

SCHOOL STUDENT HEALTH AND WELLBEING

Capstone Project
Nawaf ALHarmesi ALHajeri

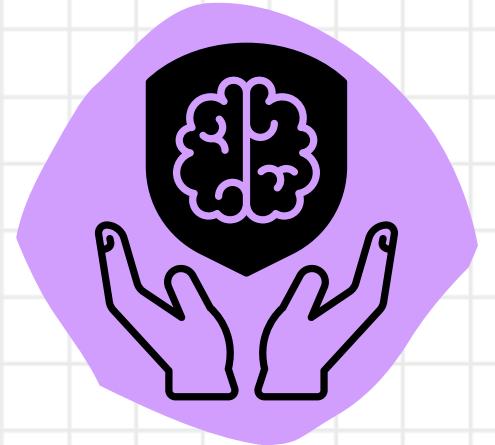
WHAT IS WELL-BEING?



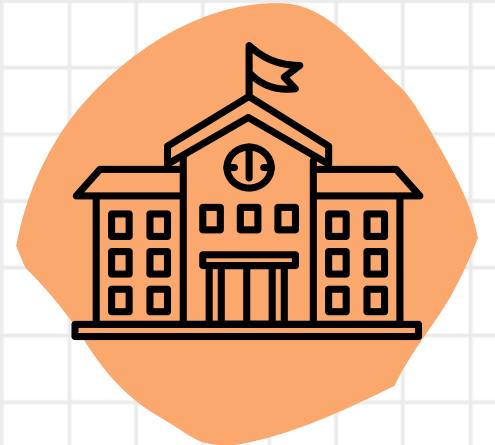
Well-being is a positive state experienced by individuals and societies. It is a resource for daily life, determined by social, economic and environmental conditions."

SOURCE: WORLD HEALTH ORGANIZATION - WHO CONSTITUTION & WHO HEALTH PROMOTION FRAMEWORK (2020)

STUDENT HEALTH & WELL-BEING: WHY IT MATTERS?



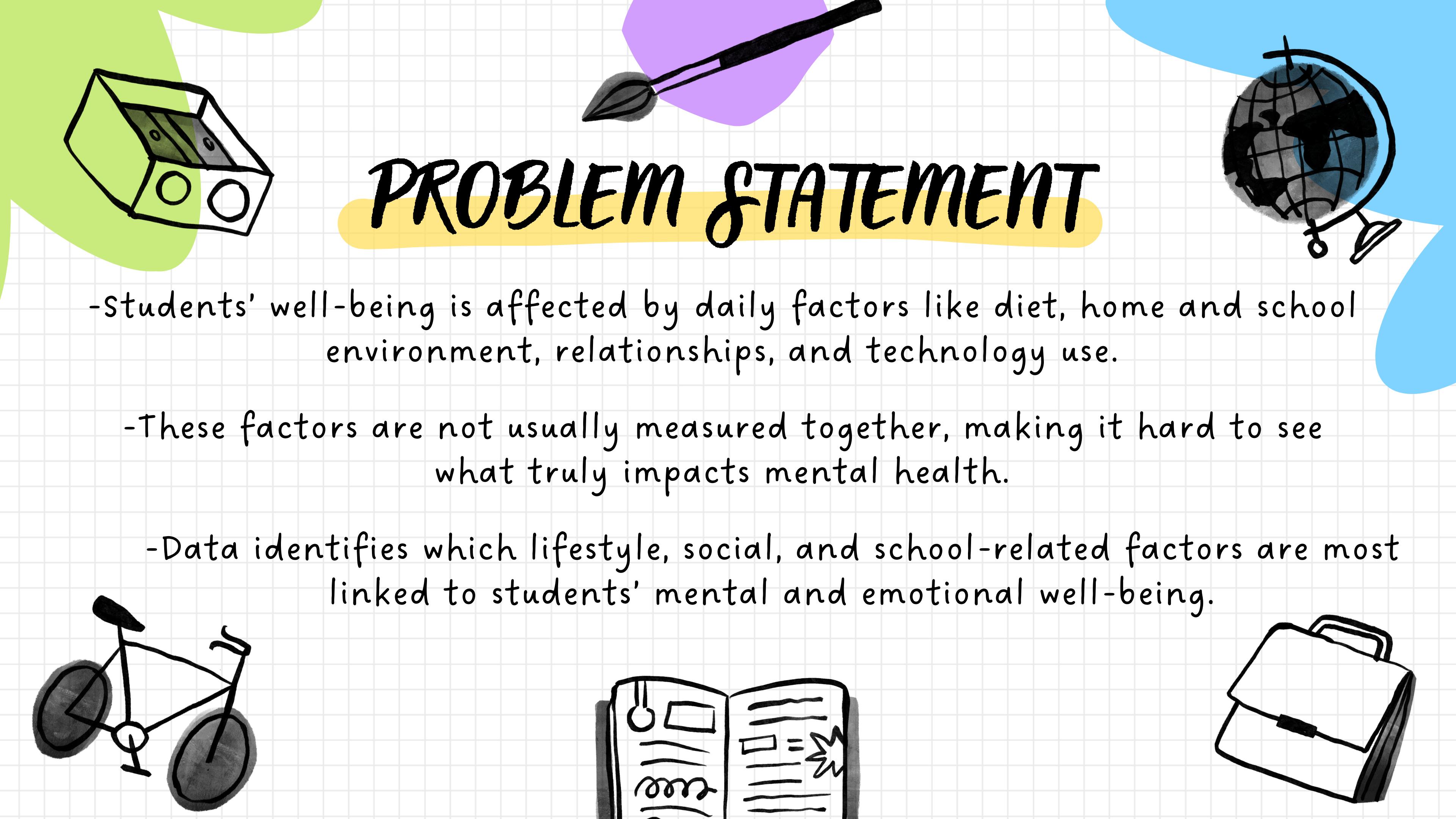
Student well-being is shaped by school environment, family, friends, and daily habits.



Schools play a key role in promoting healthy physical, mental, and social behaviors.



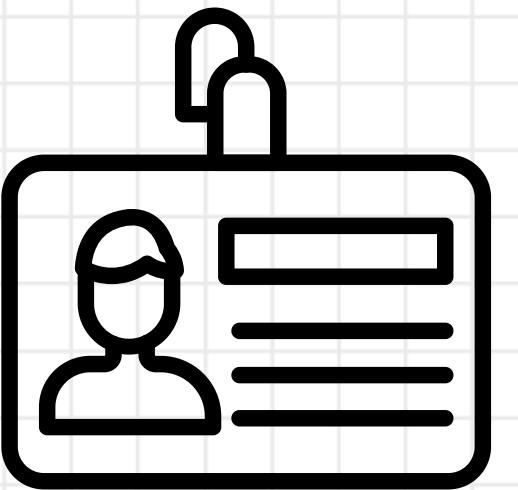
This project focuses on understanding the factors that influence students' well-being to support better outcomes.



PROBLEM STATEMENT

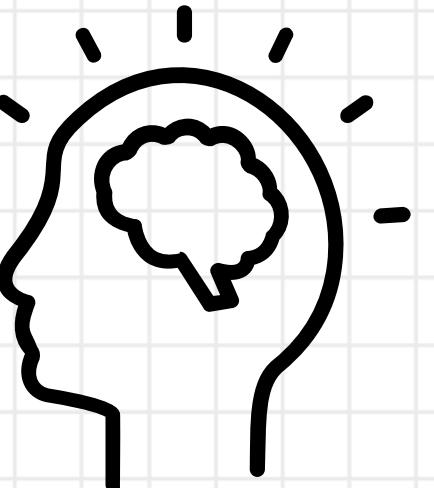
- Students' well-being is affected by daily factors like diet, home and school environment, relationships, and technology use.
- These factors are not usually measured together, making it hard to see what truly impacts mental health.
- Data identifies which lifestyle, social, and school-related factors are most linked to students' mental and emotional well-being.

OBJECTIVES



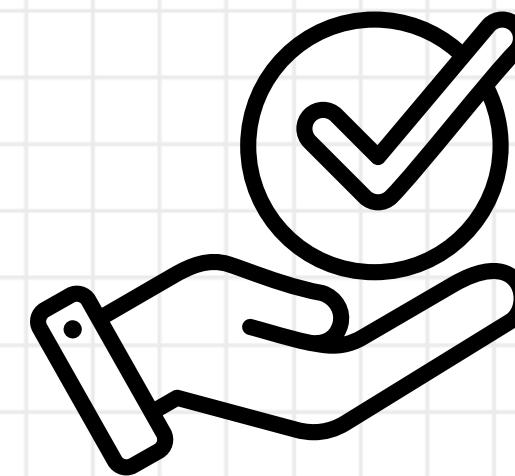
IDENTIFY

The factors that influence whether students enjoy their lives and overall well-being.



UNDERSTAND

The impact of the school's role in shaping students' foundational knowledge related to their health and well-being.



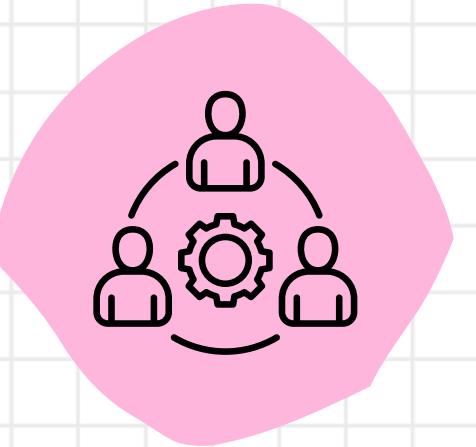
PROVIDE

Recommendations to protect students' health and enhance their level of well-being.

TARGET AUDIENCE



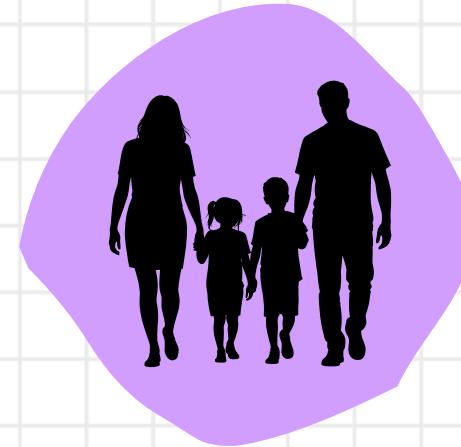
SCHOOL
LEADERS.



WELL-BEING
COORDINATORS.



PUBLIC-HEALTH
TEAMS.



PARENTS.



EDUCATION
POLICY
MAKERS.

