

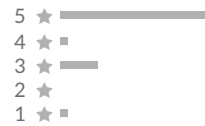
3-12 MENTAL HEALTH THOUGHTS

Kelso School District Mental Health

Social interaction is missing and it is a very important process in children's lives. Missing out on interaction can cause significant issues. I believe the little interaction they get in the online classroom is helping but not enough for proper development.

Parent/Caregiver

4.1 ★★★★★ (21 👤)



I would rather be in school right now

Student

4.1 ★★★★★ (11 👤)



Me not being able to see my friends Not having my teacher right there to help me.

Student

4.1 ★★★★★ (11 👤)



the important change the i saw is my social life isnt really going well its important because its efecting my mental health

Student

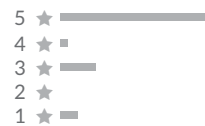
4.1 ★★★★★ (11 👤)



My kids miss activities like choir and band. The arts, sports, and before- and after-school activities are important enrichment.

Parent/Caregiver

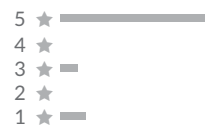
4.0 ★★★★★ (23 👤)



We need to get the kids back in school.

Parent/Caregiver

4.0 ★★★★★ (21 👤)

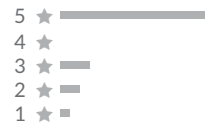


Getting kids motivated to do online school

Kids want to interact with other in person

Parent/Caregiver

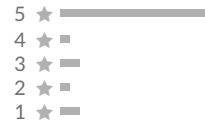
4.0  (20)



I'm unable to work and help provide for my kids because I'm stuck home helping with hours of homework every day My children are isolated and very disinterested in learning at home. Mental health and social skills are a big concern for us right now

Parent/Caregiver

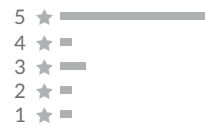
4.0  (20)



Being home my son seems to struggle in not wanting to do the work. He cries a lot and you can see the stress on his face. We have good and bad Days. I feel like the work he's given is way too much and it's hard to split it up when I have work and everything else. It's stressful for the both of us.

Parent/Caregiver

4.0  (16)



I can't see my friends I like seeing my friends in person everyday at school, instead of maybe a few times a week, on a zoom call.

Student

4.0  (12)



It's become extremely depressing not being in school during this time of year. I already socially struggle but now it will be worse Having the hybrid is extremely important for the mental and social wellbeing of my fellow students, it's hard enough not having all the fun activities

Student

4.0  (7)



not being its hard not to see my friends

Student

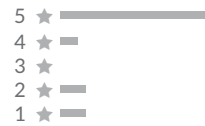
4.0  (5)



Kids need to be back in school full-time. Its affecting them so much in a negative way. We're doing more harm than good at this point not letting them Have a normal school.year again.

Parent/Caregiver

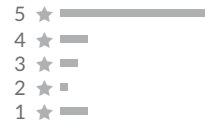
3.9 (24)



They are only getting part of what they need. The social part of school is really missing in their day to day. They need to be around friends and teachers. It is important for their well being.

Parent/Caregiver

3.9 (24)



Balancing assisting two children with schoolwork and working full time 5 days a week. The mental health for the children and parent(s) are being affected. Successful learning is being compromised when there is an increase in stress.

Parent/Caregiver

3.9 (23)



I am challenged to provide social interaction to avoid isolation for my child. Time is a factor as well as safety I think staying connected is very important. I do like the morning meetings and time to talk with teacher/students. That is a tremendous help.

Parent/Caregiver

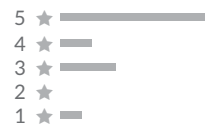
3.9 (23)



The kids are becoming more and more depressed The kids mental well being directly affects the effort they put in this. It's just not working

Parent/Caregiver

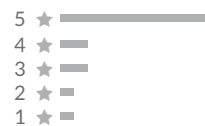
3.9 (23)



Being my daughters senior year and all seniors, don't get those lifetime memories we all remember; lack of social interaction Mental well-being - friendships made that could last outside of school, in class room visual learning,

Parent/Caregiver

3.9 (16)



No social engagement. My child learns by interacting and hearing other kids thoughts and ideas. He is just staring at a screen alone with me. Social aspects of learning help with retention of information and overall mental health. This is a high level of isolation.

