



# **The Independent School Health Check Administration Manual**

**2019 – 2020**

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## **INDEPENDENT SCHOOL HEALTH CHECK**

Contact information:

Co-Directors

Rosemary Baggish, M.Ed.,M.P.H.

Peter H. Wells, PhD

Phone:

860-989-8286

203-415-5763

E-mail:

[rbaggish@gmail.com](mailto:rbaggish@gmail.com)

[phwells@snet.net](mailto:phwells@snet.net)

Website:

[independentschoolhealth.com](http://independentschoolhealth.com)

# Independent School Health Check Administration Manual

click on link below to open registration form

<https://independentschoolhealth.com/wp-content/uploads/2019/04/ISHC-Registration-Form-2019-2020.pdf>

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## **INTRODUCTION**

The enclosed document is intended to help you organize an efficient and effective survey administration. Our experience tells us what you need to think about; your experience will tell you how best to make it work at your school. ISHC consultants are available during the work day to answer questions or talk through possible solutions. There are two versions of the ISHC: upper and middle school. They are identical except for omitting the questions on sexual behavior and gender identity. Our experience has been that asking middle schoolers about sexual experience can be deeply troubling for their parents. The number of high school students in our database who say they have had intercourse at 13 or younger is 1.5% of the population, a number low enough to suggest that we would not lose valuable data if we skipped the question of sexual experience and did not unduly excite parents. Additionally the middle school survey is recommended for 7-8 grades. Schools may offer it to their 6<sup>th</sup> graders if they wish.

## **PREVIEWING THE SURVEY**

It is recommended that all schools have several faculty and staff preview the entire survey on line. We do not distribute any hard copies for security reasons. You can find the links to sample upper and middle school surveys on our website [www.independentschoolhealth.com](http://www.independentschoolhealth.com) . It takes about one-half hour to scroll through the surveys. You can access it from your own computers individually or as a group.

This preview serves the following purposes:

1. It will help you decide if, in fact, this survey will give you information that will help your school community.
2. You will be able to answer any questions from faculty and parents, if you are familiar with the survey questions. Parents will know that you have been responsible to preview this survey to assess the survey's usefulness and appropriateness for your school community.
3. You will be able to identify any topics that you might want to address in additional questions that you may add to the end of the survey.

We recommend that you select a group to preview the survey that consists of any of the following roles in your school:

Head, assistant head, division head, school counselor, school nurse, health educators, director of residential life, head advisors, and others who might use the data for program planning.

Please be advised that to maintain the integrity of our data programming for analysis, the individual survey questions cannot be changed or reordered.

There are several skips incorporated into the survey. If they say “no” to the first question on the topics listed, the following relevant questions will be automatically skipped:

### **Upper School Skips**

8 gender identity	if "same" skip to 10
19 social media account	if "no" skip to 21
27 community service	If “never” skip to 29
38 medications	if "no" skip to 40
41 suicidality	if "no" skip to 45
64 parties	if "did not go..." skip to 66
73 smoking	if “0 days” skip to 75
75 vaping	if "no" skip to 77
81 gun access	If “no” skip to 83
85 intimacy	If “no” skip to 88
88 intercourse	if "no" skip to 96
97 oral sex	if "no" skip to 100
101 DUI driver	if "no" skip to 103
107 adult connection	if "do not have adult" skip to 110

### **Middle School skips**

16 social media account	if "no" skip to 18
24 community service	if "never" skip to 26
35 medications	if "no" skip to 37
38 suicidality	if "no" skip to 42
61 parties	if "did not go" skip to 63
70 smoking	If “0 days” skip to 72
72 vaping	if "no" skip to 74
77 gun access	If “no” skip to 79
80 DUI driver	if "no" skip to 82
84 adult connection	if "I do not have an adult..." skip to 87

### **ISHC Middle School Sample Survey:**

<https://www.surveymonkey.com/r/8R5LS2Y>

### **ISHC Upper School Sample Survey Link:**

<https://www.surveymonkey.com/r/ZM86CJJ>

## **IDENTIFICATION OF A SURVEY MANAGER**

An individual within the school should be identified as the survey manager. It is recommended that the Head of School form a planning committee to assist with the administration process. The responsibilities of the survey manager and a committee might include: acting as the liaison with the ISHC consultants; creating a timeline for the school's implementation of the ISHC; designing the school's additional questions, scheduling and overseeing the implementation process; preparing the school community for the survey, preparing the proctors, troubleshooting any problems that may arise before, during or after the survey; and presenting the results of the survey. A second individual should be identified on the registration form as a backup who is aware of the survey administrations in the event the survey manager is unavailable.

