



SCHOOL DISTRICT 37 | **DELTA**

SCHOOL DISTRICT & COMMUNITY REPORT



2019/2020

ACKNOWLEDGEMENTS

We express our deep gratitude to the x̣ṃəθḳəỵəm (Musqueam) Nation for the privilege of working on their traditional, ancestral and unceded territory at the Point Grey Campus of the University of British Columbia.

The Middle Years Development Instrument (MDI) project is made possible with funding from BC school districts and school boards across the country. We would like to thank and acknowledge all participating school districts for their support of and collaboration towards this project.

We are grateful to the teachers, education staff and school administrators who work directly with us to gather and use our reports. This includes a commitment to training and completing questionnaires, engaging with students, parents and caregivers and using HELP's data and research in schools, districts and communities. We also extend our warmest appreciation to the students who take the time to share their experiences with us. Thank you.

We would also like to acknowledge the United Way of the Lower Mainland, the Max Bell Foundation and the McConnell Foundation for their contributions and continued support towards the MDI research project.

HELP would like to acknowledge the exceptional support we have received since 2001 from the Ministries of Children and Family Development, Education and Health. This investment has enabled the expansion of HELP's unique child development monitoring system that supports high quality, evidence-informed decisions on behalf of children and their families.

DR. KIMBERLY SCHONERT-REICHL

HELP's Middle Years research is led by Dr. Kimberly Schonert-Reichl. HELP acknowledges Dr. Schonert-Reichl for her leadership and expertise in social and emotional development research, her dedication to exploring children's experiences in the middle years and for raising the profile of children's voices, locally and internationally.

ABOUT THE HUMAN EARLY LEARNING PARTNERSHIP

The Human Early Learning Partnership (HELP) is an interdisciplinary research institute based at the School of Population and Public Health, Faculty of Medicine, at the University of British Columbia. HELP's unique partnership brings together researchers and practitioners from across BC, Canada and internationally to address complex child development issues. HELP's research projects explore how different environments and experiences contribute to health and social inequities in children's development over their life course.

The institute was founded by Drs. Clyde Hertzman and Hillel Goelman in 1999. Clyde's vision for HELP was to advance knowledge about child development and importantly, to apply this knowledge in communities. This report, and the work of HELP over two decades, would not have been possible without his vision and passion.

To learn more please visit our website at earlylearning.ubc.ca (<http://earlylearning.ubc.ca/>).

Suggested Citation

Human Early Learning Partnership. **Middle Years Development Instrument [MDI] Grade 4 report. School District & Community Results, 2019-2020. Delta (SD37).**

Vancouver, BC: University of British Columbia, School of Population and Public Health; May 2020.

TABLE OF CONTENTS

1. **INTRODUCTION TO THE MDI**
2. **ABOUT THIS REPORT**
3. **2019/2020 RESULTS FOR DELTA**
 - DEMOGRAPHICS
 - WELL-BEING & ASSET INDICES
 - SOCIAL & EMOTIONAL DEVELOPMENT
 - PHYSICAL HEALTH & WELL-BEING
 - CONNECTEDNESS
 - USE OF AFTER-SCHOOL TIME
 - SCHOOL EXPERIENCES
4. **MOVING TO ACTION WITH DISCOVERMDI.CA**
5. **NEIGHBOURHOOD RESULTS**
6. **NEIGHBOURHOOD PROFILES**
7. **REFERENCES**

INTRODUCTION TO THE MDI

WHY THE MIDDLE YEARS MATTER

Experiences in the middle years, especially between the ages of 10 to 13, have critical and long lasting effects. They are powerful predictors of adolescent adjustment and future success. During this time, children are experiencing significant cognitive, social and emotional changes that establish their lifelong identity and set the stage for adolescence and adulthood. The overall health and well-being of children in their middle years affects their ability to concentrate and learn, develop and maintain friendships and make thoughtful decisions.

During the late middle childhood years (also referred to as early adolescence), children have an increased awareness of themselves and others. During middle childhood they are developing ideas about how they may or may not "fit in" to their social and academic environments (Rubin et al., 2006). These ideas have the power to either promote health and academic achievement or lead to negative outcomes such as depression and anxiety in adulthood (Jacobs et al., 2008). Although middle childhood is a time of risk, it is also a time of opportunity. There is mounting evidence to suggest that positive relationships to adults and peers during this critical time act to increase a child's resiliency and school and life success.

WHAT IS THE MIDDLE YEARS DEVELOPMENT INSTRUMENT?

The Middle Years Development Instrument (MDI) is a self-report questionnaire that asks children in Grade 4 and Grade 7 about their thoughts, feelings and experiences in school and in the community. It is a unique and comprehensive questionnaire that helps us gain a deeper understanding of how children are doing at this stage in their lives. Researchers working at the Human Early Learning Partnership (HELP) are using results to learn more about children's social-emotional health and well-being. In addition, the MDI is being used across sectors to support collaboration and inform policy and practice.

The MDI uses a strengths-based approach to assess five areas of development that are strongly linked to well-being, health and academic achievement. In addition, the MDI focuses on highlighting the promotive and protective factors and assets that are known to support and optimize development in middle childhood. These areas are: *Social and Emotional Development, Physical Health and Well-Being, Connectedness, Use of After-School Time* and *School Experiences*. Each of these dimensions is made up of several measures. Each measure is made up of one or more individual questions.

Combining select measures from the MDI helps us paint a more comprehensive portrait of children's overall well-being and the assets that contribute to their healthy development. The results for key MDI measures are summarized by two indices: The Well-Being Index and the Assets Index.

The following illustrates the relationship between MDI dimensions and measures, and highlights which measures contribute to the Well-Being and Assets Indices.

- A measure in the Well-Being Index
- A measure in the Assets Index
- * A measure in the Grade 7 MDI only



SOCIAL & EMOTIONAL DEVELOPMENT

Measures

- | | | |
|---|--|--|
| ○ Optimism
Empathy
Prosocial Behaviour | ○ Absence of Sadness
Absence of Worries
Self-Regulation (Short-Term)
Self-Regulation (Long-Term)
*Responsible Decision-Making | *Self-Awareness
*Perseverance
*Assertiveness
*Citizenship/Social Responsibility |
| ○ Self-Esteem | | |
| ○ Happiness | | |



PHYSICAL HEALTH AND WELL-BEING

Measures

- | | | |
|--|---------------------------------------|-----------------------------------|
| ○ General Health | ■ Frequency of Good Sleep | Transportation To and From School |
| ■ Eating Breakfast | Help-Seeking for Emotional Well-Being | |
| ■ Meals at Home with Your Family
Junk Food | | |



CONNECTEDNESS

Measures

- | | | |
|--------------------------------------|------------------------------|------------------|
| ■ Adults at School | ■ Adults at Home | Important Adults |
| ■ Adults in the Neighbourhood | ■ Peer Belonging | |
| | ■ Friendship Intimacy | |



USE OF AFTER-SCHOOL TIME

Measures

- | | | |
|-------------------------------------|-----------------------|---|
| ■ Organized Activities | ○ Youth Organizations | How Children Spend their Time
After-school People/Places
Children's Wishes and Barriers |
| ○ Educational Lessons or Activities | ○ Sports | |
| | ○ Music or Arts | |



SCHOOL EXPERIENCES

Measures

- | | | |
|-----------------------|------------------|----------------------------|
| Academic Self-Concept | School Belonging | Future Goals |
| School Climate | Motivation | Victimization and Bullying |

For more information on all of the measures, including questions, response options and scoring for the MDI results found in this report, please refer to the [MDI Technical Guide](https://bit.ly/mdi-technical-guide-v1) (<https://bit.ly/mdi-technical-guide-v1>). For additional resources visit, the [Discover MDI Field Guide](http://www.discovermdi.ca) (<http://www.discovermdi.ca>).

CONNECTING THE MDI WITH THE PERSONAL AND SOCIAL COMPETENCIES OF THE BC CURRICULUM

Your MDI data provide a unique approach to understanding children’s social and emotional development and well-being in relation to the [BC Ministry of Education’s Personal and Social Competencies \(http://curriculum.gov.bc.ca/competencies\)](http://curriculum.gov.bc.ca/competencies).

Areas measured by the MDI reflect facets of the “Personal and Social Competency” domain of BC’s Redesigned Curriculum, providing valuable information for understanding children’s growth and progress within this core competency. The MDI questions provide an opportunity for students to self-assess and reflect on their social and personal competency, including reflecting on MDI concepts, questions and results.



PERSONAL & SOCIAL COMPETENCIES

Positive Personal & Cultural Identity

Related MDI Measures:

- Connectedness to Adults at Home, School and Community
- Peer Belonging
- Friendship Intimacy
- Empathy
- School Belonging
- School Climate
- Self-Esteem
- Academic Self-Concept
- Importance of Grades
- Friends & Learning
- Self-Awareness
- Perseverance
- Responsible Decision-Making

Personal Awareness & Responsibility

Related MDI Measures:

- Academic Self-Concept
- Self-Esteem
- Self-Regulation
- General Health
- Optimism
- Self-Awareness
- Perseverance
- Responsible Decision-Making
- Assertiveness
- Use of After-School Time

Social Responsibility

Related MDI Measures:

- Citizenship and Social Responsibility
- Prosocial Behaviour
- Empathy
- School Climate
- Connectedness to Adults at School
- Connectedness to Peers
- Self-Regulation
- Assertiveness

ABOUT THIS REPORT

Important Message About 2019-2020 MDI Result

In 2018-2019, MDI data collection was moved from November to January/February in response to requests from MDI school districts, and this may have had an influence on a range of MDI measures. Please don't hesitate to contact the MDI team at mdi@help.ubc.ca if you have any questions about your MDI results.

HOW THE RESULTS ARE REPORTED

School district data in this report includes all children who participated within the public school district in 2019/2020. School district data is compared to the **average for all districts**, which includes children from all participating public school districts and any independent schools.

Districts with large populations contribute more in computing the **average for all districts** than districts with smaller populations. Results for large districts tend to be closer to the average for all districts. Please see the table below for a list of participating districts, and note that the average is based on participating districts and **does not** represent all school districts in the entire province.

Where school districts or neighbourhoods contain fewer than 35 children, the results are suppressed. The data in this report have been rounded. Many questions on the MDI allow children to provide multiple responses. Totals for some measures and questions may not equal 100%.

#	School District	# of Children	Participation Rate
5	Southeast Kootenay	424	91%
10	Arrow Lakes	26	76%
19	Revelstoke	64	93%
33	Chilliwack	901	88%
34	Abbotsford	1,167	76%
37	Delta	816	72%
40	New Westminster	450	87%
42	Maple Ridge-Pitt Meadows	1,025	90%
43	Coquitlam	1,873	83%
46	Sunshine Coast	196	78%
47	Powell River	124	60%
49	Central Coast	14	54%
50	Haida Gwaii	33	100%
51	Boundary	90	91%
52	Prince Rupert	130	81%
53	Okanagan Similkameen	126	86%
67	Okanagan Skaha	347	87%
70	Alberni	253	85%
71	Comox Valley	525	74%

#	School District	# of Children	Participation Rate
72	Campbell River	343	86%
78	Fraser-Cascade	94	78%
83	North Okanagan-Shuswap	488	92%
84	Vancouver Island West	28	80%
91	Nechako Lakes	219	79%
93	Conseil scolaire francophone de la Colombie-Britannique	470	78%
	Independent Schools	76	
	Total	10,302	

2019/2020 RESULTS FOR DELTA

DEMOGRAPHICS

Population		Gender Identity	
Total Sample	816	Boys	50%
Participation Rate	72%	Girls	51%
		In Another Way	1%

A note on how we are asking about gender identity

In the 2017/18 school year, for the first time, children were able to describe *themselves* through choices that included: "boy," "girl" or "in another way."

Following a review of the responses, this question was refined in the 2018/19 school year to instruct children to describe their *gender* as "boy," "girl" or, if they see themselves "in another way," to describe their gender using their own words. This question may continue to evolve.

Languages Spoken at Home

First Nations, Inuit or Métis	0%	Mandarin	2%
Cantonese	1%	Punjabi	18%
English	88%	Spanish	2%
French	5%	Filipino/Tagalog	1%
Hindi	5%	Vietnamese	0%
Japanese	1%	Other	8%
Korean	1%		

Total Sample: Refers to the total number (#) of children represented in this report. Children are included in the sample if they complete a question and the data are reported.

Participation Rate: Refers to the percentage of the Grade 4 population that participated in the MDI survey this year.

Gender Identity: Children are asked to describe themselves as "Boy," "Girl" or "In another way." Children may choose not to answer the question at all. Children are able to select more than one response and therefore, in some cases, percentages may not add to 100%. Data are suppressed where fewer than 5 children selected the response.

Languages Spoken at Home: Children are able to select more than one language spoken at home.

First Nations, Inuit or Métis Languages: If a child selects "First Nations, Inuit or Métis" as a language spoken in the home, they are then asked to identify, if possible, the specific language. First Nations, Inuit or Métis language data are not publicly available.

Other: A limited selection of languages is offered on the MDI questionnaire. The "Other" category gives children an opportunity to enter their own response(s).

WELL-BEING & ASSETS INDICES

Combining select measures from the MDI helps us paint a more comprehensive portrait of children’s overall well-being and the assets that contribute to their healthy development. The results for key MDI measures are summarized by two indices. This section of the report focuses on results for the Well-Being Index and the Assets Index. Learn more about the important relationship between individual measures, the well-being index and the assets index in the [Discover MDI Field Guide \(http://www.discovermdi.ca/understanding-the-mdi/mdi-data/data-primer/\)](http://www.discovermdi.ca/understanding-the-mdi/mdi-data/data-primer/).

WELL-BEING INDEX

The Well-Being Index combines MDI measures relating to children’s physical health and social and emotional development that are of critical importance during the middle years. These are: Optimism, Happiness, Self-Esteem, Absence of Sadness and General Health.

MEASURES

- Optimism
- Happiness
- Self-Esteem
- Absence of Sadness
- General Health

Scores from these five measures are combined and reported by three categories of well-being, providing a holistic summary of children’s mental and physical health.



High Well-Being (Thriving)

Children who score in the high range on at least 4 of the 5 measures of well-being and have no low-range scores.



Medium Well-Being

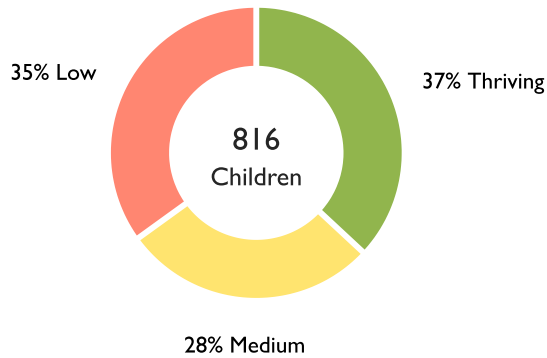
Children who score in the high range on fewer than 4 of the 5 measures of well-being, and have no low-range scores.



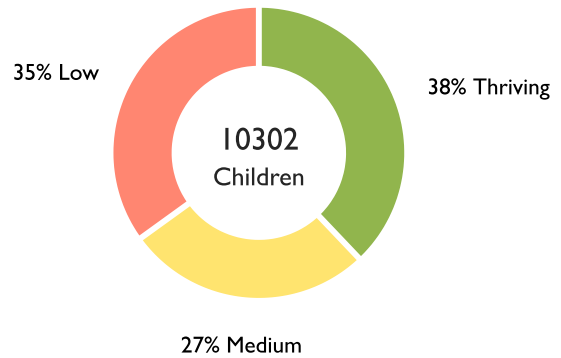
Low Well-Being

Children who score in the low range on at least 1 of the 5 measures of well-being.

