves as average/neutral in terms of how often they were worried.

5. *On a scale of 1 (Never) to 10 (Always), how often are you scared?*

The students primarily used the “never” to “average/neutral” range of the scale. Twenty-four (80%) of the students indicated they were scared below average (0-4); only four (13%) of the students indicated they were scared above average (6-10). The mean was 3; the median was 3; and, the mode was 4. Students rated themselves as less than average/neutral or not being very scared.

6. *On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?*

The students used the entire range from 0-10; however, 19 (63%) rated themselves as less than average/neutral and eight (27%) rated themselves as more than average/neutral. The mean was 4; the median was 3; and, the mode was 1. Students rated themselves as less than average/neutral and do not experience regular stomach aches and/or headaches.

7. *On a scale of 1 (Never) to 10 (Always), do you have problems falling asleep?*

Twelve (40%) of the students reported a 0-1, with a total of eighteen (60%) students reporting below average/neutral in terms of having problems falling asleep. Three (10%) students reported average/neutral and nine (30%) students reported above average problems with falling asleep. The mean was 3; the median was between a 2 and a 3; and, the mode was a 2. This data implies that students did not experience problems falling asleep; however, it was concerning that 30% of students in the 6th grade have above average problems falling asleep at night. There was one student who indicated “sometimes I remember something sad like when I moved to the USA and I am sad because in Mexico there I have my family.”

8. *On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?*

The students used the full scale and there were a wide range of responses. Two (7%) students reported they never talked to someone when something is wrong; while five (17%) students reported they always talked to someone when something is wrong. Eleven (37%) of the students rated themselves as a 4-6, which falls in the average/neutral range. The other scores were pretty evenly spread out across the range. The mean was 5; the median was 5; and, the

mode was tied between a 5 and a 10. Clearly there is no consensus among students as to whether they talk to someone when something is wrong.

9. *Who are you comfortable talking to when something is wrong?*

This was a narrative question and students provided a variety of responses. There was only one student who wrote “no one” and another student who wrote “nobody, I handle by myself.” However, the vast majority of students listed a laundry list of people they could talk to including: friends, teacher, parents, counselor, family, brother, best friend, close friends, administrator, SSA’s (Safe School Ambassadors), and yard duty. There were eleven (37%) that indicated they would talk to a teacher and a total of fourteen (47%) that indicated they would talk to a teacher or a school personnel.

10. *On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?*

This question received evenly split responses from the students. Twelve (40%) students rated their response between 0-4. Six (20%) rated their response a 5. Twelve (40%) rated their response between a 6–10. The mean was 5; the median was 5; and, the mode was 5. There were an equal number of students that felt they received emotional support at school and an equal number of students that felt they did not receive emotional support at school.

11. *On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?*

There was one student who did not rate this question and indicated “I don’t know” as the response; therefore, the percentages are based on the 29 responses received. Sixteen (55%) students reported a 9 or a 10 (always receiving emotional support at home), while only two (7%) students reported a 0 or a 1 (never receiving emotional support at home). A total of only 8 (28%)

students reported less than average/neutral, two (7%) reported average/neutral, and twenty three (79%) students reported more than average/neutral. The mean was 8; the median was 9; and, the mode was 10. Most students feel they receive a high level of emotional support at home. There was one student who rated the question a “100” and stated “my family is always caring for me.”

12. *On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?*

There was one student who did not rate these questions and indicated “I don’t know” as the response; therefore, the percentages are based on the 29 responses received. There was only one student (3%) who indicated a 0 (they never feel safe at school). Every other student marked a six or above. The mean was an 8; the median was an 8; and, the mode was an 8. Students related they felt very safe at school.

13. *On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?*

Only one (3%) student indicated they never provide help to others. At the opposite end of the spectrum, 12 (40%) students indicated they always provide help to others. There were no responses for numbers 1-3 and only four (13%) students marked a four. A total of only four (13%) students rated themselves as less than average/neutral while 23 (77%) students rated themselves as greater than average/neutral. The mean was 7; the median was 8; and, the mode was 10. Students regularly provide help to others.

14. *On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?*

There were only three (10%) students who rated their physical health below average/neutral. The majority of the students (23 students/77%) ranked their physical health above average/neutral. The mean was 7; the median was between an 8 and a 9; and, the mode was 9. Students rank their physical health as really good.

15. *Are you aware of any resources your school provides to help you when you are having problems?*

This was a narrative question and students provided a variety of answers from yes/no to a description of what services were available to them. It did not seem like the question was clear to the students as there were answers received such as “10, yes/no, to think, etc.” There were also some responses that were “yes, but I choose not to use them” or “yes, they have me in counseling but they never call me up.” There were also four (13%) students that indicated they were not aware of any resources. It appears more work needs to be done in the area of making sure students are knowledgeable regarding the various resources available to them when they are having problems.

