Qoria
Pulse

Giving students a channel to speak up and schools a way to spot those in need - in just 60 seconds a week.

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About
Qoria Pulse

Qoria Pulse is a 60 second weekly check-in tool.

It gives students a channel to speak up and gives leaders better visibility of wellbeing levels across the school, including students in need of rapid intervention.


How it works

Students are asked to do a quick and easy weekly check-in, lasting just 60 seconds.

During each check-in, students are encouraged to reflect on their mental, social and physical wellbeing by answering 5 randomised evidence-based questions from the ARACY framework, starting with a simple yet crucial question, "how are you feeling today?"

When a student flags that they need help, Qoria Pulse will connect them with a trusted teacher, school leader, or administrator of their choosing.
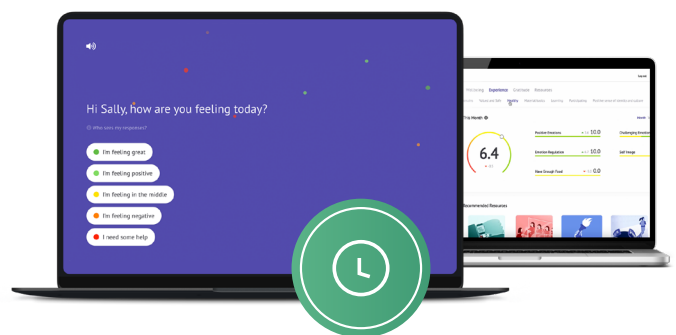
Highlights

✓ **Instant visibility of student wellbeing**
60-second weekly check-ins give school leaders visibility of wellbeing levels across the school, years and classes.

✓ **Provides a channel for students to speak up**
Vulnerable students can be better supported, including targeted and rapid interventions, if needed.

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Qoria Pulse
features & benefits

Identify and support students who need help:

✓ **60 seconds a week**
Fun and easy 60-second weekly check-ins encourage students to reflect on their mental, social and physical wellbeing by answering evidence-based questions.

✓ **Reaching vulnerable students who don't speak up**
Provides students with a safe and accessible way to reach out for help, starting with a simple question. 'How are you feeling today?'

✓ **Help from a trusted adult**
When a student flags that they need help, Qoria Pulse will connect them with a trusted teacher, school leader, or administrator of their choosing.

dedicated to keeping children safe

Take action with real-time data:

✓ **Actionable insights**
Get insights into a student's current wellbeing. Translate data into an appropriate and early intervention. Track improvement over time.

✓ **Instant snapshots**
Get an instant snapshot into school-wide wellbeing. Drill down and identify hotspots across year groups or classes.

✓ **Access wellbeing resources**
Take a holistic approach towards improving wellbeing by providing staff with the relevant resources they need to support students. Over 150 evidence-based Character Lab resources including wellbeing tips and playbooks are available within Pulse.
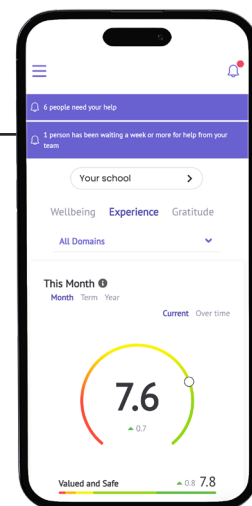
Qoria Pulse
features & benefits

A community-wide wellbeing solution to support every student:

✓ **Wellbeing teams**
Wellbeing teams can access their whole school or classroom sentiment and historical student check-in data to identify patterns and address issues before they become problems.

✓ **Simple student support**
Students have a super simple way to connect with staff when they require wellbeing support.

✓ **Staff effectiveness**
Staff can use their time more effectively by understanding how their students are doing, and identify students who need early intervention.

