



Schools Health Education Unit Survey 2009/2010

Primary & Secondary Schools
Summary Findings

Spring Term 2010

This leaflet covers the main findings and analysis from the annual survey of the views of children and young people across Essex, as collected during spring term 2010.

It summarises key findings of the survey at a district level, by year group and where significant, trends over the past three years.

This work was commissioned by Essex Children's Trust as a way of collecting robust information about children and young people's lifestyles. The information is providing key input into the annual Needs Assessment, to set baselines and targets and to help with action

planning for the Essex Children and Young People's Plan 2011-2013.

Teachers were briefed on how to collect the most reliable data. Then pupils in Year 4-6 in primary schools and Year 7-13 in secondary schools completed the questionnaire anonymously. In total 14,117 pupils took part: 8,197 from 127 primary schools and 5,920 from 39 secondary schools or sixth forms across the County.

Schools were invited to complete the questionnaire as an online exercise but were also provided with a paper version of the questionnaire if this was easier for them to administer.

Completed paper questionnaires were then returned to the Schools Health Education Unit (SHEU) in Exeter for processing. Analysis was conducted by the ECC department for Schools, Children & Families with the Research and Intelligence Unit.

For more information on this survey see

www.esi.essexcc.gov.uk

For further questions please contact us via the Essex Children's Trust on childrenstrust@essex.gov.uk or phone on 01245 434667.

Young people involved in the survey

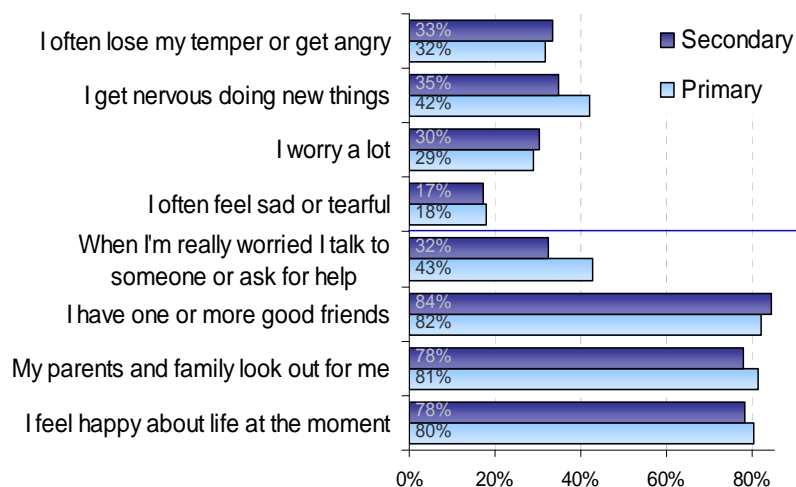
School phase	Primary	Secondary	Total
Age	7-11	12-18	
Males	51%	51%	7,090
Females	49%	49%	7,027
White	91%	91%	3,086
BME	9%	9%	1,422
Total			13,885

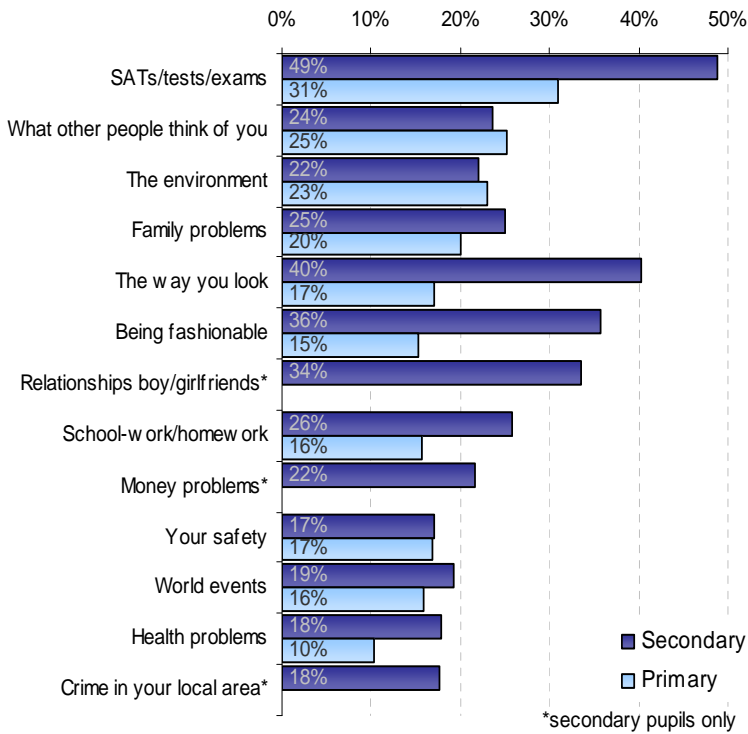
Topics

Emotional Wellbeing and concerns	1
Healthy Living	3
Bullying and Feeling Safe	4
School and Aspirations	5
Recreation and Leisure Time	6
Vulnerable Groups	7

Emotional wellbeing

► A large majority of pupils (80%) said they were happy about life, that their parents and family look out for them and that they have one or more good friends. However, nearly two out of ten said they often feel sad or tearful and three in ten said they worry a lot. 1% said that they have no friends.



