

# Briefing document for education settings 2021

## Background information about the Oxwell Student Survey – Young People's Health and Wellbeing

The University of Oxford – Department of Psychiatry have over recent years been joint working with colleagues in Berkshire as well as other counties - schools, local authorities, and mental health services, to work out how best to support the mental health and wellbeing of children and adolescents. The Oxwell Student Survey was conducted in Oxfordshire in 2019 and across the South of England in 2020, and we were able to learn about a range of important mental health and well-being factors, including pupils' experience of COVID-19, school closures and associated challenges.

In partnership with the University of Oxford and funded from NHS Frimley (formerly East Berkshire) Clinical Commissioning Group (CCG) and NHS West Berkshire CCG, we are pleased to launch the Oxwell Student Survey 2021 and offer schools and colleges across Berkshire this exciting opportunity to participate at no cost to themselves. This year we hope to gather data from most schools in the county, to provide a comprehensive picture of how attitudes and behaviour change over time. This will inform education settings about the needs and experiences of their pupils and help to ensure that the resources available can be targeted at areas of most need.

## A bit about the survey

- Measures the wellbeing (health and happiness) of Children and Young People.
- The questions in the survey address a range of issues relevant to wellbeing including questions about lifestyle and school life. Factors assessed in the survey include mental wellbeing, anxiety, indicators of vulnerability, sleep patterns, online safety, protective factors such as exercise and healthy eating, and attitudes to accessing mental health support.
- Is for pupils in years 5 -13, there are 3 age-matched versions (years 5-7, years 8-11, years 12-13/FE).
- The versions differ slightly and are age appropriate, approved by the University of Oxford Research Ethics Committee.
- More details about the survey can be found [here](#).

## How will it work?

- If you would like to invite students in your school/college to take part, please sign up your education setting by completing the online form [here](#)
- Following sign up, the university research team will send out a more detailed information pack and you will be able to see the survey.
- The survey is anonymous and designed to be engaging and easy for pupils to use, takes most pupils about 30 minutes and can be comfortably fitted into a lesson period.
- NHS Frimley CCG, West Berkshire CCG and the University of Oxford will also be running two information webinars about how to take part including top tips. These will take place from 4.00-5.00 on Tuesday 20<sup>th</sup> April and Thursday 29<sup>th</sup> April. Sign up for one of these webinars [here](#).

## Participating schools/colleges will receive:

- Access to all the resources relevant to taking part. This will include the following, all of which have been approved by University of Oxford Research Ethics Committee.
  - letter to parents (which must be sent to all parent of under 16 year olds one week in advance and given the opportunity to opt- out )
  - Presentation to share directly with children and young people
  - A link to the survey with school/college ID and password
  - Clear instructions for children and young people about what they need to do
- Summary reports of their own results which can be compared with the county averages from this year and last year (you will not be able to identify other schools/colleges). If schools/colleges take part in the survey during the May participation window, then their summary reports will be available to them from July before the summer break.
- Access to their data online via the digital platform called Lodeseeker. In the Autumn, Education settings will be able to see their data online, to compare themselves to the county average from this year and last year (but will not be able to identify other schools), to generate automatic reports (e.g., for Ofsted), and to identify areas where pupils most need support.
- Additional training once the results are ready to support schools to best use their data.
- Access to an Asst Psychologist to support education settings (East Berkshire only) to use their survey data to support the evaluation of the curriculum and to monitor the impact of in-school interventions such as anti-bullying, physical activity, or mental health.

## Timeline and key dates

Date	What
31 <sup>st</sup> March	Education settings can sign up for the survey
20 <sup>th</sup> April and 29 <sup>th</sup> April	Webinars on how run the survey in your education setting
30 <sup>th</sup> April	Suggested deadline for education settings to sign up for the survey (to guarantee receiving information for participation during May)
5 <sup>th</sup> May	Survey opens for students to complete
25 <sup>th</sup> June	Survey closes for students to complete
July	Preliminary results will be shared as summary reports with Education settings that took part during May.
September	Asst Psychologist will be available to book in 1:1 for when your data becomes available.
Autumn (Oct)	Education settings will have access to their data online via Lodeseeker

If this timeline to register or the survey participation window does not work for you, please contact us to discuss your needs.

## Additional information

- Special schools are not able to take part in this survey, as the university's current research ethics require children to be able to understand the aims of the survey and choose for themselves whether they take part, including answering all the questions without help.
- Your local authority, NHS Frimley CCG and University of Oxford will have access to the results from education settings in each the borough including a breakdown per school. This will help local services to ensure that the resources available can be targeted at areas of most need and to monitor the impact of targeted interventions. Thematic issues identified will be used to inform strategic planning at groups including the Children and Young people's Partnership Boards, Education Partnership Boards, and the Local Transformation Plan Group for CYP Mental Health. This information may be used to inform and direct resources, local health care and provision for young people, as well as priorities being identified or confirmed for intervention programme design.
- Your local authority, NHS Frimley CCG and University of Oxford would also like to repeat the survey in future years, to monitor changes influenced by intervention programmes on an individual school level but also borough wide such as the impact of the Mental Health Support teams.
- For general enquiries contact Giovanni Ferri at [cypmhtraining.eastberks@nhs.net](mailto:cypmhtraining.eastberks@nhs.net)