Parent/Caregiver

3.9 (15)



Kids need their peer interaction. Missing being around other kids Social/emotional well being as well as growth

Parent/Caregiver

3.9 (11)



I'm mostly struggleing with lack of social interaction I feel like having more students in one classroom doesn't always create the best working environment but it is still better for kids to have interaction

Student

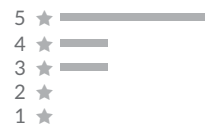
3.9 (10)



Inconsistencies in attendance. Motivation, mental health, and home life impact buy-in on a week-to-week basis. It's discouraging but preferable to unsafe school conditions.

Staff - Certificated

3.9 (10)



The social experience of normal school that you just dont get with distance learning Because its apart of school and people can suffer emotionally and socially

Student

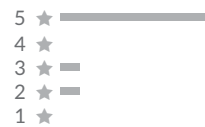
3.9 (10)



I can't socialize during zoom calls/online learning. Improving social skills-which is a big part of school-you can't replace time before/after school, during lunch, and between classes online.

Student

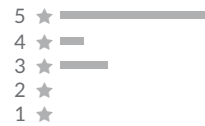
3.9 (9)



In addition to navigating remote learning, teachers are given more and more responsibilities (attendance, family contact, navigating tech issues, etc), Teaching is just about becoming an impossible task. Teacher burn-out is a real threat, as is their mental/emotional well-being.

Staff - Certificated

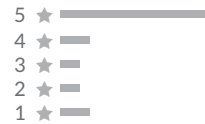
3.9  (9)



Challenges: child not being able to focus, understand material, inability to socialize.

Parent/Caregiver

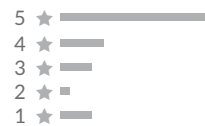
3.8  (24)



Social and Emotional health I am seeing my son and his friends struggle with not being able to be around their peers. The learning aspect hasn't been terrible, but they need more

Parent/Caregiver

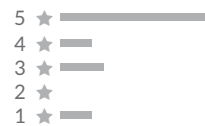
3.8  (24)



Isolation is causing depression and mood swings. These kids need in person instruction and they need it now.

Parent/Caregiver

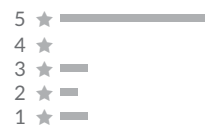
3.8  (23)



My daughter went from straight a's to d's and Incomplete. She struggles with staying focused on a computer no matter her environment. It is important for children to have social interaction and not over a screen. Actual interaction with peers and staff

Parent/Caregiver

3.8  (23)



The workload is too heavy for the students and their prior knowledge of computer and internet use is non existent The frustration is hard to watch for parents and families but most importantly students. Their social emotional health is deteriorating because of it

Parent/Caregiver

3.8  (22)

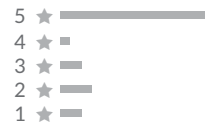


Challenge: my child is home by herself all day.

This sense of isolation results in moping and depression.

Parent/Caregiver

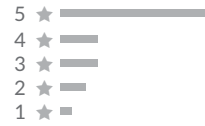
3.8 (21)



Lack of socializing

Parent/Caregiver

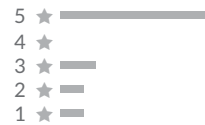
3.8 (20)



To much time online and at a computer Going back to school would be better so they can get the one on one help and social that kids need

Parent/Caregiver

3.8 (19)



Socially and Emotional My kids miss their friends. The support they get from teachers everyday. They miss the events that happen in the district. They are sad

Parent/Caregiver

3.8 (18)

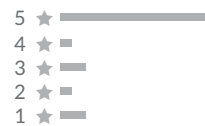


Kids need to be back in school full time.

