

Supporting the Health & Wellbeing of Children and Young People in Southwark Primary Schools

A summary report of the Health & Wellbeing Related Behaviour Survey 2024

These results are the compilation of data collected from a sample of primary pupils aged 8 to 11 in Southwark during the academic year 2023/4.

Aligned to "Southwark's Wellbeing First: Improving Mental Health and Resilience (IMHARS) Programme", this work was commissioned by the Council's Southwark Education, Learning & Achievement Team" (on behalf of Healthy Schools Partnership) and "Public Health Team as a way of collecting robust information about children & young people's lifestyles.

Teachers were briefed on how to collect the most reliable data and then pupils in Years 4 - 6 in the primary schools anonymously completed the questionnaire. A total of 2510 pupils took part in 35 schools.

Completed questionnaires were then returned to SHEU in Exeter for processing.

Comparison to Wider Data

Southwark data compared with a compilation of data from other areas in the UK that have completed similar versions of the questionnaire see page 11.

A selection of statistically significant differences within the Borough Localities are also listed on page 12.

The results contained in this report are a snapshot of what life is like for young people in the schools that took part in the borough.

LINKS

A selection of questions have been investigated further to look for links between behaviours and experiences - see pages 5-10 and page 13.

2510 young people aged 9 to 12 were involved in the survey:

School Year	Year 4	Year 5	Year 6	Total
Age	8-9	9-10	10 -11	
Boys	493	262	521	1276
Girls	410	245	497	1152
Total	*931	*530	*1049	*2510

*82 pupils didn't select boy or girl.



SHEU is an independent research unit specialising in health related questionnaire surveys of children and young people for Local Authorities, Public Health Teams, voluntary agencies, charities, schools and colleges and other partnerships. The Unit is also able to undertake consultation, monitoring and evaluation and bespoke research projects.

For more details please contact the Schools Health Education Unit
Tel. 01392 667272. www.sheu.org.uk

TOPICS INCLUDE:

Background

Emotional Health and Wellbeing

Healthy Eating

Growing up

General health

Physical Activity

Safety

Smoking and vaping



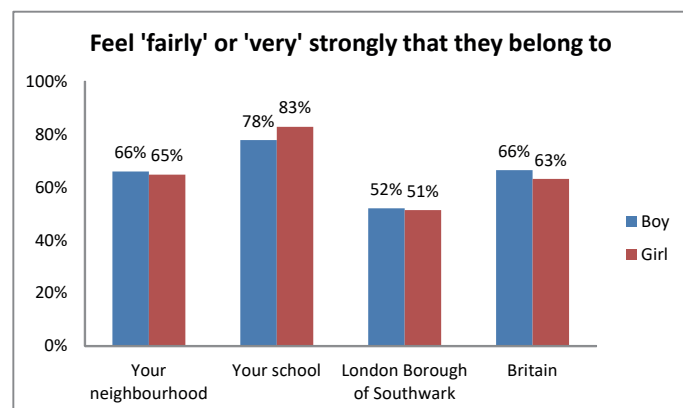
Southwark Primary school pupils in Years 4 - 6 (ages 8 - 12)

BACKGROUND

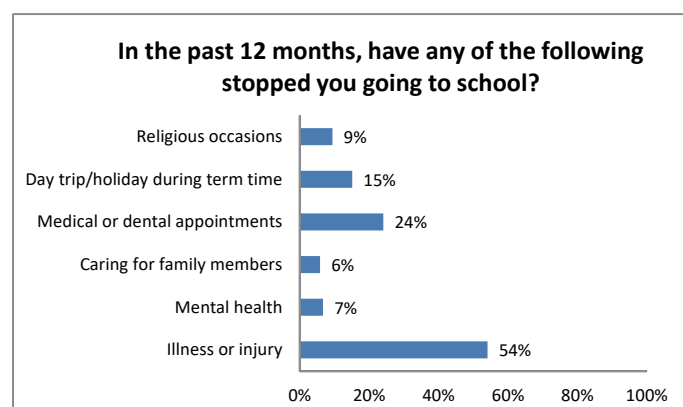
- 18% of pupils describe themselves as White British. 16% describe themselves as Black British, 5% said Black Caribbean. 18% describe themselves as Black African. 11% said they were mixed.
- 66% of pupils said that they had a religion, faith or belief that was important to them; 41% said they were Christian and 20% Muslim.
- 64% of pupils said that they lived with both parents together; 24% live with just mum.
- 11% of Year 6 pupils said that they care for someone at home on a regular basis who is unable to care for themselves because they are disabled or have a long term illness.
- 10% said that being a young carer stopped them doing things they want to enjoy 'sometimes' or 'often'.

BELONGING

- 80% of pupils responded that they feel 'fairly' or 'very' strongly that they belong to their school; 65% said the same of their neighbourhood.

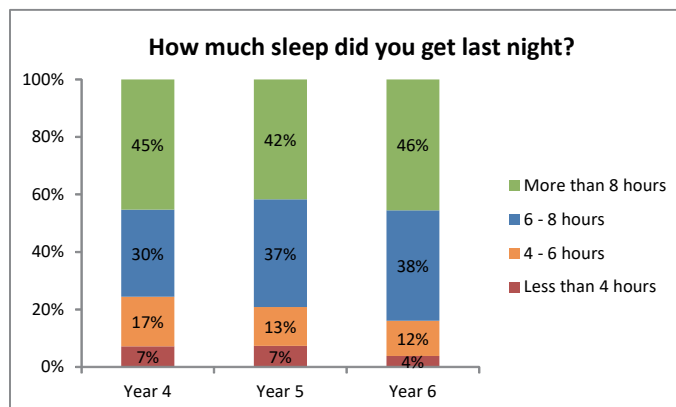


- Pupils from Peckham, Peckham Rye & Nunhead were least likely to say that they felt they belonged to Southwark, or to Britain.
- 41% of pupils said their area after dark was 'not at all safe'. This was higher for those who didn't feel they belong (48%).
- 65% said it is 'very' important to go to school regularly; 4% said 'not at all'.
- 54% of pupils responded that they have been away from school in the last 12 months due to illness or injury.



GENERAL HEALTH

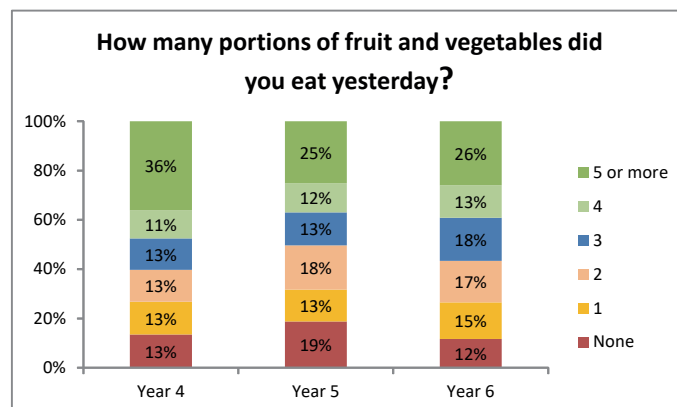
- 45% of pupils said they had more than 8 hours sleep the night before. 20% said they had 6 hours or less.



- 40% said they had been to the dentist in the last 6 months. 17% of pupils said that they had never been to the dentist or had been more than a year ago.
- Pupils who had at least 8 hours sleep were more likely to have been to the dentist in the past 6 months (52% vs. 36% of those who had 6 or less hours). 13% of pupils from households that at most 'sometimes' have enough food for everyone have never been to the dentist compared with 8% of the Southwark primary data.
- 76% of pupils said that they cleaned their teeth at least twice the day before the survey.