## **VERIFYING COMPUTER CAPACITY**

The ISHC is web-based, administered on computers, and intended as a proctored, in-school event, accomplished within a compressed time period. Therefore, the school's IT specialist should be consulted in the earliest stages to assure that the school has the computer and server capacity to accommodate this event and to determine how many students can be surveyed at one time. The IT specialist will work closely with the Survey Manager to arrange the schedule for the survey administration.

## **SCHEDULING THE SURVEY**

The survey takes about 45 minutes to complete. Scheduling one hour will allow time for the proctors and students to take care of instructions and sign in. The following are guidelines for scheduling the survey:

The survey may be offered during one of two sessions during the academic year, as long as the selected date includes 30 days of school after a vacation or break. They are: Fall Semester (October 8, 2019 - November 22, 2019) or Spring Semester (February 4, 2020 – May 15, 2020). Surveys are conducted during the school day on weekdays, not evenings or weekends, to assure good proctoring and IT backup.

Once a session is selected, it is recommended that subsequent resurveying takes place during the same session.

It is recommended that the survey be given in as short a time period as possible: ideally all at once or in several waves during one school day. It has been our experience that this maximizes accuracy by limiting the time for students to influence each other's responses and reduces the logistical challenge posed by scheduling and staffing multiple administrations. If you need to schedule the survey administration time beyond one day, we will attempt to make special arrangements that insure valid and reliable results. With adequate notice and available dates, the scheduled survey date may be changed. Please select a backup date in advance that will work for your school, which you may indicate on the registration form. An additional fee may be incurred. Please be assured that if you need a makeup session due to any unforeseen circumstance (field trips, etc.) that affects a representative sample of your total student responses, we will be pleased to arrange that with you.

## **THE OPTION OF ADDING UP TO 5 CUSTOMIZED QUESTIONS UNIQUE TO YOUR SCHOOL COMMUNITY**

The Survey Manager and his/her committee may view the survey online and decide if they wish to compose several questions that address issues that are important to the school and warrant more specific attention. The questions can be drafted for the ISHC consultants to format and add on to the survey. This needs to be completed a month before the survey date. Additional questions can only be added after the last ISHC question. The format and content of the ISHC survey questions may not be altered because we need to insure consistent data analysis and comparisons.

## **PREPARING THE SCHOOL COMMUNITY**

This initial phase of the survey project is, arguably, the most important because upon this phase depends the community's cooperation and acceptance of the survey and helps assure valid results. This phase begins with whatever process is involved in getting initial approval for the survey and then expands to include the entire community.

New ideas invariably spark skepticism and wariness in some quarters, and surveys are particularly apt to raise questions like: "why do we need to know this; why should we spend the time doing this; what dreadful things might we find out; what will be done with the results?"

Preparing the community may mean spending time with the trustees, the administrative team, the faculty, and parent and student leadership to explain the survey and its purposes, to allay fears, and to gain endorsement.

Decision-makers in the school community may preview the survey, on line and at their convenience. Please do not make any hard copies of the survey.

There are two versions of the survey. The upper and middle school versions are almost identical. The middle school version differs in one significant aspect. We do not ask questions about personal sexual intimacy in the middle school survey

## **.ATTENDING TO LEGAL CONSIDERATIONS**

**Parents:** There should be written communication with all the parents approximately a month before the planned administration date. Parents **must** be notified of the survey and be asked to contact the survey administrator if they do not wish their child to participate; this format is called 'passive consent'. Withholding permission to take the survey is a parental right that cannot be questioned, challenged, or denied. A careful log of such parental requests should be kept by the survey manager. If more than 1% of the families deny permission, please notify consultants at ISHC. If you receive a request from a parent to see the survey please refer to page 19 for suggestions.

**Students:** A presentation should be given to the entire student body approximately a week before the administration date of the ISHC survey. Students should be told how and why it is being administered at the school. A student's rights are identical to the parent's rights. A student who does not wish to take the survey should notify the administrator. The student's decision may not be questioned, challenged, or denied. Likewise, instructions on the survey itself advise students not to answer any questions they do not wish to answer. Although the taking the survey and answering each question is totally voluntary, we recommend that you encourage robust student participation so that the survey will yield as complete a picture as possible. Prior to taking the survey on the computer, each student must sign the form that states that participation is voluntary and that he or she can skip any question while taking it.

## **LOGISTICS OF THE ADMINISTRATION**

A survey manager should begin the process of organizing the logistics of the actual administration of the ISHC within several months of the target date. It is important to consult with everyone that is either involved or is going to be affected in some way when the ISHC is administered. Smooth and minimally disruptive administration depends on careful attention to details—involving the dean of students, scheduler, psychologist/counselor, and the individual in charge of technical support for the school's computers.