DELTA



ALL PARTICIPATING DISTRICTS



ASSETS INDEX

The Assets Index combines MDI measures that highlight four key assets that help to promote children’s positive development and well-being. Assets are positive experiences, relationships or behaviours present in children’s lives. Assets are considered actionable, meaning that schools and communities can focus their efforts in these areas to create the conditions and contexts where children can thrive.

Note: School Experiences are also considered to be an asset that contribute to children's well-being; however, this asset is not reported as part of the Assets Index to prevent the ranking of individual schools or sites. Please refer to the School Climate and Bullying and Victimization measures for data related to this asset.



ADULT RELATIONSHIPS

Adults at School
Adults in the Neighbourhood
Adults at Home



PEER RELATIONSHIPS

Peer Belonging
Friendship Intimacy



NUTRITION & SLEEP

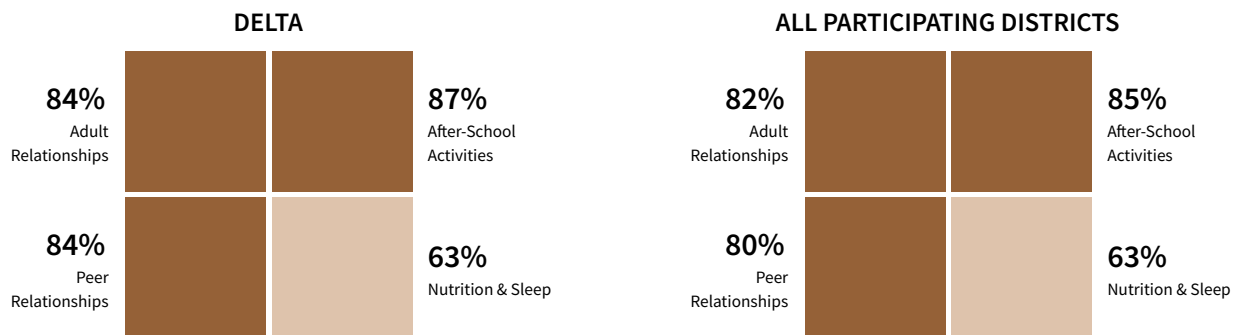
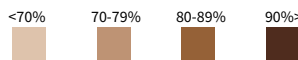
Eating Breakfast
Meals at Home with Your Family
Frequency of Good Sleep



AFTER-SCHOOL ACTIVITIES

Organized Activities

Percentage of children reporting the presence of an asset





SOCIAL & EMOTIONAL DEVELOPMENT

The development of social and emotional skills, including empathy, optimism and self-esteem, are important for supporting positive mental health during middle childhood and at all ages to follow. These skills help children understand and manage their emotions, build and maintain positive relationships, and regulate their own behaviour. Opportunities to develop social and emotional skills can be created in many supportive environments: at school with teachers and peers, in the home with elders, family or caregivers and during after-school programs with community members.

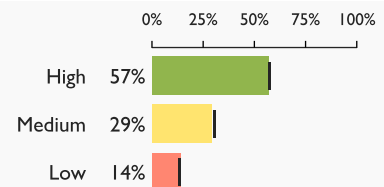
Detailed information on the MDI survey questions and response scales for Social and Emotional Development are available in the [Discover MDI Field Guide \(http://discovermdi.ca/making-sense/social-emotional-development\)](http://discovermdi.ca/making-sense/social-emotional-development).

RESULTS FOR DELTA

| Average for all Districts

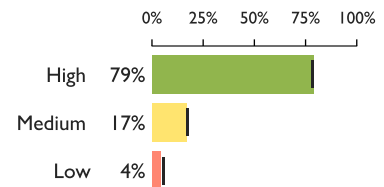
OPTIMISM

Optimism refers to the mindset of having positive expectations for the future. e.g., "I have more good times than bad times."



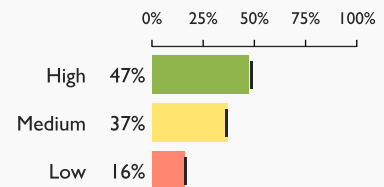
EMPATHY

Empathy is the experience of understanding and sharing the feelings of others. e.g., "I care about the feelings of others."



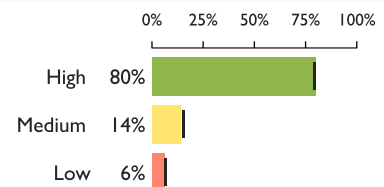
PROSOCIAL BEHAVIOUR

Prosocial behaviour refers to actions that benefit others. e.g., "I helped someone who was hurt."



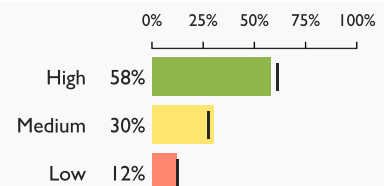
SELF-ESTEEM

Self-esteem refers to a person's sense of self-worth. e.g., "A lot of things about me are good."



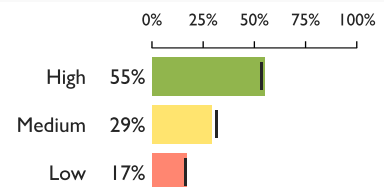
HAPPINESS

Happiness refers to how content or satisfied children are with their lives. e.g., "I am happy with my life."



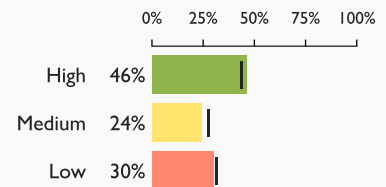
ABSENCE OF SADNESS

Sadness measures the beginning symptoms of depression. e.g., "I feel unhappy a lot of the time."



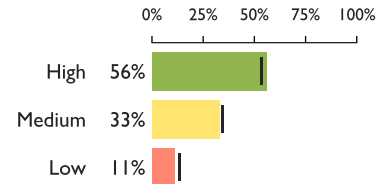
ABSENCE OF WORRIES

Worries measure the beginning symptoms of anxiety. e.g., "I worry a lot that other people might not like me."



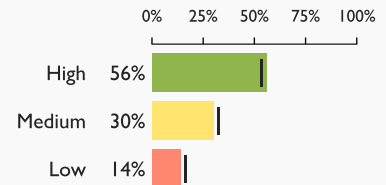
SELF-REGULATION (LONG-TERM)

Long-term self-regulation requires adapting present behaviour to achieve a goal in the future. e.g., "If something isn't going according to my plans, I change my actions to try and reach my goal."



SELF-REGULATION (SHORT-TERM)

Short-term self-regulation is about impulse control. It requires adapting behaviour or emotions to meet an immediate goal. e.g., "I can calm myself down when I'm excited or upset."



RESEARCH HIGHLIGHTS

SOCIAL AND EMOTIONAL DEVELOPMENT

Social and emotional competencies include children's ability to recognize, understand, and effectively respond to emotions, manage stress and be optimistic. They also include showing concern for others, sustaining healthy relationships and making effective personal and social decisions (Weissberg, Durlak, Domitrovitch, & Gullota, 2015).

Middle childhood is an important time for promoting self-regulation and problem-solving strategies to help children persevere in the face of obstacles and setbacks. Related skills and strategies learned during middle childhood tend to stick with children throughout the rest of their lives (Skinner et al., 2016).

A Vancouver-based study asked Grade 10 children to volunteer 1-1.5 hours per week with elementary school children. After 10 weeks researchers found participants had significantly decreased their risk for cardiovascular disease. The greatest health benefits were seen in adolescents who displayed the highest self-report measures of empathy (Schreier, Schonert-Reichl, & Chen, 2013).



PHYSICAL HEALTH & WELL-BEING

Promoting children’s physical health and well-being in the middle years lays the foundation for a healthy life. Children who report feeling healthy are more likely to be engaged in school, have a feeling of connectedness with their teachers and are less likely to be bullied or bully others. Children benefit from guidance and opportunities that support the development of healthy habits, which they can carry forward into adolescence and adulthood. These habits include regular physical activity, quality sleep and healthy, social meals.

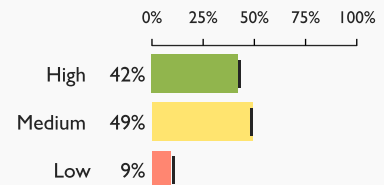
Detailed information on the MDI survey questions and response scales for Physical Health and Well-Being are available in the [Discover MDI Field Guide \(http://www.discovermdi.ca/understanding-the-mdi/dimensions/physical-health-well-being\)](http://www.discovermdi.ca/understanding-the-mdi/dimensions/physical-health-well-being).

RESULTS FOR DELTA

| Average for all Districts

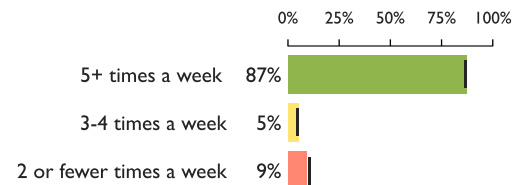
GENERAL HEALTH

Children are asked, "In general, how would you describe your health?"



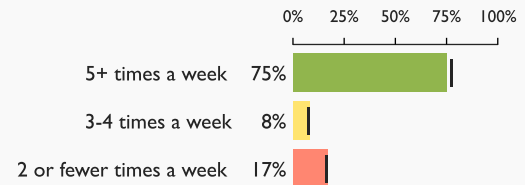
EATING BREAKFAST

Children are asked, "How often do you eat breakfast?"



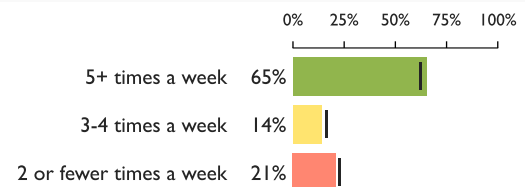
MEALS AT HOME WITH YOUR FAMILY

Children are asked, "How often do your parents or other adult family members eat meals with you?"

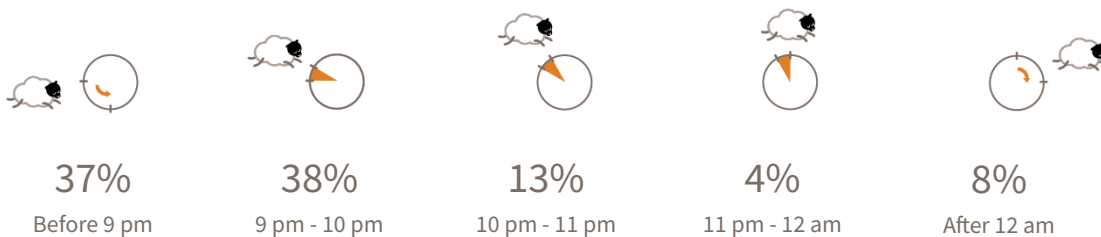


FREQUENCY OF GOOD SLEEP

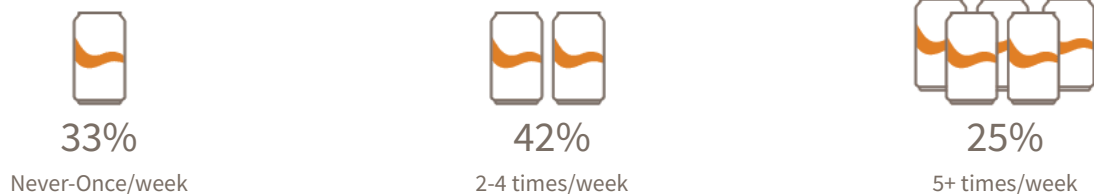
Children are asked, "How often do you get a good night's sleep?"



WHAT TIME DO YOU USUALLY GO TO BED DURING THE WEEKDAYS?



HOW OFTEN DO YOU EAT FOOD LIKE POP, CANDY, POTATO CHIPS, OR SOMETHING ELSE?



WHO WOULD YOU TALK TO IF YOU WERE FEELING SAD, STRESSED, OR WORRIED?

Examples provided include a teacher, school counselor, parent, grandparent, older sibling or cousin, elder, after-school program staff, doctor, nurse etc. (Children can select all of the options that apply; therefore, percentages may not total 100%.)

An adult at school	46%
A family member	83%
An adult in my community	18%
A health professional	26%
My friend(s)	61%
Don't know who to talk to	9%
Prefer to handle it on my own	15%
Talk to someone else (someone not on this list)	10%

TRANSPORTATION TO AND FROM SCHOOL

Children are asked, “How do you usually get to school?”; “How do you usually get home from school?” and “If you could choose, how would you wish to get to and from school?”

	To School	From School	Wish
Car	57%	53%	29%
School bus	1%	2%	8%
Public transportation (public bus, train or ferry)	0%	1%	3%
Walk	35%	39%	27%
Cycle, skateboard, scooter or rollerblade	3%	4%	25%
Something else	3%	2%	8%



RESEARCH HIGHLIGHTS PHYSICAL HEALTH & WELL-BEING

Eating meals together as a family often is related to increased self-esteem and school success, and decreased chance of eating disorders, substance abuse, violent behaviour and symptoms of depression (Harrison et al., 2015).

Children ages 5 to 13 need 9–11 hours of uninterrupted sleep a night (Hirshkowitz et al., 2015). When children do not get enough sleep they are more likely to have troubles at school, be involved in family disagreements and display symptoms of depression (Smaldone, Honig, & Byrne, 2007).

Because of changes in the brain that take place around the time of puberty, children are more strongly attracted to junk foods that contain high amounts of fat and sugar than adults (Reichelt, 2016).



CONNECTEDNESS

Strong and supportive social connections play an important role in children’s healthy development. Close relationships and a sense of belonging with adults and peers at home, in school and in the community, can promote positive mental health and minimize risks that may be present in children’s lives.

Having one adult, such as a parent or auntie, an elder or a coach, who cares about them, listens to them and believes in them can make a powerful difference in a child’s life. For children, connectedness to extended family, community, as well as land, language and culture also play an important role in encouraging a strong and healthy sense of identity.

Detailed information on the MDI survey questions and response scales for Connectedness is available in the [Discover MDI Field Guide](http://discovermdi.ca/making-sense/connectedness) (<http://discovermdi.ca/making-sense/connectedness>).

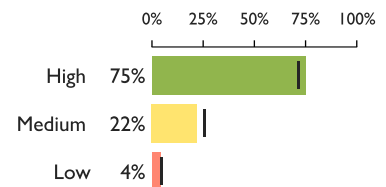
RESULTS FOR DELTA

| Average for all Districts

CONNECTEDNESS WITH ADULTS

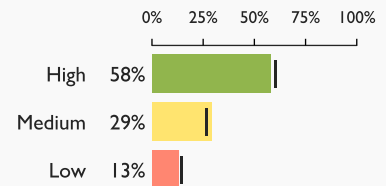
ADULTS AT SCHOOL

Assesses the quality of relationships children have with the adults they interact with at school. e.g., "At my school there is an adult who believes I will be a success."



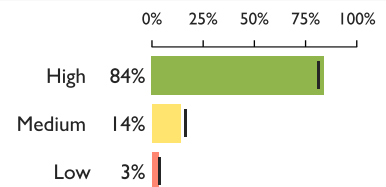
ADULTS IN THE NEIGHBOURHOOD/COMMUNITY

Assesses the quality of relationships children have with the adults they interact with in their neighbourhood or community. e.g., "In my neighbourhood/community there is an adult who really cares about me."



ADULTS AT HOME

Assesses the quality of relationships children have with the adults in their home. e.g., "In my home there is a parent or other adult who listens to me when I have something to say."



