



SHEU

Connecting
4 you



**Improving the health and wellbeing
of children and young people
in East Sussex**

A report of the 2017
Health Related Behaviour Survey
of 10 and 11 year olds

The Schools Health Education Unit

www.sheu.org.uk

[This page left blank for neater booklet printing.]

CONTENTS

FOREWORD	4
INTRODUCTION	5
SUMMARY OF KEY FINDINGS AND COMPARISONS	12
BACKGROUND	14
HEALTHY EATING	16
ANALYSIS: 5+ PORTIONS FRUIT/VEG ON DAY BEFORE THE SURVEY.....	17
ANALYSIS: WOULD LIKE TO LOSE WEIGHT.....	25
PHYSICAL ACTIVITY	26
ANALYSIS: EXERCISED 3+ DAYS LAST WEEK.....	28
EMOTIONAL HEALTH AND WELLBEING	32
ANALYSIS: STIRLING CHILDREN'S WELLBEING SCALE – HIGH COMBINED SCORE.....	38
ANALYSIS: QUITE OR VERY HAPPY WITH LIFE AT THE MOMENT	40
ALCOHOL, SMOKING & DRUGS	45
ANALYSIS: DRANK ALCOHOL IN THE 7 DAYS BEFORE THE SURVEY.....	46
ANALYSIS: HAVE TRIED SMOKING CIGARETTES	49
GROWING UP	51
SAFETY	52
ANALYSIS: BULLIED AT OR NEAR SCHOOL IN THE LAST 12 MONTHS.....	53
ANALYSIS: FOLLOW ONLINE SAFETY ADVICE.....	60
HEALTH & HYGIENE	61
ANALYSIS: FIND IT HARD TO CONCENTRATE AT SCHOOL DUE TO FEELING TIRED OR SLEEPY 3+/5 DAYS.....	64
SCHOOL	65
ANALYSIS: PUPILS' VIEWS MAKE A DIFFERENCE TO HOW THEIR SCHOOL IS RUN	69
APPENDIX 1: LIST OF TABLES AND CHARTS	70
APPENDIX 2: CORRELATION MATRIX	74
YEAR 6 MALES.....	74
YEAR 6 FEMALES	74
APPENDIX 3: EAST SUSSEX AND ITS DISTRICTS AND BOROUGHES	76
APPENDIX 4: COMPARISONS	78
APPENDIX 5: SCHOOLS TAKING PART IN THE 2017 PRIMARY SURVEY	79

Foreword

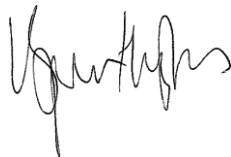
The East Sussex Health Related Behaviour Survey provides a unique local picture of the behaviour, lifestyles and aspirations of children and young people attending schools across the county.

In East Sussex, there is a long history of using the Health-Related Behaviour Survey to provide young people with the opportunity to engage in and become involved in addressing health improvement issues, both through participation in the survey, and discovery of its findings. Information from the survey can also be used to help plan and deliver education, services and activities for – and with – children and young people.

East Sussex Public Health commissioned the Schools Health Education Unit (SHEU) to undertake the Health-Related Behaviour Survey with East Sussex primary, secondary and special schools during the 2017 summer term. The work is part of a comprehensive programme of activity to improve health through the Personal and Community Resilience work stream of East Sussex Better Together; and as part of the Connecting 4 You in the west of the county.

East Sussex Public Health, working with the Schools Health Education Unit (SHEU), is pleased to provide this report which contains detailed information about the behaviour, lifestyles and aspirations of 10 and 11 years olds in East Sussex.

We hope that this report will provide a wealth of useful insight that can be used to inform, influence and support effective planning to improve health and wellbeing outcomes for young people in East Sussex.



Victoria Spencer-Hughes
Consultant in Public Health
East Sussex County Council



Angela Balding
Survey Manager
Schools Health Education Unit

Introduction

The East Sussex Health Related Behaviour Survey helps to provide greater understanding of the behaviour, lifestyles and aspirations of children and young people attending schools across the county. The survey includes robust and validated questions on a range of topics, such as healthy eating, physical activity, emotional wellbeing, growing up, smoking, drugs, and safety.

East Sussex Public Health Commissioned the Schools Health Education Unit (SHEU) to undertake age appropriate Health Related Behaviour Surveys with East Sussex primary, secondary and special schools during the 2017 summer term. SHEU are nationally recognised as a specialist provider of reliable local survey data for schools and colleges and they have undertaken similar surveys of Year 10 pupils (aged 14-15 years) in East Sussex in 1999, 2004, 2007, and 2012. It is the first time however, that the primary school survey has been undertaken in East Sussex.

The survey forms part of a comprehensive programme of activity to improve health through the Personal and Community Resilience work stream of East Sussex Better Together; and as part of the Connecting 4 You in the west of the county. The survey is also integral to a countywide transformational change project which supports schools to develop school health profiles and whole-school health improvement action plans, with the aim of supporting schools to promote health and wellbeing through every aspect of school life. Schools taking part in the 2017 primary survey can be found in Appendix 5.

Pupils across participating schools anonymously completed the survey either online or on paper and findings were returned to SHEU for analysis. A total of 3260 Year 6 pupils (10- and 11-year-olds) from nearly three-quarters of state-funded primary schools took part in the survey (107 out of 150 schools). There were 5276 Year 6 pupils according to the January 2017 School Census, giving a survey participation rate of 62% of pupils on the school roll (or 86% of pupils in the participating schools only).

Each participating school has received their individual school-level findings, which can be used to:

- update their school health profile with accurate data specific to their school;
- help inform the development and update of their whole school health improvement plans;
- help inform appropriate health improvement initiatives for (and with) children and young people using their health improvement grant;
- support the delivery of PSHE lessons (for example, survey findings may help inform PSHE education planning or act as a stimulus for discussion with children and young people), and;
- provide evidence for OFSTED inspections/school improvement work.

This report presents the Year 6 findings for each question in the survey. Key findings are marked with **bold type** and are listed on page 12. Detailed analyses including trends over time, significant differences across district and boroughs, comparison with the SHEU wider data and associations with other key questions, are also included for specific survey questions.

The sample

The total number of Year 6 pupils who completed the survey in East Sussex is shown below.

Year 6	3260
Boys	1545
Girls	1520

The sum of boys and girls is less than the total Year 6 sample (3260). This is because 47 pupils described themselves in another way (e.g. not boy or girl), 92 pupils preferred not to say, and 56 pupils did not provide a response to the question. These pupils are not included in any tables or charts which are split by sex; however, they are included in any total figures.

Please note, whilst pupils' participation in the survey varied across schools, in order to discover a reliable picture of the behaviour of a total year group in a school, it is not necessary to include every individual in the sample.

However, a decision was taken to encourage every Year 6 pupil to complete the survey so that no one pupil felt excluded from the exercise.

Organisation and administration

The survey was coordinated and promoted by the Schools Health Education Unit, working alongside East Sussex Public Health and the East Sussex School Health Service. Staff in schools were responsible for ensuring the completion of the survey by pupils and in selecting the classes for inclusion. Please note that anything special about the day of administration, or the pupils present and absent on that day, may have affected the findings for that school.

Confidentiality

If pupils know that the questionnaires are completely anonymous, that the paper copies (if used) will immediately be sealed in envelopes to be sent away for processing, and that the findings will be returned only as a summary in which no individuals can be identified, their motivation to be honest will be reinforced. If, in addition, they feel that what they are doing is important for themselves — that it will affect the work they do in school to their own benefit — they will answer the questions as conscientiously as possible.

Importance to pupils


The manner in which the data are collected is also vital. Even with the best possible sample and the best-researched instrument, the value of the data is questionable if the respondent does not enter properly into the spirit of the enquiry. Numbers of unanswered questions or abused questionnaires would signal a doubtful procedure, but this very rarely happens in SHEU’s extensive experience of administering surveys across the country. In every school, supervisors can be found who can generate an atmosphere of importance for the task, inspire trust in the confidentiality and anonymity of the exercise, and provide ideal support for the completion of the questionnaire. Such conditions offer the most favourable environment for the collection of valid data.

An important strength of the Health-Related Behaviour Survey is that it is not administered by or on behalf of an external agency, but by the school itself, highly motivated to derive a set of valid findings on which to base curriculum improvements. If a school volunteers to fit the questionnaire administration into its already crowded timetable, then it is serious about the enquiry, and this commitment will be transmitted to the pupils.

Analysis

Throughout this report the findings from a number of key questions are examined in greater depth and presented as whole page summaries.

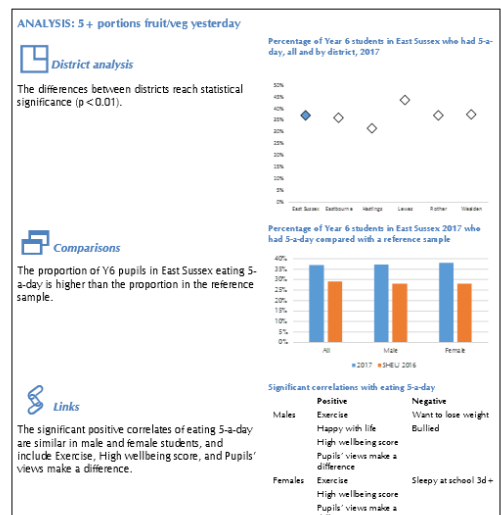
These analysis pages compare findings in different areas (districts/boroughs, East Sussex or the wider SHEU data) and explore associations with other survey questions.

 **District and borough analysis**

Pupils were asked to provide their home postcode as part of the survey. The overall proportion of Year 6 pupils in East Sussex who provided their home postcode was 80%, with the proportion who provided their home postcode varying for each district and borough.

Proportion of home postcode completed by pupils in each district/borough (based on the location of the school):

Eastbourne	Hastings	Lewes	Rother	Wealden
70%	71%	86%	81%	76%



It is important to note that Year 6 pupils completing the survey have been allocated to a district or borough based on their home postcode, where supplied, or the postcode of their school where home postcode has not been provided (most primary school pupils go to school in the district/borough in which they live). This suggests the impact of the variation in the proportion of missing pupil postcodes between districts and boroughs is likely to be less significant for Year 6 than Year 10 findings. Results should still be interpreted with some caution, however these differences are small and the contrasts between areas are still likely to be of importance.

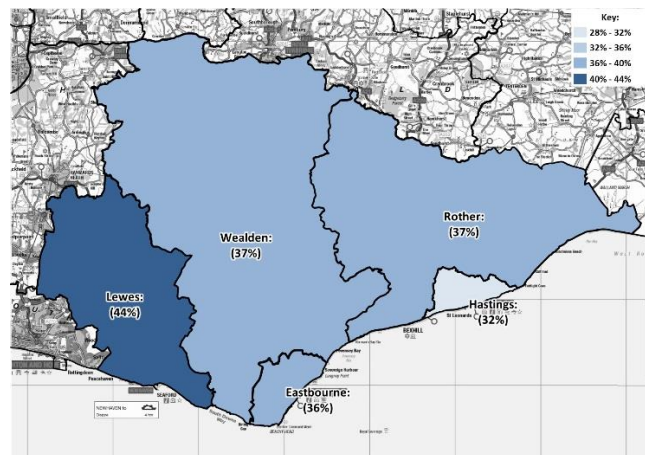
The available samples were:

	East Sussex	Eastbourne	Hastings	Lewes	Rother	Wealden
2017	3,260	618	598	542	479	1,023

A table showing all the district and borough comparisons with relevant charts is provided in an appendix.

The map opposite shows the percentages of Year 6 pupils in each district and borough that report having had at least 5 portions of fruit/veg on the day of the survey.

The most significant differences¹ among the districts and boroughs compared with East Sussex are listed below.



The most significant differences among the districts and boroughs compared with East Sussex

Eastbourne	East Sussex	Question
65%	53%	of pupils responded that their teacher has talked with them in school lessons about illegal drugs.
74%	82%	of pupils described themselves as White British.
52%	45%	of pupils responded that they are taking part in 'Beat the Street'.
8%	5%	of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.
38%	32%	of pupils responded that they would like to lose weight.
48%	54%	of pupils responded that they feel their views and opinions are listened to in their school.
59%	65%	of pupils responded that they are happy with their weight as it is.
37%	31%	of pupils responded that they eat crisps 'on most days'.
70%	75%	of pupils responded that they eat something for breakfast in the morning before lessons 'every day/most days'.
77%	81%	of pupils responded that they cleaned their teeth at least twice on the day before the survey.
76%	71%	of pupils responded that they experienced at least one of the negative behaviours listed at least a 'few times' in the month before the survey.
33%	27%	of pupils responded that they would describe playtimes as 'crowded'.

¹ Significance testing has been performed on the district and borough differences. A significance test is a statistical analysis giving the likelihood that an apparent difference between two samples might have arisen from only chance sampling effects when the samples are actually the same. The most significant differences, which have a probability of less than one in a thousand ($p < 0.001$) of being due to chance alone, are listed in the following pages.

Hastings	East Sussex	Question
45%	53%	of pupils responded that their teacher has talked with them in school lessons about illegal drugs.
57%	64%	of pupils responded that they live with their Mum and Dad together.
57%	64%	of pupils responded that they ate a packed lunch from home on the day before the survey.
90%	93%	of pupils responded that they at least 'sometimes' talk to an adult when they have a problem that worries them.
33%	27%	of pupils responded that they are being 'picked on' or bullied because of the way they look.
58%	64%	of pupils responded that they eat fresh fruit, salad or vegetables 'on most days'.
Lewes	East Sussex	Question
35%	45%	of pupils responded that they are taking part in 'Beat the Street'.
40%	50%	of pupils responded that they travelled to school by car/van on the day of the survey.
87%	81%	of pupils responded that they cleaned their teeth at least twice on the day before the survey.
25%	31%	of pupils responded that they worry 'quite a lot' or 'a lot' about SATs/tests.
44%	37%	of pupils responded that they ate at least 5 portions of fruit/ vegetables on the day before survey
7%	11%	of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs (not alcohol, tobacco or medicines).
Rother	East Sussex	Question
88%	82%	of pupils described themselves as White British.
26%	31%	of pupils responded that they eat crisps 'on most days'.
69%	74%	of pupils responded that their school encourages everyone to give their opinions.
Wealden	East Sussex	Question
41%	34%	of pupils responded that they use the internet for school work.
57%	50%	of pupils responded that they travelled to school by car/van on the day of the survey.
61%	54%	of pupils responded that they feel their views and opinions are listened to in their school.
69%	64%	of pupils responded that they live with their Mum and Dad together.
65%	71%	of pupils responded that they experienced at least one of the negative behaviours listed at least a 'few times' in the month before the survey.
86%	82%	of pupils described themselves as White British.
35%	41%	of pupils responded that they have blocked someone because of something upsetting that happened online.
40%	35%	of pupils had a high or maximum score (24 – 30) on the Stirling Positive Emotional State Sub-Scale.
76%	71%	of pupils responded that their school helps them work as part of a team.
34%	30%	of pupils had a high score (12 – 15) on the Stirling Social Desirability Sub-Scale.
49%	44%	of pupils responded that they feel their views and opinions are asked for in their school.
67%	63%	of pupils responded that they have been feeling or thinking that there are many things they can be proud of over the past couple of weeks.



Links between key findings have been investigated using correlation coefficients (Pearson's). This produces a figure between -1 and $+1$, where 0 is no correlation at all, a positive number is a positive correlation (more of one, more of the other) and a negative number, a negative correlation (more of one, less of the other). For example, if consuming sugar leads to more dental decay, we might find that the number of times sugary food or drink is taken by a child during the day is positively correlated with the number of fillings – more of one, more of the other. If toothbrushing mitigates against decay, we might find that the frequency of toothbrushing is negatively correlated with fillings – more of one, less of the other.

The correlation matrices for each sex are found in Appendix 2, with some additional notes, and significant associations are reported in the body of the report.

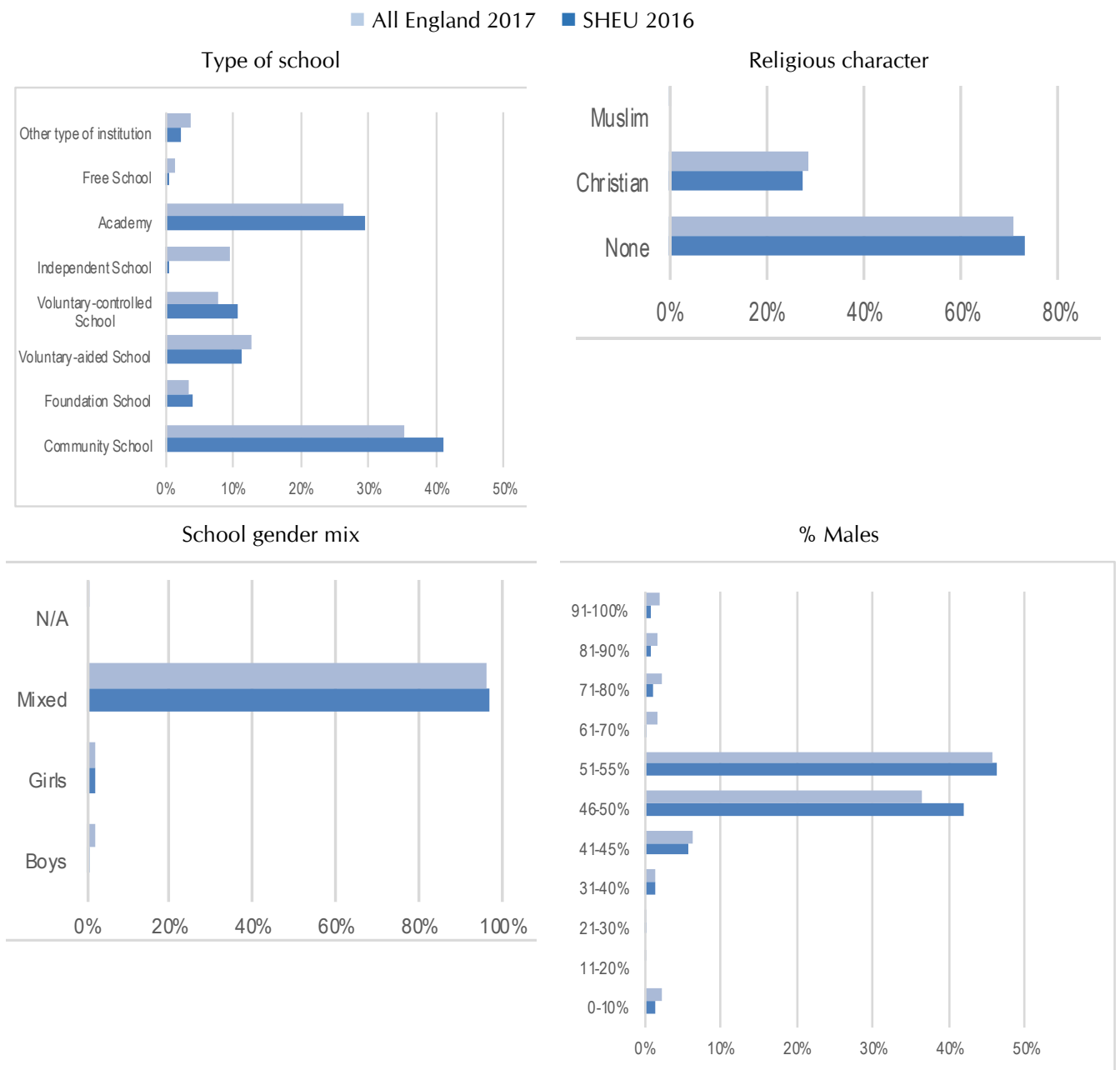


The East Sussex 2017 findings have been compared with those from a large aggregate sample of children and young people completing similar surveys in 2016. This reference sample is used to produce the SHEU publication *Young People into 2017* (Balding and Regis, in prep.). The available sample was:

SHEU Y6	23,704
Y6 Male	11,824
Y6 Female	11,700

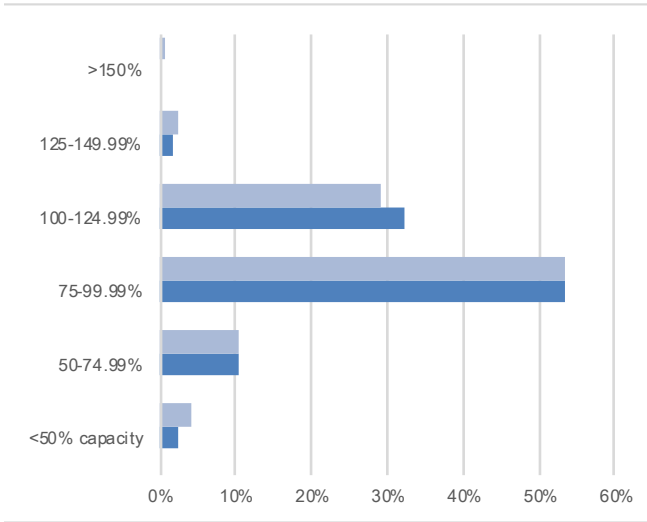
The sum of males and females do not equal the total SHEU Y6 sample, as some pupils did not describe themselves as 'boy' or 'girl' in response to the gender question, or perhaps did not answer it at all.

