



SHREWSBURY PUBLIC SCHOOLS

Department of Nursing

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Date: 10/19/18

To: School Committee

Re: Student Health Survey Report

The Shrewsbury Wellness Advisory Committee (SWAC) is comprised of various staff from across the district (including counselors/psychologists, nurses, health/PE teachers, and district administrators), SHS students, parents, representatives from the local Department of Public Health, SYFS, our school physician, and a representative from the School Committee. This group meets 4-5 times per year to discuss data from the Regional Youth Health Survey (RYHS) and guide implementation of various aspects of the district's strategic priorities and goals as they relate to student wellness (including physical, social and emotional health).

The SWAC met on October 18, 2018 to review data from the 2017 RYHS conducted at Oak Middle School (OMS) and Shrewsbury High School (SHS). Attached are the reports of the data as compiled by Worcester Department of Public Health.

After review of the data, areas of concern and focus have been identified as follows:

- **Emotional Health**

- approximately 25% of students at both OMS and SHS reported feeling so sad or hopeless over a 2-week period that they stopped doing usual activities
- 5% of students at SHS report having made a suicide plan in the past year
- approximately 15% of students in both buildings report self-injury
- 35% of OMS students and 12% of SHS students report being bullied on school property
- All of the above percentages are approximately doubled for SHS students who identify as LGBTQ
- 39% of OMS students and 68% of SHS students report stress as the top issue among students their age

- **Tobacco use/Vaping**

- 6% of OMS students report having tried an e-vape product; that percentage increased to 24% of SHS students
- 15% of OMS students report they feel that there is slight or no risk of harming themselves if they use e-cigarettes; that percentage increased to 38% at SHS

- **Marijuana**
 - 4% of OMS students report having used marijuana; that percentage increased to 29% of SHS students
 - 17% of OMS students report they feel that there is slight or no risk of harming themselves if they use marijuana; that percentage increased to 44% at SHS
- **Screen Time**
 - 51 % of OMS students and 58% of SHS students report 3 or more hours of screen time per day

Please see the attached summary sheets for further details regarding these areas, including breakdown by gender, gender identity, and race.

Goals

SWAC has begun the work of creating goals and action steps specific to these areas of concern, and will keep the School Committee apprised of our work.

Upcoming Event

SWAC is collaborating with the Shrewsbury Coalition for Addiction Prevention and Awareness (SCAPE) by sharing Shrewsbury specific RYHS data which will be presented to the public as part of a panel discussion, ***Middle Schoolers at Risk: What Every Parent Needs to Know Now***, to be held at OMS on November 13, 2018 at 6pm. SCAPE has organized a panel of experts to speak regarding vaping, marijuana, social media, gaming and ways to talk to your child about these important topics. Providing Shrewsbury specific data will be an important factor in identifying the scope of these issues in our community.