NUMBER OF IMPORTANT ADULTS AT SCHOOL



2 or more

75%



One

9%



None

17%

Average for all Districts

72%

10%

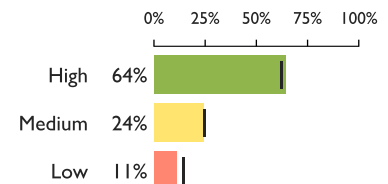
18%

In 2018-2019, the 'Number of Important Adults at School' question appeared differently on the online questionnaire as compared to previous years and the current reports (2019-2020). We caution direct comparisons of the 2018-2019 'Number of Important Adults at School' question to previous years and to this report. We recommend you read our [Data Highlights and Trends 2019-2020 report](https://bit.ly/2019-20-mdi-data-trends) (<https://bit.ly/2019-20-mdi-data-trends>) for more information as you interpret the 'Number of Important Adults at School' data this year.

CONNECTEDNESS WITH PEERS

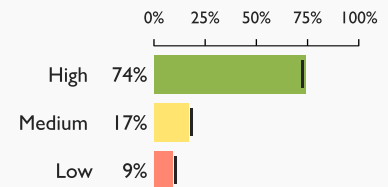
PEER BELONGING

Measures children's feelings of belonging to a social group. e.g., "When I am with other kids my age, I feel I belong."



FRIENDSHIP INTIMACY

Assesses the quality of relationships children have with their peers. e.g., "I have a friend I can tell everything to."



RESEARCH HIGHLIGHTS CONNECTEDNESS

Children who do not feel part of a group or feel cast out by their own group are at risk of anxiety and depression. They are also at higher risk of low school attendance and future school drop-out (Veiga et al., 2014).

Strong social connections in adolescence are a better predictor of well-being in adulthood than their academic achievement (Olsson, 2013).

For younger students during elementary and middle school years, a nurturing and caring relationship with a classroom teacher is vital. Connections with warm and accepting teachers enhance emotional well-being, increase motivation, engagement and success in school for children in early adolescence. They are also buffers for children who are experiencing mental health problems (Oberle, 2018).

Social competencies and friendship-building skills can buffer children against bullying, anxiety and depression (Guhn et al., 2013).



USE OF AFTER-SCHOOL TIME

Participation in activities after school provides important developmental experiences for children in their middle years. These activities create a variety of opportunities for children to build relationship skills and gain competencies. Research has consistently found that children who are engaged in after-school activities are more likely to experience greater academic and social success.

Detailed information on the MDI survey questions and response scales for Use of After-School Time is available in the [Discover MDI Field Guide](http://discovermdi.ca/making-sense/after-school-time) (<http://discovermdi.ca/making-sense/after-school-time>).

RESULTS FOR DELTA

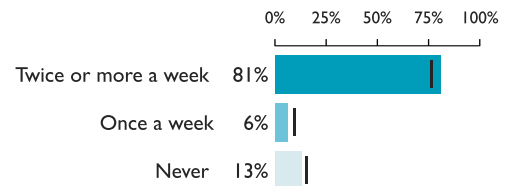
| Average for all Districts

AFTER-SCHOOL ACTIVITIES

Children were asked, "During the last week after school (from 3 pm - 6 pm), how many days did you participate in?":

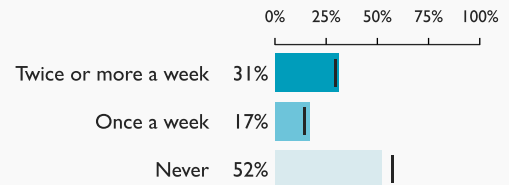
ANY ORGANIZED ACTIVITY

Children who participated in any after-school activity that was structured and supervised by an adult (e.g., educational lessons, youth organizations, music or art lessons and sports practice).



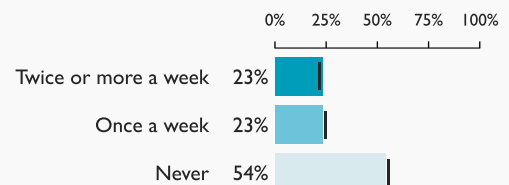
EDUCATIONAL LESSONS OR ACTIVITIES

For example: Tutoring, attending a math school, foreign language lessons, or some other academic related activity.



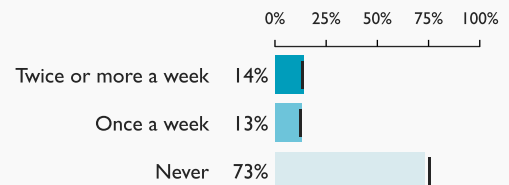
MUSIC OR ART LESSONS

For example: Drawing or painting classes, musical instrument lessons or some other activity related to music or art.



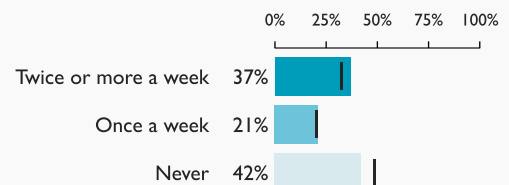
YOUTH ORGANIZATIONS

For example: Scouts, Girl Guides, Boys and Girls Clubs, or some other group organization.



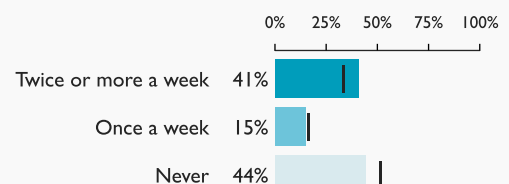
INDIVIDUAL SPORTS (WITH A COACH OR INSTRUCTOR)

For example: Swimming, dance, gymnastics, ice skating, tennis or another individual sport.



TEAM SPORTS (WITH A COACH OR INSTRUCTOR)

For example: Basketball, hockey, soccer, football, or another team sport.



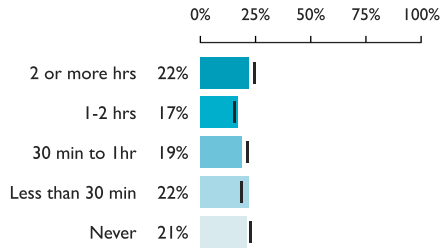
HOW CHILDREN SPEND THEIR TIME

Children were asked how they spend their time during the after-school hours of 3 pm - 6 pm:

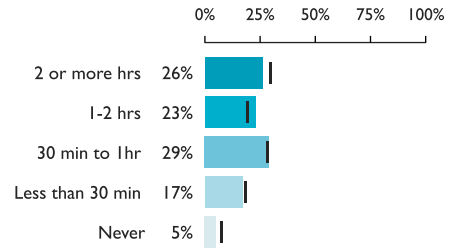
Percentage of children who reported:

COMPUTER USE & TV

VIDEO OR COMPUTER GAMES

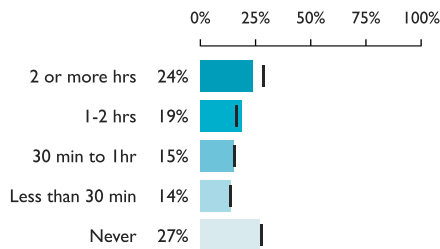


WATCH TV, NETFLIX, YOUTUBE OR SOMETHING ELSE

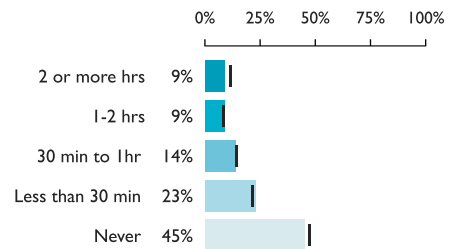


SOCIALIZING WITH FRIENDS

HANG OUT WITH FRIENDS

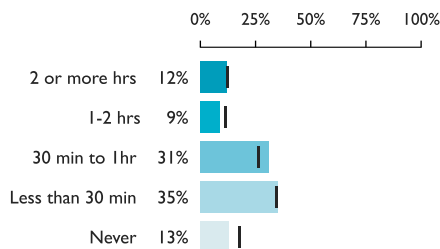


USE A PHONE OR INTERNET TO TEXT OR CHAT WITH FRIENDS

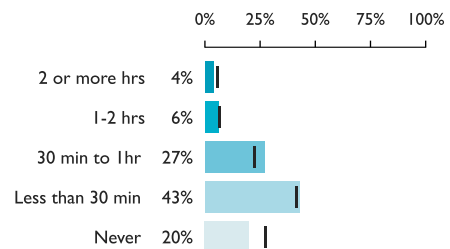


READING & HOMEWORK

READ FOR FUN

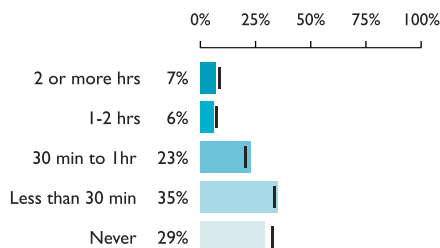


DO HOMEWORK

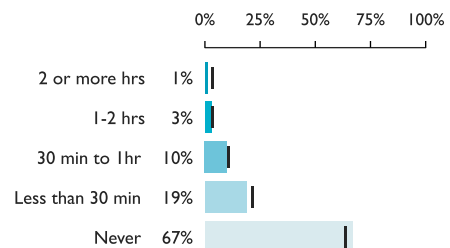


ARTS & MUSIC

ARTS & CRAFTS

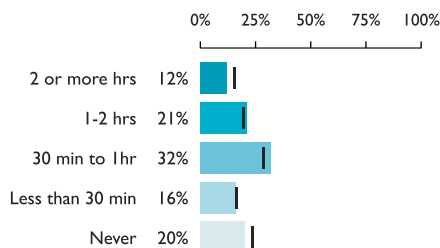


PRACTICE A MUSICAL INSTRUMENT



SPORTS

PLAY SPORTS OR EXERCISE FOR FUN



WHAT CHILDREN WISH TO BE DOING



Children were asked what they want to be doing during the after-school hours of 3 pm - 6 pm:

I am already doing the activities I want to be doing

79%

I wish I could do additional activities

28%

I am doing some of the activities I want, but I wish I could do more

6%

Children who answered that they wish to be doing additional activities were asked to identify one activity they wish they could do and where they would like to do it. Note: responses are grouped into categories for reporting purposes.

WISHES

(Number of Children)

Computer/Video Games/TV	16
Friends and playing	18
Physical and/or outdoor activities	109
Music and arts	40
Time with family at home	11
Free time/relaxing	1
Learning new things	6
Other	5

WHERE WOULD YOU LIKE THIS ACTIVITY TO BE?

(Number of Children)

Community Centre	63
Home	73
Park or Playground	35
School	32
Other	59

PERCEIVED BARRIERS TO PARTICIPATING IN DESIRED AFTER-SCHOOL ACTIVITIES



Children were asked what prevents them from doing the activities they wish to be doing after school (3 pm - 6 pm):

	(Number of Children)
I have no barriers	397
I have to go straight home after school	215
I am too busy	142
It costs too much	78
The schedule does not fit the times I can attend	104
My parents do not approve	60
I don't know what's available	70
I need to take care of siblings or do things at home	55
It is too difficult to get there	56
None of my friends are interested or want to go	67
The activity that I want is not offered	56
I have too much homework to do	56
I am afraid I will not be good enough in that activity	53
It is not safe for me to go	25
Other	66

AFTER-SCHOOL PEOPLE AND PLACES

WHERE DO YOU GO AFTER SCHOOL? (FROM 3 PM - 6 PM)

	Never	1x /week	2x +/week
Home	4%	5%	91%
Stay at school for an activity	68%	13%	19%
After-school program or child care	64%	9%	27%
Friend's house	37%	39%	24%
Park/playground/community centre	41%	31%	28%
The mall or stores	55%	27%	18%
Someplace else	36%	32%	31%

WHO ARE YOU WITH AFTER SCHOOL? (FROM 3 PM - 6 PM)

(Children can select all of the options that apply)

By myself	19%
Friends about my age	34%
Younger brothers/sisters	32%
Older brothers/sisters	36%
Mother (or stepmother/foster mother)	67%
Father (or stepfather/foster father)	51%
Other adult (for example, elder, aunt or uncle, coach, babysitter)	10%
Grandparent(s)	26%
Other	12%



IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE SAFE PLACES WHERE YOU FEEL COMFORTABLE HANGING OUT WITH FRIENDS:

76%
Yes

7%
No

17%
Don't know

IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE PLACES THAT PROVIDE PROGRAMS FOR KIDS YOUR AGE:

65%
Yes

9%
No

26%
Don't know



RESEARCH HIGHLIGHTS

USE OF AFTER-SCHOOL TIME

Participation in after-school programs can result in greater connectedness to school and success in school as well as decreased negative behaviours (Durlak et al., 2010).

Quiet reflection time and daydreaming is just as essential to brain health and development as active and focused activities (Immordino-Yang, 2012).

Children who demonstrate a lack of self-control and problem solving skills may experience the greatest benefit from activities such as music, arts and sports that help to develop these skills (Diamond, 2014).

A study examining the experiences of children in Grades 1–5 who participated in after-school programs found that children who participated in high-quality, structured after-school programs had increased social-emotional skills, in addition to fewer conduct problems and higher social self-control and assertion (Wade, 2015).

Challenging and enjoyable after-school activities can improve youth's ability to reason and problem solve, exercise choice and discipline and be creative and flexible, which are strong predictors of academic, career, and life success (Diamond, 2014).



SCHOOL EXPERIENCES

Children's school experiences are important for their personal well-being and academic success. When children have positive experiences at school they are more likely to believe they have a valued role in the school, feel more engaged in class and achieve higher academic performance. Understanding children's school experiences improves our ability to cultivate school environments that are safe, caring and supportive.

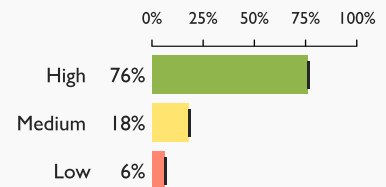
Detailed information on the MDI survey questions and response scales for School Experiences are available in the [Discover MDI Field Guide](http://discovermdi.ca/making-sense/school-experiences) (<http://discovermdi.ca/making-sense/school-experiences>).

RESULTS FOR DELTA

| Average for all Districts

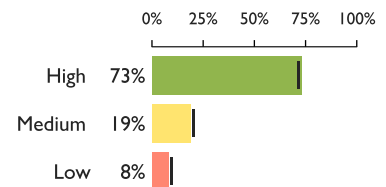
ACADEMIC SELF CONCEPT

Children's beliefs about their academic ability, including their perceptions of themselves as students and how interested and confident they feel in school. e.g., "I am certain I can learn the skills taught in school this year."



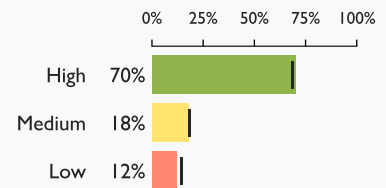
SCHOOL CLIMATE

The overall tone of the school environment, including the way teachers and students interact and how students treat each other. e.g., "People care about each other in this school."



SCHOOL BELONGING

School belonging is the degree to which children feel connected and valued at their school. e.g., "I feel like I am important to this school."



Percentage of children who feel it is very important to:



66%

make friends



73%

get good grades



79%

learn new things

Percentage of children who agree a little or agree a lot that:

When I grow up, I have goals and plans for the future.

