



PERTH &  
KINROSS  
COUNCIL



**Education & Children's Services**  
**Improving Lives Together**  
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# Scottish Government Health and Wellbeing Census 2021/22

# Background

- ▶ Scottish Government designed the Health and Wellbeing Census with input from a variety of stakeholders, for delivery across schools in academic year 2021/22.
- ▶ **Secondary** survey was carried out chiefly in Term 2 (November and December 2021), with some additional collection in Term 3 into 2022.; **Primary** school survey was carried out in Term 3 (2022). Additional survey adapted for use at Fairview School
- ▶ Scottish Government will publish results in December 2022
- ▶ No individuals identified at any time




# Background

Health and wellbeing under Curriculum for Excellence, is organised into six areas, all of which are covered within the census, as appropriate to the age/ stage of the respondent:

- Mental, emotional, social and physical wellbeing
- Planning for choices and changes
- Physical education, physical activity and sport
- Food and health
- Substance misuse
- Relationships, sexual health and parenthood

# Topic Coverage

	P5 - P6	P7	S1	S2	S3	S4	S5 - S6
Alcohol							
Area factors	Core	Core	Core	Core	Core	Core	Core
Aspirations and career planning		Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate
Attitude to school	Core	Core	Core	Core	Core	Core	Core
Bullying others	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate
Caring responsibilities		Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate
Drugs						Asked of S4 - S6 only	
Eating behaviours	Core	Core	Core	Core	Core	Core	Core
Feeling hungry		Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate
Experience of bullying	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate
Family relationships/environment	Core	Core	Core	Core	Core	Core	Core
Gambling					Age-appropriate		Age-appropriate
General health	Core	Core	Core	Core	Core	Core	Core
General wellbeing (life satisfaction)	Core	Core	Core	Core	Core	Core	Core
Involvement in decision making	Core	Core	Core	Core	Core	Core	Core
Long-term health conditions	Core	Core	Core	Core	Core	Core	Core
Mental health	Core	Core	Core	Core	Core	Core	Core
Peer relationships	Core	Core	Core	Core	Core	Core	Core
Physical activity/exercise	Core	Core	Core	Core	Core	Core	Core
Play	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate
Positive activities			Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate
Pressure of school work		Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate
Resilience	Core	Core	Core	Core	Core	Core	Core
Sedentary behaviour			Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate
Self-perception (body image)		Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate
Sexual health and relationships						Asked of S4 - S6 only	Asked of S4 - S6 only
Sleep	Core	Core	Core	Core	Core	Core	Core
Smoking				Age-appropriate	Age-appropriate	Age-appropriate	Age-appropriate
Social media and online experience	Core	Core	Core	Core	Core	Core	Core

Core questions across all age groups   
 Asked of S4 - S6 only   
 Questions are age-appropriate / limited by space in the questionnaire 