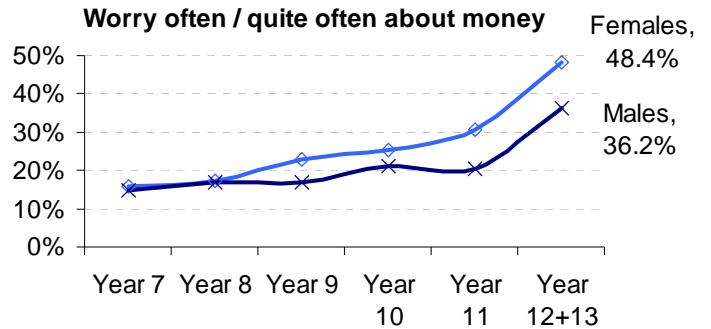


Concerns and sharing them

Concerns that were mentioned most were tests and exams, how they look and what people think of them.

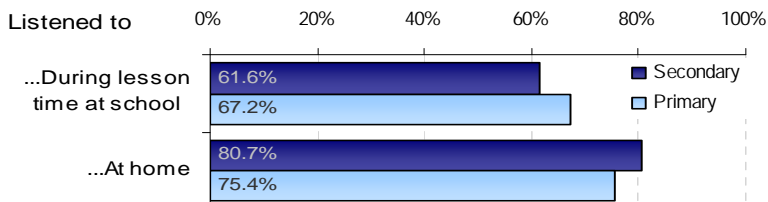
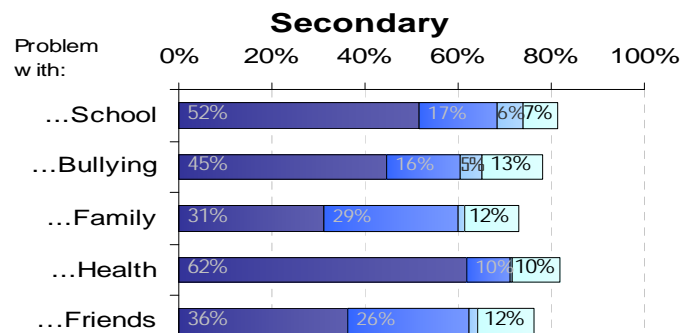
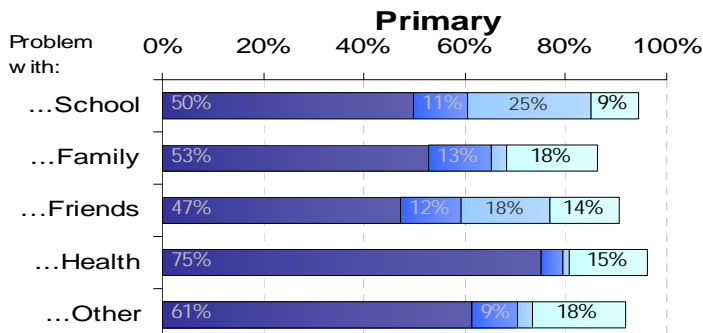
Several concerns increase with age, often more so for girls than for boys.

By year 11, on average 1½ times more pupils worry about things compared to year 7, for instance about exams (72% girls, 51% boys worry about them in year 11), money (48% girls, 36% boys) and the way they look (55% girls, 32% boys)



When they have worries about an issue, half of all pupils are most likely to share it with their parents first. However, whilst some primary pupils also share worries about school and friends with teachers, secondary pupils share these problems with friends or boyfriends/ girlfriends.

