

Wellbeing survey - DC/St Martin's

Pupil wellbeing survey 2016

Thank you for participating in this survey about your sense of wellbeing and the healthiness of your lifestyle. These things are important to us at St Martin's so that as a school we can encourage and promote the wellbeing of our pupils, helping everyone 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 Poole.

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About you

1. Which school year are you in?

2. In which school year did you join the school?

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

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

5. Please estimate your height

Centimetres

6. Please estimate your weight

Stones

Pounds

7. Do you usually eat breakfast?

Yes

No

If not, why not?

8. What did you eat for breakfast this morning?

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

Yes

No

If not, why not?

10. In an average week, how many times do you engage in physical activity ie. sport, running, working out?

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Your views

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

	Strongly disagree	Disagree	Agree	Strongly Agree
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 try hard in my lessons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often lose my temper	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I feel upset or worried at school, there are people who will help me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I feel upset or worried at home, I have people who will help me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know how to help myself when I feel upset or worried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My parents have high expectations for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My teachers have high expectations of me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have high expectations of myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often feel tired whilst at school	<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.

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 it can affect your brain development	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
E-cigarettes are safe to smoke	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Energy drinks contain high levels of sugar and caffeine which can be bad for your health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drinking alcohol makes you more likely to take risks	<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"/>
It is easy to permanently remove a picture that has been posted online	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important to win every argument/fight that I'm in	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I can generally handle my emotions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Technology

13. We'd like to get an idea of how you use technology. 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"/>
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"/>
Chatting online	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Completing homework	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catching up on news/current affairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Checking emails	<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. Does your parent/carer have any control over what you do on the internet?

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

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

- Yes
- No

16. Do you feel safe when online?

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

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

- Yes
- No, I would appreciate advice on this

18. 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

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

- Yes
- No

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

- Yes
- No

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Free time (b)

21. 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)

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Our community

22. 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
- Parent/carer
- Your learning support teacher, if you have one
- Your mentor
- A sports coach or music teacher
- The school nurse
- A prefect
- An older student
- No-one
- Other (please specify)

23. How long did it take you to settle into school life?

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

24. 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 students 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"/>
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.

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Life at St Martin's

25. What's your favourite thing about being a pupil at St Martin's?

26. If there was one thing that you would change about being at pupil at St Martin's, what would it be?

27. Please rate how happy you feel about being a pupil at St Martin's.

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