After concluding a literature review and analyzing the results from the interviews and surveys I conducted, I was able to answer the following secondary research questions that are the basis of my project.

What are mental health problems in students? What causes mental health problems in the K-8 student population?

Mental health problems in students can include but are not limited to anxiety, depression, suicidal thoughts/tendencies, stress, etc. Good mental health is an important aspect of a child's life, and by being aware and able to identify these issues, it will help these children live a happier and healthier life.

“I think students put themselves under a lot of pressure, wanting to do well but being upset if they do not meet their standards. I also think outside home lives are drastically causing students to come home unhappy,” (Teacher 1, personal communication, March 2, 2023). There are a lot of other factors that can influence a decline in mental health, for example, social media.

Social media, like TikTok, can lead to a lot of personal pressure in students to look or be a certain way (Administrator 1, personal communication, March 2, 2023). This can lead to eating disorders and self- image issues. Another aspect of causes can be from family, whether this comes from less family time or perhaps some early life experiences that may have caused trauma within a student.

What does research say about the causes of mental problems in K-8 and how do schools prevent them for K-8 students?

Through research, it is apparent that children with depressed parents are more likely than children with non-depressed parents to show greater impairment in cognitive and social functioning (Green, et al, 2013). These children are more likely to show symptoms of mental illness and misbehave during class. Students that are in low-income and minority areas experience higher rates of internalizing symptoms. Since these students live in a low-income area there is a lack of healthcare which leads to children getting underdiagnosed and undertreated for mental health problems (Green, er al, 2013). Some schools take action by having on-site help, “We have Valley Community Counseling (VCC) resources on site. We have VCC therapists on site once a week. Curriculum to support SEL (Social Emotional Learning) for K-5/6-8. Dedicate Wednesday intervention time to focus on SEL lessons. Positive Behavior Intervention Support- school wide. Coordination of Service Team- COST to monitor students,” (Administrative 2, personal communication, March 2, 2023).

Are there mental problems among the K-8 student population in the Manteca Unified School District (MUSD)? If there are, what are they?

Through surveys and interviews, it was shown that a lot of students in the MUSD had mental health issues, most of them pertaining to anxiety, stress, and depression. “Students have

difficulty communicating feelings. Instead, they react physically when experiencing high emotions. Students have expressed they are anxious, stressed, depressed at a higher rate,” (Administrative 2, personal communication, March 2, 2023). “Many students with anxiety, ADD, ADHD, autism, depression, suicide, etc. Also a rise in divorce and little to no supervision at home,” (Teacher 3, personal communication, March 2, 2023). The uprise in these mental health disorders could also pertain to COVID and according to Teacher 1, “since returning from COVID, students’ mental health has been an extremely high concern. Students are seeing the counselor more often now than ever. We have students threatening to take their own lives, increases in anxiety, depression, and stress” (Teacher 1, personal communication, March 2, 2023). Coming back from COVID has been a challenge for a lot of kids and this is because of the lack of interactions, it makes it harder for students to know how to interact with their peers.

Given the mental health problems existing among K-8 students in the MUSD, how do teachers prevent mental health problems among K-8 students?

The most important aspect of preventing mental health problems in this population within a classroom is by making it a safe and comfortable space. “Lots of SEL and creating relationships with students” (Teacher 2, personal communication, March 2, 2023). “Little tablet time, affirmations, daily songs about uplifting, class motto, SEL lessons, trying to make the classroom a family,” (Teacher 3, personal communication, March 2, 2023).

Are there resources in the MUSD to prevent mental health problems among K-8 students? And are teachers able to access these resources to prevent mental health for their students in the classrooms?

In the MUSD, there was not a lot of knowledge around the resources that were available. Most of the knowledge came from administrative staff. “We have a counselor and psychologist

available 24/7,” (Administrative 3, personal communication, March 2, 2023) as well as, "parent-intervention nights” (Teacher 1, personal communication, March 2, 2023). “Not much help-counselors only see [students] maybe once a month, people don’t take things seriously. There should be more offered to students to help them. Many parents don’t know where to find help [or] what to look for or signs when they need help” (Teacher 3, personal communication, March 2, 2023).

Through my research, my results have indicated that not enough is being done to help prevent mental health problems in K-8 students. Through my interviews with administrative staff, (see Appendixes 1-3), they seemed confident there are enough resources and easy access for students to get help. However, during my teacher interviews, Teacher 2 (see Appendix 5) and Teacher 3 (see Appendix 6), were not confident in the schools ability to provide the right resources or that these resources were easily accessed to address these concerns. This is a significant issue because the teachers are the ones spending most of their time with the students, and need to be knowledgeable about the services and how to help their students access the services.