HEALTHY EATING

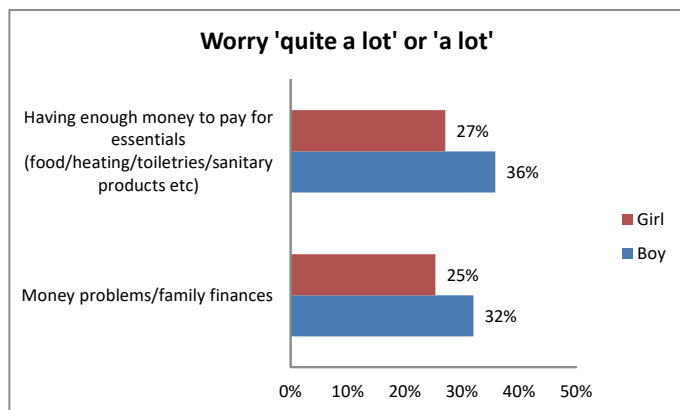
- 5% had nothing to eat or drink for breakfast on the day of the survey; another 2% only had snacks for breakfast that morning. 9% said this in households that at most 'sometimes' have enough food for everyone.
- 31% of pupils had cereal for breakfast and 38% toast, bread, bagels etc. on the morning of the survey. 12% said that they had fruit for breakfast. 7% said they had a chocolate bar, sweets, cakes etc.



- 29% said 5 or more portions of fruit or vegetables the day before the survey; 14% said that they had no portions.
- Year 6 children from single parent families were less likely to have 5+ portions (19% vs 26%).
- 90% said that they could get water at school breaktime easily, 7% said that they could get water, but 'not easily'.
- 60% said that they could get water at school breaktime easily, 30% said that they could get water, but 'not easily'.
- 81% of pupils had a school lunch the day before the survey. 12% of pupils had a packed lunch; 3% said they did not have any lunch the day before.
- Pupils who said they worry about money were more likely to say they had no lunch the day before. They were also more likely to say their household has at most 'sometimes' been able to get enough food in the past 12 months.

FOOD POVERTY

- 35% of pupils said they had used a foodbank or similar source of free or subsidised food in the last 12 months; 8% said they had done this most weeks.
- 40% of pupils who have used foodbanks said they had 6 or less hours sleep compared with 27% of pupils who hadn't used a foodbank.



- 11% said that in the last 12 months they had at most 'sometimes' been able to get enough food for everyone in their household.

TOBACCO and VAPING

Tobacco

- 95% of pupils said they had never tried smoking. 3% said that they had only tried smoking once or twice.
- 1% of Year 6 pupils said they have smoked shisha.
- 5% of Year 6 pupils said that they have vaped.

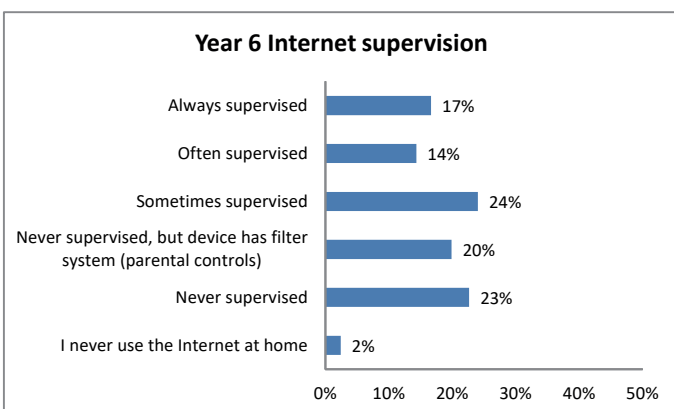
PHYSICAL ACTIVITY

- 59% of Year 6 pupils think that there is enough to do in their free time near where they live, while 14% said there is not enough to do.
- 40% of pupils said they did physical activity classes outside of school in the last 7 days.
- 48% of pupils said they did active play on at least 3 days in the last 7 days.
- 63% of boys and 55% of girls said that they took part in active play in the last week and it made them breathe faster/deeper and get hot/sweaty.

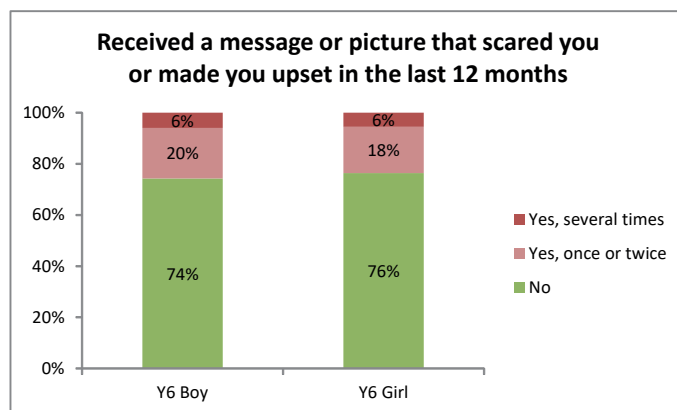
Question - are there enough opportunities for girls?

INTERNET SAFETY

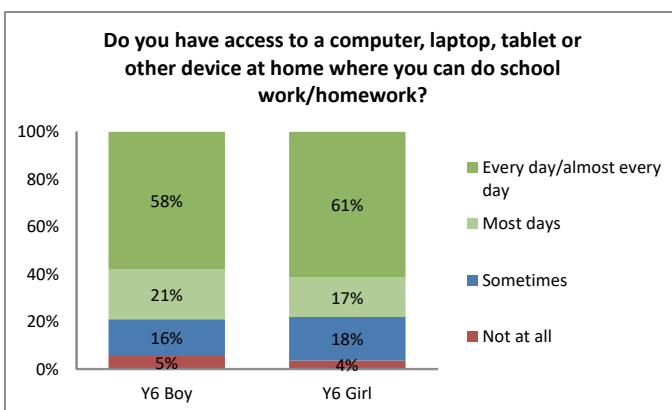
- 23% of Year 6 pupils said they were never supervised while using the Internet at home.



- 20% said they were never supervised but they had a filter system (parental controls) on their device.
- 17% of Year 6 pupils said that they communicate with people they have met online but don't know in real life.
- 16% of year 6 pupils said that they post things that lots of people can see e.g. Snapchat, Instagram, TikTok etc.
- 57% of Year 6 pupils said that they send messages to one or a few people e.g. WhatsApp, private Snapchat etc.
- 12% of Year 6 pupils said that they had experienced someone writing or showing things online to upset or hurt them.
- 4% of Year 6 pupils said that they had sent personal information to someone who they wished they hadn't.
- 25% of Year 6 pupils said they had received a message or picture in the last 12 months that had scared or upset them.



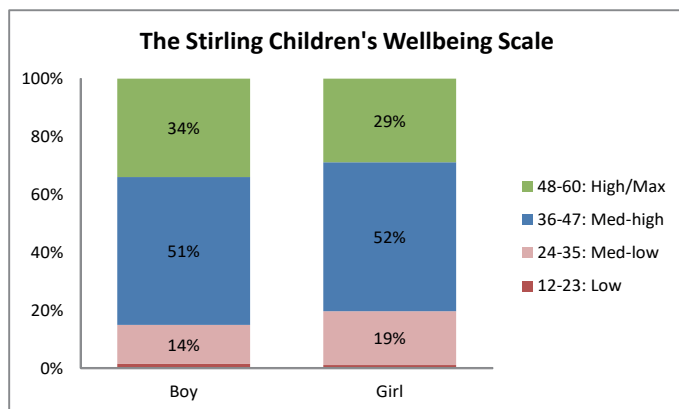
- In the past year 92% of Year 6 pupils said that they have been told how to stay safe online.
- 42% of pupils said that they always follow the advice they have been given.
- In the last year, 11% of Year 6 pupils said that someone they don't know in person has asked to meet them.
- 22% of Year 6 pupils said that at most, they 'sometimes' had access at home on a device where they could do schoolwork/homework.



