

28th September 2026

My Health My School survey has now re-opened for the academic year and you have until 26th February 2026 to administer the survey.

The My Health My School survey is a pupil perception survey that asks children and young people in years 3, 4, 5, 6, 7, 9 & 11, (as well as separate surveys for Post 16 and provision for children with Special Educational Needs and Disabilities) a number of questions in order to generate vital information on the health and wellbeing of these individuals.

What are schools getting out of completing the survey?

Schools benefit in several ways:

- **Insight into student wellbeing:** The survey provides a comprehensive picture of pupils' health behaviours including physical and mental health, lifestyle choices, and wellbeing as well as an insight into their perceptions.
- **Curriculum planning:** Survey data enables schools to tailor their PSHE (Personal, Social, Health and Economic) education, assemblies, and extracurricular activities.
- **Evidence for inspections:** Survey results can support Ofsted inspections by demonstrating a whole-school approach to health and wellbeing and a needs-led curriculum through facilitating pupil voice.
- **Targeted interventions:** Schools can identify areas of concern and implement support strategies accordingly.
- **Pupil voice:** The survey enables pupils to express how they feel, which helps schools respond proactively.

This year all schools in Slough have access to the following health and wellbeing survey. There is no cost to your school.

Survey	Purpose
Year 3/4 PE	The Year 3 & 4 PE Survey is a shorter, age-appropriate survey that focuses specifically on Physical Education (PE), physical activity and sport in school. It is designed to gather pupils' views and experiences of: • PE lessons in school • Participation in sport and physical activities • After-school sports clubs and opportunities • Physical activity levels and engagement • Access to and enjoyment of PE and sport The survey gives schools valuable pupil voice data to help evaluate and improve their PE provision, increase participation in physical activity, and support pupils' health and wellbeing.

Year 5 & 6	Collects pupil voice on health, wellbeing and school experiences, including healthy eating, SEMH, physical activity, play, PE, PSHE and school life. Provides schools with data to identify priorities, inform action plans, monitor trends and improve pupil wellbeing outcomes.
Year 7 & 9	Collects pupil voice on health, wellbeing and school experiences. Covers healthy eating, SEMH, gambling, physical activity, play, PE, drugs, alcohol, tobacco, sexual health, PSHE and school life. Provides data to identify priorities, inform action planning, evaluate interventions and compare results with local and national benchmarks
Year 11	Collects pupil voice on health, wellbeing and school experiences. Covers healthy eating, SEMH, gambling, physical activity, PE, drugs, alcohol and tobacco, sexual health, PSHE and school life. Provides data to identify priorities, inform action planning, evaluate interventions and compare results with local and national benchmarks
Post 16 Year 12,13,14	Collects student voice on health, wellbeing and college/sixth form experiences. Covers healthy eating, SEMH, gambling, physical activity, drugs, alcohol and tobacco, sexual health, PSHE, support services and college life. Provides data to identify priorities, inform action planning, evaluate interventions and compare results with local and national benchmarks.
SEND	This survey is available for mainstream and special schools. Easy-read health and wellbeing survey for pupils with SEND. Covers healthy eating, SEMH, physical activity, play, PE and school experiences. Provides schools with accessible pupil voice data to identify needs, inform support and improve outcomes for children and young people with SEND.
SEND PE	This survey is available for mainstream and special schools. Accessible PE-focused survey for pupils with SEND. Covers PE lessons, physical activity, sport, after-school clubs and participation. Provides schools with pupil voice data to improve PE provision, inclusion and opportunities for physical activity.
SEND Plus	This survey is available for mainstream and special schools. Adapted health and wellbeing survey for pupils with more complex SEND. Covers healthy eating, SEMH, physical activity, play, PE, sexual health and school experiences. Provides accessible pupil voice data to identify needs, inform support and improve outcomes for children and young people with complex SEND. Year 9 and above

Please note: Schools only require one account, which is managed through your designated manager.

Does your school already have a My Health, My School Survey account?

You **do not need to re-register**.

Existing account details will remain active for the new academic year.

If you are not managing the account for this academic year, please go to the 'Contact Us' page on My Health My School website or click this link <https://www.myhealthmyschoolsurvey.org.uk/contacts/new> to update the details.

