



# FIT TO SUCCEED - Teachers Session Guide

- The on-line questionnaire should take approximately 35mins for each student to complete
- The survey is totally confidential
- The importance of the survey should be explained: all local schools will be taking part
- Please discourage consultation and encourage accurate honest answers.
- Please request that the students answer all the questions if they can, however if they don't want to, they don't have to.
- If the student does not complete the questionnaire they may finish it at a later time using their individual student ID.

## Running the online Survey with a Class:

1. Each student will need to know :

o School Code	<input type="text"/>
o Individual Student ID	
o UPRN – Pupil Role Number	

Example Student ID ticket:

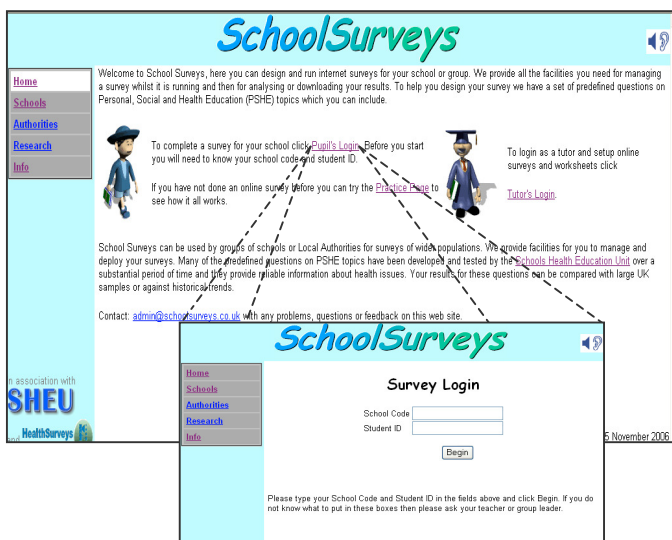
Your **School Code** is ???

Your **Student ID** is ??

**Instructions:** Go to the web page <http://www.schoolsurveys.co.uk/> then click on the "Student login" link. Use your School Code and Student ID to start the survey.

2. Log onto [www.schoolsurveys.co.uk](http://www.schoolsurveys.co.uk) :

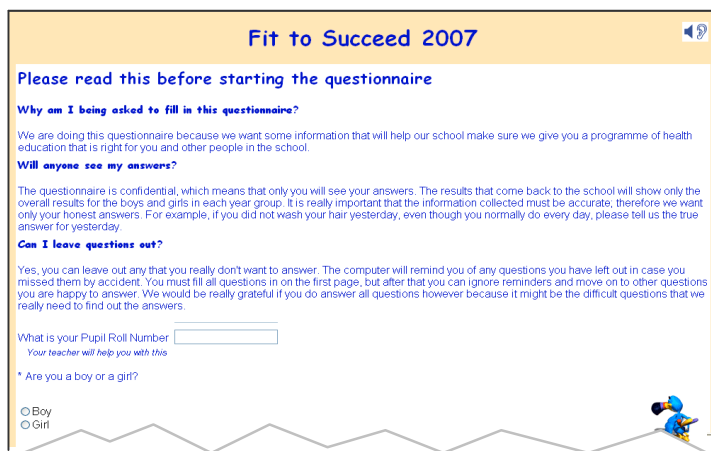
3. Click [Pupil's Login](#)



4. Students enter their details to start the survey:

Pupil Roll Number →

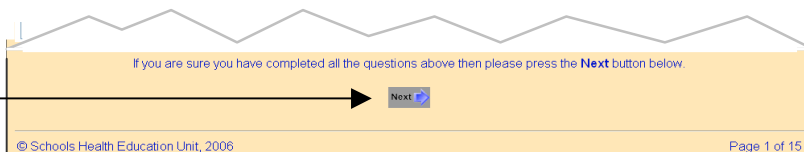
Begin answering qu.'s →





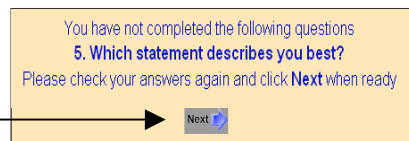
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5. Click next for next page

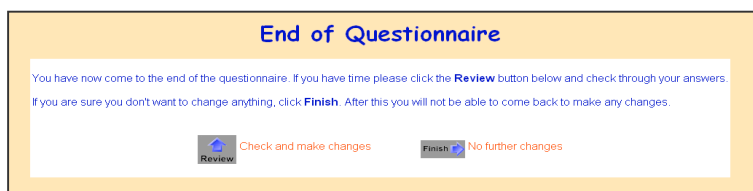


6. A reminder appears if a question has not been completed

Click next again if you do not wish to answer the question/s



7. End of Questionnaire:



8. Finish:

**"Your Personal Fitness Measurement"**

9. This information can be read and/or printed.

10. Links to various Health websites:



[www.galaxy-h.uk](http://www.galaxy-h.uk)  
for 7-11 year olds



[www.lifebytes.gov.uk](http://www.lifebytes.gov.uk)  
for 11-14 year olds



[www.mindbodysoul.gov.uk](http://www.mindbodysoul.gov.uk)  
for 14-16 year olds



[www.teenagehealthfreak.org](http://www.teenagehealthfreak.org)  
for teenagers.

**Thank you for helping with this survey, please also thank the students.**



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[www.sheu.org.uk](http://www.sheu.org.uk)