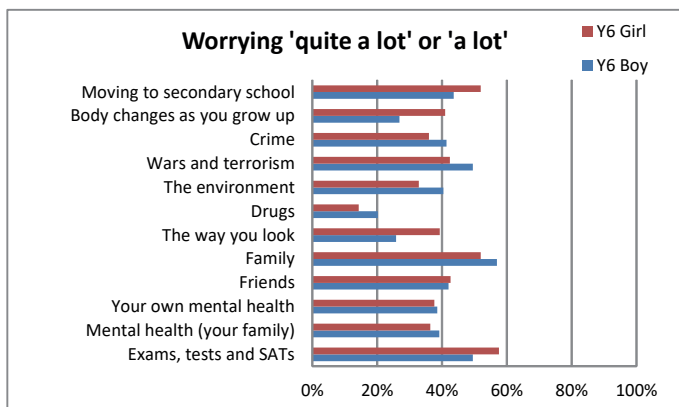
- 64% of Year 6 pupils said they had access to the internet at home 'every day' or 'almost every day' to do schoolwork/homework. 13% said 'sometimes' but 6% said 'not at all'.
- 8% of Year 6 pupils said they have placed a bet while online.
- 9% of Year 6 pupils have been bullied online.
- 23% of Year 6 pupils said they played games that have an older age rating than their present age while online. 40% played games online, 57% used WhatsApp, Snapchat etc.

EMOTIONAL HEALTH & WELLBEING

- 7% of pupils had a score of 12 – 30 on the Stirling Children's Wellbeing Scale; Liddle & Carter (2010) suggest that scores in this range may indicate poor mental health.
- 31% of pupils had a high or maximum score (48 – 60) on the Stirling Children's Wellbeing Scale.



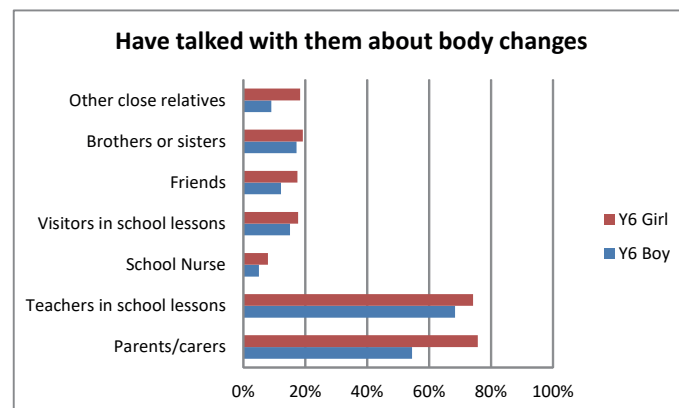
- 22% of boys and 15% of girls in the Year 4 sample had high self-esteem scores. In the Year 6 sample, 28% of boys and 20% of girls recorded levels of high self-esteem.
- 8% of pupils overall had very low self-esteem scores.
- 49% of boys and 58% of girls in Year 6 pupils said that they worried 'quite a lot' or 'a lot' about Exams, tests and SATs.
- Other worries for the Year 6 pupils included:



- 48% of pupils said that they thought their school deals with bullying 'quite' or 'very well'.
- 27% of pupils said they had been bullied at or near school in the last 12 months.
- 27% of pupils reported that they thought they were bullied because of the way they looked and 21% thought because of their size or weight.
- 8% of pupils reported that they had bullied someone else in the last 12 months.
- 71% of Year 6 pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do; 53% said they ask for help.
- 62% of Year 6 pupils responded that if something goes wrong, they usually or always learn from it for next time.
- 28% of Year 6 pupils (more boys than girls) had a high resilience score. 18% had a low score.

PUBERTY AND BODY CHANGES

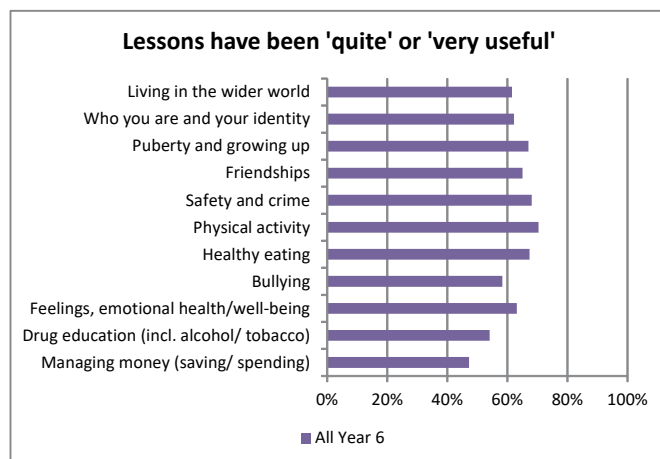
- 62% of Year 6 pupils responded that they feel they know enough about how their body changes as they grow up, while 7% of pupils feel they do not know enough.
- 65% of Year 6 pupils responded that their parents/carers have talked with them about how their body changes as they grow up; 71% said their teachers have talked with them in school lessons.



- 76% of Year 6 pupils responded that teachers, the School Nurse or visitors in school lessons have talked with them about how their body changes as they grow up.

USEFUL LESSONS

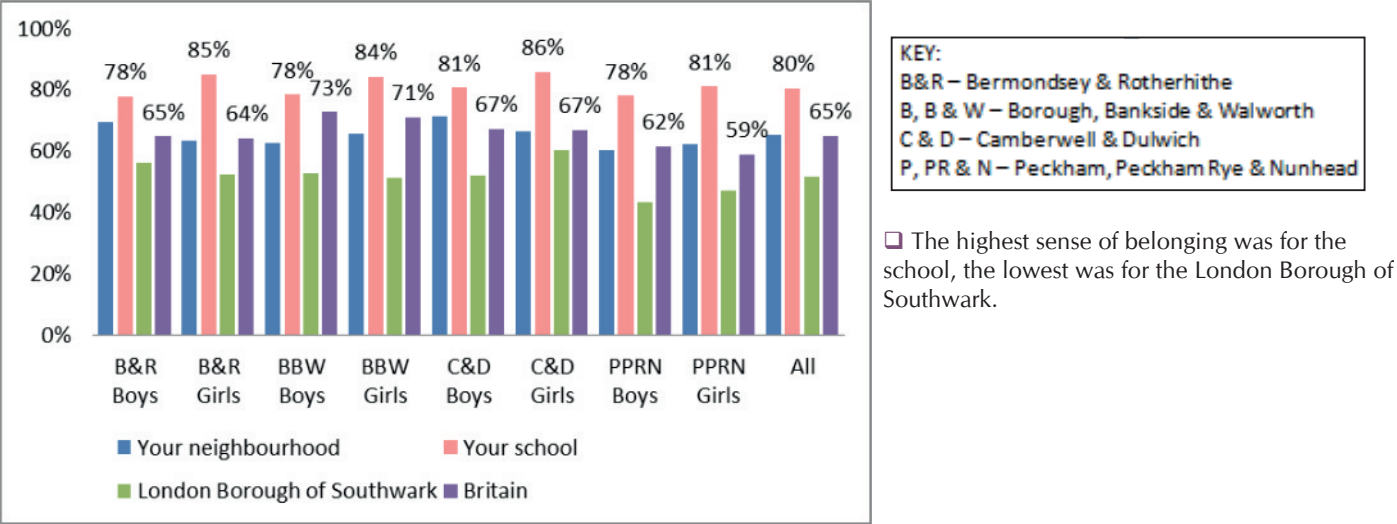
- 47% of Year 6 pupils said that they have had useful lessons on managing money.
- 61% said this about 'Living in the wider world'.



