

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

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 😊

The screenshot shows the 'SCHOOL DAY' app interface for a class named 'Millie Middle'. At the top, there is a blue header with the app name and a globe icon. Below the header is a white bar with a profile picture of a girl and the class name 'Millie Middle'. The main content area features two prominent buttons: a blue one with a question mark icon labeled 'Answer Questions' (20 new questions available) and a purple one with a diamond icon labeled 'Read Feedback Cards' (New feedback cards available). Below these is a 'Class Score' section with four cards: 'Learning' (71), 'Social and Emotional Learning' (71), 'Social Relationships' (76), and 'Wellness' (74). At the bottom is a navigation bar with icons for home, questions, and feedback cards.

The screenshot shows a question in the app: 'I feel enthusiastic'. Below the question are five response options with corresponding smiley face icons: 'Totally agree', 'Agree', 'Neither agree nor disagree', 'Disagree', and 'Totally disagree'. A progress bar indicates '6 / 20' questions. Below the question is a feedback card titled '"I feel calm"' with a pink icon. The card contains text about maintaining a state of peace and calm, and a list of tips to stay calm.

"I feel calm"

Maintaining a state of peace and calm can be difficult at times. The stresses of school, home life, and social interactions can cause you to feel overwhelmed and finding calm can be a challenge. But never fear! There are ways to find calm, even in the midst of anxiety or overwhelming feelings. When you feel calm, you will think more clearly and logically, and you will feel safer and more content. Learning ways to create calm moments is a skill that will help you throughout life.

If you are feeling overwhelmed, try these easy tips to stay calm!

- Practice mindfulness in stressful situations. Try a short meditation and focus on the present moment.
- Talk with your teachers or friends when you are feeling overwhelmed. Simply talking about your feelings can be enough to help you calm down.
- Schedule quiet time for yourself. Enjoy activities that help you feel calm.
- Explore different methods of feeling calm.