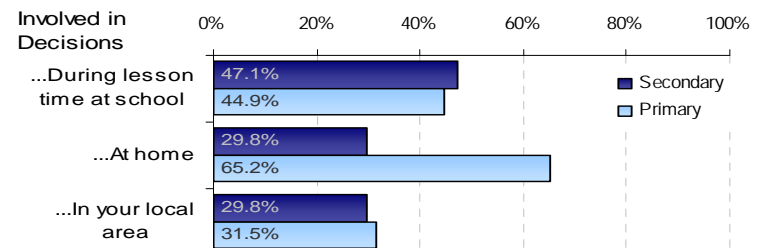
Legend: Mum/Dad (dark blue), Friend (medium blue), Teacher (light blue), Keep to myself (white)

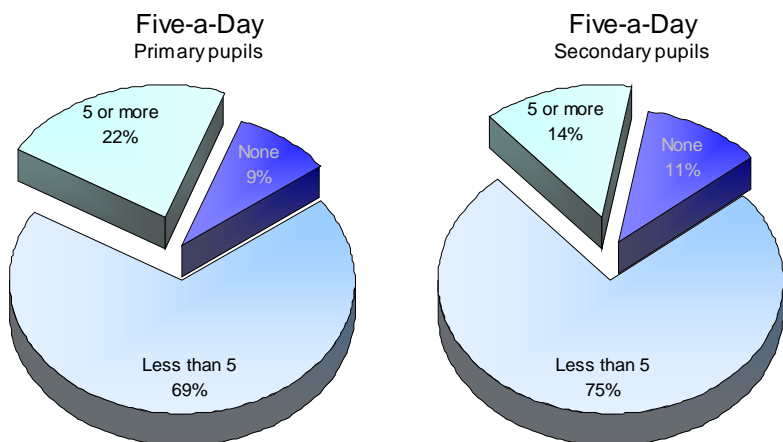


Being listened to

When asked if they think adults listen to their views and take them seriously, around eight in ten pupils said that adults do so at home but were somewhat less positive about being listened to in other situations.

Fewer pupils were positive about the extent to which adults involve them in decisions about their life. Three in ten pupils agreed they were involved in decisions about their local area.





Healthy Eating

◀ In terms of healthy lifestyles the majority of children and young people had not eaten at least five portions of fruit and vegetables on the day before the survey – and one in ten pupils had not eaten any portions at all.

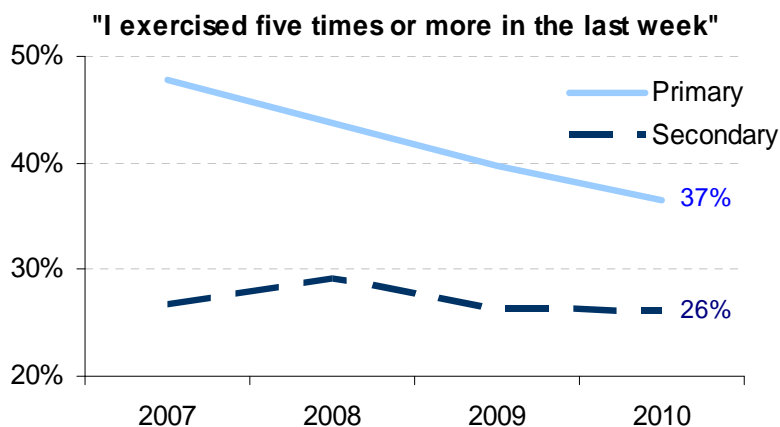
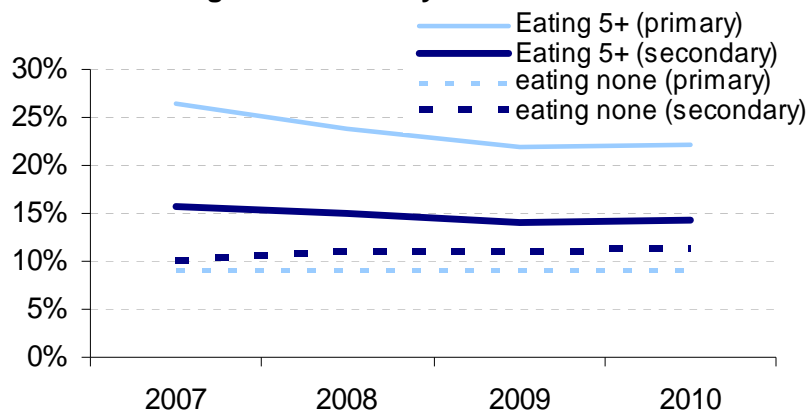
▶ The percentage of pupils eating five or more portions has been falling steadily, although the percentage in 2010 is at the same level as a year earlier.

Weight

64% of primary pupils were happy with their weight, 29% would like to lose weight. Fewer secondary pupils were positive about their weight: 51% said they were happy with their weight and 41% wanted to lose weight.

59% of secondary boys are happy with their weight, compared to 43% for secondary girls. The percentage of pupils saying they want to lose weight increases steadily as they get older, from just 26% in Year 4, to 34% in Year 6 and 47% in Year 12.

