

# School Day

**When students feel good, they learn better!**

School Day is an app that asks your students 20 questions about their wellbeing every week. Questions such as "how did you sleep last night" or "how stressed are you".

Each week, your students get feedback on how they can improve their wellbeing, and you receive data on how your class is doing and discussion support and lesson plans to tackle the areas that need your attention the most.

By using School Day, we want to make sure our students are heard, teach them how wellbeing affects learning and help develop their social and emotional skills. School Day is also our way of supporting educators with concrete tools and methods to discuss and develop at times difficult topics.



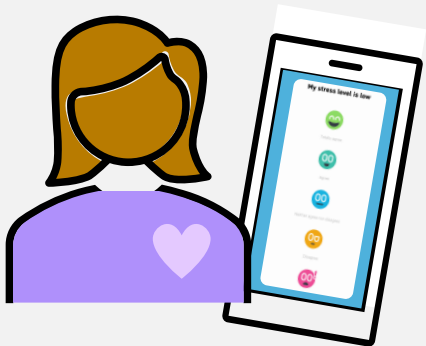
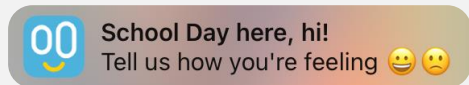
# A typical week using School Day

## Monday

*Suzie Student arrives at school.*

She's feeling a little tired and irritated, but doesn't really know why. She likes being back at school and seeing her classmates, but also finding it hard to talk to them.

Later that day, she gets a reminder on her phone asking her to answer this week's School Day questions.



As she answers the questions she starts thinking about why she's feeling so stressed. It feels nice that the school is asking her how she is doing, and she likes that she can answer honestly.

## Tuesday

*Tod Teacher sees the weekly School Day summary email in his inbox.*

He logs in and takes a look at how his class is doing compared to the rest of the school.



The data confirms his suspicions, many of his students are feeling stressed and overwhelmed, he just didn't know it had gotten worse the last couple of weeks.

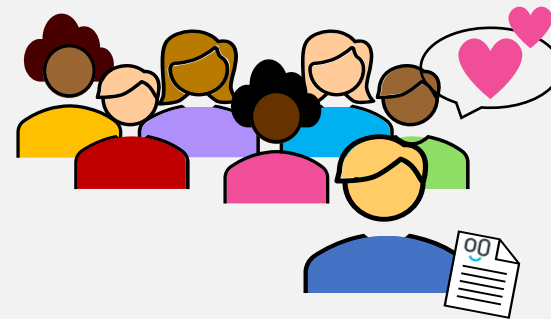
He's pressed for time, as usual. He prints out the discussion support material and downloads the video on mental health. He knows he has exactly 30 minutes to spare with his students Tomorrow to discuss this.

## Wednesday

*Tod Teacher's students gather in the classroom.*

Tod tells them he wants to talk to them about feeling stressed and overwhelmed.

Suzie tells her classmates that she has been feeling overwhelmed lately and is having a hard time talking to others. Larry, says he too has been having a hard time socializing. Soon half of the class has expressed similar feelings. The class decides to create a list of daily kind gestures. Everyone writes what would make them feel less overwhelmed and what they could do to help others feel less overwhelmed.



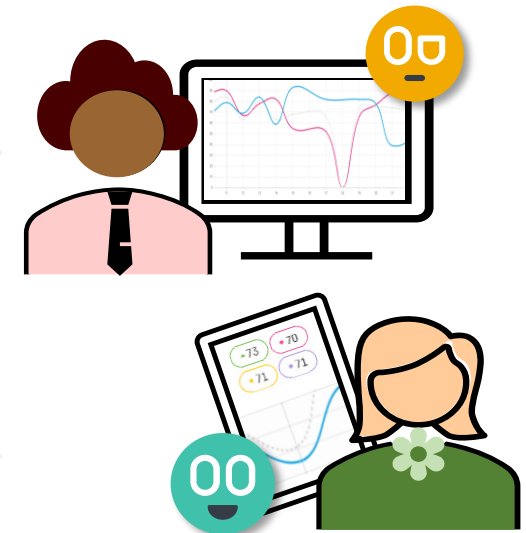
After the discussion Suzie feels relieved. It's nice to know she's not alone, and that she has support.

Tod is glad they took the time to discuss. The questions in the support material really helped the students open up. He still decides to monitor the issue more closely in the upcoming weeks.

## Thursday

*Patrice Principal and Leanne Leader are both preparing for Friday's meeting.*

Patrice has been monitoring the stress level and emotion management trends in her school more closely. She's noticed some worrying trends, but have talked to her staff and together, they have come up with a plan.



Leanne is looking over the wellbeing trends for her district. She's asked schools that have been doing exceptionally well to share what they are doing. Some schools are having issues, but she knows the principals will come prepared with suggestions based on the data. She's looking forward to having an open discussion and feels confident they can address the issues at hand.

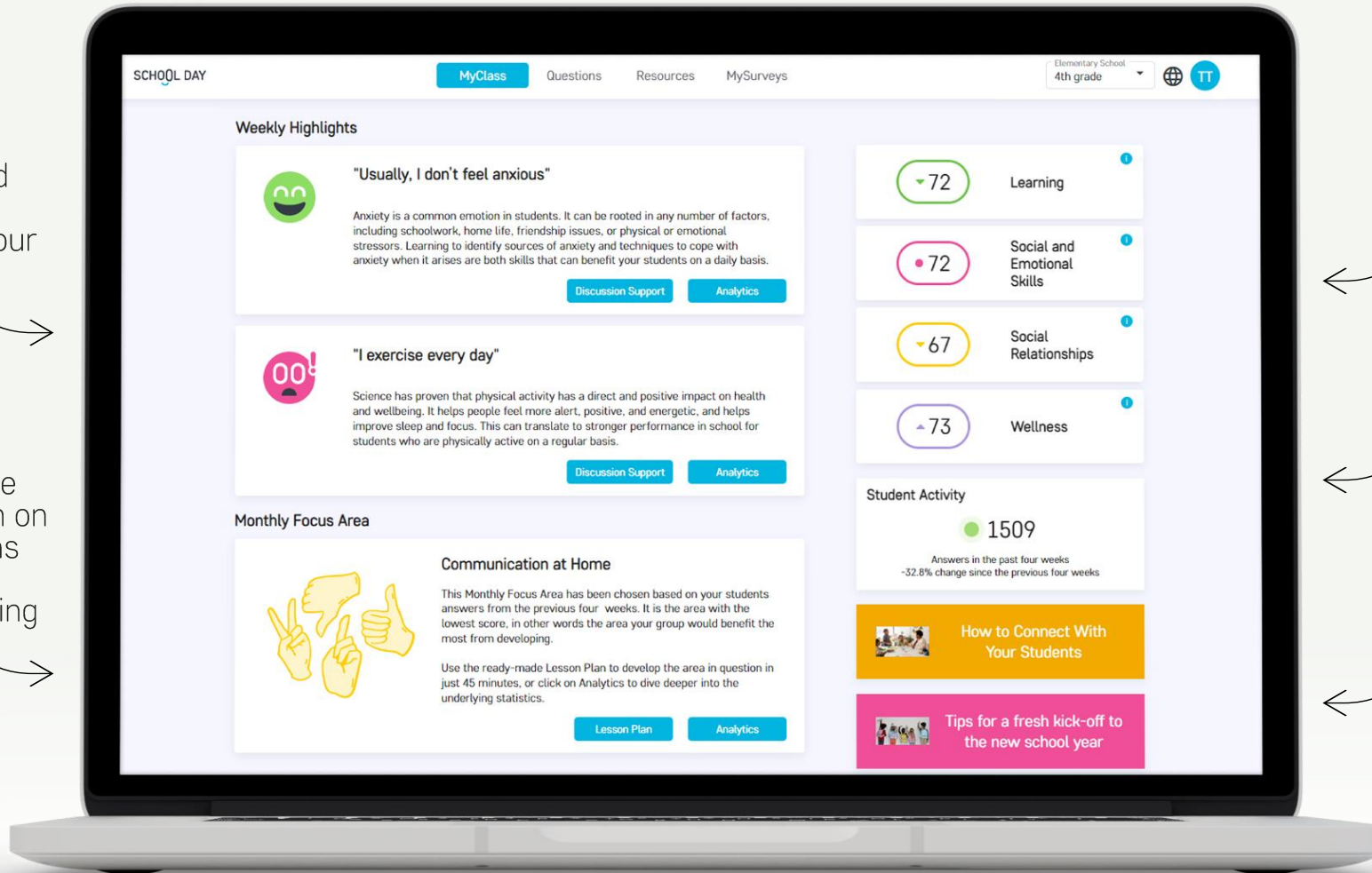
# Log in at [www.schoolday.com/login](http://www.schoolday.com/login)

STAFF

Choose  
→ log-in  
method

Weekly highlights including analytics and discussion support on what's going well in your class and what needs your attention.

Monthly focus area including a ready made 45-minute lesson plan on a broader topic such as communication with classmates or managing emotions



Wellbeing Scores from 1 to 100 for each wellbeing area shows the overall status of your class

Activity stats so you can stay on top of how often your students are answering

Interesting reads on student wellbeing, mental health, and social and emotional learning



# When in need of Help

Read our [frequently asked questions](#) and answers

[Join our FB community](#) for support from educators around the world

Contact our Team at [support@schoolday.com](mailto:support@ schoolday.com)  
for assistance with the platform



**Instruction for your students**



# What is School Day?

School Day is an app that asks you 20 questions about your wellbeing every week. Questions such as "how did you sleep last night" or "how stressed are you".

Each week, you get easy to explore suggestion on how you can improve your wellbeing and have fruitful discussions, lead by your teacher, on how everyone is feeling.

By using School Day, we want to make sure that you are all heard and that no one is left alone with their feelings. Together, we will learn how wellbeing affects learning and think of creative ways to make sure everyone feels good!



# Log in at [www.schoolday.com/login](http://www.schoolday.com/login)

STUDENT

Choose  
log-in  
method

Easily answer wellbeing questions anonymously each week. It only takes a couple of minutes!

And remember to have a look at your class's feedback cards with development ideas, for example after you've answered the questions 😊

