

Focus Group

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STUDENT AND STAFF WELLNESS

*STAFF AND STUDENT STRESS-
A FOCUS GROUP REPORT*

Board Report
December 8, 2009

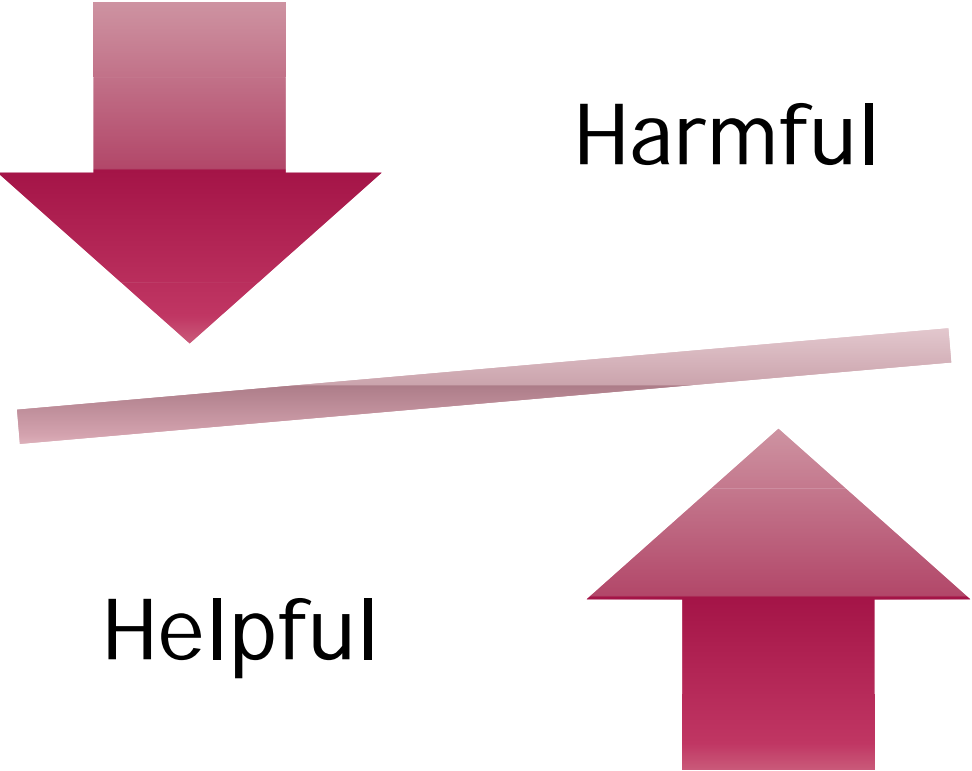
CONSIDERATIONS

What are the sources of stress for students and staff?

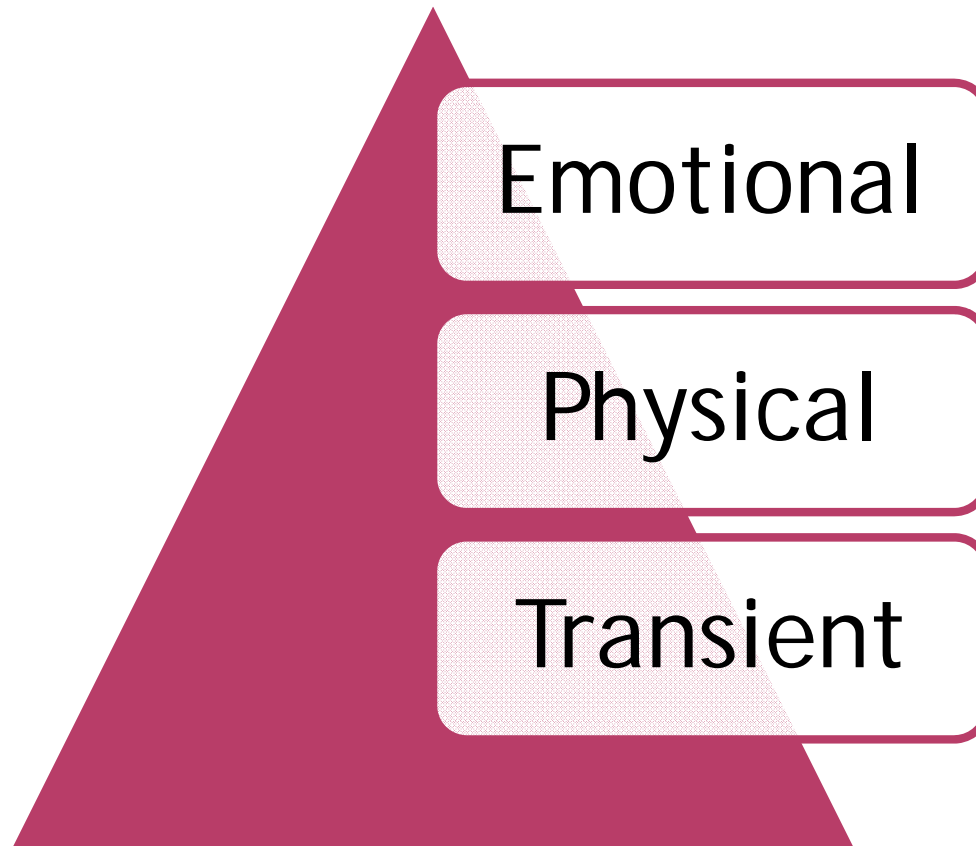
What are some of the symptoms of stress that are manifest in the school setting?

What are we doing as a district , campus and individually to reduce and deal with stress?