Assemblies, study halls and advisory periods are examples of ideal times for the administration of the ISHC survey. If you are able to confine the period of time when the survey is taken, there is less risk that students will talk about it before all the students have completed it. Because many survey questions ask for behavior in the past thirty days, schools will get more representative behavior if the survey occurs more than thirty days from major vacations. The survey also asks for behavior on 'the last school day' so it would be best not to schedule on a Monday or following a day off.

In the event that the time cannot be compressed, the Survey Manager and the school's IT person should develop a plan to prevent students from accessing the link to preview or revisit the survey.

The information technology person at the school can recommend the best way to administer the survey to the student body in the most compressed time frame possible. IT staff should contact ISHC staff directly to coordinate the way the survey web-site is presented to the students. ISHC consultants have found that the survey works well on computers (desktops and laptops) but discourage the use of mobile devices due to the small screens.

Although the logistics of administration will vary according to each school's computer availability and scheduling, it is important to have as many students as possible take the survey to ensure the validity and reliability of the data.

One week prior to your survey date, you will receive a pre-survey email with your school-specific link that all students in your school must use to access the survey. The survey link will not be active yet at the time you receive this email, but will open the morning of your survey admin. The IT specialist at your school should test the survey link on the morning of the survey administration to be certain it will open on your school's computers. The survey will remain open until the evening in case students need to take it later than expected.

## PRE SURVEY BULLETIN EMAIL

Dear Jane Doe,

We are writing in anticipation of the launch of your ISHC administration, scheduled for:

- 2019-10-19

Please review the important administration information listed below.

The links are currently closed, but will open the morning before you begin surveying students. Please be sure that all parents and students have been notified of the upcoming survey and made aware of the important impact the data can have on health and social programs within the school. Parents should be offered in writing the opportunity for passive consent as well as being informed. Students need to be informed that taking the survey is voluntary as well.

Below are some guidelines about the way to handle students' reactions and any interruption in survey participation due to power outage, computer crash, etc. **PLEASE SHARE THEM WITH YOUR PROCTORS. You might want to caution your faculty proctors not to enter the survey themselves; otherwise they will be counted as a survey respondent.**

1. When students start the survey, they will be provided with randomly assigned codes that should be written down by the student but not shared with anyone. In the event of an interruption, the code should be used to log back into the survey so they can continue where they left off. Please use this link to re-login: <https://survey.indiana.edu/ishc/login.cfm>. In the event that a student forgets to write down their restart code, note should be taken of grade, gender, and approximate location of the last question answered. The student will then need to start the survey again from the beginning.
2. To prevent a student from trying to take the survey a second time, the best remedy is attentive proctoring of survey administration locations with sign-in forms and monitored movement of students during the survey times. If the survey is administered in discrete, separate time periods, rather than one continuous time period, your IT person can break the link during the times the students are not surveying.
3. If any student exhibits anxiety or extreme discomfort with the content of the survey questions, they may be excused. This is a voluntary activity. It is recommended that staff be available to support students.

4. Students are to be discouraged (and monitored) about talking to other students about their responses or reactions to the survey so that they do not bias another student's survey responses. That is why it is best to administer the survey in as compressed a time period as possible.

Please share this link with your students to access the **high school** survey:  
<School's survey link>

We do encourage your school's IT specialist to test the link the morning of admin to make sure all it works properly on your school's computers. The survey will remain open the day of your admin until the evening. In the event that responses are recorded outside of your survey time, those outliers will be reported to the school contact who can decide whether that data should be included or not.

Please remember that high response rates are the result of a school-wide effort. Students are much more likely to respond if they feel that the faculty and administration plan to use and act on the data, and that their voice will be heard.

If issues arise during the survey administration, please call or email Kathleen at The Center for Survey Research, (812) 855-3849 or [ishc@indiana.edu](mailto:ishc@indiana.edu).

Sincerely,  
Rosemary & Peter

Rosemary Baggish, M.Ed., M.P.H.  
Co-director, MHISC  
Phone: 860-989-8286  
[Rbaggish@gmail.com](mailto:Rbaggish@gmail.com)

## **ENSURING THE CONFIDENTIALITY OF THE STUDENTS**

For students and parents, anonymity is very important. For this reason, ISHC survey offers no way for the school or ISHC staff to link a student with a response. Although the school should have a way to keep track of who has actually taken the survey, students should be assured that there is no way to identify their responses.

Students have our pledge to treat their individual responses as protected by confidentiality. ISHC analyzes the material collected from the survey and provides each school with group data only. Because the school hosts the survey link, the only IP address collected is that of the school; as long as no personal computers are used, no individual computer can be identified. ISHC makes it a matter of policy not to furnish a school access to the individual responses that we use to analyze the results.

