

# Young People in Cambridgeshire Schools

The Health-Related Behaviour Survey 2014

This survey was conducted with children in Years 5 and 6 in September 2014.

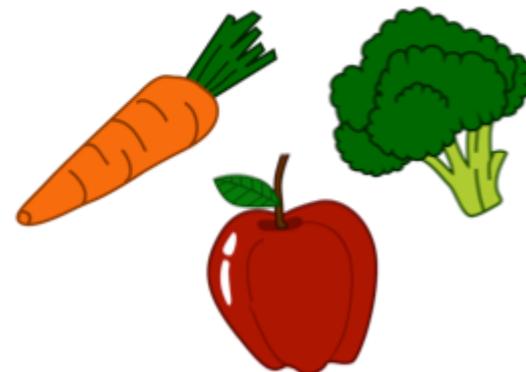
This report compares outcomes with other schools that carried out the survey.

The final pages show actions taken by the school as a result of the findings from the survey.



A report for St. Matthew's Primary School  
Your school compared with Cambridgeshire (to Nov. 2014)

# Healthy Eating



OUR SCHOOL		OTHER SCHOOLS
72%	Our children <b>eat vegetables</b> on 'most days'	64%
90%	Our children had <b>something to eat or drink at home before lessons</b> on the day of the survey	84%
50%	Our children had eaten <b>5 portions of fruit and vegetables</b> on the day before the survey	34%
72%	Our children <b>eat vegetables</b> 'on most days'	54%
67%	Our children <b>eat fruit</b> 'on most days'	54%

# Physical Activity



OUR SCHOOL		OTHER SCHOOLS
75%	Our <b>girls</b> said that they <b>did physical activity for an hour or more</b> 3 days or more in the 7 previous days	62%
78%	Our <b>boys</b> said that they <b>did physical activity for an hour or more</b> 3 days or more in the 7 previous days	65%

# Active travel



OUR SCHOOL		OTHER SCHOOLS
20%	Our children <b>travelled to school by car</b> on the day of the survey	34%
51%	Our children said that they had <b>walked to school</b> on the day of the survey.	39%
62%	Our children said that they <b>wear a cycle helmet</b> 'whenever possible' when cycling	50%
23%	Our children said that they <b>wear a cycle helmet</b> only 'sometimes' when cycling	27%
15%	Our children said that they ' <b>never</b> or almost never' <b>wear a cycle helmet</b> when cycling	24%

# Smoking



OUR SCHOOL		OTHER SCHOOLS
78%	Our children said that they <b>think they will not smoke</b> when they are older	81%

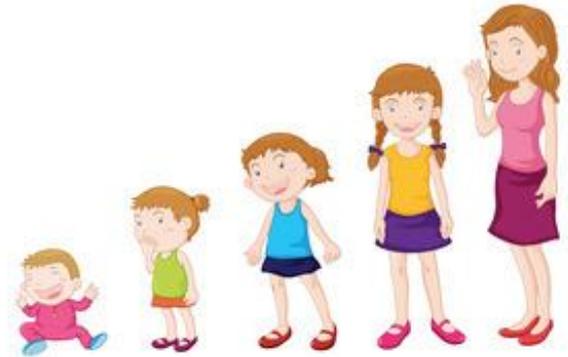
# Illegal Drugs



OUR SCHOOL		OTHER SCHOOLS
63%	Our <b>boys</b> said <b>teachers</b> in school lessons had <b>talked</b> to then <b>about illegal drugs</b> .	47%
71%	Our <b>girls</b> said <b>teachers</b> in school lessons had talked to then <b>about illegal drugs</b> .	51%
62%	Our <b>boys</b> said their <b>parents</b> had talked to then <b>about illegal drugs</b> .	45%
71%	Our <b>girls</b> said their <b>parents</b> had talked to then <b>about illegal drugs</b> .	50%
72%	Our children said that they think they <b>know enough to keep themselves safe around drugs</b>	-
16% <b>ACTION!</b>	<b>Y5 Boys</b> said that they <b>don't know enough to keep themselves safe around drugs</b> .	14%

