

Pupil wellbeing survey 2016

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Thank you for participating in our survey. Your feedback about your sense of wellbeing and the healthiness of your lifestyle is important to us so that, as a College, we can encourage and promote the wellbeing of our pupils, helping all to thrive.

Please provide honest answers however if, for any reason, you do not wish to answer a question, then you can simply leave it blank.

You are not asked for your name when completing this survey and your answers will be anonymous. The only exception will be if you write something that indicates that you are at risk of harm to yourself or others, or are being harmed by others, in which case we are duty bound to investigate.

If you have any questions please see Mrs Griffiths.

Mr Northcote-Green and Mrs Griffiths

Pupil wellbeing survey 2016

About you

1. Which school year are you in?

2. What school year were you in when you joined the College?

3. Are you a boarder?

Yes

No

Pupil wellbeing survey 2016

The school day

4. We're considering changing the timings in the school day and we'd like to find out what you think about the current school day and your ideas for change.

Please tell us to what extent you agree with the statements below

	Strongly disagree	Disagree	Agree	Strongly agree
My learning would improve if lessons were longer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The lunch time is too long	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is generally enough time between lessons for me to get to my next lesson on time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am generally mentally tired at the end of a school day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am generally physically tired at the end of a school day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I regularly stay at school after 4:15pm 3 or more times a week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do enjoyable or worthwhile things during lunchtime	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The pace of the school day is about right	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have enough time with my form tutor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the school day, a good balance is struck between working and free time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My school bag is often very heavy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I spend lots of my holiday time studying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please write any additional thoughts about the school day here

5. How long does it take you to travel to school in the morning?

6. On average, on school days, how much unstructured or free time to you have?

7. How much sleep do you get, on average, on a school night?

8. Please indicate to what extent you agree with the following statements:

	Strongly disagree	Disagree	Agree	Strongly Agree
I generally find assemblies interesting and engaging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My tutor shows concern for me as a person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I understand what I need to eat to have a balanced and healthy diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel safe when I'm at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy with how I look	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I generally find my wellbeing lessons/sessions interesting or worthwhile	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy with the availability of snacks and drinking water outside meal times	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sanctions or punishments are given out in a fair and consistent way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rewards are given out in a fair and consistent way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you have any comments to make on the topics in this question, please do so here.

9. Do you usually eat breakfast?

Yes

No

If not, why not?

10. Do you generally eat a healthy, balanced lunch when at school?

Yes

No

If not, why not?

11. Which of the following are likely effects of using a smart phone? Tick all that you think are true.

- Your eyesight can be affected
- The light from the screen can make it harder to go to sleep
- You lose the ability to speak to people
- You can develop attention deficit disorder
- Your IQ can decrease

12. Please indicate whether you think the following statements are true or false

	True	False	I don't know
It is illegal to possess or view sexually explicit pictures if you are under 16	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smoking cigarettes can lead to cancer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If you drink alcohol as a teenager you are much more likely to become an alcoholic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E-cigarettes are safe to smoke	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smoking marijuana can lead to mental health issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	True	False	I don't know
Drinking alcohol makes you more likely to take risks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are people at school who you can talk to if you are worried or concerned about something	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People who have a mental health issues should just pull themselves together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1 in 10 young people between 5 and 16 suffer from a diagnosable mental health issue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teenage brains are more susceptible to addiction than adult brains	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know what signs to look out for in friends and myself as possible symptoms of mental ill health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Pupil wellbeing survey 2016

Free time

13. We'd like to get an idea of how our boys use technology and how much exercise you get.

Please indicate how much time you spend on average each day...

	None	Less than 30 minutes	Between 30 minutes and an hour	Between 1 and 2 hours	Between 2 and 3 hours	More 3 and 4 hours	More than 4 hours	I'm continually engaged throughout the day
Watching TV or TV on demand	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Playing sport or other aerobic exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using the gym	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Using social media	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Browsing the internet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. On an average week, how many times do you engage in physical activity ie. sport, running, working out, playing football?