Sometimes students who belong to a minority grouping (demographic or otherwise) may fear that they could be identified by their responses. Students should be assured that in those instances, the ISHC consultants will report the data so that no minority grouping or individual will be linked to any specific survey responses.

Start and end times for each respondent are tracked internally and reviewed after the survey is closed. If any responses are logged during a time outside of when the majority of responses were collected, the school contact will be notified and asked if these responses should be counted or discarded (for example, responses that were logged at 3pm when most students took the survey between 9-10am).

## **PROCTORS**

### **Good proctoring is essential to insure valid and reliable survey responses.**

Proctors for the ISHC can be members of the school community, such as faculty and advisors. They should be careful to clarify only the language of a question, not its intent.

One proctor should be at the entrance of the room(s) where the students are taking the ISHC. The proctor should cross off the names of the students taking the ISHC as they enter the designated room.

When the group is complete, the proctor should hand out the form indicating voluntary participation and remind students that they are free to elect not to take the survey and/or to answer questions. The proctor should collect the signed statements.

After the statements have been collected, the proctor should then give students permission to enter the survey site.

The proctors' role is not unlike proctoring an exam. The proctors need to ensure that the students take the survey seriously and that their answers are confidential. It is their role to be sure that students are not looking at other students' answers on the computer and are not talking during the administration of the survey. Once a student has completed the ISHC, he or she should be asked to leave the room. One difference between proctoring the survey and proctoring an exam is that adults should avoid looking at what students are answering. If a student does have a question, the proctor should not look at the computer screen.

Upon starting the survey, each student will be provided with randomly assigned codes that should be written down by the student but not shared with anyone. In the event of an interruption, the code should be used to log back into the survey so they can continue where they left off. In the event that a student forgets to write down their restart code, note should be taken of grade, gender, and approximate location of the last question answered. The student will then need to

start the survey again from the beginning. If this occurs, please provide this information to ISHC so they may remove this data to prevent duplicate responses from an individual student.

The following are the instructions for proctors to read to the students prior to their taking the survey. Again, you might want to change the language to reflect the specifics of the administration of the survey at your school.

## **PROCTORS: PLEASE READ TO STUDENTS IMMEDIATELY PRIOR TO THE ADMINISTRATION OF THE INDEPENDENT SCHOOL HEALTH CHECK**

- Thank you for volunteering to take the Independent School Health Check survey. We know that there are lots of issues in your lives - - both at school and in your lives outside of school - - and that the school does not necessarily know about all of them. This is YOUR opportunity to tell the school's administration and faculty about your lives. The information that comes out of the survey will help us in planning programs and working on issues at the school for next year.
- I want to remind you that this survey is completely confidential. If you decide not take the survey, you may either leave the room now or sit quietly until the others are finished. Also, you can skip any question in the survey that you do not feel comfortable answering.
- After you login to the survey, you will be provided with a 5-word passcode that you will need to write down. In the event that you are interrupted and need to re-start the survey, please enter your passcode here: <https://survey.indiana.edu/ishc/login.cfm>. This passcode will not be linked to you, nor will it identify your answers to anyone.
- Also, I want to remind you that the survey is anonymous. Your answers can never be connected to you personally. We want to know what is happening with students as a whole at the school and not about individual students. Please be as honest as you can in answering the questions.
- Please answer the questions seriously. It is important that we get accurate information about what is going on in the school.
- Please do not use cell phones or other devices to access information, text or make calls.
- If you are concerned about the survey or want to talk with someone either today or anytime, please feel free to see \_\_\_\_\_. He/she will be available to talk with you about anything that is concerning you.
- Please do not talk to students who have not yet taken the survey until after they have completed the survey. Any conversation may affect another student's answers.
- Again, thank you for participating in this survey.

# INDEPENDENT SCHOOL HEALTH CHECK STUDENT CONSENT FORM

**Insert Name of School**

## **Independent School Health Check©**

1. This survey is anonymous. There is no way the school or ISHC staff can ever connect you to your answers.
2. This survey is voluntary. If you or your parents do not want you to complete the survey, tell the proctor and you will be excused. You may skip any question you do not wish to answer.
3. Please be honest. There are no right or wrong answers, but we would prefer you skip a question if you feel you cannot answer it honestly.

“I understand the information above and voluntarily agree to complete the survey.”

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



## SAMPLE LETTER TO PARENTS

Dear Families,

The [School name] will be administering the Independent School Health Check for all our students on [Insert date]. The results of this survey will be very helpful as we plan and evaluate the various wellness programs within the School's curriculum. On the day of the administration of the survey, students will be asked to complete a questionnaire that addresses attitudes and life experiences, and that touches on issues such as self-esteem, stress, integrity, sexual behavior and substance use.

For the past [number] of months, [Name school] has been working with the consultants from the Independent School Health Check to prepare for the administration of the survey. [INSERT ANY OTHER INFORMATION RELEVANT TO THE SCHOOL HERE]

Participation is voluntary and at the discretion of students and their parents. The students will be told that they can skip any questions that they would prefer not to answer. Students who do not wish to complete the survey will have the opportunity to be excused from the location of the administration and to work on their course assignments. It is important to note that all survey responses will be completely anonymous. At the administration, each student will be given log-in information for the survey (that is not connected to their name, school identification number, social security number, etc.). It is impossible for anyone at the school or in the survey organization to associate any student with any completed survey.

ISHC, in collaboration with Indiana University, Center for Survey Research, analyzes the material collected and provides each school with group data only. Because the school hosts the survey link, the only IP address collected is that of the school; no individual computer can be identified. ISHC makes it a matter of policy not to furnish a school access to the individual responses that they use to analyze the results. Students have our pledge to treat their individual responses as protected by confidentiality.

If you do NOT want your child to complete the survey or, if you have any questions or comments about the Independent School Health Check, please contact [guidance counselor/school psychologist name] at [telephone number] or [e-mail address]. If we do not hear from you, we will assume that you have no objection to your child's participation.

We believe that this is the time and that this particular survey, the Independent School Health Check, is the way to supply the administration, faculty and staff with critical information that will inform our curriculum planning efforts.

Thank you in advance for your support and interest in this important initiative.

Sincerely,

School psychologist/guidance counselor

Head of School

## **SAMPLE PRESENTATION TO STUDENTS**

[The individual presenting might want to give a preliminary introduction, if the person is not already known by the students.]

Now, let me tell you why I am here and tell you about this project. It is called the Independent School Health Check. This [insert day of the week when survey will be administered] morning, all high school students, in all grades, will be asked to take the survey.

The Independent School Health Check is a survey that will ask you questions about your lives here at X School, at home, and in your communities. We want to know about both the positive and the negative things that students experience. We want to know about the things you like to do and the things you don't. We also want to learn how widespread behaviors like stress, peer pressure and substance use really are here at X School. The way we will learn these things will be by your completing the independent School Health Check survey.

The survey will take about 45 minutes for you to complete the questions in a multiple choice format on a school computer. There are a few things I want you to know about Independent School Health Check so that you feel comfortable about answering the questions. First, this is a survey. That means there is no right or wrong answers. We want you to be as honest as you can and answer the questions based on what you really do and what you really think. If there are questions that you cannot answer honestly, you can leave those questions blank.

The other very important aspect of the Independent School Health Check that I want you to know about is that this survey is completely anonymous. NOBODY will know what you fill in on your individual survey. By making the survey anonymous, we can make sure that your name is never connected to your answers.

ISHC analyzes the material collected and provides each school with group data only. Because the school hosts the survey link, the only IP address collected is that of the school; no individual computer can be identified. ISHC makes it a matter of policy not to furnish a school access to the individual responses that they use to analyze the results. Students have our pledge to treat your individual responses as protected by confidentiality.

Although some advisors, teachers, or other adults from X School will be in the room when you are completing the survey, they are not there to answer any questions that you may have about the survey.

Also, this survey is voluntary. Your parents received information about the survey in their back to school letter from Headmaster X last month. If your parents do

not want you to complete the survey, they will contact the guidance counselor/school psychologist. If you do not want to complete the survey for any reason, you can also let the guidance counselor/school psychologist know in the next few days.

Finally, you may want to know why the Independent School Health Check is so important for our school. The answer is simple. We will be using the data from the survey to plan programs related to the things that you may be experiencing as students here at X School and in your lives in general. The Independent School Health Check will give us the information to figure out where we at X School need to improve upon current programs and to implement new health and social programs within the school.

Thank you for your attention and for your cooperation. If you have any questions before the administration of the survey, feel free to talk with the [insert name of guidance counselor/school psychologist]. Have a great day!

**SAMPLE LETTER TO STUDENTS** - send prior to the survey to encourage them to participate.

Dear Students.....

The ISHC provides students with an opportunity for your VOICES to be heard by teachers, parents and school administration. If taken seriously, and in privacy, each student will have the opportunity to share, in an anonymous, confidential way, his/her feelings, perceptions and thoughts about the school, faculty, friends, classmates, parents and their activities during and after school. It is best for each student to have the opportunity to take the survey with a fresh mind and for you not to have any information about the survey shared by students who have already taken the survey. Please wait until the close of the survey administration, when all students have completed the survey, to discuss your reactions among yourselves. We look forward to sharing the data with you for your discussion and review once all the responses are compiled. Thank you for helping to make this a true opportunity for YOUR VOICES TO BE HEARD!