ABOUT DATASET

"MY HEALTH, MY SCHOOL" SURVEY
BY LEEDS CITY COUNCIL



19K
STUDENTS
PARTICIPATION

SCHOOL STUDENT
HEALTH AND
WELLBEING

+550 COLUMN
+21K ROWS

DATA SURVEY
SIZE

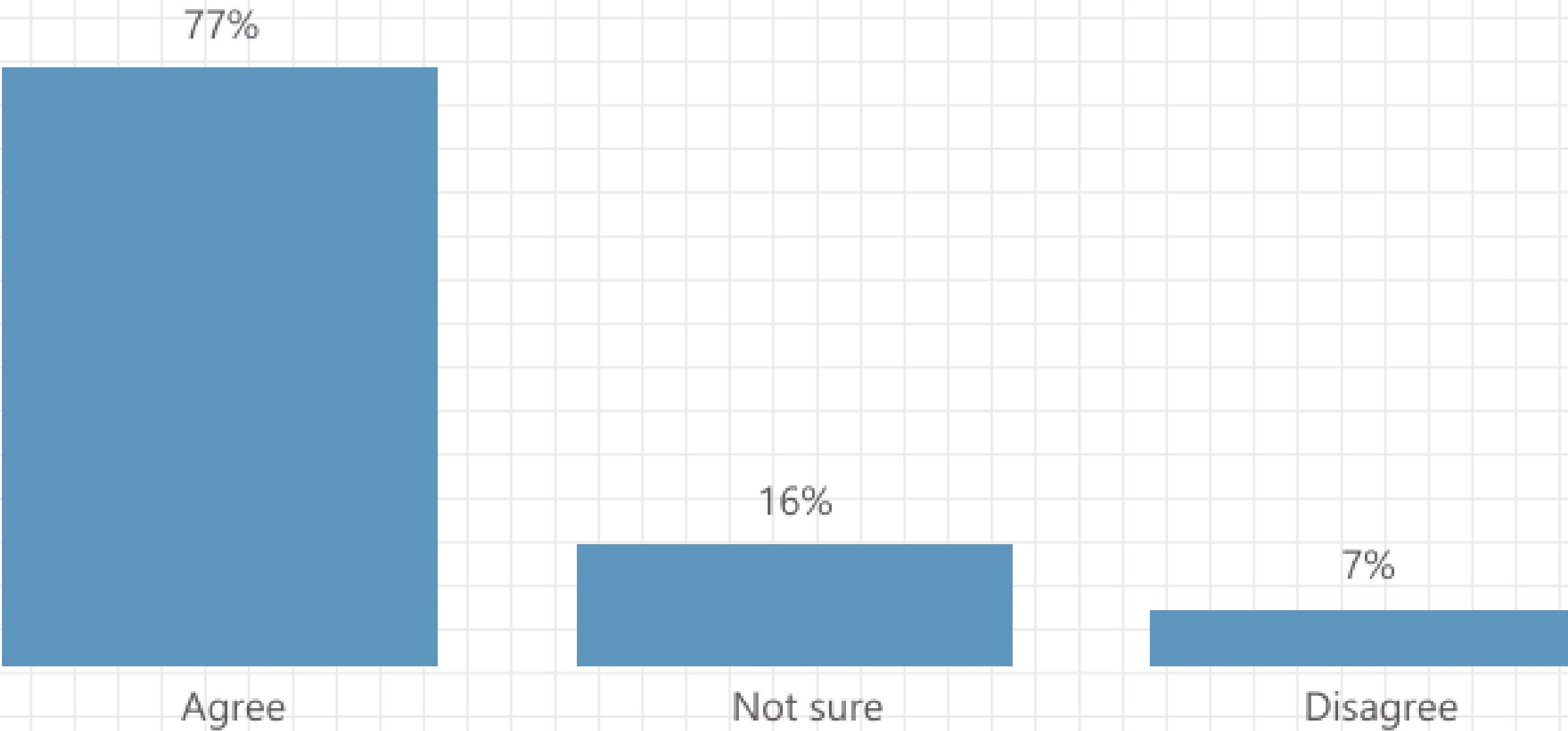


LEEDS
DATA ORIGIN

7.67 - PRIMARY
7.33 - SECONDARY

STUDENTS
CLASSIFICATION

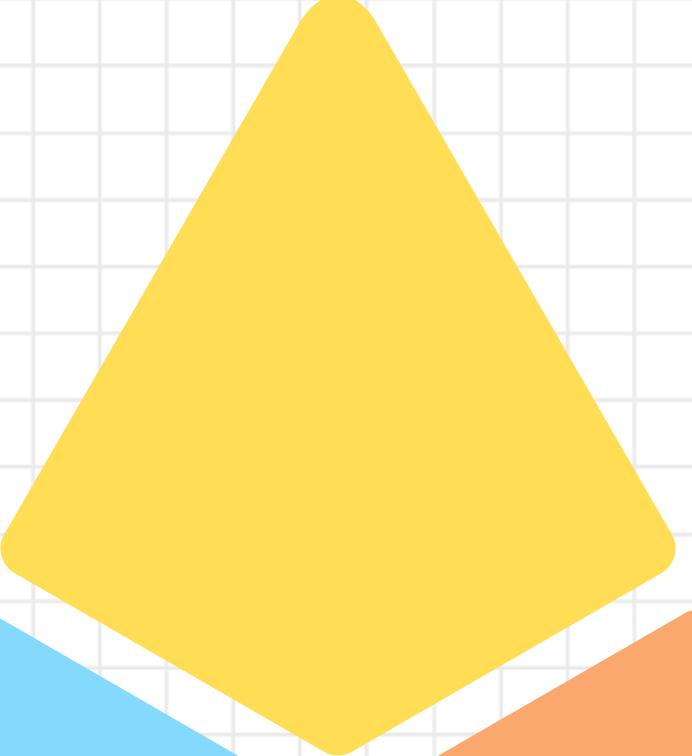
DATA ANALYSIS | MASTER QUESTION



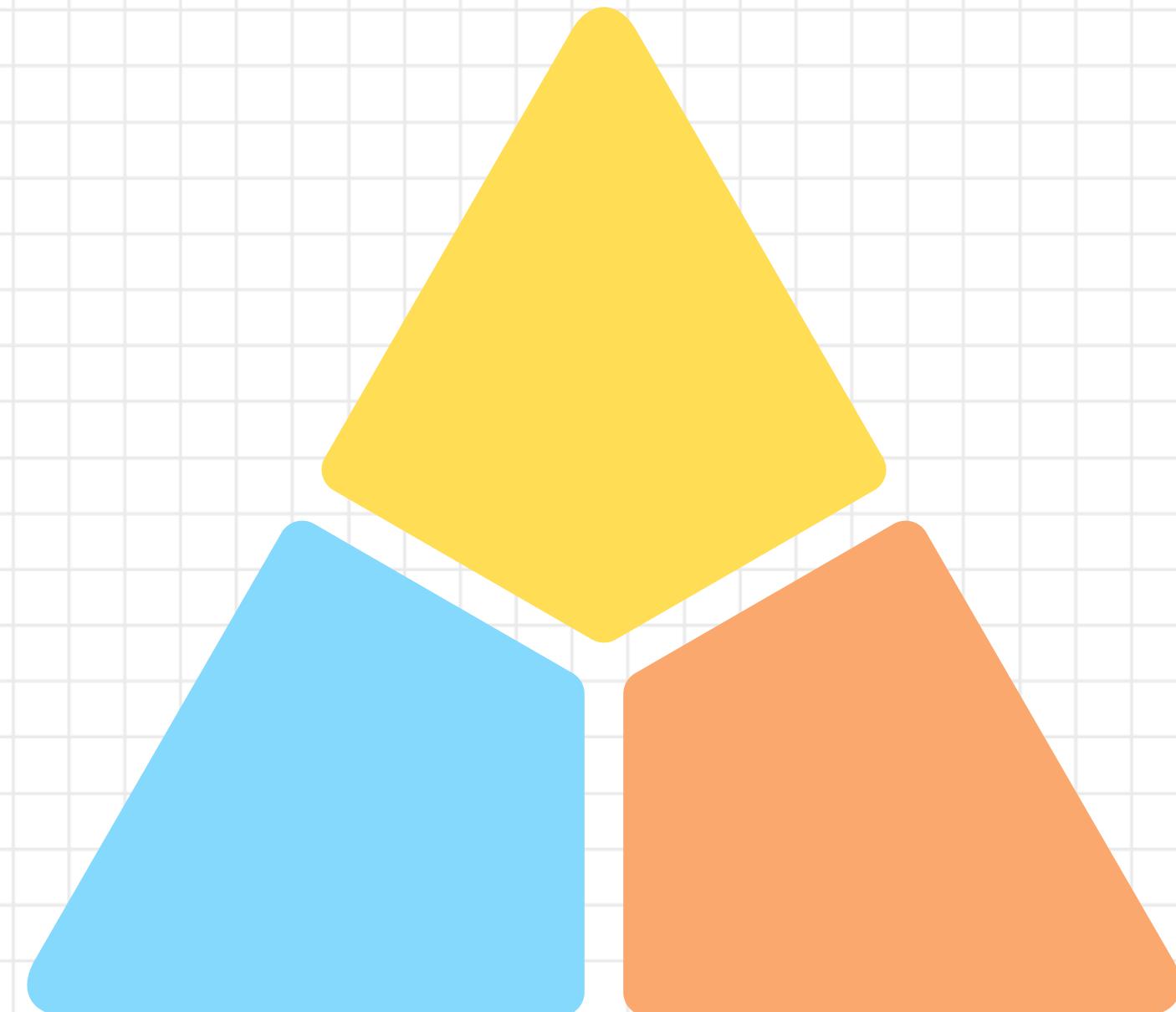
How much do you agree or disagree with the following statement: 'I enjoy my life'?

WHAT ARE THE REASONS BEHIND THE 77% OF STUDENTS ENJOYING THEIR LIVES?