- If they were worried about something, 29% of pupils said they would go to school staff to get advice, support or reassurance; 6% said they would go to the school nurse.
- If they were worried about something, 73% of pupils said they would go to a parent/carer to get advice, support or reassurance; 34% said they would keep it to themselves.
- These findings are in line with what we see in our wider dataset.

BELONGING

- 65% of pupils said that they feel like they ‘fairly’ or ‘very strongly ’ belong to Britain; 57% of Asian pupils said this compared with 75% of White British pupils.
- There were differences between boys and girls responses and across localities:



LINKS & BELONGING

Year 6 pupils who felt they **didn't belong** to the London Borough of Southwark were more likely than pupils who did to:

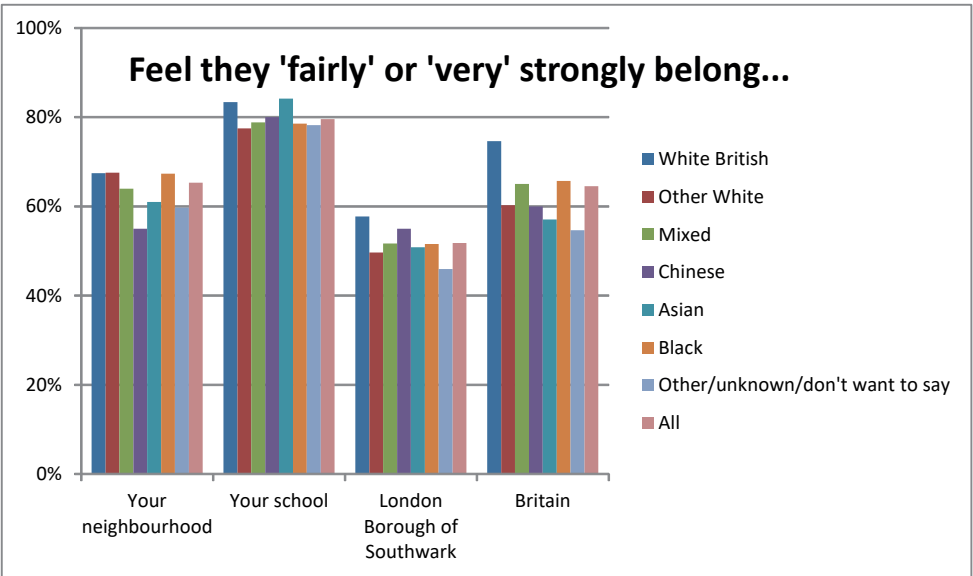
- Communicate with people online who they don't know in real life
- Have been bullied for the way they look
- Feel unsafe in school

They were less likely than those who **do think they belong** to:

- Enjoy school lessons
- Be supervised online
- Say school deals well with bullying
- Feel happy talking to other pupils at school
- Say school helps them to work as part of a team.

Analysis by ethnicity

- White British pupils are most likely to feel they belong to Britain.
- 'Other White' pupils were most likely to say they feel they belong to their neighbourhood.
- Asian pupils are most likely to say that they feel they belong to their school.

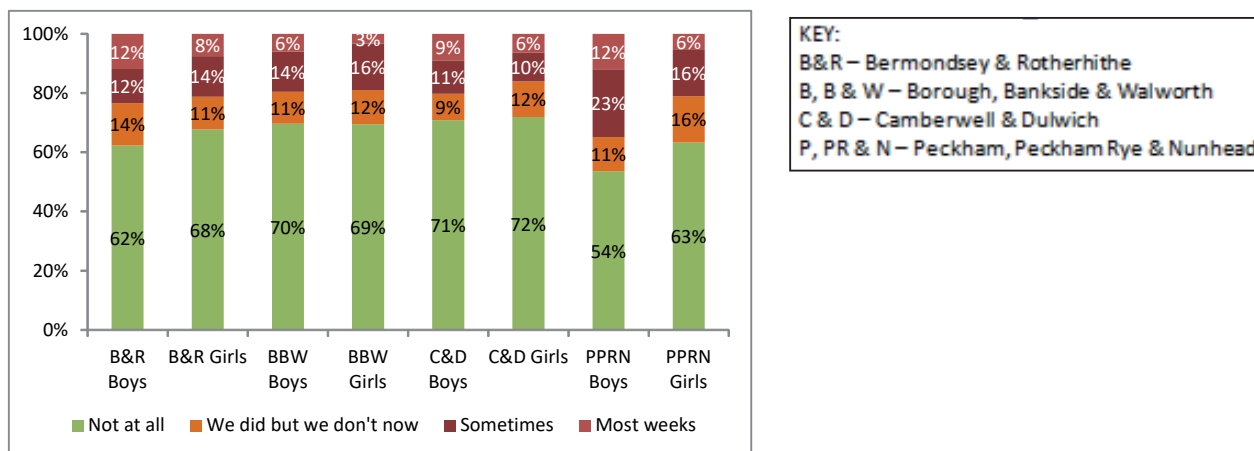


	White British	Other White	Mixed	Chinese	Asian	Black	Other/unkn own/don't want to say
Total Sample (Count)	203	75	135	15	97	414	102

DISADVANTAGE

Socio-economic disadvantage continues to be a cross-cutting factor driving many inequalities between primary pupils in Southwark, as indicated through significant differences in wellbeing indicators such as self-esteem, resilience, and general happiness with life, across Southwark localities.

FOOD POVERTY



- 35% of pupils said they had used a foodbank or similar source of free or subsidised food in the last 12 months; 8% said they had done this most weeks.
- There were differences between boys and girls responses and across localities:
- Boys in Peckham, Peckham Rye & Nunhead were most likely to say they have used foodbanks etc. in the last 12 months.

LINKS & FOOD POVERTY

Year 6 pupils who **at most sometimes had enough food for their household** were more likely than pupils who didn't say this to:

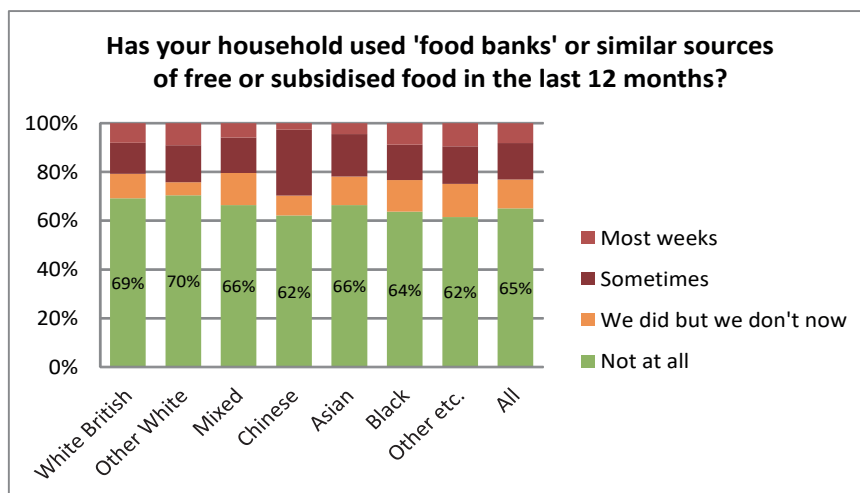
- Get less than 4 hours sleep
- Say they have never been to the dentist
- Received a nasty/scary message or picture in the last 12 months

They were less likely than those who **have had enough food for their household** to:

- Feel they belong to their school or to Southwark
- Feel happy with life
- Enjoy most or all of their lessons at school
- Feel safe in their local area after dark
- Say school has clear rules about bullying.

