

# 3 benefits of a regular wellbeing check-in

This white paper is for school leaders responsible for ensuring the safety and wellbeing of students

**skodel**

# Introduction

This paper examines the three core benefits of making a regular wellbeing check-in a purposeful and deliberate component to your wellbeing management.

## Unlock Voice

Few will speak about their wellbeing, even if they are under severe psychological distress. Unlocking voice benefits effective wellbeing management

## Real Time Understanding

A regular check-in allows for real time understanding, which enables timely support for those struggling

## Strengthen relationships

Good teaching starts with strong relational connection. Regular check-ins reinforce the strength of relationships within the community

# Effective Wellbeing Management

Traditionally schools have relied on large scale surveys and teacher observations to manage student wellbeing. It is recognised that student wellbeing can change radically from week-to-week on minor and major issues, and that very few will communicate this. Effective management of wellbeing benefits hugely from a regular wellbeing check-in.



## Teacher Observations

Teachers log any wellbeing issues they might observe and can compare to the trends shown in check-in data.

## Large Scale Survey

Large scale surveys can be designed to be more effective as a result of data from regular real time check-ins.

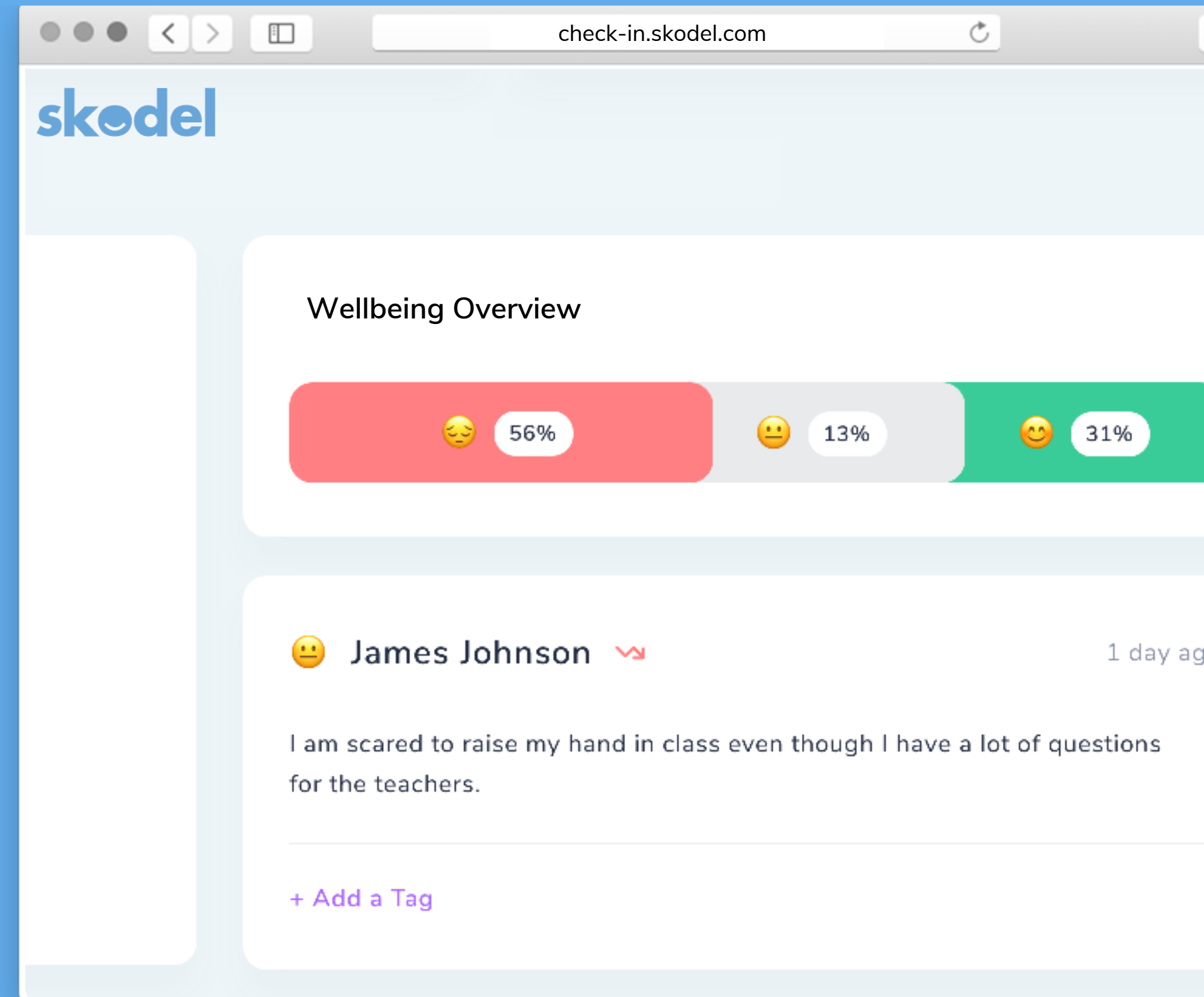
## Regular Check-Ins

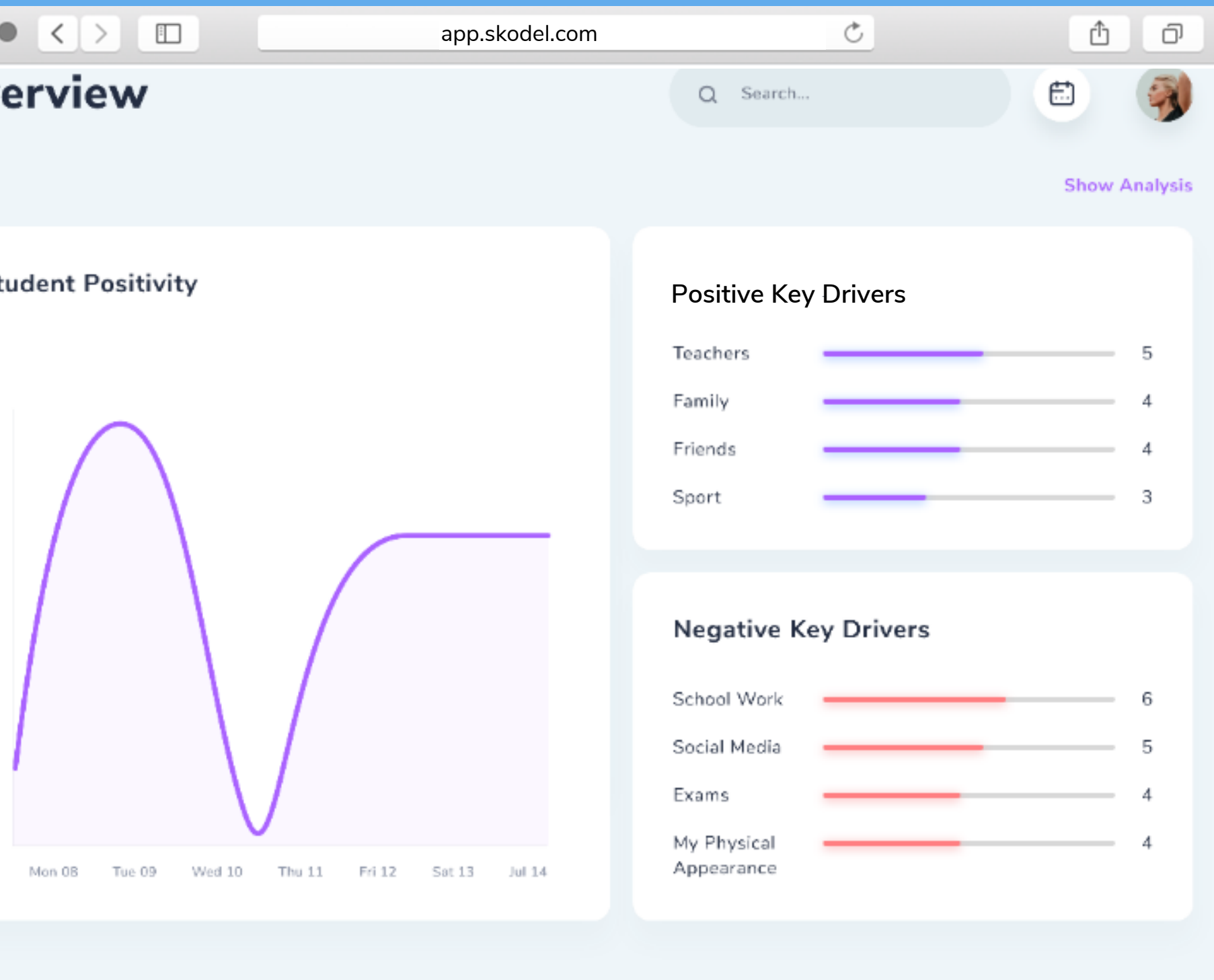
Regular check-ins can help on minor and major wellbeing issues. Fast action is possible if the data is real time. Real time data aids teacher effectiveness and relationships with students.

# Unlock Voice

## VERY FEW TALK ABOUT THEIR WELLBEING

There is a great deal of research on the number of students who don't speak up about their mental health. This can lead one to believe that most students do not want to talk about their wellbeing, particularly when they are experiencing tough times. However, it is not so much a lack of desire, but rather awkward and limited channels of communication that restrict student voice. Yes, there is great timidity among all to speak up but there is also a desire to be heard and to have our troubles acknowledged. A regular check-in, when done right, provides students with a comfortable environment to tell it how it is.





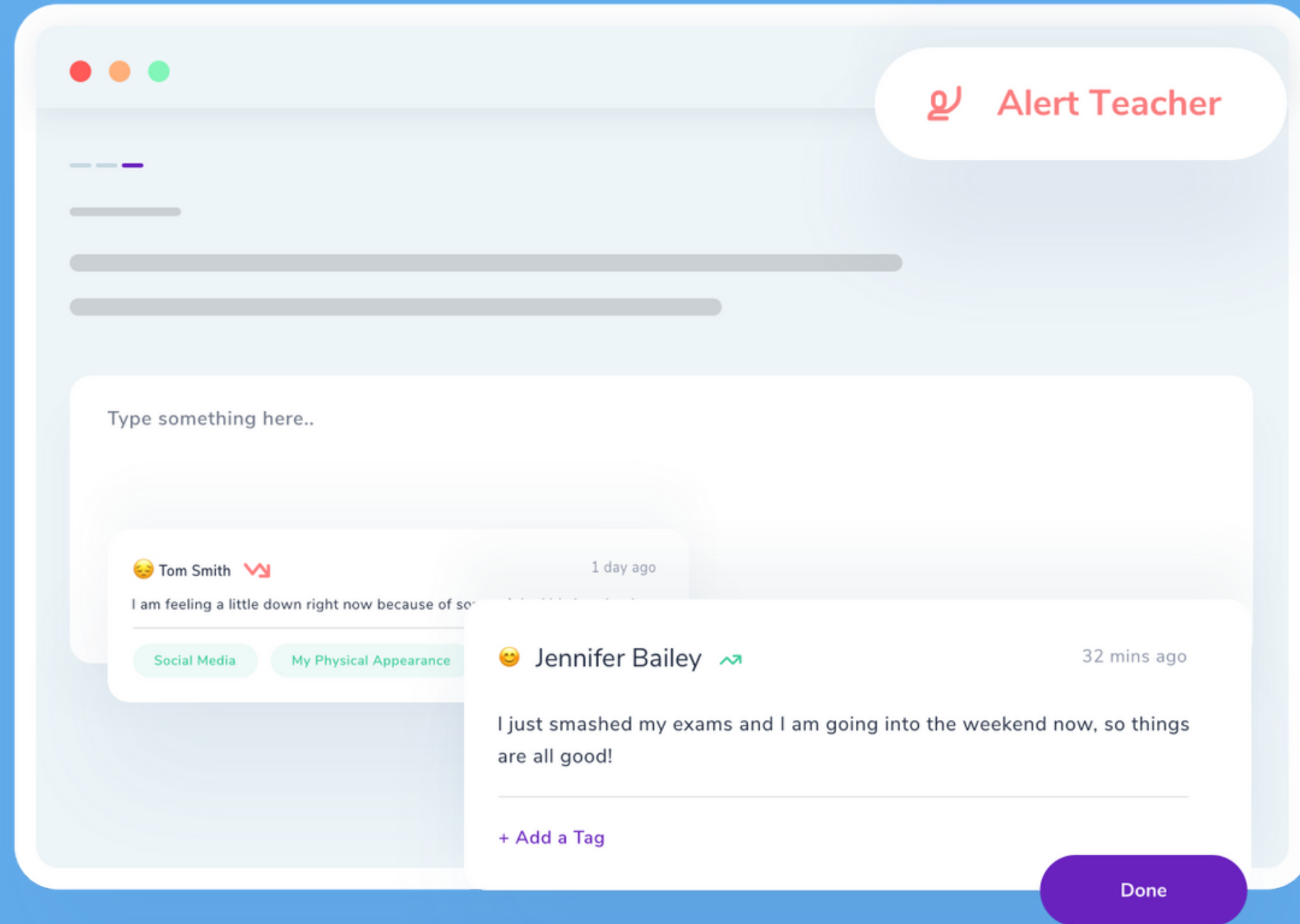
# REAL TIME UNDERSTANDING

What makes understanding wellbeing uniquely challenging for schools is its dynamic and subjective nature. Our wellbeing can change rapidly and the factors that trigger these changes are infinite. We do not have the luxury of assuming that a child, simply because they felt great last week, will remain in good spirits for the rest of the term. It is therefore essential for schools to get visibility on how students are feeling and what is influencing their wellbeing. Regular wellbeing check-ins can support traditional large scale surveys and teacher observation approaches in identifying students who might need additional support.

# Strengthen Relationships

## SCHOOLS ARE COMMUNITIES BUILT ON RELATIONSHIPS

Very rarely do we reflect on our educational journey and remember times where our teachers taught us the syllabus. Our fondest memories are often small moments where teachers have shown an interest in our lives and demonstrated that they care. Checking in with students offers students an opportunity to not only share their vulnerabilities, but also to share stories of gratitude, their hobbies, interests and dreams. These pockets of information drive more meaningful conversations, which in turn builds strong and supportive relationships within school communities.



# Give students a voice that is heard and acted on



“We thought he was thriving in every possible way at school. None of the staff were aware that he had been carrying a worry that he expressed on Skodel around with him for months, and the information was just what we needed in order to provide him with the support he needed.”

KEVIN BRENNAN - ASSISTANT HEAD OF SENIOR  
SCHOOL, THE SCOTS COLLEGE

# Skodel

**Give every student a voice that is heard and acted on.**

Check in with your students today.

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## WEBSITE

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