Based on what data has been collected, a few things have stood out. The resources that are currently available in the MUSD are not being utilized properly. It seems the administrative staff are more aware of the available resources than the teachers, who actually spend more time with the students. From the student survey, these students scored a slightly below average score for being sad, however, most of these students are generally very happy. Students also felt very safe at school. Students felt they received a high level of emotional support at home but it was evenly split regarding if they felt they received emotional support at school; half of them felt they did and half of them felt they did not. Thirty percent (30%) of these children have problems

falling asleep, which is quite alarming. There was no consensus when it came to having someone to talk to when these children have something going on, but they all seemed to be able to provide a laundry list of people who they could talk to about their problems. Most of these students also were not really aware of the resources that were available to them. This is not helpful because these students, teachers, staff and parents cannot utilize resources that are available to them if they do not know about them.

Problems and Limitations

When doing my research and collecting data, I faced a few challenges. I worked with a school in the Manteca Unified School District. This district is roughly two hours away from where I am currently living on campus here at CSUMB. One of the problems I faced was figuring out how I was going to be able to conduct the interviews with the administrative staff and teachers and hand out a survey to the students all in one day. I talked this problem over with Teacher 1 and she suggested for me to make student survey forms that can be emailed out to the teachers to have them give them to their students at a time that was convenient for them. She also suggested I emailed the interview questions to the administrative staff and teachers in advance so they could have time to review the questions in advance and write down notes. Then the day of the interview, I could focus my time on explaining my research, reviewing their answers with them, and asking any follow-up questions. I found this way to be the most beneficial because it gave each administrative staff and teacher the opportunity to answer my questions at their convenience, it gave them time to think about their answers, and not feel rushed trying to get the interviews completed during their very busy work day. Giving them the interview questions in advance was beneficial because it significantly reduced the amount of time I needed to spend with each person that was interviewed.

The only class that was willing to take the survey was Teacher 1's 6th grade class. Teacher 2 and Teacher 3 felt the topic and the questions were too advanced for their class due to the grade level of the students (Second Grade and Third Grade). This created a limitation in my research due to the sample size of the survey. There were only 34 students eligible to take the survey; however, only 30 completed it. If the number would have been greater and from different grade levels, it could have strengthened my research and provided more information regarding the extent mental health problems exist in K-8 students.

Another problem I encountered was the student survey questions clearly said to rate their feelings between a "1" (Never) and a "10" (Always). However, for some reason many of the students rated items with a "0". It actually turned out to not be much of a problem because it then allowed me to have a score of "5" be the "average/neutral" rating because there were five scores lower than a "5" and five scores higher than a "5". Since I used the "5" as my average/neutral score, I should have also told the students that in advance. That piece of information may have been helpful to them to know in advance and made it easier for them to rate their responses to the questions. Another problem is the confusion regarding the last question I asked the students, "Are you aware of any resources your school provides to help you when you are having problems?" It did not appear the students understood what I was asking or they just were not very aware of the various resources the school offers. Also when I said "problems", I was referring to mental health problems. I think some of the students also interpreted it as problems in school or with their schoolwork. Regardless of whatever type of problem a student is having, it was still concerning that 13% of students did not know of any resources to utilize whatsoever.

Recommendations

To elementary school teachers, administrative staff, and parents, there is so much that can be done to prevent mental health issues in the K-8 population. It is important to make sure there are a variety of resources and that the right resources are available at the school. These resources need to be easily accessible and parents, students, and teachers need to be made aware of them. The type of resources that are available and how to access them need to be discussed multiple times throughout each school year. The more conversations occur around mental health issues, the more it will become normalized. It is also important as an educator to build meaningful relationships with their students to provide them with a safe environment that will allow them to feel comfortable enough to speak up about what they are going through. If a child does not feel comfortable speaking up, they are going to suffer in silence and not get any of the help they may need. Lastly, as an educator or any on-site staff, the most important things you can do for students is to listen, validate their feelings, show you care, and follow-up appropriately, whether that is making a referral, contacting a parent or school administrator, or simply checking back in with the student to assess how they are doing.

Conclusion

There are many ways schools can tackle mental health problems in the K-8 population. The most beneficial thing to do is provide the necessary resources while making them easily accessible to teachers, staff, students, and parents. From my research, school administrators and educational policymakers can take charge of youth experiencing mental health issues by providing the necessary tools for prevention. “Early detection of mild behavioral and emotional symptoms that indicate mental health risk has been viewed as key to preventing or resolving mental health disorders” (Kim, Kim & Kamphaus, 2022.) Increased school engagement and

early identification leads to a rise in the use of mental health services by students. In research it was shown that youth with mild-to-moderate mental and behavioral disorders are more likely to use the early identification services that schools provide (Green, et al, 2013).

My findings indicate that in the MUSD not all teachers and students are aware of the resources that are available to them, resulting in resources not being utilized properly or at all. Not only does research support how early identification and the right resources can be helpful but it is shown through the interviews and surveys that were conducted as well. Most students are aware of people they can talk to such as teachers, friends, or their parents; however, they are not aware of resources outside of these people. Teachers also showed a lack of knowledge surrounding resources as well and want more to be done for their students. Supporting the K-8 population to sustain a strong and stable mental health is an important aspect to a better and happier quality of life.