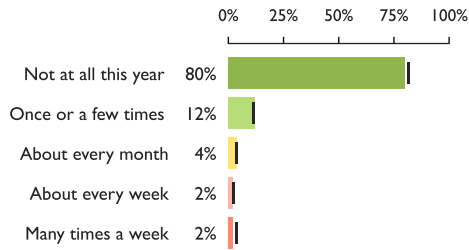
85%



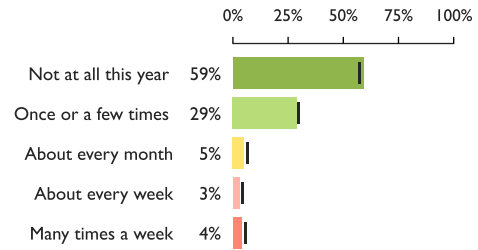
VICTIMIZATION AND BULLYING AT SCHOOL

Children are asked: "During this school year, how often have you been bullied by other students in the following ways?":

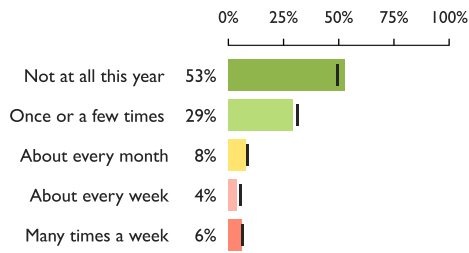
CYBER



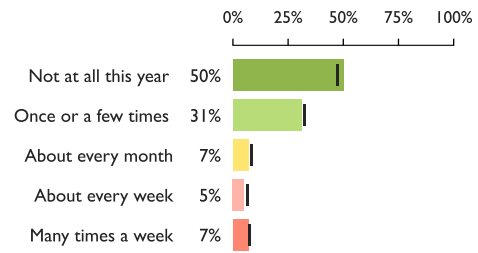
PHYSICAL



SOCIAL



VERBAL



RESEARCH HIGHLIGHTS SCHOOL EXPERIENCES

Children's perception of kindness within a school is a consistent indicator of a positive school climate. Students who see kind behaviours in students, teachers and staff also describe their school environments as being safe and encouraging places to learn. As children transition from Grade 4 to Grade 8, perceptions of kindness in schools decrease (Binfet, Gademann & Schonert-Reichl, 2016).

Feelings of belonging are associated with lower emotional distress, the reduction of negative behaviours (such as bullying and mental health issues) and are associated to rates of higher resilience later in life (van Harmelen et al., 2016).

Children and youth who demonstrate empathy are less likely to bully others and are more likely to defend against bullying. Research shows that specific empathy skills differ between those who bully, are victimized, defend or are bystanders. Focusing on developing children's understanding of what others feel results both in less bullying and more defending behaviours (van Noorden et al, 2015).

MOVING TO ACTION WITH DISCOVERMDI.CA

MDI data can support planning, foster collaboration and inform action across schools, organizations and communities. There are many opportunities for working with your MDI results and there are examples of successful initiatives from across the province to learn from.

We encourage you to take time to visit **Discover MDI: A Field Guide to Well-Being in Middle Childhood** at discovermdi.ca, an online resource where you can access information and research on the many aspects of well-being in middle childhood, resources and tools for understanding and sharing MDI data and to connect with MDI Champions who are working on similar issues in their schools and communities. Here are some key resources and tools to get you started:

UNDERSTAND YOUR MDI DATA

MDI reports provide information with both detail and depth into the social and emotional lives of children. Approach the results with a lens of curiosity, inquiry and appreciation. The Discover MDI Field Guide can walk you through [how to read and interpret your MDI data](http://www.discovermdi.ca/understanding-the-mdi/mdi-data/) (<http://www.discovermdi.ca/understanding-the-mdi/mdi-data/>). It also provides background research to support further understanding of the MDI data.

CHOOSING A FOCUS: THINK BIG, START SMALL

It may be overwhelming to consider the many opportunities for change presented in the MDI data. Where will your focus be? What results do you have some influence over? How will you make change? For example, if you are interested in the area of social and emotional development, the Discover MDI Field Guide provides in-depth information on the [MDI and its dimensions and measures](http://www.discovermdi.ca/understanding-the-mdi/dimensions/) (<http://www.discovermdi.ca/understanding-the-mdi/dimensions/>), including the [measures of social and emotional development](http://www.discovermdi.ca/understanding-the-mdi/dimensions/social-emotional-development/) (<http://www.discovermdi.ca/understanding-the-mdi/dimensions/social-emotional-development/>).

ENGAGING OTHERS

Increasing local dialogue on the importance of child well-being in the middle years is an excellent way to start improving outcomes for children. Once you are ready, review your MDI report with multiple audiences: children, parents and elders, caregivers and teachers, school administrators, after-school programmers, local early/middle childhood committees, local government and other community stakeholders. Visit the Discover MDI Field Guide for tips and tools to [widen the conversation and to think critically about the data together](http://www.discovermdi.ca/making-change/sharing/) (<http://www.discovermdi.ca/making-change/sharing/>).

MAKING CHANGE

The MDI provides opportunities to weave together data and local knowledge to create a change process that reflects the unique context of your school, district or community. The Discover MDI Field Guide's 'Making Change Workshops' support school and community change-makers through the process of facilitating exploration of MDI data, creating action teams and turning ideas into concrete plans. There are full facilitation guides for each workshop, paired with worksheets and companion slide decks. [Explore Approaches to Making Change](http://www.discovermdi.ca/making-change/) (<http://www.discovermdi.ca/making-change/>).

SHARING DATA WITH CHILDREN

Do the results surprise you or raise further questions? Conversations with children will help explore and clarify results in these areas. Sharing data with children will provide them with an opportunity to share their perspectives and ideas on how to create environments and interactions that help them thrive. If you are wondering how to involve children of all ages and their families in exploring these results, [explore our Tools page](http://www.discovermdi.ca/resources/) (<http://www.discovermdi.ca/resources/>).

BE INSPIRED AND CONNECT WITH OTHERS

Innovation happens when people build on ideas, rather than simply duplicating them. The Discover MDI Field Guide provides opportunities to learn from seasoned [MDI Champions](http://www.discovermdi.ca/connect/mdi-champions/) (<http://www.discovermdi.ca/connect/mdi-champions/>) – check out their stories and learn from their approaches, explore the collection of [downloadable tools](http://www.discovermdi.ca/resources/) (<http://www.discovermdi.ca/resources/>) and [find upcoming training and learning opportunities](http://www.discovermdi.ca/connect/events-training/) (<http://www.discovermdi.ca/connect/events-training/>). Be inspired, edit, adapt or create new!

If you have any additional questions about the MDI project, please visit our website at earlylearning.ubc.ca/mdi or contact the MDI team at mdi@help.ubc.ca.

NEIGHBOURHOOD RESULTS



Neighbourhoods have unique characteristics that provide important context for interpreting MDI results. Understanding neighbourhood-level differences within a school district or community is essential when considering actions to support children’s well-being. The neighbourhood results section includes:

Neighbourhood Maps

- Well-Being Index Map: representing the percentage of children who are “Thriving.”
- Assets Index Maps: representing the percentage of children reporting the presence of each of the four assets of the Assets Index: Adult Relationships, Peer Relationships, Nutrition and Sleep, and After-School Activities.

Neighbourhood Data Table – A summary table of the Well-Being Index and Assets Index data.

Neighbourhood Profiles – A summary of MDI data based on the neighbourhoods in which children live, including children from all participating public, Indigenous and independent schools. Results are provided for the Well-Being Index, the Assets Index and a selection of questions related to after-school time and community belonging and safety.

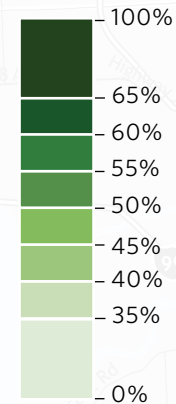
Please note that neighbourhood data are reported based on children’s home postal codes and include all children who live within the school district boundaries including children attending Conseil scolaire francophone, Indigenous or independent schools. Where neighbourhoods contain fewer than 35 children, the results are suppressed.



WELL-BEING INDEX

The MDI Well-Being Index is a composite score of 5 measures that are of critical importance during the middle years. Children who score in the high range on at least 4 of the 5 measures of well-being and have no low-range scores are considered to be “thriving.”

Percentage of Children Thriving



SD 37
37%

All Participating Districts*
38%

Data Suppressed (<35 students)

*See page 7 for a list of participating school districts in 2019/20.

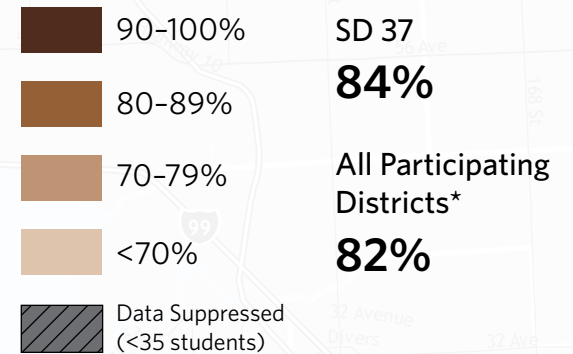
Note: Data are mapped using home postal codes, not by where children attend school.



ADULT RELATIONSHIPS

Children's health and well-being are directly related to the presence of adult relationships at home, at school and in their neighbourhood or community.

Percentage of children reporting the presence of the adult relationship asset



*See page 7 for a list of participating school districts in 2019/20.

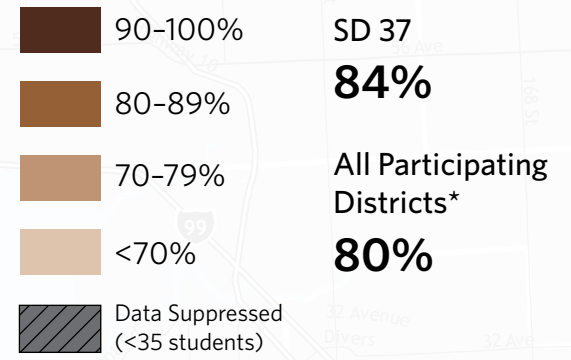
Note: Data are mapped using home postal codes, not by where children attend school.



PEER RELATIONSHIPS

Children's health and well-being are directly related to feeling a sense of belonging with their peers and having close or intimate friendships.

Percentage of children reporting the presence of the peer relationship asset



*See page 7 for a list of participating school districts in 2019/20.

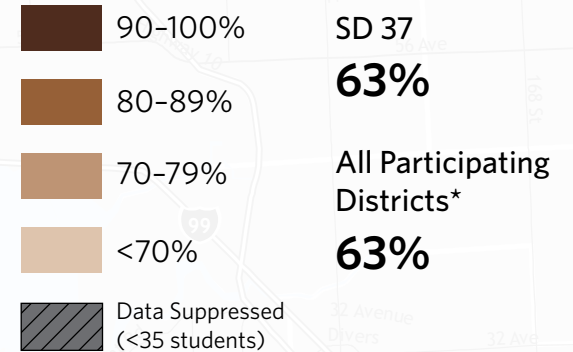
Note: Data are mapped using home postal codes, not by where children attend school.



NUTRITION & SLEEP

Children's health and well-being are directly related to their nutrition and sleeping habits.

Percentage of children reporting the presence of the nutrition and sleep asset



*See page 7 for a list of participating school districts in 2019/20.

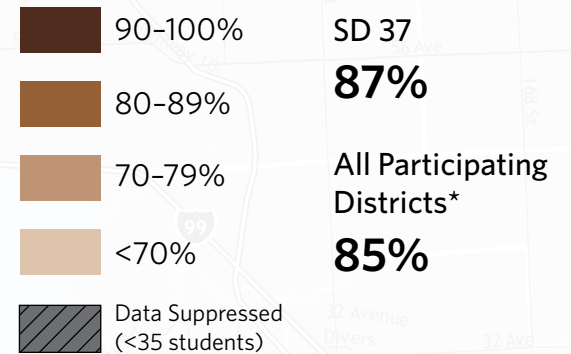
Note: Data are mapped using home postal codes, not by where children attend school.



AFTER-SCHOOL ACTIVITIES

Children's health and well-being are directly related to the positive activities they participate in during the after-school hours of 3-6pm.

Percentage of children reporting the presence of the after-school activity asset



*See page 7 for a list of participating school districts in 2019/20.

Note: Data are mapped using home postal codes, not by where children attend school.

NEIGHBOURHOOD DATA TABLE

WELL-BEING INDEX

Percentage of children experiencing:



ASSETS INDEX

Percentage of children reporting the presence of these assets in their lives:



Neighbourhood	Number of Children	Thriving	Medium to High Well-Being	Low Well-Being	Adult Relationships	Peer Relationships	Nutrition & Sleep	After-School Activities
Ladner - Delta Rural	184	35%	28%	37%	90%	85%	65%	94%
North Delta East	224	35%	25%	40%	77%	82%	54%	81%
North Delta West	132	37%	30%	33%	83%	84%	73%	85%
Sunshine Hills	57	39%	16%	45%	88%	77%	61%	89%
Tsawwassen	151	45%	30%	25%	88%	85%	64%	91%
Delta (SD37)	816	37%	28%	35%	84%	84%	63%	87%
All Participating Districts	10,302	38%	27%	35%	82%	80%	63%	85%

Note: Neighbourhood data are reported based on children's home postal codes and include all children who live within the school district boundaries including children attending Conseil scolaire francophone, Indigenous or independent schools. Therefore the number of children in all neighbourhoods may not equal the total school district count. MDI results are suppressed where there are fewer than 35 children.



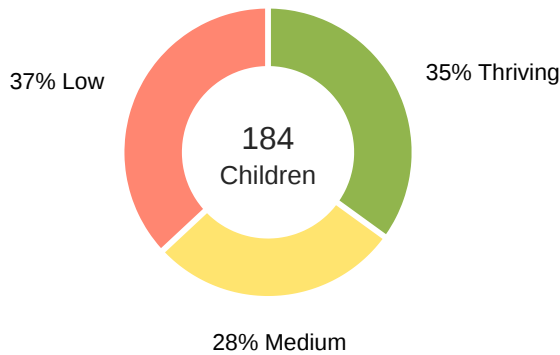
LADNER - DELTA RURAL

DELTA

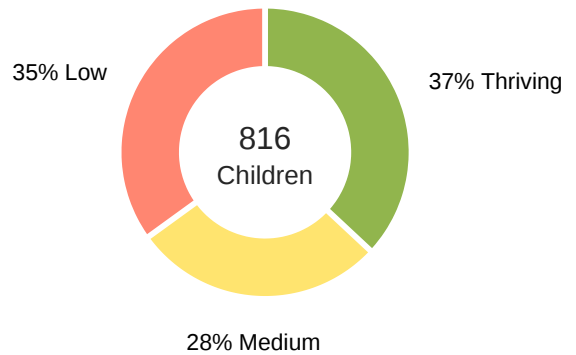
NUMBER OF CHILDREN: 184

WELL-BEING INDEX

LADNER - DELTA RURAL



DELTA

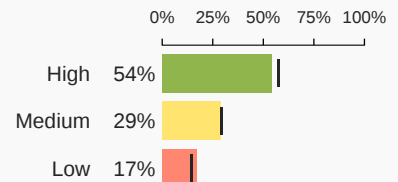


MEASURES COMPRISING THE WELL-BEING INDEX

| School District Average

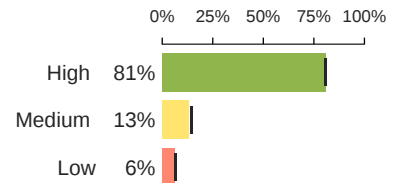
OPTIMISM

Optimism refers to the mindset of having positive expectations for the future. e.g., "I have more good times than bad times."



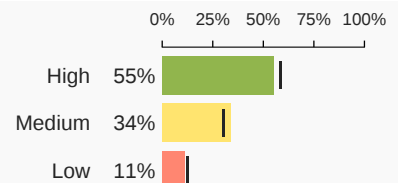
SELF-ESTEEM

Self-esteem refers to a person's sense of self-worth. e.g., "A lot of things about me are good."



