

# Wellbeing in Schools: Frequently Asked Questions

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## I. Participation & Registration

1. What are the components of the project that I can sign up for? Can we participate in all the options of engagement offered in the Wellbeing in Schools project?

You can sign up for one or more, or even all, of the components of the project. The combination of options is completely up to your school/organization and what your organization/school would like to gain from the project. You are only limited by your time and availability to commit to the project. You can refer to the [Project Overview Visual](#) on page 7. Please also refer to the [project website](#) where the anticipated time commitments and requirements for each option of engagement are outlined, and also for the most current updates.

2. I missed the webinar, how can I get the recording?

You can view the recording of the webinar and access the slides from the webinar on the [project website](#). Here is also a direct link where you can find the [recording of the webinar](#). Once you watch the recording, you can also sign up using the enrolment form via this [link](#).

3. Is there any cost associated with the project?

There is no cost associated with any element of the project.

4. How do we register to be part of the Wellbeing in Schools project?

Please use the Project Enrolment form to formally sign-up to the Wellbeing in Schools project. The [Project Enrolment form](#) is available on the [project website](#).

This project aims to support a whole school/organization approach and, therefore, the enrolment form will be completed under the name of your school/organization.

For all project components combined, there is no maximum number of staff members from your school/organization that can participate. However, for the Action Research Program component, a minimum of 3 participants are required (Research Lead plus 2 additional participants), with a maximum of 20 participants.

Before starting this form, make sure you have on hand:

- A designated Research Lead
- The number of people from your school/organization that will be enrolled in the project.
- The names and contact emails of all project participants in your school/organization. If there are more than 20 participants across project components, please prepare an Excel file to be uploaded in the enrolment form. The Excel file should include the following columns: first name, last name, email address, and role.
  - Please select roles from the following list: Administrator, Consultant, Head of Department, Head of School/Principal/Head Teacher/Director, Librarian, Programme Coordinator, School Counsellor, School Nurse, Subject Coordinator, Teacher.
- **Reminder:** For the Action Research Program the range of participants should be between 3 and 20.

### **Enrolling for the Action Research Program**

**a. Could we collaborate with a few other schools in the area to make a group of 3 participants?**

Each school is required to have a minimum of 3 participants (Research Lead plus 2 additional participants). There is a maximum of 20 participants for the Action Research Program. Each school should sign up individually. You will meet in person with your colleagues at your school.

**b. Can an individual register and then cooperate with schools? (i.e. I work as a consultant.)**

It is possible for individuals who are not staff members of a school to be involved in the Action Research Program. In this case, you will need to register as part of a school team's registration with the Project Enrolment form.

**c. Could a school participate with more than one group? For example, groups from different grade levels?**

You will register as one school team in the Project Enrolment form. We recommend that all participants meet collectively as a whole group to work collaboratively during the monthly sessions. Participants can opt to meet as smaller groups in between the monthly webinars as well if they would like.

**5. We are having trouble completing the project enrolment form because we cannot continue past after filling in the names and details of our team. What can we do?**

We apologize for the inconvenience. After entering the details of your team, click the 'Next' button. A pop-up message will appear to confirm you are ready to proceed to the next page. Click 'Continue' to proceed.

If the issue persists, we recommend two solutions. First, clear your cache and cookies. Second, try opening the enrolment form in an incognito window, a different browser, or try to access the Project Enrolment form from a different internet network.

**6. How long is the enrolment period for the Wellbeing in Schools project?**

The full Project Enrolment form will be open until September 10, 2023. Following this date, the registration to participate in the Action Research Program will close but all other engagement options will remain open until the activity is about to begin. If you sign up for these activities, you will be informed about the next steps at the relevant time.

**7. Do we have to complete the Project Enrolment form if we have already completed the Expression of Interest form and/or registered for the Introductory webinar?**

Yes, please complete the Project Enrolment form even if you have previously completed the Expression of Interest form and/or registered for the Introductory webinar. By completing the Project Enrolment form you are formally signing up to specific parts of the project and we will use this data to plan and prepare for the various options of engagement.

8. Are there any limits for enrolments to participate in the Wellbeing in Schools project?

No, there are currently no limits for enrolments to participate in the project. However, depending on numbers, we may need to place some parameters for some of the options of engagement in the project.

9. What kind of certification or recognition can we get from participating in the Wellbeing in Schools project?

Certificates of participation will be provided for each of the activities that participants complete over the course of the Wellbeing in Schools project.

Opportunities for obtaining [micro-credentials](#) in wellbeing will also be provided for interested participants.

II. Whose wellbeing are we talking about in the Wellbeing in Schools project?

The project is focused on student wellbeing. However, various components of the projects, including the Action Research Program and Learning Hubs, will provide opportunities to learn about school staff wellbeing and school community wellbeing more broadly.

III. Can we learn from examples of other schools that have implemented solid wellbeing initiatives in the Wellbeing in Schools project?

All the project components are designed to be collaborative and to provide space for sharing and learning among the participants. Learning Hubs are specifically designed to provide the space for schools to come together, share and learn from each other, and shape their own learning in wellbeing. The Action Research Program will provide opportunities for schools to learn from one another throughout the program, and The Virtual Conference at the end will be an opportunity for schools to showcase promising practices in supporting student wellbeing.

IV. How does the Wellbeing in Schools project tie into other wellbeing approaches that are already implemented in schools?

We expect that schools will be on their own unique wellbeing journey that is dependent on their specific contexts and needs. Depending on your school's wellbeing journey so far, you may opt for various options of engagement that best build on your interests and needs. We don't know exactly where you are in your wellbeing journey, but perhaps you can relate to one of the scenarios below:

- *Scenario 1:* Your school has already implemented a number of wellbeing initiatives, there are concrete outcomes that indicate success, and your school would like to share your practices with others. You may consider engaging in the Learning Hubs, participating in the Action Research Program and/or submitting a wellbeing innovation to HundrED.
- *Scenario 2:* Your school has implemented some wellbeing initiatives, but these may have emerged more as a necessary response as opposed to a planned intervention, or perhaps identifying or measuring outcomes have not yet been considered or possible. You may consider engaging in the Action Research program and/or the wellbeing measurement pilot.

- *Scenario 3:* Your school has identified wellbeing as a key priority and has started implementing a wellbeing initiative, but you have been considering what kinds of wellbeing initiatives would serve your context best and how you might identify and measure outcomes. You may consider engaging in the Action Research program or the wellbeing measurement pilot if your school has more time to commit. If perhaps time is more limited, engaging in the Learning Hubs might suit your availability better.

We envision this project as a journey with multiple phases and possible levels of engagement, depending on your school's interest, availability and particular context. There are different opportunities in the project that offer varying degrees of support and structure to build on what is already happening in your school context.

#### V. What will be expected from schools during this project?

Please view the [Project Overview Visual](#) on page 7 for an overview of the project options and anticipated commitment from participants. For the most current updates, please refer to the [project website](#).

#### **Project component questions:**

##### 1. Action Research Program

###### **a. What is the role of the Research Lead?**

The Research Lead will serve as the main point of contact for the Wellbeing in Schools project for members of the school group and also communications with the IB or one of our partners. The Research Lead's responsibilities include:

- Scheduling monthly sessions in person with educators at your school and virtually with our research team. This includes booking rooms for the sessions at your school and setting up the technology to connect with our research team virtually.
- Addressing any questions that come up from participating educators at your school during the action research program. Our research team does not have the capacity to be available for questions in between monthly sessions.
- Scheduling the collection of online survey data from educators at your school.

###### **b. Will all members of the research teams need to be present at the monthly webinars with the Action research team or just the Research lead?**

All members of the school group who are participating in the Action Research program will need to attend the monthly webinars.

###### **c. Can one person represent the school in the monthly webinars?**

This project aims to support a whole school/organization approach and therefore we expect all members of the Action Research program to attend the monthly webinars.

## 2. Learning Hubs

### **a. To participate in the Learning Hubs do we already need to have wellbeing interventions in our school to share?**

Having a wellbeing intervention in schools is not compulsory. Learning Hubs have an open design and are flexible enough to accommodate schools in different stages of their journey with wellbeing.

## 3. Wellbeing Measurement Pilot

### **a. Is the toolkit provided in the Oxford measurement pilot only for measuring wellbeing, or does it also apply to various wellbeing interventions?**

The Oxford Measurement pilot toolkit is designed to measure student subjective wellbeing, as an overarching outcome of any intervention. The toolkit is designed to guide schools through the process of completing questionnaires with their pupils and we will obtain feedback from each school on this process.

### **b. Does the measurement toolkit measure both wellbeing outcomes and wellbeing drivers?**

The core measurement proposed by Oxford will address only the wellbeing outcomes and not the wellbeing drivers.

## 4. Wellbeing innovation submission

### **a. Could you please share the criteria for the submission of a wellbeing innovation?**

The selection procedure is conducted in four phases (discovery, shortlist, advisory board review, and selection workshops) in order to evaluate which innovations to highlight based on the two criteria of impact and scalability (see definitions below). To progress through each phase of our selection procedure, all innovations must be evidence based to show impact and scalability by the reviewers using the following definitions.

- **Impact:** Evaluated as a valuable improvement within the innovation's context. All innovations must have at least 1 year of being implemented with their intended users.
- **Scalability:** Either the innovation is actively expanding to other contexts or has a high degree of transferability for others to adopt its practice/technology.

## VI. Project Overview Visual

### Higher level of Engagement: Wellbeing in Schools Action Research Program (Phase 1)

- Commitment**
- 2 hours minimum per month
  - 1-day virtual conference

**Description**

The online program will launch in September 2023 with subsequent monthly sessions through May 2024, culminating in a virtual conference in June 2024. The research team will lead schools through the process of conducting a collaborative action research project to improve student wellbeing. Workshop topics include: research-based practices that promote student wellbeing, survey design, data collection, data analysis, and sharing findings. This phase is the first of a three-part series. Phases 2 and 3 will take place in 2024 and 2025 respectively.

- Key elements**
- Introductory webinar
  - Monthly workshops
  - Participate in collaborative action research within your school
  - June 2024: Attend virtual conference
  - Optional: Complete micro-credentials

### Intermediate Level of Engagement: Learning Hubs

- Commitment**
- 1 hour each

**Description** January 2024 – June 2025: These one-hour community events will provide schools around the world with the opportunity to connect and share wellbeing practices. The IB plans to organize 1-2 events per year. Communications regarding the topic of each community event will be sent in advance.

**Flexible Engagement:** Any **flexible engagement** can be selected ad hoc or added individually to either of the above levels of engagement.

#### Introductory Webinar (required)

- Commitment**
- 1 hour

**Description** In June 2023, the IB and partners discussed the project and options for engagement. A recording and slides are available on the project website.

#### Wellbeing Innovation Submission

- Commitment**
- 30-60 minutes

**Description** January 2024 - January 2025: Complete a form to submit a wellbeing innovation from your school for consideration as a future “spotlight” innovation.

#### Wellbeing Measurement Pilot

- Commitment**
- 2-4 hours

**Requirement** Students must be 11+ years

**Description** November 2023 - May 2024: Attend training, conduct the measurement with students in your school and reflect on the results.

#### Virtual Conference

- Commitment**
- 1 day (June 2024)

**Description** Schools who participated in the action research program will share their findings with the broader education community. Available in English, French and Spanish.