Analysis by ethnicity

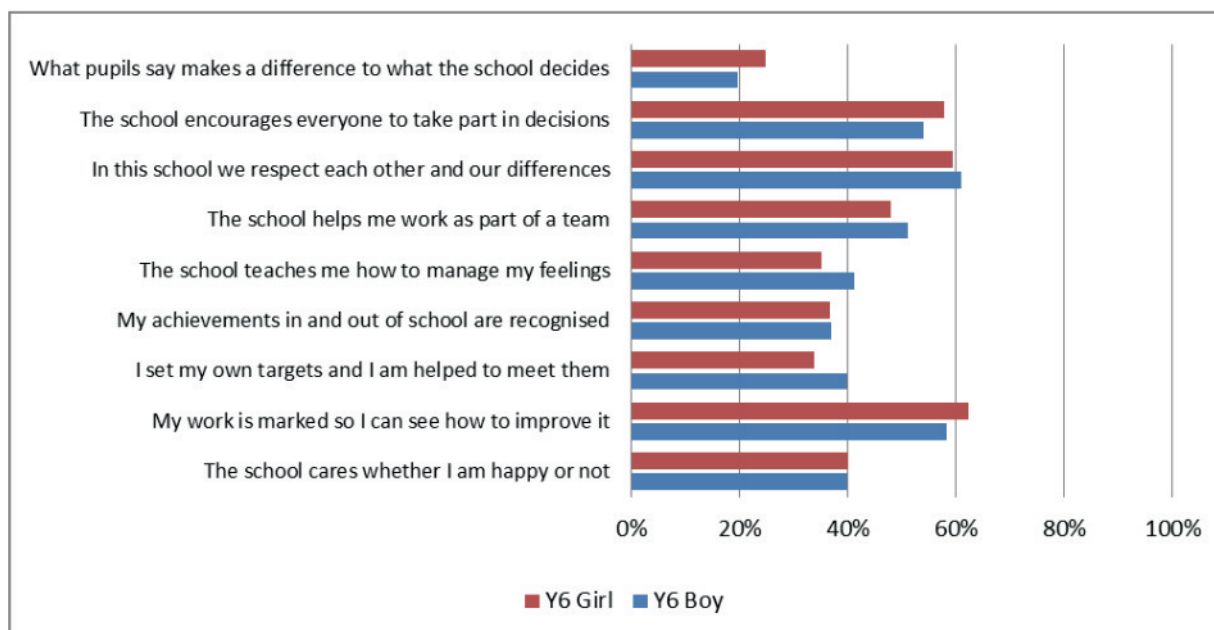
- White British pupils and 'Other White' pupils are least likely to have used food banks or similar sources in the last 12 months.
- Chinese pupils and those from other backgrounds were more likely to say they have used food banks or similar sources in the last 12 months.



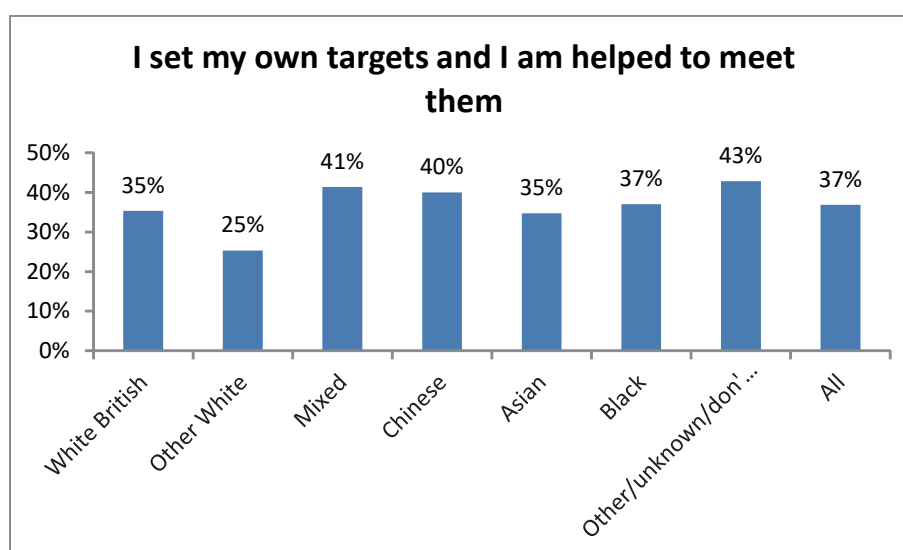
	White British	Other White	Mixed	Chinese	Asian	Black	Other etc.	All
Count	399	132	235	37	155	844	273	2098

PUPIL VOICE

- Year 6 boys were more likely than girls to say their school helps them to work as part of a team and that their school helps them to meet their targets.



- There were differences between ethnic groups:



LINKS LISTENED TO

Year 6 pupils who felt adults **didn't listen to them** were **more likely** than pupils who did to:

- Say it's not important to go to school regularly
- Say school deals badly with bullying
- Feel unsafe in school
- Have been bullied at or near school in the last 12 months

They were **less likely** than those who **do think adults listen to them** to:

- Say their parents/carers like to hear their ideas
- Enjoy 'most' or 'all' of their lessons
- Be happy with life at the moment
- Say if something goes wrong, they learn for it for next time
- Say school encourages everyone to take part in decisions.

WORRIES AND RESILIENCE

- ❑ 29% of pupils said that they worry 'quite a lot' or 'a lot' about money/family finances.
- ❑ There was no significant difference between ethnic groups for this question.

LINKS WORRY ABOUT MONEY

Pupils who **worry about money** were **more likely** than pupils who don't to:

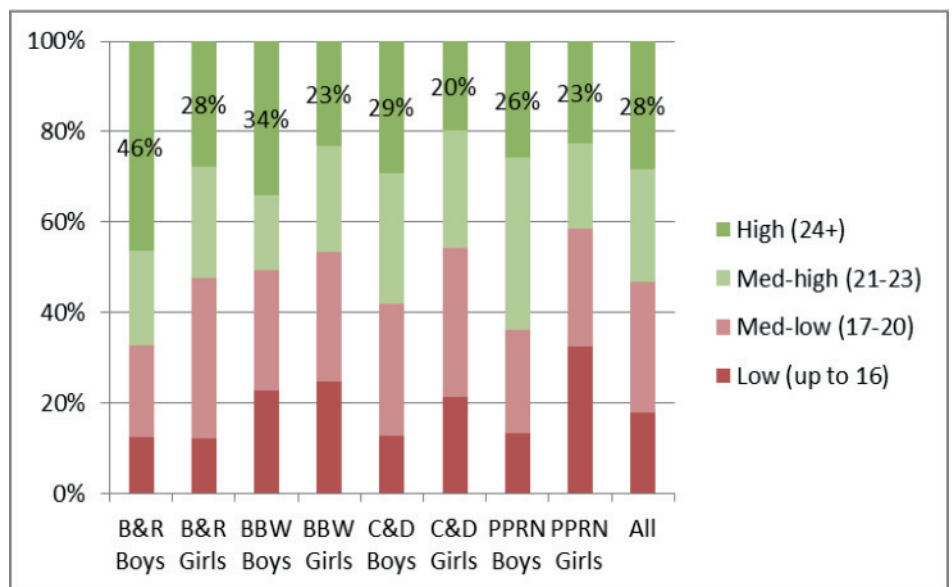
- Say their household has at most 'sometimes' been able to get enough food for everyone in the last 12 months
- Have missed lunch the day before the survey
- Worry about their family
- Have been bullied at or near school in the last 12 months

They were **less likely** than those who **don't worry about money** to:

- Have been to the dentist in the last 6 months
- Say there is enough for them to do in their free time near where they live
- Have access to the Internet at home to do homework
- Be able to get water at school during class time
- To have high self-esteem.