Mental health is a concern for parents and children. The parent/child bond is being strained.

Parent/Caregiver

3.8 (17)



They kids aren't being able to socialize or interact with friends Social and emotional skills are critical!

Parent/Caregiver

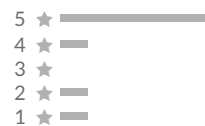
3.8 (17)



My high school junior was almost in tears when she found out the anticipated start date was December. Waiting three weeks between phases is ridiculous and unsupported by any other entity. Our kids need to be in school for their mental health.

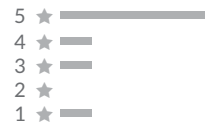
Parent/Caregiver

3.8 (16)



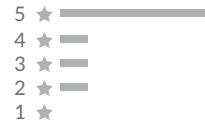
Challenge: lack of social interaction These are formative years for my children and they are struggling with the lack of social interaction with their peers
Parent/Caregiver

3.8 ★★★★★ (15 👤)



I hate it I never get to talk to my friends for my well being
Student

3.8 ★★★★★ (8 👤)



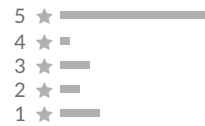
We need to institute a hybrid model ASAP so the kids can at least get some in-person instruction at school. Important for mental health, structure, social skills, and visual learners.
Parent/Caregiver

3.7 ★★★★★ (25 👤)



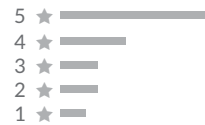
Child not around socialization Important in life
Parent/Caregiver

3.7 ★★★★★ (24 👤)



My middle schooler doesn't even want to be in school because he cant be there in person. Hes sad, he misses being with other kids.
Parent/Caregiver

3.7 ★★★★★ (24 👤)



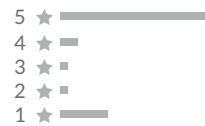
Single parent trying to work and be a teacher is ridiculous. Her emotional health is suffering.
Parent/Caregiver

3.7 ★★★★★ (24 👤)



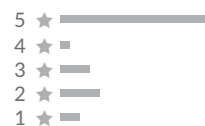
Social interaction My son is super social and is having a hard time not being able to spend time with his friends
Parent/Caregiver

3.7 ★★★★★ (24 👤)



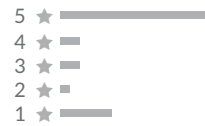
Students mental health is suffering. Well. Mental Health. Right?
Parent/Caregiver

3.7 ★★★★★ (24 👤)



The lack of activities/sports. The risk of the virus is real, however, the more imminent risk is our kids' mental health. I am seeing more and more symptoms of depression in my own
Parent/Caregiver

3.7  (24 )



My daughter is getting zero social interaction. She becomes an introvert without social interaction.
Parent/Caregiver

3.7  (21 )



The kids seem anxious and lonely. Social involvement with personal connections are vital to the whole health of a person. How can one be priorities over the other.
Parent/Caregiver

3.7  (20 )



Stressed out family! Worst internet connection & only option. Full time working single mom w/2 kids with a 25min commute to town. Bribes don't work. Trying to get school work done between 4:30pm-7:30pm M-F & 9am-7:30pm sat&sun. We spend more time stressed out because kids won't do work when I'm gone
Parent/Caregiver

3.7  (19 )



It more social and I NEED social. Kids need to be social.
Student

3.7  (13 )



It's great to actually see students multiple times every week! This has helped my mental health greatly and I think it's helping some students as well
Staff - Certificated

3.7  (13 )



Kids need to be with their friends! Being social is important!!!
Parent/Caregiver

3.7  (12 )



My problem is not being able to have separate conversations with other people and having the connection that we are used to The reason it is important is because kids need to be social and have friendships and have other kids that relate and you can't do that over a screen

Student

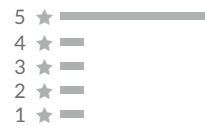
3.7  (11 )



i miss social interaction it is important to be social.