This SHEU reference sample is reasonably matched to the whole population of schools in England², as shown on the following pages.

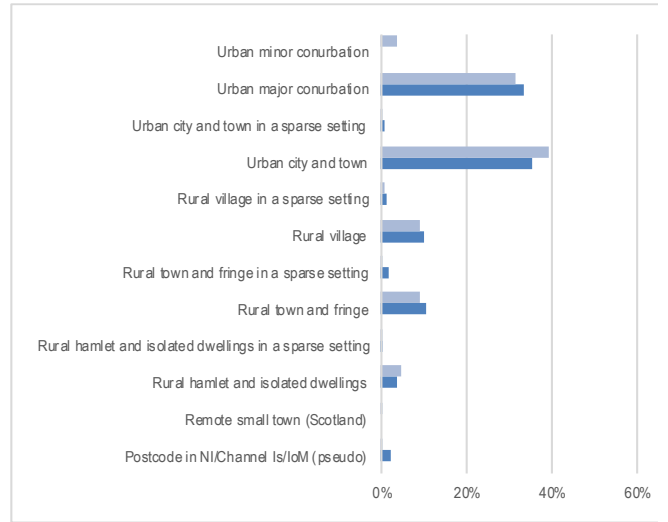


² <https://get-information-schools.service.gov.uk/>

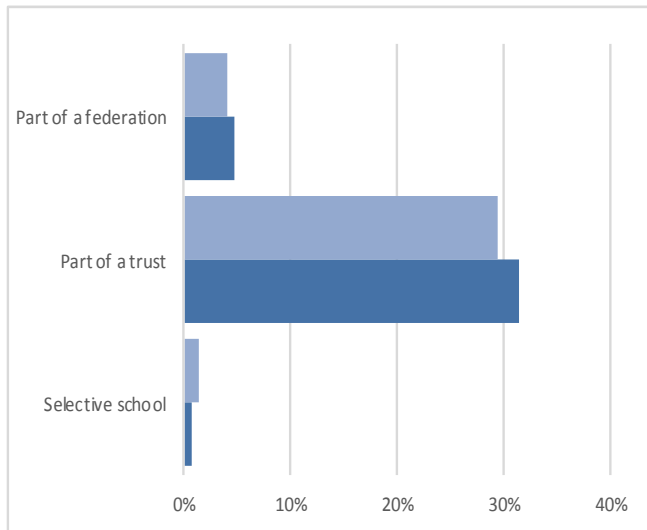
Roll as % capacity



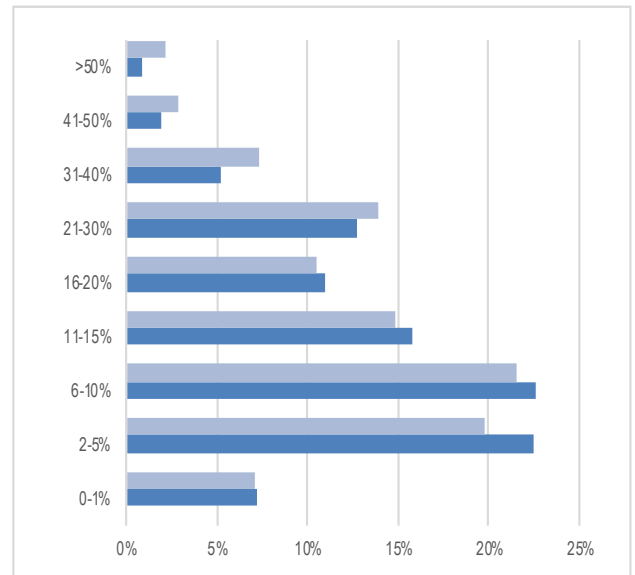
Catchment

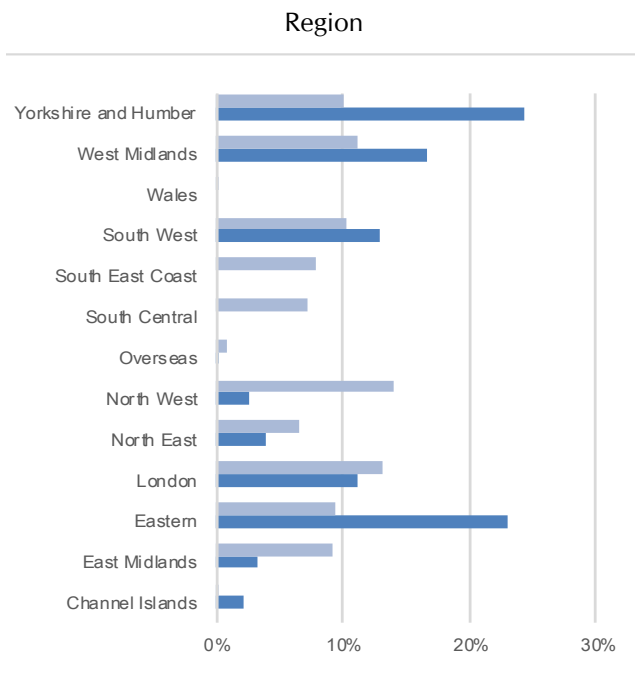


School features



Free School Meals





A table showing all comparisons made is appended.

Summary of key findings and comparisons

82% of pupils described themselves as White British.	14
64% of pupils responded that they live with their Mum and Dad together.	14
37% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey. .	16
The percentage of Year 6 pupils in East Sussex who ate at least 5 portions of fruit/veg on the day before the survey is significantly higher than the percentage seen in the reference sample.	17
29% of pupils responded that they had school food for lunch on the day before the survey, while 2% bought lunch from a takeaway or shop.	18
1% of pupils responded that they did not have any lunch on the day before the survey.	18
5% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey, while 4% only had a drink.	19
30% of pupils responded that they had toast, bread or croissants before lessons on the day of the survey, while 16% had fruit.	20
8% of pupils responded that they 'never' eat something for breakfast in the morning before lessons.	21
42% of pupils responded that they drank at least 'about a litre' of water on the day before the survey.	23
32% of pupils responded that they would like to lose weight.	24
65% of pupils responded that they are happy with their weight as it is.	24
3% of pupils responded that they weren't active for at least 60 minutes on any day in the week before the survey.	26
85% of pupils responded that they were active for at least 60 minutes on three or more days in the week before the survey.	26
The percentage of Year 6 pupils in East Sussex who exercised enough to breathe harder and faster on at least three days last week is significantly higher than the percentage seen in the reference sample, but differences in question wording probably account for this difference.	28
96% of boys and 97% of girls responded that they do one or more of the physical activities listed at least 'once a week' in their own time.	29
42% of pupils responded that they go swimming at least 'once a week'; 62% responded the same of going for walks.	30
50% of pupils responded that they travelled to school by car/van on the day of the survey.	31
44% of pupils responded that they walked to school on the day of the survey.	31
7% of pupils had a score of 12 – 30.	37
22% of pupils had a high or maximum score (51 – 60) on the Stirling Children's Wellbeing Scale.	37
The percentage of Year 6 pupils in East Sussex who have a high combined wellbeing score on the Stirling Children's Wellbeing Scale is a little lower than the percentage seen in the reference sample.	38
77% of pupils responded that they are at least 'quite' happy with their life at the moment.	39
77% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.	41
82% of pupils responded that they listen to music at least 'sometimes' when they have a problem that worries them, while 93% responded they talk to an adult about it.	43
91% of pupils responded that they have at least one adult they can trust, while 6% responded they 'don't know' if they do.	44
6% of pupils responded that they had an alcoholic drink (not just a sip) in the 7 days before the survey; 5% responded they are 'not sure' if they did.	45
The percentage of Year 6 pupils in East Sussex who drank alcohol in the 7 days before the survey is significantly higher than the percentage seen in the reference sample.	46

2% of Year 6 pupils responded that they have tried smoking in the past or smoke now. 47

15% of pupils responded that people regularly smoke cigarettes around them (e.g. at home or in a car), while 8% responded they are 'not sure' if people do and 12% responded they prefer not to say. 47

18% of pupils responded that they have 'never heard of' electronic cigarettes, while 78% responded they have never used them. 48

The percentage of Year 6 pupils in East Sussex who have tried smoking is significantly lower than the percentage seen in the reference sample. 49

11% of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs (not alcohol, tobacco or medicines). 50

2% of pupils responded that they have been offered cannabis, while 3% responded they are 'not sure' if they have..... 50

69% of boys and 67% of girls responded that they feel they know enough about how their body changes as they grow up, while 5% feel they do not know enough. 51

36% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying. 52

The percentage of Year 6 pupils in East Sussex who report being bullied at or near school in the last 12 months is a little higher than the percentage seen in the reference sample. 53

71% of pupils responded that they experienced at least one of the negative behaviours listed at least a 'few times' in the month before the survey, while 27% responded it happens 'often' or 'every day'. 54

40% of pupils responded that their school deals with bullying well, while 38% responded they are 'not sure' if it does. 55

52% of pupils responded that they have learnt something new whilst using the internet/smartphone apps and 56% responded that they have had fun with friends. 58

7% of pupils responded that they have seen images online or videos that were for adults-only whilst using the internet/smartphone apps. 58

96% of pupils responded that they have been told how to stay safe while online..... 59

83% of pupils responded that they always follow the advice they have been given about how to stay safe while online. 59

41% of pupils responded that they have blocked someone because of something upsetting that happened online; 21% responded they have reported something online..... 59

81% of pupils responded that they cleaned their teeth at least twice on the day before the survey. 61

2% of pupils responded that they have never been to the dentist. 62

20% of pupils responded that they found it hard to concentrate at school due to feeling tired or sleepy on at least 3 days in the week before the survey. 63

61% of pupils responded that they feel 'happy' about going to secondary school, while 31% responded that they feel 'worried'. 67

44% of pupils responded that they feel their views and opinions are asked for in their school, while 12% feel they are not asked for..... 68

54% of pupils responded that they feel their views and opinions are listened to in their school, while 13% feel they are not listened to..... 68

26% of pupils responded that they feel their views and opinions make a difference to how their school is run, while 27% feel that they don't make a difference..... 68

Background

Ethnicity

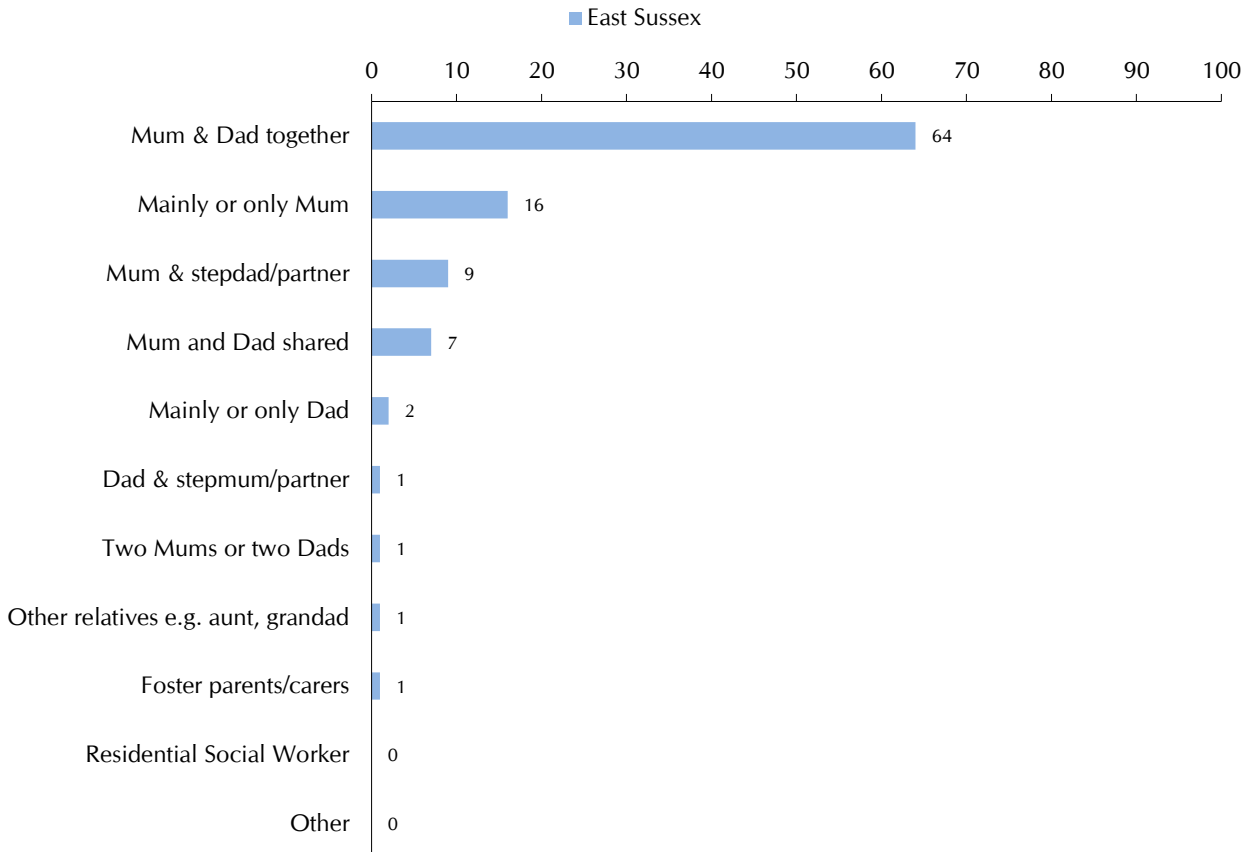
82% of pupils described themselves as White British.

Q2. Percentage describing themselves as White British.

	Year 6
Boys	82
Girls	84

Home life

Q3. Which adults do you live with?



64% of pupils responded that they live with their Mum and Dad together.

Q3. Percentage answering that they live with their Mum and Dad together.

	Year 6
Boys	66
Girls	63

16% of pupils responded that they live 'mainly or only' with their Mum, while 2% responded they live 'mainly or only' with their Dad.

Q3. Percentage answering that they live 'mainly or only' with their Mum.

	Year 6
Boys	15
Girls	17

Special needs

2% of pupils responded that they are disabled, while 4% responded they are 'not sure' if they are and 1% didn't want to say.

5% of pupils responded that someone helped them fill in the questionnaire, while 2% responded they were 'not sure' if someone helped them, and 1% didn't want to say.

Q4. Percentage answering that they are disabled.

	Year 6
Boys	2
Girls	1

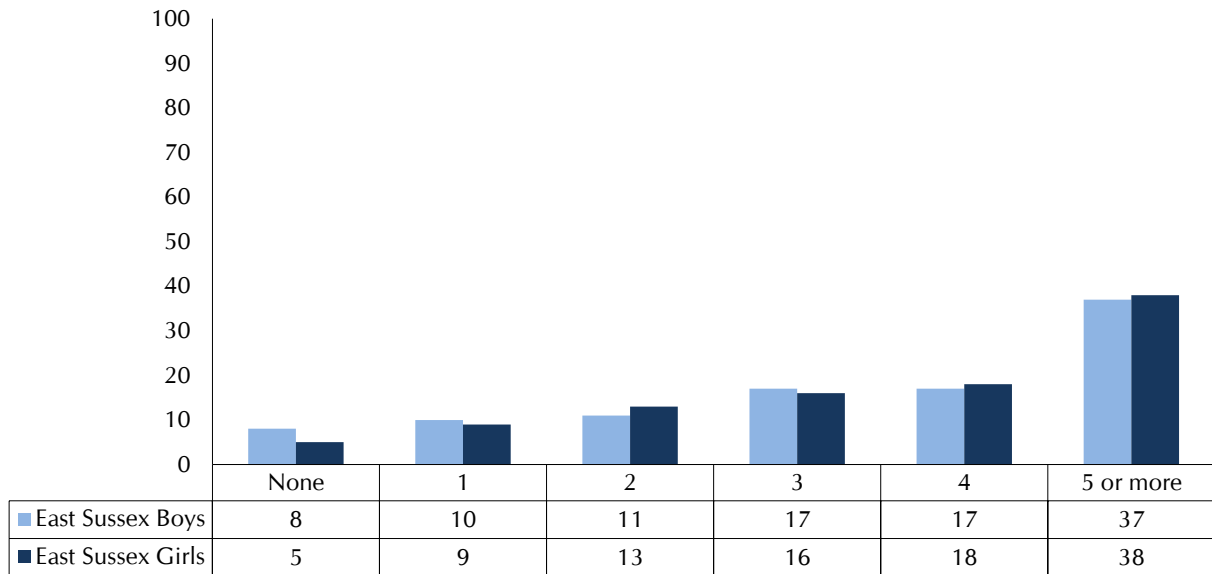
Q5. Percentage answering that someone helped them fill in the questionnaire.