Eating 5-a-day, or no portions, of fruit and vegetables the day before



Exercise

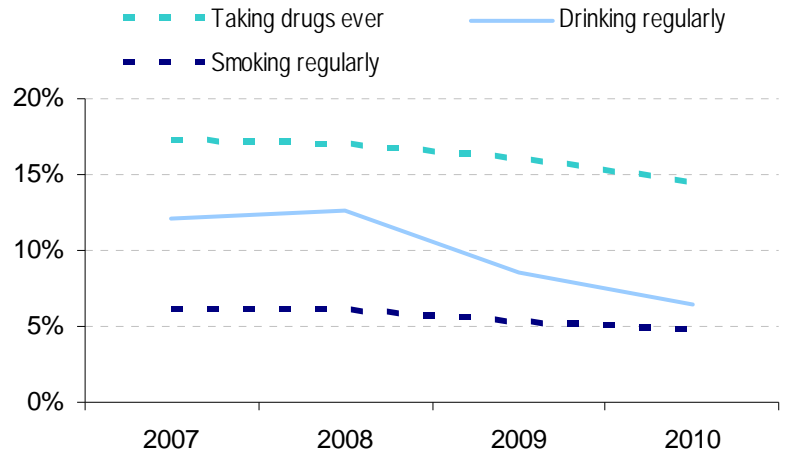
◀ About a third of primary and a quarter of secondary pupils do not exercise enough so that “they had to breathe harder and faster five or more times last week”, which is recommended. This includes exercise such as running during breaktime.

Primary pupils have been exercising less over the past 4 years, although the strong winter this year may have had an effect on the 2010 results.

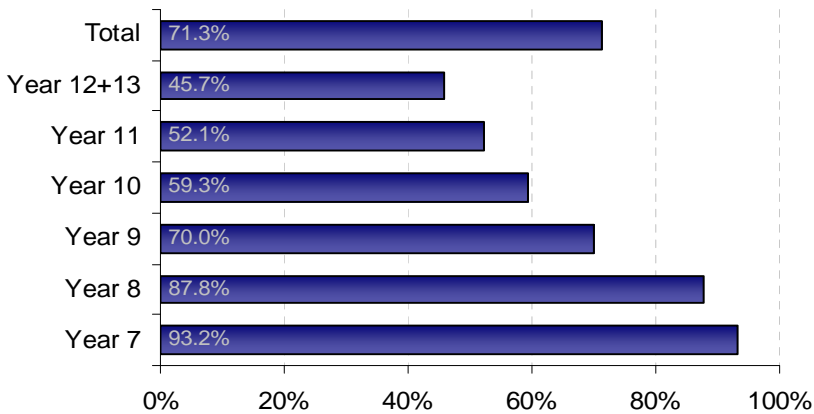
Tobacco, alcohol and other drugs (secondary school only)

► The rates of secondary pupils drinking regularly has fallen over the last four years to 14.5% in 2010. The decline in trying drugs and smoking regularly are still too small to be significant.

At the age of 15, 9% of young pupils smoke regularly and 13% drink regularly. When 15 years old, 8% has taken cannabis at least once in the past four weeks.



Secondary pupils saying they have never smoked



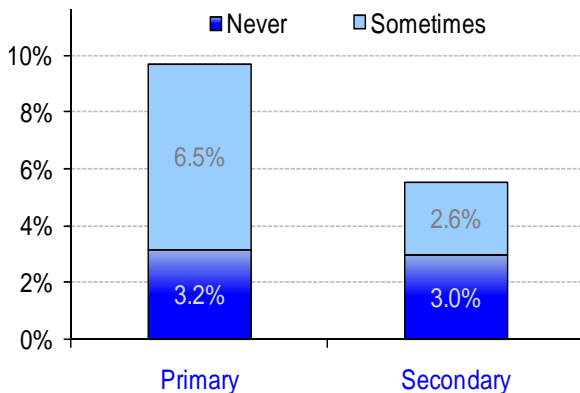
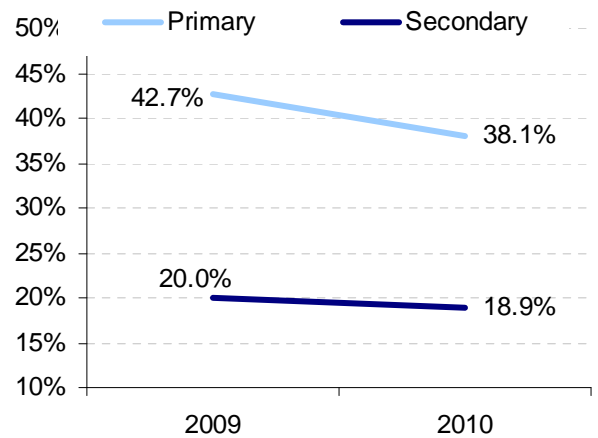
◀ Half of all pupils that smoke / drink start in year 10 or later, but a third does so in year 9, and a sixth earlier still.

