

Elementary District Mental Health Report—2025–2026

District: California District

Date Prepared: 10 Dec 2025

No. of Schools/Eligible: 5/5 (2022), 5/5 (2023), 5/5 (2024), 5/5 (2025), 5/5 (2026)

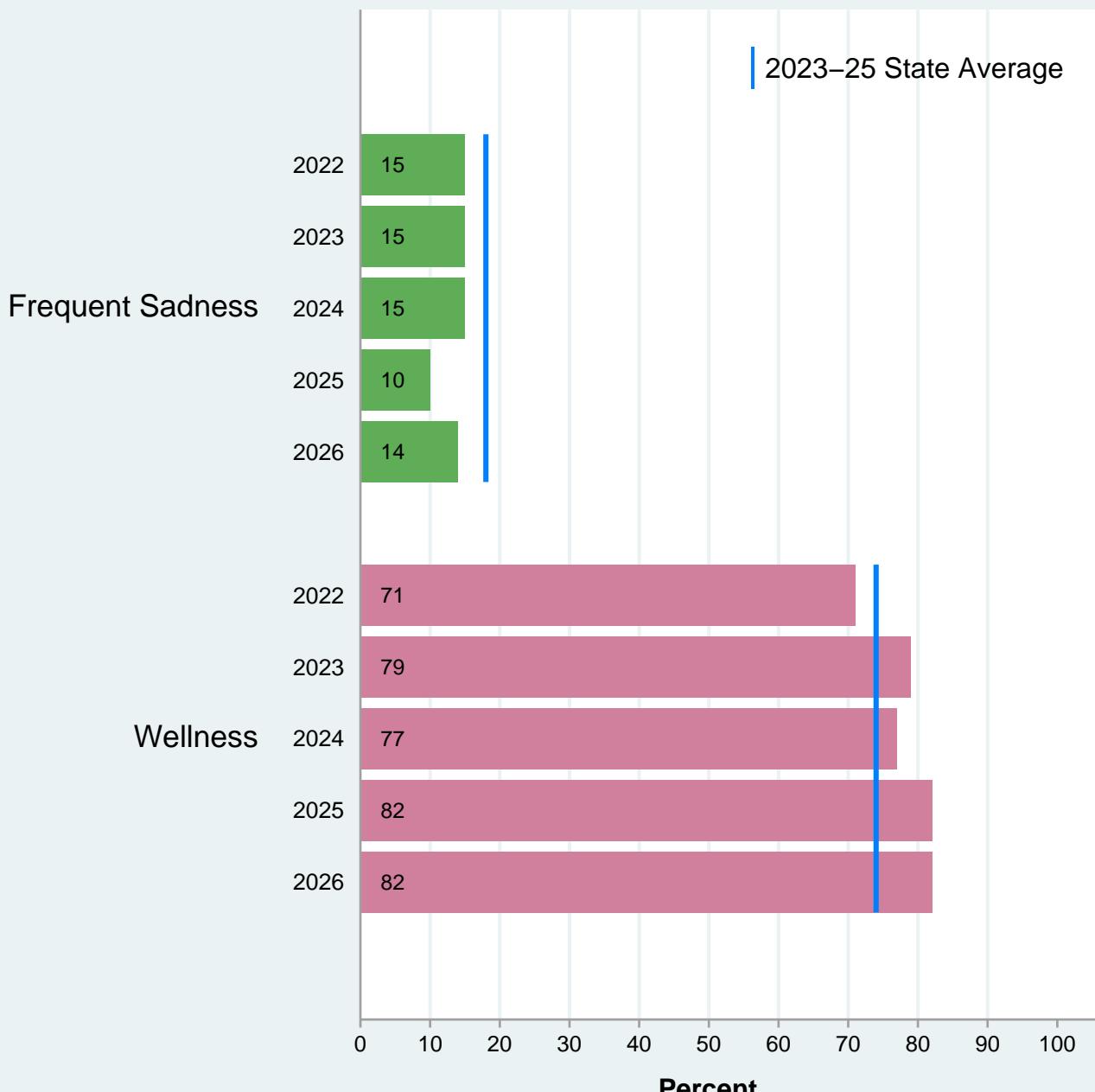
Number of Responses: 320 (2022), 280 (2023), 270 (2024), 300 (2025), 310 (2026)

Response Rate: 60% (2022), 59% (2023), 57% (2024), 70% (2025), 75% (2026)

Grade 5

Mental Health Indicators

Based on responses from students to the California Healthy Kids Survey



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Mental Health Indicator Trends

	2022 (%)	2023 (%)	2024 (%)	2025 (%)	2026 (%)
Frequent Sadness					
Grade 5	15	15	15	10	14
Wellness					
Grade 5	71	79	77	82	82

Note: An em dash (—) is displayed if there are no data or insufficient responses.

How are the Mental Health Indicators Calculated?

“Frequent Sadness” is measured by the percentage of students who report feeling sad most of the time or all of the time. “Wellness” is assessed by the percentage of students who report that they feel good and happy most of the time or all of the time.

The survey items are listed below.

- (1) Frequent Sadness (1 item)
 - o Do you feel sad?
- (2) Wellness (1 item)
 - o Do you feel good and happy?

Results are based on responses from students in 5th grade on the California Healthy Kids Survey.

Results are not included if less than 50% of students or less than 15 respondents provided data at the school or district.

Further information about the mental health indicators can be obtained by contacting Cindy Zheng at czheng@wested.org.

State Averages

State averages are based on responses from students in 5th grade who provided data on the California Healthy Kids Survey during the 2023–2024 and 2024–2025 school years.

2023–25 State Averages of Mental Health Indicators

Indicator	Grade 5 (%)
Frequent Sadness	18
Wellness	74