STRESS-



SYMPTOMS



BASIC FACTS ABOUT STRESS

45% of all adults suffer from the adverse effects of stress

75-90% of all physician visits are for stress-related ailments and complaints

Stress is identified as one of the six leading causes of death

OSHA has declared stress a hazard of the workplace

SURVEY SAYS STUDENTS AGES 8-14

44% say doing well in school is a source of stress

30% worry about their family having enough money

10% felt pressure over extracurricular activities

8% indentified relationships with their parents as a source of stress

American Psychological Association

SOURCES OF STRESS IN STUDENTS

Peer Acceptance

Pressure to make a team or squad

Test Anxiety

Overscheduled activities

Too little time to relax or play

Parental pressure to perform beyond student's reasonable expectations/abilities

Fear of disappointing a parent, teacher or coach

ADDITIONAL SOURCES

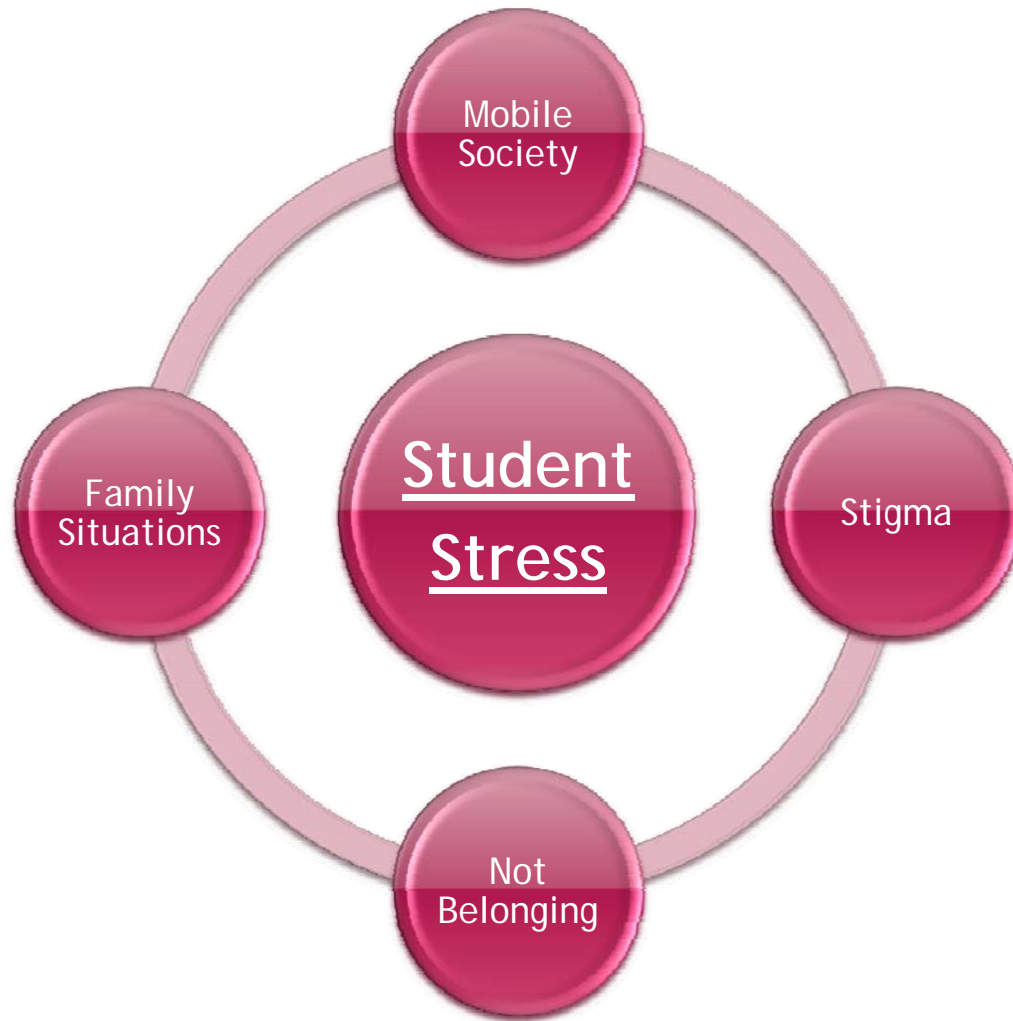
Parental Attitude toward School

Perceived or real conflict between parent and school

Pressure to attend college immediately after high school

Perceived or real financial concerns in the family structure

RELATIONSHIPS



HOW WE HELP OUR STUDENTS

Identify At-Risk students to provide additional support

Counselors, Student Support Counselors, LSSPs

Safe and Drug Free Schools

Communities in Schools

21st Century Grant

Registered Nurse on each campus

Referrals to outside agencies

METHODS TO HELP

