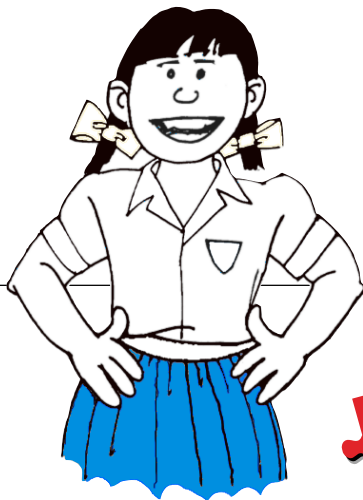


# Supporting the health of OUR YOUNG PEOPLE

## A REPORT FOR OUR SCHOOL

### Topics include:

- Bullying
- Being Healthy
- Happiness
- Good Food
- School and Fun
- Growing up



### INTRODUCTION

This report talks about the results of the health survey which took place recently in primary schools in our area.

It has been organised into topics to help pupils, teachers, parents and carers think about health and wellbeing in our schools.

Pupils in Years 1-3 had a picture questionnaire and pupils in Years 4-6 either did a paper questionnaire or an online version.

The questionnaires were

anonymous and the completed questionnaires were sent to the Schools Health Education Unit in Exeter for processing and were destroyed afterwards.

The results of the survey can help us decide together what things we can do to improve health and wellbeing in our school.

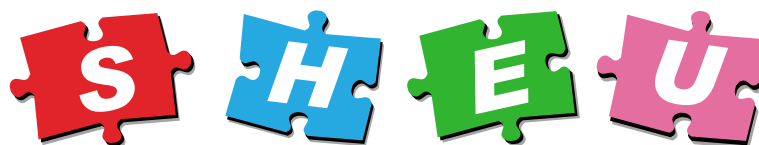
The survey can be repeated every year or two years to see if what we are doing in school to improve things is working. Secondary school pupils have also been taking part in the survey.

### Who took part?

124 boys

124 girls

**248 pupils in our school took part**



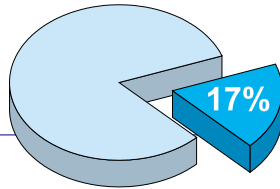
Schools Health Education Unit

SHEU surveys support schools promoting health and wellbeing through behaviour change

For more information about our work go to <http://sheu.org.uk/>

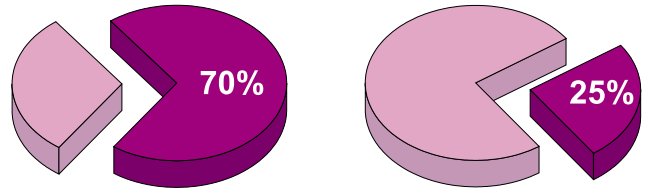
## Bullying

- 17% of older pupils (Years 4-6) reported that they felt afraid to go to school because of bullying, at least sometimes.



- 9% of younger pupils (Years 1-3) said that they felt scared to go to school because of other children.
- 4% of older pupils reported that they thought they were bullied because of the clothes they wore and 12% said for another reason.

- 9% of the younger pupils said they went to an after school club 'a lot'.
- 41% of the younger pupils said that they go swimming a lot.
- 70% of the older boys and 25% of the older girls said they spent time at playtimes playing ball games.

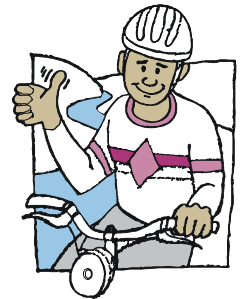


? Are boys more active than girls?

? What things can be done to stop people being afraid to go to school because they might be bullied?



- 45% of the younger pupils said they ride their bike a lot.

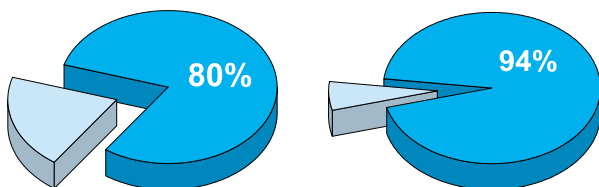


## Being Healthy

### - Physically Healthy



80% of older boys and 94% of older girls said they found it very easy to be active at playtime.



