

Saint Paul Catholic High School – 2023-24

School Programs and Practices Summary

1. School Priorities

School health priorities and student health outcomes

Key student health-related issues	Rating by your school	Student health outcomes at your school (as reported by your students)
Cigarette smoking	Important	3% smoked in the last 30 days
E-cigarette use/vaping	Very important	12% used vapes/e-cigarettes in the last 30 days
Alcohol use	Important	22% used alcohol in the last 30 days
Cannabis use	Very important	14% used cannabis in the last 30 days
Healthy eating	Important	62% eat fruit and/or vegetables 7 days per week
Physical activity	Important	76% meet the National guideline of 60 min/day of physical activity
Bullying, cyber bullying, exclusion	Important	24% have been bullied in the last 30 days
Mental health	Very important	38% felt nervous, anxious, or on edge on most days in the last 2 weeks
Sleep	Very important	48% meet the national guideline of 8 to 10 hours of sleep per night
Screentime	Very important	1% meet the National guideline of 2 hours or less of recreational screen time/day

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
✓	45%	✓	45%	78%

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	2022/23 ON Provincial average
✓	Free for some students	11%	34%	37%

4. Bullying

Programs offered that address bullying

Does your school have a policy on bullying?	Does your school offer any health-promoting interventions (HPIs) that address bullying?	% of students reported being bullied by other students in the last 30 days	2022/23 ON Provincial average
✓	✓	24%	21%

5. Substance Use

Health-promoting interventions (HPIs) implemented that address substance use prevention and cessation

Substance	Health-promoting intervention (HPI) to address issue present?	Students' substance use outcomes:	2022/23 ON Provincial average
Cigarette use		41% have never smoked but are susceptible to begin smoking in the future	32%
Vaping use		12% of students have used a vape in the past month	19%
Cannabis use		14% reported using cannabis in the past month	17%
Alcohol use		15% reported binge drinking in the past month	20%

6. 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 feel they are aware of when to seek supports for their mental health	% of students feel comfortable talking about their mental health	% of students feel they can talk about their problems with a caring adult at school	% of students who rated their mental health as good, very good, or excellent
62%	39%	34%	57%

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!