	Year 6
Boys	5
Girls	5

Healthy Eating

Five-a-day

Q6. How many portions of fruit and vegetables did you eat yesterday?



7% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

Q6. Percentage answering that they didn't eat any portions of fruit or vegetables on the day before the survey.

Year 6
Boys 8
Girls 5

37% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

Q6. Percentage answering that they ate at least 5 portions of fruit and vegetables on the day before the survey.

Year 6
Boys 37
Girls 38

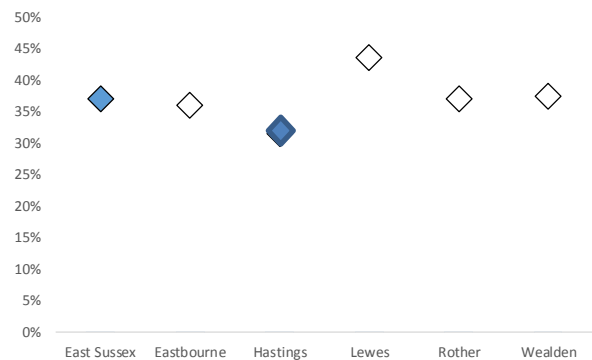
ANALYSIS: 5+ portions fruit/veg on day before the survey

District and borough analysis

The differences in findings between the districts and boroughs are statistically significant.

The Hastings finding is significantly lower than seen in the whole East Sussex sample.

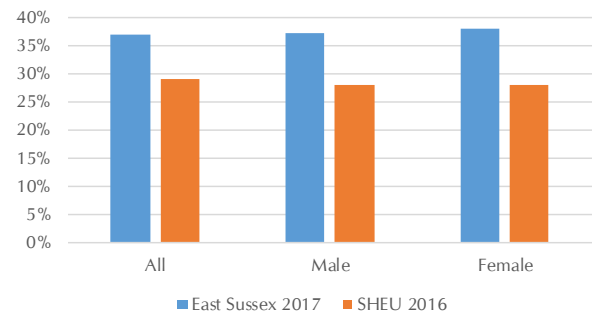
Percentage of Year 6 pupils who ate at least 5 portions of fruit/veg on day before survey, all and by district and borough, 2017



Comparisons

The percentage of Year 6 pupils in East Sussex who ate at least 5 portions of fruit/veg on the day before the survey is significantly higher than the percentage seen in the reference sample.

Percentage of Year 6 pupils who ate at least 5 portions of fruit/veg on day before survey compared with a reference sample



Links

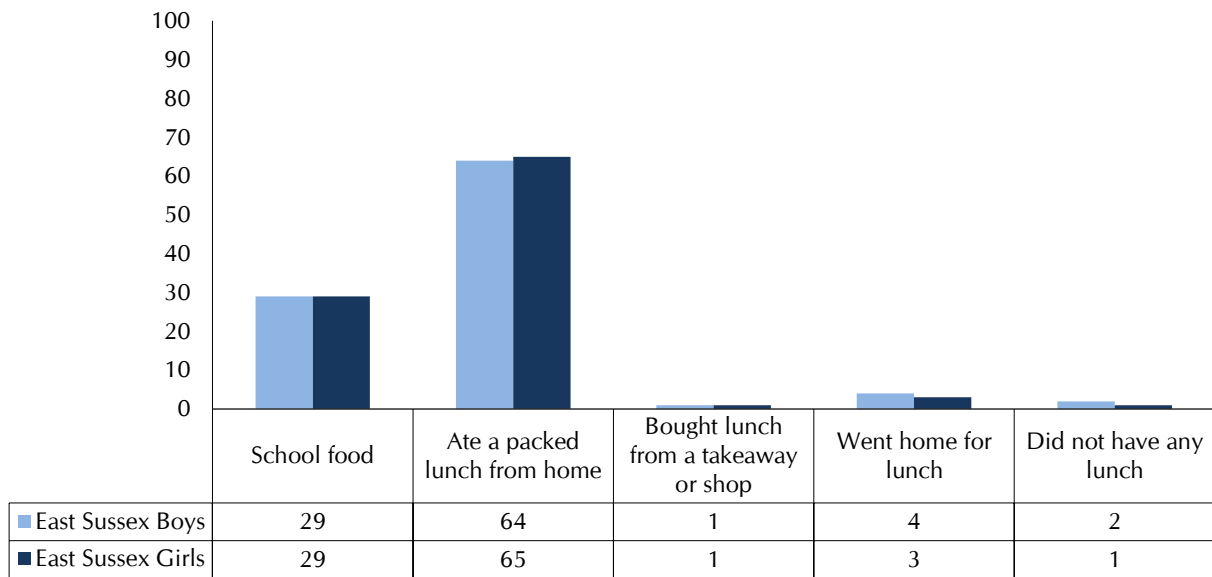
The significant positive correlates of eating 5-a-day are similar in both male and female pupils, and include *Exercise, High wellbeing score, and Pupils' views make a difference.*

Significant correlations with 'eating 5-a-day'

	Positive	Negative
Males	Exercise Happy with life High wellbeing score Pupils' views make a difference	Want to lose weight Bullied
Females	Exercise High wellbeing score Pupils' views make a difference	Sleepy at school 3+ days

Lunch

Q7. What did you do for lunch yesterday?



29% of pupils responded that they had school food for lunch on the day before the survey, while 2% bought lunch from a takeaway or shop.

Q7. Percentage answering that they had school food for lunch on the day before the survey.

Year 6
Boys 29
Girls 29

64% of pupils responded that they ate a packed lunch from home on the day before the survey.

Q7. Percentage answering that they ate a packed lunch from home on the day before the survey.

Year 6
Boys 64
Girls 65

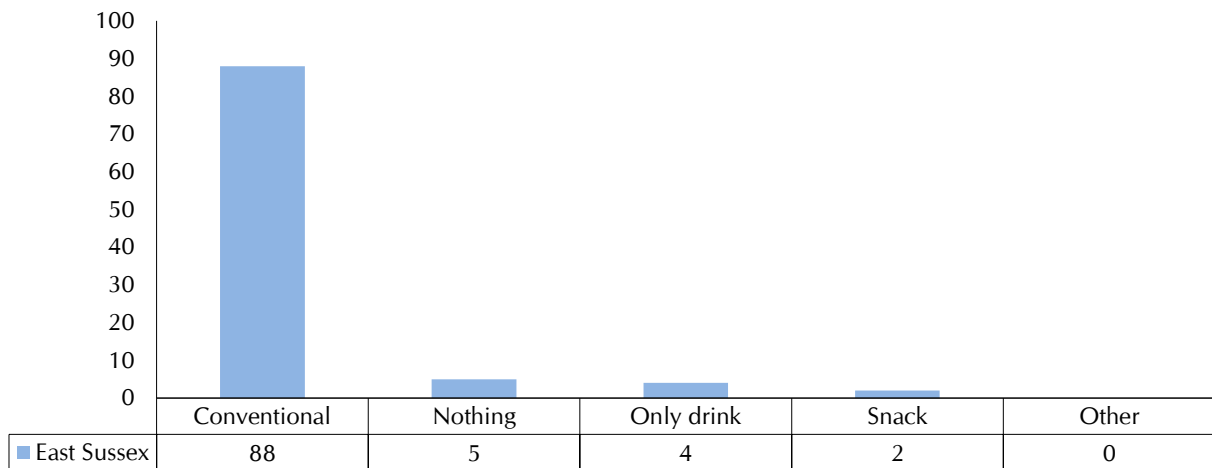
1% of pupils responded that they did not have any lunch on the day before the survey.

Q7. Percentage answering that they did not have any lunch on the day before the survey.

Year 6
Boys 2
Girls 1

Breakfast

Q8. Percentage of pupils responding that they had the following types of breakfast on the day of the survey:



The chart shows the percentages having different types of breakfast. The category 'Conventional' means at least one of cereal (incl. sugar-coated and porridge/Ready brek); toast, bread or croissants; hot breakfast; fried breakfast; fruit; yoghurt or a breakfast bar. 'Only snacks' means: chocolate bar, sweets; crisp-type snack or biscuits/cakes but not conventional breakfast.

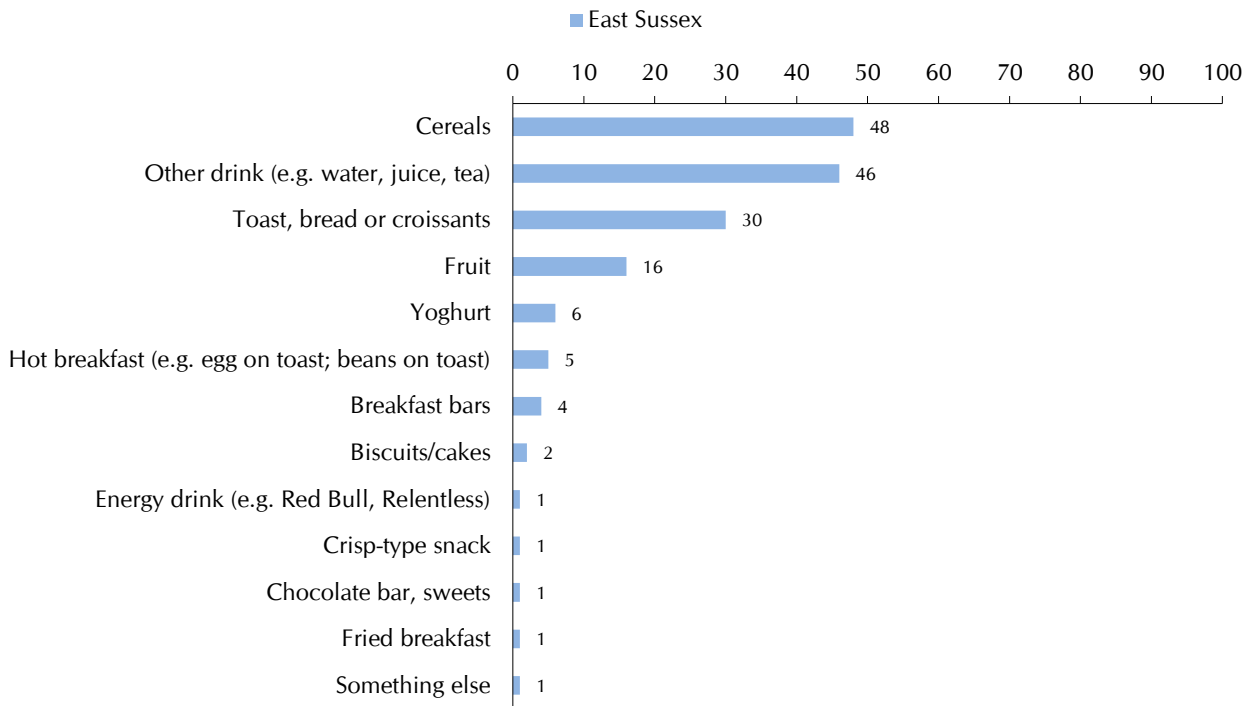
5% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey, while 4% only had a drink.

Q8. Percentage answering that they didn't have anything to eat or drink before lessons on the morning of the survey.

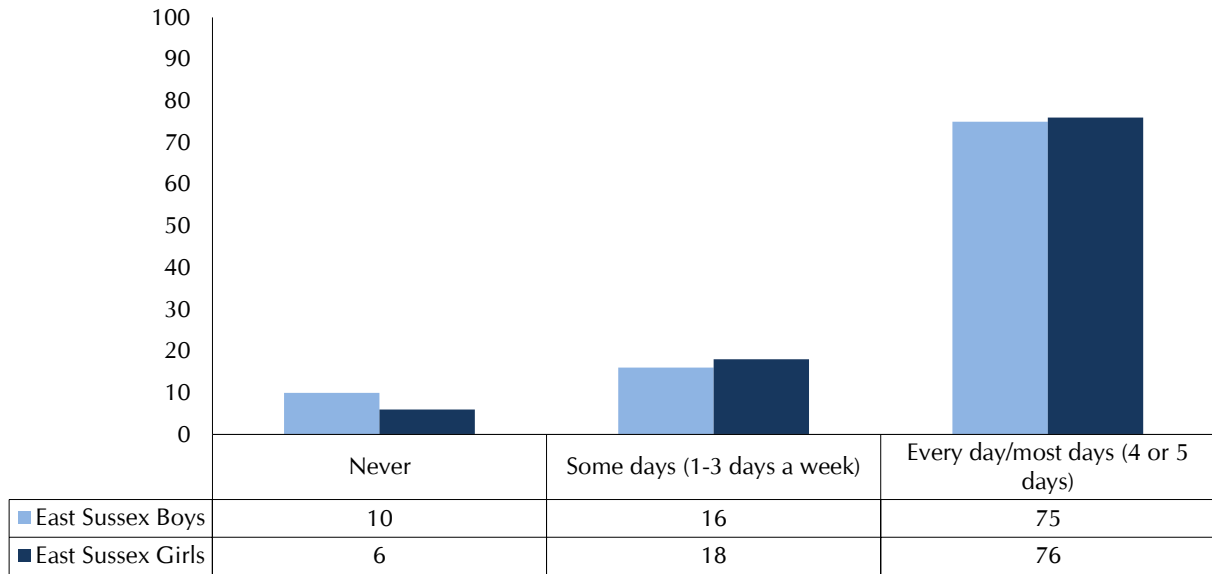
	Year 6
Boys	6
Girls	4

30% of pupils responded that they had toast, bread or croissants before lessons on the day of the survey, while 16% had fruit.

Q8. Percentage of pupils responding that they had the following to eat or drink before lessons on the day of the survey:



Q9. How often do you eat something for breakfast in the morning before lessons?



8% of pupils responded that they 'never' eat something for breakfast in the morning before lessons.

Q9. Percentage answering that they 'never' eat something for breakfast in the morning before lessons.

Year 6
Boys 10
Girls 6

75% of pupils responded that they eat something for breakfast in the morning before lessons 'every day/most days'.

Q9. Percentage answering that they eat something for breakfast in the morning before lessons 'every day/most days'.

Year 6
Boys 75
Girls 76

Foods

64% of pupils responded that they eat fresh fruit, salad or vegetables 'on most days'; 31% responded the same of crisps.

Q10. Percentage of pupils responding that they eat or drink the following 'on most days':

	Boys	Girls	Total
Water	85	88	86
Fresh fruit, salad or vegetables	58	70	64
Plain milk	38	30	34
Crisps	31	30	31
Fruit flavoured drinks (e.g. squashes, Fruit Shoot)	29	28	29
Sweets, chocolate, choc bars	24	21	22
Fruit juice/smoothies	22	19	21
Other fizzy drinks (not energy or low-calorie)	10	7	9
Milkshake drinks (e.g. Yazoo)	7	4	6
Low-calorie (diet, zero) drinks	7	5	6
Fast food (takeaway, delivered, fast food restaurant e.g. burgers)	5	3	4
'Energy' drinks (e.g. Red Bull, Monster)	4	1	3
Any fish/fish fingers	2	2	2

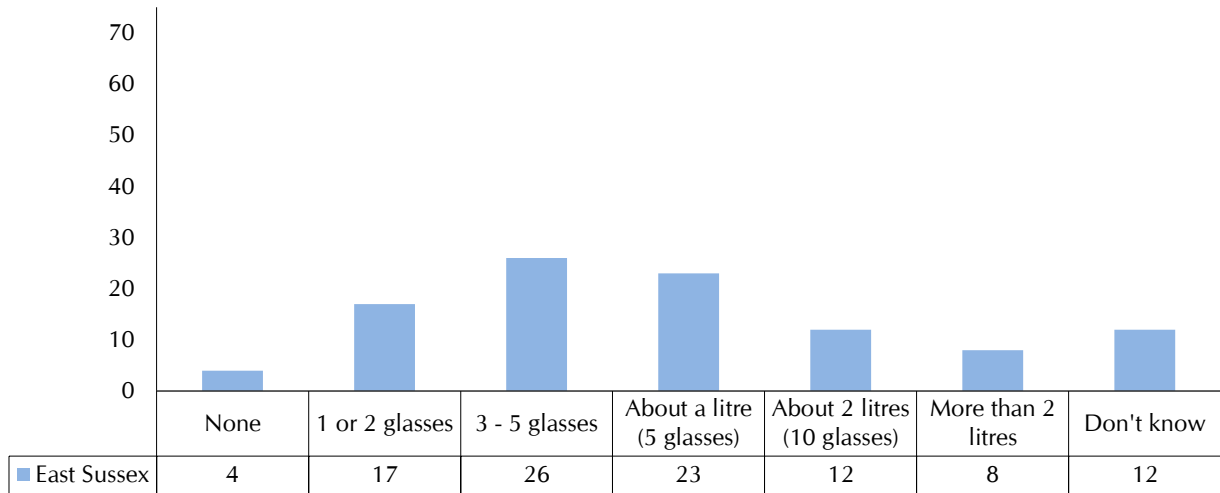
41% of pupils responded that they 'rarely or never' eat fish/fish fingers.

Q10. Percentage of pupils responding that they 'rarely or never' eat or drink the following:

	Boys	Girls	Total
'Energy' drinks (e.g. Red Bull, Monster)	76	88	82
Milkshake drinks (e.g. Yazoo)	57	63	59
Fast food (takeaway, delivered, fast food restaurant e.g. burgers)	48	49	48
Low-calorie (diet, zero) drinks	44	52	48
Other fizzy drinks (not energy or low-calorie)	37	49	43
Any fish/fish fingers	40	42	41
Plain milk	28	35	31
Fruit juice/smoothies	28	24	27
Fruit flavoured drinks (e.g. squashes, Fruit Shoot)	24	27	25
Crisps	15	13	14
Sweets, chocolate, choc bars	10	10	10
Fresh fruit, salad or vegetables	7	3	5
Water	4	3	4

Water

Q11. How much water did you drink yesterday?



4% of pupils responded that they didn't drink any water on the day before the survey.

Q11. Percentage answering that they didn't drink any water yesterday.

	Year 6
Boys	4
Girls	3

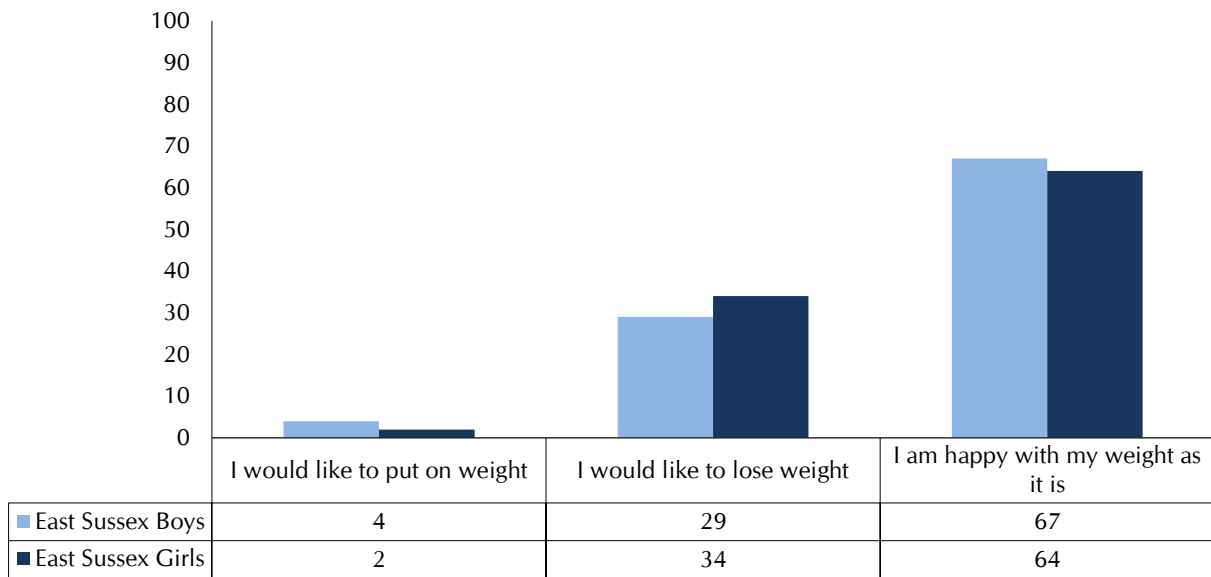
42% of pupils responded that they drank at least 'about a litre' of water on the day before the survey.

Q11. Percentage answering that they drank at least 'about a litre' of water yesterday.

	Year 6
Boys	45
Girls	39

Weight perception

Q12. Which statement describes you best?



3% of pupils responded that they would like to put on weight.

Q12. Percentage answering that they would like to put on weight.

Year 6
Boys 4
Girls 2

32% of pupils responded that they would like to lose weight.

Q12. Percentage answering that they would like to lose weight.

Year 6
Boys 29
Girls 34

65% of pupils responded that they are happy with their weight as it is.

Q12. Percentage answering that they are happy with their weight as it is.

Year 6
Boys 67
Girls 64

ANALYSIS: Would like to lose weight



District and borough analysis

The differences in findings between the districts and boroughs are statistically significant.

The finding for Wealden is significantly lower than seen in the whole East Sussex sample.

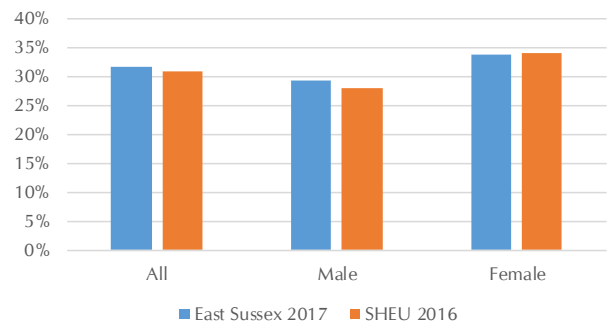
Percentage of Year 6 pupils who would like to lose weight, all and by district and borough, 2017



Comparisons

The percentage of Year 6 pupils in East Sussex who would like to lose weight is similar to the percentage seen in the reference sample.

Percentage of Year 6 pupils who would like to lose weight compared with a reference sample



Links

The significant correlates of wanting to lose weight are similar in male and female pupils, and include *Sleepy at school 3+ days*, *Tried smoking*, *Drank alcohol*, and *being Bullied* (all positive), and *Exercise*, *Happy with life*, *High wellbeing score*, and *Follow online safety advice* (negative).

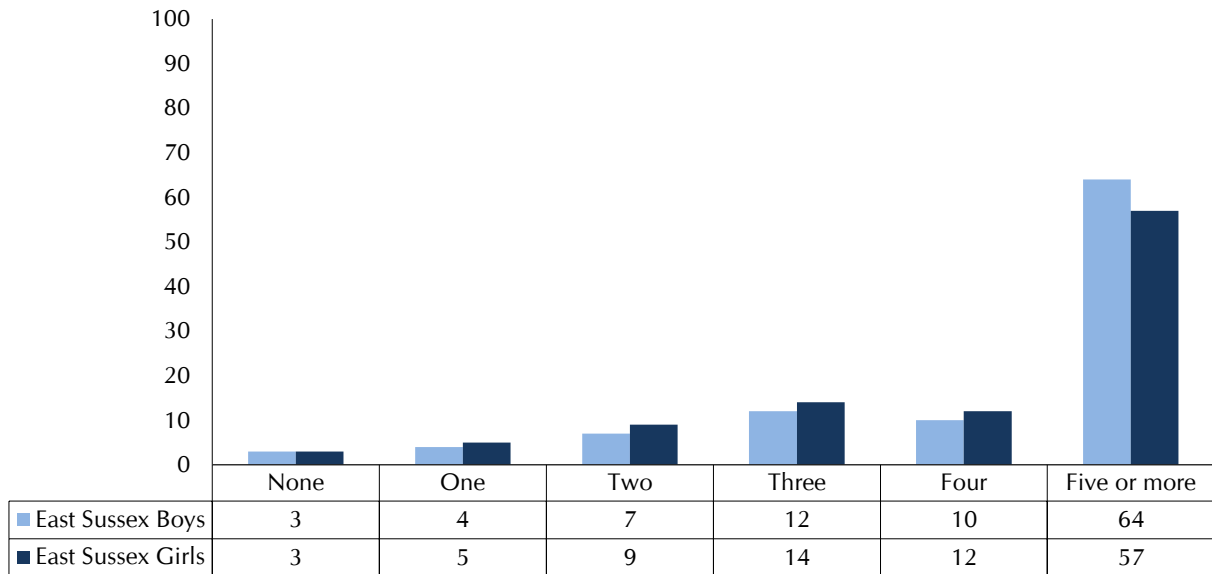
Significant correlations with 'wanting to lose weight'

	Positive	Negative
Males	Sleepy at school 3+ days Tried smoking Drank alcohol Bullied	5-a-day Exercise Happy with life High wellbeing score
Females	Sleepy at school 3+ days Tried smoking Drank alcohol Bullied	Exercise Happy with life High wellbeing score Follow online safety advice

Physical Activity

Exercise

Q13. How many days last week were you active for at least 60 minutes each day?



3% of pupils responded that they weren't active for at least 60 minutes on any day in the week before the survey.

Q13. Percentage answering that they weren't active for at least 60 minutes on any day in the week before the survey.

Year 6

Boys 3

Girls 3

85% of pupils responded that they were active for at least 60 minutes on three or more days in the week before the survey.

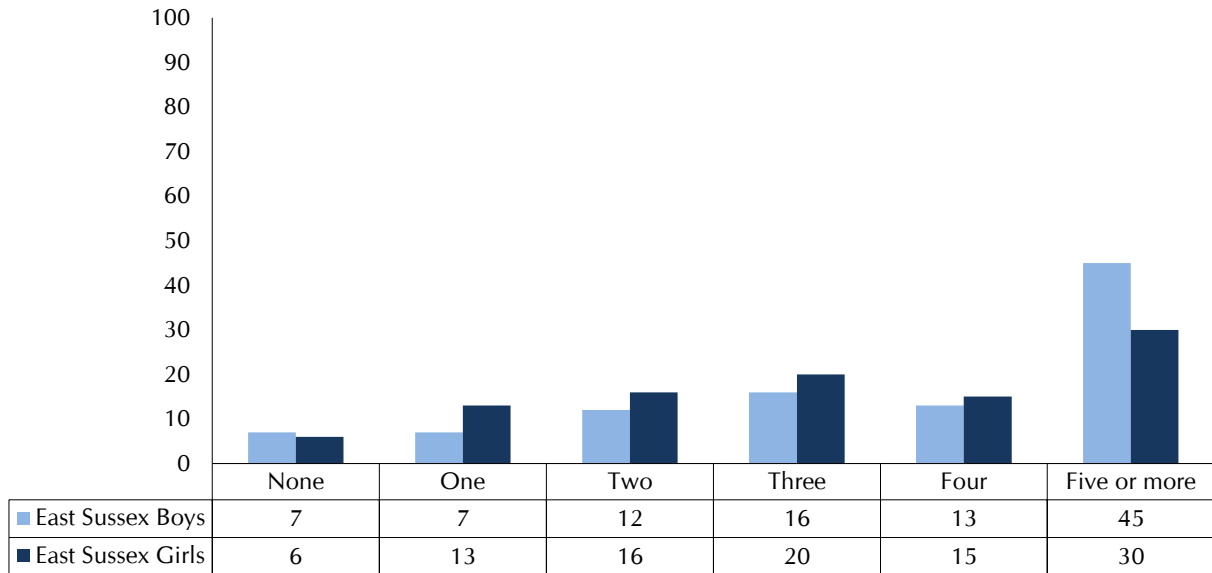
Q13. Percentage answering that they were active for at least 60 minutes on three or more days in the week before the survey.

Year 6

Boys 86

Girls 83

Q14. How many days last week did you exercise enough that you had to breathe harder and faster?



7% of pupils responded that they didn't exercise enough to breathe harder and faster at all in the week before the survey.

Q14. Percentage answering that they have not exercised enough to breathe harder and faster in the week before the survey.

Year 6
Boys 7
Girls 6

69% of pupils responded that they exercised enough to breathe harder and faster on at least three days in the week before the survey.

Q14. Percentage answering that they exercised enough to breathe harder and faster on at least three days in the week before the survey.

Year 6
Boys 74
Girls 65

ANALYSIS: Exercised 3+ days last week

The question used in the 2017 survey was worded 'How many days LAST WEEK did you exercise enough that you had to breathe harder and faster?'



District and borough analysis

The differences in findings between the districts and boroughs do not reach statistical significance.

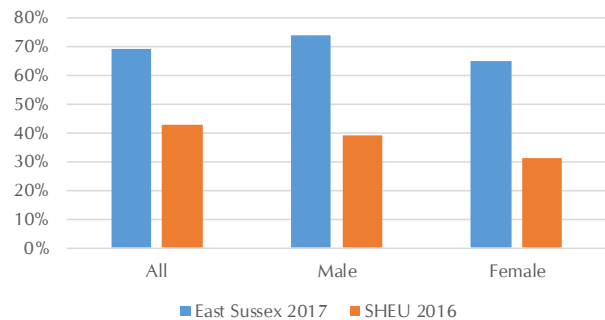
Percentage of Year 6 pupils who exercised enough to breathe harder and faster on at least three days in the last week, all and by district and borough, 2017



Comparisons

The percentage of Year 6 pupils in East Sussex who exercised enough to breathe harder and faster on at least three days last week is significantly higher than the percentage seen in the reference sample, but differences in question wording probably account for this difference.

Percentage of Year 6 pupils who exercised enough to breathe harder and faster on at least three days in the last week compared with a reference sample



Links

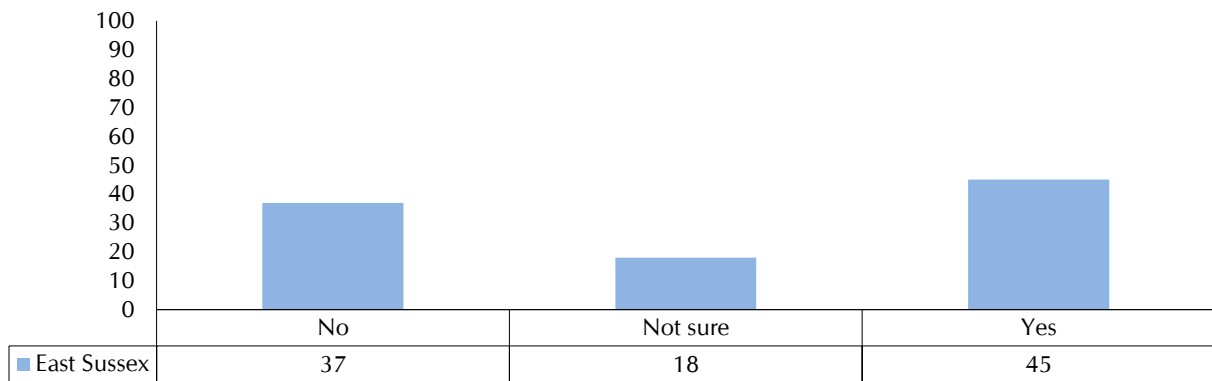
The significant correlates of exercising 3+ days last week are similar in male and female pupils, and include 5-a-day and High wellbeing score (both positive) and Sleepy at school 3+ days (negative).

Significant correlations with 'exercised 3+ days last week'

	Positive	Negative
Males	5-a-day Happy with life High wellbeing score	Sleepy at school 3+ days Want to lose weight
Females	5-a-day High wellbeing score	Sleepy at school 3+ days

'Beat the Street'

Q15. Are you taking part in 'Beat the Street'?



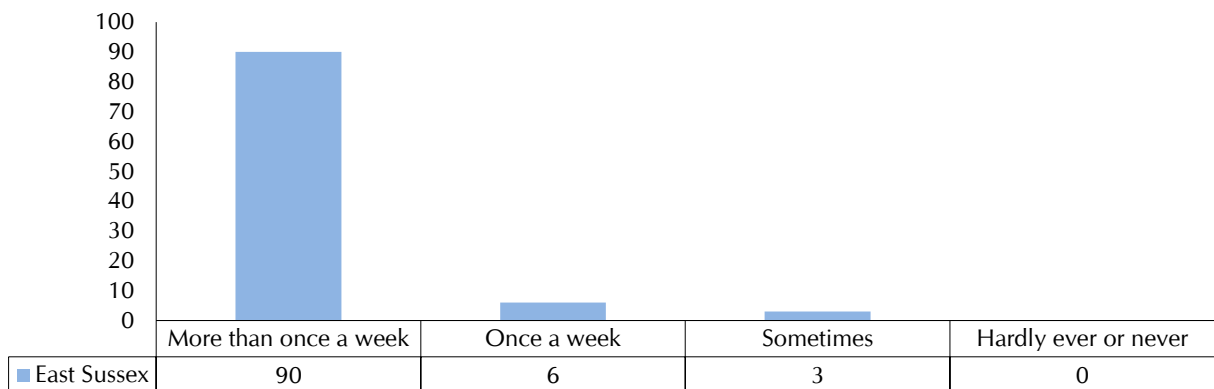
45% of pupils responded that they are taking part in 'Beat the Street', while 37% responded they are not taking part.

Q15. Percentage of pupils answering that they are taking part in 'Beat the Street'.

	Year 6
Boys	41
Girls	50

Sport

Q16. Physical activity summary: Percentage of pupils responding that they do at least one of the activities listed...:



0% of boys and 0% of girls responded that they 'hardly ever or never' do any of the physical activities listed in their own time.

Q16. Percentage answering that they 'hardly ever or never' do any of the physical activities listed in their own time.

	Year 6
Boys	0
Girls	0

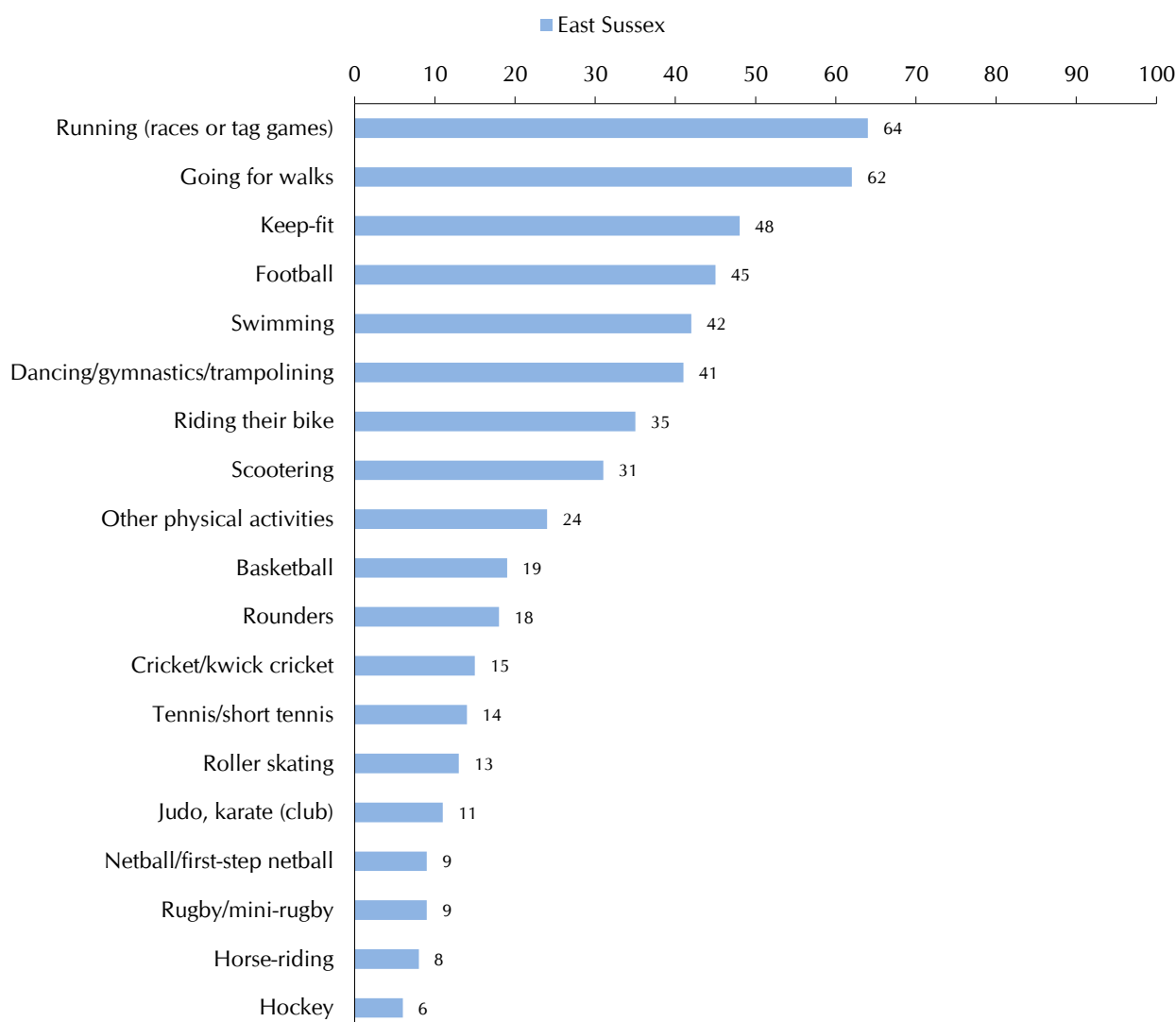
96% of boys and 97% of girls responded that they do one or more of the physical activities listed at least 'once a week' in their own time.