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Appendix A

Administrative 1 Interview Questions/ Answers: March 2, 2023

1. How long have you been an Administrative Staff for Manteca Unified School District (MUSD)?

6 years, 3.5 years as a VP (Vice President) and 2.5 years as a Principal.

2. In your time here, have you noticed mental health problems in students?

Yes

3. If yes, what have you noticed?

Image issues, anxiety, depression, cutting

4. What do you think is causing these issues?

Social Media Pressure/ Influence Tik Tok Trends Lack of family support

5. As an Administrative staff, what does the school do to try and prevent mental health problems in students?

SEL lessons each Wednesday. Beginning a Check In, Check Out system.

Counseling, SEL curriculum in classrooms. Home- school communication.

6. Are there resources in the MUSD to prevent mental health problems in K-8 students?

Yes

No

7. If yes, what are those resources?

Valley Community Counseling Valley Community Therapy Base SEL Curriculum

Sanford Harmony Curriculum

8. Are these resources easily accessible for students, parents, and staff?

Yes

No

9. How are these resources accessed?

In classrooms, through student Office 365, counseling onsite daily, therapy onsite weekly, Newsletters featuring safety articles

Appendix B

Administrative 2 Interview Questions/ Answers: March 2, 2023

1. How long have you been an Administrative Staff for Manteca Unified School District (MUSD)?

6 years

2. In your time here, have you noticed mental health problems in students?

Yes

3. If yes, what have you noticed?

Students have difficulty communicating feelings. Instead, they react physically when experiencing high emotions. Students have expressed they are anxious, stressed, depressed at a higher rate.

4. What do you think is causing these issues?

High exposure to social media. Lack of parental monitoring or knowledge of social media. COVID- isolation.

5. As an Administrative staff, what does the school do to try and prevent mental health problems in students?

We have Valley Community Resources on site. We have VCC therapists on site once a week. Curriculum to support SEL for K-5/6-8. Dedicate Wednesday intervention time to focus on SEL lessons. Positive Behavior Intervention Support- school wide. Coordination of Service Team- COST to monitor students.

6. Are there resources in the MUSD to prevent mental health problems in K-8 students?

Yes

No

7. If yes, what are those resources?

We have Valley Community Resources on site. We have VCC therapists on site once a week. Curriculum to support SEL for K-5/6-8. Dedicate Wednesday intervention time to focus on SEL lessons. Positive Behavior Intervention Support- school wide. Coordination of Service Team- COST to monitor students.

8. Are these resources easily accessible for students, parents, and staff?

Yes

No

9. How are these resources accessed?

Teachers have SEL curriculum/ VCC- in person/ PBIS- TEAMS/COST-Request for students to be monitored. Students- SEL by teacher- VCC- permission slips-PBIS- school wide exposure- COST-referral only.

Appendix C

Administrative 3 Interview Questions/ Answers: March 2, 2023

1. How long have you been an Administrative Staff for Manteca Unified School District (MUSD)?

The start of the '22-'23 school year

2. In your time here, have you noticed mental health problems in students?

Yes

3. If yes, what have you noticed?

Anxiety, depression, ED

4. What do you think is causing these issues?

Troubled home life or trouble at school

5. As an Administrative staff, what does the school do to try and prevent mental health problems in students?

We have a counselor and psychologist available 24/7

6. Are there resources in the MUSD to prevent mental health problems in K-8 students?

Yes

No

7. If yes, what are those resources?

We have services available during school hours if kids are having trouble

8. Are these resources easily accessible for students, parents, and staff?

Yes

No

9. How are these resources accessed?

Via MUSD website or straight from our school site

Appendix D

Teacher 1 Interview Questions/ Answers: March 2, 2023

1. What grade do you teach?

6th grade

2. How long have you been a teacher in the Manteca Unified School District (MUSD)?

1

3. In your time here, have you noticed mental health problems in students?

Yes

4. If yes, what have you noticed?

Since returning from COVID, students' mental health has been an extremely high concern. Students are seeing the counselor more often now than ever. We have students threatening to take their own lives, increases in anxiety, depression, and stress.

5. What do you think is causing these issues?

I think students put themselves under a lot of personal pressure, wanting to do well but being upset if they do not meet their standards. I also think outside home lives are drastically causing students to come to school unhappy.

6. How do you try to prevent mental health problems in your classroom?

In my classroom, we do weekly SEL (social- emotional learning) lessons to help students find ways to express what they are feeling. Because they have a hard time speaking about their emotions, I try to give them a safe space to express what they are feeling.

7. Are there resources in the MUSD to prevent mental health problems in K-8 students?

Yes

No

8. If yes, what are those resources?

Counseling, parent-intervention nights

9. Are these resources easily accessible by students, parents, and staff?

Yes

No

10. How are these resources accessed?

We have a school psychologist and school counselor available to students at all times of the day. We also have a community outreach night to bring in parts of our community into the school environment to help students and families.