In terms of what would make pupils consider not smoking, drinking or taking drugs, the main responses were around health implications, impact on their appearance (“smelling of smoke”) and the influence of friends, whilst access to drugs is an important factor as well.

Bullying

► Figures show a decline since last year in the percentage of primary pupils who, in the past month, were feeling afraid to go to school because of bullying, at least sometimes. The decline for secondary pupils is too small still to be significant.

Most pupils felt their school is dealing well with bullying, 58% of primary and 40% in secondary pupils. However, a sizable minority does not agree: 13% of primary and 22% of secondary pupils felt their school is dealing with bullying badly or not very well.



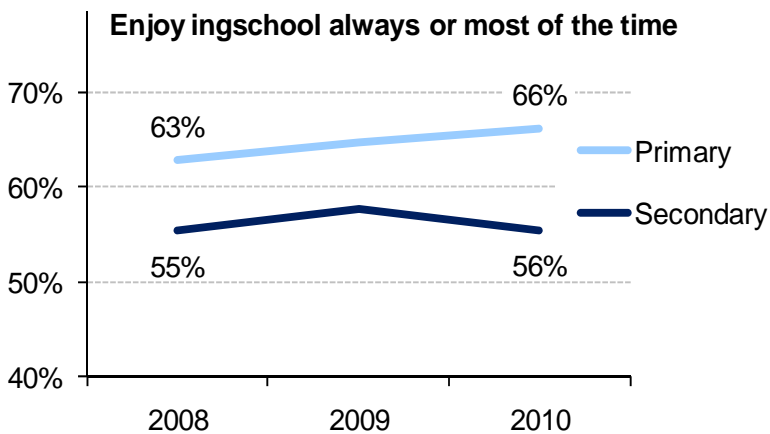
Feeling Safe

◀ On average more than 1 child per classroom is not feeling safe at home, at least sometimes. 3% of both primary and secondary pupils said they never feel safe at home, while 6.5% of primary and 2.5% of secondary pupils said they only sometimes feel safe at home.

Safety concerns were mentioned by 1 in 6 pupils, whilst nearly one in ten secondary school pupils said that they had been the victim of crime in the last 12 months.

Enjoying School

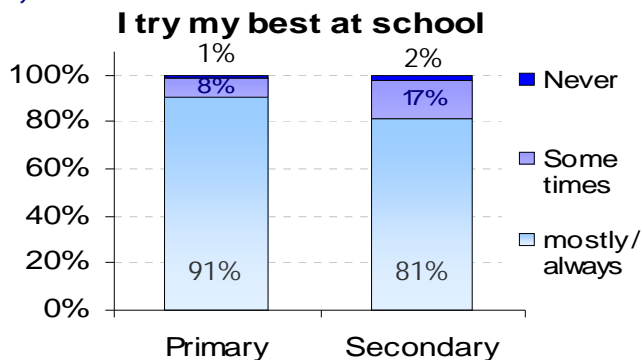
▼ Two-thirds of primary and most secondary pupils said that they enjoy school always or most of the time, while just under one in ten of all pupils said they never enjoy school.



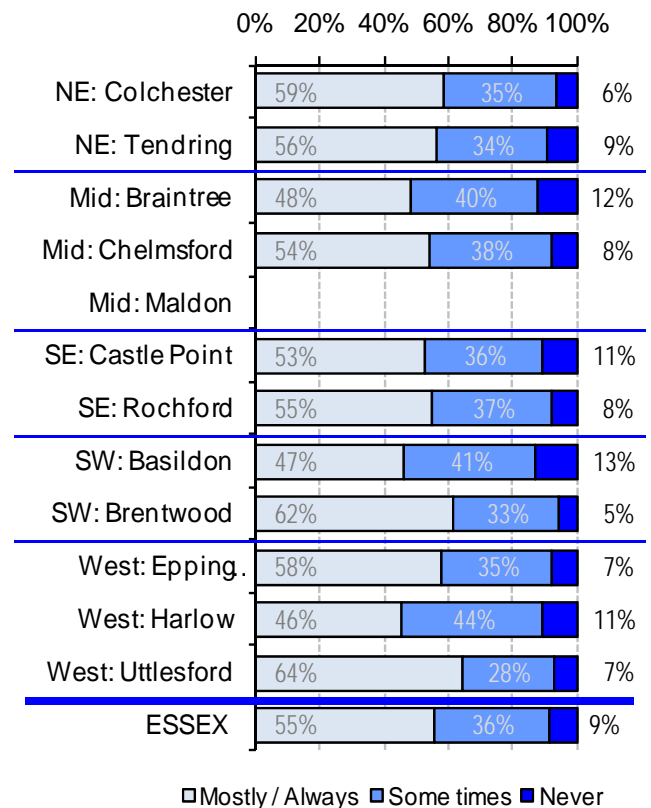
▼ There are differences within Essex on how children enjoy school, especially secondary school¹, with Harlow, Basildon and Braintree reporting the lowest levels of satisfaction.