Q16. Percentage answering that they do one or more of the physical activities listed at least 'once a week' in their own time.

	Year 6
Boys	96
Girls	97

42% of pupils responded that they go swimming at least 'once a week'; 62% responded the same of going for walks.

Q16. Percentage pupils responding that they do the following physical activities at least 'once a week' in their own time:



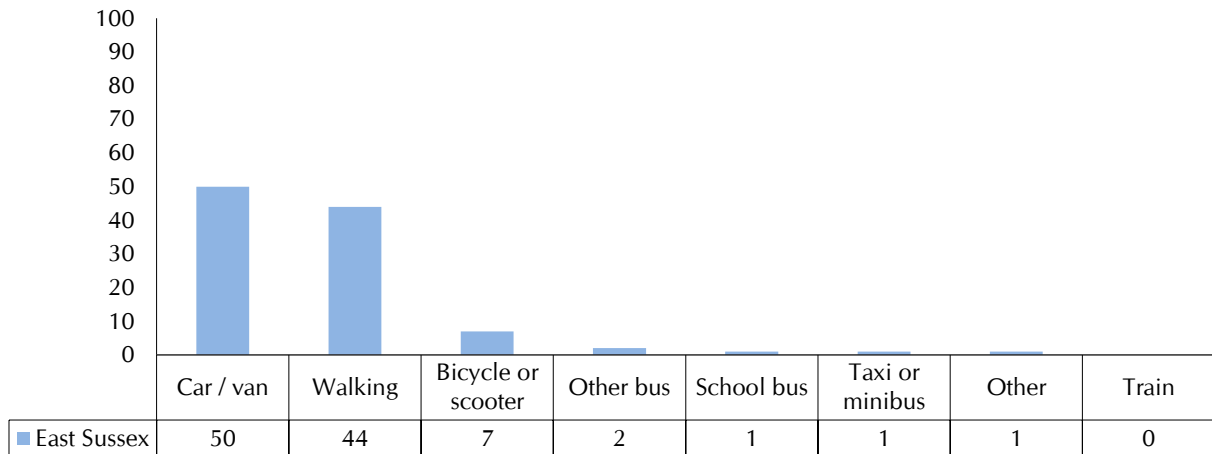
Q16. Percentage pupils responding that they do the following physical activities at least 'once a week' in their own time (top 10):

Boys			Girls		
1	Running (races or tag games)	69	1	Going for walks	65
2	Football	66	2	Running (races or tag games)	61
3	Going for walks	59	3	Dancing/gymnastics/trampolining	59
4	Keep-fit	52	4	Swimming	45
5	Swimming	40	5	Keep-fit	45
6	Riding their bike	40	6	Riding their bike	29
7	Scootering	38	7	Scootering	26
8	Other physical activities	27	8	Football	25
9	Basketball	25	9	Other physical activities	21
10	Dancing/gymnastics/trampolining	24	10	Roller skating	16

Pupils were then asked *Are there activities on the list above that you would like to start doing or do more of?* (Q17) and the responses most commonly given were **cycling, horse-riding, dancing and swimming**. Girls were more likely to want do these activities than were boys.

Active travel

Q18. How did you travel to school today?



50% of pupils responded that they travelled to school by car/van on the day of the survey.

Q18. Percentage answering that they travelled to school by car/van on the day of the survey.

Year 6
Boys 47
Girls 53

44% of pupils responded that they walked to school on the day of the survey.

Q18. Percentage answering that they walked to school on the day of the survey.

Year 6
Boys 42
Girls 46

Emotional Health and Wellbeing

The Stirling Children's Wellbeing Scale

This scale has been devised by researchers interested in children and young people's wellbeing. This scale comprises 15 questions, each with a five-point response scale from 1 to 5, which are combined to make three separate sub-scales:

- Emotional Outlook e.g. I think good things will happen in my life
- Emotional State e.g. I've been in a good mood
- Social Desirability e.g. I have always told the truth

Please note: It is suggested that pupils who answer 'all of the time' for all three Social Desirability items might be unreliable with their answers – i.e. trying too hard to please.

65% of pupils responded that they have been feeling or thinking that 'lots of people care about them' at least 'quite a lot of the time' over the past couple of weeks.

63% of pupils responded that they have been feeling or thinking that 'there are many things they can be proud of' at least 'quite a lot of the time' over the past couple of weeks.

Q19. Percentage of pupils responding that they have been feeling or thinking the following at least 'quite a lot of the time' over the past couple of weeks:

	Year 6		Total
	Boys	Girls	
I can find lots of fun things to do	68	63	65
I think lots of people care about me	65	65	65
I've been getting on well with people	67	63	64
I feel that I am good at some things	70	57	63
I think there are many things I can be proud of	67	60	63
I've been cheerful about things	58	61	59
I've been in a good mood	60	58	58
I think good things will happen in my life	57	52	55
I have always told the truth	49	58	53
I've been feeling calm	53	49	50
I always share my sweets	48	54	50
I've been feeling relaxed	54	47	50
I enjoy what each new day brings	48	50	49
I've been able to make choices easily	45	39	42
I like everyone I have met	41	41	41

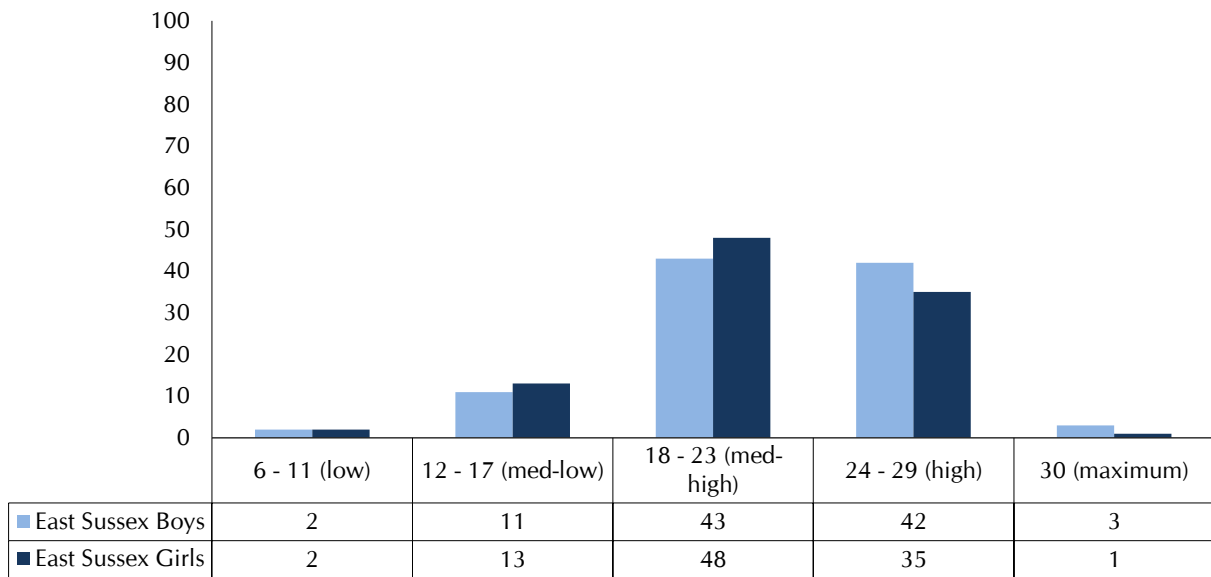
4% of pupils responded that they have 'never' felt or thought that lots of people care about them over the past couple of weeks, with 3% responding that they have 'never' felt or thought that there are many things they can be proud of over the past couple of weeks.

Q19. Percentage of pupils responding that they have 'never' been feeling or thinking the following over the past couple of weeks:

	Year 6		Total
	Boys	Girls	
I always share my sweets	13	8	11
I like everyone I have met	7	6	7
I've been able to make choices easily	6	5	6
I've been feeling relaxed	5	5	6
I think lots of people care about me	3	3	4
I've been feeling calm	4	4	4
I enjoy what each new day brings	4	3	4
I think good things will happen in my life	2	3	3
I can find lots of fun things to do	3	3	3
I feel that I am good at some things	2	3	3
I think there are many things I can be proud of	3	2	3
I have always told the truth	2	2	2
I've been in a good mood	2	2	2
I've been getting on well with people	2	3	2
I've been cheerful about things	2	2	2

Positive Outlook

Q19. Stirling Children's Wellbeing Scale: Positive Outlook Sub-Scale:



2% of pupils had a low score (6 – 11) on the Stirling Positive Outlook Sub-Scale; 13% had a med-low score (12 – 17).

Q19. Percentage with a low score (6 – 11) on the Stirling Positive Outlook Sub-Scale.

	Year 6
Boys	2
Girls	2

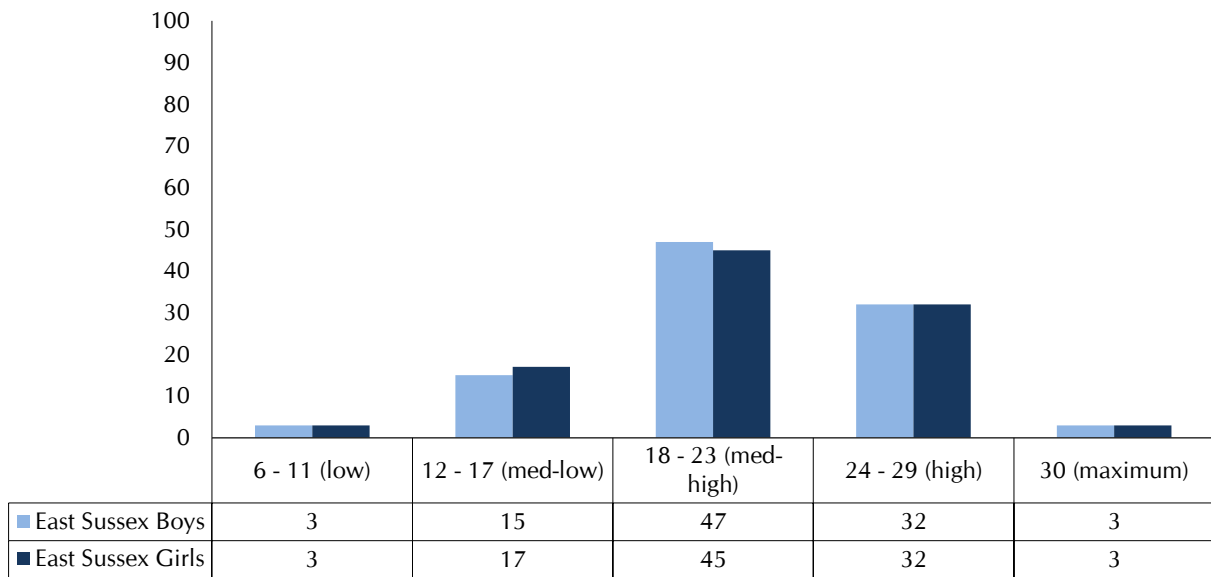
40% of pupils had a high or maximum score (24 – 30) on the Stirling Positive Outlook Sub-Scale.

Q19. Percentage with a high or maximum score (24 – 30) on the Stirling Positive Outlook Sub-Scale.

	Year 6
Boys	44
Girls	36

Emotional State

Q19. Stirling Children's Wellbeing Scale: Positive Emotional State Sub-Scale:



3% of pupils had a low score (6 – 11) on the Stirling Positive Emotional State Sub-Scale; 16% had a med-low score (12 – 17).

Q19. Percentage with a low score (6 – 11) on the Stirling Positive Emotional State Sub-Scale.

	Year 6
Boys	3
Girls	3

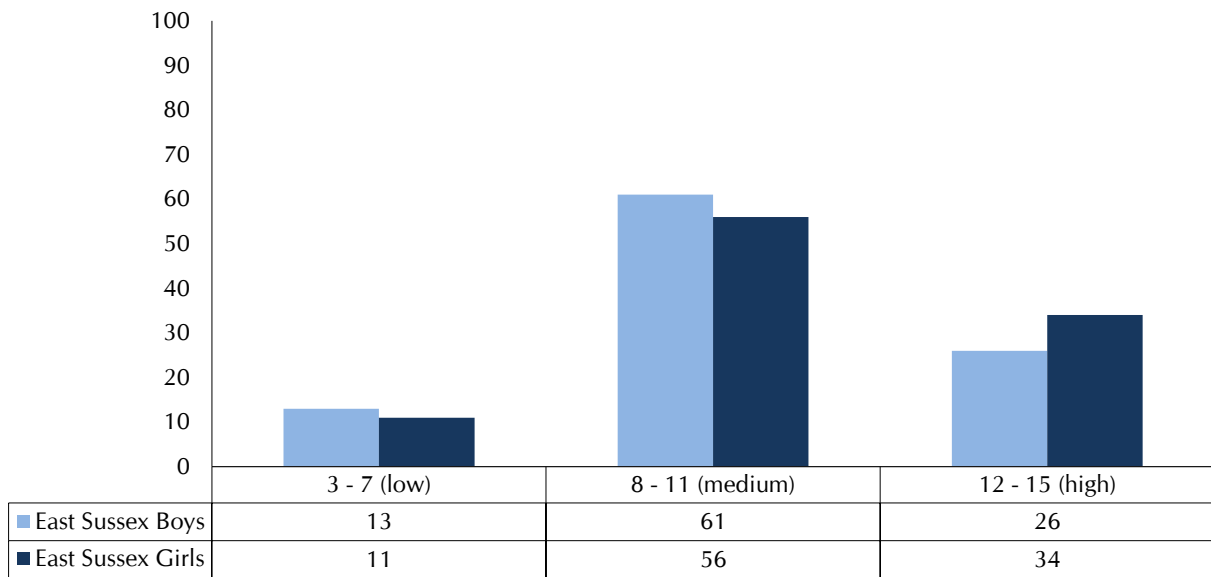
35% of pupils had a high or maximum score (24 – 30) on the Stirling Positive Emotional State Sub-Scale.

Q19. Percentage with a high or maximum score (24 – 30) on the Stirling Positive Emotional State Sub-Scale.

	Year 6
Boys	36
Girls	35

Social Desirability

Q19. Stirling Children's Wellbeing Scale: Social Desirability Sub-Scale:



12% of pupils had a low score (3 – 7) on the Stirling Social Desirability Sub-Scale.

Q19. Percentage with a low score (3 – 7) on the Stirling Social Desirability Sub-Scale.

	Year 6
Boys	13
Girls	11

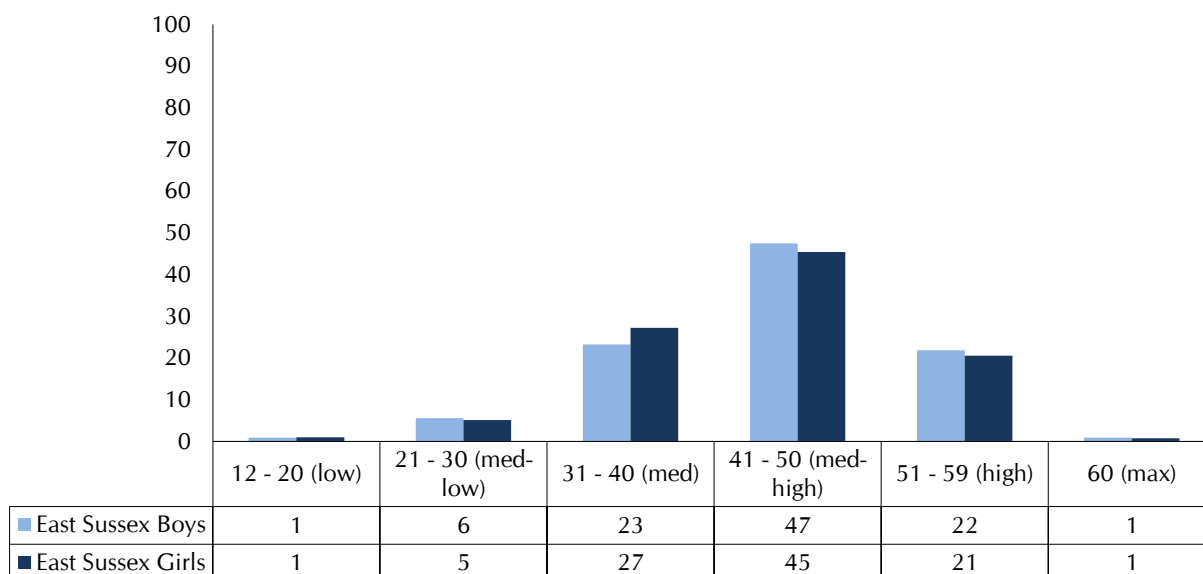
30% of pupils had a high score (12 – 15) on the Stirling Social Desirability Sub-Scale.

Q19. Percentage with a high score (12 – 15) on the Stirling Social Desirability Sub-Scale.

	Year 6
Boys	26
Girls	34

1% of pupils scored exactly 15/15 on the Social Desirability Scale.

Q19. Stirling Children's Wellbeing Scale: Combined Score:



The breakdown of categories on this chart is arbitrary and the labels are provided for convenience.

1% of pupils had a low score (12 – 20) on the Stirling Children's Wellbeing Scale; 5% had a med-low score (21 – 30).

7% of pupils had a score of 12 – 30.

Liddle & Carter* suggest that scores in this range may indicate poor mental health.

* Liddle I & Carter GFA (2015). Emotional and psychological well-being in children: the development and validation of the Stirling Children's Well-being Scale. *Educational Psychology in Practice* 31(2): 174-185

22% of pupils had a high or maximum score (51 – 60) on the Stirling Children's Wellbeing Scale.

On average, pupils scored 43 on the Stirling Children's Wellbeing Scale.

Q19. Percentage with a low score (12 – 20) on the Stirling Children's Wellbeing Scale.

	Year 6
Boys	1
Girls	1

Q19. Percentage with a high or maximum score (51 – 60) on the Stirling Children's Wellbeing Scale.

	Year 6
Boys	23
Girls	21

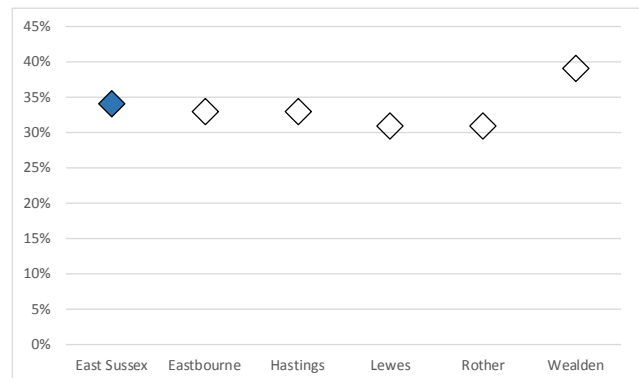
ANALYSIS: Stirling Children’s Wellbeing Scale – high combined score



District and borough analysis

The differences in findings between the districts and boroughs are not statistically significant.

