

Baseline Data for Healthy Schools Plus Including Pupil Perceptions

The Wiltshire Healthy Schools Plus packages all incorporate guidance on the data that can be used for baselining and for measuring impact. In many cases these suggestions include the use of pupil perception data derived from pupil surveys.

Amongst the HS+ tools you have been given there is a comprehensive pupil perception survey for Primary pupils, entitled '**The Way I See It**'. This can be used in its entirety (perhaps for the purpose of needs assessment before setting targets for development) or by selecting the specific questions that relate to your chosen package. Each package has a section on 'Sources of Baseline Information', which is clearly cross-referenced to the relevant questions in the survey.

These teacher's notes give you guidance on how to analyse the answers to the pupil perception questions and how to combine them, when relevant, with data from other sources, to provide the figures you will need to submit as part of the HS+ process. By counting the answers shown in green below as positive, and those shown in red as negative, you can reduce the range of pupil responses to the simple numerical data that you need for your baseline and impact indicators.

Taught Curriculum

Learning about being healthy package

1. *The number of children that can draw/explain the 'eatwell plate' (page 21 – 'Well Measured' folder)*
2. On how many days in the last week have you taken part in organised exercise or other physical activity, **during the school day?**

5 4 3 2 1 0

Healthy Weight

The get moving package

1. On how many days in the last week have you taken part in organised exercise or other physical activity, **before or after school?**

5 4 3 2 1 0

2. On how many days in the last week have you taken part in organised exercise or other physical activity, **during the school day?**

5 4 3 2 1 0

3. On how many days in the last week have you taken part in active play **during the school day?**

5 4 3 2 1 0

Let's get cooking package

1. See current numbers attending cookery club
2. I am confident that I know how to prepare and cook a simple healthy meal (e.g....*add example/s of meal/s here that children will have prepared.....*).

Strongly Agree

Agree

Not Sure

Disagree

The lovely grub package

1. School lunch uptake data
2. How many portions of fruit and vegetables do you eat daily?
A portion can be:
 - one piece of fruit
 - a handful of grapes, raisins, carrot sticks etc
 - large spoonful of peas/sweetcorn etc
 - a glass of fruit juice(Potatoes and baked beans do not count!)

5 or more **4** **3** **2** **1** **0**

3. Use 'Today's Lunchbox Checksheet' provided. Children tick the items they had in their lunchbox that day.

1 or 2 items high fatty/sugary/salty food

More than 2 items high fatty/sugary/salty foods

Emotional Health and Wellbeing

First aid package

1. The number of pupils participating in First Aid training now
2. Provide pictures from Young First Aider pack for the assess children's confidence and knowledge about how they would deal with an emergency situation e.g. What would you do if you were faced with this scene?

If you were in this situation, how confident are you about your ability to help?

Very confident **Quite confident** **Not sure** **Not confident**

Beat the bullies package

1. Have you been asked for your ideas about how to reduce bullying in school?

More than once

Once

Never

2. Do you think your school deals well with bullying when it happens?

Very well

Quite well

Not very well

Peer support package

1. *See current number of pupils who have attended peer support training eg. training logs*
2. *See record of the pupils who have been supported*

The pupil voice package

1. *Number of KS1 pupils recorded by teachers as making a positive contribution to class and/or school council meetings – eg. tally chart or school council meetings*
2. Do you have a chance to give your views about what happens at school or how things could be changed?

All the time

Often

Now and then

Never

Children in Challenging Circumstances

1. How happy do you usually feel at playtime and lunchtime?

 **Very happy**  **Quite happy**  **Not very happy**  **Very unhappy**

2. I always know what to do when I get stuck in my learning at school

Strongly Agree

Agree

Not Sure

Disagree

3. How safe do you usually feel at school?

 **Very safe**  **Quite safe**  **Not very safe**  **Very unsafe**

4. *see logs*

5. I always know someone at school who I can talk to if I am anxious or upset.

Strongly Agree

Agree

Not Sure

Disagree

6. *see behaviour logs*

Drugs

Learning about medicines and other drugs package - Primary

1. How much do you feel you know about medicines, tobacco, alcohol and other drugs?

A lot

A little

Nothing much

2. I am confident that I know how to make safe choices around drugs (including medicines, tobacco and alcohol).

Strongly Agree

Agree

Not Sure

Disagree

Drugs Package – Secondary

1. Knowledge Drugs Quiz

2. In situations where drugs (including alcohol and tobacco) are involved. I can...

always make a healthy choice

mostly make a healthy choice

not usually make a healthy choice

never make a healthy choice

3. a) Do you know where you could get support about drugs (other than friends and family)?

No

Yes (please specify):.....

- b) If you answered yes, would **you** contact these yourself if you needed help with drugs?

No

Yes

SRE

Better relationships and growing up package – Primary

1. How useful have you found school lessons on relationships and how you will change as you grow up?

Very Useful

Quite Useful

Some use

Not at all useful

I can't remember any

2. Have you talked to an adult at home about how you will change as you grow up?

Yes

No

Better relationships package - Secondary

1. How useful have you found school lessons on sex and relationships?

Very Useful

Quite Useful

Some use

Not at all useful

I can't remember any

2. Have you been asked to contribute to the content of the SRE curriculum in your school?

Yes

No

3. *Drop-in centre attendance records*

4. Do you think the drop-in centre at your school meets your needs?

Yes

Mostly

Not at all

Oral Health

The happy little teeth package

1. *Homework activity – keep a teeth cleaning diary/chart for two weeks to establish how many children clean their teeth twice daily.*
2. How can you take care of your teeth? Make a list of your ideas.

Eg:

- Visit the dentist regularly
- Clean teeth twice a day with a fluoride toothpaste
- Group sugar together to reduce acid attacks on teeth
- Fruit juice and fizzy drinks are very acidic and can cause tooth erosion best kept to meal times
- Milk and water are the best drinks for teeth
- Dried fruit is not a good snack for teeth best kept to mealtimes
- Use disclosing tablets to see plaque that is being missed during brushing
- Be aware of the differences between extrinsic and intrinsic sugars and how they affect teeth

5 ideas

4 ideas

3 ideas

2 ideas

1 idea

0 ideas