School Health and Wellbeing Survey

May–July 2020:
Measuring effects of social isolation
School or Home Setting

Full details are on the research team’s website:
https://www.psych.ox.ac.uk/research/schoolmentalhealth
What are the benefits to schools ...

- Understand the **wellbeing** of pupils in your school
- Access your own anonymous data and compare it to the county average
- Identify any problem areas that could be tackled within school (e.g. online behaviour)
- Identify which protective behaviours could be maximised within school (e.g. sports and support networks)
- Help the local council and clinical commissioning team improve their support services
What are the questions about:

- Some important demographics: age, born in the UK, living situation (parents, others), how many people live at home
- Most of the questions ask about lifestyle (sleep, diet, exercise, online behaviour), wellbeing (mental health for older pupils), safety (and vulnerable behaviours for older pupils), and attitudes to school and learning
- Impact of lockdown: e.g. number of rooms, access to a garden, parents/carers going to work, amount of exercise, changes to wellbeing factors, loneliness, worries about returning to school and impact on education / the future
Each user ID and password combination works only for specific year groups (4-7, 8-11, 12-13) to ensure that pupils can access only the age-appropriate version of the survey.
Important to know about our Research Ethics:

• Parents need to be given our approved information on the research and be able to contact the research team with questions

• Parents of pupils under 16 must be given the possibility to ‘opt-out’

• The school must keep its own record of parental opt-outs, and not send the login details to those children

• Pupils need to confirm they understand what the survey is about and that they are happy to take part (give ‘active assent’) 

• Pupils need to understand that they can stop at any time, and skip any questions that they don’t understand or don’t want to answer

If they answer ‘no’ to any of these questions, they will be directed out of the survey
Confidentiality:

- We do not want to identify pupils. We want pupils to give honest answers and have taken measures to prevent indirect identification.
- We don’t ask name, address, date-of-birth, ethnicity, special needs, use individual logins or capture IP addresses.
- Schools will have access to aggregated data, so that they are not able to identify pupils or other schools.
- Local authorities and their partners will also have access to aggregated data from schools in their county.
- When sharing any individual-level data, we set up data-sharing agreements and will take measures to ensure that the new context will not make any young people identifiable.
Safe-guarding:

- We can not identify pupils to offer direct support, but we will review the data weekly to check responses to specific questions, such as ‘how safe do you feel?’
- We will notify schools if anything in the data raises serious concern for the safety of a child or young person, so that they can send out information to pupils in the relevant year group.
- We ask pupils who are worried or have questions to speak to their parents or a trusted adult from school.
- We also provide helpful links at the end of the survey and in the instructions they receive from school, e.g. http://www.childline.org.uk
Emailing login instructions to pupils.... How does that work?

**Sign up to take part** (county-specific contact details on research team’s webpage)

**Receive full instructions by email** from the research team or local authority

**Plan which dates to run the survey** in the relevant year groups

**Send approved study information to parents**, and keep own record of opt-outs

**Send age-matched instructions and logins to pupils** (whose parents have **not** opted out)

This includes:
- full school instructions;
- information for parents;
- a spreadsheet for own record of parental opt-outs;
- Word documents with age-matched pupil logins

The survey takes about 30 minutes. But pupils need an extra 10 minutes to read instructions and login.

Pupil logins could be forwarded via school email addresses or via school learning platform.
Lodeseeker: Online Data Portal by Foster & Brown

- School Experience
  - Instant fingerprint

- Statistics about participation

- Direct access to most popular reports

- Overview of key markers
Export your data to make interesting comparisons.
Many thanks to all our partners and our funders

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See also our recent news item: