

A FREE Pupil Perception survey for Torbay Schools

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What is My Health My School?

- **FREE** Pupil perception survey
- years 3, 4, 5, 6, 7, 9 & 11, (Post 16 and provision for children with SEND)
- a number of questions on their **health and wellbeing**

It comprises of a range of questions on the eight themes:

- All About Me;
- Healthy Eating;
- Physical Activity and Sport;
- PE in School;
- Drugs, Alcohol and Tobacco;
- Social, Emotional and Mental Health (SEMH);
- Sexual Health;
- My School/College.

These are tailored age-appropriately.



MyHealth
MySchool

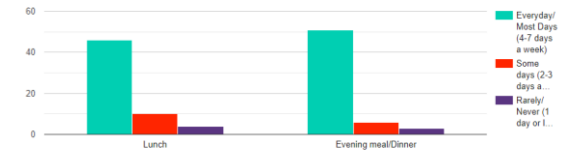


Examples of the questions and statistical information MHMS provides

You can analyse the survey data for each year that you have completed, or you can analyse a year/year group that you are particularly interested in and highlight pertinent issues or concerns, as well as areas you believe your school is doing well in. This can then be compared to your local authority average and to national data, to assess where your school fits within these.

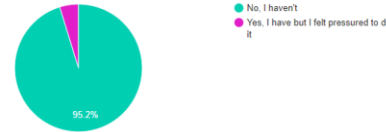
If you choose an area or several areas to action plan to improve, you can use the MHMS action plan resource to help you.

B3: In a normal week, how often do you have the following (this means not just a snack or a drink)?



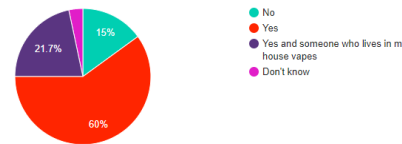
| In a normal week, how often do you have the following (this means not just a snack or a drink)? | Everyday/Most Days (4-7 days a week) | | Some days (2-3 days a week) | | Rarely/Never (1 day or less a week) | | Total | |
|---|--------------------------------------|-------|-----------------------------|-------|-------------------------------------|------|--------|------|
| | Number | % | Number | % | Number | % | Number | % |
| Lunch | 46 | 76.67 | 10 | 16.67 | 4 | 6.67 | 60 | 100% |
| Evening meal/Dinner | 51 | 85.0 | 6 | 10.0 | 3 | 5.0 | 60 | 100% |

F2: Have you ever sent any nude pictures or videos?



| Have you ever sent any nude pictures or videos? | Tick | |
|---|--------|-------|
| | Number | % |
| No, I haven't | 20 | 95.24 |
| No, but I have felt pressured to | 0 | 0.0 |
| Yes, I have and it was my own choice | 0 | 0.0 |
| Yes, I have but I felt pressured to do it | 1 | 4.76 |
| Total | 21 | 100% |

E8: Have you ever heard of vaping (electronic cigarettes)?



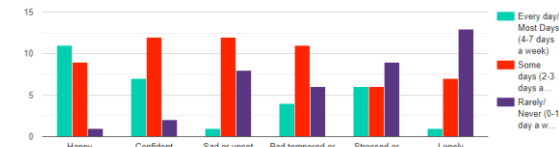
| Have you ever heard of vaping (electronic cigarettes)? | Tick | |
|--|--------|-------|
| | Number | % |
| No | 9 | 15.0 |
| Yes | 36 | 60.0 |
| Yes and someone who lives in my house vapes | 13 | 21.67 |
| Don't know | 2 | 3.33 |
| Total | 60 | 100% |

D3: In the last 12 months, have you represented school in a sports event? (e.g. Football, Multi-skills, Netball, Dance competition)



| In the last 12 months, have you represented school in a sports event? (e.g. Football, Multi-skills, Netball, Dance competition) | Tick | |
|---|--------|-------|
| | Number | % |
| Yes | 81 | 46.55 |
| No | 93 | 53.45 |
| Total | 174 | 100% |

G1: How often do you feel the following?



| How often do you feel the following? | Every day/Most Days (4-7 days a week) | | Some days (2-3 days a week) | | Rarely/Never (0-1 day a week) | | Total | |
|--------------------------------------|---------------------------------------|-------|-----------------------------|-------|-------------------------------|-------|--------|------|
| | Number | % | Number | % | Number | % | Number | % |
| Happy | 11 | 52.38 | 9 | 42.86 | 1 | 4.76 | 21 | 100% |
| Confident | 7 | 33.33 | 12 | 57.14 | 2 | 9.52 | 21 | 100% |
| Sad or upset | 1 | 4.76 | 12 | 57.14 | 8 | 38.1 | 21 | 100% |
| Bad tempered or angry | 4 | 19.05 | 11 | 52.38 | 6 | 28.57 | 21 | 100% |

What are the benefits?

- FREE! Fully funded until Aug 2024 (with potential for it to be extended)
- Easy to use
- Provides statistical information for use in your school
- Provides a pupil voice
- Highlights pertinent issues or concerns and areas your school is doing well in

A useful tool to hear the voices of your students as well as support your school action plan.



How much admin is there?

When given a log-in, schools can access all surveys (electronic and paper versions), template letters to send to pupils and parents, PowerPoints with information to share (if needed), PowerPoints with instructions on how to use the surveys as well as instant access to the data after the surveys have been completed, so the admin is provided for you. All you need to do is access your log-in details and sift through what you need.

For answers to FAQs, please visit -

<https://www.myhealthmyschoolsurvey.org.uk/frequently-asked-questions>



To request a log-in for your school, or to find out more information:

[My Health My School | Torbay Healthy learning
\(healthylearningtorbay.co.uk\)](http://healthylearningtorbay.co.uk)

0 to 19 Torbay advice line:
03003 335352

0 to 19 Torbay email:
0to19torbay@actionforchildren.org.uk

Or

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