Student

3.7  (10 )



im struggling its extreamly hard being stuck at home i cant focus. my mental helth sucks. i dont have any sesne of normal and online school sucks i cant do school this way im a hands on person.

Student

3.7  (7 )



Kids don't seem to have any socialization time with one another. Socializing is the #1 reason we send our kids to public school, rather than home schooling.

Parent/Caregiver

3.6  (25 )



I see that the education portion is better since spring. But I also see my child needing the social interaction school provided. I know my child can always figure out the education portion of school. But losing out the time he has for shop class, friends, dances, etc. Is vital

Parent/Caregiver

3.6  (24 )



Kids need to socialize, and be kids. Mentally, mant kids are struggling.

Parent/Caregiver

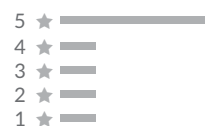
3.6  (24 )



Not being around friends My kids have social/emotional issues

Parent/Caregiver

3.6  (24 )



lack of social interaction is playing a huge part in the decline of mental health. kids are being secluded from friends and social interactions. this plays a HUGE role in their mental health.
Parent/Caregiver

3.6 ★★★★★ (24)



Hybrid I am so glad our district is still considering a hybrid model. In person learning is so important for kids emotional health and learning.
Parent/Caregiver

3.6 ★★★★★ (23)



Lack of social interaction Kids are going to end up like zombies
Parent/Caregiver

3.6 ★★★★★ (23)



Remote learning isn't working. Kids need their teachers. Parents and kids need family time. It is increasing stresses at home for parents and kids. I fear for the kids that don't have support at home and live in unstable environments.
Parent/Caregiver

3.6 ★★★★★ (19)



Can we help kids have a opportunity for socializing? We know this is the most important thing for many teens
Parent/Caregiver

3.6 ★★★★★ (13)



I don't like online learning because it feels like I get more distracted on the Chromebook than when I'm in person, also doing everything online makes me miss my friends, most of my teachers don't let me talk to my friends. Also, online school is WAY more stressful, I don't get much clarification.
Student

3.6 ★★★★★ (11)



Not seeing my friends Because social interaction is important
Student

3.6 ★★★★★ (11)



Missing assignments....isolation....socialization with other classmates is needed.....frustration

Parent/Caregiver

3.6  (9 )



Our kids are not created to live in isolation. They are at increased risk for drug/alcohol use and self harm. We have the technology to offer classes in person for those who are comfortable and via Zoom for those who are not.

Parent/Caregiver

3.6  (8 )



What is not working for me is that I am sometimes struggling It is important cause I want to control my emotions so that I don't feel like I can't do it.

Student

3.6  (7 )



Students need face to face and peer interaction! This is a major setback in social development for our kids. Interpersonal interaction and communication ability rely on presence, body language, and non verbal skills! The largest part of communication is non verbal

Parent/Caregiver

3.6  (5 )



Kids are frustrated and are struggling with feeling unsuccessful

Parent/Caregiver

3.5  (25 )



Less time with peers Socialization

Parent/Caregiver

3.5  (24 )



missing the structure and routine i think a little depression is starting to form

Parent/Caregiver

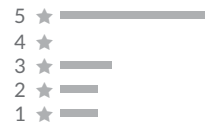
3.5  (22 )



Child's self-esteem has decreased during remote learning. Struggling in class and on assignments because he doesn't feel heard or doesn't get a clear explanation on an assignment.

Parent/Caregiver

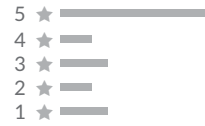
3.5  (21 )



Socialization Being new to high school, it been hard

Parent/Caregiver

3.5  (19 )



The non social aspect of learning Students need to have social interactions and peer support.