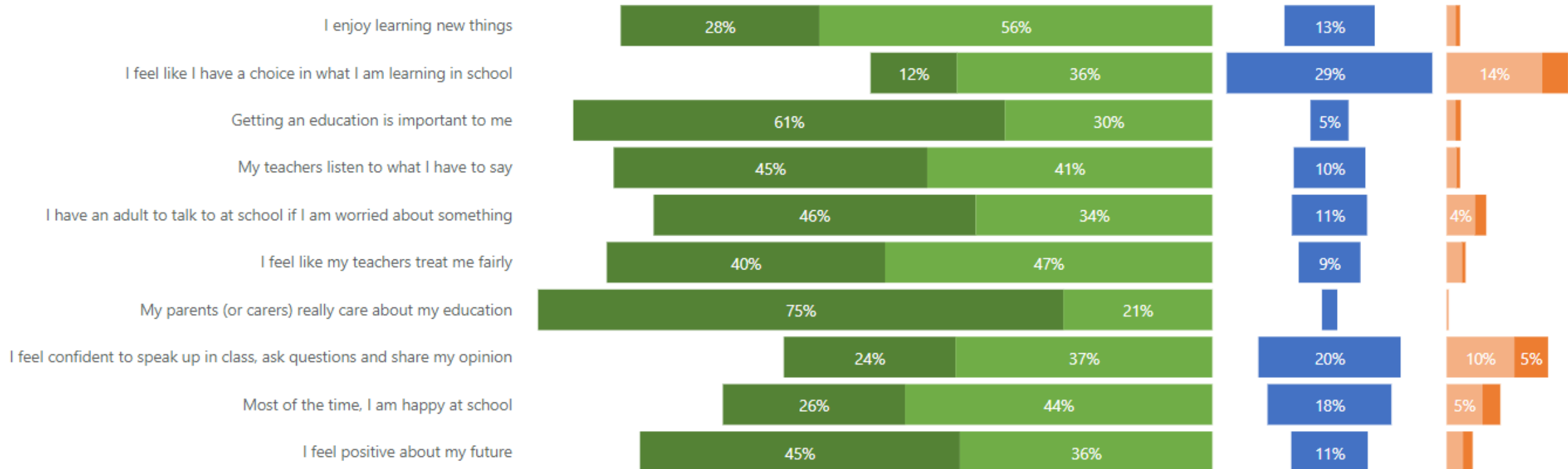
# Response

Stage	Responses	Proportion of Roll	Stage	Responses	Proportion of Roll
S1	986	68%	P5	1394	69%
S2	882	59%	P6	1565	79%
S3	855	59%	P7	1535	75%
S4	760	55%	<b>Total Primary</b>	<b>3300</b>	<b>74%</b>
S5	560	46%			
S6	313	37%			
<b>Total Secondary</b>	<b>4356</b>	<b>56%</b>			

# Selected Results

## Attitudes to School Primary (3281 responses)

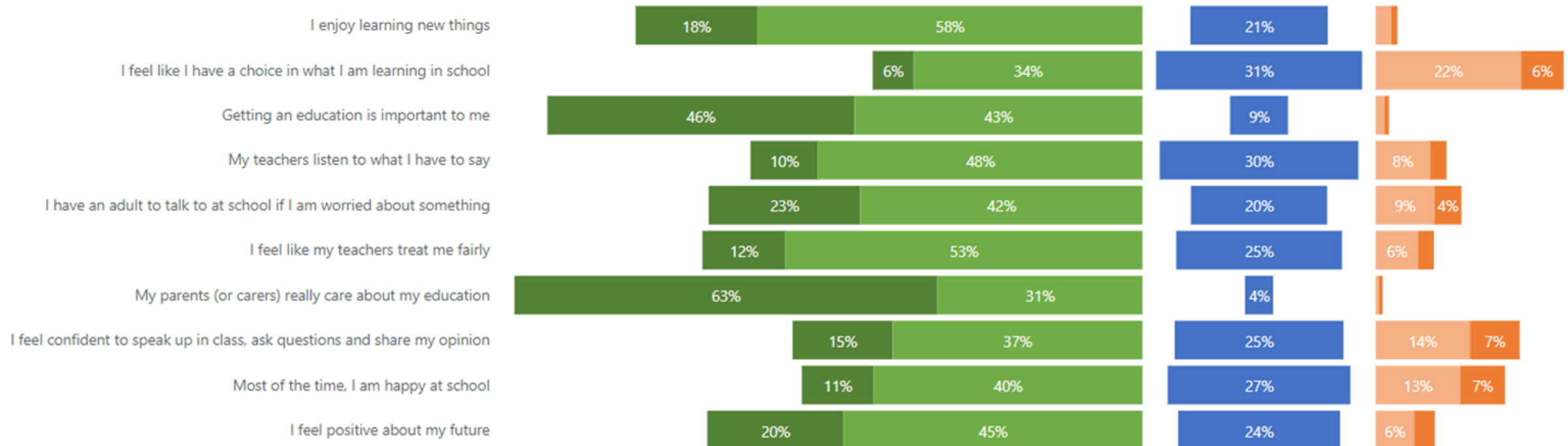
- ● Strongly agree ● Agree - ● Neither agree nor disagree - ● Disagree ● Strongly disagree



# Selected Results

## Attitudes to School Secondary (4303 responses)

- ● Strongly agree ● Agree - ● Neither agree nor disagree - ● Disagree ● Strongly disagree