Meet collaboratively with parents, teachers and other staff as needed

Support Groups, Counseling Groups

Mentoring Programs

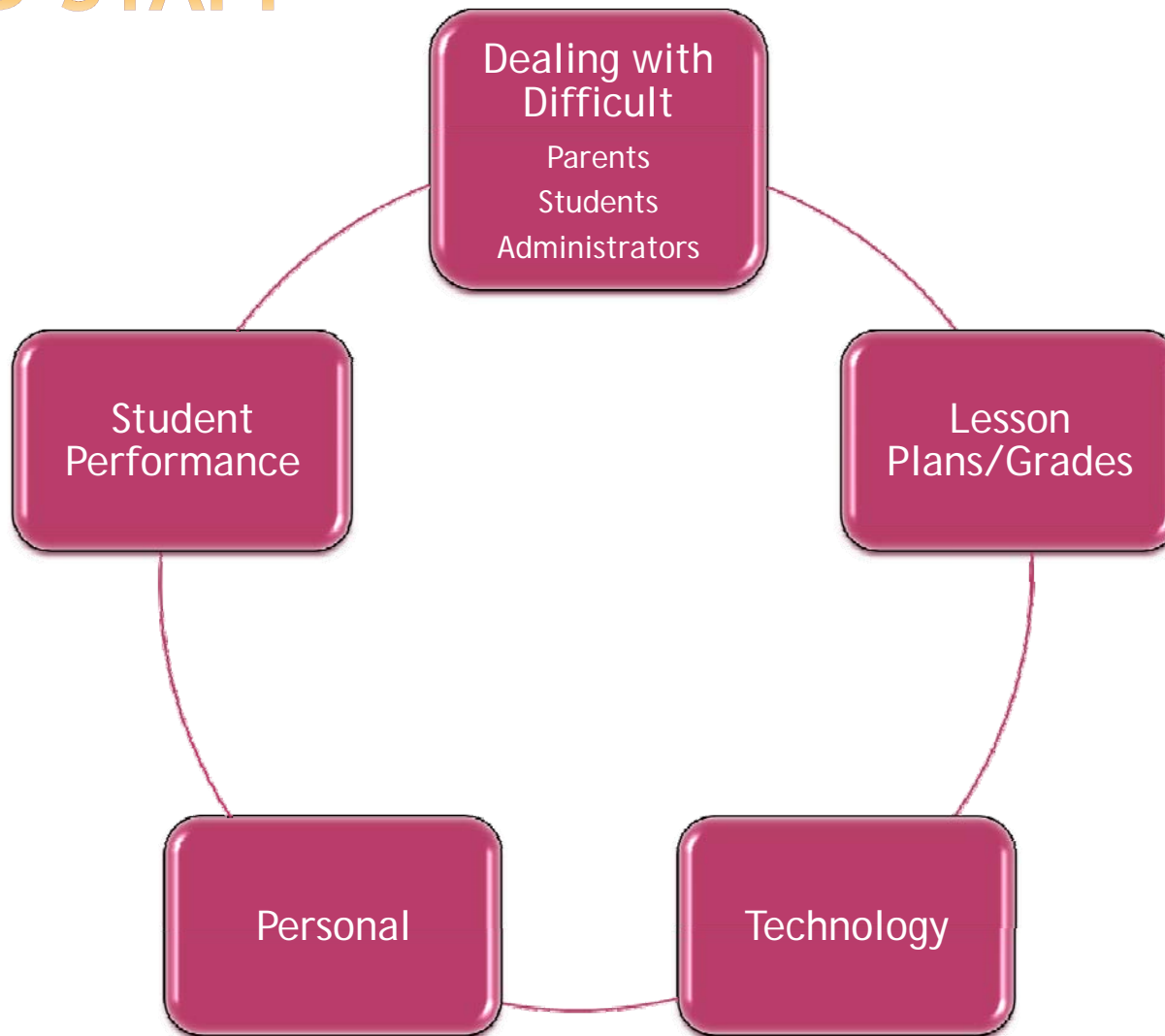
College Readiness

Tutoring

School Age Parenting Program

Readiness Programs- Round Up, Parent and Student Nights, Fish Camps

SOURCES OF STRESS FOR FACULTY AND STAFF



DENTON ISD CARES FOR OUR EMPLOYEES

Principal Wellness Assessment
Wellness Program and Employee Wellness
Center
Employee Wellness Day
Program Discounts to health facilities in
community
Employee Assistance Program-EAP
Community Referrals
Choose to Care
Teacher Communication Committee

WE FOSTER OUR STAFF

First year Teacher Academy

Prepared Lessons and guidance on Eduphoria

Instructional Support Team

Math Interventionalists

In service and Staff Development Programs

New Nurse Academy

Professional Learning Communities

Scholarships and Grants to attend workshops, conferences and advanced degree programs

CAMPUS PROGRAMS

Special Days such as “Jeans” Day

Mentoring Program for New teachers

Staff Pot-Luck meals

Contests-friendly and fun!

Staff-Student Competitions (basketball, volleyball)

Team Building

Campus appreciation days

Big Sister Program for Nurses

Encourage and Support Students, Co-workers and Parents

Take responsibility for their personal health

Each Individual Should

Temper work with a healthy amount of fun and relaxation

Realize that some stress is a part of life

OUR PHILOSOPHY