Appendix E**Teacher 2 Interview Questions/ Answers: March 2, 2023**

1. What grade do you teach?

3rd grade

2. How long have you been a teacher in the Manteca Unified School District (MUSD)?

1 years

3. In your time here, have you noticed mental health problems in students?

Yes

4. If yes, what have you noticed?

Suicidal thoughts, depression, ADHD related difficulties, mental health issues caused by bullying, self confidence issues/body image

5. What do you think is causing these issues?

Covid, mean girls, typical junior high difficulties, growing up

6. How do you try to prevent mental health problems in your classroom?

Lots and lots of SEL and creating relationships with my students

7. Are there resources in the MUSD to prevent mental health problems in K-8 students?

Yes

No

8. If yes, what are those resources?

NA

9. Are these resources easily accessible by students, parents, and staff?

Yes

No

10. How are these resources accessed?

NA

Appendix F

Teacher 3 Interview Questions/ Answers: March 2, 2023

1. What grade do you teach?

2nd grade

2. How long have you been a teacher in the Manteca Unified School District (MUSD)?

19 years

3. In your time here, have you noticed mental health problems in students?

Yes

4. If yes, what have you noticed?

Many students with anxiety, ADD, ADHD, autism, depression, suicide, etc. Also a rise in divorce and little to no supervision at home.

5. What do you think is causing these issues?

Covid, Video Games, less family time, instant gratification by watching TV/Video Games/Tables/Phones, Social Media bullying.

6. How do you try to prevent mental health problems in your classroom?

Little tablet time, affirmations, daily songs about uplifting, class motto, SEL lessons, trying to make the classroom a family.

7. Are there resources in the MUSD to prevent mental health problems in K-8 students?

Yes

No

8. If yes, what are those resources?

Not much help- counselors only see maybe once a month, people don't take things seriously, there should be more offered to students to help them.

9. Are these resources easily accessible by students, parents, and staff?

Yes

No

10. How are these resources accessed?

There should be more resources for staff and parents. Many parents don't know where to find help- also what to look for or signs they need help.

Appendix G

Student Survey 1: March 2, 2023

1. Grade Level

I'm in 6th grade

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

0

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

10

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

0

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

0

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

5

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

0

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

0

9. Who are you comfortable talking to when something is wrong?

My friend

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

0

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

10

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

10

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

0

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

10

15. Are you aware of any resources your school provides to help you when you are having problems?

Yes

Appendix H

Student Survey 2: March 2, 2023

1. Grade Level

6th

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

2

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

8

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

4

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

3

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

1

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

3

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

7

9. Who are you comfortable talking to when something is wrong?

My close friends that I've been friends with

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

3

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

6

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

10

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

7

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

7

15. Are you aware of any resources your school provides to help you when you are having problems?

I don't really know to be honest.

Appendix I**Student Survey 3: March 2, 2023**

1. Grade Level

6

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

6

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

4

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

4

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

3

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

5

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

6

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

7

9. Who are you comfortable talking to when something is wrong?

No one

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

1

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

2

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

7

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

7

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

6

15. Are you aware of any resources your school provides to help you when you are having problems?

Yea, but I choose to not use them

Appendix J**Student Survey 4: March 2, 2023**

1. Grade Level

6

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

1/10

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

10/10

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

5/10

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

10/10 on test day usually 3/10

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

1/10

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

1/10

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

10/10

9. Who are you comfortable talking to when something is wrong?

My parents and the counselor

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

10/10 my friends and family

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

100/10 my family is always caring for me

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

10

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

5

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

5

15. Are you aware of any resources your school provides to help you when you are having problems?

Yes, I am in running club so I can be more social

Appendix K

Student Survey 5: March 2, 2023

1. Grade Level

6th grade

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

4

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

8

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

5

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

2

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

6

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

9

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

5

9. Who are you comfortable talking to when something is wrong?

Only some people

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

5

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

10

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

9

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

8 well I try to :D

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

9

15. Are you aware of any resources your school provides to help you when you are having problems?

3

Appendix L**Student Survey 6: March 2, 2023**

1. Grade Level

6

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

3/10

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

6.5/10

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

8.5/10

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

2/10

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

1/10

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

1/10

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

4/10

9. Who are you comfortable talking to when something is wrong?

My family

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

1/10

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

7.5/10

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

10/10

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

5.5/10

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

10/10

15. Are you aware of any resources your school provides to help you when you are having problems?

Yes

Appendix M**Student Survey 7: March 2, 2023**

1. Grade Level

6th grade

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

6/10

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

4/10

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

2/10

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

4/10

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

1/10

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

0/10

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

2/10 only my mom and dad

9. Who are you comfortable talking to when something is wrong?

My mom and dad

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

Idk (I don't know) maybe 5/10 if I talked to a teacher but I don't really talk to one.