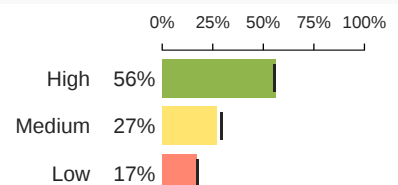
HAPPINESS

Happiness refers to how content or satisfied children are with their lives. e.g., "I am happy with my life."



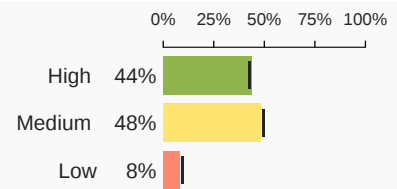
ABSENCE OF SADNESS

Sadness measures the beginning symptoms of depression. e.g., "I feel unhappy a lot of the time."



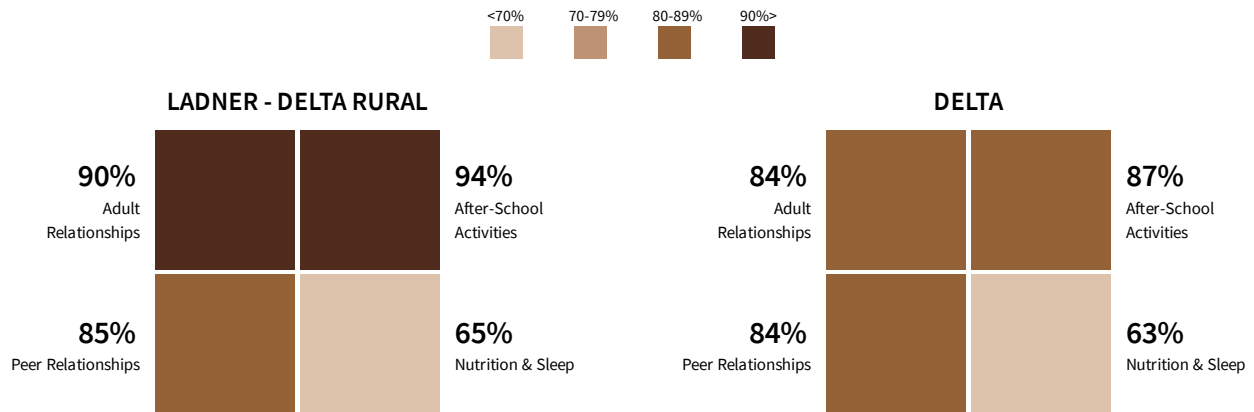
GENERAL HEALTH

Children are asked, "In general, how would you describe your health?"



ASSETS INDEX

Percentage of children reporting the presence of an asset



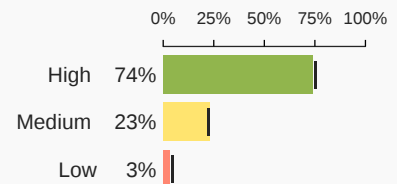
MEASURES COMPRISING THE ASSETS INDEX

ADULT RELATIONSHIPS

| School District Average

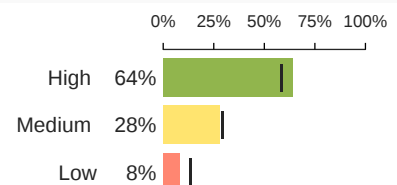
ADULTS AT SCHOOL

Assesses the quality of relationships children have with the adults they interact with at school. e.g., "At my school there is an adult who believes I will be a success."



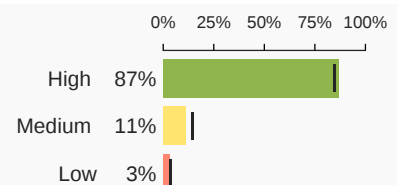
ADULTS IN THE NEIGHBOURHOOD/COMMUNITY

Assesses the quality of relationships children have with the adults they interact with in their neighbourhood or community. e.g., "In my neighbourhood/community there is an adult who really cares about me."



ADULTS AT HOME

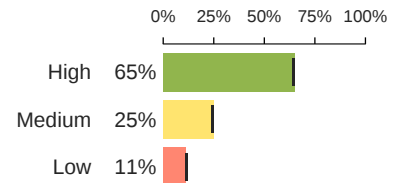
Assesses the quality of relationships children have with the adults in their home. e.g., "In my home there is a parent or other adult who listens to me when I have something to say."



PEER RELATIONSHIPS

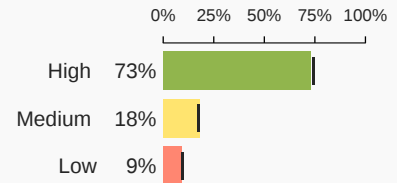
PEER BELONGING

Measures children's feelings of belonging to a social group. e.g., "When I am with other kids my age, I feel I belong."



FRIENDSHIP INTIMACY

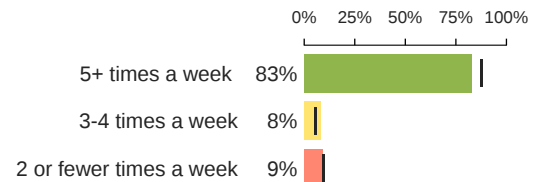
Assesses the quality of relationships children have with their peers. e.g., "I have a friend I can tell everything to."



NUTRITION AND SLEEP

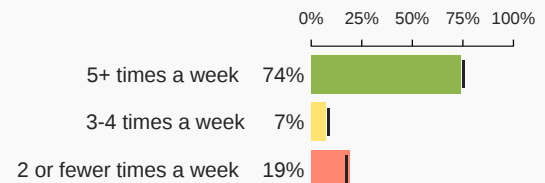
EATING BREAKFAST

Children are asked, "How often do you eat breakfast?"



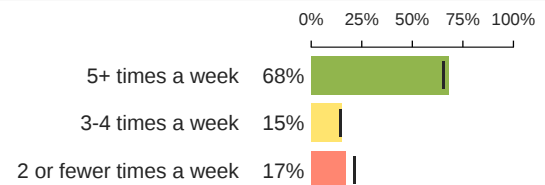
MEALS AT HOME WITH YOUR FAMILY

Children are asked, "How often do your parents or other adult family members eat meals with you?"



FREQUENCY OF GOOD SLEEP

Children are asked, "How often do you get a good night's sleep?"

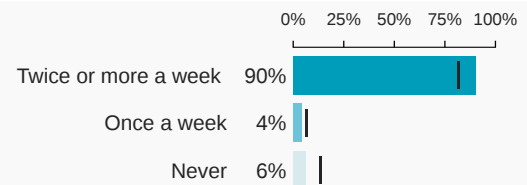


AFTER-SCHOOL ACTIVITIES

Children were asked, "During the last week after school (from 3 pm - 6 pm), how many days did you participate in":

ANY ORGANIZED ACTIVITY

Children who participated in any after-school activity that was structured and supervised by an adult. (e.g., educational lessons, youth organizations, music or art lessons and sports practice)



USE OF AFTER-SCHOOL TIME

WHAT CHILDREN WISH TO BE DOING



Children were asked what they want to be doing during the after-school hours of 3 pm - 6 pm:

I am already doing the activities I want to be doing

76%

I wish I could do additional activities

31%

I am doing some of the activities I want, but I wish I could do more

6%

Children who answered that they wish to be doing additional activities were asked to identify one activity they wish they could do and where they would like to do it. Note: responses are grouped into categories for reporting purposes.

WISHES

(Number of Children)

Computer/Video Games/TV	4
Friends and playing	2
Physical and/or outdoor activities	26
Music and arts	10
Time with family at home	4
Free time/relaxing	0
Learning new things	1
Other	3

PERCEIVED BARRIERS TO PARTICIPATING IN DESIRED AFTER-SCHOOL ACTIVITIES



Children were asked what prevents them from doing the activities they wish to be doing after school (3 pm - 6 pm):

(Number of Children)

I have no barriers	83
I have to go straight home after school	40
I am too busy	25
It costs too much	19
The schedule does not fit the times I can attend	22
My parents do not approve	8
I don't know what's available	16
I need to take care of siblings or do things at home	11
It is too difficult to get there	9
None of my friends are interested or want to go	13
The activity that I want is not offered	11
I have too much homework to do	13
I am afraid I will not be good enough in that activity	11
It is not safe for me to go	1
Other	24

AFTER-SCHOOL ACTIVITIES

Children were asked, "During last week AFTER SCHOOL (from 3 pm - 6 pm), how many days did you participate in":

	Not at all	1x /week	2x +/week
Educational lessons or activities	48%	15%	36%
Art or music lessons	51%	23%	26%
Youth organizations	65%	15%	20%
Individual sports with a coach or instructor	33%	24%	43%
Team sports with a coach or instructor	39%	19%	42%



IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE PLACES THAT PROVIDE PROGRAMS FOR KIDS YOUR AGE:

74%

Yes

6%

No

21%

Don't know

COMMUNITY BELONGING & SAFETY

IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE ADULTS WHO:

(Percentage of children who responded "very much true")



38%

Really care about me.



39%

Believe that I will be a success.



42%

Listen to me when I have something to say.



IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE SAFE PLACES WHERE YOU FEEL COMFORTABLE HANGING OUT WITH FRIENDS:

80%

Yes

4%

No

17%

Don't know

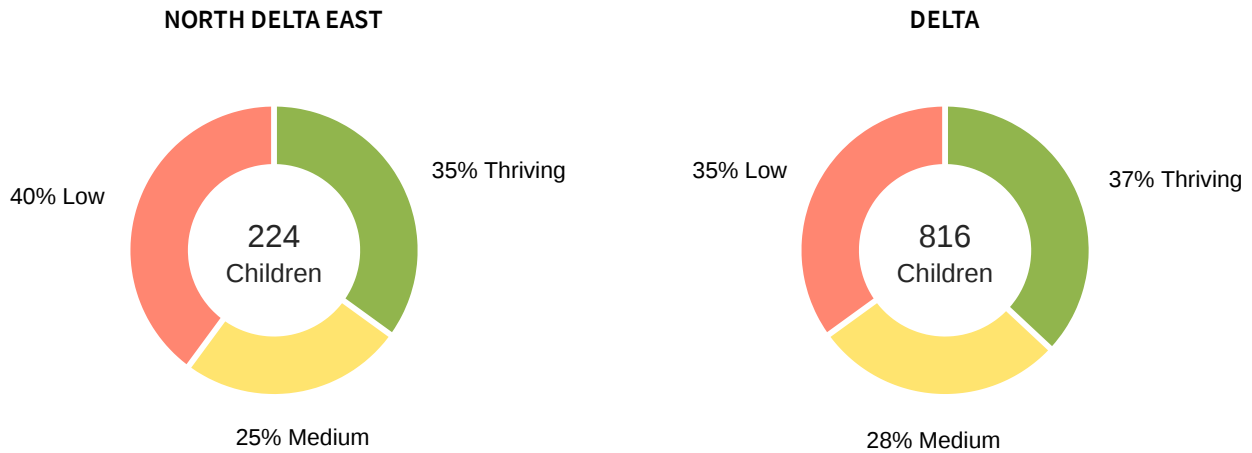


NORTH DELTA EAST

DELTA

NUMBER OF CHILDREN: 224

WELL-BEING INDEX

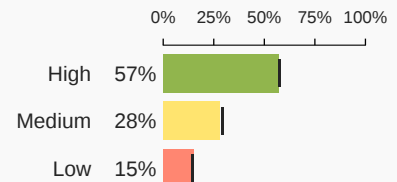


MEASURES COMPRISING THE WELL-BEING INDEX

| School District Average

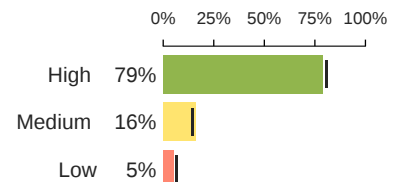
OPTIMISM

Optimism refers to the mindset of having positive expectations for the future. e.g., "I have more good times than bad times."



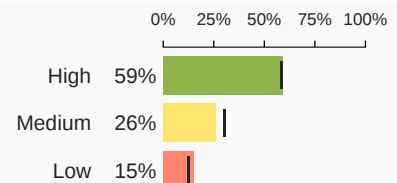
SELF-ESTEEM

Self-esteem refers to a person's sense of self-worth. e.g., "A lot of things about me are good."



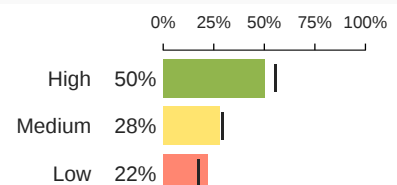
HAPPINESS

Happiness refers to how content or satisfied children are with their lives. e.g., "I am happy with my life."



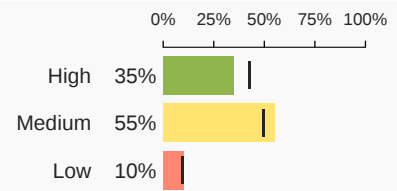
ABSENCE OF SADNESS

Sadness measures the beginning symptoms of depression. e.g., "I feel unhappy a lot of the time."



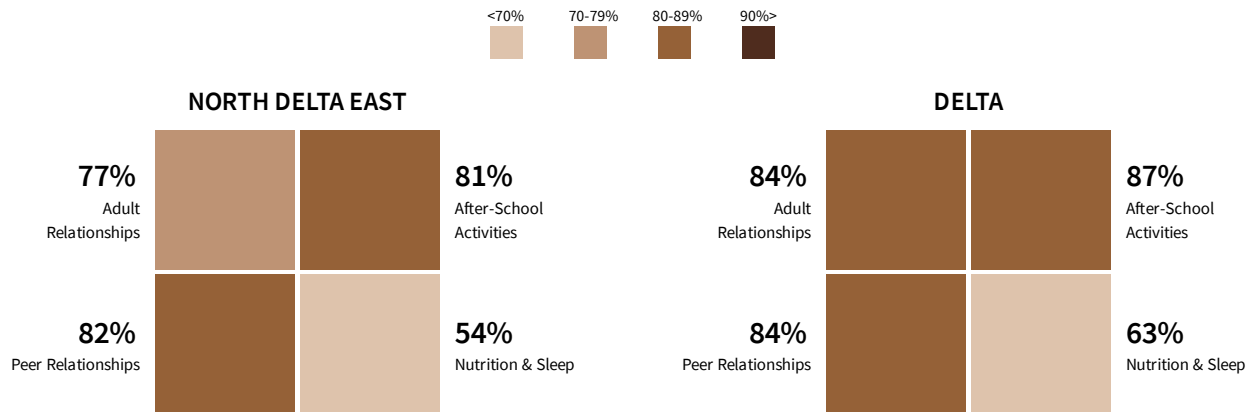
GENERAL HEALTH

Children are asked, "In general, how would you describe your health?"



ASSETS INDEX

Percentage of children reporting the presence of an asset



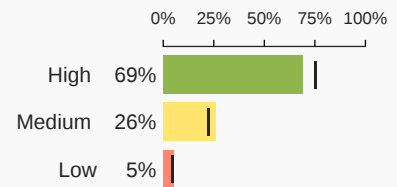
MEASURES COMPRISING THE ASSETS INDEX

ADULT RELATIONSHIPS

| School District Average

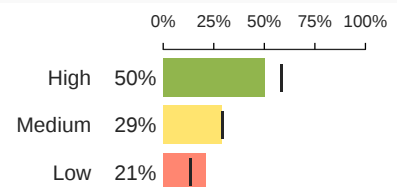
ADULTS AT SCHOOL

Assesses the quality of relationships children have with the adults they interact with at school. e.g., "At my school there is an adult who believes I will be a success."