POSITIVE HABITS

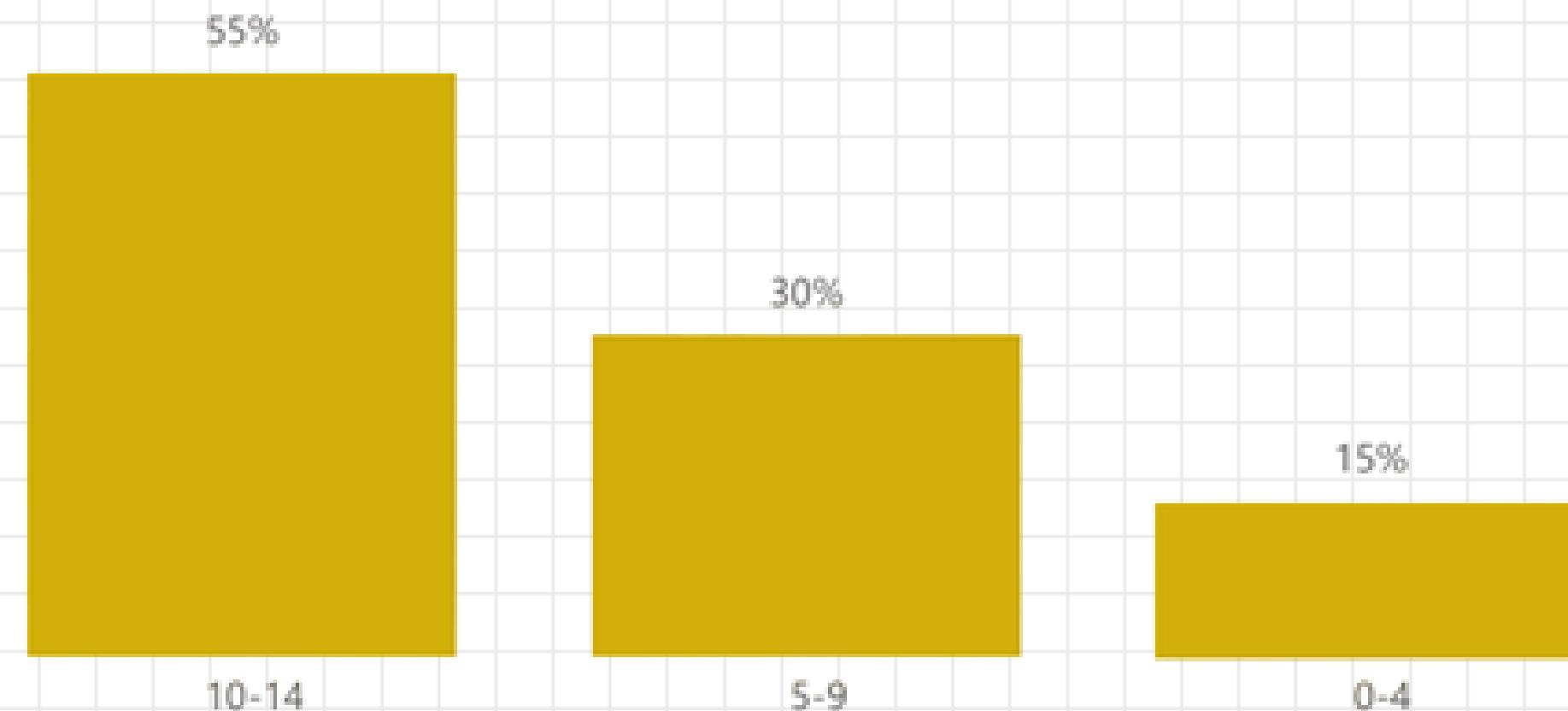


EMOTIONS



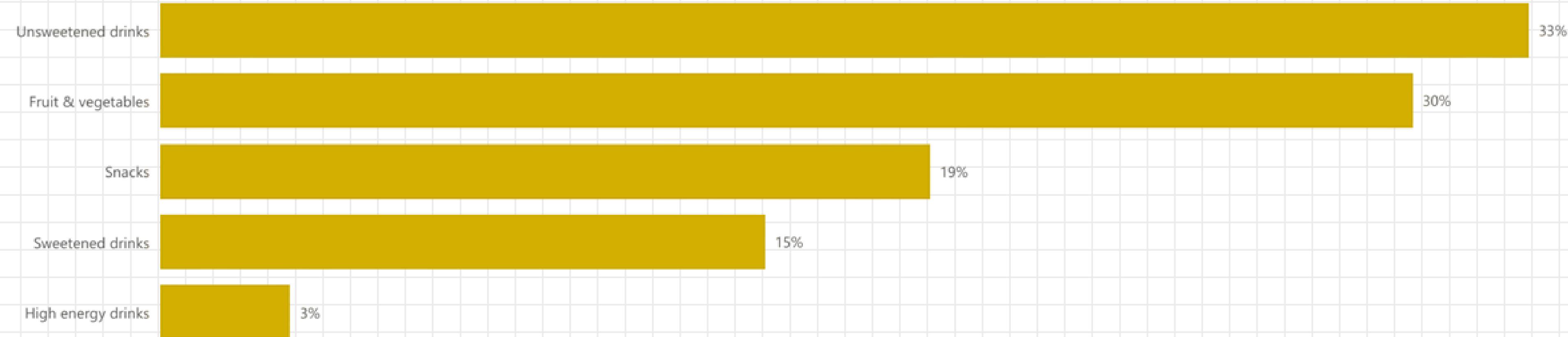
SCHOOL
INFLUENCE

POSITIVE HABITS

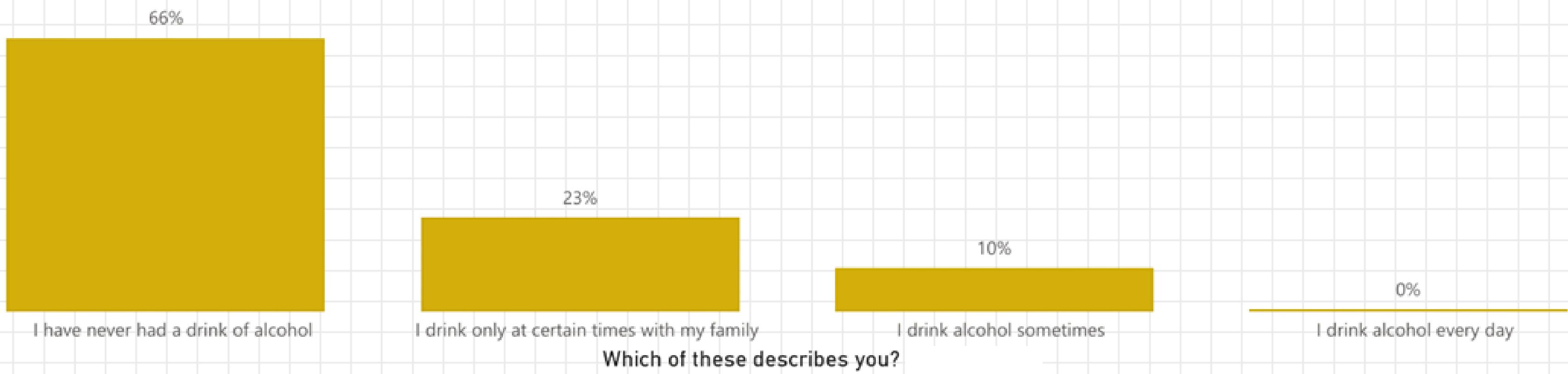
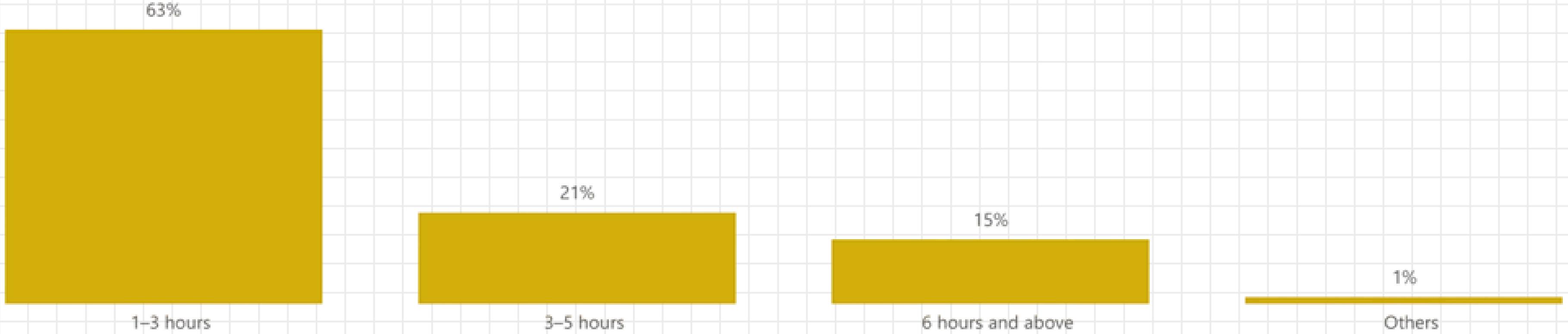


In a normal week how many times are you physically active for 30 minutes or more?

■ On a normal day, how many portions of the following do you have?



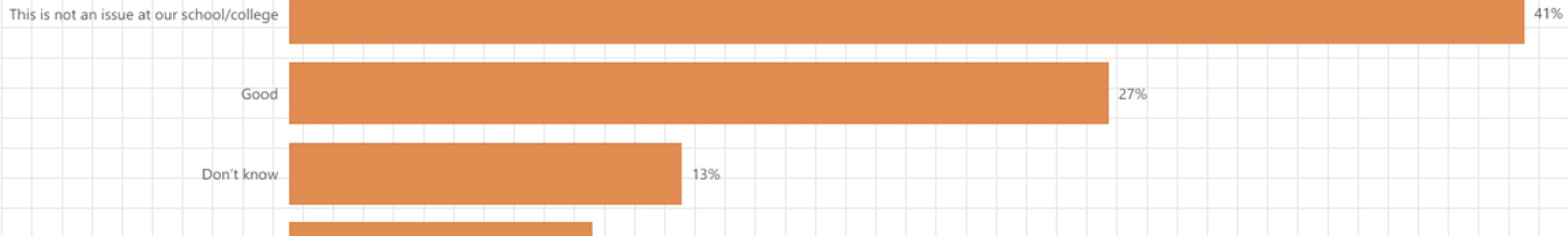
POSITIVE HABITS



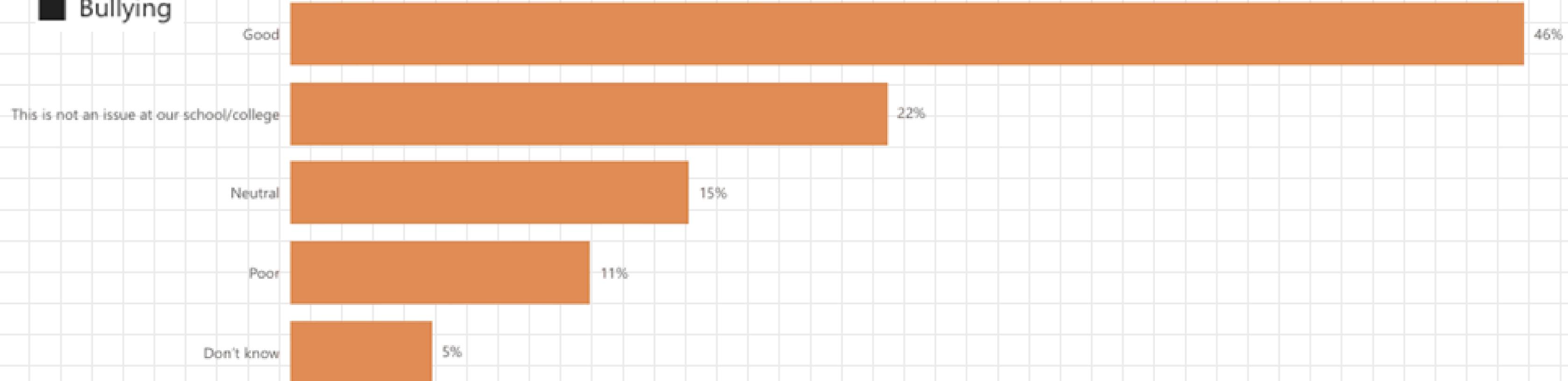
SCHOOL INFLUENCE

^ How good do you think your school/college are at dealing with the following?

