

SCHOOL CLIMATE SURVEY

SCHOOL BOARD HIGHLIGHTS

RAINY RIVER DISTRICT SCHOOL BOARD

STUDENT & PARENTS

The School Climate Survey is an anonymous survey mandated by the Ministry of Education for students in Grades 4-12, school staff, and parents. School boards across Ontario are required to conduct these surveys at least once every two years, as the information gathered can help foster a positive school climate. This a some of the key data we collected.

PHYSICAL ACTIVITY

Majority of students

70% 

are not getting 60 minutes of moderate to vigorous exercise a day

SLEEP

ONLY 48% of students reported getting 8 or more hours of sleep on a regular school night

23% of students reported getting a good night's sleep everyday

NUTRITION

CONSUMPTION OF SNACK FOODS

Snack foods are usually high in sugar and low in the nutrients needed for physical and mental health.

69%

of students reported eating snack foods (chips, candy) 2 or more times per week.



SCREEN TIME

Screen time use increases with age, with the majority of students

63%

reported spending 2 or more hours on recreational screen time, which exceeds guidelines.



PATHWAYS TO HELP

60% of students know whom they can get help from outside school for mental health or emotional problem

90% of students have at least one caring adult whom they can trust or go to for help outside of school

LIFE SATISFACTION

45%

of students identified feeling worried always or most of the time

46%

of students reported being able to calm themselves when feeling stressed

67%

of students reported feeling generally happy with life most of the time or always

FUTURE PLANNING

70%

of students reported having possible career interests after high school

24%

of students reported being unsure what they want to do after high school

59%

identified wanted to attend university or college

SUBSTANCE USE

By Grades 11 & 12, only **35%** of students reported never smoking, using drugs or alcohol in the past four weeks compared to **45%** of students in Grades 9-12 students.



E-CIGARETTES/VAPING

25%

was one the most commonly reported substance used by students overall.



ALCOHOL

28%

was the other most commonly reported substance used by students overall.