Promoting Wellbeing in Schools Around the World

Introductory webinar

Funder: Jacobs Foundation
Funder and Partners

Jacobs Foundation (Funder)

International Baccalaureate (Project Lead)

Wellbeing Research Centre, University of Oxford

The Human Flourishing Program, Harvard University

Research Schools International

HundrED
Speaker Introduction

**John Soleanicov**
Co-Lead of the Learning Schools Portfolio
Jacobs Foundation

**Dr. Jennifer Merriman**
Head of Global Research & Design
International Baccalaureate

**Dr. Magdalena Balica**
Senior Research Manager
International Baccalaureate

**Emily Vanderkamp**
Senior Manager for Research Communications
International Baccalaureate

**Christina Hinton**
Research Associate, Harvard's Human Flourishing Program
Founder and CEO, Research Schools International

**Laura Taylor**
Deputy Director Wellbeing
Research Centre at the University of Oxford

**Heini Karppinen**
Chief Operating Officer
HundrED
**Agenda**

1. Introduction
2. Project Overview
3. Ways to Engage
   - Action research project (RSI/Harvard)
   - Wellbeing measurement pilot (Oxford)
   - Innovation submission (HundrED)
4. Wrap-Up
5. Q&A (Optional)
Project Overview

Dr. Jennifer Merriman
Global Head of Research & Design

Dr. Magdalena Balica
Senior Research Manager
Research & Innovation on Wellbeing

Jennifer Merriman, PhD
Global Head of Research & Design
Innovation as part of a larger Evidenced-Based Continuous Improvement Process

1. Exploration
2. Development & Innovation
3. Implementation
4. Data analysis & trends
5. Impact & Validity
6. Dissemination

Experimenting:
- Iterate
- Draft
- Test
High-Level Vision and Goals for IB Innovation

Continuous Improvement through experimentation
To create and implement a process to let schools, teachers, and the IB experiment.

Development of learning organizations
Support the IB, schools, and other stakeholders to get better at decision making, learning, and spotting patterns and insights.
Background: Wellbeing Exploration

1. Exploration
2. Development & Innovation
3. Implementation
4. Data analysis & trends
5. Impact & Validity
6. Dissemination

Experimenting:
- Iterate
- Draft
- Test
We use this process to design and test NEW ways to support student wellbeing globally.

Systematic Process of Learning through the innovation process

1 Exploration
2 Development & Innovation
3 Scale up
4 Data analysis & trends
5 Impact & Validity
6 Dissemination

How can we learn with and from schools what works, for whom, and in what contexts?

Moving Wellbeing from Exploration to Innovation

Experimenting:
- Iterate
- Draft
- Test
Bottoms-Up Innovation Process

- Gather ideas
- Promising Practices
- Scale Up Evidence-based Ideas

Criteria Methods TBD

Only evidence-based ideas continue
Start to filter ideas and focus on the ones which show potential validity
Wellbeing in School Project Overview

Dr. Magdalena Balica
Senior Research Manager
Research and Design Department
Participants' interest in the project

Over 1,000 Participants (IB and non-IB)

From 197 Countries across the globe

All levels of education Public and private schools
Wellbeing in School, Operations Team

Dr. Magdalena Balica
Senior Research Manager

Emily VanderKamp
Senior Manager for Research Communications

Edlyn Chao
Research Manager

Joe Ward
Operations Coordinator

Emily Worthington
School Communications, Associate Manager Communications and Marketing

Jenn Pleszkoch
Senior Learning Architect

Stuart Jones
Head of World Schools

Elizabeth Brait
Strategy & Design
**Long-term Vision**

IB is committed to supporting schools globally in advancing the science and practice of wellbeing in education to benefit students, school staff, parents and the wider education community.

**Main assumption**

Schools are places of innovation
Theory of Change Problem Statement

**PROBLEM**
A top-down centralized approach with IB designing a wellbeing policy and practices for all schools is not yet feasible based on the evidence we have.