■ Alcohol

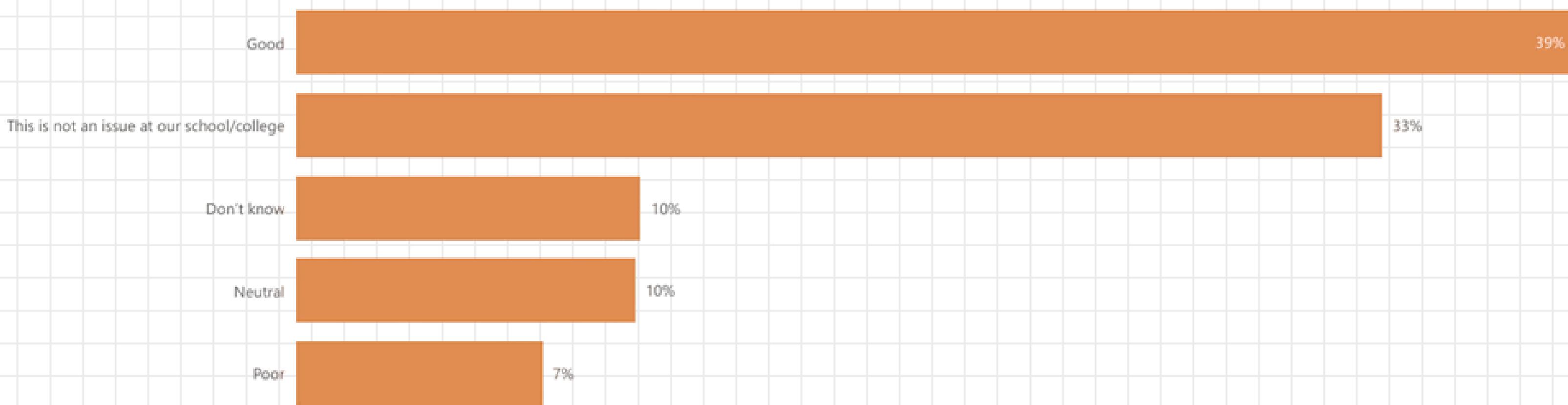


■ Bullying

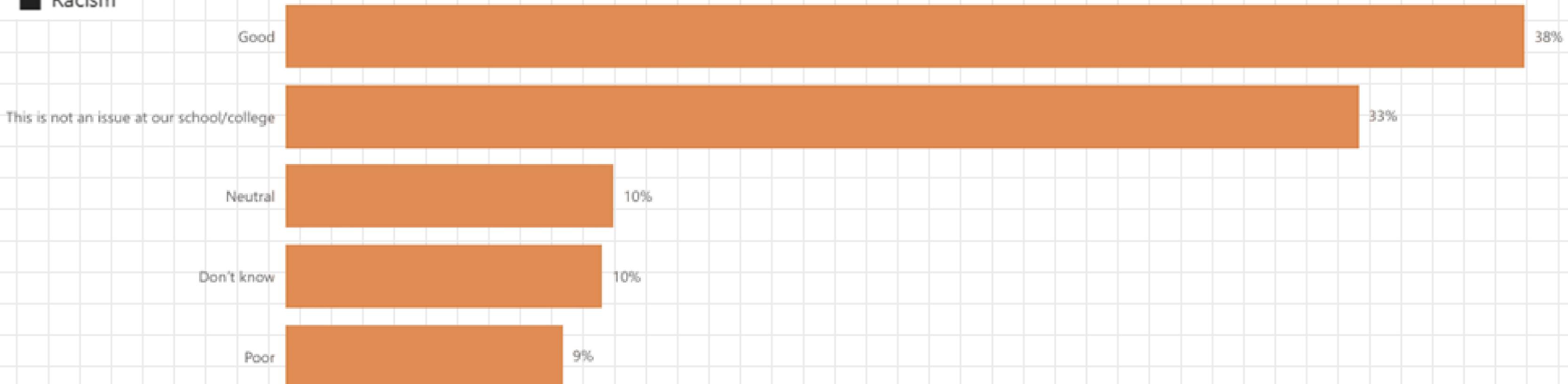


SCHOOL INFLUENCE

■ People from different backgrounds not getting on well

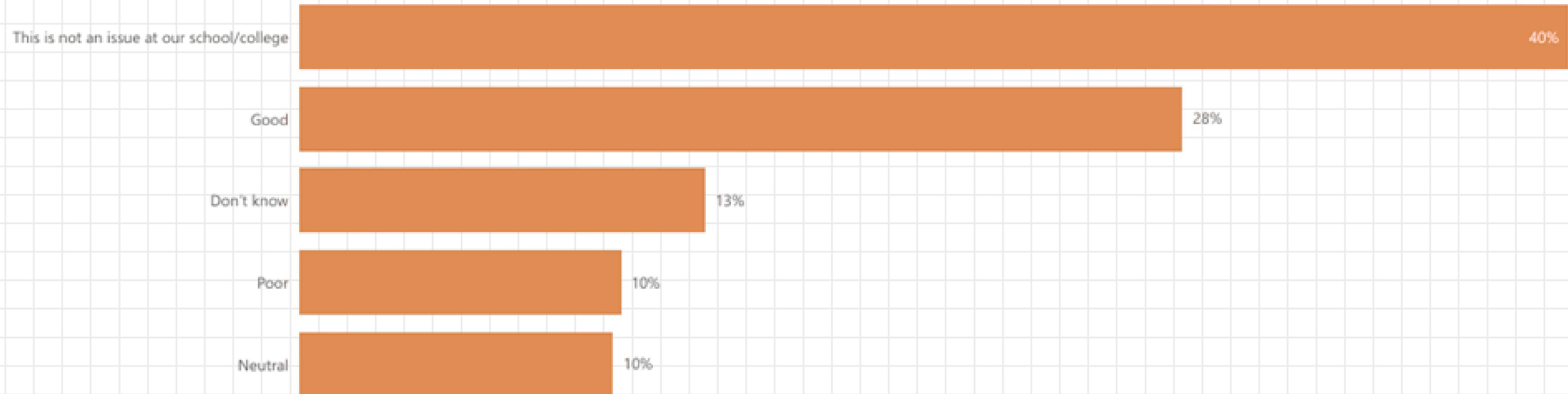


■ Racism



SCHOOL INFLUENCE

■ Smoking

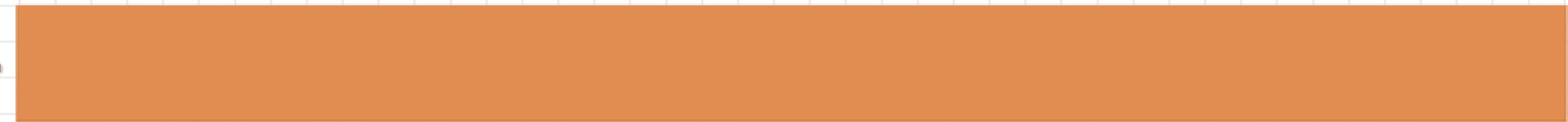


SCHOOL INFLUENCE

How much useful information and learning have you had to help you understand the following things?

Alcohol

I have had enough useful information



I need better information

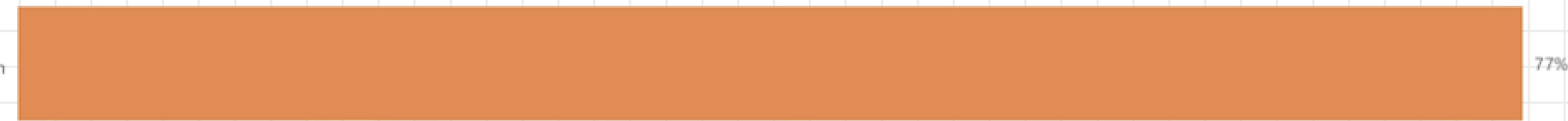


Don't know



Bullying and ways to stop it happening in school

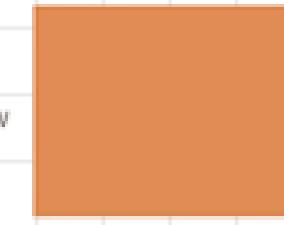
I have had enough useful information



I need better information

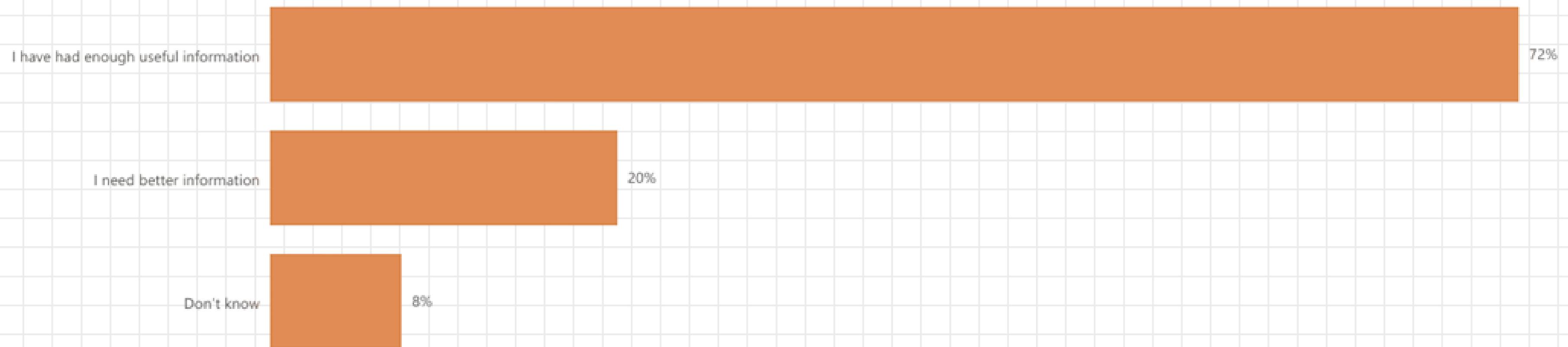


Don't know



SCHOOL INFLUENCE

■ Social, Emotional & Mental Health



■ Smoking

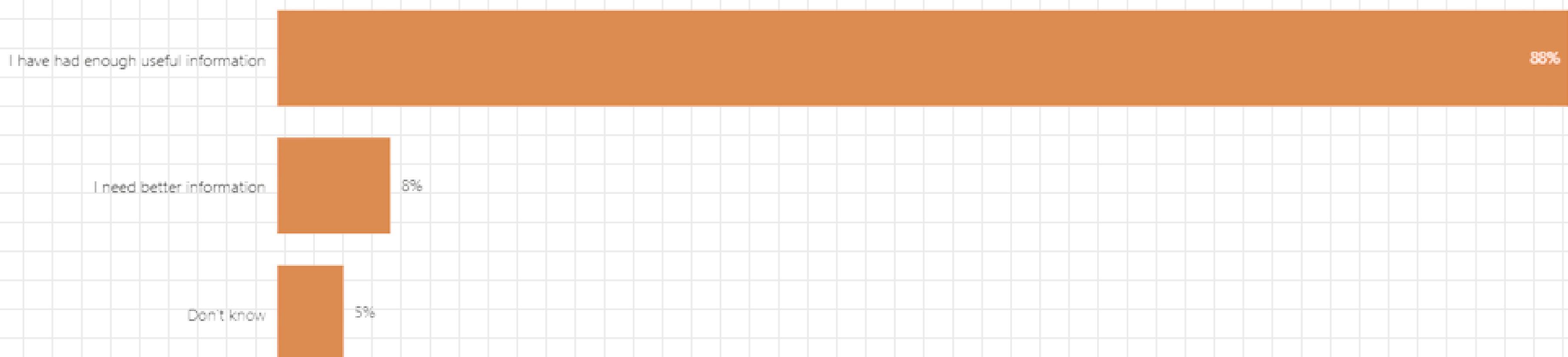


SCHOOL INFLUENCE

■ Staying safe on the internet



■ The importance of being physically active



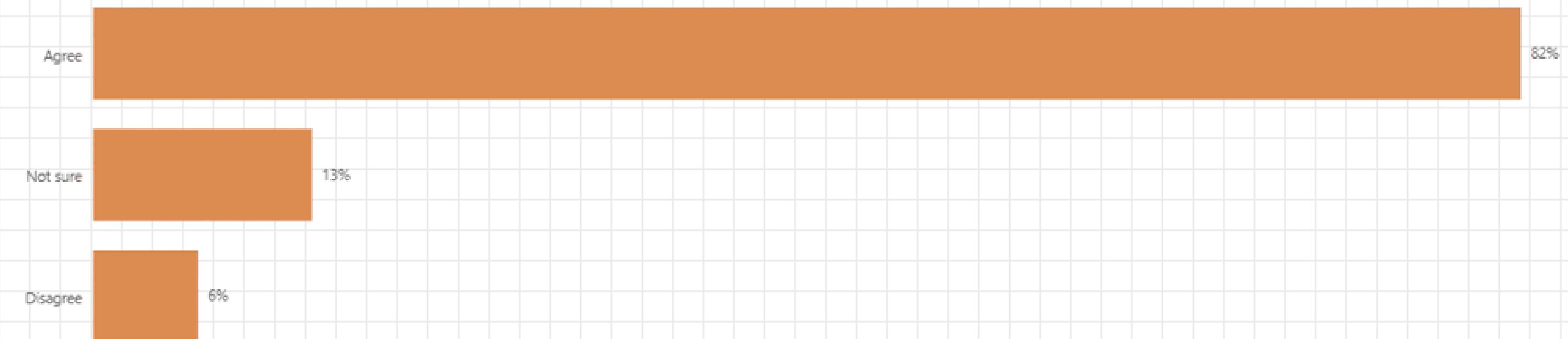
SCHOOL INFLUENCE

▢ How much do you agree or disagree with the following statements?

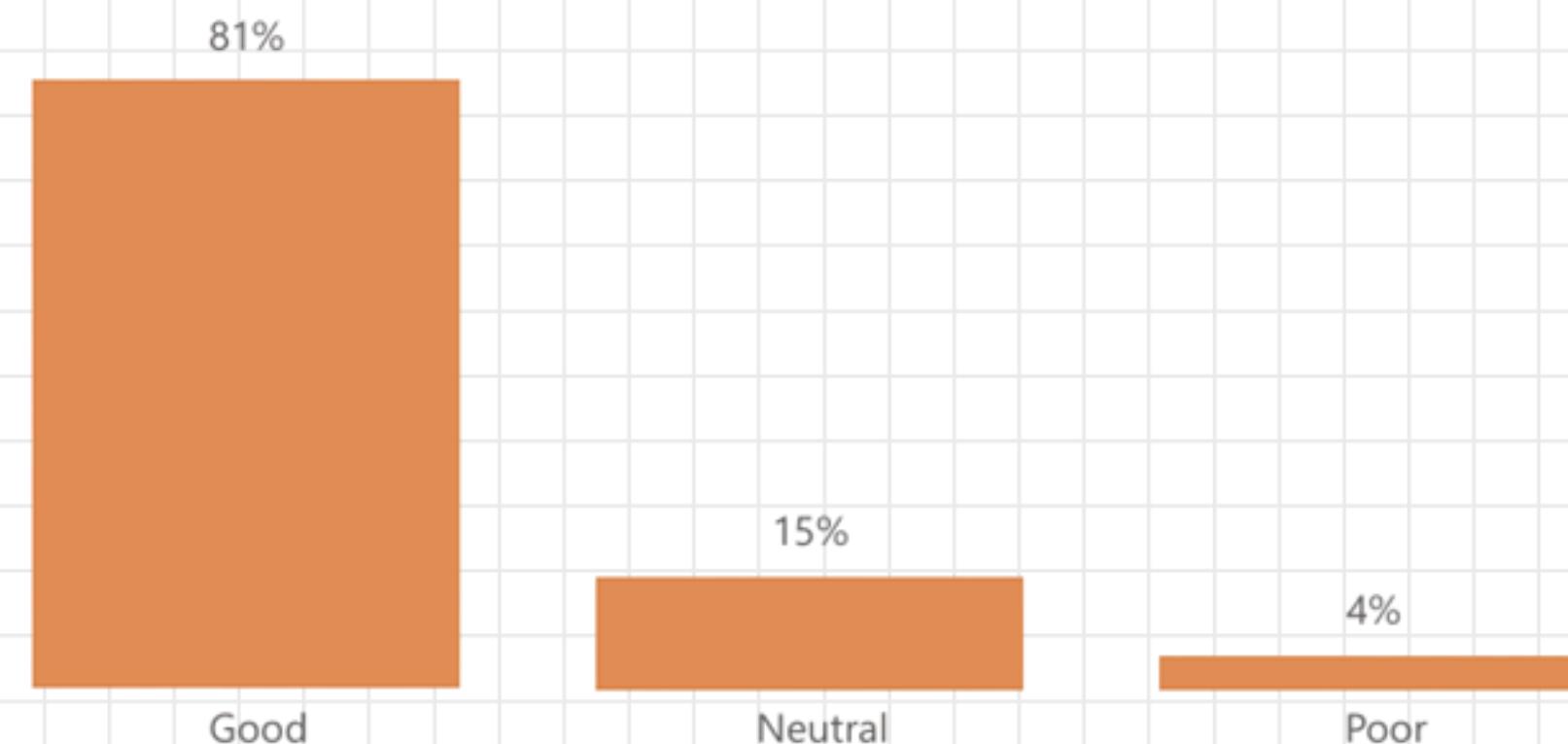
■ I get on well with staff in my school/college



