

Planning for health improvement

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Health related behaviour survey



Personal background



Age appropriate

Anonymous



Drugs and sexual health



Why participate

Provide you with school related data

- Use to evidence what you know that is positive in your schools
- Inform planning for how sensitive topics can be addressed through learning opportunities
- Identify health improvement priorities that can be supported with Public Health support

At borough level

- Use the insight to plan a programme of support to schools
- Inform local services



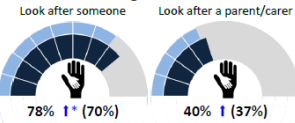
School profile

A Snapshot of Pupils in Example School (page 1 of 4)

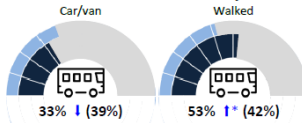
	Example School		Anyshire	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	82	63	1094	1067
Girls	69	72	1074	1018

The darker section of each chart represents the percentage for Example School, while the lighter section represents the Anyshire finding (figure shown in brackets). An arrow next to each percentage indicates whether the figure for Example School is higher (↑) or lower (↓) than the figure for Anyshire and an asterisk is used if a difference is statistically significant. If there is no difference, ↔ is used.

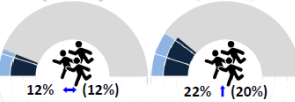
Caring at Home



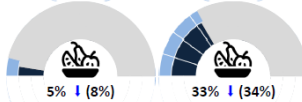
Travel to School Today



Number of Days Physically Active Last Week



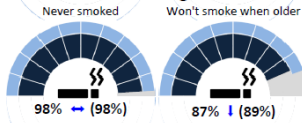
Portions of Fruit and Vegetables Yesterday



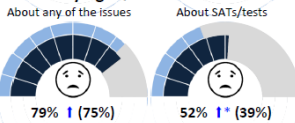
Internet Safety



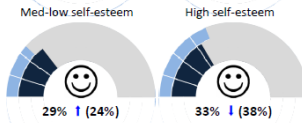
Smoking



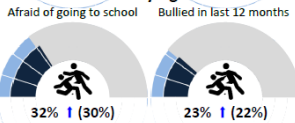
Worrying 'Quite a lot' or 'a lot'



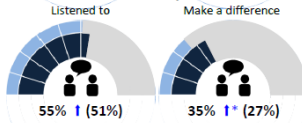
Self-esteem



Bullying



Views and Opinions



Top 10 most positive differences between Example Primary School and Example Area:

	School 2021	Anyshire 2021	
↑ Pupils who walked all the way to school on the day of the survey.	53%	42%	
↑ Pupils who feel their views and opinions make a difference to how their school is run.	35%	27%	
↑ Pupils who feel their views and opinions are listened to in school through a school/class council.	75%	68%	
↑ Pupils who travelled to school by car/van on the day of the survey.	33%	39%	
↑ Pupils who agreed that the school cares whether they are happy or not.	76%	70%	
↑ Pupils who didn't eat any portions of fruit or vegetables on the day before the survey.	5%	8%	
↑ Pupils who feel their views and opinions are listened to in their school.	55%	51%	
↑ Pupils who have been told how to stay safe while using the internet.	86%	83%	
↑ Pupils who don't enjoy physical activities 'at all'.	1%	2%	
↑ Pupils whose school encourages everyone to take part in decisions.	76%	74%	

Top 10 least positive differences between Example Primary School and Example Area:

	School 2021	Anyshire 2021	
↓ Pupils who worry about SATs/tests 'quite a lot' or 'a lot'.	52%	39%	
↓ Pupils whose parents/carers smoke.	43%	33%	
↓ Pupils who 'rarely or never' eat takeaway foods/fast foods.	26%	36%	
↓ Pupils who don't cycle.	32%	23%	
↓ Pupils who <u>do not</u> know enough about how their body changes as they get older.	17%	11%	
↓ Pupils who are often responsible for looking after a brother or sister when they are at home.	65%	55%	
↓ Pupils who responded that no-one ever smokes at home.	56%	66%	
↓ Pupils who are often responsible for looking after at least one of the people listed when they are at home.	78%	70%	
↓ Pupils who experienced at least one of the negative behaviours listed in the month before the survey.	70%	64%	
↓ Pupils who use internet chat rooms or social networking sites 'very often/every day'.	24%	19%	



School report



Example Community College: Self-confidence, self-awareness and understanding of how to be a successful learner:

	Year 10		Total
	Boys	Girls	
Pupils who had a high or maximum score (28 – 35) on the Short Warwick Edinburgh Mental Wellbeing Scale.	24%	14%	17%
Pupils who, if they don't succeed at something, 'usually' or 'always' keep on trying until they do.	58%	22%	35%
Pupils who, if they don't succeed at something, 'usually' or 'always' try a different way of doing it.	39%	27%	30%
Pupils who think they get enough sleep to stay alert and concentrate on their school work.	71%	69%	69%



