



The Blueprint

A collaborative 7-step planning framework for enhancing student safety and wellness within your school district



With mental health statistics continuing to reach crisis levels, it is undeniable that student wellness is the key priority for K-12 school leaders.

As we begin the new academic year, every single educator, school and district must have a plan in place to ensure student safety, wellness and readiness to learn to their fullest potential.

Working to be Prepared Together

With so many responsibilities already taking up valuable time and resources, we know it can feel impossible to cultivate and implement an effective plan.

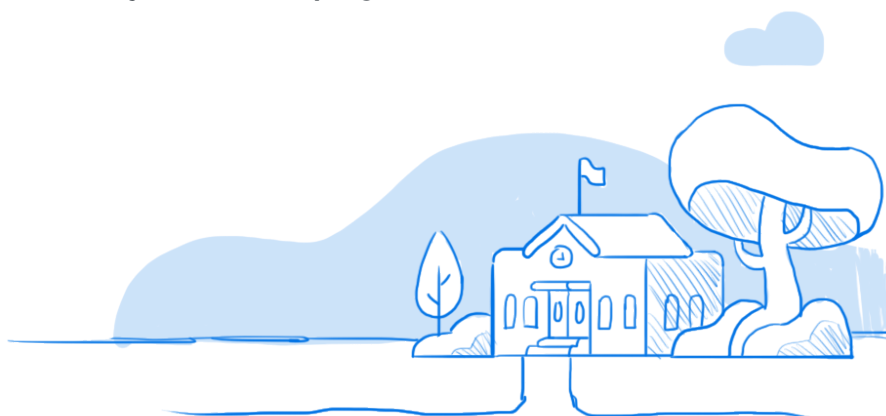
That's why, with the help of our education and mental-health experts, we want to support K-12 school leaders with evolving their classrooms and mental health initiatives for the future.

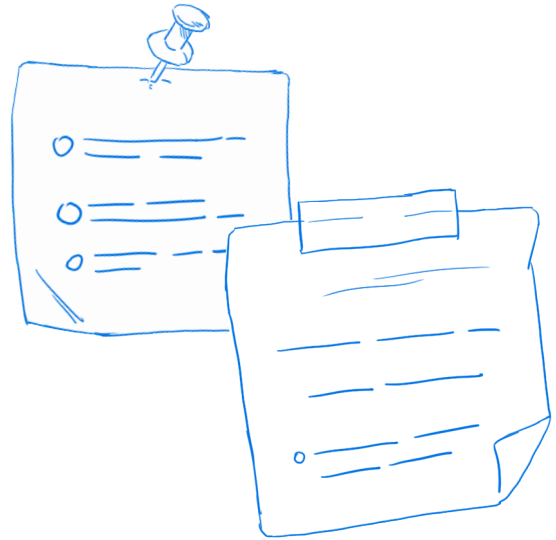
The Blueprint serves as a framework for addressing the pressing challenge of enhancing student wellness within school districts. This resource is a roadmap that equips educators, administrators, and stakeholders with a structured approach to strategically assess, plan, and implement powerful student wellness initiatives.

This collective effort aims to foster a safer and more supportive educational environment that prioritizes student safety and health, all while nurturing academic success.

Read our 7 steps and learn how to:

- **Gain crucial insights into the current state of your district's student wellness efforts**
- **Assemble a strong team to help implement and maintain your initiatives**
- **Leverage actionable data to make a meaningful impact**
- **Build sustainable practices throughout your schools**
- **Allocate resources effectively rather than adding additional workload**
- **Engage stakeholders with your wellness program**





The Blueprint

A K-12 Framework

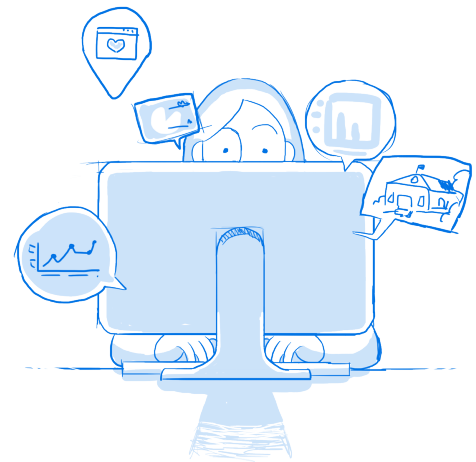


Step 1: Assess the current state

Before you can enhance the state of student wellness within your schools, it is imperative to understand your district's current state.

Take the time to assess and reflect upon your district's current policies and practices to understand if, and how well, you are supporting student safety and wellness.

This can help you identify strengths and areas of growth, which will provide insight on where to begin, and what questions you need to ask and answer.



Points to consider:

- What student safety and wellness systems do you already have in place?
- Is your data siloed? Where does it live?
- What gaps do you have in your data?
- Does your current strategic plan include student safety and wellness initiatives?
- What feedback can you gather? Consider all stakeholders: students, parents, teachers, and staff.
- Is there equity within your existing systems? If not, where are the gaps?