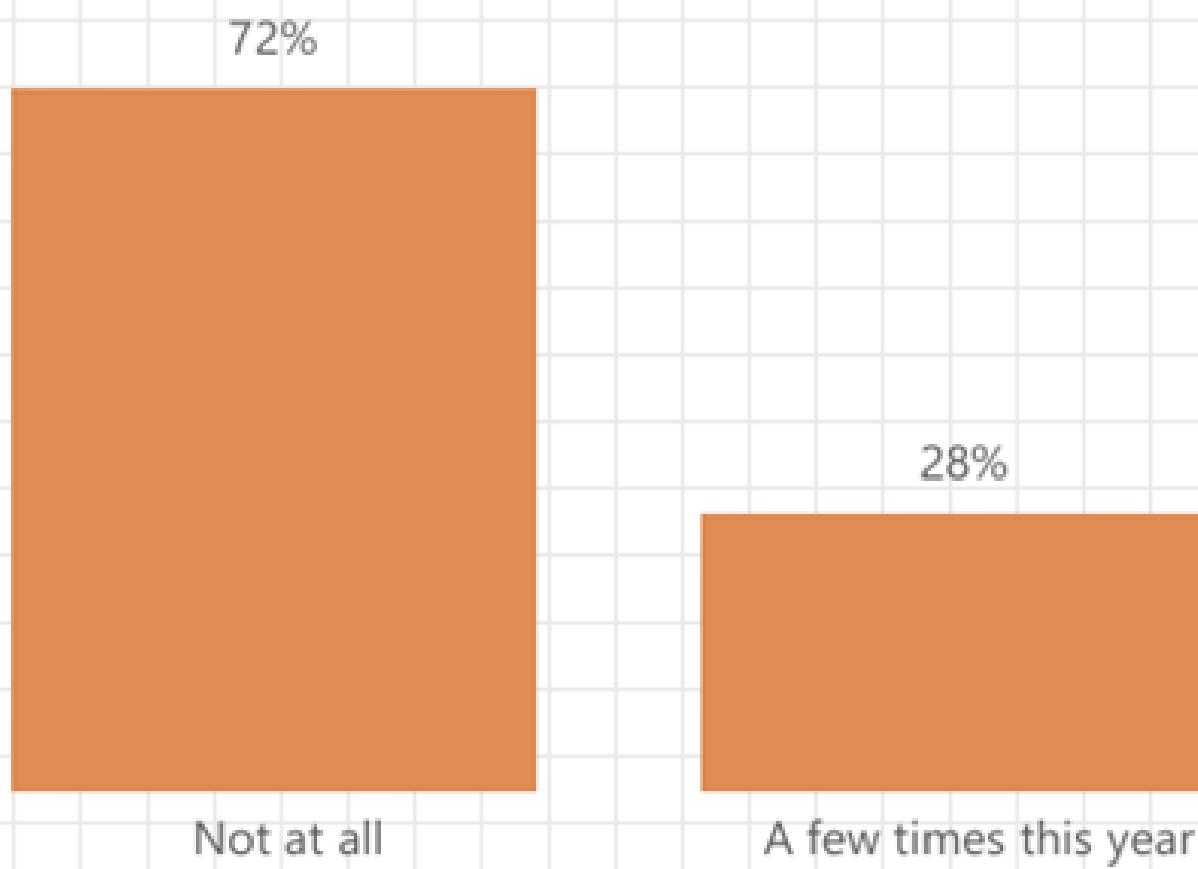
■ My school/college is a welcoming and caring place



SCHOOL INFLUENCE



How good is your school/college at encouraging you to have a healthy lifestyle?

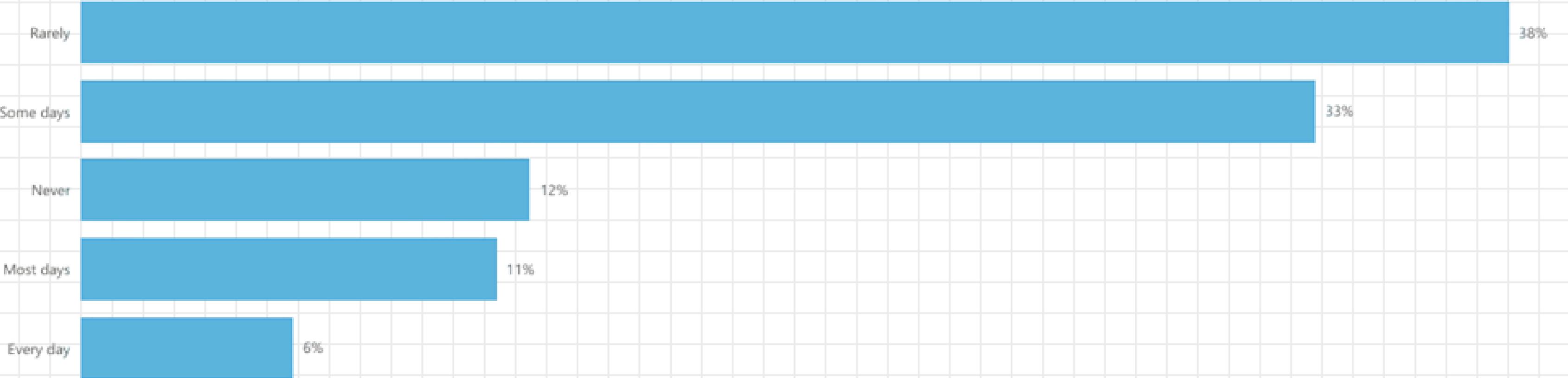


In the last 12 months, how often (if at all) have you been bullied in or around school/college?

EMOTIONS RESULTING FROM POSITIVE HABITS AND INTERACTION WITH THE SURROUNDING ENVIRONMENT

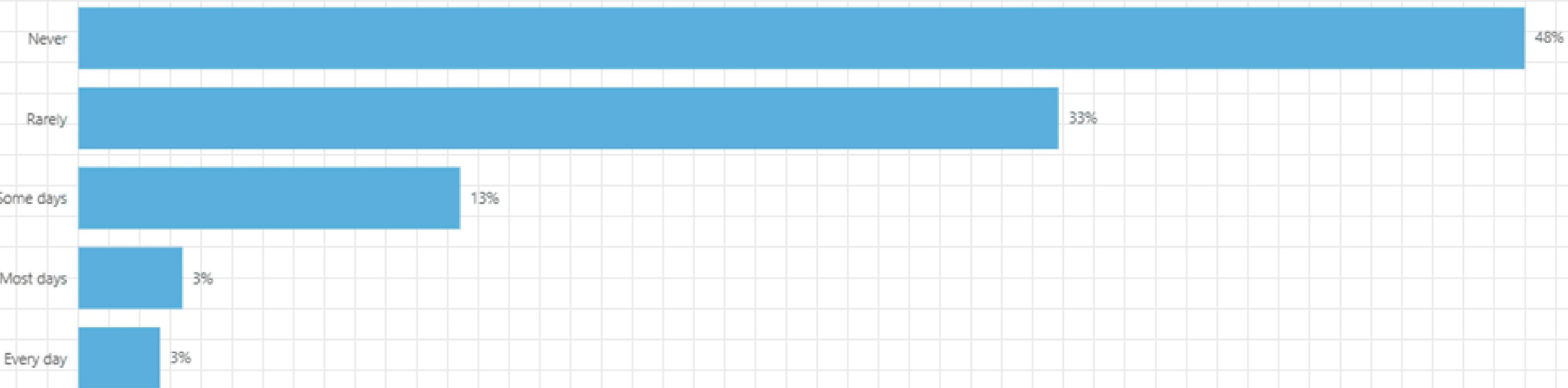
How often do you feel the following?

Bad tempered or angry

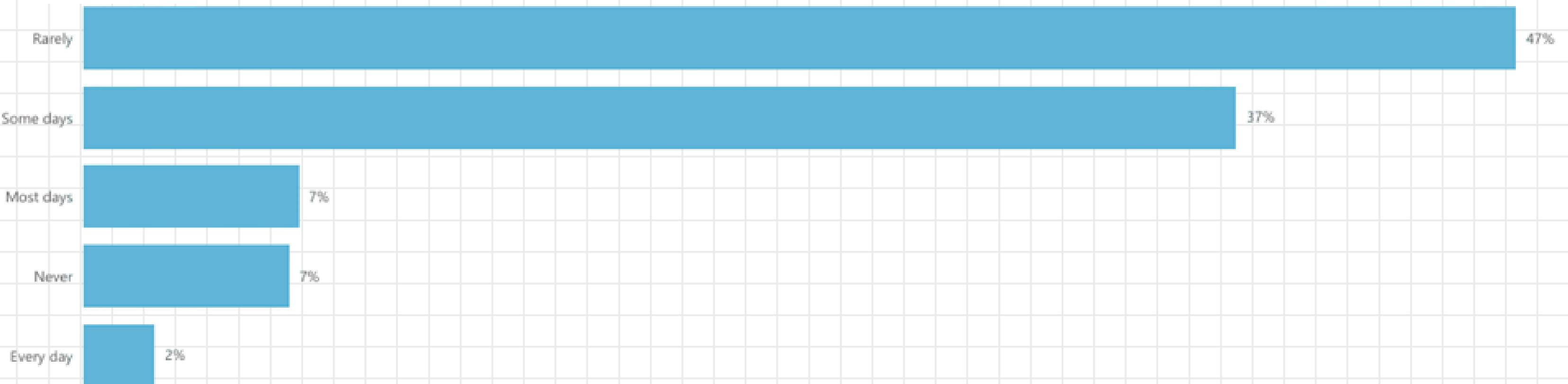


EMOTIONS RESULTING FROM POSITIVE HABITS AND INTERACTION WITH THE SURROUNDING ENVIRONMENT

Lonely



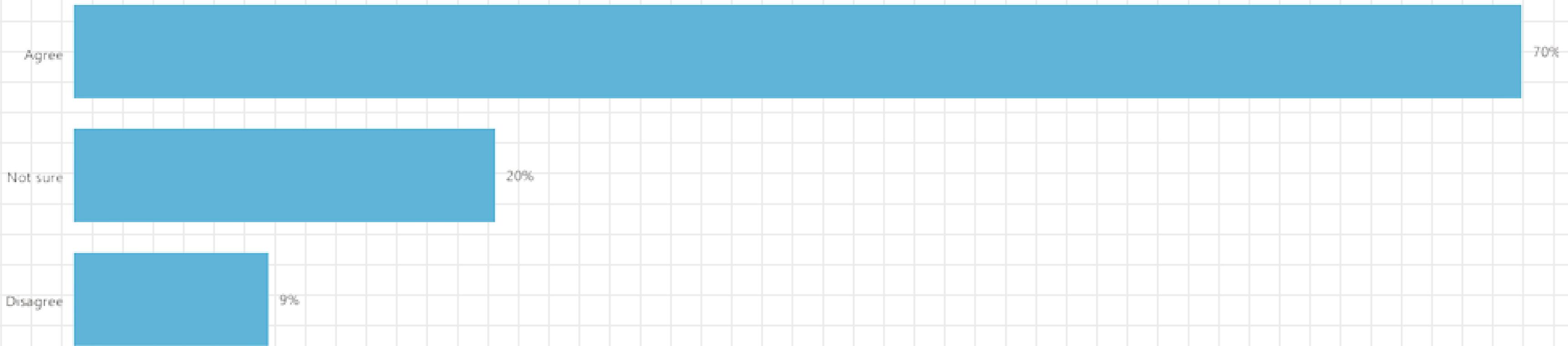
Sad or upset



EMOTIONS RESULTING FROM POSITIVE HABITS AND INTERACTION WITH THE SURROUNDING ENVIRONMENT

□ How much do you agree or disagree with the following statements?

■ My school/college helps me if I am worried or have a problem



EMOTIONS RESULTING FROM POSITIVE HABITS AND INTERACTION WITH THE SURROUNDING ENVIRONMENT

■ How well do you think you cope with feeling the following?

■ Lonely

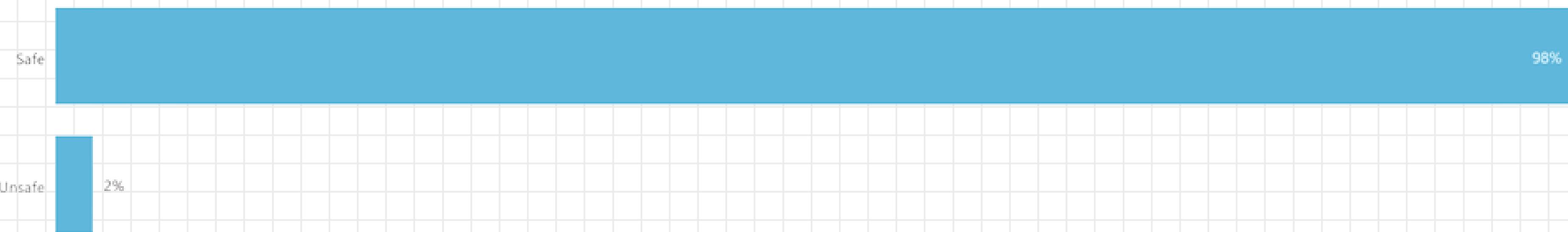


■ Sad or upset

EMOTIONS RESULTING FROM POSITIVE HABITS AND INTERACTION WITH THE SURROUNDING ENVIRONMENT

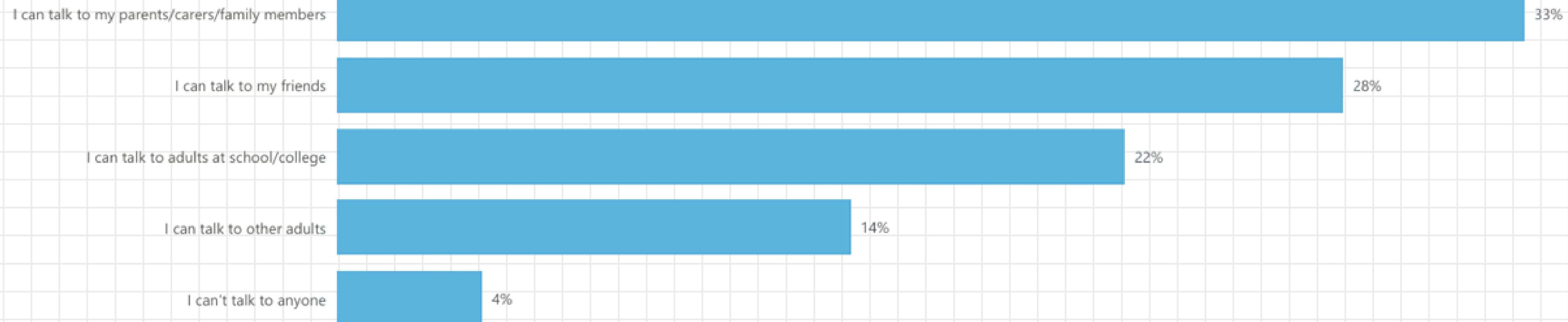
How safe do you feel in the following places?

During lessons at school/college

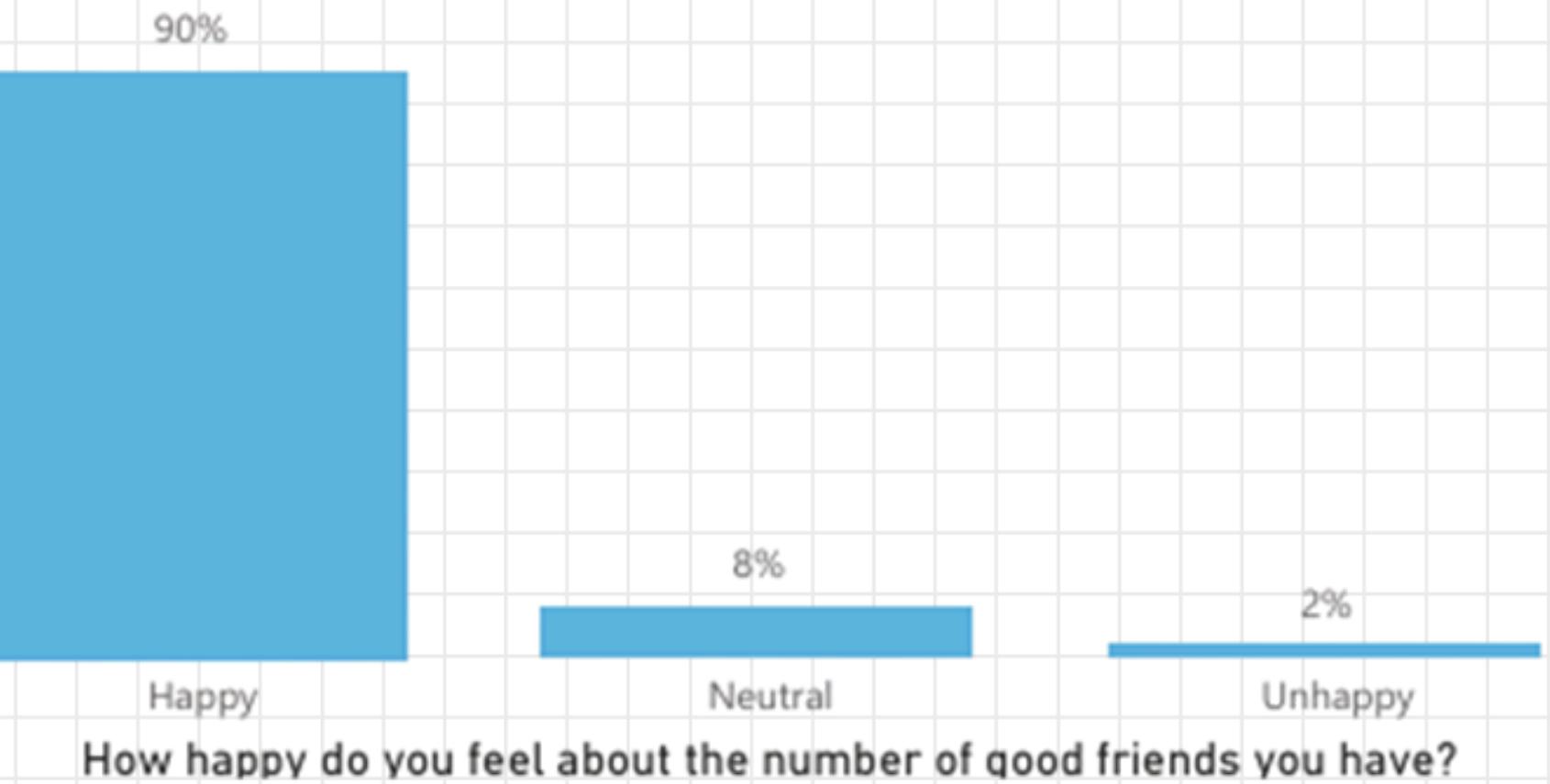
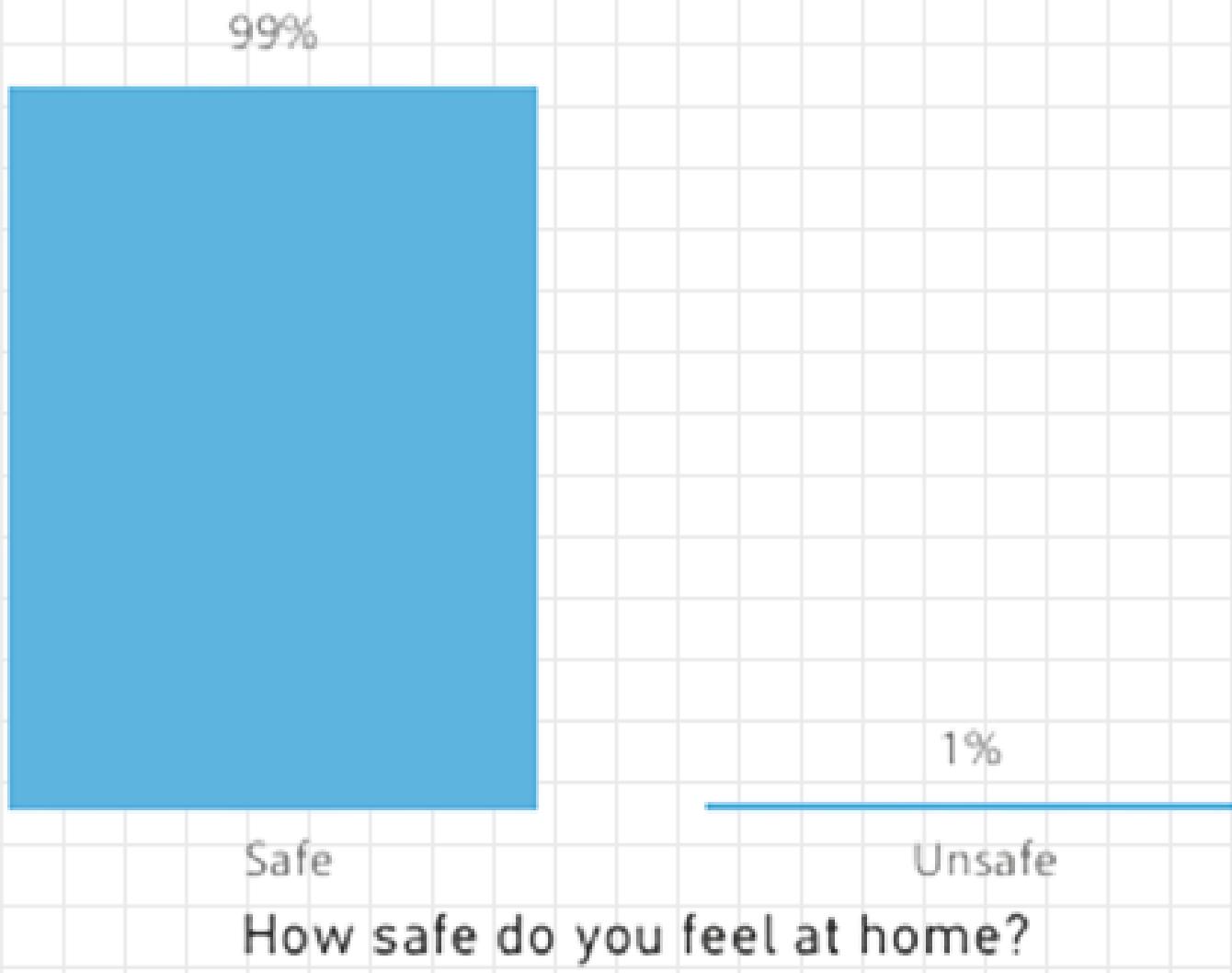


EMOTIONS RESULTING FROM POSITIVE HABITS AND INTERACTION WITH THE SURROUNDING ENVIRONMENT

■ If I'm worried about something...



