



**We care about your  
wellbeing.**

**Tell us how you are feeling  
by using PULSE.**

# What is Pulse

- ❖ **Pulse is a tool for measuring the week-to-week wellbeing and engagement of all our students.**
  - ❖ **It tracks your wellbeing as an individual so that the school can respond if needed.**
  - ❖ **It also tracks your engagement with the school so the school can make changes if necessary.**
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# Why are we using PULSE?

- 1. To enable us to help individual students when needed.**
  - 2. To improve student wellbeing and support learning.**
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# How does it work?

**Once a week, you will be prompted by email to complete a 'Check-In' on the app.**

**The check-in consists of 6 questions.**


**It takes approximately 60 seconds.**

**It will give you a safe way to make your voice heard and give us your opinion on your experience at school.**



# What information are we collecting & who is going to see it?

**We are collecting two kinds of information:**

- ❖ **Identified - how you are feeling?**
  - ❖ **Anonymous - what you think about school?**
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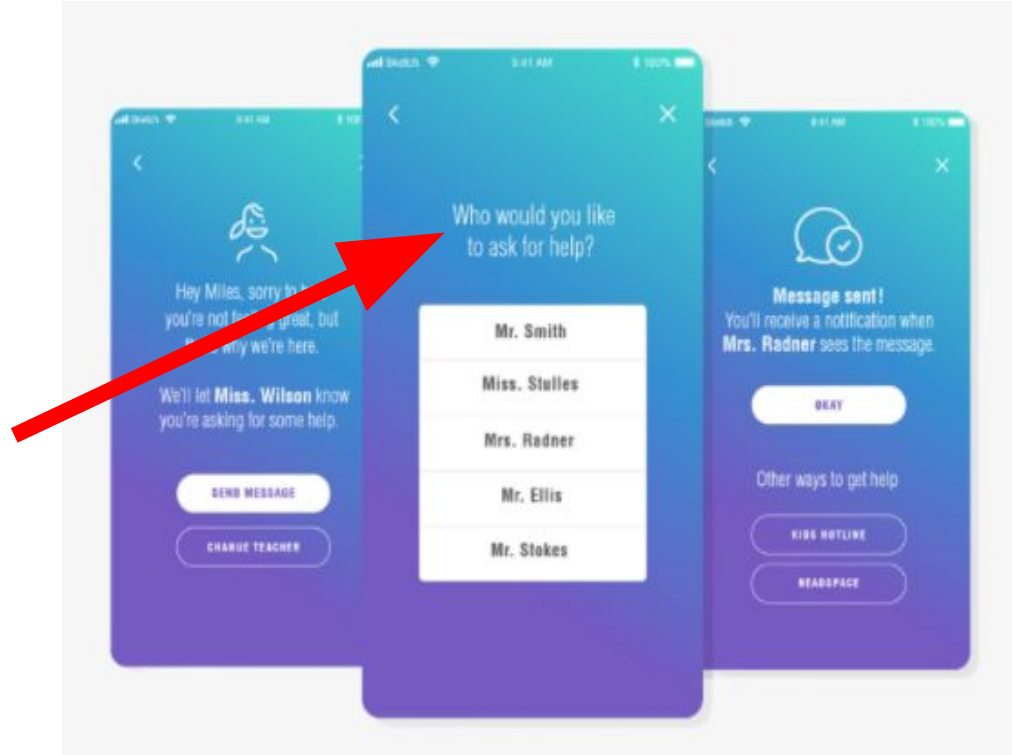
# Identified Information - How you are feeling?

With each check-in, you will be asked 'How you are feeling?'

This question is asked every week and is 'identified' ie. your identity will be attached to your response.

This is important if you need to ask for help.

You will have the option to ask for help from your Dean or other staff members.




# Anonymous Information

**The remaining questions are all anonymous.**

**The school will not be able to see your identity.**

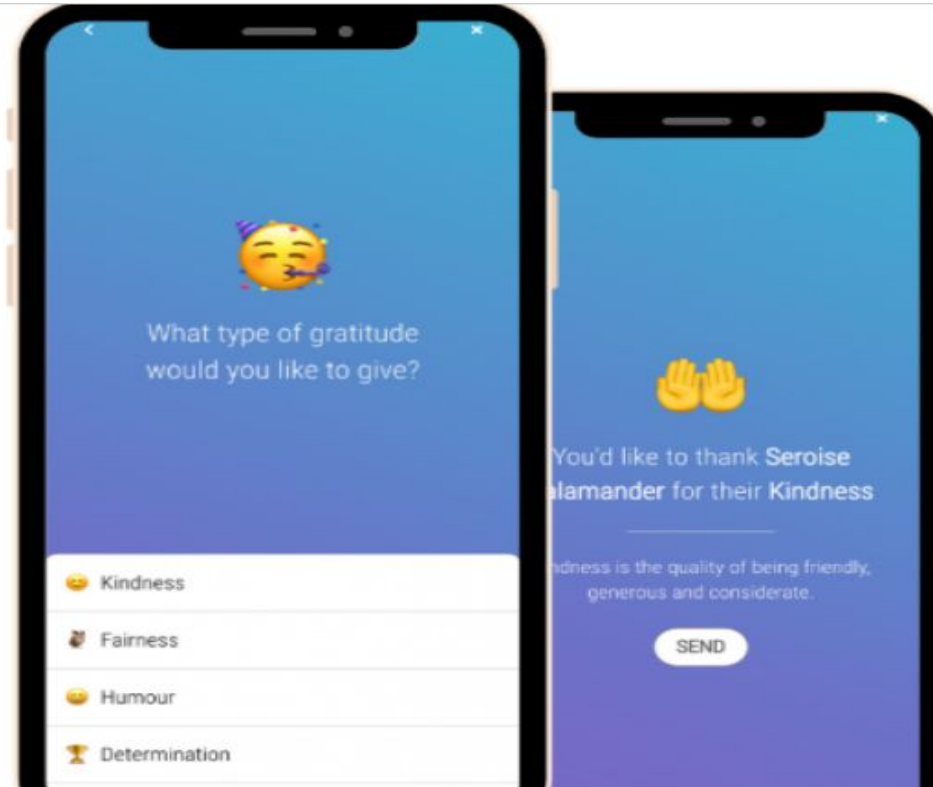
**An example question**



How excited are you about going to your classes?


- Extremely excited
- Quite excited
- Somewhat excited
- Slightly excited
- Not at all excited

# You can also show gratitude to others





# What next

- **This week you will receive a welcome email.**
  - **You will get a reminder each Tuesday to complete the PULSE wellbeing check in.**
  - **There will also be a reminder email that will go out xxxxx to those students who haven't checked in earlier in the week.**
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# How to access

- Via the email you are sent
- Through the app

Apple: <https://apps.apple.com/nz/app/ei-pulse/id1524443267>

Android: <https://play.google.com/store/apps/details?id=com.educatorimpact.pulse>

The ID / Pin number to activate is 327452

- Via the generic Pulse link for the Carmel College:  
<https://pulse.educatorimpact.com/o/327452>



Any questions email Mrs Harrod

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[FAQs students](#)