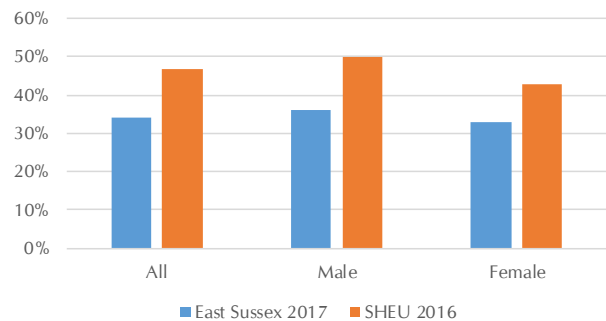
Percentage of Year 6 pupils who have a high combined wellbeing score, all and by district and borough, 2017



Comparisons

The percentage of Year 6 pupils in East Sussex who have a high combined wellbeing score on the Stirling Children's Wellbeing Scale is a little lower than the percentage seen in the reference sample.

Percentage of Year 6 pupils who have a high combined wellbeing score compared with a reference sample



Links

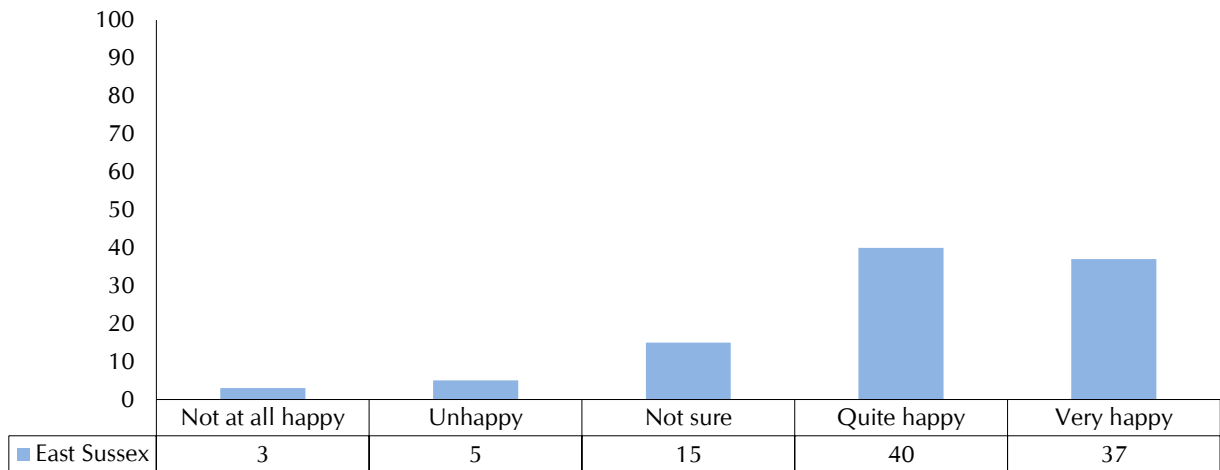
The significant correlates of high wellbeing scores are similar in male and female pupils, and include *5-a-day*, *Exercise*, *Happy with life*, *Pupils’ views make a difference in school* (all positive), and *Sleepy at school 3+ days*, *Want to lose weight*, *Bullied* (negative).

Significant correlations with high wellbeing score

	Positive	Negative
Males	5-a-day Exercise Happy with life Pupils’ views make a difference in school Follow safety advice	Sleepy at school 3+ days Want to lose weight Drank alcohol Bullied
Females	5-a-day Exercise Happy with life Pupils’ views make a difference in school Follow safety advice	Sleepy at school 3+ days Want to lose weight Drank alcohol Bullied

Satisfaction

Q20. In general, how happy do you feel with your life at the moment?



3% of pupils responded that they are 'not at all' happy with their life at the moment.

Q20. Percentage answering that they are 'not at all' happy with their life at the moment.

Year 6

Boys 3

Girls 3

77% of pupils responded that they are at least 'quite' happy with their life at the moment.

Q20. Percentage answering that they are at least 'quite' happy with their life at the moment.

Year 6

Boys 78

Girls 77

ANALYSIS: Quite or very happy with life at the moment



District and borough analysis

The differences in findings between the districts and boroughs do not reach statistical significance.

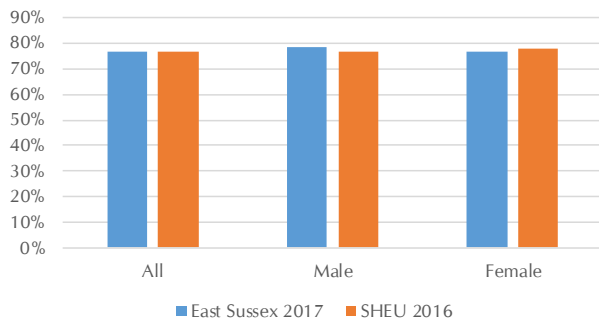
Percentage of Year 6 pupils who are 'quite or very happy' with their life at the moment, all and by district and borough, 2017



Comparisons

The percentage of Year 6 pupils in East Sussex who are 'quite or very happy' with their lives at the moment is similar to the percentage seen in the reference sample.

Percentage of Year 6 pupils who are 'quite or very happy' with their life at the moment compared with a reference sample



Links

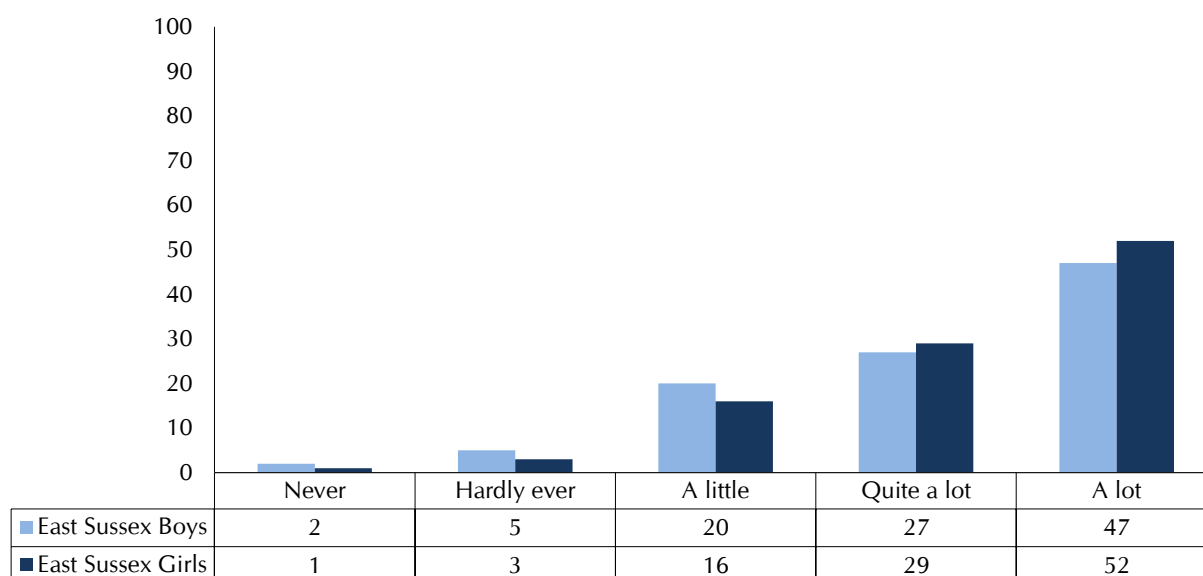
The significant correlates of *Quite or Very happy with their life at the moment* are actually all of them in male pupils, and most of them in female pupils.

Significant correlations with 'Quite' or 'Very happy with their life at the moment'

	Positive	Negative
Males	5-a-day Exercise High wellbeing score Pupils' views make a difference in school Follow online safety advice	Sleepy at school 3+ days Want to lose weight Tried smoking Drank alcohol Bullied
Females	High wellbeing score Pupils' views make a difference in school Follow online safety advice	Sleepy at school 3+ days Want to lose weight Drank alcohol Bullied

Worrying

Q21. Percentage of pupils responding that they worry about at least one of the issues listed...:



77% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

Q21. Percentage answering that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

Year 6	
Boys	73
Girls	81

31% of pupils responded that they worry 'quite a lot' or 'a lot' about SATs/tests, while 25% responded the same about family problems.

Q21. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':

	Boys	Girls	Total
Crime	32	32	32
SATs/tests	27	36	31
The environment	29	25	27
Being bullied (incl. online bullying)	20	32	26
Problems with friends	18	31	25
Family problems	23	27	25
The way they look	15	28	22
Body changes as they grow up	13	23	18
School-work/homework	16	17	17
Health problems	15	18	17
Money problems	14	15	15

Problem solving

In Question 22, Year 6 pupils were asked 'If you had a problem, whom would you share it with first?' The survey findings suggest that 'who' Year 6 pupils first talk to when they have a problem may depend on what the problem is.

Problem with school

	Boys	Girls	Total
Mum and/or Dad	51	49	50
Teacher	21	18	19
Friend	11	18	14
Keep it to myself	12	10	12
Brother or Sister	3	4	4
Other adult	1	1	1

Health problem

	Boys	Girls	Total
Mum and/or Dad	78	76	77
Keep it to myself	13	12	13
Friend	3	5	4
Other adult	2	2	3
Brother or Sister	2	2	2
Teacher	1	2	1

Family problem

	Boys	Girls	Total
Mum and/or Dad	45	37	41
Keep it to myself	21	19	20
Friend	13	22	17
Brother or Sister	10	10	10
Teacher	7	7	7
Other adult	5	4	5

Problem with friends

	Boys	Girls	Total
Mum and/or Dad	45	45	45
Teacher	15	19	17
Keep it to myself	17	13	15
Friend	14	14	14
Brother or Sister	7	7	7
Other adult	1	2	2

Bullying problem

	Boys	Girls	Total
Mum and/or Dad	55	56	55
Teacher	21	17	19
Keep it to myself	12	11	12
Friend	7	9	8
Brother or Sister	4	4	4
Other adult	1	2	2

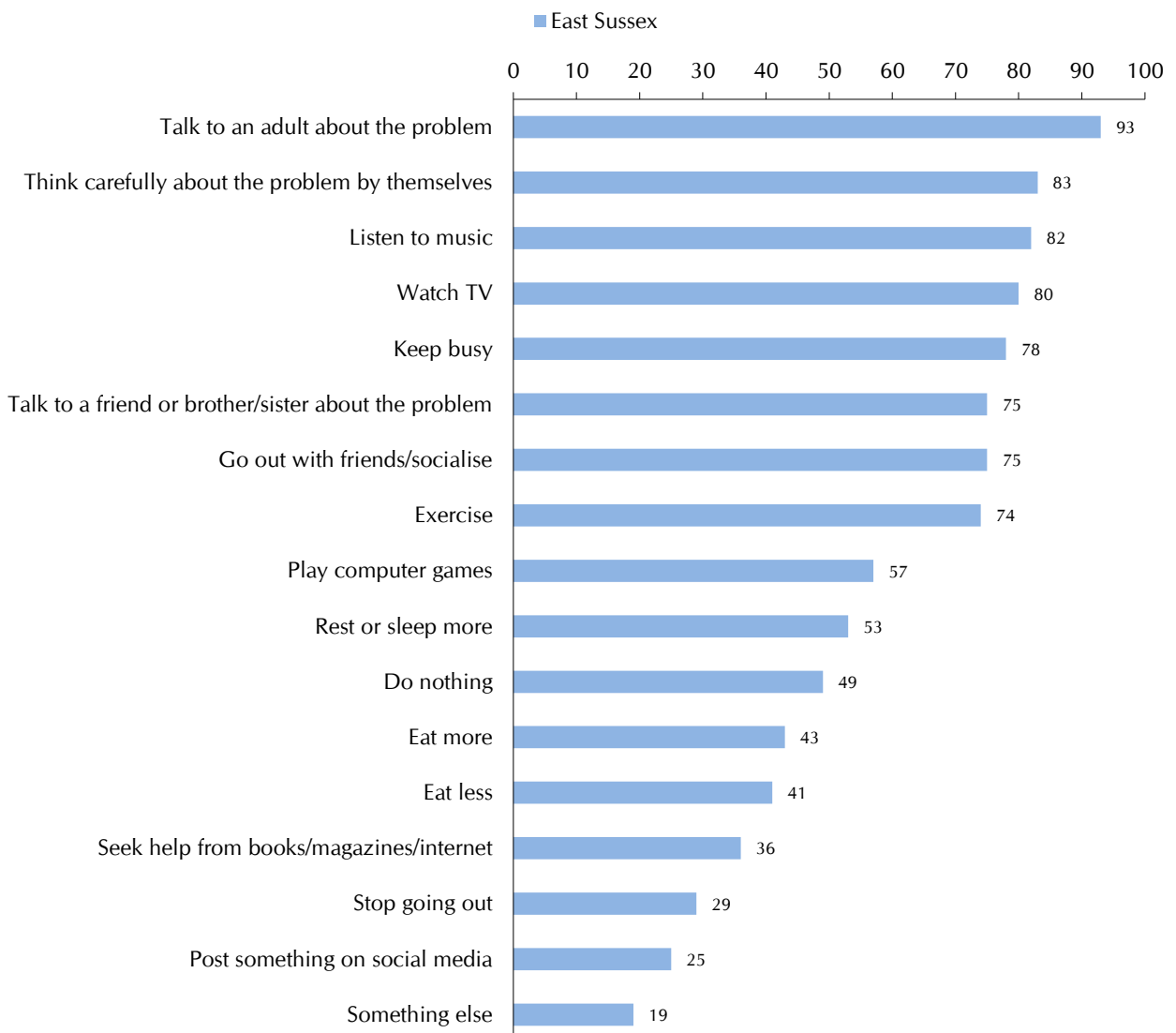
'Keep it to myself' is not necessarily negative. For some pupils it may mean that they feel they can cope without help.

82% of pupils responded that they listen to music at least 'sometimes' when they have a problem that worries them, while 93% responded they talk to an adult about it.

Q24. Percentage of Year 6 pupils responding that they do the following at least 'sometimes' when they have a problem that worries them (top 5):

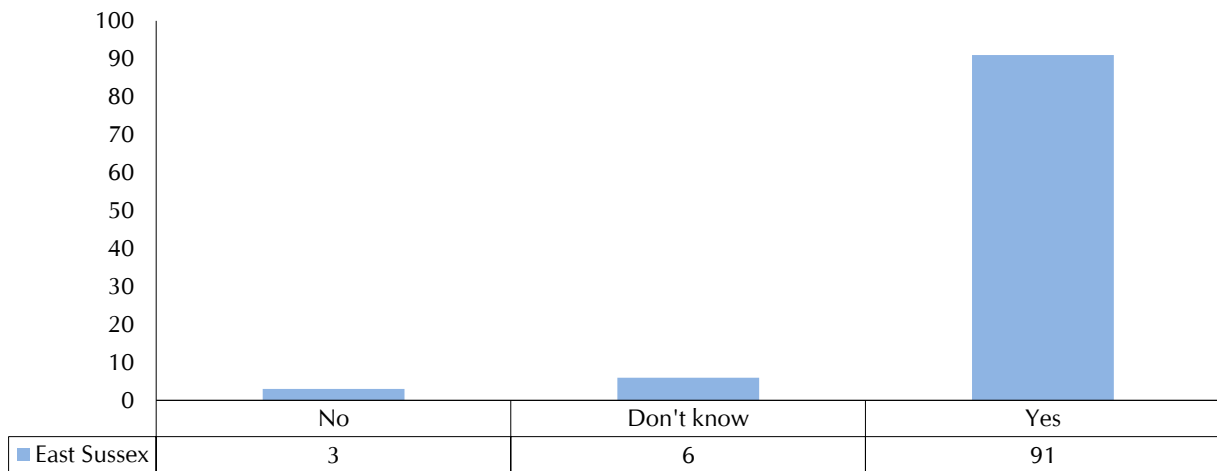
Year 6 Boys		Year 6 Girls			
1	Talk to an adult about the problem	93	1	Talk to an adult about the problem	94
2	Think carefully about the problem by themselves	82	2	Listen to music	85
3	Listen to music	80	3	Think carefully about the problem by themselves	84
4	Keep busy	79	4	Watch TV	82
5	Watch TV	78	5	Keep busy	79

Q24. Percentage of Year 6 pupils responding that they do the following at least 'sometimes' when they have a problem that worries them:



Trust

Q23. Do you have at least one adult you can trust?



91% of pupils responded that they have at least one adult they can trust, while 6% responded they 'don't know' if they do.

Q23. Percentage answering that they have at least one adult they can trust.

	Year 6
Boys	92
Girls	91

Alcohol, Smoking & Drugs

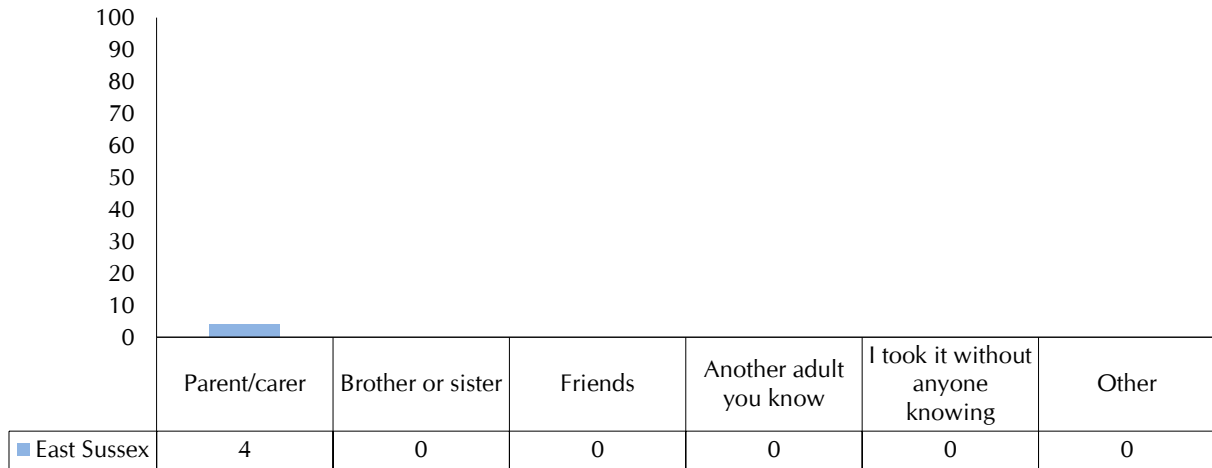
Alcohol

6% of pupils responded that they had an alcoholic drink (not just a sip) in the 7 days before the survey; 5% responded they are 'not sure' if they did.

Q25. Percentage of Year 6 pupils answering that they had an alcoholic drink in the 7 days before the survey.

	Year 6
Boys	8
Girls	3

Q26. Year 6 only: If you answered yes to Q25, where did you get the alcohol from?



