

St. Paul Regional High School – 2024-25

School Programs and Practices Summary

1. School Priorities

School health priorities and student health outcomes

Key student health-related issues	Rating by your school	Health-promoting intervention (HPI) to address issue present?	Student health outcomes at your school (as reported by your students)	2023/24 Alberta COMPASS average
Cigarette smoking	Low priority		7% smoked a cigarette in the last 30 days	8%
E-cigarette use/vaping	Medium priority		20% used vapes/e-cigarettes in the last 30 days	24%
Alcohol use	Low priority		37% used alcohol in the last 30 days	36%
Cannabis use	Medium priority		17% used cannabis in the last 30 days	18%
Healthy eating	Medium priority	✓	44% eat fruit 7 days per week 52% vegetables 7 days per week	39% (fruit) 43% (vegetables)
Physical activity	Medium priority	✓	74% meet the National guideline of 60 min/day of physical activity	75%
Bullying, cyber bullying, exclusion	Low priority		17% have been bullied in the last 30 days	29%
Mental health	High priority		39% felt nervous, anxious, or on edge on most days in the last 2 weeks	44%
Sleep	High priority		57% meet the national guideline of 8 to 10 hours of sleep per night	53%
Screentime	High priority		5% meet the National guideline of 2 hours or less of recreational screen time/day	2%

2. Physical Activity

School physical activity programs

Intramural programs/clubs offered at school?	% of students reported participating in intramural sports or non-competitive sports clubs	Interschool or varsity programs offered at school?	% of students reported participating in varsity sports	% of students reported participating in physical activities excluding those in gym class or organized sports
✓	36%	✓	45%	65%

Students' access to appropriate school facilities outside of class time

Indoor facilities for physical activity available to all students	Outdoor facilities for physical activity available to all students	Indoor facilities for physical activity meet the needs of all students	Outdoor facilities for physical activity meet the needs of all students
✓	✓	✓	✓

3. Food Programs

Breakfast programs and services offered to students in your school

Is there a breakfast program offered for students?	What is the cost to students' families?	% of students reported eating breakfast provided from a school program at least once a week	% of students reported eating breakfast daily	2023/24 Alberta COMPASS average
✓	Free for all students	41%	38%	32%

4. Personal Mobile Device Use

Personal mobile device use policies and student outcomes

Are students permitted to use their personal mobile devices during class/instruction time?	% of students reported using personal mobile devices during class time almost daily or more often	Are students permitted to use their personal mobile devices outside of class but during school hours (e.g. lunch, breaks)?	% of students reported using personal mobile devices outside of class time almost daily or more often
No	54%	Yes	86%

5. Mental Health

Mental health services, policies and practices at your school

Services/Policies/Practices	Offered/ Present?	Services/Policies/Practices	Offered/ Present?
Assessment for emotional or behavioural problems	✓	Individual counselling or therapy	✓
Diagnostic assessment		Group counselling or therapy	✓
Behavioural management consultation with teachers, students, or families	✓	Substance abuse counselling	✓
Case management (monitoring, coordination of services)	✓	Family support services in school setting	✓
Referral to specialized programs or services for emotional or behavioural problems or disorders	✓	Virtual counselling or other online resources to support student mental health	
Crisis intervention	✓	Staff make passive and/or active referrals with community-based mental health providers	✓
One or more staff have received mental health training in the last 12 months	✓	Mental health promotion programs other than classes/curriculum (E.g., stigma reduction, suicide prevention)	
Professional mental health staff working part-time or full-time on-site	✓	School policy on mental health	

Students' mental health outcomes

% of students agree they know when to get help for their mental health	% of students agree they feel comfortable talking about their mental health	% of students agree they can talk about their problems with a caring adult at school	% of students rated their mental health as good, very good, or excellent
46%	33%	38%	60%

Thank you for your participation! For more information about this profile, additional resources, or the COMPASS project in general, visit www.uwaterloo.ca/compass-system/about.



Understanding and using your COMPASS results

1. Form a team, pick a time and health priority

- **Types of people to invite:** your public health nurse, school health professionals, school principal, parent or healthy school committee representatives, student representatives, COMPASS Knowledge Broker
- **Documents needed:** your current School Health Profile (SHP) and School Policies and Practices (SPP) Summary, previous years' SHP and SPP (if applicable)

2. Review and discuss survey results

Do these steps for your first health priority:

1. Review the overall school survey results from your current SPP Summary
2. Review the detailed student survey results from your current SHP
3. Compare student reported outcomes with provincial and board-level averages found in the SHP
4. Review how outcomes have changed over time on the SHP's year-by-year comparison page

Team Questions:

- What results were expected? Unexpected?
- What are your thoughts on outcome changes over time? Is anything surprising?
- What are your thoughts on outcomes relative to provincial averages? Is anything surprising?
- Do the results align with your school's recent experiences with student health behaviours?
- What might have impacted these results?

3. Review your school's health programs

What programs and practices do you have in place to address this health priority?

- What health behaviours do these programs target?
- Who is involved in planning and implementation?
- Who are these programs targeted to (specific student groups or the whole school population)?

Are there programs and policies in place to address health priorities indicated by student data?

- How effective are these programs based on experience and observation?
- Were results/trends expected to be different?
- What other data are needed to evaluate program effectiveness?
- Has this health priority changed since last year?
- What has been done since last year to address this health priority?

4. Plan to use the results and engage others

Examples of how to use your data:

- Have students analyze and interpret it in math class
- Engage students in different student committees by asking them to review data and provide suggestions to address priorities.
- Review the SHP "why this is an issue" section and recommendations and resources in the COMPASS profile and on the COMPASS website for suggestions on changes that might work for your school.
- Use the data to apply for health grants
- Use the data in evaluating school health programs and practices

How are you planning to share your survey results?

- Who are you going to share results with (students, parents, public health nurse, school board, etc.)?
- How are you going to share the results with them?
- How are you planning to engage these groups?

Repeat steps 2 to 4 for other health priorities!