Trying Your Best

▼ Primary pupils were much more positive than secondary pupils about trying their best at school, with six in ten primary and three in ten secondary pupils saying they “always” try their best. However, less than 2% of all pupils said that they never try their best.



I enjoy School (Secondary)

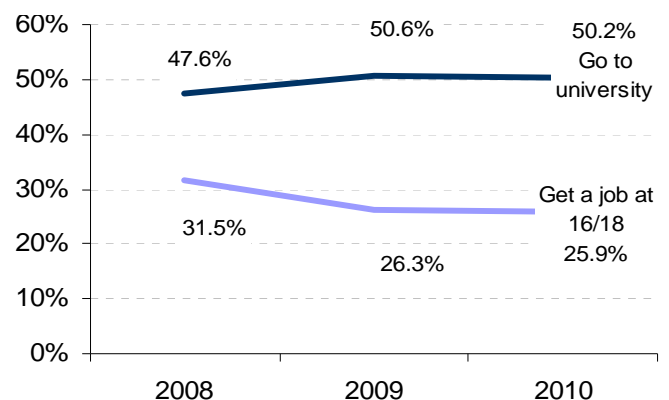


Almost all pupils (80% primary, 90% secondary school) listed improvements that may help them to do better at school. The most popular suggestion (by at least seven in ten pupils) was to have more fun/interesting lessons, followed by more help from teachers and a quieter or better behaved class.

Future Aspirations (secondary school only)

► There has been a slight increase over the last years in the percentage of pupils wanting to go on to university and a decrease in the percentage wanting to leave school at 16 or 18 and get a job, but it is hard to say how much of this trend is related to the current recession.

Half of all secondary pupils hoped to go on to university, while two in ten wanted to get a job at 16 or 18.