4% of pupils responded that they drank alcohol in the 7 days before the survey that a parent/carer had gave them, while 0% responded they were given alcohol by another adult they know.

Q26. Percentage of Year 6 pupils answering that they drank alcohol in the 7 days before the survey that a parent/carer had gave them.

	Year 6
Boys	5
Girls	2

ANALYSIS: Drank alcohol in the 7 days before the survey



District and borough analysis

The differences in findings between the district and boroughs are not statistically significant.

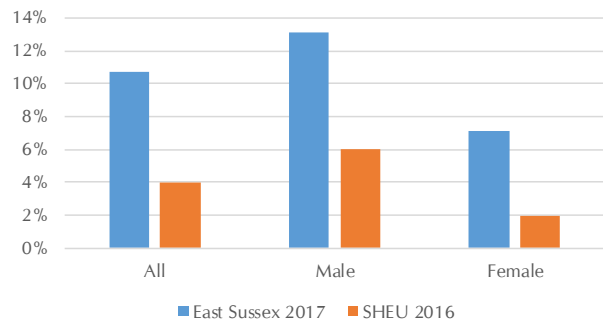
Percentage of Year 6 pupils who drank alcohol in the 7 days before the survey, all and by district and borough, 2017



Comparisons

The percentage of Year 6 pupils in East Sussex who drank alcohol in the 7 days before the survey is significantly higher than the percentage seen in the reference sample.

Percentage of Year 6 pupils who drank alcohol in the 7 days before the survey compared with a reference sample



Links

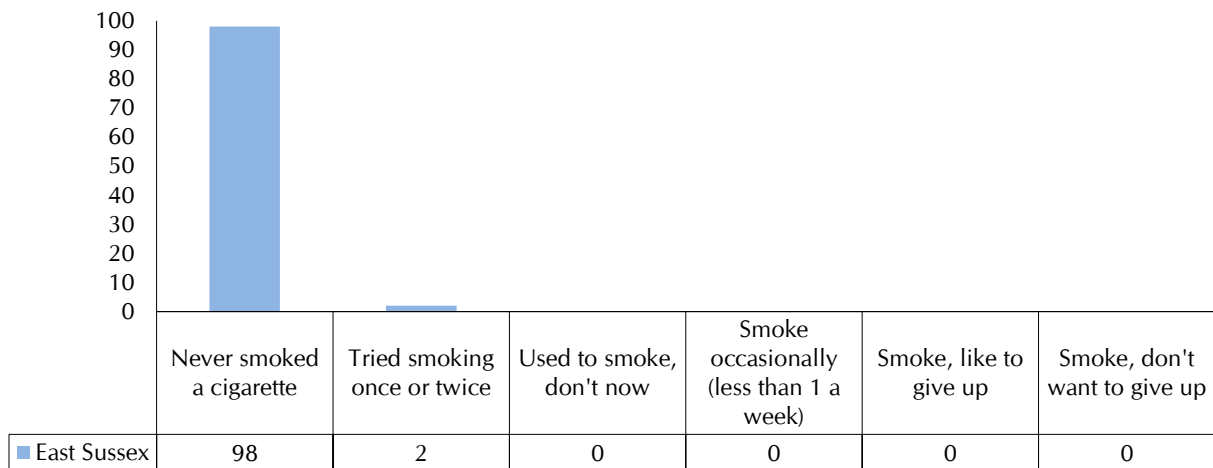
The significant correlates of drinking alcohol are similar in male and female pupils, and include *Sleepy at school 3+ days*, *Want to lose weight*, *Tried smoking* and *Bullied* (all positive) and *Happy with life* (negative).

Significant correlations with drinking alcohol

	Positive	Negative
Males	Sleepy at school 3+ days Want to lose weight Tried smoking Bullied	Happy with life High wellbeing score Follow online safety advice
Females	Sleepy at school 3+ days Want to lose weight Tried smoking Bullied	Happy with life High wellbeing score Follow online safety advice

Smoking

Q27. Year 6 only: Smoking: Which sentence describes you best?



2% of Year 6 pupils responded that they have tried smoking in the past or smoke now.

Q27. Percentage of Year 6 pupils answering that they have smoked in the past or smoke now.

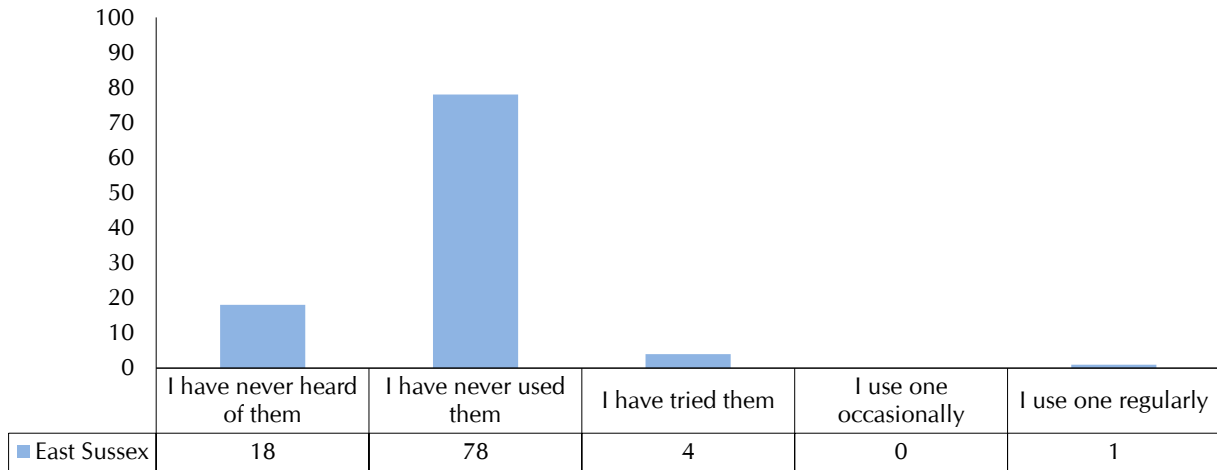
	Year 6
Boys	3
Girls	1

15% of pupils responded that people regularly smoke cigarettes around them (e.g. at home or in a car), while 8% responded they are 'not sure' if people do and 12% responded they prefer not to say.

Q28. Percentage answering that people regularly smoke cigarettes around them.

	Year 6
Boys	18
Girls	13

Q29. Year 6 only: What best describes your knowledge or use of electronic cigarettes, 'e-cigarettes' or vapourisers?



18% of pupils responded that they have 'never heard of' electronic cigarettes, while 78% responded they have never used them.

Q29. Percentage of Year 6 pupils answering that they have either 'never heard of' or 'never used' electronic cigarettes.

	Year 6
Boys	95
Girls	97

1% of Year 6 pupils responded that they use an electronic cigarette 'regularly', with 4% responding that they had tried them.

Q29. Percentage of Year 6 pupils answering that they use an electronic cigarette 'occasionally' or 'regularly'.

	Year 6
Boys	1
Girls	0

ANALYSIS: Have tried smoking cigarettes



District and borough analysis

The differences in findings between the district and boroughs do not reach statistical significance.

The chart seems to show striking differences, but the expanded vertical axis runs over only a few percentage points.

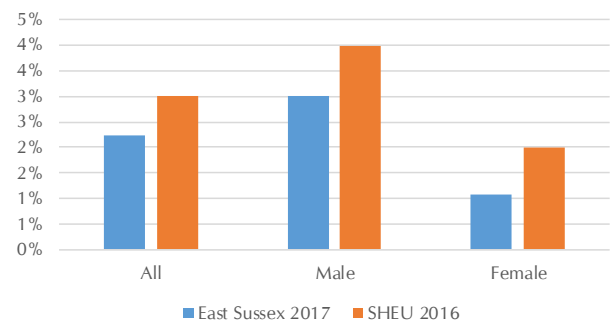
Percentage of Year 6 pupils who have tried smoking, all and by district and borough, 2017



Comparisons

The percentage of Year 6 pupils in East Sussex who have tried smoking is significantly lower than the percentage seen in the reference sample.

Percentage of Year 6 pupils who have tried smoking compared with a reference sample



Links

The only significant correlates of tried smoking that are in common among male and female pupils are *Want to lose weight* and *Drank alcohol* (both positive).

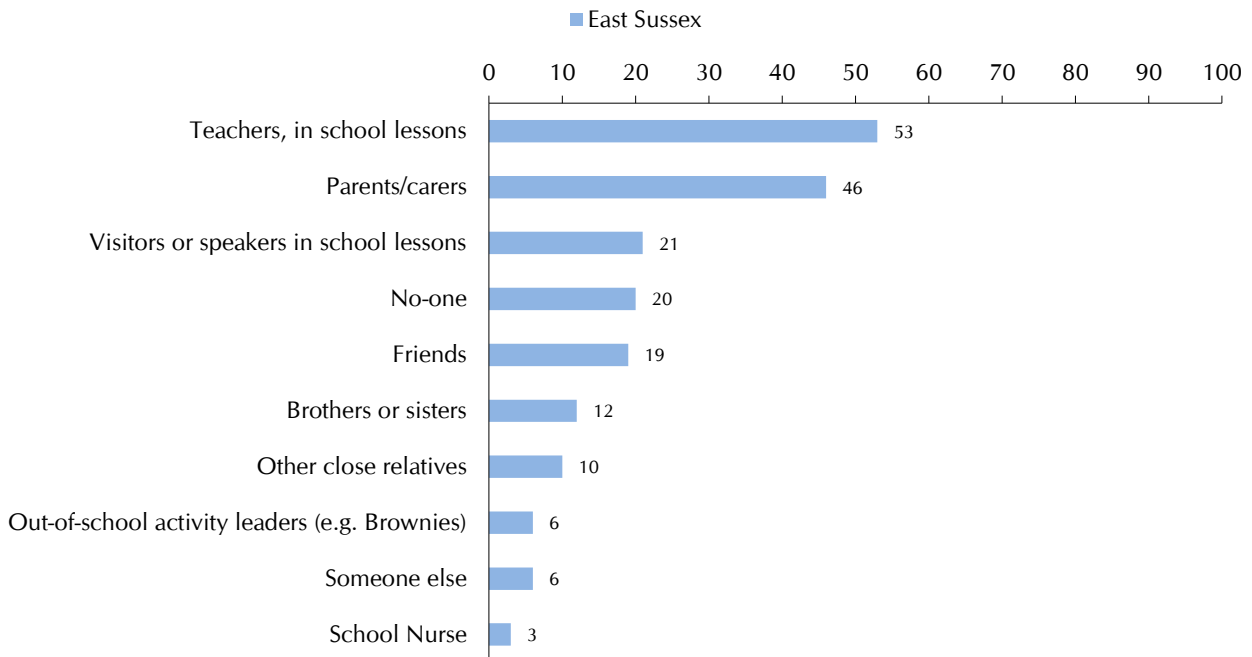
Significant correlations with tried smoking

	Positive	Negative
Males	Sleepy at school 3+ days Want to lose weight Drank alcohol	Happy with life Follow online safety advice
Females	Want to lose weight Drank alcohol Bullied	Follow online safety advice

Drug misuse

46% of pupils responded that their parents/carers have talked with them about illegal drugs; 53% responded their teacher has talked with them in school lessons.

Q30. Percentage of Year 6 pupils responding that the following people have talked with them about illegal drugs:



11% of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs (not alcohol, tobacco or medicines).

Q31. Percentage of Year 6 pupils answering that they are 'fairly sure' or 'certain' they know someone who uses drugs (not alcohol, tobacco or medicines).

Year 6	
Boys	13
Girls	8

2% of pupils responded that they have been offered cannabis, while 3% responded they are 'not sure' if they have.

Q32. Percentage of Year 6 pupils answering that they have been offered cannabis.

Year 6	
Boys	3
Girls	1

1% of pupils responded that they have been offered other illegal drugs (not cannabis), while 2% responded they are 'not sure' if they have.

Q33. Percentage of Year 6 pupils answering that they have been offered other illegal drugs (not cannabis).

Year 6	
Boys	2
Girls	0

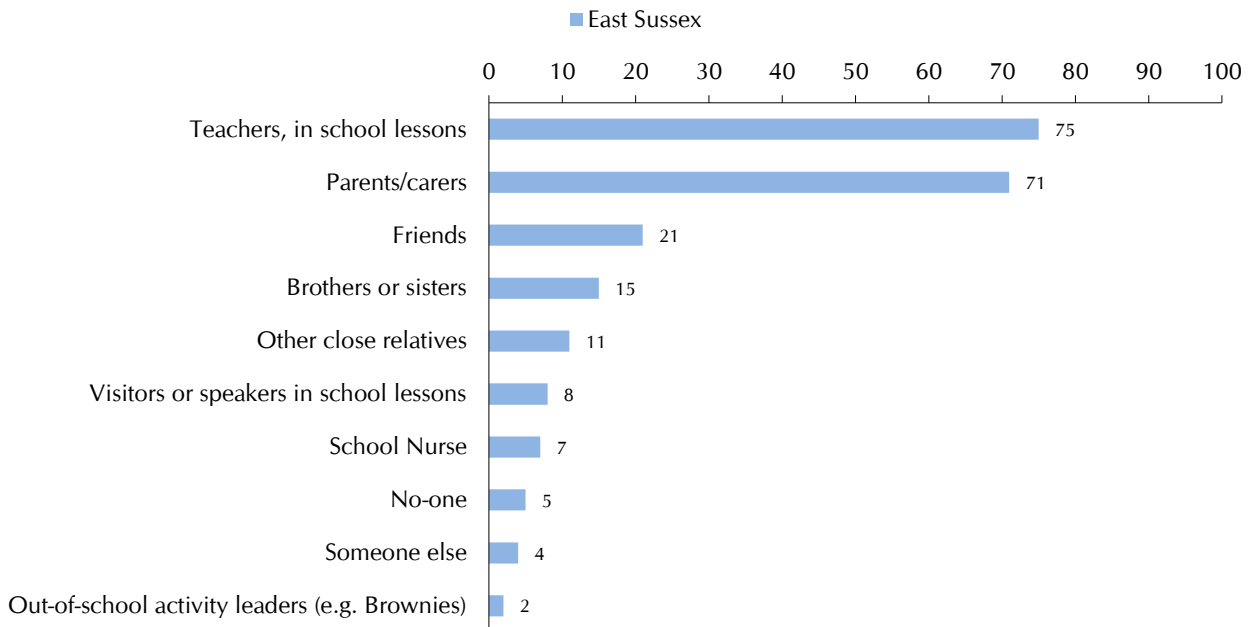
Growing up

71% of pupils responded that their parents/carers have talked with them about how their body changes as they grow up; 75% responded their teacher has talked with them in school lessons.

Q34a. Percentage of pupils responding that the following people have talked with them about how their body changes as they grow up (top 5):

Boys		Girls			
1	Teachers, in school lessons	73	1	Parents/carers	79
2	Parents/carers	63	2	Teachers, in school lessons	78
3	Friends	18	3	Friends	24
4	Brothers or sisters	14	4	Brothers or sisters	16
5	Other close relatives	11	5	Other close relatives	12

Q34a. Percentage of pupils responding that the following people have talked with them about how their body changes as they grow up:



69% of boys and 67% of girls responded that they feel they know enough about how their body changes as they grow up, while 5% feel they do not know enough.

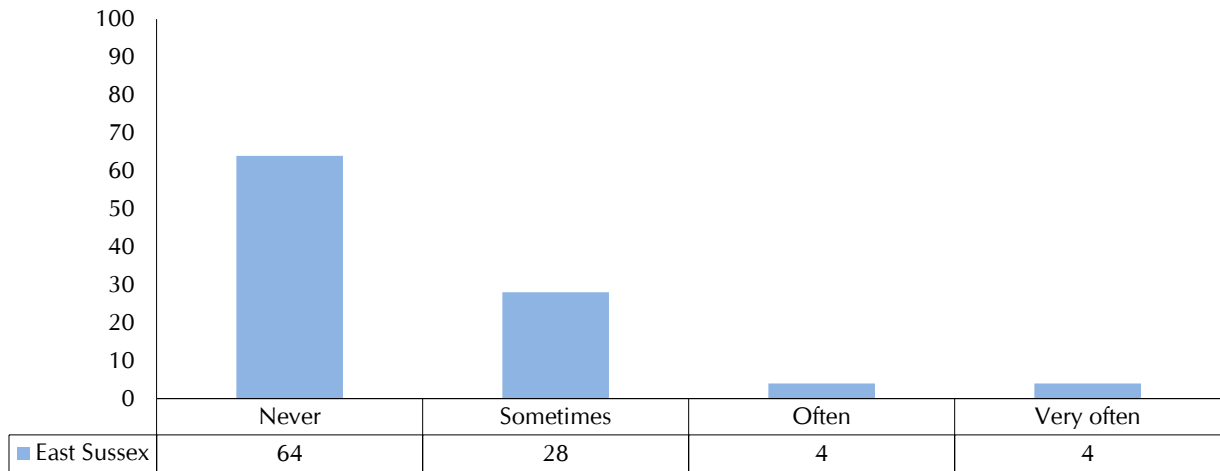
Q34b. Percentage answering that they feel they know enough about how their body changes as they grow up.

	Year 6
Boys	69
Girls	67

Safety

Bullying

Q35. Do you ever feel afraid of going to school because of bullying?



36% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.

Q35. Percentage answering that they at least 'sometimes' feel afraid of going to school because of bullying.

	Year 6
Boys	27
Girls	44

8% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

Q35. Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

	Year 6
Boys	6
Girls	10

26% of pupils responded that they have been bullied at or near school in the last 12 months, while 16% responded they are 'not sure' if they have.

Q36. Percentage answering that they have been bullied at or near school in the last 12 months.

	Year 6
Boys	24
Girls	27

ANALYSIS: Bullied at or near school in the last 12 months

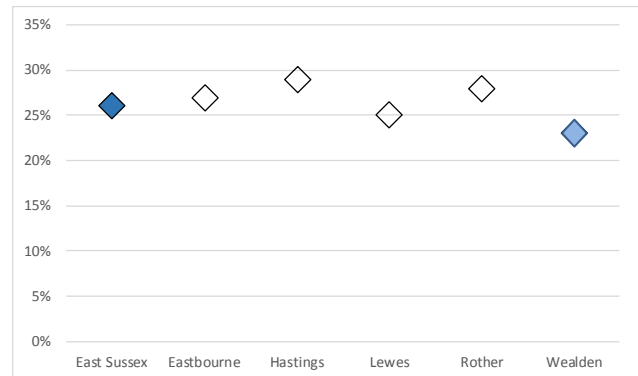


District and borough analysis

The differences in findings between the districts and boroughs approach but do not quite reach statistical significance at the 0.05 alpha level ($p=0.06$).

If we nonetheless give ourselves permission to explore local differences, Wealden shows a percentage which tests as significantly lower than the percentage for the whole East Sussex sample.