RESILIENCE

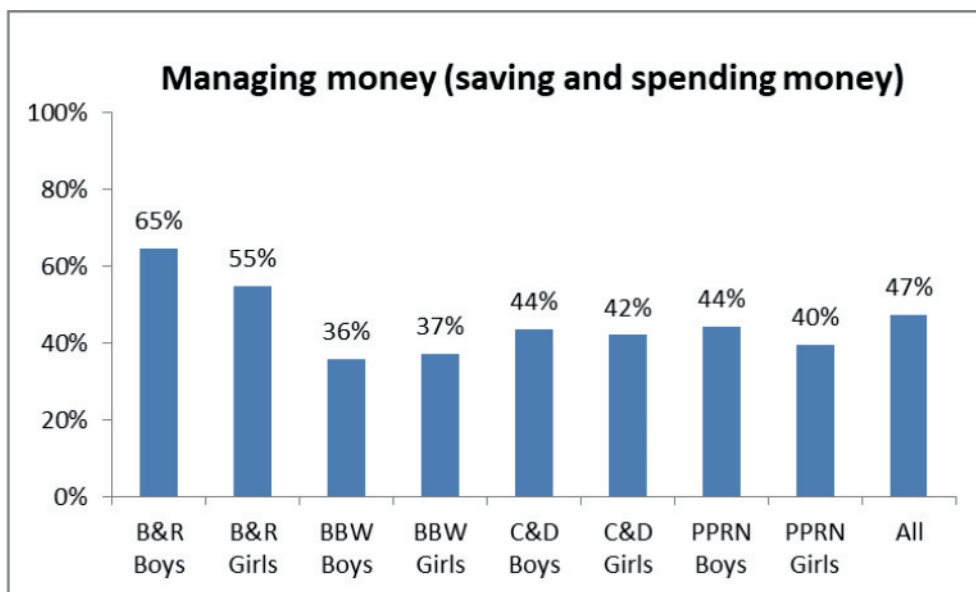
- ❑ 28% of pupils recorded levels of high resilience:
- ❑ Boys with low resilience were more likely to say: they don't feel safe at school; they don't enjoy lessons; adults don't listen to them; they don't follow online safety advice; they have regretted sending personal information online. They are also less likely to have had 5 or more portions of fruit and vegetables the day before or have been to the dentist in the last 6 months.
- ❑ Girls with low resilience were more likely to say they have been bullied because of their skin colour or race. They are less likely to say they have found lessons on living in the wider world 'useful'.



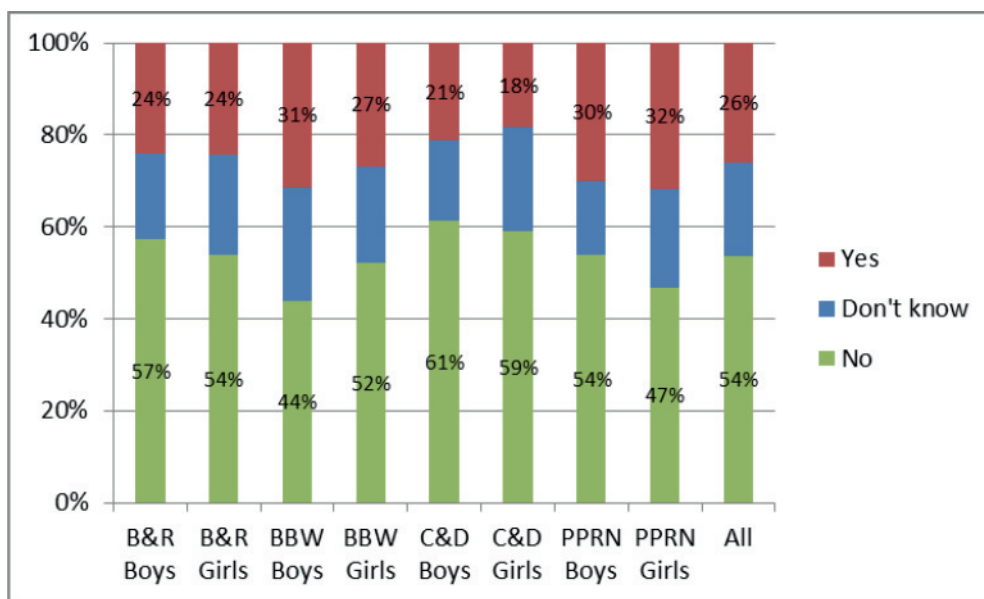
KEY:
 B&R – Bermondsey & Rotherhithe
 B, B & W – Borough, Bankside & Walworth
 C & D – Camberwell & Dulwich
 P, PR & N – Peckham, Peckham Rye & Nunhead

CURRICULUM

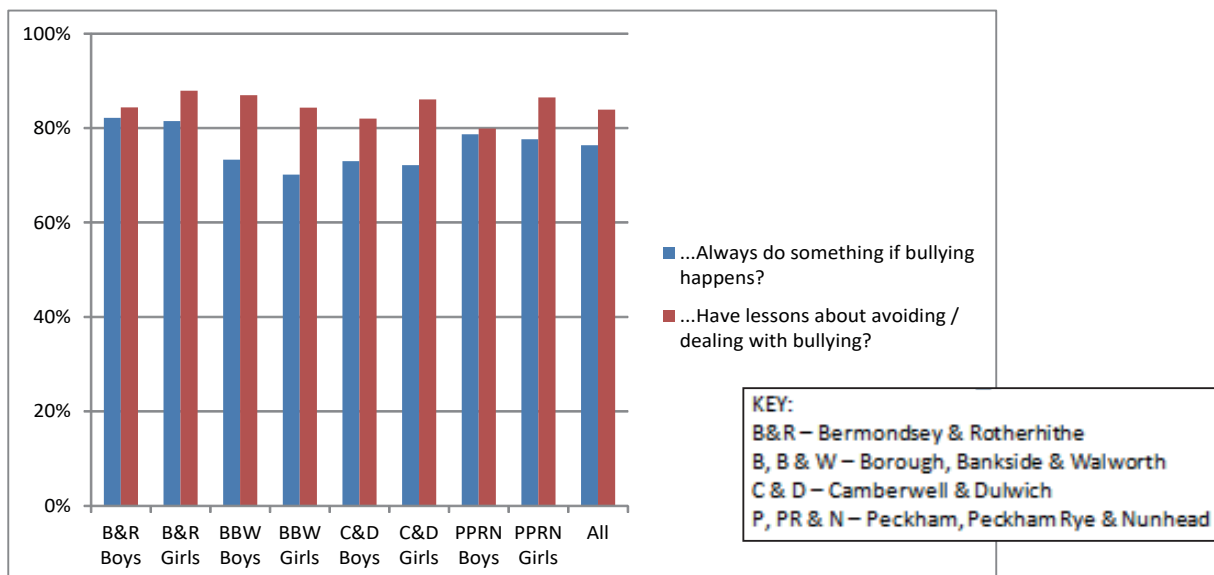
- 47% of Year 6 pupils said that their lessons on money 'saving and spending' had been 'quite' or 'very useful'.