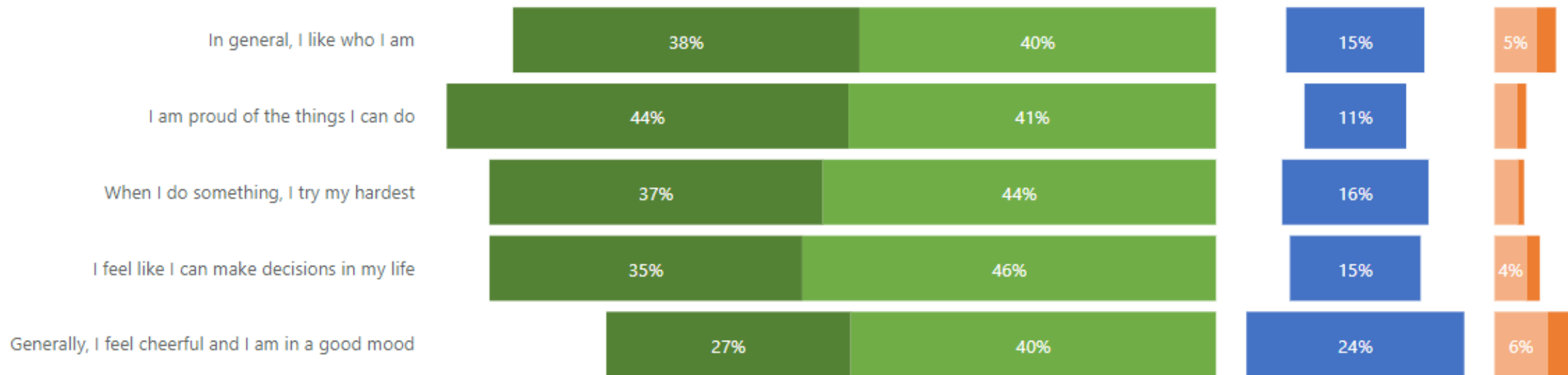


# Selected Results

## ▶ Warwick-Edinburgh/ Stirling Wellbeing Scale (P5-S1)

Responses : 4,249

- ● Strongly agree ● Agree - ● Neither agree nor disagree - ● Disagree ● Strongly disagree





# Selected Results

## ► From Strengths and Difficulties Questionnaire (S2-S6)

S1 S2 S3 S4 S5 S6

Certainly true

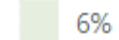
Not true

Somewhat true

I have one good friend or more



I am kind to younger children



I think before I do things



I finish the work I'm doing. My attention is good



# Additional Findings

- ✓ Primary aged children are **fairly active**; 73% get out of breath/ sweat 2 to 3 times per week or more often out of school and 84% say their general health is excellent or good. Similarly 77% are that active at secondary, and 74% report excellent or good health.
- ✓ At primary, 72% **go to bed** at 10pm or earlier on a school night. At secondary, 49% report going to bed at 11pm or later. The majority report getting 6-8 hours or more of **sleep**.
- ✓ 99% of respondents indicate they have access to the **internet at home**, on a phone or other device (all ages). Free time use of **devices** of 3 hours or more is 40% in weekdays and 65% at weekends for primary age children. For secondary, this rises to 78% on weekdays and 90% at weekends.
- ✓ 87% of primary and 83% of secondary usually have **meals together** with their family (every day or most days)
- ✓ Considering involvement in **decision-making**, 90% of primary children say adults are good at listening to what they say, and 81% are good at taking that into account. At secondary this reduces to 60% and 51% respectively.

# Using the data

- ▶ Available at a school level to inform health and wellbeing planning, with support for analysis
- ▶ Informing the development of a new PKC Health and Wellbeing strategy which includes:
  - ▶ Universal approaches for Nurturing Relationships
  - ▶ Informing development of social and emotional interventions for Primary
- ▶ Being used at a strategic level to develop actions such as for the Tayside emotional wellbeing strategy, 'Connected Tayside'
- ▶ Review of PSE curriculum

# On-going Actions

- ▶ Pupil Care and Welfare Officers and CLAs
- ▶ Implementation of guidance for schools on improving attendance of children affected by emotional based concerns
- ▶ 'Bounce Back' – whole school resiliency programme
- ▶ Whole school nurturing relationships programme
- ▶ 'Optimising Student Success' utilising latest neuroscience in learning and studying
- ▶ Counselling in Schools programme
- ▶ Continued roll out of the 'self-regulation' programme
- ▶ Continued multi-agency development of suite of resources for self-harm
- ▶ Activity to enhance 'pupil voice'

# Next Steps

- ▶ Further development of Bounce Back and whole-school nurture
- ▶ Focus on exam resiliency
- ▶ Pilot expansion of counselling in schools – crisis support and group work
- ▶ Work with the newly appointed CAMHS Mental Health Education Officers
- ▶ P7 'Wellbeing Workshop'
- ▶ Further development of universal approaches to Nurturing Relationships
- ▶ Review of the Anti-Bullying Strategy
- ▶ Review guidance, training and resources for mental health