EMOTIONS RESULTING FROM POSITIVE HABITS AND INTERACTION WITH THE SURROUNDING ENVIRONMENT



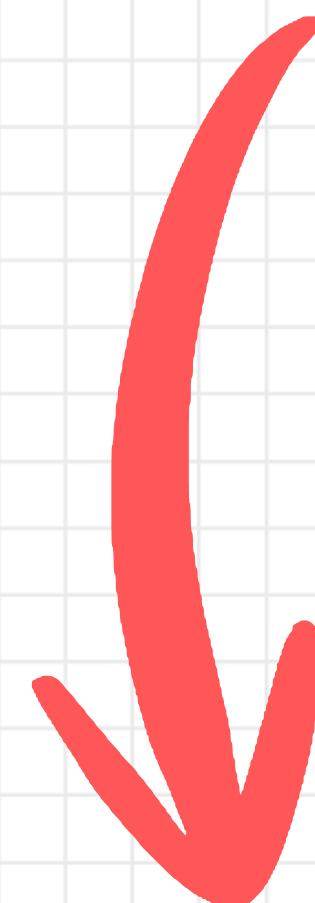
SUMMARY

POSITIVE HABITS

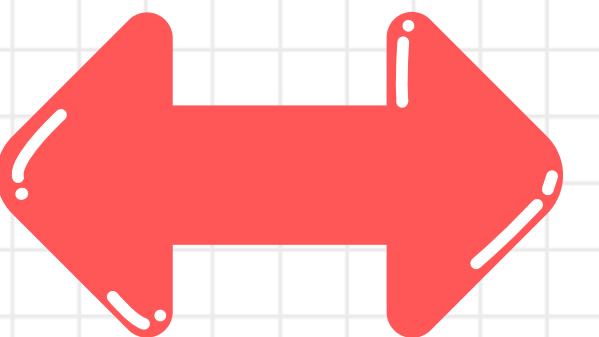
INTERACTION

SCHOOL INFLUENCE

RESULTING

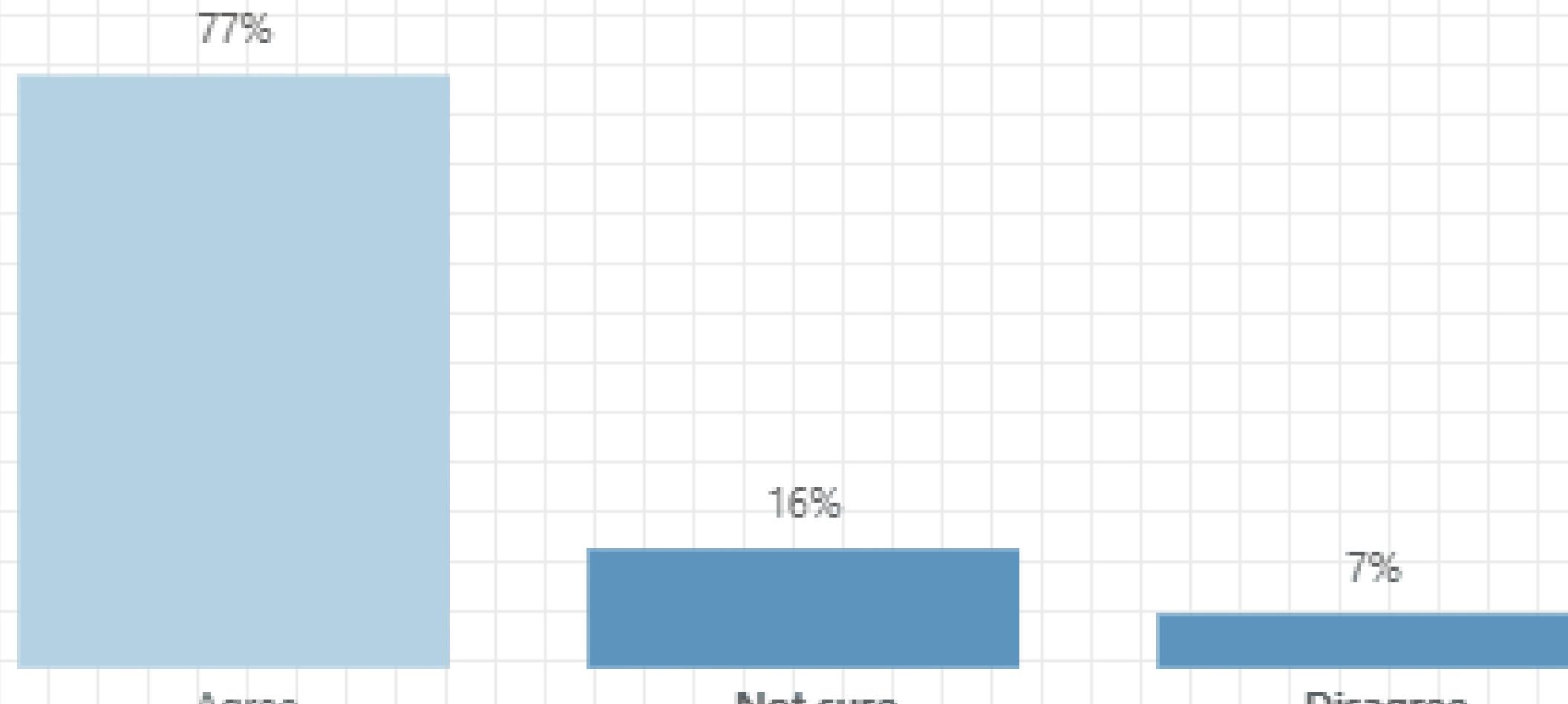


EMOTIONS



RESULTING

WHY DO SOME STUDENTS DISAGREE OR FEEL UNSURE ABOUT WHETHER THEY ENJOY THEIR LIVES?

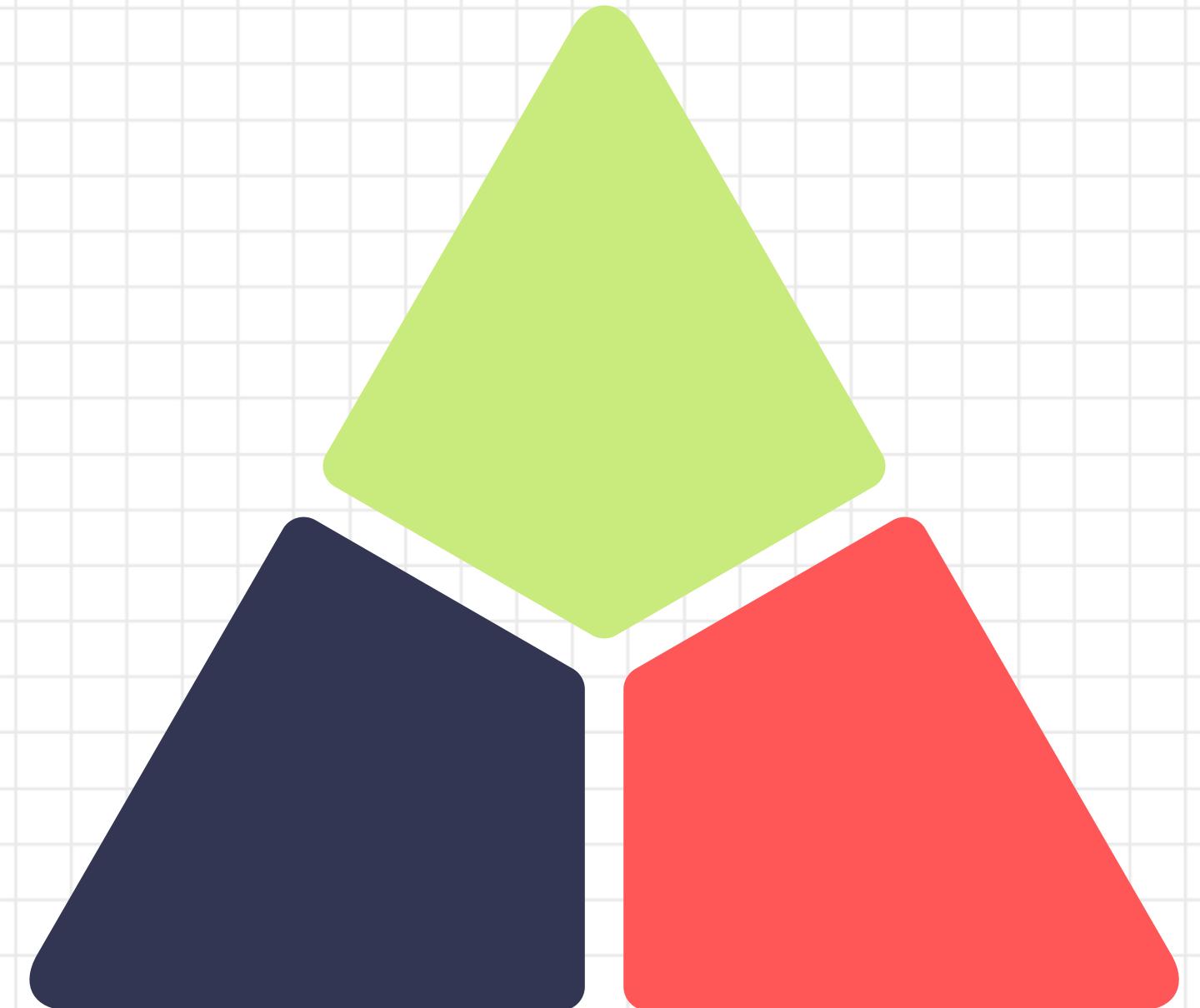


How much do you agree or disagree with the following statement: 'I enjoy my life'?

WHY DO SOME STUDENTS DISAGREE OR FEEL UNSURE ABOUT
WHETHER THEY ENJOY THEIR LIVES?

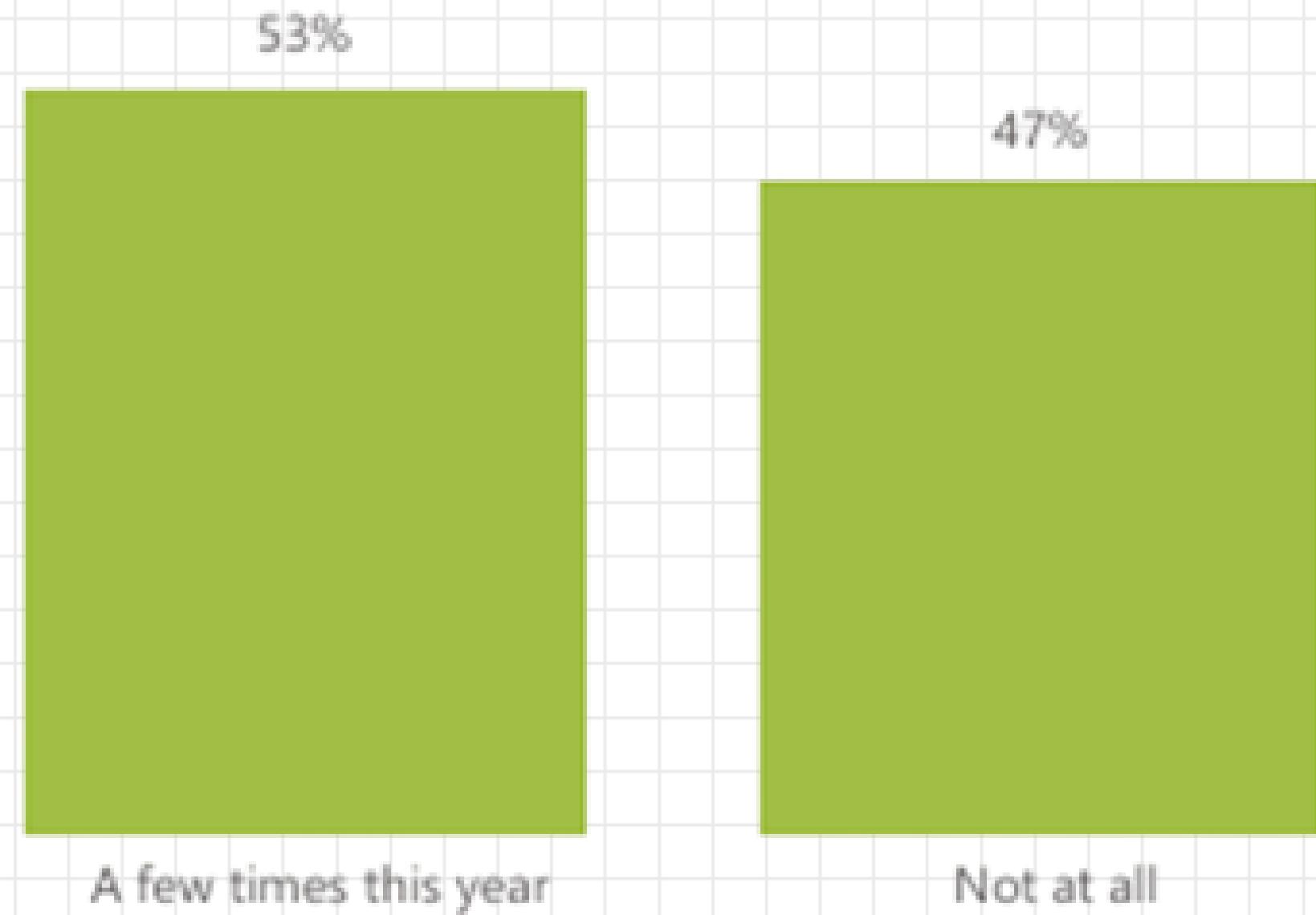
EXPERIENCES AND CIRCUMSTANCES

EMOTIONS



SCHOOL
SUPPORT
CHALLENGES

EXPERIENCES AND CIRCUMSTANCES THEY HAVE LIVED THROUGH

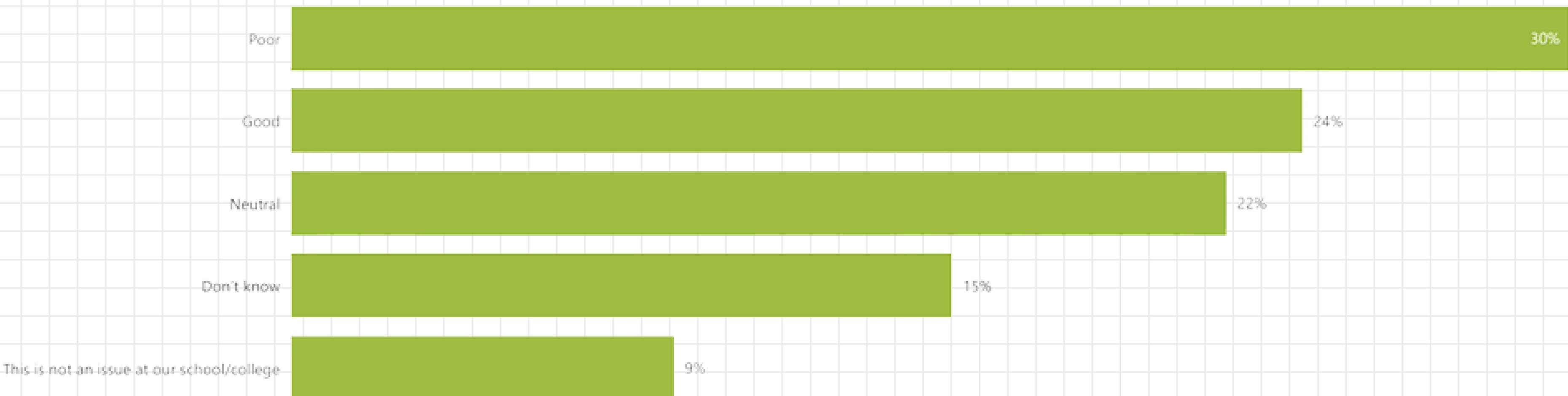


In the last 12 months, how often (if at all) have you been bullied in or around school/college?