- 26% of pupils have been **bullied at or near school** in the last 6 months:

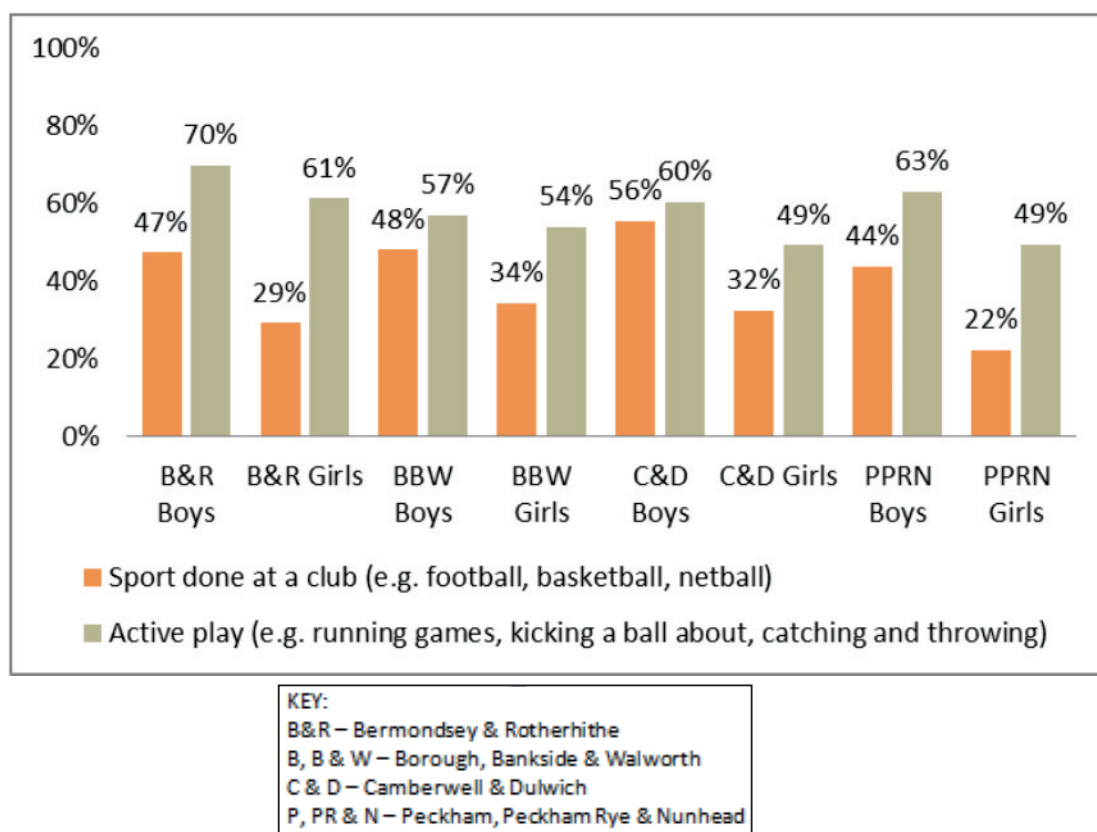


- 82% of pupils in Bermondsey and Rotherhithe report that their school **always does something if bullying happens** compared with 77% in the wider Southwark results.



PHYSICAL ACTIVITY

- 39% of pupils said when they did sport at a club (last week), it made them breathe faster/deeper or get hot/sweaty, 56% of boys in Camberwell and Dulwich said this:



- 59% of pupils said that they have been involved in active play last week that made them breathe faster/deeper or get hot/sweaty.
- 63% of boys said this compared with 55% of girls.

LINKS & ACTIVE PLAY

Pupils who **took part in active play** were **more likely** than pupils who don't to:

- Have high self-esteem
- Say school encourages everyone to take part in decisions
- To feel safe at school
- Say school deals well with bullying or it isn't a problem in their school
- Say there is enough for them to do in their free time near where they live
- Have taken part in a physical activity class outside school in the past 7 days

They were **less likely** than those who **didn't take part in active play** to:

- Have been bullied at or near school in the last 12 months
- Have missed breakfast that morning
- To say someone in their family has not always been able to get enough food in the last 12 months, at least 'sometimes'.

GENDER DIFFERENCES

- A selection of significant differences between the answers that boys and girls gave to some of the questions in the questionnaire are listed below.

List of Significant Differences

Below we have listed some statistically significant differences between Year 6 Boys and Year 6 Girls.

These have been colour coded for the higher figure (purple girls, blue boys).

Sig	Boys	Girls	Question
↓***	55%	76%	said that their parents/carers have talked with them about how their body changes as they grow up.
↑***	49%	36%	of pupils had a high or maximum score (24 – 30) on the Stirling Positive Outlook Sub-Scale.
↓***	89%	96%	said that in the last year they have been told how to stay safe while online.
↑***	34%	23%	had a high measure of resilience (24+).
↑***	14%	7%	someone they don't know in person has asked to meet with them at least 'once or twice' in the last year.
↑***	37%	26%	had a high or maximum score (48 – 60) on the Stirling Children's Wellbeing Scale.
↑***	76%	66%	if at first they don't succeed, they 'usually' or 'always' keep on trying until they do.
↑***	21%	12%	communicate with people they have met online and don't know in real life.
↑***	67%	57%	took part in active play in the last week and it made them breathe faster/deeper and get hot/sweaty.
↑***	13%	6%	have found school lessons about puberty and growing up 'not at all useful'.
↓***	27%	36%	have been bullied because of the way they look.
↓***	36%	47%	have been told how to stay safe online and 'always' follow the advice they have been given.
↑***	33%	25%	had a high or maximum score (24 – 30) on the Stirling Positive Emotional State Sub-Scale.
↑***	28%	20%	had a high self-esteem score (15 or more).
↓**	49%	58%	worry 'quite a lot' or 'a lot' about exams, tests and SATs
↓**	39%	47%	rated their safety when going out after dark in their area as 'not at all safe'.
↑*	76%	70%	of pupils responded in the top three brackets of the scale (8+) for how they feel about their life outside of school.
↓*	74%	80%	of Year 6 pupils responded that teachers, the School Nurse or visitors in school lessons have talked with them about how their body changes as they grow up.
↑*	20%	14%	of pupils said they don't worry 'at all' about moving on to secondary school.
↑*	9%	5%	of pupils have bullied someone else at school in the last 12 months.
↑*	62%	55%	think that there is enough to do in their free time near where they live.
↑*	12%	8%	said that being a young carer stops them doing things they want to enjoy at least sometimes.
↑*	61%	54%	of pupils said they did active play on at least 3 days in the last 7 days.
↑*	4%	1%	of pupils said that it is 'not important' to go to school regularly.
↓*	9%	14%	of pupils responded in the lower half of the scale (1-5) for how they feel about their life outside of school.

Tests: Chi-squared (χ^2). KEY: * = $p < 0.05$ (5%) ** = $p < 0.01$ (1%) *** = $p < 0.001$ (0.1%).

A separate full report comparing these pupils is also available.

LOCALITY DIFFERENCES

Bermondsey & Rotherhithe

For most of the questions in the questionnaire, Bermondsey & Rotherhithe (B&R) pupils give similar responses to the wider Southwark data. Some differences include:

- ↗ 60% of B&R Year 6 pupils have found school lessons about managing money (saving and spending money) 'quite' or 'very' useful. This is higher than the Southwark average (47%).
- ↘ 76% of B&R pupils had a school lunch the day before. This is lower than the Southwark average (81%).
- ↗ 36% of B&R Year 6 pupils recorded levels of high resilience. This is higher than the Southwark average (28%).
- ↗ 64% of B&R pupils took part in active play in the last week and it made them breathe faster/deeper and get hot/sweaty. This is higher than the Southwark average (59%).
- ↗ 82% of B&R pupils said their school always does something if bullying happens compared with 77% in Southwark.
- ↗ 24% of pupils in B&R said they are Muslim. This is higher than the Southwark average (20%).

Borough, Bankside & Walworth

For most of the questions in the questionnaire, Borough, Bankside & Walworth (B,B&W) pupils give similar responses to the wider Southwark data. Some differences include:

- ↘ 33% of B,B&W pupils have been to the dentist in the last 6 months. This is lower than the Southwark average (40%).
- ↘ 15% of B,B&W pupils had a high self-esteem score. This is lower than the Southwark average (21%).
- ↗ 67% of B,B&W pupils said that they enjoy 'most' or 'all' of their lessons at school. This is higher than the Southwark average (60%).
- ↘ 37% of Year 6 pupils in B,B&W found school lessons about managing money (saving and spending money) 'quite' or 'very' useful. This is lower than the Southwark average (47%).
- ↗ 71% of B,B&W pupils said they have a religion, faith, or belief that is important to them compared with 66% in Southwark.
- ↗ 7% of B,B&W pupils didn't have anything for breakfast on the day of the survey compared with the 5% Southwark average.

