

Use of Pupil Voice In EIS

Vanessa Housley
Senior Adviser Inclusion

Mental Health in schools

- Safeguarding the mental health of our young people is one of the key challenges facing society today.
- Supporting CYP's emotional wellbeing alongside their academic progress helps improve classroom management, reduces disruption and improves the overall effectiveness of teaching allowing more children to reach their full potential.

Growing up in Stockton survey: Background

Drivers:

- Ascertain how well schools are delivering a safety curriculum
- How safe do young people feel
- How happy do young people feel

Survey:

- Commissioned from Schools Health Unit Exeter
- Devised and approved through a range of bodies
- Funded by Public Health as part of the Future in Mind programme
- Delivered to Yr 8 and Yr 10 pupils from 14 schools
- 2621 CYP participated.

The outcomes

Positives:

- 77% of pupils report their work is marked and they know how to improve it (65%)
- 92% said they have been taught or given advice about the appropriate use of social media
- 81% of pupils responded they feel safe or very safe when going out during the day
- 73% of pupils said there were at least 3-5 adults they could really trust (71%)
- 71% of pupils said they could get help if they were in an abusive relationship (60%)

The Outcomes

Concerns:

- 19% responded that they don't like or hate the way they look – for Yr 10 girls it was 35%
- 82% reported they worry about at least one of the issues listed quite a lot or a lot (62%)
- 45% of Yr10 girls chose when something goes wrong 'I get upset and feel bad for ages'
- 54% reported something upsetting had happened to them online
- 26% say they chat to people online they don't know in real life.

The Outcomes

Concerns:

- 38% feel the school cares whether they are happy or not (range 83%- 24%)
- 27% said they had been bullied at school (20%)
- 55% said they felt their school takes bullying seriously (range 85%- 34%)
- 41% say they intend to carry on in full time education (46%)

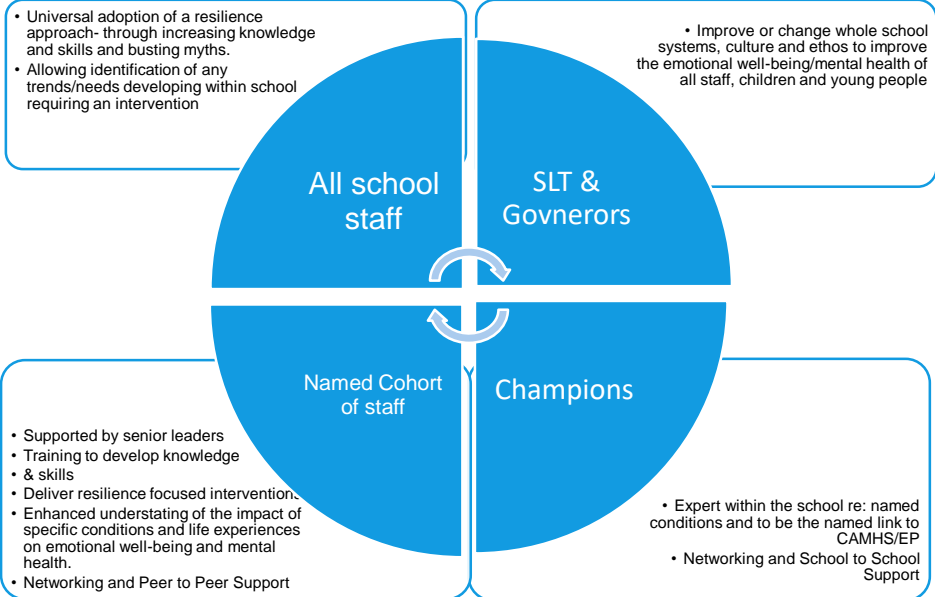
The Response

- Schools challenged and supported by EIS colleagues in response to survey outcomes
- A training programme was devised to enable educational professionals to access appropriate training and guidance to build capacity in schools to support CYP better.
- Schools were invited to participate in a pilot, funded through the Future in Mind work, to trial a hub approach to services.
- Services to ensure their pathways are more explicit so schools are aware of what can be accessed and how this can be available in a timely manner.
- Targeted work in schools focused on individual school support and challenge.
- The survey is being repeated in 2018 to benchmark progress.

Training Programme Modules

- Resilience
- Attachment
- Anxiety
- Depression (Half Day):
- ASD
- Self-Harm and Risky Behaviours
- Eating Disorders and Body Image
- Coping with Loss
- Managing Strong Emotions/Re-thinking Challenging Behaviour

Training aims



Culture and Ethos



Evaluation of impact

- Second survey commissioned from Schools Health Unit Exeter
- Devised and approved through a range of bodies
- Funded by Public Health as part of the Future in Mind programme
- Delivered to Yr 8 and Yr 10 pupils from 14 schools
- 2621 CYP participated.
- Final school due to complete survey imminently.
- Analysis and evaluation of impact to follow.

Future in Mind: Primary

- From summer term 2018
- Primary schools invited to participate
- 37 primary schools joined the programme
- School Champions identified
- CPD delivered from May 2018 – February 2019
- Kidscreen – 52 survey carried out with 8, 9 and 10 year old pupils June - July 2018
- Survey analysis

Future in Mind: CPD

- Resilience/staff well-being
- Anxiety and stress
- Mood disorders
- Strong emotions & challenging behaviours
- Attachment
- Hyperactivity & inattention
- Family relationships

Future in Mind: survey analysis

Key findings:

- Children at primary school age are comfortable in sharing their thoughts and feelings around their own health & well-being.
- 31 schools returned data; 1173 of pupils aged 8, 9 and 10 completed the survey; 52% girls & 48% boys.
- 24% of children stated they had a physical health condition at the time the survey was completed.
- 8.9% of children stated they had an emotional/mental health condition at the time the survey was completed.
- When asked if you have felt sad, 10.4% of children replied always or very often.
- When asked if you have felt under pressure, 14.8% of the children replied always or very often.
- When asked if you would you like to change something about your body, 13.5% of children replied always or very often.

Future in Mind: survey analysis

Proposed action:

- The survey was evidenced based, reliable and produced valid data.
- As a result we now want to work with schools on further data collection in early 2019 so that more comprehensive data can be collected locally and benchmarked against other schools.
- Schools will develop action plans for whole school approach to mental health & well-being as part of the project work and will begin to implement improvements on the back of these plans.
- We now have clear feedback on what the pupils are telling us and this feedback will help shape the school action plans.
- The outcomes from the survey have proved insightful and will help the EIS to shape policy direction going forward.

Pupil voice in school evaluation: Why?

Evaluates the effectiveness of:

- Curriculum
- School policies for example:
 - Safeguarding – Physical Safety/ Internet Safety
 - Behaviour – including relationships
 - Teaching and Learning
 - Marking and Feedback

Pupil voice in school evaluation: How?

- School SLT monitoring
- Local authority reviews
- Local authority pupil premium reviews
- Excellence in Inclusion