Recommendations:

- ✓ Use a **comprehensive data collection approach** to gain a more holistic view of student wellness that addresses equity and strengths, as well as any gaps.
- ✓ Include **SMART goals for student safety and wellness initiatives in your district's strategic plan.**

Step 2: Assemble your team



Without the right team to deliver on your program, initiatives will become inconsistent and fall apart. Building a strong working team and defining key roles and responsibilities is important to successfully drive change.

Including members that come from various backgrounds and experiences will not only enrich your team, but will have a more meaningful impact on implementation of student wellness initiatives.

Points to consider:

- How will team members collaborate and communicate?
- How will you ensure members are from various backgrounds and disciplines?
- How will the team allocate resources and responsibilities?
- How will team progress be measured and monitored?

Recommendations:

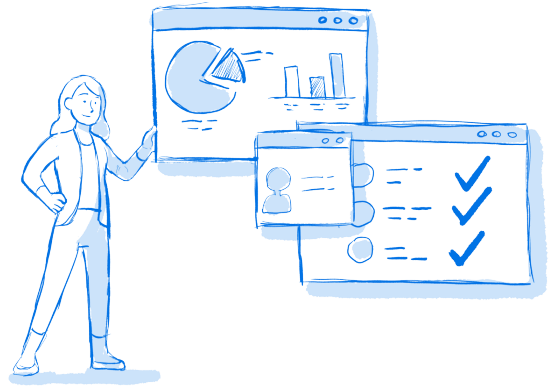
- ✓ **Consider including the following stakeholders:**
 - School counselors and social workers
 - Wellness coordinators
 - Community partners
 - Caregivers
 - Teachers
 - Students (high school)
- ✓ **Make sure people, processes, and technology are all in alignment with your strategic plan around student safety and wellness.**



Step 3: Make your data actionable

The crucial role of data is something no educator should overlook. In the same way it can be utilized to aid students' academic success, it can be key to steering your wellness initiatives too.

Not only should data collection processes be efficient, but data analysis should be effective as well. It can be the single most important catalyst for substantial and meaningful change when it comes to student wellness.



Points to consider:

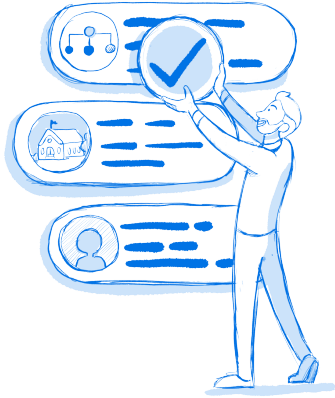
- What data collection tools are you using? How do you collect it?
- What specific data are you collecting to gauge student wellness?
- Who manages the data?
- How often will you review data?
- What outcomes do you hope to achieve through data analysis?

Recommendations:

- ✓ **Establish real-time monitoring of the data during critical periods of concerning online behavior to promptly address trends or incidents.**
- ✓ **Organize periodic data review meetings to analyze data trends and identify areas for improvement.**
- ✓ **Ensure your student data is secure.**



Step 4: Build practices that are sustainable, scalable, and adaptable



Creating sustainable and scalable solutions is key to achieving long term goals, such as those on your district's strategic plan.

Periodic review of current practices may need to be adjusted and adapted to meet the evolving needs of your students and community.

Points to consider:

- How can you identify the key areas where professional development is most needed and align it with the district's long-term goals?
- What systems will be put in place to regularly review and assess the effectiveness of current practices in achieving the desired outcomes?
- How can you involve the input of teachers, administrators, and other stakeholders to support the sustainability of student wellness initiatives?
- What strategies can be implemented to overcome potential challenges or barriers in scaling up practices?

Recommendations:

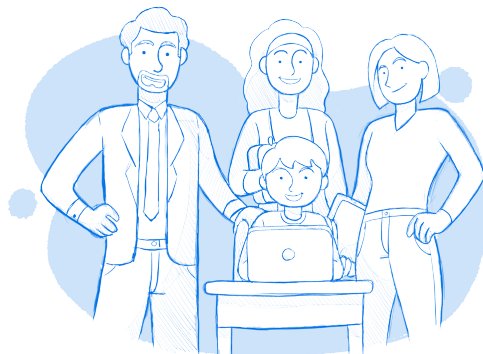
- ✓ **Allocate dedicated resources to support ongoing professional development for staff.**
- ✓ **Define and track progress toward clear goals and make adjustments as needed.**
- ✓ **Develop ways to identify, implement, and promote high-quality practices throughout the district.**
- ✓ **Sustainability starts at day one – share immediately and frequently that these changes are coming and that student wellness is the ultimate priority.**

Step 5: Create and involve a community

They say it takes a village to raise a child, and that has never been more relevant than when we consider student wellness.

It's not enough to have the perfect practices and wellness initiatives. You also need insight from mental-health experts on how best to serve your students and community.

It's also important to provide adults – both educators and caregivers alike – with information on how to identify and support students in need. All community members play an integral role in maintaining student safety and wellness.



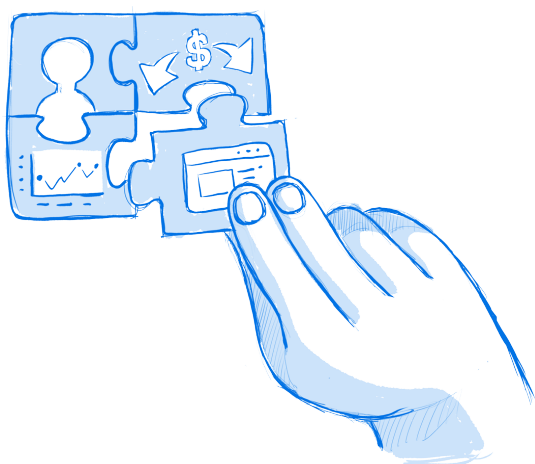
Points to consider:

- Are there any existing community resources that align with your district's student wellness goals?
- How can you effectively share and utilize these resources to benefit students and caregivers?
- How can you build and maintain strong collaborative relationships with mental-health professionals and clinics in the community to establish a robust network of resources and support for students in need?

Recommendations:

- ✓ **Create a streamlined process to provide referrals to students and families in need.**
- ✓ **Build a community resource bank (contracting with local mental health clinics and licensed clinical staff) that district and campus-based wellness teams can access to provide mental health resources.**
- ✓ **Provide ongoing caregiver education panels on trends in mental health.**
- ✓ **"If you see something, say something" campaigns – promote visibility of safety and wellness within school buildings, social media, and local communities.**
- ✓ **Consider bringing in student wellness experts to design and facilitate professional development focus areas for school and district staff.**

Step 6: Allocate and utilize resources



Once you've gathered your resources, you'll need to ensure you are measuring efficacy.

Resources are more effective when they are used proactively and reviewed regularly over time. Doing so will allow you to better foster ongoing engagement towards continuous improvement and, ultimately, student wellness success.

Points to consider:

- Is your district staffed appropriately? Are the staff in place the right ones for the task?
- How does the staffing setup fit into your current practices?
- Are resources being equitably distributed? If not, how can this be achieved?
- Can funds be diverted or allocated to meet your needs?
- How are you monitoring the utilization of these resources?

Recommendations:

- ✓ **Establish systems and protocols to consistently evaluate how resources are used.**
- ✓ **Include relevant staff and departments to share in resource allocation discussions to ensure resources are aligned with goals and objectives.**
- ✓ **Monitor the utilization of resources to guide informed decision-making, then make adjustments where necessary.**
- ✓ **Engage in discussions about funding to explore avenues for meeting the requirements of your school community. Discuss potential ways to allocate or redirect funds to effectively address identified gaps.**
- ✓ **Provide regular reports to stakeholders showcasing how resources are being allocated and utilized, and the impact this is generating. Transparency builds trust – and accountability.**

Step 7: Engage with your stakeholders

Stakeholders have different needs and goals to address. Keeping this in mind while also maintaining a common goal can be a challenge.

Effective engagement and communication are critical in ensuring everyone is on the same page, while also creating a sense of accountability where all parties feel their voices are heard.

Managing these communications and interactions can be a pivotal factor when it comes to successfully delivering on your wellness programs and initiatives.



Points to consider:

- Have you identified all of the relevant stakeholders?
- Are you involving stakeholders in any of the decision-making processes?
- What communication strategies are currently in place to share practices? Why are these important? Do they need to be revised?
- How do you engage reluctant or resistant stakeholders?

Recommendations:

- ✓ **Establish a feedback loop where stakeholders can share their thoughts and opinions throughout the initiative process.**
- ✓ **Utilize a variety of communication methods for people to voice their opinions, including town hall meetings, emails, surveys, and more.**
- ✓ **Reinforce the vision of the initiative goals by providing frequent updates to all parties.**
- ✓ **Ensure that a diverse range of stakeholders are involved in decision-making processes. This promotes inclusivity and can lead to more well-rounded and effective solutions.**



Conclusion

In today's dynamic and evolving learning environments, ensuring the safety, wellbeing, and overall health of our students is of paramount importance.

Student wellness is a collective effort that requires ongoing commitment and collaboration. As you embark on this journey with The Blueprint, keep in mind that the wellbeing of our students is our ultimate priority: together, we can create a safer and more supportive educational environment for all.

Elevate your commitment to student wellness

As an educator, you know that your students' overall wellbeing is the foundation of their academic success. But if your district or school is like most, resource limitations hinder you from supporting your students' emotional health and wellness to the level that you'd ideally want to.

Securly not only helps schools like yours to optimize the impact of your student service resources, but provides easy-to-use and effective technology solutions that can help you:

- **Identify at-risk students so you can investigate and intervene quickly**
- **Empower your staff with real-time wellness data and reporting**
- **Teach students essential wellness skills, with no teacher training required**
- **Address in-the-moment concerns with automated, preventative measures**

To see how Securly can help you to support student safety and wellness in your school, **sign up for a free, no-obligation 60-day Student Safety Review.**

To gain further insights into the current state of student mental health and extra advice for how schools with limited resources can improve student wellness, **read our special report.**



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