Parent/Caregiver

3.5  (19 )



My kids are having a difficult time not having any social interactions So my son dont get social anxiety

Parent/Caregiver

3.5  (18 )



Kids need social time, human interaction and guidance. They are not getting it at home because they are usually alone, because parents have to work. My child is struggling both academically and mentally . Her grades have slipped considerably and she is showing signs of depression shes never shown

Parent/Caregiver

3.5  (17 )



My child's mental health. He needs other kids! There isn't much working well.

Parent/Caregiver

3.5  (16 )



Teachers are trying but.... Kids are struggling & being remote they don't or don't want to see it

Parent/Caregiver

3.5  (16 )



It's stressful for me because I feel like he's not retaining info given. I'm worried he won't pass . It's stressful for him sitting at the computer. It's stressful for him sitting at the computer. I just feel the work he's given is a lot. He cries and freaks out about not understanding it as well.

Parent/Caregiver

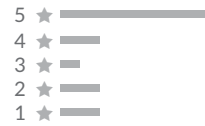
3.5  (15 )



I don't think it's sustainable from a staff perspective. Teachers became teachers to teach kids, not screens. It's challenging to be separated. I think the same thing goes for students. Very few students are thriving in this situation - even our highest achieving students are struggling.

Staff - Certificated

3.5  (14 )



Not getting social needs met I believe group setting with kids are beneficial to young children. Kindergarten especially, I am going to switch my daughter to the hybrid model.

Parent/Caregiver

3.5  (12 )



My 8th grader needs extra time to complete assignments but does not feel comfortable asking She is stressed out

Staff - Classified

3.5  (10 )



My child isn't interacting with others or new people so he is missing out on the social aspect of school. It's important to improve social

Parent/Caregiver

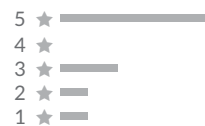
3.5  (10 )



Important challenges I have experienced is probably not being able to be social because I am a very hands on and social person in and out of school It's important because I want to be heard just as much as everyone else and that all challenges that anyone is facing are important.

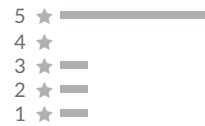
Student

3.5  (9 )



i need more social time with others im all by myself in my room 24-7
Student

3.5 ★★☆☆ (8)



im lonely im sad and lonely im totally introverted usually but its hard not seeing my friends
Student

3.5 ★★☆☆ (8)



The lack of face to face social interaction. While the risk of the COVID virus is a reality, a larger and more certain reality is that our kids are facing isolation and need to be in contact.
Parent/Caregiver

3.4 ★★☆☆ (24)



Lack of attention, depression, stress due to lack of structure. Because my child matters. If we're letting sports resume, it is insane to not let our children back in class (social distance & masks). This is ?
Parent/Caregiver

3.4 ★★☆☆ (23)



No social interaction
Parent/Caregiver

3.4 ★★☆☆ (23)



My son is struggling in kindergarten and has a breakdown as soon as he sees the computer.
Parent/Caregiver

3.4 ★★☆☆ (20)



Child often expresses feelings of disconnect and has a hard time remaining focused. She is often feeling overwhelmed and as though she is not learning My child's mental health and success as a student are both important. She has always been a high achieving student and now has many times felt challenged
Parent/Caregiver

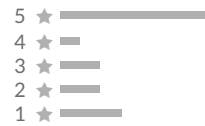
3.4 ★★☆☆ (15)



My daughter seems to struggle in the isolated environment more than she did in the community of school. With KVA we can do work in the weekend but remote school is hard when both parents work full time.

Parent/Caregiver

3.4 ★★★★★ (15)



Unadle to be social idk

Student

3.4 ★★★★★ (8)



My kids emotional well-being not being around other kids and a teacher seems to be causing distress. They need to be around other kids and need the social interaction

Parent/Caregiver

3.3 ★★★★★ (24)



No socialization Need to get out of the house.