# Emotional Health & Well-being

## Puberty and Growing-up



OUR SCHOOL		OTHER SCHOOLS
73%	Our children said that their <b>parents/carers have talked with them about</b> how their <b>body changes</b> as they grow up	71%
83%	Our children said that their <b>teachers have talked with them</b> in lessons about how their <b>body changes</b> as they grow up	64%

# Worrying

Percentage answering that they worry 'quite a lot' or 'a lot' to at least one of the problems listed

	St. Matthew's		Cambridgeshire	
	Yr 5	Yr 6	Yr 5	Yr 6
Boys	94%	69%	68%	69%
Girls	76%	73%	70%	71%

Top Ten worries for both boys and girls. Percentages for our school and other schools (in bracket)

Boys Top Ten Worries			
1	<b>Health</b> of a family member	52%	(32%)
2	<b>Crime</b>	38%	(28%)
3	SATs/ <b>tests</b>	35%	(29%)
4	The <b>environment</b>	35%	(18%)
5	<b>Family break-up</b>	30%	(27%)
6	School-work/ <b>homework</b>	30%	(16%)
7	Going to <b>secondary school</b>	27%	(25%)
8	Problems with <b>friends</b>	23%	(18%)
9	<b>Relationships</b> between parents/carers	23%	(17%)
10	Your <b>health</b>	22%	(19%)

Girls Top Ten Worries			
1	SATs/ <b>tests</b>	36%	(36%)
2	<b>Health</b> of a family member	35%	(31%)
3	Going to <b>secondary school</b>	33%	(33%)
4	The <b>environment</b>	31%	(17%)
5	<b>Crime</b>	29%	(26%)
6	Problems with <b>friends</b>	27%	(25%)
7	<b>Family break-up</b>	25%	(27%)
8	<b>Relationships</b> between parents/carers	22%	(19%)
9	Your <b>health</b>	18%	(18%)
10	<b>The way you look</b>	13%	(18%)

# Emotional Health & Well-being

## Self Esteem



OUR SCHOOL		OTHER SCHOOLS
14%	Our children had a <b>med-low self esteem score</b>	25%
41%	Our children had a <b>high self esteem score</b>	42%



# Problem Solving

To whom would our children turn to share a **bullying problem**?

<b>BOYS</b>		<b>GIRLS</b>
55%	<b>Mum</b> and or <b>Dad</b>	55%
17%	<b>Teacher</b>	24%
13%	<b>Keep it to myself</b>	11%
5%	<b>Friend</b>	4%
2%	<b>Brother</b> or <b>sister</b>	4%

# Internet Safety



## Highlight:

OUR SCHOOL		OTHER SCHOOLS
78%	Our children said that they <b>have been told how to stay safe while chatting online</b>	73%

## Action:

OUR SCHOOL		OTHER SCHOOLS
58%	Our children said that they <b>always follow this advice.</b>	63%