Your School Faculty

## PARENT INQUIRY

### Suggestions for Responding to Parent Inquiries about the Independent School Health Check

Upon receiving the letter from the school informing parents of the school's intent to administer the Independent School Health Check and their option to grant passive consent, some parents might contact the school for more information or to decline consent for their child to take the survey.

Please assure all parents that the survey is a **voluntary** activity and that any student or parents may opt out of participating in the survey or choose not to answer any specific questions during the survey.

Please share the topics covered in the survey with parents:

The ISHC survey is comprised of about 100 multiple choice questions. About a third of the questions are identical to questions asked in the Youth Behavior Risk Survey that is administered by the CDC to public schools. Some of the topics addressed are:

Grade	Motivation	Attitudes about school and teachers
Academic honesty	Internet use	Academic pressure
Use of time	TV viewing	Social life
Alcohol use	Drug use	Help seeking behavior
Nutrition	Suicide	Sleep
Homework	Community service	Sexual activity

Please assure all parents and students that the survey responses are all **confidential** and anonymous. Schools do not receive the raw data. Thus, all data will be in aggregate, and no one will be able to identify any student from the data shared with the school. Since the students will be going through the school's server, only the school's IP address that will be on record. Privacy is of upmost concern. Every student can be assured that their privacy will be protected and that they can never be identified as individuals.

Please ask parents about their specific concerns and provide them with the information about the content and format of the survey. The ISHC was designed to give independent schools information about student life so that schools could develop effective programs to encourage healthy student behavior. Furthermore, the merger of the information from individual schools into a database provides schools with a larger context through which to view their students.

If parents ask to see the survey, they have a right to do so, but we strongly encourage that they hold off and do not impinge upon their child's world. Let them know that we do not want students to be influenced with any input from adults: parents or teachers. If they persist, we ask that the survey manager sits

side by side with the parent and scrolls through the survey and discusses any issues.

We do not offer any school hard copies of the survey, but if you decide that you want to share the survey with a parent, you can direct them to our website to scroll through the survey. It is recommended that you do this together so that you can answer any of their questions.

## **REPORTING OPTIONS AND PRICING:**

### **Standard Report: (\$3,000)**

Part 1: The Aggregate Survey responses are sent to you within 4 days of taking your survey.

Part 2: The Statistical Analysis report which includes analysis of each question by gender and grade as well as a comparison to the ISHC National Database. The national data includes, as of 6/2017, 25,101 students in grades 9–12 who were surveyed in school years 2014–15, 2015–16, and 2016–17; they represent 60 different schools, each represented only once.

The middle school database includes 4,445 students in 31 schools.

The report offers conclusions noting the items which show a statistical significance when compared to the ISHC Database. You will receive the Statistical Analysis within 3 weeks of taking your survey.

### **Customized Report:**

Schools may wish to pursue a more in-depth analysis of certain topics after reviewing their Standard Report. Simple cross tabulation of two variables eg: ethnicity and grades may yield useful information. We would provide 3-5 of these simple cross tabs at no additional fee. If you wish any of the following we would, together, agree on the scope of the work and a fee that is based on our consultation fee of \$275/hour.

1. Multiple cross tabs more than 5
2. Analysis of the cross tabs
3. Presentation-ready cross tabs with analysis
4. Comparison to a sub set of the ISHC National Database (boarding schools only, single gender schools, etc.)
5. Longitudinal analysis of select variables over the years.

**All schools receive the following as part of their survey report:**

- the ISHC Administration Manual;
- the opportunity to add up to five questions at the end of the survey;
- composite scores on school connectedness, motivation, parental engagement, drinking, academic pressure.
- data sharing and data summary worksheets

## HOW TO MANAGE THE ISHC SURVEY DATA

The ISHC will provide your school with a large amount of self-reported student data, data which has implications for many different aspects of the school's program. As a result, the best strategy is to appoint a leadership team that can review the results, analyze the relevance and importance of the various topics, and decide what issues need to be flagged for planning and action. In this initial phase, the data and the discussions about the data should be kept confidential.

We suggest that there be a two-stage process.

1. In the first stage go through the Aggregate Report and review the survey results: look for what makes sense, what does not; note any surprises (positive and negative), questions or concerns and pick out the priority areas for further discussion and analysis.
2. In the second stage of review, study the conclusion section of the Statistical Analysis Report, which identifies the statistically significant differences between your school and the national database. Review each item by clicking on "view" and assessing the positive and negative comparisons to the ISHC Database.

From that review, identify which topics on the Summary Worksheet (attached) are relevant to your school community.

Refer to the ISHC Data Sharing Worksheet (attached) and share the relevant topics from the list above with each group for input. The data needs to be put into context within your unique school community. The group can then recommend the commendable areas to be shared with the school community as well as a plan of action to the school administration that focuses for the important items that they would like to see improved.