Hillingdon report

☐ The top four worries for Year 8 pupils were:

	Boys		Girls
Their future	42%	Their future	50%
Getting a job	37%	Exams & tests	50%
Exams & tests	32%	Getting a job	42%
Mental health of family	21%	Their looks	32%

☐ The top four worries for Year 10 pupils were:

	Boys		Girls
Their future	53%	Exams & tests	69%
Exams & tests	43%	Their future	67%
Getting a job	42%	Getting a job	56%
Mental health of family	18%	My mental health	41%

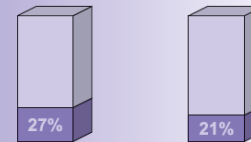
Questions included in both the primary and secondary versions of the questionnaire

Cross-phase data

BULLYING

Are you ever afraid of going to school because of bullying?

- ☐ 27% (28%) of primary pupils and 21% (17%) of secondary pupils say that they feel afraid of going to school because of bullying at least sometimes.



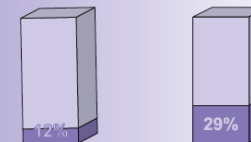
- ☐ Our surveys show that the fear of bullying figure for girls is consistently higher than for boys.

SELF-ESTEEM

- ☐ Self esteem generally increases with age. 43% (44%) of Year 6 boys recorded levels of high self-esteem; the girls 32% (39%). In Year 10 the levels for high self-esteem are boys 52% (57%) and girls 32% (40%).
- ☐ 33% (30%) of Year 6 pupils said they were 'quite' or 'very worried' about moving to high school. 42% (39%) of primary pupils worried about schoolwork/SATs/tests. 49% (45%) of secondary pupils worried about schoolwork/exams and tests, 53% (50%) of secondary pupils worried about their future.

RESILIENCE

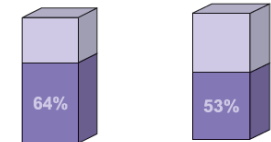
- ☐ If at first you don't succeed, 71% (73%) of Year 6 pupils said they 'usually' or 'always' keep trying. 55% (66%) of Year 10 pupils said the same.
- ☐ 40% (46%) Year 6 pupils recorded a 'high' resilience score, 22% (29%) of secondary pupils recorded the same.
- ☐ There is an upward trend in the proportion of pupils who recorded low resilience scores: primary 12% (10%), secondary 29% (22%).



HEALTHY EATING

How often do you eat or drink the following... 'on most days'?

- ☐ There is a downward trend in the number of pupils who report eating fresh fruit 'on most days': primary 64% (66%), secondary 53% (53%).

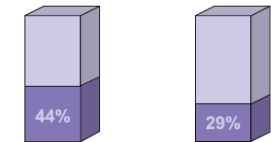


- ☐ Similar proportions of boys report drinking energy/sports drinks 'on most days': primary 7% (8%) secondary Year 10 boys 8% (9%).

PHYSICAL ACTIVITIES

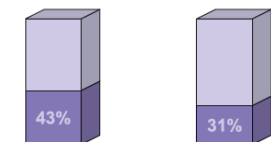
How many days were you physically active?

- ☐ The proportion of pupils who reported that they exercised at least three days or more in the last week, enough to get out of breath and/or sweaty, was higher among primary pupils in 2021 compared with secondary pupils 38% (31%) compared with 30% (29%) respectively.
- ☐ 44% (32%) of primary school pupils said that they did physical activity on at least 5 days in the last 7 days. The secondary school data reveal that this figure is lower at 29% (25%) for secondary aged pupils.



BELONGING

- ☐ 54% (53%) of primary pupils said they very strongly feel that they belong to their school. 28% (35%) of secondary pupils said the same.
- ☐ 31% (32%) of primary pupils said they very strongly feel that they belong to the London Borough of Ealing. 24% (29%) of secondary pupils said the same.
- ☐ 43% (44%) of primary pupils said they very strongly feel that they belong to Britain. 31% (36%) of secondary pupils said the same.



How does it happen

- Online survey - allow up to an hour of lesson time
- Year groups 4,6,8,10
- Register online with SHEU – provide a named contact
- Receive pack from SHEU - model letters for parents/carers, briefing notes for staff, questionnaires and feedback forms
- Book IT
- Inform parents
- Inform pupils



Key dates



Registration closes

<https://www.sheu.org.uk/register>



Online survey period



Why participate

WIN £100

"The SHEU survey has a major impact on our SDP, PHSE curriculum, Ofsted outcomes and Governor understanding. As a result of taking part and using the evidence provided we were able to offer more support for students which had a direct impact on improved attendance and outcomes." Deputy Head Secondary School

"Our primary school has used the data from SHEU questionnaires. Responses from our Year 4 cohort caused us concern, so we put in place a number of team building, motivational projects. We then assessed their effectiveness by requesting the SHEU survey for these pupils as Year 5s." Primary School Learning Mentor

"I have never looked at myself in this way before." Pupil