15. If you regularly use the gym, please tell us the reasons for this. Tick all that apply.

- To improve fitness
- To improve my sporting performance
- To gain muscle
- To look good
- Because others are doing it
- As a social activity
- To unwind
- Other (please specify)

16. What do you do when you're on the internet?

- Use social networking sites
- Research for homework
- Play games
- Look at emails
- Read the news/sport
- Download TV or movies
- View pornography
- Other (please specify)

17. Do your parents or boarding house master have any control over what you do on the internet?

- Yes - a lot
- Yes - a little
- No

18. Do the devices you use outside of school have *effective* filters to restrict content?

- Yes
- No

19. Do you feel safe when online?

- Yes, all the time
- Yes, mostly
- No

20. Are you confident that you can look after yourself online?

- Yes
- No, I would appreciate advice on this

21. Some people say that their online persona is different from their real life personality. Do you agree?

- Yes
- No
- I don't know

22. In the last year have you felt unhappy or scared due to conversations or activity online?

- Yes
- No

If you said yes, please tell us what made you feel unhappy or scared

23. During the last year have you sent or received pictures of a sexual nature?

- Yes
- No

24. In the last year have you come across internet pictures or content that you'd have preferred not to have seen?

- Yes
- No

Pupil wellbeing survey 2016

Free time (b)

25. What did you do about it?

- I told an adult
- I told a friend
- I looked away
- I closed down the page
- I didn't know what to do
- Other (please specify)

Pupil wellbeing survey 2016

Our community

26. DC is ethnically and culturally diverse with boys from a wide range of backgrounds. Whilst at school have you ever felt discriminated against because of your beliefs, background, sexuality, race or any other factor?

- Yes
- No

If you answered yes, please tell us **when, where and on what grounds** you have experienced discrimination?

27. Do you have at least one friend at school?

- Yes
- No

28. Who would you tell if you were being bullied or were worried or unhappy? Tick all that apply.

- A friend
- A teacher
- Your form tutor
- Your parents
- Your learning support teacher, if you have one
- The College counsellor
- Members of the Chaplaincy team
- A coach or music teacher
- Your housemaster
- The boarding house staff
- A prefect
- An older boy
- Your mentor
- No-one
- Other (please specify)

29. How long did it take you to settle into life at the College?

- I settled in straight away
- A few weeks
- About half a term
- About a term
- A year
- Other (please specify)

30. To what degree have the following made you feel stressed or worried over the last year?

	Not at all	A little	Quite a lot	Very
Sitting exams or tests	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Revising for exams or tests	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relationships with your friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other boys at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Issues at home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worries about your academic work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being generally too busy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Concern about failure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Concern about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Body image	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Issues related to your online life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being in trouble with a member of staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Are there other things that have make you feel worried or stressed? If so, please write them here.

31. During school time what would you do if you had questions about spiritual matters (which don't have to be religious)? Tick all that apply.

- I'd talk about it with my friends
- I'd read a book about it in the library
- I'd look for an answer online
- I'd speak to the Chaplain
- I'd speak to the Chaplaincy assistant
- I'd speak to my tutor
- I'd speak to an RT teacher
- I'd save it for when I got home
- Independently, I rarely or never think about spiritual matters
- I wouldn't do anything about it
- Other (please specify)

32. Do you feel that the right amount of time during the week is given over for personal reflection or faith based activities?

- Yes
- No

If you answered no, please explain your answer

Pupil wellbeing survey 2016

Life at the College

33. What's your favourite thing about being a pupil at the College?

34. If there was one thing that you would change about being at pupil at the College, what would it be?

35. Please rate how happy you feel about being a pupil at the College.

- Very happy
- Quite happy
- A little unhappy
- Deeply unhappy

36. If you have any further suggestions or comments about wellbeing at the College, please make them here.

About wellbeing lessons/sessions:

About any other matter related to your wellbeing: