

IBWSC 2017
GAT PROJECT SUMMARY

Project Name: **Project *MindfulNest***

GAT Name/Leader: **Gilbert/Courtney Leonard**

Background: Within school communities, overall student well-being is often not addressed. Along with physical health, mental and emotional health are not stressed enough as important components of overall well-being and health. Students overwhelmed with school often forget about their own well-being and prioritize other aspects of their lives rather than their health. Schools are often aware of the issue but lack the human resources to address concerns or even a basic idea of the extent of the problems. Just as there are apps to manage academic deadlines and streamline the monitoring process for schools, we propose an app to similarly manage student well-being.

Mission and Objectives: We intend to create a smart phone application that promotes mental, emotional, and physical well-being through individual goal-setting, anonymous chat room with counsellors, and friendly competition in the school community.

Activities (Objectives): By providing data over the period of usage for individual students as well as documenting school trends, administrators and counsellors will be able to monitor the state of well-being and identify concerns and trends.

Collaboration: Within *MindfulNest*, design teams create innovative layouts and designs to make the application user-friendly with tips, challenges, an anonymous chat room with counsellors, and set up a local community competition. A research team compiles a list of healthy tips and links to resources concerning health. They work alongside a programming team who produces the application while a technical support team maintains it. An extensive marketing team generates support for *MindfulNest* through pitches and presentations to school officials.

Partners: School administrators and counsellors indicate concerns regarding health they want to be able to measure in students as well as outreach to technical, physical education, and health teachers in schools. Parents and students to provide feedback on usability and external health professionals to be consulted on the components of the app.

Timeline: Prior to rolling out the app, we will begin to advertise directly with students for six weeks at trial schools and share ideas about physical, mental, and emotional health. For six months, trial school student body will pilot *MindfulNest*. Thus, adjustments can be made accordingly. As adjustments and developments progress, other trial schools will be included.

Budget/Resources: The budget requires application designing software for programs, using funds for teams, specialists, consultants, and technical support. Initial funding will be acquired through grants. We will rely on partnerships with schools represented in the Global Action Team (GAT) group. Outreach will include local colleges, technical teachers, and student programmers.

Communication: Through the marketing team, *MindfulNest* will be rolled out to students within a school community. We will present to school officials to gain their interest and support; they will gain valuable information from students using *MindfulNest*. Additionally, social media campaigning directly to the students will spread *MindfulNest*.

Evaluation: Success of *MindfulNest* is measured by the number of schools and individual students that utilize the program as well as general percent increase in well-being from student users. Measurement of student progress is tracked through student reporting of better healthy habits, less stress, a better school-life balance, increased positive social connection and activity involvement, and improved physical health. Administrative staff will see academic achievement improve. The most challenging obstacle will be producing and implementing *MindfulNest*.

App

MindfulNest

Build your nest on MindfulNest!

High school students overwhelmed with school often forget about their own well-being and prioritize other aspects of their lives rather than their health. In addition, even though schools are often aware of the issue, they lack the human resources to address these concerns. So then how do we improve student physical, mental and emotional health? Just as there are apps to manage academic deadlines and streamline the monitoring process for schools, **MindfulNest** is the perfect tool that manages student well-being.

Features:

- Personalized goal-setting
- Friendly competition in the school community
- Anonymous chat room with counsellors for discussion
- Tips and tricks to improve well-being
- Links to helpful resources