



A Message from the Superintendent

warriors

BEwell

Welcome to the latest edition of our BEwell Mental Health Report. We began Warriors BEwell in early 2020 after seeing a spike in mental health concerns and crises among our students and staff. While researchers attribute much of this to the pandemic as a result of the social isolation and change in routines we all experienced, it was a continuation of a trend that Mariemont City Schools — and schools everywhere — were seeing.

It is part of our Warrior fabric to not sit back, but rather take action, and that's just what we did. Thanks to partnerships we've established with local organizations Child Focus, 1N5 and MindPeace, we have made the mental health and wellness of our school community a greater priority than ever before.

Our students, families and staff now have access to even higher-quality and evidence-based support services because we know that if children, families and staff aren't physically and mentally healthy, they can't learn, parent or teach to their fullest potential.

Speaking of these high-quality resources, we recently celebrated our counselors and other mental health support staff during National School Counseling Week. We are so grateful for all that they do for our students each day. We hope you find the other latest updates, resources and student perspectives throughout this report helpful.

Although a stigma around mental health remains, we hope that through Warriors BEwell, we can make positive progress toward normalizing these types of conversations within our community and create safe spaces where our students and staff feel free to be their authentic selves. Thank you for your continued partnership, and BEwell.

Sincerely,

A handwritten signature in blue ink that reads "Steven E. Estep". The signature is fluid and cursive, written in a professional style.

Steven E. Estep

DATA

During the 2022-2023 school year we asked our Mariemont High School students to reflect on the information and tools they have used during their school careers through Sources of Strength, mindfulness, signs of suicide, and gratitude practices to help identify how well they are managing their brain health. Students took short surveys that they helped to design.



20%
of youth ages 13-18
live with a mental
health condition.

17%
of our high school students
reported that they use mental
health resources!

SLEEP
impacts mental
wellness



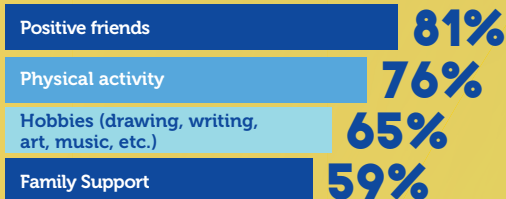
Based on our Sources of Strength
Wheel the top 3 strengths identified
by our high school students:

1. Positive Friends
2. Healthy Activities
3. Family Support

60%
of our high school students
are only getting 6-7 hours
of sleep a night.

Nearly **25%**
of students go
to sleep after
midnight

THE MOST COMMON TOOLS STUDENTS
USE TO IMPROVE THEIR WELLNESS:



THE TOP 3 REASONS
WHY STUDENTS
STAY UP LATE:

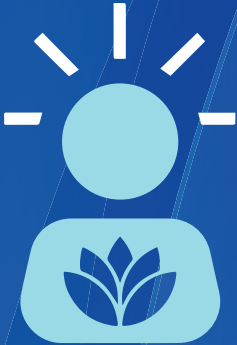
1. Homework - 80%*
2. Communicating with friends (snapchat, text, Facetime, etc.) - 41%
3. Social media - 41%

** dependent on what
time students begin
their homework*

THE TOP THREE
STRATEGIES THAT
HELP STUDENTS
HAVE A GOOD
NIGHT'S SLEEP:

1. Physical activity (workout, practice, game/match, short walk, etc.) - 63%
2. Shower/bath - 54%
3. Music - 45%

Mindfulness (Program Highlight)



At its most basic level, mindfulness helps train your attention to be more aware of what is actually happening, rather than worrying about what has happened or might happen.

See below to find out how Mariemont City Schools' mindfulness programming progresses and grows as students get older.

ELEMENTARY PROGRAM:

At the elementary level, each school day begins with a Mindful Moment, which includes reminders to take a pause and listen to a positive message to start the day. Additionally, teachers build in brain breaks using GoNoodle tools and activities.



JUNIOR HIGH PROGRAM:

At Mariemont Junior High School, students start each day with calming music and an opportunity to sit, listen and get themselves ready for the day of learning.



HIGH SCHOOL PROGRAM:

At Mariemont High School students have access to mindfulness apps they can use to support their needs on their own time.

Both the junior high and high school buildings have MindPeace rooms that incorporate mindfulness, reflection and brain break stations to help students learn to regulate emotions independently.

Student Perspectives

"I think mindfulness is a great method and definitely helps before a test. If I am stressed out before a test, just doing the breathing strategies really calms me down. By doing these strategies, it is proven to help someone perform better on any given test or quiz."

-8th grade student

"I like the mindfulness apps because they are beneficial to me when I need them. I like them because I can use one of them at my own pace and timing."

-11th grade student

"I like to listen to Mindful Moments and learn new things. They are important to do and take a minute and I learn new things"

-2nd grade student

"Mindful Moments are really heart-warming and calming to listen to"

-6th grade student



What Can You Do?

Normalize the conversation and check in with your child



If you are interested in starting this conversation and finding solutions with your family and friends, contact Tricia Buchert, Director of Student Services (272-7519, tbuchert@mariemontschools.org), to set up a small gathering in your home.

"I have attended and also hosted a small group discussion. The information shared was eye-opening and truly invaluable. It has helped shape the way I parent and frame the big picture as my kids grow.

I am so thankful for the experience and encourage parents to host a discussion."

-Mariemont Elementary parent

"When I heard about the opportunity to host a Community Conversation to learn more about what our district is doing to support students' mental health and well-being, I jumped at the chance. The smaller setting allowed our group of about 12 parents to learn about the issues our kids are facing and how we can best support them both at home and at school. It was a safe space to listen, to learn from one another and to strengthen our bonds as friends, parents and community. I am grateful for the experience."

-Mariemont High School parent

Support our students, 1N5 and the Warrior Run

Participate, Donate, Sponsor.

The funds raised through the Warrior Run help pay for the district's mental health programming.



To learn more about the Warriors BEwell program, along with its programs, partnerships and research, scan the QR code or visit the Warriors BEwell page of our district website.



Work Smart. Create Experience. Embrace Growth.

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