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

9/10 yes

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

6/10

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

4/10 I let my friends talk to me but I don't talk to them much

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

5/10 idk

15. Are you aware of any resources your school provides to help you when you are having problems?

No not really

Appendix N**Student Survey 8: March 2, 2023**

1. Grade Level

I am in 6th grade

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

2

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

9

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

4

5. On a sale of 1 (Never) to 10 (Always), how often are you scared?

Never

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

Never

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

Never

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

Never

9. Who are you comfortable talking to when something is wrong?

My brother

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

Never

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

5

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

8

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

4

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

9

15. Are you aware of any resources your school provides to help you when you are having problems?

Yes

Appendix O**Student Survey 9: March 2, 2023**

1. Grade Level

6th

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

3/10

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

9/10

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

4/10

5. On a sale of 1 (Never) to 10 (Always), how often are you scared?

1/10

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

2/10

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

1/10

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

10/10

9. Who are you comfortable talking to when something is wrong?

My parents, my brother, and my best friend

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

7/10

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

9/10

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

9/10

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

8/10

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

9/10

15. Are you aware of any resources your school provides to help you when you are having problems?

Counselors or your teacher can help you if you are having problems.

Appendix P**Student Survey 10: March 2, 2023**

1. Grade Level

6th

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

5

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

5

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

9-10

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

4

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

8 for stomach aches 2 for headaches

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

8-9 I don't know why

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

4-5

9. Who are you comfortable talking to when something is wrong?

Myself

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

No one I talk to myself and I will feel better

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

6

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

I don't know

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

8-9

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

3

15. Are you aware of any resources your school provides to help you when you are having problems?

I don't know

Appendix Q**Student Survey 11: March 2, 2023**

1. Grade Level

6

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

3

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

7

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

5

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

1

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

1

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

8

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

1

9. Who are you comfortable talking to when something is wrong?

Parents, family, close friends

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

I don't normally need emotional support so 8

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

10

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

8

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

8.1

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

10

15. Are you aware of any resources your school provides to help you when you are having problems?

No

Appendix R**Student Survey 12: March 2, 2023**

1. Grade Level

6th grade

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

4/10

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

8/10

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

9/10

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

2/10

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

10/10

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

6/10

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

2/10

9. Who are you comfortable talking to when something is wrong?

Mom

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

0/10

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

10/10

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

0/10

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

10/10

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

7/10

15. Are you aware of any resources your school provides to help you when you are having problems?

Counselor, teacher, Principal, staff

Appendix S**Student Survey 13: March 2, 2023**

1. Grade Level

6

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

5

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

5

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

6

5. On a sale of 1 (Never) to 10 (Always), how often are you scared?

4

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

2

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

7

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

2

9. Who are you comfortable talking to when something is wrong?

Parents or no one

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

8

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

9

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

8

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

6

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

9

15. Are you aware of any resources your school provides to help you when you are having problems?

Ssa, teacher, vice principal, principal

Appendix T**Student Survey 14: March 2, 2023**

1. Grade Level

6th grade

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

2

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

9

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

5

5. On a sale of 1 (Never) to 10 (Always), how often are you scared?

1

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

3

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

No

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

4

9. Who are you comfortable talking to when something is wrong?

DAD

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

0

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

0

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

8

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

10

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

8

15. Are you aware of any resources your school provides to help you when you are having problems?

No

Appendix U

Student Survey 15: March 2, 2023

1. Grade Level

6th

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

I would rate myself a 4.

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

I am an 8.5

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

10

5. On a sale of 1 (Never) to 10 (Always), how often are you scared?

5.5

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

3

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

Sometimes

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

2. I would say "I don't want to talk about it."

9. Who are you comfortable talking to when something is wrong?

My teacher and Admin

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

6

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

10

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

7.5

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

7.5

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

5.5 I am in my house most of the day playing my video games

15. Are you aware of any resources your school provides to help you when you are having problems?

Yes/ no

Appendix V**Student Survey 16: March 2, 2023**

1. Grade Level

6th

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

2

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

8

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

2

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

2

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

1

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

6

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

6

9. Who are you comfortable talking to when something is wrong?

5

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

8

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

8

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

8

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

7

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

9

15. Are you aware of any resources your school provides to help you when you are having problems?

Some

Appendix W**Student Survey 17: March 2, 2023**

1. Grade Level

6th grade

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

6/10

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

7/10

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

6/10

5. On a sale of 1 (Never) to 10 (Always), how often are you scared?

4/10

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

3/10

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

3/10

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

5/10

9. Who are you comfortable talking to when something is wrong?

Teacher, friends

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

5/10

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

4/10

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

6/10

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

9/10

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

7/10

15. Are you aware of any resources your school provides to help you when you are having problems?

Yes

Appendix X**Student Survey 18: March 2, 2023**

1. Grade Level

6

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

10

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

5

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

8

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

5

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

7

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

Yes sometimes because I remember something sad like I when I need to move to USA and I'm sad because in Mexico there I have my family

