**Health and Wellbeing in East Berkshire Schools Survey**

University of Oxford – Department of Psychiatry have over recent years been partnership working with colleagues in other areas - schools, local authorities and mental health services, to work out how best to support the mental health and wellbeing of children and adolescents. In 2019, they started an important survey of school pupils in Oxfordshire. Over 4000 pupils in 36 schools took part and they were able to share all relevant results with schools and services.

In partnership with researchers at the University of Oxford, we have been offered an exciting opportunity for schools in Berkshire to take part in this study for pupils aged 9 to 18 years (Years 5 to 13). The study - **Online Mental Health and Wellbeing Survey 2020** - will investigate school pupils’ health and wellbeing by asking young people to log in anonymously to an online survey either at home, or when returned to school. This year’s survey has been tailored so that it is relevant to the current COVID-19 challenges and is **funded by a University of Oxford COVID-19 Research Response Fund** so schools can take part at no cost.

**A bit about the survey:**

• Measures the wellbeing (Health and Happiness) of Children and Young People.

• Asks questions about life style and school life, factors assessed in the survey include mental wellbeing, anxiety, indictors of vulnerability, sleep patterns, online safety, protective factors such as exercise and health eating, and attitudes to accessing mental health support.

• Is for pupils in years 4 -13, there are 3 age-matched versions (years 4-7, years 8-11, years 12-13)

• The Primary, Secondary, and the Year 12/FE surveys differ slightly and are age appropriate, approved by the University of Oxford Research Ethics Committee.

• 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 (remote or in-school) lesson period.

The aim of the survey is to help **inform schools and local services across health, education and social care of how lockdown is impacting pupils**, and includes questions to address how the pandemic has impacted both mental wellbeing and learning. Schools will be given their own results from July 2020 and will be able to login to the data online, to compare themselves to the county average from this year (but will not be able to identity other schools), to generate automatic reports (e.g. for Ofsted), and to identify areas where pupils most need support. Additionally the survey can be used for more strategic planning across Health, Education and Social Care.

This lockdown survey is part of a study that has been approved by the University of Oxford Research Ethics Committee. Details can be found on the following website:  <https://www.psych.ox.ac.uk/research/schoolmentalhealth>

**How will it work?**

* Education settings to sign up by **22nd May** by contacting NHS East Berkshire CCG – email [cypmhtraining.eastberks@nhs.net](mailto:cypmhtraining.eastberks@nhs.net) , providing a contact name, email, telephone number and which school/college you represent and your borough (Slough). Please also state your preference date to join an information webinar (details below).
* NHS East Berkshire CCG, Slough Borough Council, University of Oxford will be running two information webinars for schools that sign up. These will take place on Thursday 4th June 4.30-5.30 and Friday 5th June 8.00-9.00.
* The university research team will then send more detailed information for education settings which 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)
  + 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
* Parents (of pupils under 16) must be sent the approved parent letter, one week in advance, and given the opportunity to opt- out.
* Schools will forward an email to pupils (whose parents have not opted-out), inviting them to login from home or school. We suggest that schools set aside a particular day or week of their choosing and ask each participating year group to complete the survey in one sitting during that time, and that participants let their teacher know once they have taken part. **The survey needs to be completed by the end of June 2020.**
* 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 of the questions without help.
* Schools will be able to access their own results online from July 2020, including reports. We will offer an additional training webinar once the results are ready in order to support schools to best use their data.
* Slough Borough Council and NHS East Berkshire CCG will have access to the results for the borough including a breakdown per school. Thematic issues identified will be used to inform strategic planning at groups including the Children and Young people’s Partnership Board, Slough Education Partnership Board 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.
* Slough Borough Council and NHS East Berkshire CCG would also like to repeat the survey next year and 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 and Getting Help teams.