For schools that already have a My Health, My School survey account:

1. Nominate a lead staff member We recommend assigning one member of staff to oversee the process, including accessing resources, coordinating pre-survey activities and supporting pupils during and after survey completion

2. Year group logins School Health and Wellbeing team has already issued your year group usernames and passwords so you can access all year groups linked to your account. If you haven't received it, please contact the team by visiting the 'Contact Us' on My Health My School survey website or follow this link <https://www.myhealthmyschoolsurvey.org.uk/contacts/new>

3. Log into the portal

- Use your staff credentials to access the 'Resources' section which includes all supporting documents referenced in the guidance.
- Contact your DSL lead to ensure that the website My Health My School survey is **whitelisted**. This will prevent your schools' filtering or monitoring system from blocking any survey content.
- Log in to "test the survey". Click on 'test questionnaire for teachers and staff'. Under 'teacher demo', log in as a *pupil* allowing you to work your way through the survey. This doesn't affect the results as long as it's got "teacher demo" at the top.

4. Watch the e-learning module Once logged in, it is **highly recommended** starting with the My Health My School *e-learning video* to help familiarise yourself with the survey process. The video is 25 minutes long with options of re-watching multi times and includes an audio. It covers:

- What is the My Health, My School survey (0:55)
- Survey registration (03:58)
- Preparation (11:20) (including Manager login, resources tab, surveys tab and key information before completing)
- Completing the survey (19:49)
- Analysis (21:35)

5. Plan and prepare

- ✓ Set a date for pupils to complete the survey, leaving **at least one week** to deliver the pre-survey lesson/discussion.
- ✓ Implement the pre-survey lesson/discussion. This lesson/discussion helps children and young people to understand why they are participating, helps to manage emotions and signposts to relevant support services. As there are a number of potentially sensitive questions you may wish to have a discussion with pupils about some of these questions/topics. (The survey questions for your specific year group can be found in the resource section of the website)
- ✓ Book an ICT room or ensure access to web-enabled devices.
- ✓ Use the lesson plans in the resources section to help guide pupils in the lead-up to the survey.
- ✓ Distribute student diaries at least one week before survey day to allow students time to reflect and prepare.

6. Safeguarding and sensitive topics Some survey questions may touch on sensitive areas. Use this as a springboard for further learning and ensure a safeguarding protocol is in place. Although responses are anonymous, please review the *Safeguarding Protocol* (pages 4–5 of the guidance) to understand recommended actions and available support.

7. Parent/carers consent Notify parents/carers and seek consent before participation.

8. Sharing results Resources are available in the portal to help present findings back to pupils/students in an engaging way.

These are the key points to be aware of.

Please find the full **Manager Guidance** document attached for further detail.

For schools that do not have a My Health, My School survey account yet?

Nominate a lead staff member We recommend assigning one member of staff to oversee the process, including accessing resources, coordinating pre-survey activities and supporting pupils during and after survey completion. Once agreed by your senior leadership team or headteacher, follow the steps outlined:

1. Please register using the link
<https://www.myhealthmyschoolsurvey.org.uk/schools/new>
2. Complete any blank sections with your school's details and click 'Create an account'. In billing information, please enter 'Slough Borough Council' in every box
3. Within 10 days of registering your school, you will receive an email confirmation of your registration. You will be provided with access to your account.
4. Once your registration is approved, you'll gain access to the portal which contains all the key resources to guide you through the process.

What do I do once I received my registration?

1. Use your staff credentials to log in.
2. **Watch the e-learning module** Once logged in, it is **highly recommended** starting with the My Health My School *e-learning video* to help familiarise yourself with the survey process. The video is 25 minutes long with options of re-watching multi times and includes an audio. It covers:
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3. Contact your DSL lead to ensure that the website My Health My School survey is **whitelisted**. This will prevent your schools' filtering or monitoring system from blocking any survey content.
4. Ensure your school's parental consent is update. Parental consent is required for all pupils under the age of 13, including those in Year 8
5. Access the 'Resources' section which includes all supporting documents referenced in the guidance.

Plan and prepare

- ✓ Log in to "test the survey". Click on 'test questionnaire for teachers and staff'. Under 'teacher demo', log in *as a pupil* allowing you to work your way through the survey. This doesn't affect the results as long as it's got "teacher demo" at the top.
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Information and guidance

1. Visit the website [My Health My School Survey](#)
2. Have a look at the FAQ page
<https://www.myhealthmyschoolsurvey.org.uk/frequently-asked-questions>
3. Email Health and Wellbeing Services at schoolwellbeing@leeds.gov.uk
4. Call the Health and Wellbeing Service team on 0113 378 5254

For any other information

Please contact Slough Public Health team at PublicHealthSlough@slough.gov.uk

Thank you for your continued commitment to the health and wellbeing of children and young people. Your participation is key to ensuring this work makes a meaningful impact.

Kind regards

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