**SOLUTION**
A bottom-up solution
Learning with and from schools, through:
- Action Research
- Learning Hubs
- Spotlight
- Measurement Pilot

**EXPECTED OUTCOMES**
1) Extend the evidence
2) Become and innovator
3) Share, connect and learn with other schools around the globe
4) Use a less complex measurement to inform decisions
# Main Areas of Innovation

<table>
<thead>
<tr>
<th>Repository of evidence-based innovations</th>
<th>PD – action research on wellbeing</th>
<th>Spotlight on wellbeing</th>
<th>Research and learning</th>
</tr>
</thead>
<tbody>
<tr>
<td>A set of evidence-based interventions freely available</td>
<td>Teachers collaborate with others to promote/design, monitor and evaluate wellbeing innovations</td>
<td>100 school innovations are expected to submit their innovations</td>
<td>Two pilot studies are conducted to distil the main lessons learned from this journey</td>
</tr>
</tbody>
</table>
Levels of Engagement for Schools

- **HIGH**
  - Action research program

- **INTERMEDIATE**
  - Learning hubs

- **FLEXIBLE**
  - Innovation submission
  - Wellbeing measurement
  - Conference

All engagements participate in the webinar
The Wellbeing Action Research Program

**PHASE 1**
Discovery

- September 2023 – June 2024
  - Learn about the science of wellbeing in schools
  - Collect and analyse data
  - Share your learning

**PHASE 2**
Define & Measure

- September – December 2024
  - Define student wellbeing for your school
  - Decide on a measurement
  - Analyse current state

**PHASE 3**
Design, Implement, & Assess

- January – June 2025
  - Identify drivers of student wellbeing
  - Select an intervention
  - Implement and measure impact
<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Enrolment Form</td>
<td>June – September 2023</td>
</tr>
<tr>
<td>2</td>
<td>Collaborative Action Research Program</td>
<td>September 2023 – June 2025</td>
</tr>
<tr>
<td>3</td>
<td>Virtual Conference: Wellbeing in schools</td>
<td>June 2024</td>
</tr>
<tr>
<td>4</td>
<td>Wellbeing Measurement</td>
<td>Autumn 2023 – Spring 2024</td>
</tr>
<tr>
<td>5</td>
<td>Learning Hubs</td>
<td>January 2024 – June 2025</td>
</tr>
<tr>
<td>6</td>
<td>Innovation submission</td>
<td>January 2024 – January 2025</td>
</tr>
</tbody>
</table>
Ways to Engage
Wellbeing in Schools
Collaborative Action Research Program

Dr. Christina Hinton
Research Associate, Harvard's Human Flourishing Program
Founder and CEO, Research Schools International
Our research team from Research Schools International and the Human Flourishing Program at Harvard will lead a virtual Well-being in Schools Collaborative Action Research Program with schools around the world.
The Human Flourishing Program at Harvard is an interdisciplinary program that studies and promotes flourishing, or holistic well-being, globally.
Research Schools International (RSI) carries out research and professional development in partnership with schools around the world to support learning and flourishing.
Research is often disconnected from practice in schools.
Our research team will work with practitioners in your schools to carry out collaborative research. This research will explore educators’ perspectives on how much schools are currently supporting student wellbeing and key drivers of student wellbeing identified by research, as well as what policies and practices schools are implementing to support student wellbeing.

We will guide you through this process through monthly 1-hour virtual sessions from September 2023 – June 2024.
Action Research Program Phase 1

- **September 2023**: Supporting student wellbeing at school
- **October 2023**: Collaborative action research project overview
- **November 2023**: Data collection: Survey design
- **December 2023**: Holiday party: Educator wellbeing
- **March 2024**: Workshop: Educator survey data
- **April 2024**: Workshop: Educator survey data
- **May 2024**: Workshop: Presenting findings
- **June 2024**: Virtual conference
- **January 2024**: Qualitative data analysis training
- **February 2024**: Quantitative data analysis training
Wellbeing in Schools Collaborative Action Research Program

Through this program, you will have the opportunity to:

1. Learn about research-informed approaches to promote student wellbeing

2. Connect with schools around the world and learn about their policies and practices to support student wellbeing

3. Learn how to carry out a research project from start to finish through an apprentice learning model with our research team

4. Build key research skills, including crafting research questions, study design, survey design, basic quantitative analyses, creating graphs, basic qualitative analysis, and presentation of findings
Frequently Asked Questions
Frequently Asked Questions

Who is this program for?
School leaders, teachers, and other school staff interested in learning research skills and/or promoting student wellbeing.