- 73% of the older pupils reported that they usually clean their teeth at least twice each day.



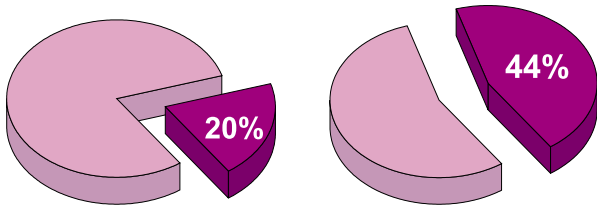
- 15% of older pupils went to the dentist last time because they were having trouble with their teeth, 85% went for a check up.

? What can be done to make sure pupils don't need fillings at this age?

## Being Healthy

### - Happiness

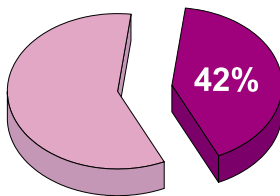
- 20% of older boys and 44% of older girls said they worried about SATs and tests 'quite a lot' or 'a lot'.



- 50% of older pupils said they worried about their family 'quite a lot' or 'a lot'.



- 42% said they worried about crime.



- 77% of older pupils said that they often or always felt happy at playtime/lunchtime.
- 54% said that they often or always felt safe at playtime/lunchtime.
- 9% of the younger pupils said that they didn't like going to school.

**? Who can pupils talk to if they are worried about something?**

### - Good Food

- 65% of older pupils had cereal for breakfast the day they did the survey.



- 19% had toast, 4% of pupils said that they had some fruit for breakfast that day.
- Only 14% of older pupils said that they had 5 or more portions of fruit and vegetables the day before the survey. 18% said 'one'.

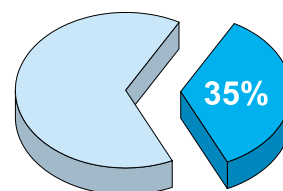
### ? Why are 86% of pupils not having '5 A Day'?

- 81% of older pupils said that they had fresh fruit on most days.
- 73% of older pupils said that they have vegetables on most days.

- 31% of older pupils said that they had sweets or chocolate most days.

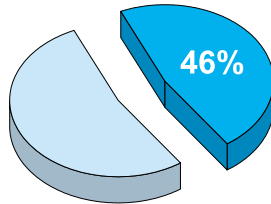


- 81% of pupils said that they drank water most days. 96% of pupils said that they could get water easily at school.
- 35% of older pupils said that they rarely or never ate fish or fishfingers.

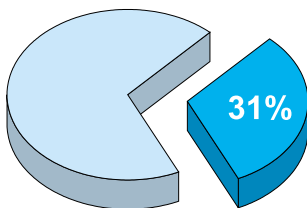


## - School and Fun

- 46% of pupils spent time doing homework the night before the survey.



- 96% of older pupils said that their work was marked so they could see how to improve it.
- 81% said that their achievements in and out of school are recognised.
- 77% said they knew their targets and were helped to meet them.
- 60% of boys and 38% of girls read a book for pleasure the night before the survey.
- 92% of pupils said it was important to go to school regularly.
- 61% of older pupils said that they enjoy most or all of their lessons. 15% said hardly any of them.
- 31% of pupils said they would like more or better equipment to play with at playtimes.



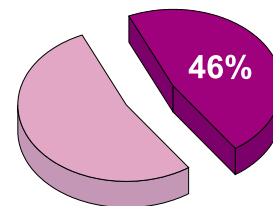
## - More school and fun

- 85% of older pupils said that their views and opinions were listened to in school.
- 85% said school encouraged everyone to take part in decisions.
- 54% said their school encouraged them to take part in community events.



## - Growing up

- 60% of older boys and 50% of older girls said they would like to talk with their parents about how their body changes as they grow up.
- 46% of older pupils felt that they knew enough about how their body changes as you get older.



- 10% of boys and 25% of the older girls said they worried quite a lot or a lot about how their body changes as they grow up.

## What happens next?

What things can you do to help your school become a healthier school?

Are there differences between the answers for boys and girls? If there are, why do you think this is?

Can you do things in class or talk about the issues at school council?