EXPERIENCES AND CIRCUMSTANCES THEY HAVE LIVED THROUGH

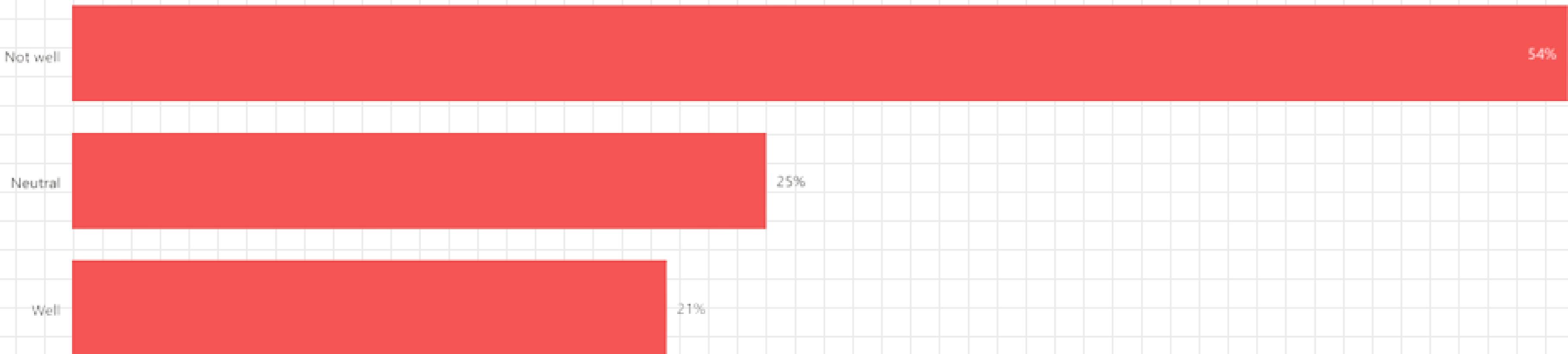
◻ How good do you think your school/college are at dealing with the following?

■ Pupils/students sharing sexual messages, pictures and videos

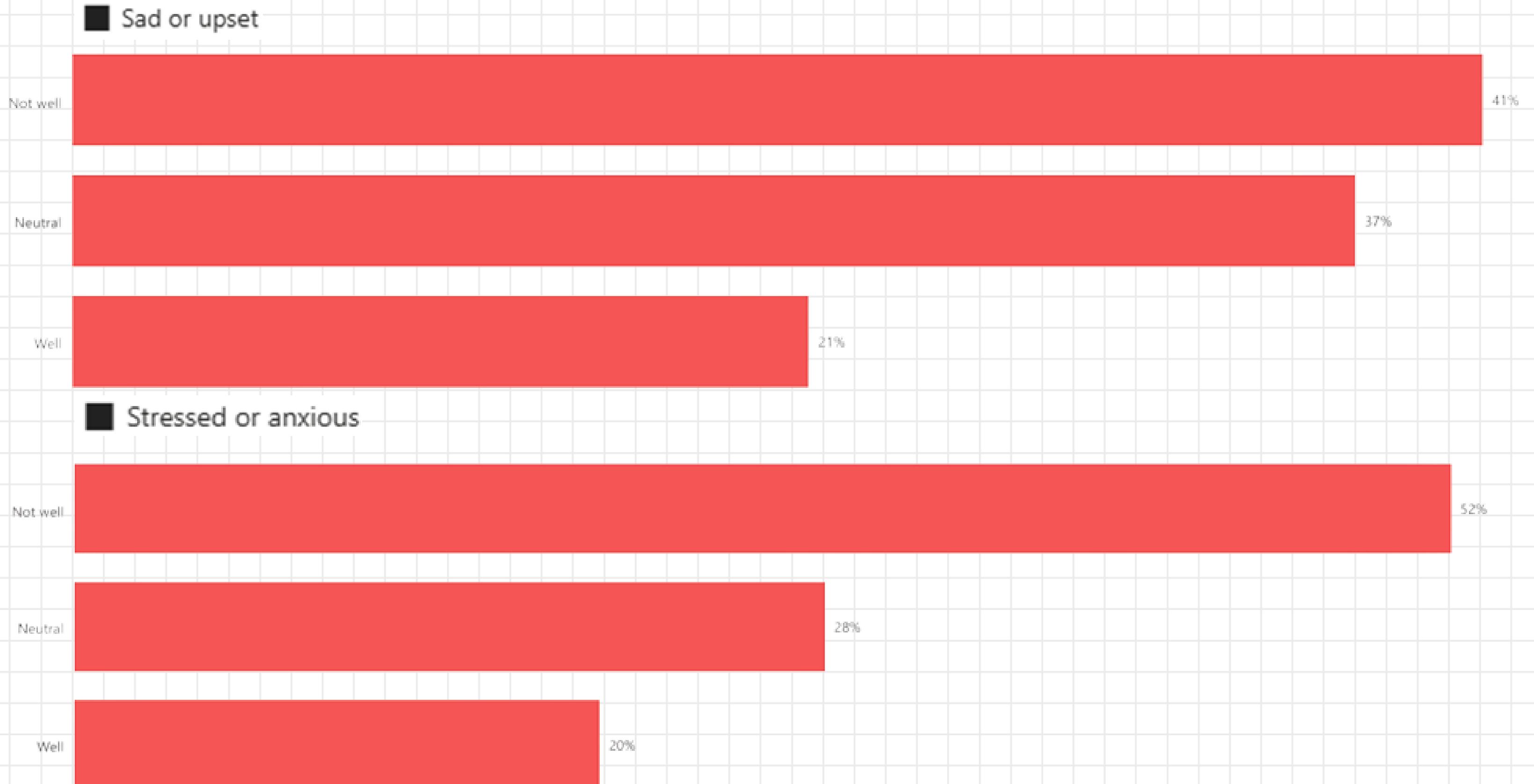


SCHOOL SUPPORT FOR PERSONAL AND EMOTIONAL CHALLENGES

- How well do you think you cope with feeling the following?
- Bad tempered or angry



SCHOOL SUPPORT FOR PERSONAL AND EMOTIONAL CHALLENGES



EMOTIONS RESULTING FROM THESE CIRCUMSTANCES

◻ How often do you feel the following?

■ Sad or upset

Some days

35%

Most days

30%

Rarely

16%

Every day

16%

Never

4%

■ Stressed or anxious

Every day

26%

Most days

26%

Some days

23%

Rarely

16%

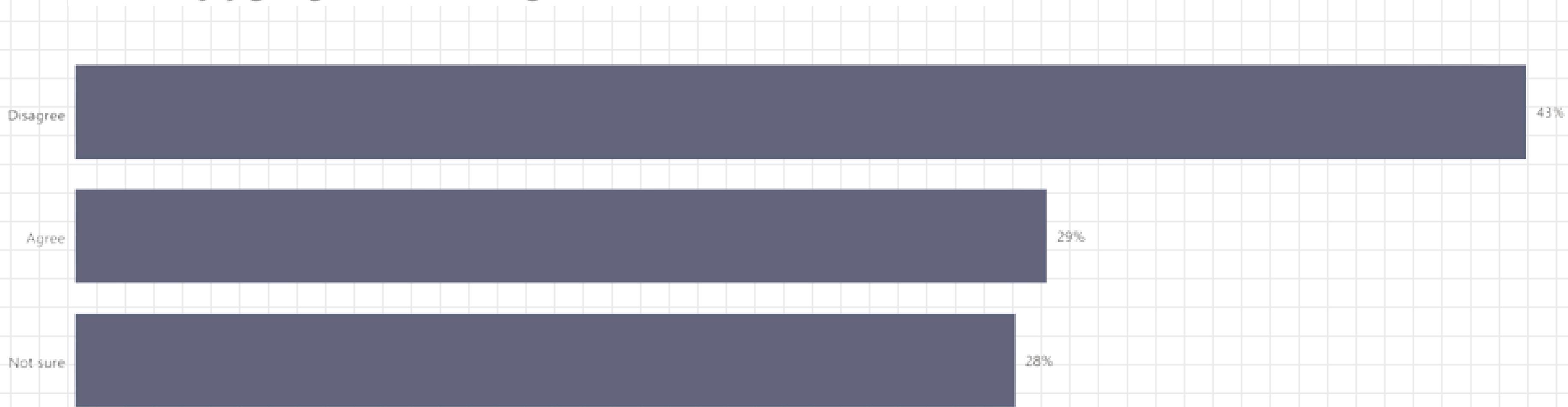
Never

8%

EMOTIONS RESULTING FROM THESE CIRCUMSTANCES

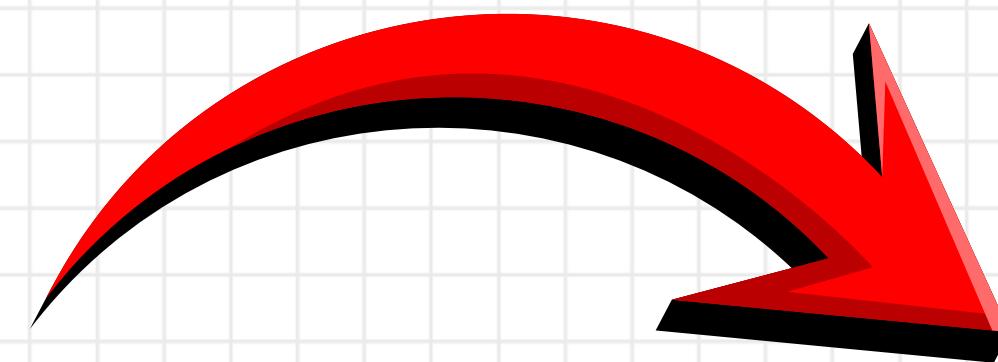
How much do you agree or disagree with the following statements?

I enjoy going to school/college



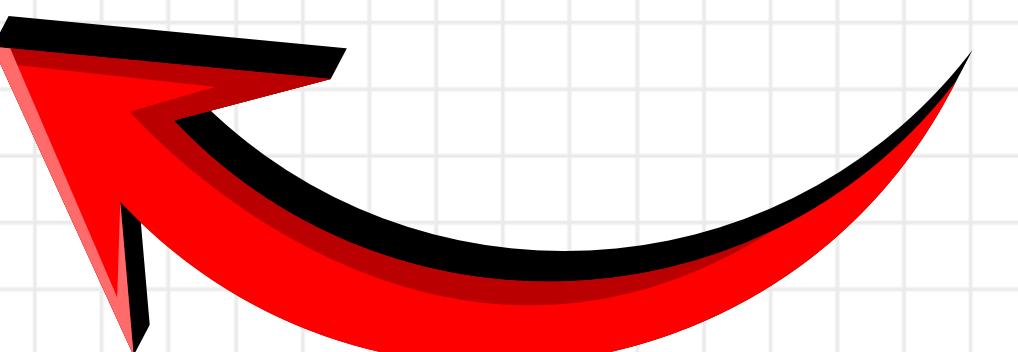
SUMMARY

EXPERIENCES AND CIRCUMSTANCES

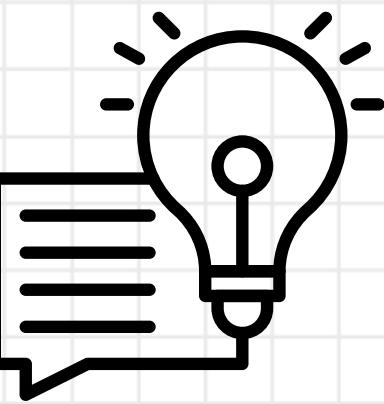


SCHOOL SUPPORT CHALLENGES

EMOTIONS



RECOMMENDATIONS



For Students Who Are Thriving

Maintain updated and relevant school programs that respond to societal and school-related challenges.

Organize competitions that promote healthy habits and positive lifestyles.

Run school media campaigns to recognize students with strong healthy and social behaviors.

For Students Who Are Struggling

Enhance support programs to identify and address individual student challenges.

Provide workshops that build emotional and psychological coping skills (fear, sadness, stress).

Create shared social spaces that encourage peer learning and experience exchange.

THANK you!

