

A PARTNERSHIP BETWEEN R. B. STEWART AND USF

Promoting Well-Being in Middle School Students



This school year, Raymond B. Stewart Middle School is working with researchers from the University of South Florida (USF) College of Education to support students' social-emotional wellness! We recognize that youth and families face many stressors, and we are committed to providing the supports students need to flourish, both in the classroom and throughout their lives.

Students with higher emotional well-being earn better grades, perform better on standardized tests, express more positive attitudes towards school and learning, report better social relationships, are physically healthier, and have fewer symptoms of mental health problems like depression and anxiety.



Support offered school-wide: Screening of student well-being early in the year

All R. B. Stewart students will be invited to complete a confidential screening of their feelings of satisfaction with life as well as the frequency of their positive and negative moods. Students who have room for growth in life satisfaction will receive a permission slip to take part in the Well-Being Promotion Program.

Before the screening, parents will receive a letter titled "Notification of Screening." The letter contains information about the screening process and directions for how to contact the school with any questions.

If you would like for your child to take part in the screening, select "yes" in the form and return the signed form to your child's 1st period teacher. If you would prefer that your child not take part in this screening, please select "no."



Support offered to some students: The Well-Being Promotion Program

During the 2022-23 school year, the R. B. Stewart student support services team (your school counselors, psychologist, and social worker) will lead small groups of students through the Well-Being Promotion Program. In the group, students will learn skills related to gratitude, kindness, using character strengths, hope, optimism, and many more!

The Well Being Promotion Program is a 10-week evidence-based program grounded in positive psychology (the study of factors, traits, activities, and situations that help people thrive). The goal of positive psychology is to increase personal well-being and strong relationships.

Questions? Contact your school counselors, Ms. Dean (bldean@pasco.k12.fl.us) or Mr. Manning (djmannin@pasco.k12.fl.us)

Dr. Suldo at USF (813-974-2223; suldo@usf.edu)

This study's procedures have been approved by the USF Division of Research Integrity and Compliance, Study # 001065