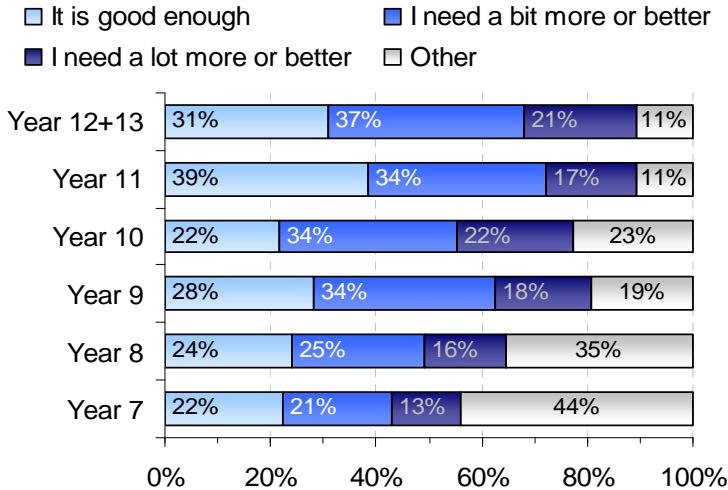


¹ The sample for Maldon was too small to report separately

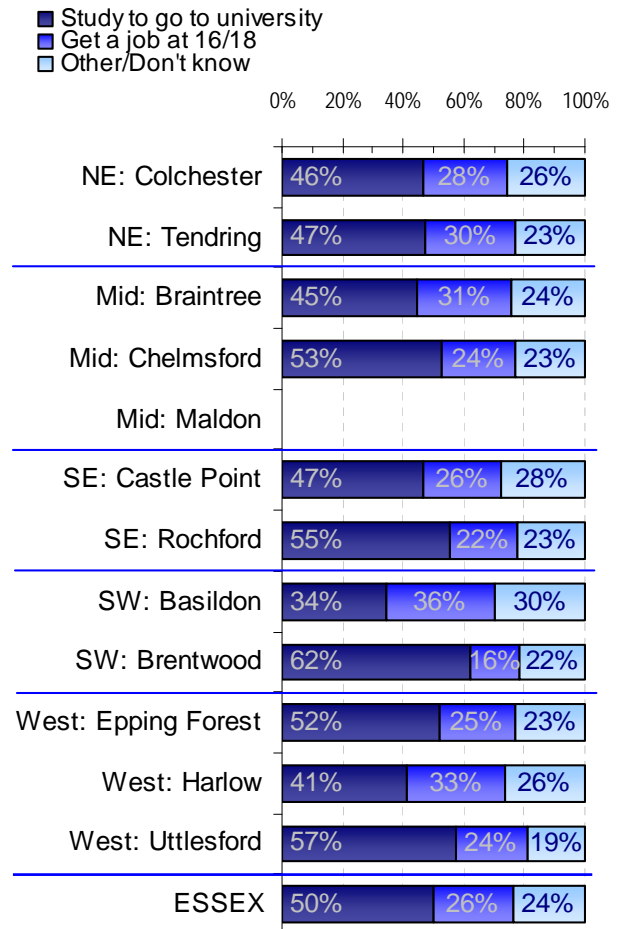
► There are sizable differences between districts; for instance, schools in Brentwood (Southwest Essex) have twice as many pupils wanting to go on to university than Basildon.

By year 11, 73% of pupils said that they received “good enough” information and advice to plan their future. In year 10, nearly half of all pupils (45%) had received (much) too little information.

Information and help to plan their future
(Secondary pupils)



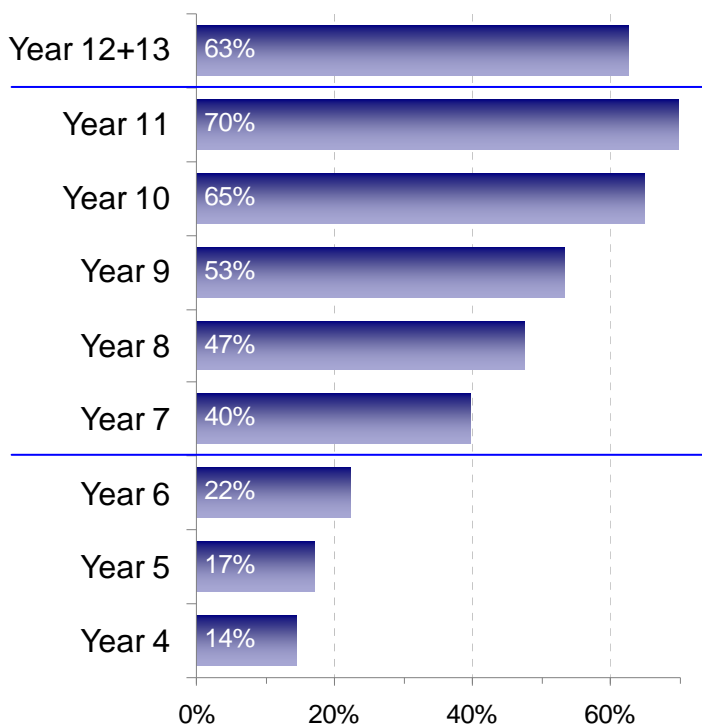
What secondary pupils hope to do after they leave school



Leisure time

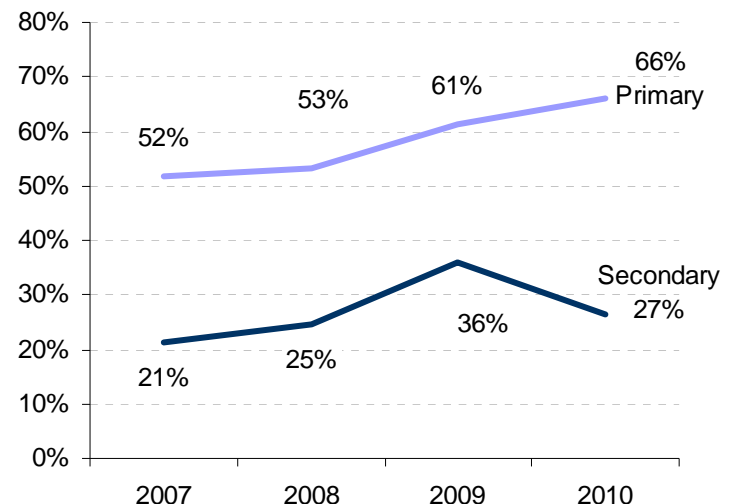
▼ The number of pupils that don't think there is enough to do in their area increases with age, to more than 60% by year 10.