Parent/Caregiver

3.3 ★★★★★ (24)



Negative Attitudes, poor work ethic, laziness, confusion, depression, and more Is what most kids are experiencing without in schiol

Parent/Caregiver

3.3 ★★★★★ (23)



The lack of social interaction is concerning to me. Grades are great but mental stability I question and we're in counseling With social distancing we are I. Full compliance with a very small circle of friends. The school interactions with both students and teachers is a los

Parent/Caregiver

3.3 ★★★★★ (22)



Hard to balance work and school with two children. Down time for the family is very limited and can make things stressful. I feel that a lot families emotional and mental state is fragile due to the work load stress all of this puts on parents.

Parent/Caregiver

3.3 ★★★★★ (21)



Socialization Well being

Parent/Caregiver

3.3 (21)



The most important challenge is my children don't want to do school at home so as a parent my children's home life has become stressed.

They have a hard time being taught by their parents and are losing socialism from being at home to learn.

Parent/Caregiver

3.3 (21)



My child needs to be in the classroom. The lack of socializing has affected my child's behavior. He eats out of boredom and is depressed about his weight.

Parent/Caregiver

3.3 (19)



The social aspect of my child not being to interact with others. My child needs the social interaction, but we all understand the challenges of COVID.

Parent/Caregiver

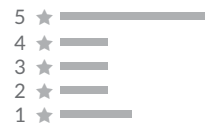
3.3 (17)



Many students who once thrived in school are struggling in areas we did not predict. These students are losing motivation in school and in some ways giving up. Continuing to build relationships with students is critical.

Staff - Certificated

3.3 (15)



Mental and physical health. When you're stuck at home you tend to be lost in your head and personally it makes my mental health and grades drop tremendously.

Student

3.3 (10)



She is depressed because she doesn't get to see her friends

Parent/Caregiver

3.2 (20)



Our son is falling behind in social skills. He was already having troubles and now he is isolated. He needs to be involved with other kids.

Parent/Caregiver

3.2  (18 )



Challenges are the lack of socialization with other students and lack of support for working parents with more than 1 school age child. Students are learning new content, which is a positive.

Staff - Certificated

3.2  (16 )



its been getting really harder doing it on zoom classes kinda stressful in most ways

Student

3.2  (9 )



A challenge is being able to interact with other students in class. It's important because we need to be more social with our friends and classmates so that when we go back to school we will know them.

Student

3.2  (8 )



motivation socialism

Student

3.2  (8 )



My youth are struggling and have no social life due to full remote learning. I feel if kids can go to daycare they can go to in person school. Remote learning is not for every youth.

Parent/Caregiver

3.1  (22 )



My families mental health is dwindling... I'm always telling the kids to do their work, and they are always fighting to not do any work.

Parent/Caregiver

3.0  (17 )



The negative implications of keeping kids out of school far out weighs the risk of opening up all schools with no restrictions. This is truth.

Anxiety, depression, regression, fear, insecurity, uncertainty, all due to a virus that 99.6% survive. The vaccine will kill more than the virus.

Parent/Caregiver

2.9 ★★☆☆☆ (11 👤)



I barely passed high school and so when my child is first and really doesn't know how to navigate on the computer it's up to me to show him. I don't see any good from online learning. I think it's depressing my child more than anything

Parent/Caregiver

2.9 ★★☆☆☆ (9 👤)



i havent really had any challenges I think that doing this is taking some stress off of me

Student

2.7 ★★☆☆☆ (6 👤)



We are turning kids into screen zombies who never leave their houses and have little social interaction. It's a recipe for absolute disaster and it needs to change immediately or we will face things far worse than a virus

Staff - Certificated

2.6 ★★☆☆☆ (15 👤)



I know many people hate online school. But it has made my child's mental health so much better!! My child is able to be happy and smile without feeling the peer pressures of 'fitting in' with the other kids

Parent/Caregiver

2.5 ★★☆☆☆ (22 👤)



neither my child or I are having any challenges with the distance learning. Physically attending school was a big stress for my child. distance learning had reduced household stress by more than 50%.