The survey generates a lot of data.....It is imperative that the school narrows its focus on areas that are important in their own community that validate the healthy aspects and to aim towards improvement of the school community.

The next step will be to present the data to the school community as a way to develop a shared understanding of the results and their meaning to your unique school environment.

The volume of material can sometimes make people forget what they know about public presentations---none of your constituencies wants to be buried in numbers and bar charts. It would be prudent to simplify results with the various school constituencies to a few major points.

The body of the presentation will be based on the topics that the school leadership team deems to be important to share. This part of the report can be presented in text, charts and graphs, most of which can be gleaned from the school summary or customized reports. The comparison of your school's results to the ISHC National Database will also be of interest.

The arc of the narrative should begin with the good news—good news almost guaranteed to be about high levels of satisfaction with school experience and high levels of support of parents and teachers.

The good news needs to be followed by 1-3 areas that have been identified as of concern. If some of these areas are somewhat embarrassing, your bringing it to everyone's attention is demonstration of your interest in helping students and improving the school. It will give everyone a shared opportunity to explore the issues behind the data and to develop action plans to deal with the areas of concern.

The ISHC consultants will be readily available for advice and feedback to assist you with the presentation of the survey data. If you request that we prepare the presentations for you we will do so for a charge of based on our usual hourly consultation fees.

The leadership team may:

1. Develop a summary report of the conclusions following the procedure above.
2. Follow the stakeholders' guideline for sharing the data (see The Administration Manual).
3. Consider sharing data in the following settings/venues:
  - a. In stakeholder groups;
    - i. board meeting
    - ii. parent meeting
    - iii. faculty meeting
    - iv. class meetings
    - v. advisor groups
  - b. In the school newspaper
  - c. By a prevention specialist
  - d. As part of health education classes or programs
  - e. Periodic emails from the head/dean
  - f. Student council agendas
  - g. In the school's admission package
  - h. In the school's accreditation application/self-study reports

If your school is preparing for accreditation, the leadership team will find the survey results to be useful as your school prepares for accreditation. The survey results can be presented as baseline data upon which program improvement initiatives can be based and over time used to track improvements and changes in the school community.

# INDEPENDENT SCHOOL HEALTH CHECK

## SUMMARY WORKSHEET

COMMENDABLE

OF CONCERN

HEALTH

SLEEP

EXERCISE

HOMEWORK

HOURS

MULTITASKING

SCHOOL LIFE

GRADES

BELONG

MOTIVATION

BULLIED

TEACHERS FAIR

CHEATING

ACAD PRESS PARENTS

ACAD PRESS TEACHERS

ACAD PRESS SELF

PROPERTY DAMAGE

ILLEGAL DRUGS

COMMUNITY SERVICE

COMPUTER USE

TIME

MISBEHAVIOR

VIOLATE SCHOOL/PARENTS

SOCIAL LIFE

UNCHAP PARTIES

MENTAL HEALTH/ ASK HELP

ADULT TALK TO

PEER TALK TO

SAD AND HOPELESS

CUTTING

SOUGHT PROFESSIONAL HELP

TURN TO SCHOOL STAFF

SEX INTER

ORAL SEX

SEXUAL INTIMACY

STD PREV

COMMUNITY/PARENTS

MONITOR COMPUTER

KNOW FRIENDS

CALLED AHEAD

ALLOW DRINK AT HOME

## SUBSTANCES

ALCOHOL

BINGE

MJ USE

VAPING

GUN ACCESS

# INDEPENDENT SCHOOL HEALTH CHECK

## DATA SHARING WORKSHEET

The sharing of this data with all the stakeholders in the school will allow them to develop a common understanding of the perception of wellness and risk taking behavior and attitudes in the school community. The data can be selectively reported to various groups so that their primary interests and responsibilities can be addressed in a pro-active manner. The goal of sharing the data is to identify areas of strength, topics requiring further clarification and targeted areas for improvement.

### **A VIBRANT SCHOOL COMMUNITY IS ACTIVELY ENGAGED IN QUALITY IMPROVEMENT.**

#### **External Stakeholders: (Board, Admissions, Development, Alumni Relations)**

- school connectedness
- students feelings about faculty and classmates
- community service and volunteerism
- feelings about the faculty
- grades and motivation
- low levels of reported risk taking behaviors
- Other:

#### **Faculty:**

- grades
- academic honesty
- academic pressure
- students perception of faculty
- motivation
- homework
- multi-tasking
- level of academic challenge
- campus safety
- feelings of concern
- help seeking behavior
- Other:

**Students:**

sleep  
grades  
homework  
multi-tasking  
computer use  
academic honesty  
academic pressure  
motivation  
social life...friends  
risky behaviors....actual social norms  
campus safety  
dating and intimate relationships  
help seeking behavior  
Other:

**Parents:**

Students' perception of parental oversight  
time spent outside of school  
time home alone  
internet use and monitoring  
after school drinking  
parties-call ahead, chaperone vs non-chaperoned  
parental party behavior  
sleep  
gun access  
help seeking behaviors  
Other:

**ISHC consultants are available to assist with the preparation and delivery of these reports.**

## **GUIDELINES FOR THE PRESENTATION OF SURVEY RESULTS TO YOUR SCHOOL COMMUNITY**

Public presentations will sometimes require giving information about the survey itself, either as part of the presentation or in questions from the group. The following FAQs may prove useful.

**What does this survey cover?** The ISHC looks at a greater number of areas of adolescent life than other surveys and is equally interested in investigating the factors that protect as well as those that create risk. One hundred survey questions explore the following topics and produce a more comprehensive picture of adolescent life:

- Academic achievement and motivation
- Attitudes about school, teachers, and parents
- Academic honesty
- Academic pressure
- Homework and multitasking
- Parental oversight and support
- Alcohol and drug use
- Nutrition
- Sleep
- Sexual activity
- Help seeking behavior
- Suicide
- Community service
- Use of out of school time
- Internet use
- Television viewing
- Social life
- And other topics relevant for independent schools

**How was this survey created?** The Independent School Health Check was built initially around 31 questions from the Youth Risk Behavior Surveillance System, a two-decade-long national project conducted by the Centers for Disease Control. Additional questions and topics were developed in focus groups of independent school counselors. The draft questions were critiqued and refined by the Research Director of the Olin Neuropsychiatric Institute, a division of Hartford Hospital. Original questions were evaluated and modified after a pilot test in three schools.

The National Association of Independent Schools includes the ISHC in the list of assessment tools they offer on their website.

**Is there any particular advantage to using this survey?** The most striking feature of the ISHC is the speed and immediacy with which schools receive information about *their* population. Thanks to the design of the computer-administered survey, a school will have their report within a month. The ISHC approach provides a very timely and compelling view of a student body and allows a school community to see both positive and negative aspects of student behavior. That timely feedback helps schools design health programs and interventions that are efficient and appropriate.

The statistical analysis of data is preset to run different cross-tabulations, which show the relationships among different areas and allows for the analysis of small diverse communities and cohorts. These relationships help to refine the understanding of the data and treat adolescent behavior as a complex series of influences and actions.

The statistical analysis also groups clusters of questions together into index/composite scores that assess and offer a more nuanced understanding of complex behaviors. Those composites are:

**Academic Motivation**

**Academic Pressure**

**Drinking Behavior**

**School Connectedness**

**Parental Engagement**

**Can students be identified?** Students log into a secure website anonymously through the school's webserver. The school's IP address is the only one recorded. ISHC does not return individual records to the school so there is no way that the school can identify any individual.

The body of the presentation will be based on the topics that the school leadership team deems to be important to share. This part of the report can be presented in text, charts and graphs, most of which can be gleaned from the school summary or customized reports. The comparison of your school's results to the ISHC National Database will also be of interest.

## Who are the ISHC Consultants?

**Rosemary C. Baggish, M.Ed., MPH**, developed and directed therapeutic school programs for over two decades at Yale Psychiatric Institute and The Institute of Living. She has a Master's Degree in Special Education (Boston College) and a Masters in Public Health (Yale University). Rosemary is the Founder and Director of Mental Health in Independent School Communities (MHISC), a consultation service for independent schools. She has consulted nationally to schools, colleges, hospitals and non for profit agencies regarding model programming for children and adolescents with mental health needs. Under the auspices of BMW, LLC, she along with her partner Peter Wells, Ph.D. developed a computerized, comprehensive health survey for independent school students, the Independent School Health Check (ISHC), which has produced a national independent school database. Rosemary is author of *When the Bough Breaks: How to Really Be There for your Children*, a communication guide for parents.

**Peter H. Wells, PhD**, is a senior consultant with MHISC, with primary responsibilities for the Independent School Health Check. Prior to MHISC, he had forty-two years of independent school administrative experience at Hopkins School as teacher, department head, upper school head, dean of students, director of admissions and college counselor. In 1980-81, a Klingenstein Fellowship facilitated his becoming a certified school psychologist at Hopkins. Under the auspices of BMW Consulting, LLC, he developed a computerized, comprehensive health survey for independent school students, the Independent School Health Check (ISHC) which has produced a national independent school database. Peter has extensive background in survey design, administration, and analysis.

The ISHC is administered by [The Center for Survey Research](#) at Indiana University.