

Health and Wellbeing in Oxfordshire School Pupils

Home Survey: May– June 2020



Oxfordshire Online Pupil Survey 2020 - Home Edition

This survey...

- Measures the **wellbeing** (health and happiness) of children and young people in Oxfordshire
- Asks questions about your **life-style** and **school life**
- Is for school pupils in **Years 4 - 13**
- Provides results to schools to help them keep pupils safe and happy
- Helps the local council improve their services



Oxfordshire Online Pupil Survey 2020 – Home Edition

This survey should take about 20-25 minutes to complete. As it is anonymous, you will not be able to go back into it so please make sure you have enough time to complete it. Please ensure you have a constant and strong signal if you are using WiFi. Please enter your login details:

Please enter your User ID:

Please enter your Password:

Please enter your Year Group:



Please [email](#) or call Pauline on 01285 700759 if you have any difficulties with this survey.

Survey conducted on behalf of Oxford University and Oxfordshire County Council
by Foster And Brown Research Ltd



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What you need to know:

- We hope that you are interested and happy to take part in this survey, **but it is up to you!**
- The survey is designed to be **anonymous**, which means we don't want to know who you are
- We want to know a few things about you, and mostly to know how you think and feel
- If you take part, we will use your responses to help understand the wellbeing of pupils in Oxfordshire
- We will keep all survey responses (the data) for a long time (at least 5 years) but make sure that nobody could ever identify you in the data or in any reports that we make available

Before we start...

Before you start the survey, we have to be sure that you are happy to continue. We will ask you a few questions and you need to answer yes to all of them to continue. If you answer yes to 'Are you happy to take part?' and you click the arrow button it will take you into the survey. If you don't understand anything, ask your teacher or class assistant to help you.

Has this survey been explained to you?

- Yes
 No

Do you understand what this survey is about?

- Yes
 No

Have you asked all the questions you want to about this survey?

- Yes
 No

If you have asked questions, have they been answered in a way you understand?

- Yes
 No

Do you understand it's OK to stop taking part at any time

- Yes
 No

Are you happy to take part in this survey?

- Yes
 No

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What the questions are about:

- First we will ask a few things about you: your **age**, whether you were **born in the UK**, who you live with, **how many people** live at home
- This year the survey asks questions that help us understand how difficult **lockdown** is for you: **number of rooms** at home, access to a **garden**, parents/carers needing to go to work
- The rest of the survey asks about your **lifestyle**, your **wellbeing**, your **safety**, and your **attitudes**, (see examples on next slide)

About Sleeping...

Did you wake up last night?

Yes
 No

How often do you stay awake or wake up in the night because you are worried about something?

Never Not often (e.g. once or twice) Sometimes

24.8

What time (to the nearest hour) did you wake up this morning?

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Are you a boy or a girl?

girl
 boy

How old are you?

12

Were you born in the UK?

Yes
 No

Were both of your parents born in the UK?

Yes
 No

We would now like to ask you about how physically active you are.

What we mean by physical activity is an activity that makes you breathe harder and faster than you normally would. This doesn't have to be done in one go; it can be done in several sections e.g. 4 lots of 15 minutes

How much physical activity or play do you generally do over a week? (please include your PE lessons, playing and activity during playtimes)

under 1 hour 2 hours 4 hours 6 hours more than 8 hours

How often do you take part in organised lunchtime and after school physical activities sessions each week at SCHOOL?

Never Once a week 2-3 times a week 4 times a week Every school day

How often do you take part in physical activity sessions each week that are NOT linked to schools?

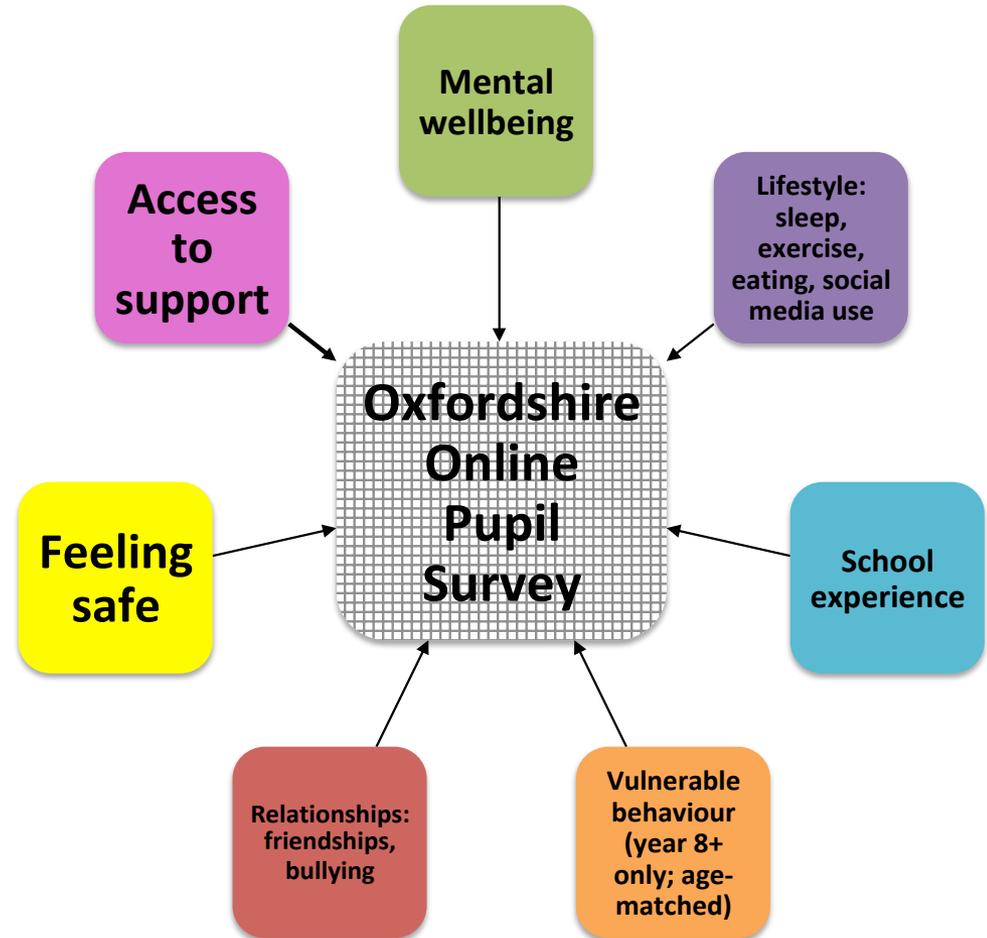
Never Once a week 2-3 times a week 4 times a week Every school day

How do you normally (i.e. for most of the journey) travel to school? (* a walking bus is where an organised group of children or young people walk to school under adult supervision)

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- Some of the questions are on **sensitive** topics like bullying
- If there is anything you really don't want to answer you can just leave it blank and move on
- If anything makes you feel upset you can stop at any time
- If you are very worried, please find an adult you can talk to (e.g. parents/carers, a teacher)
- You can also go to Childline website:
<http://www.childline.org.uk>



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If you are happy to take part...

- You can use the **link to the survey** that your teacher has sent you, or type the web address into your browser
- You will also need **login details**, which your teacher will send to you

Once you start:

- the survey takes **20-30 minutes**
- give yourself an **extra 5-10 minutes** to find the instructions and login

When you have finished the survey, please remember to:

- **press the arrow** to send us your answers
- **close the browser window** by clicking the small cross at the top of the page

We hope you enjoy taking part !

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