Parent/Caregiver

2.5 ★★☆☆☆ (21 👤)



If it wasn't for Online School, I fear my child would be struggling even more. There's not as much pressure. My child doesn't face bullies or other children who gave her a hard time. Instead she can remained focus w/o fear
Parent/Caregiver

2.4 ★★☆☆☆ (21 👤)



no in person social interaction
Student

0.0 ☆☆☆☆☆ (0 👤)



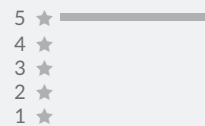
Joy and happiness Because it's a learning experience one doesn't get from sitting at home in isolation behind a screen.
Parent/Caregiver

3.0 ★★★☆☆ (2 👤)



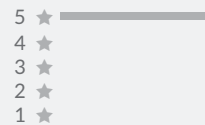
Lack of social connections For students to learn interactive aspects of working together amongst differences
Parent/Caregiver

3.3 ★★★☆☆ (1 👤)



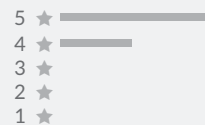
i dont care for it i dont keep up on work its so stressful
Student

3.3 ★★★☆☆ (1 👤)



My child misses her peers. Its important to have some social interaction, but I certainly understand why it is crucial to stay away.
Parent/Caregiver

3.6 ★★★☆☆ (3 👤)



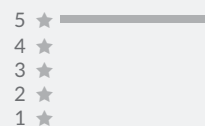
My child is not getting the social interactions with other children his age that he should be getting. I think it's obvious why this is important.
Parent/Caregiver

3.0 ★★★☆☆ (2 👤)



less stress in our case remote has proved to be a good thing
Parent/Caregiver

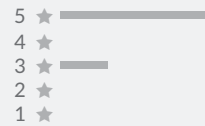
3.6 ★★★☆☆ (2 👤)



Lack of peer contact My kids are mentally and emotionally suffering with lack of normallicity, and stress of trying to understand and get good grades

Parent/Caregiver

3.7  (4 )



Challenge is too much workload for elementary students, following zooms. Too much screen time. Not retaining what learning Always being behind does not do well for child confidence and well being. Being on computer all day is not healthy.

Parent/Caregiver

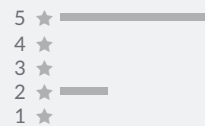
3.1  (4 )



The biggest challenge is the lack of socialization and physical activities for my children. Lack of sports or clubs is taking a toll on physical and mental health.

Parent/Caregiver

3.6  (4 )



i feel like now i just to the same thing everyday this can be good for your mental health i feel like im going crazy sometimes

Student

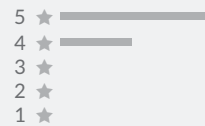
3.3  (2 )



i feel like im getting less social and becoming more of a procrastinator I feel like it's important to stay social with people and i did that with school and sports and school i felt like kept me more responsible on work

Student

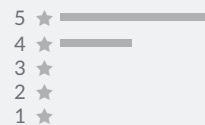
3.6  (3 )



We don't get to see our friends and socialize. Its important because we need to be able to interact with others in, because that's a whole part of school. And it doesn't feel like a full day.

Student

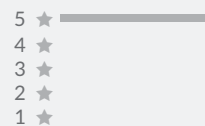
3.6  (3 )



We get to be more social. We get to talk to other instead of sitting home alone all day

Student

3.8  (3 )



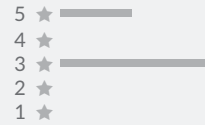
lack of socializing the main part of school that made it not complete torture was the social aspect, now that they have stripped that away school sucks
Student

2.8 ★★☆☆☆ (4 👤)



the assignments seem to be stuff we have never seen before and it just seems a lot more stressful being online rather than in person. honestly, nothing is working well online. i would rather be back in normal in person schooling.
Student

3.3 ★★★☆☆ (3 👤)



There is a heavy workload for staff as they learn new platforms/ways of instructing students. They are putting forth considerable efforts to learn. It increases their stress level and frustration with the challenges. The potential for burnout is high. Teachers are committed to making things work.
Staff - Certificated

3.9 ★★★☆☆ (4 👤)