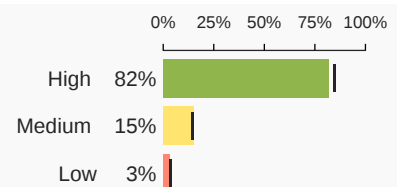
ADULTS IN THE NEIGHBOURHOOD/COMMUNITY

Assesses the quality of relationships children have with the adults they interact with in their neighbourhood or community. e.g., "In my neighbourhood/community there is an adult who really cares about me."



ADULTS AT HOME

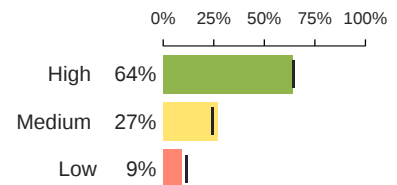
Assesses the quality of relationships children have with the adults in their home. e.g., "In my home there is a parent or other adult who listens to me when I have something to say."



PEER RELATIONSHIPS

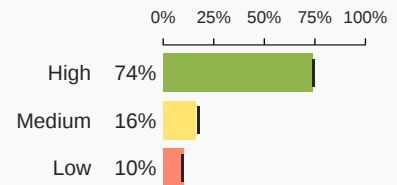
PEER BELONGING

Measures children's feelings of belonging to a social group. e.g., "When I am with other kids my age, I feel I belong."



FRIENDSHIP INTIMACY

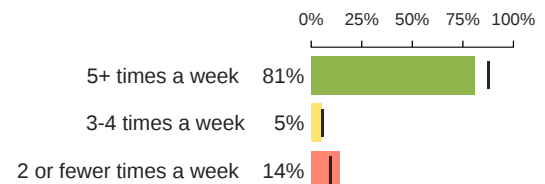
Assesses the quality of relationships children have with their peers. e.g., "I have a friend I can tell everything to."



NUTRITION AND SLEEP

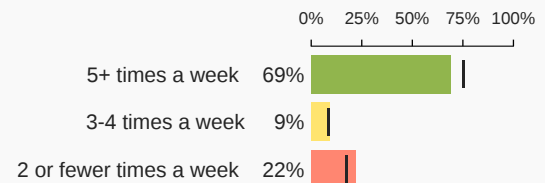
EATING BREAKFAST

Children are asked, "How often do you eat breakfast?"



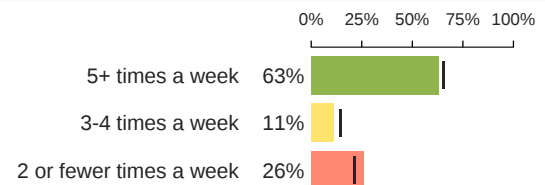
MEALS AT HOME WITH YOUR FAMILY

Children are asked, "How often do your parents or other adult family members eat meals with you?"



FREQUENCY OF GOOD SLEEP

Children are asked, "How often do you get a good night's sleep?"

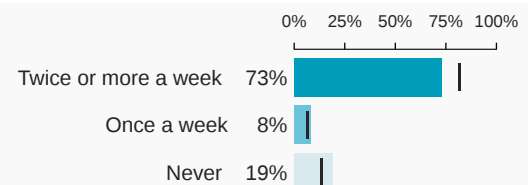


AFTER-SCHOOL ACTIVITIES

Children were asked, "During the last week after school (from 3 pm - 6 pm), how many days did you participate in":

ANY ORGANIZED ACTIVITY

Children who participated in any after-school activity that was structured and supervised by an adult. (e.g., educational lessons, youth organizations, music or art lessons and sports practice)



USE OF AFTER-SCHOOL TIME

WHAT CHILDREN WISH TO BE DOING



Children were asked what they want to be doing during the after-school hours of 3 pm - 6 pm:

I am already doing the activities I want to be doing

78%

I wish I could do additional activities

27%

I am doing some of the activities I want, but I wish I could do more

5%

Children who answered that they wish to be doing additional activities were asked to identify one activity they wish they could do and where they would like to do it. Note: responses are grouped into categories for reporting purposes.

WISHES

(Number of Children)

Computer/Video Games/TV	2
Friends and playing	8
Physical and/or outdoor activities	33
Music and arts	12
Time with family at home	3
Free time/relaxing	1
Learning new things	1
Other	1

PERCEIVED BARRIERS TO PARTICIPATING IN DESIRED AFTER-SCHOOL ACTIVITIES



Children were asked what prevents them from doing the activities they wish to be doing after school (3 pm - 6 pm):

(Number of Children)

I have no barriers	104
I have to go straight home after school	76
I am too busy	43
It costs too much	21
The schedule does not fit the times I can attend	29
My parents do not approve	20
I don't know what's available	21
I need to take care of siblings or do things at home	25
It is too difficult to get there	18
None of my friends are interested or want to go	13
The activity that I want is not offered	17
I have too much homework to do	21
I am afraid I will not be good enough in that activity	15
It is not safe for me to go	11
Other	17

AFTER-SCHOOL ACTIVITIES

Children were asked, "During last week AFTER SCHOOL (from 3 pm - 6 pm), how many days did you participate in":

	Not at all	1x /week	2x +/week
Educational lessons or activities	48%	21%	31%
Art or music lessons	60%	16%	23%
Youth organizations	79%	9%	13%
Individual sports with a coach or instructor	44%	20%	36%
Team sports with a coach or instructor	53%	10%	37%



IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE PLACES THAT PROVIDE PROGRAMS FOR KIDS YOUR AGE:

55%

Yes

13%

No

32%

Don't know

COMMUNITY BELONGING & SAFETY

IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE ADULTS WHO:

(Percentage of children who responded "very much true")



34%

Really care about me.



31%

Believe that I will be a success.



28%

Listen to me when I have something to say.



IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE SAFE PLACES WHERE YOU FEEL COMFORTABLE HANGING OUT WITH FRIENDS:

70%

Yes

10%

No

20%

Don't know



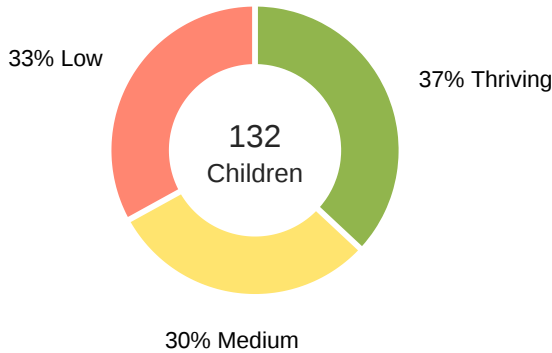
NORTH DELTA WEST

DELTA

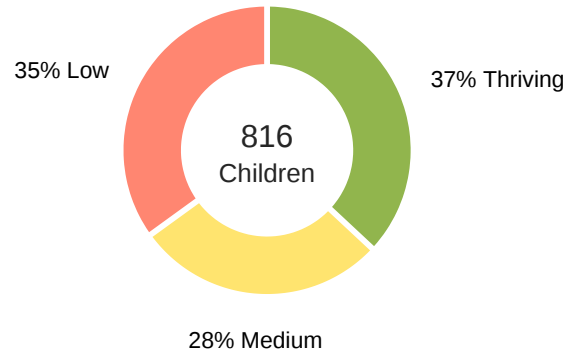
NUMBER OF CHILDREN: 132

WELL-BEING INDEX

NORTH DELTA WEST



DELTA

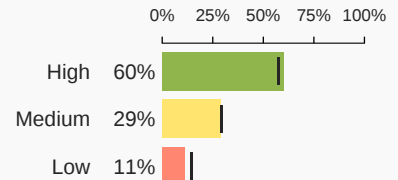


MEASURES COMPRISING THE WELL-BEING INDEX

| School District Average

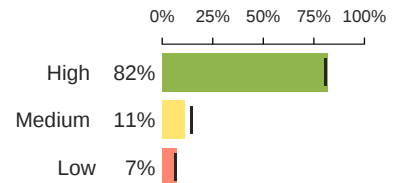
OPTIMISM

Optimism refers to the mindset of having positive expectations for the future. e.g., "I have more good times than bad times."



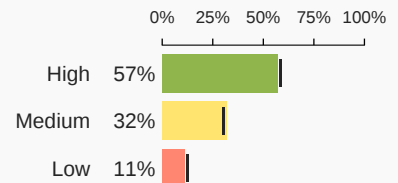
SELF-ESTEEM

Self-esteem refers to a person's sense of self-worth. e.g., "A lot of things about me are good."



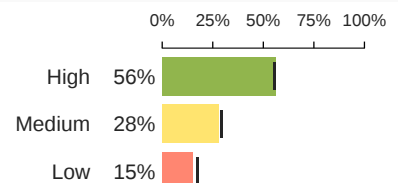
HAPPINESS

Happiness refers to how content or satisfied children are with their lives. e.g., "I am happy with my life."



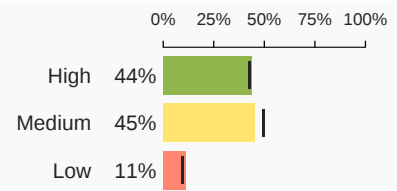
ABSENCE OF SADNESS

Sadness measures the beginning symptoms of depression. e.g., "I feel unhappy a lot of the time."



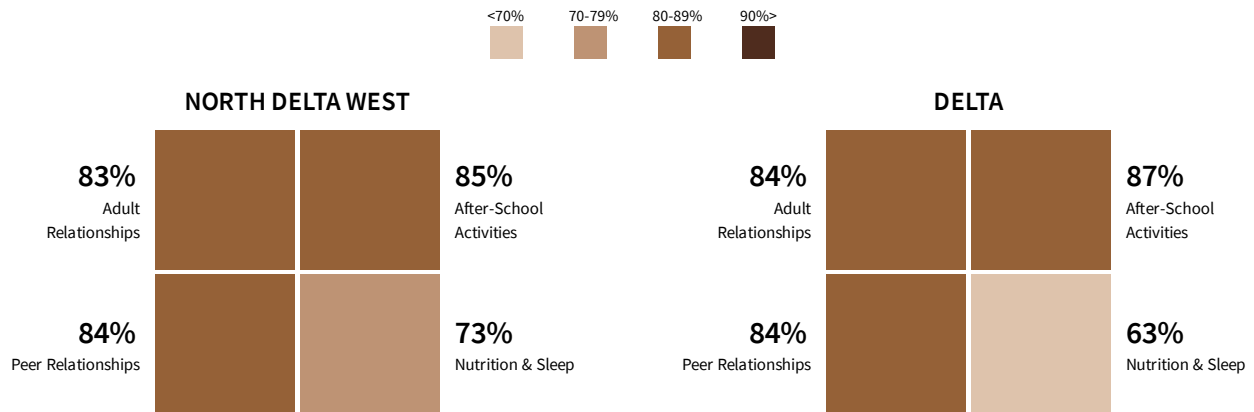
GENERAL HEALTH

Children are asked, "In general, how would you describe your health?"



ASSETS INDEX

Percentage of children reporting the presence of an asset



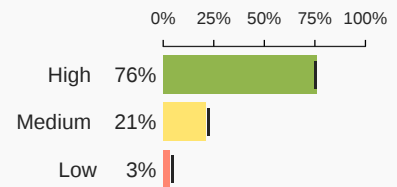
MEASURES COMPRISING THE ASSETS INDEX

ADULT RELATIONSHIPS

| School District Average

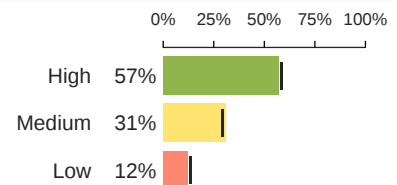
ADULTS AT SCHOOL

Assesses the quality of relationships children have with the adults they interact with at school. e.g., "At my school there is an adult who believes I will be a success."



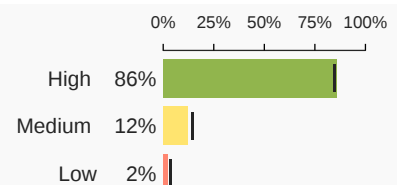
ADULTS IN THE NEIGHBOURHOOD/COMMUNITY

Assesses the quality of relationships children have with the adults they interact with in their neighbourhood or community. e.g., "In my neighbourhood/community there is an adult who really cares about me."



ADULTS AT HOME

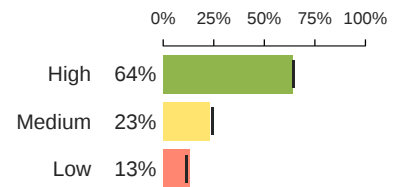
Assesses the quality of relationships children have with the adults in their home. e.g., "In my home there is a parent or other adult who listens to me when I have something to say."



PEER RELATIONSHIPS

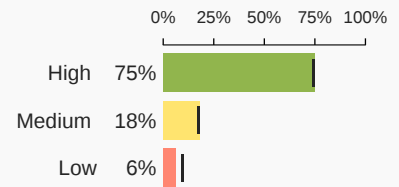
PEER BELONGING

Measures children's feelings of belonging to a social group. e.g., "When I am with other kids my age, I feel I belong."



FRIENDSHIP INTIMACY

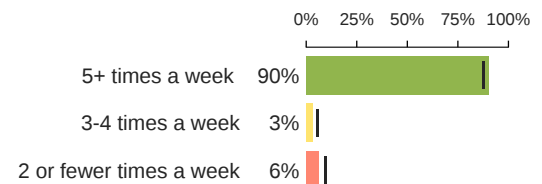
Assesses the quality of relationships children have with their peers. e.g., "I have a friend I can tell everything to."



NUTRITION AND SLEEP

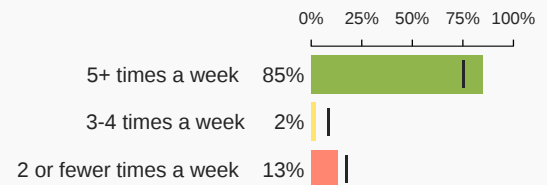
EATING BREAKFAST

Children are asked, "How often do you eat breakfast?"



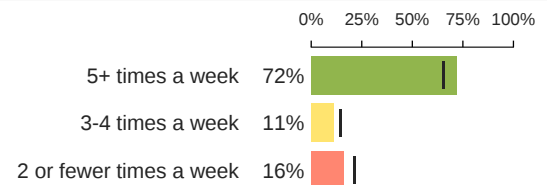
MEALS AT HOME WITH YOUR FAMILY

Children are asked, "How often do your parents or other adult family members eat meals with you?"



FREQUENCY OF GOOD SLEEP

Children are asked, "How often do you get a good night's sleep?"

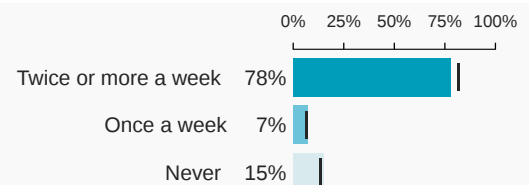


AFTER-SCHOOL ACTIVITIES

Children were asked, "During the last week after school (from 3 pm - 6 pm), how many days did you participate in":

ANY ORGANIZED ACTIVITY

Children who participated in any after-school activity that was structured and supervised by an adult. (e.g., educational lessons, youth organizations, music or art lessons and sports practice)



USE OF AFTER-SCHOOL TIME

WHAT CHILDREN WISH TO BE DOING



Children were asked what they want to be doing during the after-school hours of 3 pm - 6 pm:

I am already doing the activities I want to be doing

83%

I wish I could do additional activities

23%

I am doing some of the activities I want, but I wish I could do more

6%

Children who answered that they wish to be doing additional activities were asked to identify one activity they wish they could do and where they would like to do it. Note: responses are grouped into categories for reporting purposes.