"NOT enough to do in the area"



▼ Satisfaction of primary school pupils has increased over the past four years. Two-thirds now agreed that “there *was* enough to do in the area”, compared to 27% of secondary pupils. The trend for secondary pupils is less clear at this stage.

"There's ENOUGH to do in my local area"



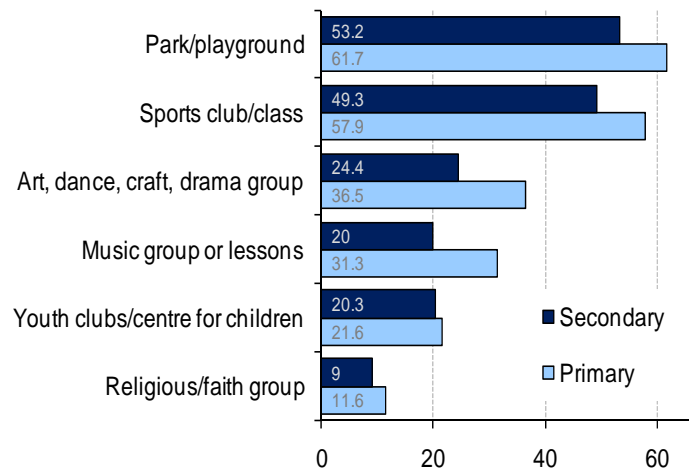
Activities in parks and sports clubs / classes

► Over half of pupils had been to a playground or park in the last month while a slightly smaller number had been to a sports club or class. A higher percentage of primary school pupils had been involved in different activities than secondary pupils.

Four out of ten pupils said that nothing stops them doing activities that they want to do. However, between a quarter and a third said that activities can cost too much for them to be able to do them.

Secondary pupils also said lack of transport to/from the activity and lack of awareness of what is available/lack of activities in their area are barriers.

Percentage of pupils taking part in activities



Volunteering

Nearly half of primary pupils and seven in ten secondary pupils said they never give their time to help a charity or a voluntary group. Most of those who do volunteer do so for either a few days a year or a few days a month.

Findings for vulnerable groups of young people

Not all groups could be analysed because of the low number in the sample. There were large enough response rates from pupils who said they were ►

	% of respondents	
	Primary	Secondary
Having special needs	7%	6%
Young carers	19%	8%
Had a warning from the Police	(n/a)	36%
LGBT (Lesbian, Gay, Bisexual or Transgender)	(n/a)	6%
Bullied often	5%	2%

For these groups, the analysis showed considerable differences when compared to their peers. All groups:



[Felt less happy]

Were less likely to say they were happy, especially pupils who said they were LGBT and pupils who are bullied often

[Bullied more]

More often said they were afraid to go to school because of bullying



[Victim of Crime]

Were more likely to have been the victim of crime, particularly when

- Bullied (three times as likely)
- Having had a warning from the police (twice as likely);

[Listened to less]

Felt less listened to or having their views taken into consideration, both at school and at home (especially LGBT pupils who have had a warning from the police)



[Going to University]

Were less likely to want to go to university, especially when bullied (18 percentage points less) or having had a police warning (13 percentage points less).

Black and Minority Ethnic Groups (BME)

BME pupils are, on average, just as often “happy about life at the moment”, but more likely to be afraid to go to primary school because of bullying. Especially black pupils were less likely to feel listened to.

On the other hand, BME pupils were 1.26 times more likely to want to go to university than average, and Asian primary school pupils tended to enjoy school, and try their best, more than the average.

Initial analysis indicated some sizeable variations between different BME groups, but in many cases the small sample size meant that these could not be verified.

A top-down photograph of a diverse group of children lying on their backs on a grassy area, laughing heartily. They are wearing various colored t-shirts (blue, orange, green, light blue, white, and green). The image is semi-transparent, allowing text to be overlaid.

Further Detail and Analysis

Further analysis, for instant by district, age or vulnerable group, is available in the “Detailed Findings” report on the Essex partnership website.

Acknowledgements

Thank you to all the head teachers, staff, children and young people for their time and contributions to this survey. Thank you also to the members of the Children’s Trust for their work and support in undertaking this survey.

This booklet is issued by

Essex County Council on behalf of the
Commissioning Analysis & Research team
Schools, Children & Families
Essex County Council
County Hall
Market Road
Chelmsford
CM1 1QH

You can contact us in the following ways:

By Post:

Commissioning Analysis & Research team, Schools, Children & Families, Essex County Council,
County Hall, Market Road, Chelmsford, CM1 1QH

By telephone:

01245 438667

By email:

Childrenstrust@essex.gov.uk

Visit our website:

www.essexpartnershipportal.org