Is there any cost to participate?
No, thanks to the generous support of the Jacobs Foundation.

Is this program open to schools that are not IB schools?
Absolutely!

I’m a busy, busy bee! How much time will this take?
We estimate that it will take about 1-3 hours per month, including the live monthly 1-hour sessions.
Frequently Asked Questions

Do I need to be able to speak English?
Yes. While we will have resources available in the beautiful languages of French and Spanish at the end of this project, this program will be in English.

Help! I’m in a different time zone than your team. What should I do?
Have no fear! We will offer more than one recurring time for each session to accommodate different time zones. Please note that to participate in the program, you must be able to join one of the recurring times live each month.

Is there any prior knowledge necessary?
None at all!
How many colleagues from my school should join?
We recommend 3-20 colleagues. Since you will meet in person together at your school, we require a minimum of 1 Research Lead and 2 additional colleagues from each school to participate.

What happens between monthly sessions?
You can continue working on our collaborative research between sessions. While our research team does not have the capacity to meet with or exchange emails with participants outside of sessions, the IB will host a Moodle site with resources, including session outlines, session videos, FAQs, and further learning resources that you can access between sessions.
What are the logistical requirements?
Your school calendar must approximately follow a September-June schedule. You will also need the technological capability to meet virtually with our research team.

This sounds brilliant! How do I sign up?
The IB will send the project enrolment form by email after the webinar.
Learning Hub Levels (Innovation Framework)

Bottom-up Innovation
Measuring Toolkit

Wellbeing Interventions
Oxford Measurement Toolkit
Autumn 2023 – Spring 2024

• Measurement Toolkit – Booklet
• Questionnaire for pupils (under 30 minutes)
• Questionnaire for teachers (under 30 minutes)
Autumn 2024
Wellbeing Interventions

Key Drivers of Wellbeing
HundrED’s Spotlight on Wellbeing in Schools
What is a Spotlight?
HundrED Spotlights are an opportunity to gain deeper insight into educational innovation and trends either in a specific area of education or within a certain geographic location. Results are published in a Spotlight Report.

Who is it for?
Being part of a HundrED Spotlights gives visibility to selected innovations and allows partners to build their knowledge of innovations, make authentic connections with other education stakeholders, and help education change for the better.

The process.
1. **Thematic or Geographic Area Selection**
   HundrEd, in collaboration with the partner, selects a thematic or geographic area as the focus of the Spotlight.

2. **Call For Innovation**
   The Spotlight is launched, and a 100-day submission period opens for innovation to submit the innovations.

3. **Shortlist Sent For Review**
   Shortlisted innovations are announced and sent to HundrED Academy for review.

4. **Selections Announced**
   Selected innovators are notified. Spotlight report is launched, and innovation selection becomes public.
Through this **Spotlight on Wellbeing**, HundrED aims to identify **10-15 impactful and scalable education innovations that promote the strategic goals of IB’s School Life Satisfaction** approach.

Impact and scale are being reviewed based on the evidence provided by the innovators and by using the HundrED review process.
**Spotlight Timeline**

- **ALIGNMENT**: Jan-Apr 2024
- **DISCOVERY**: Apr-Jun 2024
- **SHORTLIST & FINAL SELECTION**: Jun-Aug 2024
- **REPORT & EVENT**: Sept 2024 - Jan 2025

**Launch Announcement**: April 2024

**Final Event**: Closing Webinar, January 2025
Thank you for your time today.

Any follow-up questions, please contact us.

wellbeing.inschools@ibo.org

Participating Organizations