

BA Wellbeing Ambassadors

It was another busy year for the BA Wellbeing Ambassadors; providing daily support for their peers every breaktime in The Quiet Room, leading AntiBullying assemblies, and attending further training courses, including completing The Link Life Suicide Prevention Training facilitated by the EA Youth Service. Additionally, they conducted a piece of action research to establish the current wellbeing needs of the pupils in order to facilitate the school to provide informed practice to address these needs. They did this by designing an online survey to provide an insight on pupils' perception of their own mental health, their awareness of support services and how they felt school could help them in maintaining good emotional health and wellbeing.

525 pupils from all year groups completed the survey and it was encouraging to see 83% of pupils rated their mental health as a 3 or above on a scale where 1 = 'not great' and 5 'amazing', and 83% of pupils rating their confidence in coping with their own mental health between 3-5, where 1= not very confident and 5+ very confident.

The survey also included the WHO-5, a Five point self report Well-Being Index used by the World Health Organisation to measure current mental wellbeing. This scale had been used in previous Wellbeing Surveys in school so it was interesting to compare results over the years and note that while scores had dipped during Covid in 2020, they seem to be returning in a positive direction towards pre Covid levels.

As the table indicates The WHO- 5 results indicated the majority of pupils reporting very good wellbeing, however only 48% of pupils reported waking up feeling fresh and awake. This has resulted in Sleep hygiene becoming a focus in the PD programme, Form Class resources, and guidance placed on the school website under Pupil Wellbeing.

Statement	% of pupils who have felt this way more than half the time in the 2 weeks prior to completing the survey.		
	2017	2020	2022
I have felt cheerful and in good spirits	86%	81%	82%
I have felt calm and relaxed	73%	63%	68%
I have felt active and vigorous	77%	73%	73%
I woke up feeling fresh and rested	44%	45%	48%
My daily life has been filled with things that interest me	85%	79%	84%

Key issues that pupils said negatively affected their mental health included; examination stress, homework, schoolwork, friendship issues, home life, and balancing school work with other commitments. The most positive influences on their mental health included; friends, family, home life, extracurricular activities, exercise and sport.

This word cloud illustrates the people and places in school that pupils said helped their mental:



And these were their main suggestions for how school could help improve pupils mental health.



In response to some of these points the effective use of homework is the focus for the Teaching and Learning committee for 2023-24, we have increased awareness about the various ways to access the school counselling services, peer support is available daily, and we continue to engage with numerous outside agencies to provide workshops and assemblies.

70% of pupils reported knowing about outside organisations where they can get help of mental health issues. The Wellbeing Ambassadors also endeavour to increasing this awareness through additional resources for Form Class resources, directing pupils to the links on our school website and more advertisement of these agencies throughout the school.