Survey of School Promotion of Emotional and Social Health (SSPESH)

	Not yet in place	Introducing	Taking hold	Completely in place	Date:
Step 1: Select the rating that best matches the current practices in your school. Step 2: Add the scores in each domain, and note results in spaces provided. Step 3: Add all scores for a total SSPESH score, and note result in space provided. Step 4: Use the SSPESH scoring key as a guide to interpret your scores in each section, and overall. Step 5: Consider what these results may mean for your school planning and action.					

Domain	Item	Not yet in place	Introducing	Taking hold	Completely in place	
Positive school community	Our school has specific policies and practices that promote inclusion and a safe environment	⓪	①	②	③	*Domain score:*
	There is an effective leadership team in our school that has responsibility for student mental health and wellbeing (this may be one key person in very small schools)	⓪	①	②	③	
	Our policies, processes and procedures are reviewed annually to ensure they meet the needs of the school community	⓪	①	②	③	
Student social emotional learning	Student mental health and wellbeing is a regular item in our staff meetings	⓪	①	②	③	*Domain score:*
	Social, emotional and resilience skills are taught at all year levels to all students in formally structured sessions	⓪	①	②	③	
	Our whole staff participate in opportunities to discuss child and adolescent development and the typical challenges they face	⓪	①	②	③	
Engaging families	Activities that specifically engage parents, particularly those from diverse backgrounds, are regularly offered (e.g. multi-cultural events)	⓪	①	②	③	*Domain score:*
	Activities for families that promote school-wide mental health and wellbeing are regularly offered (e.g. parent education evenings, grandparents day)	⓪	①	②	③	
	We promote a wide range of information on student mental health to all parents and carers in a variety of ways (e.g. newsletters, website, forums)	⓪	①	②	③	
Supporting students experiencing mental health difficulties	Our school has clear referral pathways with local mental health services and supports families to access these services	⓪	①	②	③	*Domain score:*
	Our school runs specific programs for students with additional needs	⓪	①	②	③	
	There is a budget allocation for supporting student mental health and wellbeing (e.g. for staffing, resources, parent information sessions)	⓪	①	②	③	
	Staff participate in training that develop their skills for communicating with students they are worried about, and their parents	⓪	①	②	③	
	SSPESH Total Score (sum all scores)					

SSPESH Scoring Guide

The 13 items in the SSPESH comprise four domains assessed on a four-point scale of 0 (Not yet in place) to 3 (Completely in place). The first three domains contain three items, each with a score ranging from 0 to 9. The fourth domain contains four items and the score can range from 0 to 12. A SSPESH total score, calculated by summing all 13 items, can range from 0 to 39.

Although the SSPESH score can be used as a continuous variable, it may be useful to categorise scores. The scoring key below defines the thresholds for the three bands of school performance, identified as low, moderate, and high. These bands are provided as a guide to interpreting the SSPESH total score and domain scores for your school. Importantly, don't consider the results in isolation. Discuss and investigate the results with your staff to explain what they may represent in the context of your school.

| | SSPESH bands | | |
Scoring key – **Guide to current school performance**	**Low**	**Moderate**	**High**
Positive school community score:	0-5	6-8	9
Student social emotional learning score:	0-4	5-8	9
Engaging families score:	0-2	3-6	7-9
Supporting students experiencing mental health difficulties score:	0-6	7-10	11-12
SSPESH total score:	0-20	21-32	33-39

Note: Thresholds are derived from a representative sample of primary schools from New South Wales, Australia. In the first two domains, schools typically perform well, and only schools that have rated all items in the domain as "Completely in place" will receive a rating within the "high" band.

You might like to circle the appropriate band for each domain and the total score, based on your results to the SSPESH.

What might this brief snapshot mean for your school planning and action?