

Thoughtful Thursday Results

January 9, 2026

Number of students who completed the survey: 749

Out of: 877

Percent Completed: 85.40%

Grade	Percentage
5 th	23
6 th	30.3
7 th	26.80
8 th	19.90

What zone have you been in this week?	Percentage
Blue Zone: Excellent, Hopeful, Energetic, Excited:	28
Green Zone: Happy, Content, Bored, Busy:	60.5
Yellow Zone: Okay, Nervous, Frustrated, Sad, Confused:	9.70
Red Zone: Miserable, Angry, Isolated, Hungry, Scared:	1.70

I need help with my academics	Percentage
No	93.10
Yes	6.9

I need help with managing my behavior	Percentage
No	98.4
Yes	1.4

I need help with managing my emotions	Percentage
No	96.3
Yes	3.7

In the last two weeks, how often have you been feeling worried, nervous or on edge?	Percentage
Not at all	76.8
Some days	19.5
Over half of the days	2.1
Nearly every day	1.6

In the last two weeks, how often have you NOT been able to stop or control worrying or nervousness?	Percentage
Not at all	82.2
Some days	12.4
Over half of the days	1.9
Nearly every day	3.5

Within the last two weeks, how often have you felt afraid or as if something awful might happen?	Percentage
Not at all	83.7
Some days	12.7
Over half of the days	2.3
Nearly every day	1.3

I would like someone to check in on me	Percentage
No	95.9
Yes	4.1