# Internet Safety

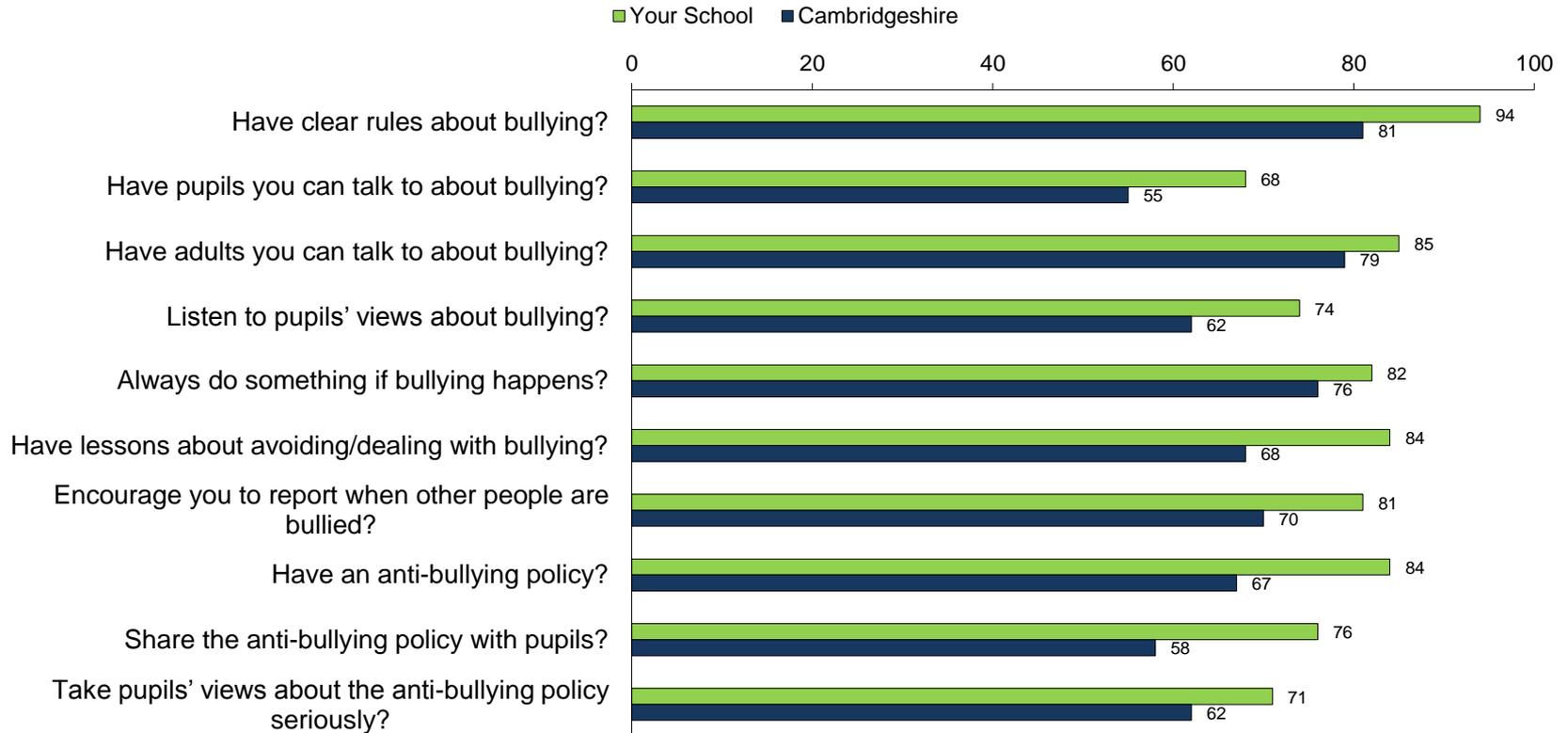
To whom would our children turn if they were unsure about somebody online?



BOYS		GIRLS
75%	Mum and or Dad	84%
10%	Keep it to myself	11%
5%	Friend	0%
3%	Brother or sister	2%
0%	Teacher <b>ACTION</b> - remind children that their teachers are always available to talk to about issues that worry them	0%