✓ **Access wellbeing resources**
Take a holistic approach towards improving wellbeing by providing staff with the relevant resources they need to support students.
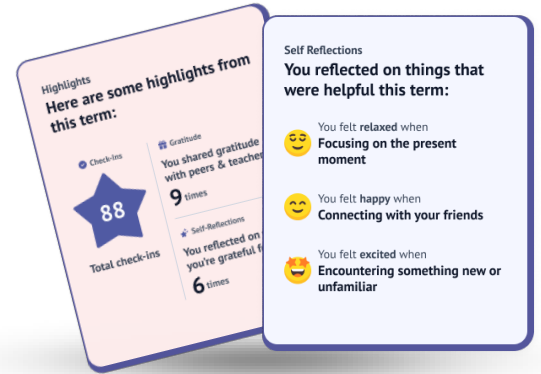
Help develop emotional intelligence with Reflections:

✓ **Reflect on check-ins**
Students can see a summary of their check-in activity from the previous term or year in a fun, easy-to-understand way to help them reflect and develop self-awareness.

✓ **Key check-in stats**
Students' check-in frequency and the range of different emotions they've experienced over the past term are shown to them, helping them recognise any patterns.

✓ **Review gratitude and happiness**
Students can see who they've been grateful for and why, along with reflecting on what they've appreciated most. They can also identify what helps them feel relaxed, excited, and happy.
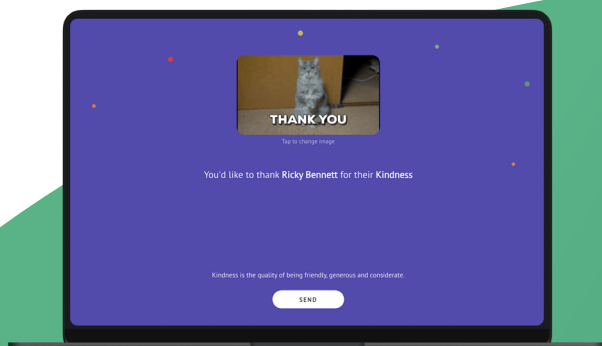
Contributes to positive culture building

Encourages gratitude. Students can give a shout-out to a fellow student or a staff member.

Pulse's role in our
Digital Safety and Wellbeing Framework
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About our Framework

Our Digital Safety and Wellbeing Framework enables school leaders to explore our solutions as they apply to the three most common pillars found in health and safety planning:

1. Prevention 2. Early detection 3. Education.

Schools can use this, supported by our Qoria team, to identify their priorities and plan the steps needed to achieve a more efficient and robust provision of care.

Our Framework is also a useful way for school leaders to keep abreast of the types of solutions available to them in the market. It helps them to better understand the role each of them plays and how they combine to build a digital wellbeing culture across the whole community.

none of us is as powerful as all of us

The role of Qoria Pulse

Qoria Pulse sits in the Early Detection & Intervention part of our Framework.

It allows schools to spot students whose vulnerability is not easily detected through a web filter, is not easily spotted through the eyes and ears of teachers

and who therefore could go unnoticed, or noticed too late. It provides a vital channel for children to speak up.

Qoria Pulse is a vital component in proactive, digital safety and wellbeing provision.

Qoria Pulse
Impact

24k students
have received the support needed through the "I need help" feature.

7.2m weekly
check-ins have placed students on the 'wellbeing radar'.

4.7m gratitude shares
have built connection and belonging in school communities.

25% of students
who needed help reached out the first time they used Pulse.

"It's probably the least time consuming thing we have brought on board in the last two years that has added the most value."

Rachel Wilding, Principal
Smart Vision School

"We have had students who reached out to ask for help through the Pulse platform in the first week. I've said it before and I'll say it again: anything that saves even one student is worth doing."

Mary Terese Lopata, Director of Guidance
Mercy Career & Technical High School

27 million
students supported and protected by our technologies every day.

32,000
schools provide better digital safety and wellbeing support because of our solutions.

2 minutes
a child at potential serious risk is found every 3 minutes because of our solutions.

More information

Get in touch

To learn more about Pulse including a demo please contact our team. We are waiting to help.

W: qoria.eu/pulse
E: enquiries@qoria.eu

Qoria

Qoria is a global technology company, dedicated to keeping children safe and well in their digital lives. We harness the power of connection to close the gaps that children fall through, and to seamlessly support them on all sides - at school, at home and everywhere in between.

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