WISHES

(Number of Children)

Computer/Video Games/TV	2
Friends and playing	4
Physical and/or outdoor activities	15
Music and arts	5
Time with family at home	2
Free time/relaxing	0
Learning new things	0
Other	0

PERCEIVED BARRIERS TO PARTICIPATING IN DESIRED AFTER-SCHOOL ACTIVITIES



Children were asked what prevents them from doing the activities they wish to be doing after school (3 pm - 6 pm):

(Number of Children)

I have no barriers	67
I have to go straight home after school	34
I am too busy	20
It costs too much	14
The schedule does not fit the times I can attend	15
My parents do not approve	12
I don't know what's available	7
I need to take care of siblings or do things at home	7
It is too difficult to get there	12
None of my friends are interested or want to go	10
The activity that I want is not offered	11
I have too much homework to do	8
I am afraid I will not be good enough in that activity	10
It is not safe for me to go	8
Other	7

AFTER-SCHOOL ACTIVITIES

Children were asked, "During last week AFTER SCHOOL (from 3 pm - 6 pm), how many days did you participate in":

	Not at all	1x /week	2x +/week
Educational lessons or activities	59%	14%	27%
Art or music lessons	60%	25%	16%
Youth organizations	76%	20%	4%
Individual sports with a coach or instructor	47%	23%	30%
Team sports with a coach or instructor	39%	16%	45%



IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE PLACES THAT PROVIDE PROGRAMS FOR KIDS YOUR AGE:

68%

Yes

7%

No

25%

Don't know

COMMUNITY BELONGING & SAFETY

IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE ADULTS WHO:

(Percentage of children who responded "very much true")



39%

Really care about me.



34%

Believe that I will be a success.



33%

Listen to me when I have something to say.



IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE SAFE PLACES WHERE YOU FEEL COMFORTABLE HANGING OUT WITH FRIENDS:

80%

Yes

8%

No

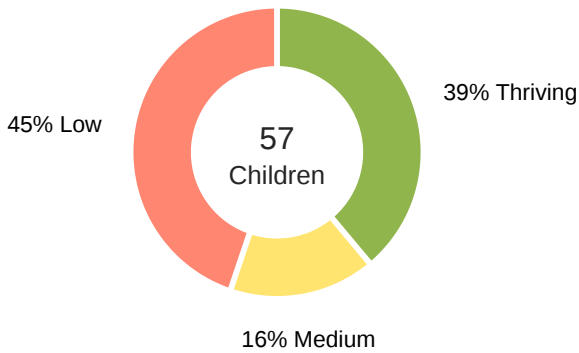
12%

Don't know

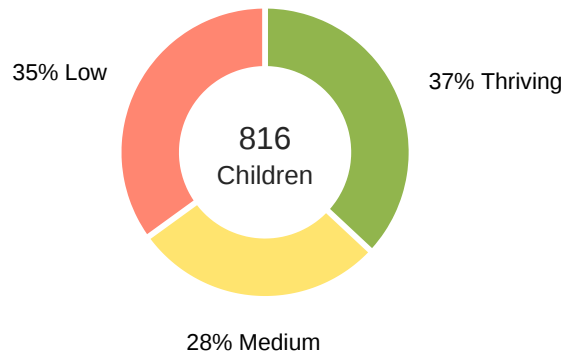


WELL-BEING INDEX

SUNSHINE HILLS



DELTA

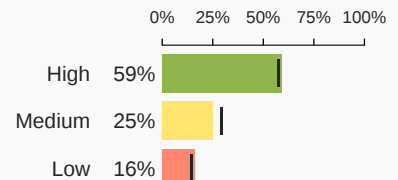


MEASURES COMPRISING THE WELL-BEING INDEX

| School District Average

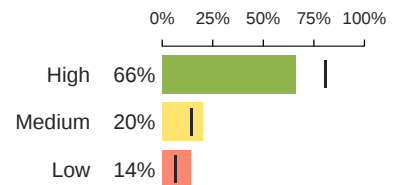
OPTIMISM

Optimism refers to the mindset of having positive expectations for the future. e.g., "I have more good times than bad times."



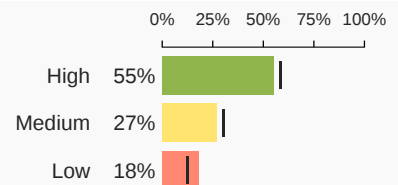
SELF-ESTEEM

Self-esteem refers to a person's sense of self-worth. e.g., "A lot of things about me are good."



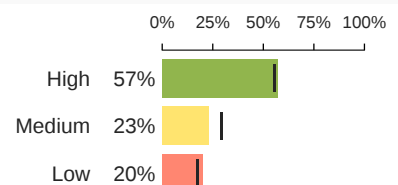
HAPPINESS

Happiness refers to how content or satisfied children are with their lives. e.g., "I am happy with my life."



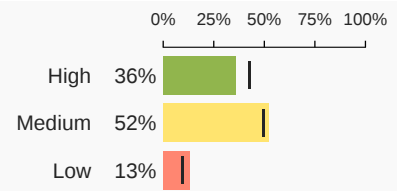
ABSENCE OF SADNESS

Sadness measures the beginning symptoms of depression. e.g., "I feel unhappy a lot of the time."



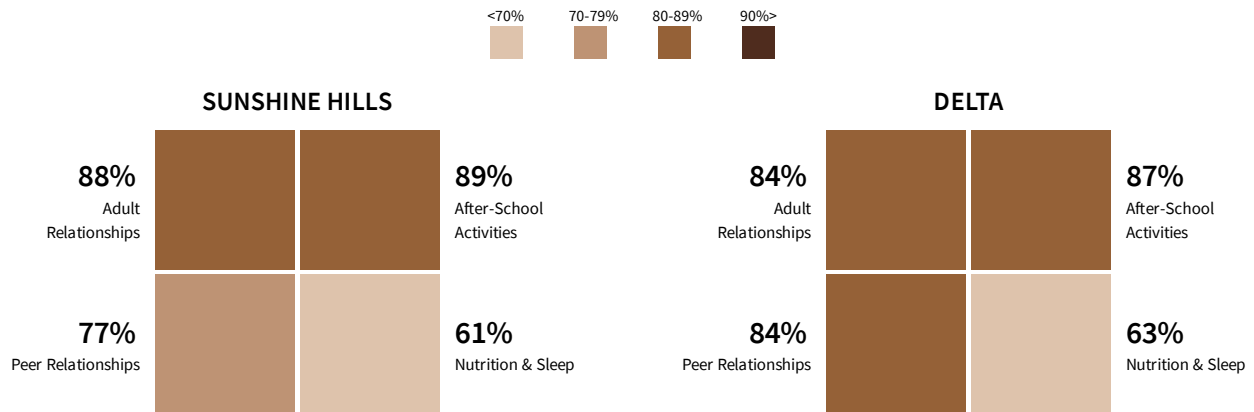
GENERAL HEALTH

Children are asked, "In general, how would you describe your health?"



ASSETS INDEX

Percentage of children reporting the presence of an asset



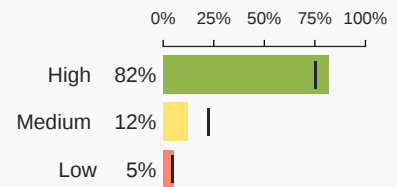
MEASURES COMPRISING THE ASSETS INDEX

ADULT RELATIONSHIPS

| School District Average

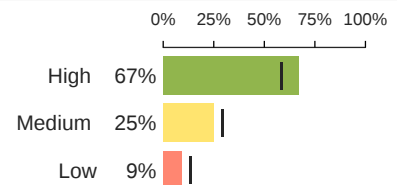
ADULTS AT SCHOOL

Assesses the quality of relationships children have with the adults they interact with at school. e.g., "At my school there is an adult who believes I will be a success."



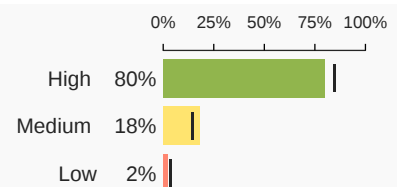
ADULTS IN THE NEIGHBOURHOOD/COMMUNITY

Assesses the quality of relationships children have with the adults they interact with in their neighbourhood or community. e.g., "In my neighbourhood/community there is an adult who really cares about me."



ADULTS AT HOME

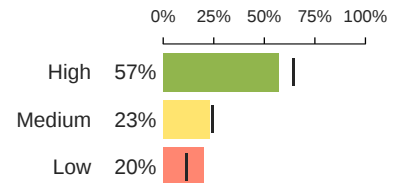
Assesses the quality of relationships children have with the adults in their home. e.g., "In my home there is a parent or other adult who listens to me when I have something to say."



PEER RELATIONSHIPS

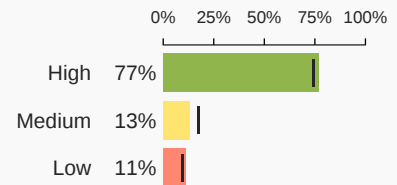
PEER BELONGING

Measures children's feelings of belonging to a social group. e.g., "When I am with other kids my age, I feel I belong."



FRIENDSHIP INTIMACY

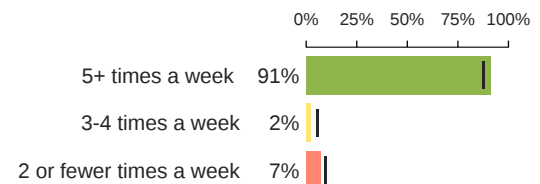
Assesses the quality of relationships children have with their peers. e.g., "I have a friend I can tell everything to."



NUTRITION AND SLEEP

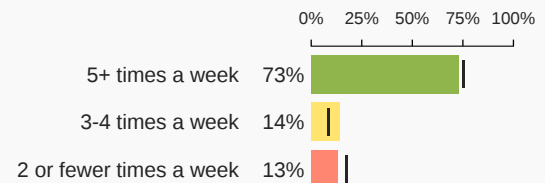
EATING BREAKFAST

Children are asked, "How often do you eat breakfast?"



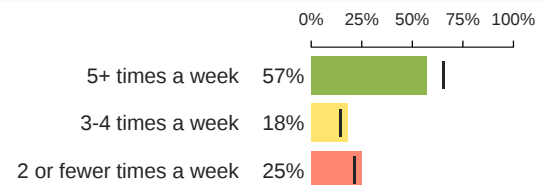
MEALS AT HOME WITH YOUR FAMILY

Children are asked, "How often do your parents or other adult family members eat meals with you?"



FREQUENCY OF GOOD SLEEP

Children are asked, "How often do you get a good night's sleep?"

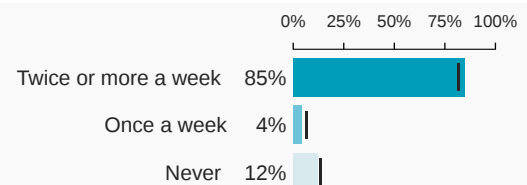


AFTER-SCHOOL ACTIVITIES

Children were asked, "During the last week after school (from 3 pm - 6 pm), how many days did you participate in":

ANY ORGANIZED ACTIVITY

Children who participated in any after-school activity that was structured and supervised by an adult. (e.g., educational lessons, youth organizations, music or art lessons and sports practice)



USE OF AFTER-SCHOOL TIME

WHAT CHILDREN WISH TO BE DOING



Children were asked what they want to be doing during the after-school hours of 3 pm - 6 pm:

I am already doing the activities I want to be doing

76%

I wish I could do additional activities

31%

I am doing some of the activities I want, but I wish I could do more

7%

Children who answered that they wish to be doing additional activities were asked to identify one activity they wish they could do and where they would like to do it. Note: responses are grouped into categories for reporting purposes.

WISHES

(Number of Children)

Computer/Video Games/TV	0
Friends and playing	2
Physical and/or outdoor activities	9
Music and arts	3
Time with family at home	0
Free time/relaxing	0
Learning new things	0
Other	1

PERCEIVED BARRIERS TO PARTICIPATING IN DESIRED AFTER-SCHOOL ACTIVITIES



Children were asked what prevents them from doing the activities they wish to be doing after school (3 pm - 6 pm):

(Number of Children)

I have no barriers	26
I have to go straight home after school	13
I am too busy	15
It costs too much	6
The schedule does not fit the times I can attend	8
My parents do not approve	5
I don't know what's available	8
I need to take care of siblings or do things at home	3
It is too difficult to get there	4
None of my friends are interested or want to go	7
The activity that I want is not offered	6
I have too much homework to do	7
I am afraid I will not be good enough in that activity	5
It is not safe for me to go	1
Other	8

AFTER-SCHOOL ACTIVITIES

Children were asked, "During last week AFTER SCHOOL (from 3 pm - 6 pm), how many days did you participate in":

	Not at all	1x /week	2x +/week
Educational lessons or activities	49%	18%	33%
Art or music lessons	53%	25%	23%
Youth organizations	73%	13%	13%
Individual sports with a coach or instructor	48%	19%	33%
Team sports with a coach or instructor	50%	14%	36%



IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE PLACES THAT PROVIDE PROGRAMS FOR KIDS YOUR AGE:

68%

Yes

5%

No

27%

Don't know

COMMUNITY BELONGING & SAFETY

IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE ADULTS WHO:

(Percentage of children who responded "very much true")



52%

Really care about me.



46%

Believe that I will be a success.



37%

Listen to me when I have something to say.



IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE SAFE PLACES WHERE YOU FEEL COMFORTABLE HANGING OUT WITH FRIENDS:

77%

Yes

4%

No

20%

Don't know

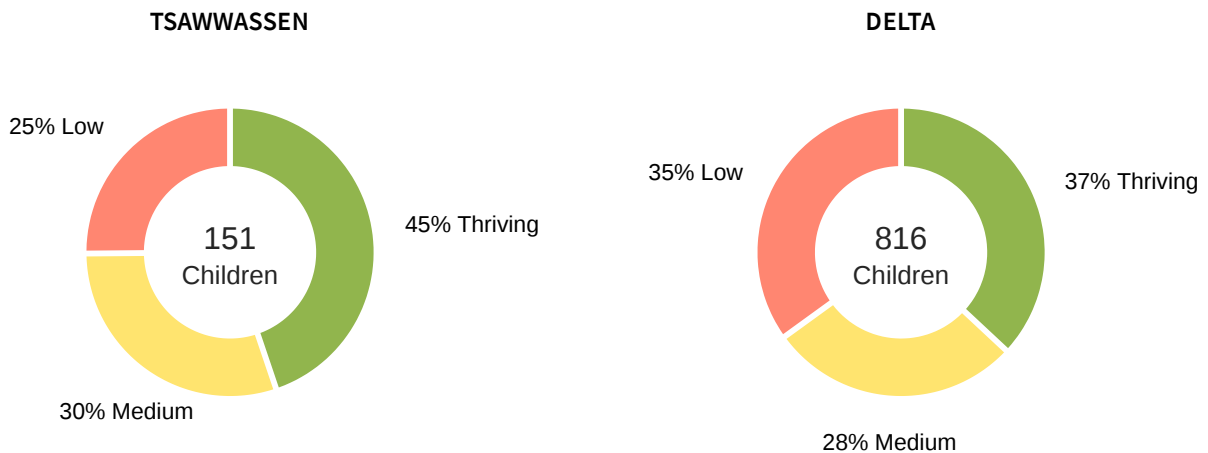


TSAWWASSEN

DELTA

NUMBER OF CHILDREN: 151

WELL-BEING INDEX

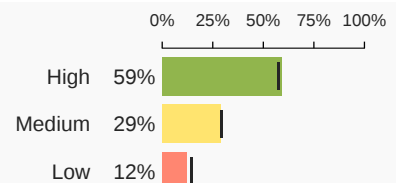


MEASURES COMPRISING THE WELL-BEING INDEX

| School District Average

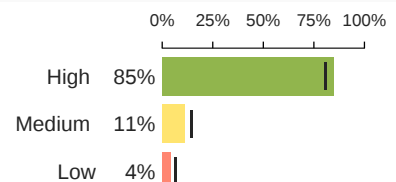
OPTIMISM

Optimism refers to the mindset of having positive expectations for the future. e.g., "I have more good times than bad times."