Camberwell & Dulwich

For most of the questions in the questionnaire, Camberwell & Dulwich (C&D) pupils give similar responses to the wider Southwark data. Some differences include:

- ↗ 28% of pupils in C&D said they are White British. This is higher than the Southwark average (18%).
- ↗ 50% of C&D pupils have been to the dentist in the last 6 months. This is higher than the Southwark average (40%).
- ↗ 86% of C&D pupils had a school lunch the day before. This is higher than the Southwark average (81%).
- ↘ 29% of C&D pupils said their household has used 'food banks' or similar sources of free or subsidised food at some point in the last 12 months. This is lower than the Southwark average (35%).
- ↗ 73% of C&D pupils said that their parents/carers like to hear their ideas This is higher than the Southwark average (68%).
- ↘ 56% of C&D pupils said that they enjoy 'most' or 'all' of their lessons at school. This is lower than the Southwark average (60%).

Peckham, Peckham Rye & Nunhead

For most of the questions in the questionnaire, Peckham, Peckham Rye & Nunhead (P,PR&N) pupils give similar responses to the wider Southwark data. Some differences include:

- ↗ 41% of P,PR&N pupils their household has used 'food banks' or similar sources of free or subsidised food at some point in the last 12 months. This is higher than the Southwark average (35%).
- ↘ 43% of P,PR&N pupils said they did active play on at least 3 days in the last 7 days. This is lower than the Southwark average (48%).
- ↘ 57% of Year 6 P,PR&N pupils responded that their parents/carers have talked with them about how their body changes as they grow up. This is lower than the Southwark average (65%).
- ↘ 16% of P,PR&N pupils had high self-esteem compared with the Southwark average (21%).
- ↗ 30% of P,PR&N pupils said that that they are 'never' supervised when using the internet at home. This is higher than the Southwark average (23%).

DIFFERENCES BETWEEN THE SOUTHWARK 2024 SURVEY AND THE SHEU WIDER SHEU REFERENCE SAMPLE

For most of the questions in the questionnaire, Southwark Year 4 and Year 6 pupils give similar responses to the wider SHEU data. Some key questions have been selected for comparison:

- ↘ 24% of Southwark Year 6 pupils recorded levels of high self-esteem compared with 32% of the wider sample.
- ↘ 26% of Southwark pupils said that they had been bullied at or near school in the past 12 months compared with 25% of the wider sample.
- ↗ 82% of Southwark pupils had a school lunch the day before, 11% had a packed lunch from home. This compared with 51% and 44% respectively in the wider sample.
- ↗ 28% of Year 6 pupils recorded levels of high resilience. This is the same as the 28% of Year 6 pupils in the wider sample.
- ↗ 29% of pupils said they had at least 5 portions of fruit and vegetables the day before. This is the same as the 29% of pupils in the wider sample.
- ↗ 5% of Year 6 pupils said they had ever used a vape. This is the same as the 5% of pupils seen in the wider Year 6 sample.

LINKS

- It is possible to look for connections between the answers pupils gave to different questions in the survey to look for behaviour profiles. The following are just a few selected questions but any question can be analysed in this way. All differences illustrated below are statistically significant:

LINKS

WELLBEING

Year 6 pupils who **had high wellbeing** (from the Sterling combined scale) were more likely than those with low wellbeing to:

- Get more than 8 hours sleep
- Have been to the dentist in the last 6 months
- Say they know enough about body changes
- Have 5-A-Day

They were less likely than those with low wellbeing to:

- Have missed breakfast
- Have smoked or vaped
- Have been bullied for the way they look
- Say their household has struggled to get food.

LINKS

SELF-ESTEEM

Year 6 pupils who recorded levels of **high self-esteem** were more likely than pupils with lower self-esteem to:

- Enjoy most or all of their lessons
- Say there is enough for them to do in their free time near where they live
- Say school helps them work as part of a team
- Have had useful lessons on friendships

They were less likely than those with lower self-esteem to:

- Have been bullied
- Say their area after dark is not safe
- Say their household has struggled to get food
- Worry about at least 5 of the issues listed.

LINKS

SLEEP

Year 6 pupils who had **8 or more hours sleep** last night were more likely than pupils who got 6 hours or less to:

- Be happy with their life at the moment
- Have a high wellbeing score
- Have been to the dentist in the last 6 months
- Have access to the internet at home for schoolwork/homework

They were less likely than those got 6 hours or less last night to:

- Have received a scary online message or picture
- Have been bullied at school
- Say they don't feel safe in school
- Have missed breakfast
- Say their household has struggled to get food.

LINKS

ONLINE STRANGERS

Year 6 pupils who had talk online to people they **don't know in real life** were more likely than pupils don't do this to:

- Worry about 5 or more of the items listed
- Have lower self-esteem
- Have been bullied because of their skin colour or race
- Have had less than 4 hours sleep last night

They were less likely than those who don't talk to people they don't know online to:

- Say parents/carers have talked with them about body changes as they grow up
- Say there is enough to do in their free time in the area where they live
- Say they can get water during class time
- Have been to the dentist in the past 6 months
- Enjoy lessons.

The Way Forward - over to you

Aligned to "Southwark's Wellbeing First: Improving Mental Health and Resilience Programme", this work was commissioned by the "Southwark Education, Learning & Achievement" (on behalf of Healthy Schools Partnership) and "Public Health" Teams.

We are grateful to the teachers, schools, children and young people for their time and contributions to this survey. As a result of their work excellent data could now be used by schools, the Local Authority, its partners as well as other statutory and voluntary agencies that support the health and wellbeing of children and young people in Southwark. This work could inform current and future action plans for Southwark schools – aligned to "Southwark's Wellbeing First: IMHARS Programme" - as well as joint working between and within organisations as part of Southwark's Healthy Schools Partnership, all supporting the delivery of a "good start in life" through supporting families as well as improving outcomes for children who face disadvantage, including those with special educational needs and disabilities.

Each school has a report comparing their results to the wider borough results. These can act as a baseline for Healthy Schools London and wider school work, working in partnership with the LA and its partners, providers and outside agencies.

Repeat surveys will inform schools and partners about progress.

Southwark Schools who took part in the survey: Primaries

Albion Primary School
Bellenden Primary School
Beormund Primary School
Boutcher CE Primary School
Charlotte Sharman Primary School
Crampton Primary
Dog Kennel Hill School
English Martyrs' RC Primary School
Friars Primary Foundation School
Goodrich Community Primary School
Goose Green Primary and Nursery School
Grange Primary School
Harris Primary Academy East Dulwich
Harris Primary Academy Peckham Park
Heber Primary School
Ilderton Primary School
John Donne Primary School
Keyworth Primary School
Lyndhurst Primary School
Peter Hills with St Mary's and St Paul's CE Primary School
Phoenix Primary School
Pilgrims' Way Primary School
Robert Browning Primary School
Rotherhithe Primary School
Rye Oak Primary School
Saint Joseph's Catholic Primary School, the Borough
Snowsfields Primary School
St Francis RC Primary School
St George's CE Primary School
St James' CE Primary School
St John's and St Clement's CE Primary School
St Joseph's Catholic Junior School
St Mary Magdalene CE Primary School
St Peter's CE Primary School
Tower Bridge Primary School

For further information about the survey contact:

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SHEU

Southwark
Council



Healthy Schools Partnership
London Borough of Southwark



**Wellbeing
First**
Improving Mental Health
and Resilience in Schools