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

10

9. Who are you comfortable talking to when something is wrong?

With my best friend and teacher

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

9

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

9

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

10

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

10

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

1

15. Are you aware of any resources your school provides to help you when you are having problems?

10

Appendix Y

Student Survey 19: March 2, 2023

1. Grade Level
6th
2. On a scale of 1 (Never) to 10 (Always), how often are you sad?
5 mostly I am at night
3. On a scale of 1 (Never) to 10 (Always), how often are you happy?
7 I feel really happy at school being around my friends
4. On a scale of 1 (Never) to 10 (Always), how often are you worried?
7.3
5. On a scale of 1 (Never) to 10 (Always), how often are you scared?
4
6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?
6
7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?
2
8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?
4
9. Who are you comfortable talking to when something is wrong?

I feel comfortable talking to my close friends about something and I do as well as talking to my parents but sometimes I feel like I can't talk to nobody and I try to handle things by myself.

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

3

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

7

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

8

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

4

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

9

15. Are you aware of any resources your school provides to help you when you are having problems?

Yes

Appendix Z**Student Survey 20: March 2, 2023**

1. Grade Level

6th

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

3

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

9

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

5

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

6

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

4

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

0/10

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

5

9. Who are you comfortable talking to when something is wrong?

Teacher of friends or mom

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

8

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

10

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

10

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

9

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

9

15. Are you aware of any resources your school provides to help you when you are having problems?

Yes

Appendix AA**Student Survey 21: March 2, 2023**

1. Grade Level

6th grade

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

3

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

9

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

8 or a 9

5. On a sale of 1 (Never) to 10 (Always), how often are you scared?

4

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

4

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

1

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

8

9. Who are you comfortable talking to when something is wrong?

Talking to a teacher, or my mom, friends

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

7

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

10

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

10

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

9

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

9

15. Are you aware of any resources your school provides to help you when you are having problems?

Yes I have many resources

Appendix BB**Student Survey 22: March 2, 2023**

1. Grade Level

I'm in 6th grade

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

4/10

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

7/10 most of the time in a decent mood

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

5/10 I worry about my grades

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

3/10 I am almost never scared. But I do get scared when tests come up

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

9/10 for some reason I get a stomach ache or headache everyday it's very off

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

6/10 only on weekends though

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

2/10 I don't have very many problems but when I do I don't really tell anyone

9. Who are you comfortable talking to when something is wrong?

My friends, sometimes my parents and maybe sometimes my teacher

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

5/10 I don't really need emotional support in the first place but when I do I think the school is okay with doing that not very good though

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

7/10 My mom and dad always comfort me and when I message my friends or call them, they help me too.

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

7/10 I do fear (seriously) that someone dangerous might come but that's me being paranoid so other than that I feel very safe at school and with peers and teachers.

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

8/10 if someone asked me for help with anything I would highly likely say yeah sure with physical, emotional or chore/ homework like help.

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

6/10 I do believe that besides a few problems, I would say health is pretty good

15. Are you aware of any resources your school provides to help you when you are having problems? My Teacher

Appendix CC**Student Survey 23: March 2, 2023**

1. Grade Level

6th

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

6

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

9

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

10

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

4

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

6

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

2

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

10

9. Who are you comfortable talking to when something is wrong?

Teachers, friends

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

10

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

1

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

8

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

5

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

7

15. Are you aware of any resources your school provides to help you when you are having problems?

Yes

Appendix DD**Student Survey 24: March 2, 2023**

1. Grade Level
6th grade
2. On a scale of 1 (Never) to 10 (Always), how often are you sad?
3(barely)
3. On a scale of 1 (Never) to 10 (Always), how often are you happy?
10
4. On a scale of 1 (Never) to 10 (Always), how often are you worried?
5 “worry is everywhere”
5. On a scale of 1 (Never) to 10 (Always), how often are you scared?
4 (Sometimes)
6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?
2
7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?
2 I wake up in the middle of the night personally
8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?
3 not likely something is wrong
9. Who are you comfortable talking to when something is wrong?
Siblings, teacher BFF (classmate), yard duty (sometimes), parents (almost always)

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

The whole school (staff) knows me so whenever I need it I got it

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

11 (It's family when do I not)

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

9 (Whole office staff knows me the only thing is slightly possible classmate fight)

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

10 (I am a very caring/ happy person)

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

9 (only like genetics but otherwise healthy)

15. Are you aware of any resources your school provides to help you when you are having problems?

Phone in office, teams, friends, teachers and staff, phone call when serious

Appendix EE**Student Survey 25: March 2, 2023**

1. Grade Level

6

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

7

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

8

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

3

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

2

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

3

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

5

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

10

9. Who are you comfortable talking to when something is wrong?

Friends

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

4

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

4

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

7

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

8

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

9

15. Are you aware of any resources your school provides to help you when you are having problems?

Teachers

Appendix FF**Student Survey 26: March 2, 2023**

1. Grade Level

6th

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

8

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

10

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

4

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

3

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

8

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

1

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

5

9. Who are you comfortable talking to when something is wrong?

A Teacher

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

2

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

5

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

9

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

10

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

9

15. Are you aware of any resources your school provides to help you when you are having problems?

To think

Appendix GG**Student Survey 27: March 2, 2023**

1. Grade Level

6th grade

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

2/10

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

8/10

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

3/10

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

1/10

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

4/10

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

1/10

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

9/10

9. Who are you comfortable talking to when something is wrong?

I'm comfortable talking to my teacher when something is wrong.

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

7/10

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

10/10

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

8/10

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

10/10

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

10/10

15. Are you aware of any resources your school provides to help you when you are having problems?

Yes, there is a counselor to ask for help if there are any problems

Appendix HH**Student Survey 28: March 2, 2023**

1. Grade Level

6th grade

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

7/10

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

5/10

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

9/10

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

8/10

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

10/10

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

5/10

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

5/10

9. Who are you comfortable talking to when something is wrong?

My mom and sometimes SSA's

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

3/10

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

9/10

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

7/10

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

9/10

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

4/10

15. Are you aware of any resources your school provides to help you when you are having problems?

Yes they have me in counseling but never call me up :(

Appendix II**Student Survey 29: March 2, 2023**

1. Grade Level

6th grade

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

7

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

6

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

5

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

1

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

5

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

3

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

9

9. Who are you comfortable talking to when something is wrong?

Friend or Teacher

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

6

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

9

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

7

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

9

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

8

15. Are you aware of any resources your school provides to help you when you are having problems?

No

Appendix JJ

Student Survey 30: March 2, 2023

1. Grade Level

I'm in 6th grade

2. On a scale of 1 (Never) to 10 (Always), how often are you sad?

On a scale of 1 to 10 I would put a 5 (often) . I'm usually sad 50% of the day.

3. On a scale of 1 (Never) to 10 (Always), how often are you happy?

On a scale of 1-10, I would put 5 (Often) again. I am usually happy 50% of the day.

4. On a scale of 1 (Never) to 10 (Always), how often are you worried?

On a scale of 1-10 I would put a 4 (most of the time) most of the time I am usually worried about what is going to happen in school or even outside of school

5. On a scale of 1 (Never) to 10 (Always), how often are you scared?

On a scale of 1-10 I will put a 10 (always) . I am always scared inside and outside of school, and I know that schools are keeping us safe but in my mind I just feel like something bad is going to happen at any time during any day.

6. On a scale of 1 (Never) to 10 (Always), how often do you have stomach aches and/or headaches?

On a scale of 1-10 I would put a 3 (Not all the time) I usually do not get stomach aches but i do sometimes usually get them before a big test, because I am worried what grade I will get because I studied all there is to know but when it comes to the test It's like I forget everything that I studied for.

7. On a scale of 1 (Never) to 10 (Always), do you have any problems falling asleep?

On a scale of 1 to 10 I would put a 1 (Never) I do not fall asleep in class because, for me at least I find school very interesting and a lot of fun.

8. On a scale of 1 (Never) to 10 (Always), how often do you talk to someone when something is wrong?

On a scale of 1 to 10 I would put a 6 (Sometimes) I usually will talk to my best friends or my parents if anything goes wrong in school or outside of school.

9. Who are you comfortable talking to when something is wrong?

I am mostly comfortable talking to my mom or my best friends

10. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at school?

On a scale of 1 to 10 I would put 5 (most of the time) if anything went wrong at school my friends would support me and help me through it

11. On a scale of 1 (Never) to 10 (Always), how often do you feel you receive emotional support at home?

On a scale of 1 to 10 I would 3 (Not all the Time) Even though I know that my parents love me very much I don't really get a lot of emotional support at home like I get in school.

12. On a scale of 1 (Never) to 10 (Always), how safe do you feel at school?

On a scale of 1 to 10 I would put a 70%, I feel 70% safe at school but for 30% of the time I do not because anything can happen at school, at any time during any day.

13. On a scale of 1 (Never) to 10 (Always), how often do you provide help to others?

On a scale of 1-10 would put a 10 (Always) . I know you are supposed to care about yourself and then others but for some reason I prefer to help others before me.

14. On a scale of 1 (Bad) to 10 (Awesome), how do you rate your physical health?

On a scale of 1-10 I would put a 5 (Okay), my physical health between Bad and Awesome, would like 50% of %50

15. Are you aware of any resources your school provides to help you when you are having problems?

Well I don't really have any problems to what I'm learning or doing and don't usually need help from anyone and if I did need help i would reach out to my teacher or ask my parents or my brother to help me understand how to do it or just look in my notes for directions to how to solve the problem