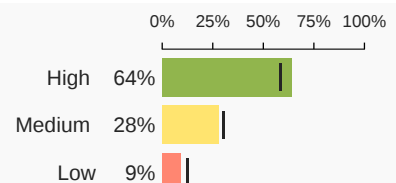
SELF-ESTEEM

Self-esteem refers to a person's sense of self-worth. e.g., "A lot of things about me are good."



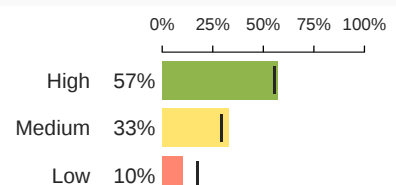
HAPPINESS

Happiness refers to how content or satisfied children are with their lives. e.g., "I am happy with my life."



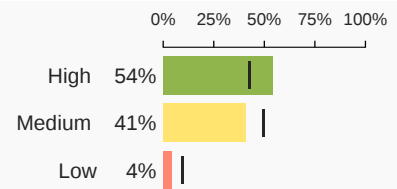
ABSENCE OF SADNESS

Sadness measures the beginning symptoms of depression. e.g., "I feel unhappy a lot of the time."



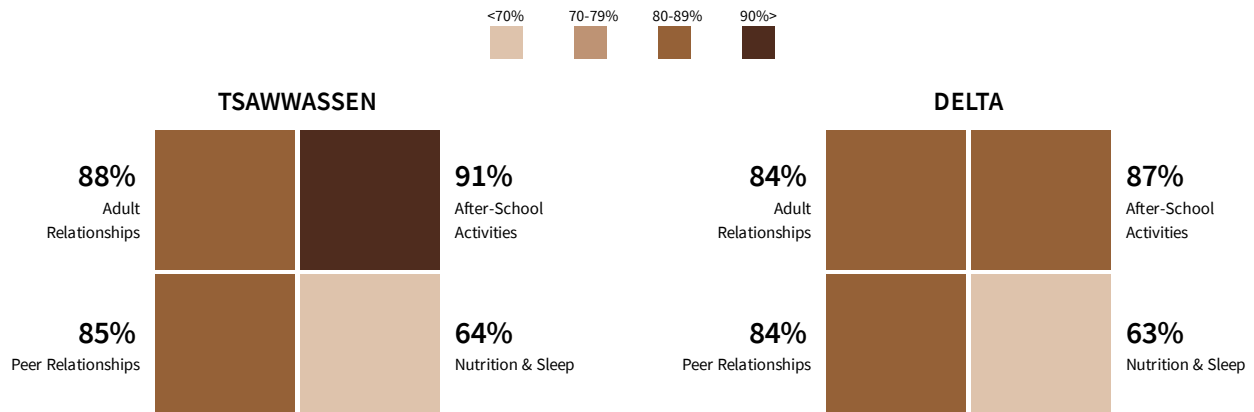
GENERAL HEALTH

Children are asked, "In general, how would you describe your health?"



ASSETS INDEX

Percentage of children reporting the presence of an asset



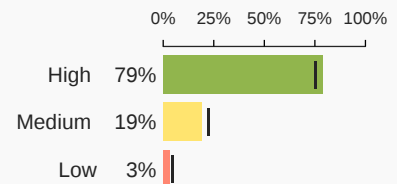
MEASURES COMPRISING THE ASSETS INDEX

ADULT RELATIONSHIPS

| School District Average

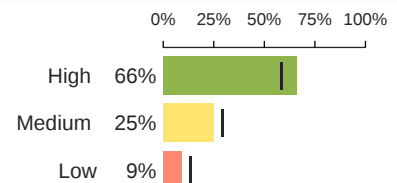
ADULTS AT SCHOOL

Assesses the quality of relationships children have with the adults they interact with at school. e.g., "At my school there is an adult who believes I will be a success."



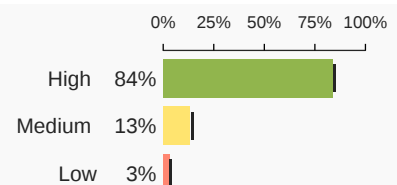
ADULTS IN THE NEIGHBOURHOOD/COMMUNITY

Assesses the quality of relationships children have with the adults they interact with in their neighbourhood or community. e.g., "In my neighbourhood/community there is an adult who really cares about me."



ADULTS AT HOME

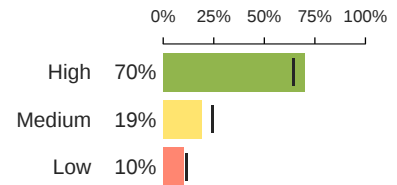
Assesses the quality of relationships children have with the adults in their home. e.g., "In my home there is a parent or other adult who listens to me when I have something to say."



PEER RELATIONSHIPS

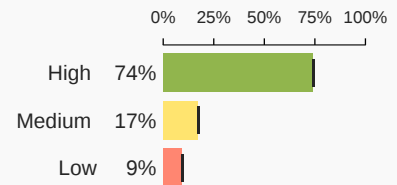
PEER BELONGING

Measures children's feelings of belonging to a social group. e.g., "When I am with other kids my age, I feel I belong."



FRIENDSHIP INTIMACY

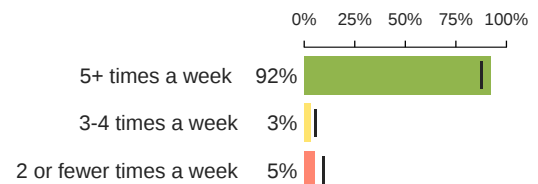
Assesses the quality of relationships children have with their peers. e.g., "I have a friend I can tell everything to."



NUTRITION AND SLEEP

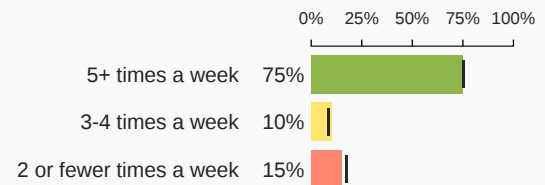
EATING BREAKFAST

Children are asked, "How often do you eat breakfast?"



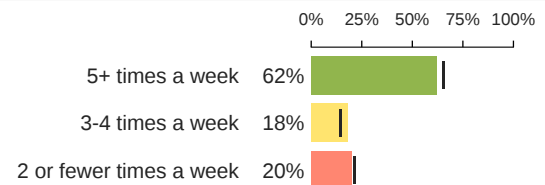
MEALS AT HOME WITH YOUR FAMILY

Children are asked, "How often do your parents or other adult family members eat meals with you?"



FREQUENCY OF GOOD SLEEP

Children are asked, "How often do you get a good night's sleep?"

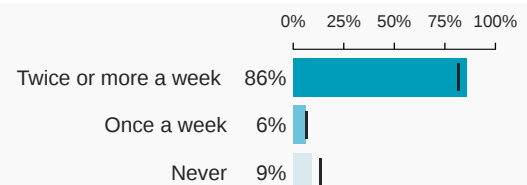


AFTER-SCHOOL ACTIVITIES

Children were asked, "During the last week after school (from 3 pm - 6 pm), how many days did you participate in":

ANY ORGANIZED ACTIVITY

Children who participated in any after-school activity that was structured and supervised by an adult. (e.g., educational lessons, youth organizations, music or art lessons and sports practice)



USE OF AFTER-SCHOOL TIME

WHAT CHILDREN WISH TO BE DOING



Children were asked what they want to be doing during the after-school hours of 3 pm - 6 pm:

I am already doing the activities I want to be doing

78%

I wish I could do additional activities

29%

I am doing some of the activities I want, but I wish I could do more

7%

Children who answered that they wish to be doing additional activities were asked to identify one activity they wish they could do and where they would like to do it. Note: responses are grouped into categories for reporting purposes.

WISHES

(Number of Children)

Computer/Video Games/TV	7
Friends and playing	1
Physical and/or outdoor activities	17
Music and arts	9
Time with family at home	1
Free time/relaxing	0
Learning new things	3
Other	0

PERCEIVED BARRIERS TO PARTICIPATING IN DESIRED AFTER-SCHOOL ACTIVITIES



Children were asked what prevents them from doing the activities they wish to be doing after school (3 pm - 6 pm):

(Number of Children)

I have no barriers	84
I have to go straight home after school	32
I am too busy	27
It costs too much	11
The schedule does not fit the times I can attend	20
My parents do not approve	7
I don't know what's available	17
I need to take care of siblings or do things at home	6
It is too difficult to get there	9
None of my friends are interested or want to go	20
The activity that I want is not offered	9
I have too much homework to do	3
I am afraid I will not be good enough in that activity	12
It is not safe for me to go	2
Other	10

AFTER-SCHOOL ACTIVITIES

Children were asked, "During last week AFTER SCHOOL (from 3 pm - 6 pm), how many days did you participate in":

	Not at all	1x /week	2x +/week
Educational lessons or activities	54%	14%	32%
Art or music lessons	46%	30%	24%
Youth organizations	68%	15%	17%
Individual sports with a coach or instructor	40%	19%	41%
Team sports with a coach or instructor	39%	15%	46%



IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE PLACES THAT PROVIDE PROGRAMS FOR KIDS YOUR AGE:

67%

Yes

8%

No

25%

Don't know

COMMUNITY BELONGING & SAFETY

IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE ADULTS WHO:

(Percentage of children who responded "very much true")



39%

Really care about me.



38%

Believe that I will be a success.



37%

Listen to me when I have something to say.



IN YOUR NEIGHBOURHOOD/COMMUNITY THERE ARE SAFE PLACES WHERE YOU FEEL COMFORTABLE HANGING OUT WITH FRIENDS:

79%

Yes

6%

No

16%

Don't know

REFERENCES

INTRODUCTION TO THE MDI

Rubin, K. H., Bukowski, W. M., & Parker, J. G. (2006). Peer interactions, relationships, and groups. In N. Eisenberg, W. Damon, & R. M. Lerner (Eds.), *Handbook of child psychology: Social, emotional, and personality development* (pp. 571–645). John Wiley & Sons Inc.

Jacobs, R. H., Reinecke, M. A., Gollan, J. K., & Kane, P. (2008). Empirical evidence of cognitive vulnerability for depression among children and adolescents: A cognitive science and developmental perspective. *Clinical Psychology Review, 28*(5), 759–782. Science Direct.

SOCIAL & EMOTIONAL DEVELOPMENT

Weissberg, R.P., Durlak, J.A., Domitrovich, C.E., & Gullotta, T.P. (2015). Social and emotional learning: Past, present, and future. In J.A. Durlak, C.A. Domitrovich, R.P. Weissberg, & T.P. Gullotta (Eds.) *Handbook of social and emotional learning (3–19)*. New York, NY: Guildford Press.

Skinner, E. A., & Zimmer-Gembeck, M. J. (2016). Development of coping during middle childhood: Cognitive reappraisal, mental modes of coping, and coordination with demands. In E. A. Skinner & M. J. Zimmer-Gembeck, *The Development of Coping* (pp. 163–183). Cham: Springer International Publishing.

Schreier H., Schonert-Reichl K., & Chen E. (2013). Effect of volunteering on risk factors for cardiovascular disease in adolescents: a randomized controlled trial. *JAMA Pediatrics, 167* (4): 327–332.

PHYSICAL HEALTH & WELL-BEING

Harrison, M. E., Norris, M. L., Obeid, N., Fu, M., Weinstangel, H., & Sampson, M. (2015). Systematic review of the effects of family meal frequency on psychosocial outcomes in youth. *Canadian Family Physician, 61*(2), 96–106.

Smaldone A, Honig J., & Byrne M. (2007). Sleepless in America: inadequate sleep and relationships to health and well-being of our nation's children. *Pediatrics, 119* (suppl 1): S29-S37.

Reichelt, A. C. (2016). Adolescent maturational transitions in the prefrontal cortex and dopamine signaling as a risk factor for the development of obesity and high fat/high sugar diet induced cognitive deficits. *Frontiers in Behavioral Neuroscience, 10*, 1–17.

CONNECTEDNESS

Veiga, F., Wentzel, K., Melo, M., Pereira, T., Faria, L., & Galvão, D. (2014). Students'engagement in school and peer relations: A literature review. In *I Congresso Internacional Envolvimento dos Alunos na Escola: Perspetivas da Psicologia e Educação* (pp. 196–211).

Olsson, C., McGee, R., Nada-Raja, S., & Williams, S. (2013). A 32-year longitudinal study of child and adolescent pathways to well-being in adulthood. *Journal of Happiness Studies, 14*(3), 1069–1083.

Oberle, E., Guhn, M., Gadermann, A. M., Thomson, K., & Schonert-Reichl, K. A. (2018). Positive mental health and supportive school environments: A population-level longitudinal study of dispositional optimism and school relationships in early adolescence. *Social Science & Medicine, 214*, 154–161.

Guhn, M., Schonert-Reichl, K. A., Gadermann, A. M., Hymel, S., & Hertzman, C. (2013). A population study of victimization, relationships, and well-being in middle childhood. *Journal of Happiness Studies, 14*(5), 1529–1541.

USE OF AFTER-SCHOOL TIME

Durlak, J. A., Weissberg, R. P., & Pachan, M. (2010). A meta-analysis of after-school programs that seek to promote personal and social skills in children and adolescents. *American Journal of Community Psychology, 45*(3-4), 294–309.

Diamond, A. (2014). Want to optimize executive functions and academic outcomes?: Simple, just nourish the human spirit. In *Minnesota Symposia on Child Psychology* (Vol. 37, p. 205). NIH Public Access.

Immordino-Yang, M. H., Christodoulou, J. A., & Singh, V. (2012). Rest is not idleness implications of the brain's default mode for human development and education. *Perspectives on Psychological Science, 7*(4), 352–364.

Wade C. (2015). The longitudinal effects of after-school program experiences, quality, and regulatable features on children's social-emotional development. *Child and Youth Services Review, 48*, 70–79.

SCHOOL EXPERIENCES

Binfet, J., Gademann, A., & Schonert-Reichl, K. (2016). Measuring kindness at school: psychometric properties of a school kindness scale for children and adolescents. *Psychology in the Schools, 53*(2), 111–126.

van Harmelen A. L., Gibson, J. L., St. Clair, M. C., Owens, M., Brodbeck, J., Dunn, V., ... Goodyer, I. M. (2016). Friendships and family support reduce subsequent depressive symptoms in at-risk adolescents. *PLoS ONE 11*(5): e0153715.

van Noorden, T. H., Haselager, G. J., Cillessen, A. H., & Bukowski, W. M. (2015). Empathy and involvement in bullying in children and adolescents: A systematic review. *Journal of Youth and Adolescence, 44*(3), 637–657

For all publications on the MDI including ones on reliability and validity visit, the [Discover MDI Field Guide \(http://www.discovermdi.ca/mdj-references/\)](http://www.discovermdi.ca/mdj-references/).