# Bullying

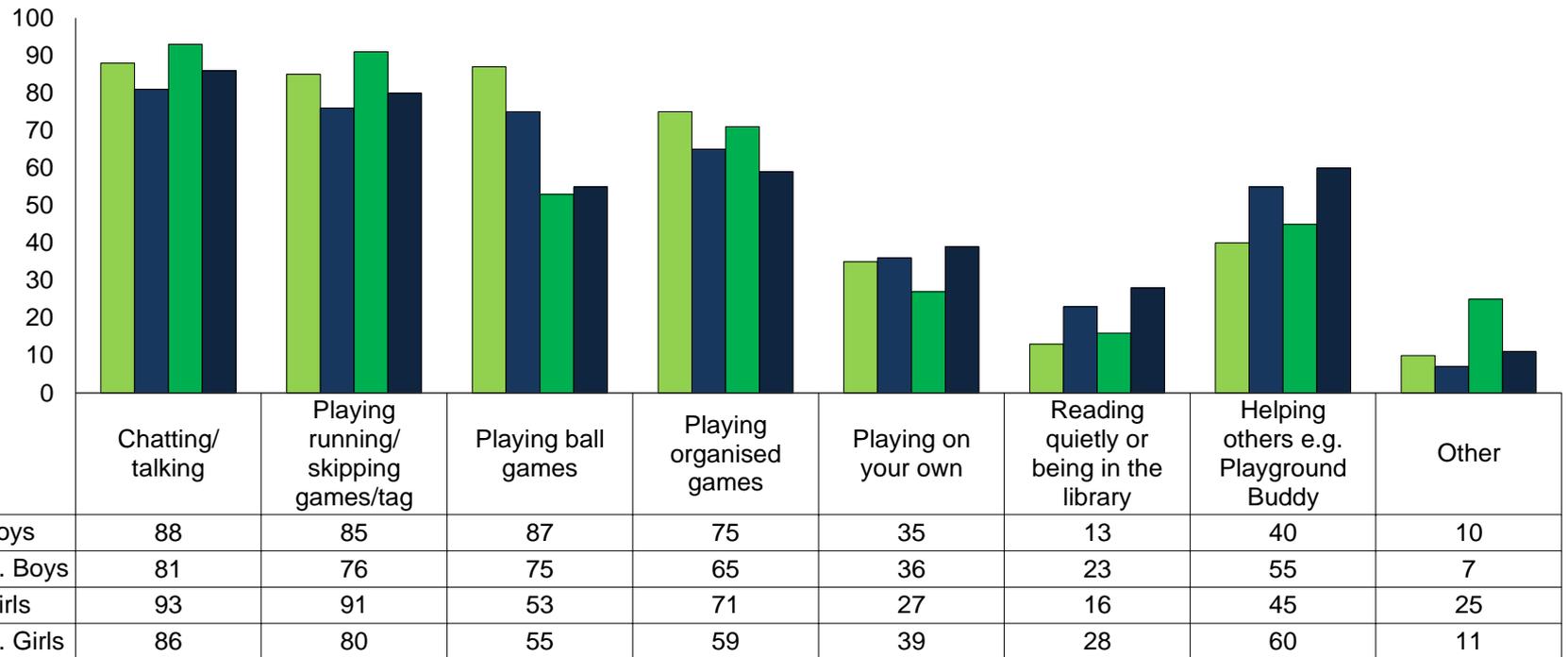
Percentage of pupils responding 'yes' to: Does your school...





