



LORETO
COLLEGE

CASE STUDY

CREATING A STRONG CULTURE OF WELLBEING



Success Story: Loreto College, Maryatville

HELPING LORETO COLLEGE DISCOVER HOW TO CREATE A POSITIVE SCHOOL CULTURE WITH THE POWER OF EI PULSE

INTRODUCTION

As an award-winning Innovative School, the leaders at Loreto College in Marryatville, South Australia, have a solid grasp on how to create a positive school culture. Student wellbeing is a focus woven into the physical, educational, and strategic elements of the school.

Student wellbeing programs are led by their in-house wellbeing initiative, the Social-Emotional Academic Development (SEAD) framework. The program has positioned them as innovative leaders in the education sector nationally. However, Principal Dr Nicole Archard recognises the need for deeper insights into her students' daily wellbeing. Before ei Pulse, Loreto College conducted an annual survey to collect student wellbeing data.

Whilst this survey data provided important feedback on student wellbeing, it didn't provide the critical, real-time insights Loreto required to transform their wellbeing program from reactive to proactive. Thus, prompting them to seek a data collection solution to enable their vision for optimal student wellbeing.



Now, the ei Pulse platform empowers Loreto's SEAD framework with real-time data to drive more meaningful engagement between the students, their peers, and staff.

Key Takeaways:

- Loreto College aims to achieve **zero invisible students** across the entire school, which is made possible with the power of ei Pulse check-ins and insights.
- The **ei Pulse platform has provided the ideal solution to track student wellbeing** among the challenges of today's climate.
- Loreto College faced **data limitations with their annual student wellbeing survey** and required a powerful, people-first data collection solution.
- The **ei Pulse check-in system delivers real-time data** and student wellbeing insights that enable meaningful action.
- With ei Pulse, **teachers and students are empowered to drive a proactive culture of wellbeing** among their peers and the general student body.



WELLBEING AT LORETO COLLEGE

Principal Dr. Nicole Archard holds a Ph.D. in Girls' Education and has always understood the important correlation between student wellbeing and academic success.

“ at the centre of all that we do are our students and their learning and wellbeing outcomes.”

– Dr. Nicole Archard, Principal

Loreto College's in-house SEAD program was launched in 2019 with a dedicated team of wellbeing mentors and two weekly wellbeing classes scheduled into student timetables. The SEAD sessions are conducted by class teachers in the junior school and mentor teachers in the senior school.

CHALLENGE

A WELLBEING INITIATIVE WITH NO WAY TO GATHER ACCURATE DATA AND MEANINGFUL INSIGHTS

Information gathered with the annual survey was not enough to take SEAD from a reactive program to a proactive wellbeing initiative. The SEAD framework required time-relevant data from a reliable, simple platform to continuously improve in the wellbeing space.

“ When we started our SEAD program, we were looking at different ways of gathering data regarding students' wellbeing. Because all of our programs are very evidence-driven, we needed to capture evidence to see if our programs were working, if our wellbeing strategies were working, and how those insights would inform future (wellbeing) programs.”



– Dr. Nicole Archard, Principal

However, after investigating an extensive selection of surveys and platforms on the market, Dr Archard felt that no single option effectively taps into all areas of wellbeing - until she discovered ei Pulse.

OPPORTUNITY

REAL-TIME WELLBEING INSIGHTS AND A HUMAN-CENTRED APP WITH EI PULSE

“ I love Pulse, I think it's great. How it gathers wellbeing and learning data really helps us see if our programs are making a difference.”

– Dr. Nicole Archard, Principal



Loreto's comprehensive approach to student wellbeing requires specific data and an easy-to-use platform to engage students and teachers as an all-girl school with a broad age range. The ei Pulse check-in app presents a pragmatic set of questions developed by the Australian Research Alliance for Children and Youth (ARACY) in collaboration with mental health and wellbeing experts. Resulting in a people-first platform that asks the right questions to drive meaningful action for their students and staff.



The ei Pulse check-in app interface aligns with familiar design principles that students can easily engage with, making their weekly check-ins simple, logical and enjoyable. The result is a higher likelihood of participation and buy-in from both students and staff. In addition, data and reports are easy to collect and decipher. This is pivotal in informing future programs while clarifying whether or not the current programs and strategies are working.

HIGH STUDENT ENGAGEMENT WITH A MEANINGFUL IMPACT

Loreto aims to achieve “zero invisible students” and immediately enrolled all students from Year Four to Year 12 to begin checking in via the ei Pulse app from day one.

SEAD teachers hold a dedicated 10-minute time slot for students to check-in. Students are encouraged to check-in via the app every week and are not limited to just one per week. The approach is proving effective, with the 2021 mid-year results showing a high degree of engagement, with 465 students sharing their feelings. So far, a total of 5183 check-ins continue to provide valuable insights and opportunities to deliver critical support to students when they need it.

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I can see where every child is at (with their wellbeing) and that is very powerful.”

– Dr. Nicole Archard, Principal

IMMEDIATE RESULTS AND VALUABLE INSIGHTS

As early adopters of ei Pulse, the Loreto team are already leveraging the data to evaluate and inform the structure of future wellbeing programs. In addition, training for teachers across communication protocols ensures the best outcomes for students who need support.



Regular check-ins deliver real-time insights into the current state of student wellbeing. Teachers are empowered to act quickly if a student reaches out for assistance or flags that they are not having a good day.

The data has also shown that Loreto is experiencing positive increases across all areas of student wellbeing year on year.

POSITIVE OUTCOMES FOR STUDENTS AND STAFF

The yearly survey has continued –more as a temperature check. Data from ei Pulse helps the Loreto team understand why the survey results look the way they do.

IMPACT SO FAR

- Students that feel valued and safe: 80% positive, 13% neutral
- Student health and emotional wellbeing: 69% positive, 20% neutral
- Emotional engagement with teachers increased to 82%
- Students are enjoying the check-ins and becoming more comfortable, with 98.1% of students checking in at least once per week



Notably, the ei Pulse gratitude feature enhances a feeling of connectedness between students, their peers, and teachers. As a result, it is increasing in popularity: 91% of students sent gratitude to peers and teachers in 2021 – a direct reflection of the wellbeing culture at Loreto.

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Sometimes, as a teacher, you might not know if you are getting your message across. But then I get an expression of gratitude (from a student) to say “what you said meant a lot to me” and that’s so reassuring”

– Dr. Nicole Archard, Principal



THE WAY FORWARD FOR LORETO COLLEGE

In a climate where anxiety and mental health challenges are increasing among our young people, Loreto has been able to develop effective wellbeing programs and strategies for their students. Being well prepared for the impacts of Covid-19 with the SEAD program, Loreto are true visionaries in the student wellbeing space and will continue to improve their program with the support of ei Pulse.

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The impact of student wellbeing is going to be a continued journey and the schools' goal is to be proactive. The learnings are that we all still need to grow and do a lot more to support the wellbeing of our students”

– Dr. Nicole Archard, Principal

About: Loreto College Marryatville is South Australia's only all-girls independent Catholic day and boarding school, catering for students from Early Learning to Year 12.



ei is on a mission to make schools a better place to teach and learn. We connect schools with insights that enable evidence-based action, improving the social and emotional wellbeing of the whole school community.

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