# Playtimes

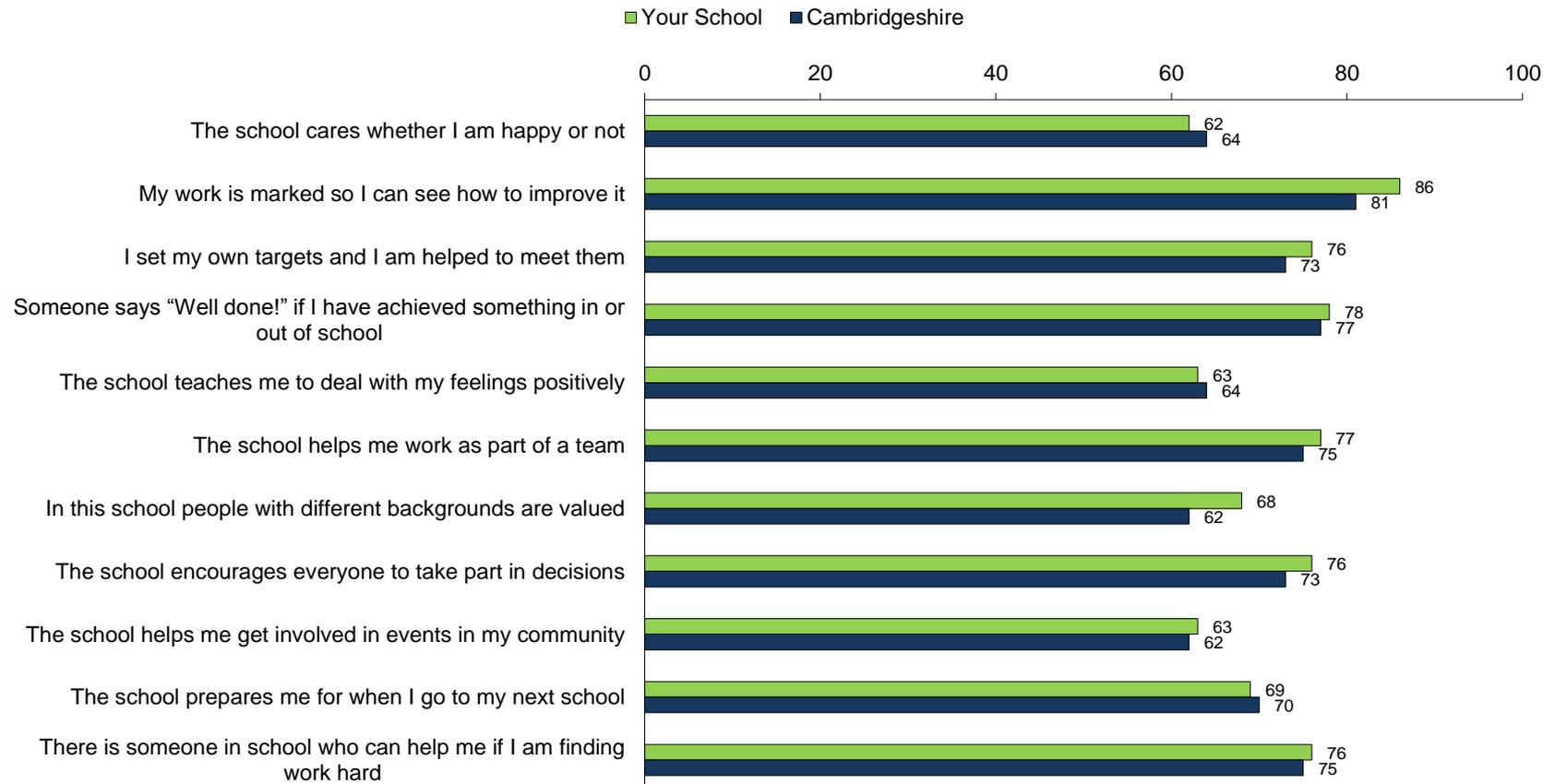
During school playtimes (including dinner times), do you spend time...





# Other Questions

Percentage of pupils responding 'yes' to the following statements



# Views and Opinions



OUR SCHOOL		OTHER SCHOOLS
41%	<b>feel</b> that their views and <b>opinions are asked for</b> in school	50%
53%	<b>feel</b> that their views and <b>opinions are listened to</b> in school.	63%
22%	<b>feel</b> that their views and <b>opinions make a difference to how their school is run</b>	25%



- **Actions / changes taken since survey**
- **Healthy Eating:** Sarah Donaldson has introduced the concept of Go, Grow and Glow foods in KS 1 and 2 assemblies. Healthy eating also in PSHE curriculum. Food Policy has been drafted out. New lunch provider has focus on healthy eating: lots of fruit available.
- **Physical Activity:** Lots and lots of clubs now being run throughout school. Active travel: Cycling proficiency course: year 6 children have completed course. Helmets are compulsory. We are considering reviewing our policy on cycling to school and the use of helmets. KS1 and KS 2 Assemblies on the importance of wearing helmets to school have been /will be delivered.
- **Illegal Drugs:** continued high quality teaching.
- **Worrying:** Discussion with Year 5 teachers. Good relationship has been built up. Buddy benches

- Self Esteem: Children with particular needs have been seeing Julie for one to one work.
- Silver SEAL groups are run when/if necessary.
- Internet Safety: Since the survey, we have had a whole school 'Safer Internet Day'.
- Bullying: Anti bullying week took place after the survey. Planned by the teachers, whole school partner activity plus assemblies from Coleridge school and other classroom based work. Child friendly anti bullying policy: case study has been well received and praised by the PSHE service and is now used as an exemplar on training courses in Cambs.
- Playtimes: School Council requested Buddy Benches in both Reception and Main playgrounds. School Council reps are doubling up as buddies at lunchtimes. Young Sports Leaders trained and working. PTA has funded playground equipment. Lunchtime supervisors have all been trained. Guided activities now run every lunchtime eg: skipping etc.

- Views and opinions: School Council have been focusing on celebrating their recent achievements. Change in teachers will hopefully have changed how they are feeling this year.