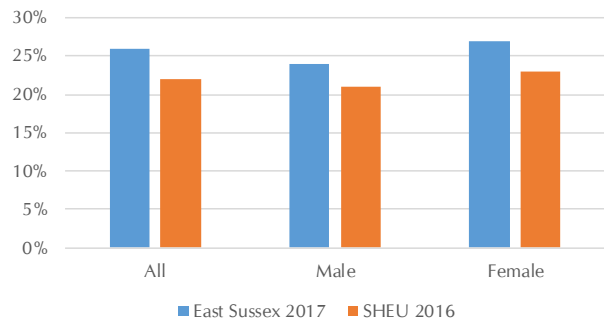
Percentage of Year 6 pupils who were bullied at or near school in the last 12 months, all and by district and borough, 2017



Comparisons

The percentage of Year 6 pupils in East Sussex who report being bullied at or near school in the last 12 months is a little higher than the percentage seen in the reference sample.

Percentage of Year 6 pupils who were bullied at or near school in the last 12 months compared with a reference sample



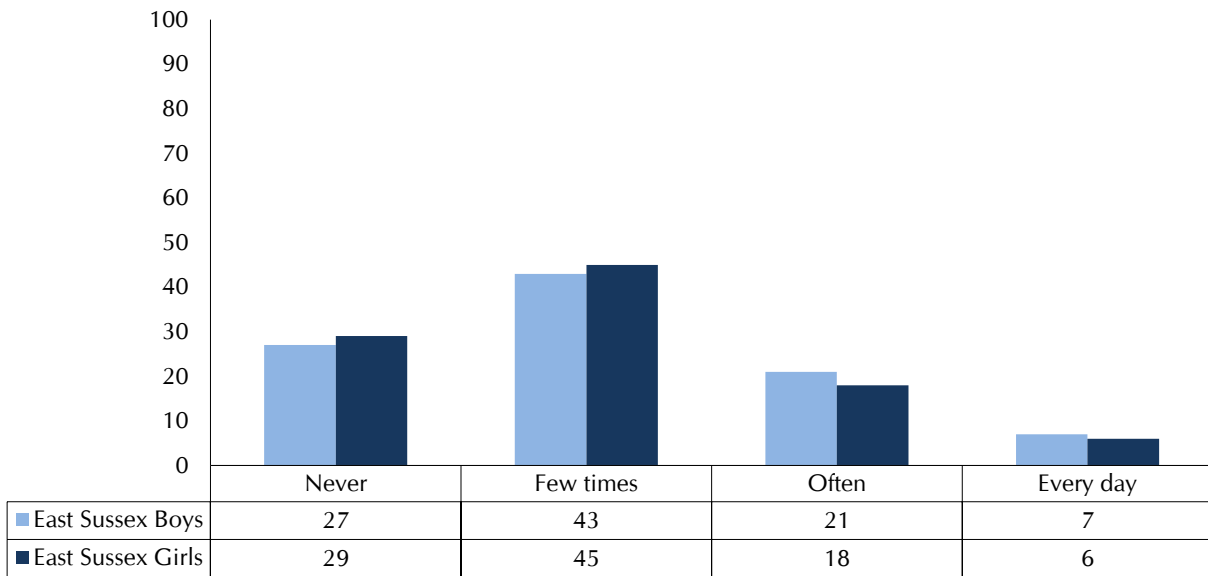
Links

The significant correlates of being bullied at or near school are similar in male and female pupils, and include *Sleepy at school 3+ days*, *Want to lose weight* and *Drank alcohol* (all positive) and *Happy with life* and *High wellbeing score* (negative).

Significant correlations with 'being bullied at or near school'

	Positive	Negative
Males	Sleepy at school 3+ days Want to lose weight Drank alcohol	5-a-day Happy with life High wellbeing score Follow online safety advice
Females	Sleepy at school 3+ days Want to lose weight Tried smoking Drank alcohol	Happy with life High wellbeing score

Q37. Negative behaviour summary: Percentage of pupils responding that they experienced at least one of the negative behaviours in the last month...



71% of pupils responded that they experienced at least one of the negative behaviours listed at least a 'few times' in the month before the survey, while 27% responded it happens 'often' or 'every day'.

Q37. Percentage answering that they have experienced at least one of the negative behaviours at least a 'few times' in the last month.

	Year 6
Boys	71
Girls	69

41% of pupils responded that they were pushed or hit in the month before the survey and 27% responded that they've had their belongings taken or broken.

Q37. Percentage of pupils responding that they have experienced the following negative behaviours at least a 'few times' in the last month:

	Boys	Girls	Total
Been teased/made fun of	52	52	52
Called nasty names	48	46	48
Pushed/hit for no reason	46	36	41
Been ganged up on	26	28	28
Had belongings taken/broken	25	27	27
Been threatened for no reason	28	22	25
Been called 'gay' as an insult	36	13	25
Other	5	5	5
Been threatened for money	5	3	4

26% of pupils responded that they had experienced negative behaviours in classrooms during breaktimes in the month before the survey; with 31% responding that they had experienced negative behaviours outside at school during breaktimes.

Q38. Percentage of pupils responding that they have experienced negative behaviour at the following places in the last month:

	Boys	Girls	Total
Outside at school (playtime/lunchtime)	29	33	31
In a classroom (playtime/lunchtime)	25	27	26
At or near home	19	18	18
During lesson time	9	13	12
In the dining hall (lunchtime)	9	9	9
Online	9	8	8
On the way to or from school	7	7	7
Going out at other times during the day	10	5	7
In the corridors	7	6	7
On their mobile phone	5	7	6
In the toilets	4	4	4
Other	4	4	4
Going out at other times in the dark	1	1	1

27% of pupils responded that they felt they had been 'picked on' or bullied because of the 'way they look'; with 9% responding that they felt it was because of their 'scores in tests'.

Q39. Percentage of pupils responding that they feel they have ever been 'picked on' or bullied for the following reasons:

Boys			Girls		
1	The way they look	21	1	The way they look	31
2	Their size or weight	18	2	Their size or weight	21
3	Other	9	3	The clothes they wear	12
4	Because of the way they talk	7	4	Other	12
5	Because of their scores in tests	7	5	Because of their scores in tests	10
6	The clothes they wear	7	6	Because of the way they talk	8
7	A disability or learning difficulty	5	7	Because they are a boy or a girl	7
8	Their race or colour	4	8	Their race or colour	4
9	Their religion	4	9	A disability or learning difficulty	4
10	Because they are a boy or a girl	4	10	Because they have free school meals	2
11	Because they have free school meals	1	11	Their religion	2

40% of pupils responded that their school deals with bullying well, while 38% responded they are 'not sure' if it does.

Q40. Percentage answering that their school deals with bullying well.

Year 6	
Boys	41
Girls	40

22% of pupils responded that their school does not deal with bullying well.

Q40. Percentage answering that their school does not deal with bullying well.

Year 6	
Boys	24
Girls	20

2% of pupils responded that they think others may fear going to school because of them, while 16% responded they are 'not sure' if they do.

Q41. Percentage answering that they think others may fear going to school because of them.

Year 6	
Boys	3
Girls	1

Internet safety

66% of pupils responded that they get online on a smartphone, while 50% responded they use a tablet.

Q42. Percentage of pupils responding that they get online by the following methods:

	Year 6		Total
	Boys	Girls	
Smartphone	63	70	66
Tablet	50	49	50
Laptop	37	37	37
Computer	35	24	29
Other	32	7	20
Do not go online	5	4	5

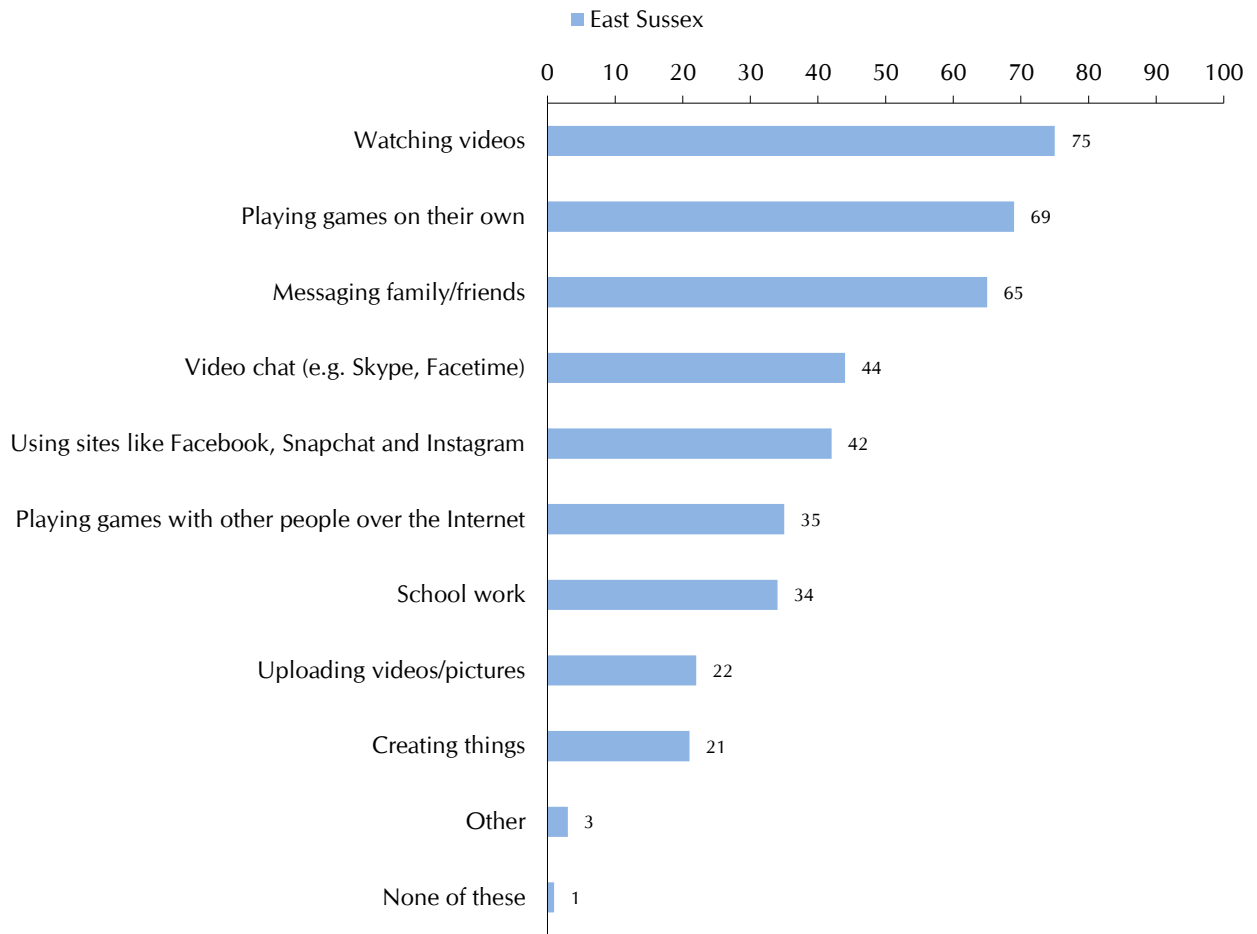
75% of Year 6 pupils responded that they use the internet or smartphone apps for watching videos, while 34% responded they use it for school work.

Q43. Percentage of Year 6 pupils responding that they use the internet/smartphone apps for the following :

Year 6 Boys			Year 6 Girls		
1	Watching videos	77	1	Watching videos	73
2	Playing games on their own	72	2	Messaging family/friends	72
3	Messaging family/friends	59	3	Playing games on their own	67
4	Playing games with other people over the Internet	52	4	Video chat (e.g. Skype, Facetime)	51
5	Video chat (e.g. Skype, Facetime)	37	5	Using sites like Facebook, Snapchat and Instagram	48
6	Using sites like Facebook, Snapchat and Instagram	36	6	School work	36
7	School work	31	7	Creating things	21
8	Uploading videos/pictures	25	8	Uploading videos/pictures	20
9	Creating things	21	9	Playing games with other people over the Internet	18
10	Other	3	10	Other	3

42% of pupils responded that they use the internet or smart phone apps to access sites like Facebook, Snapchat and Instagram, while 44% responded they use them for video chat.

Q43. Percentage of Year 6 pupils responding that they use the internet/smartphone apps for the following:



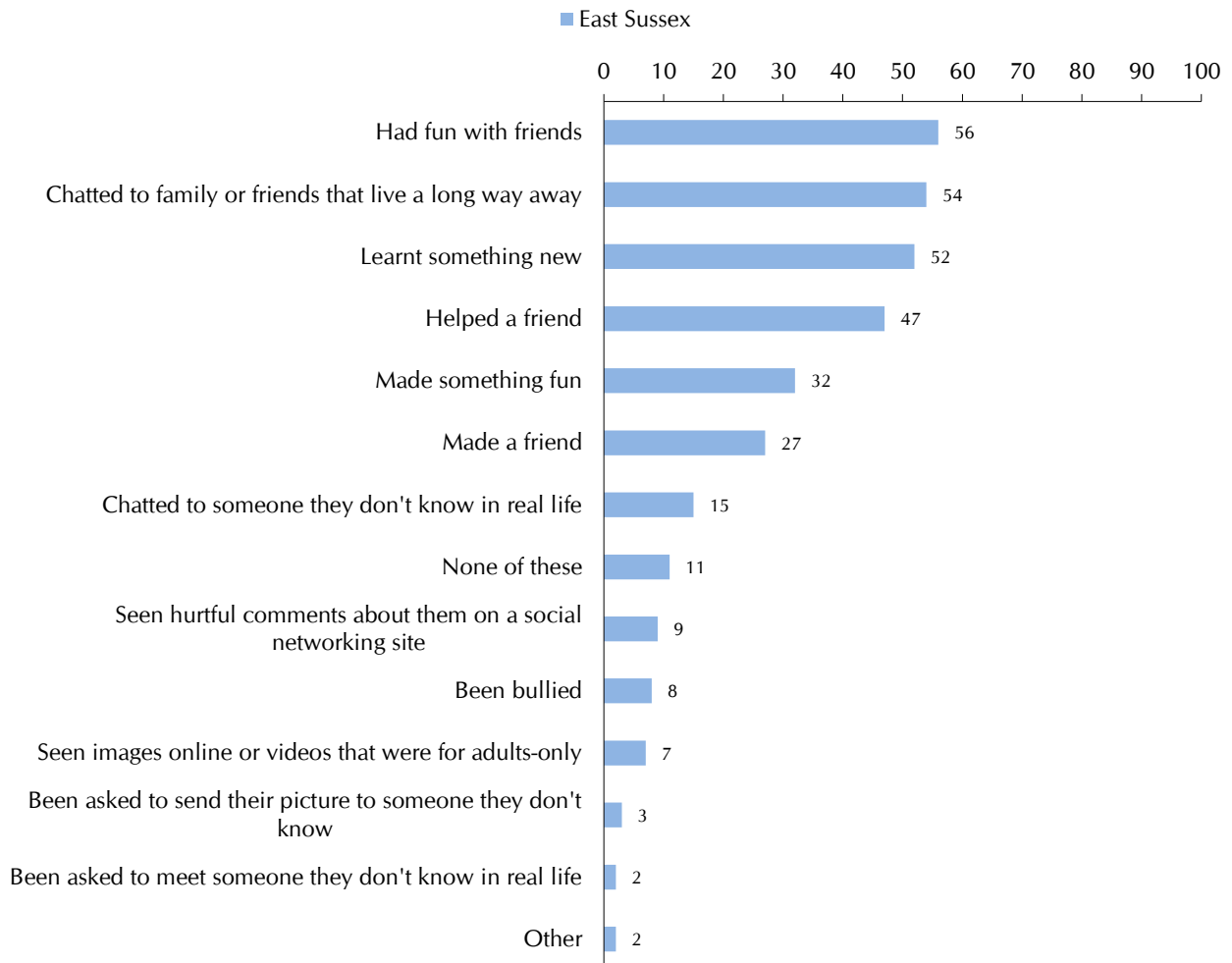
52% of pupils responded that they have learnt something new whilst using the internet/smartphone apps and 56% responded that they have had fun with friends.

Q44. Percentage of Year 6 pupils responding that they have done/experienced the following when using the internet (top 5):

Year 6 Boys		Year 6 Girls		
1	Had fun with friends	63	1 Chatted to family or friends that live a long way away	60
2	Learnt something new	56	2 Had fun with friends	50
3	Helped a friend	51	3 Learnt something new	48
4	Chatted to family or friends that live a long way away	48	4 Helped a friend	45
5	Made something fun	38	5 Made something fun	26

7% of pupils responded that they have seen images online or videos that were for adults-only whilst using the internet/smartphone apps.

Q44. Percentage of Year 6 pupils responding that they have done/experienced the following when using the internet:



73% of pupils responded that a parent/carer knows when they are online; 22% responded they only 'sometimes' know.

Q45. Percentage answering that a parent/carer knows when they are online.

	Year 6
Boys	71
Girls	77

96% of pupils responded that they have been told how to stay safe while online.

Q46a. Percentage answering that they have been told how to stay safe while online.

	Year 6
Boys	95
Girls	98

83% of pupils responded that they always follow the advice they have been given about how to stay safe while online.

Q46c. Percentage answering that they always follow the advice they have been given about how to stay safe while online.

	Year 6
Boys	79
Girls	88

41% of pupils responded that they have blocked someone because of something upsetting that happened online; 21% responded they have reported something online.

Q47. Percentage of pupils responding that they have done the following because of something upsetting that happened online:

	Year 6		Total
	Boys	Girls	
Blocked someone	37	44	41
They have not seen anything upsetting online	35	35	35
Talked to their parents/carers	26	32	29
Reported it online	22	20	21
Asked a friend for help	17	18	18
None of these	13	10	12
Insulted someone back	11	6	9
Talked to an adult at school	6	10	8
Talked to an adult outside of school	7	8	8
Talked to the police	2	1	2

ANALYSIS: Follow online safety advice



District and borough analysis

The differences in findings between the districts and boroughs do not reach statistical significance.

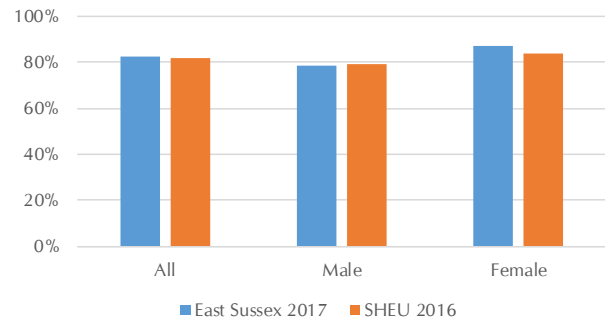
Percentage of Year 6 pupils who always follow the advice they have been given about how to stay safe while online, all and by district and borough, 2017



Comparisons

The percentage of Year 6 pupils in East Sussex who always follow the advice they have been given about how to stay safe while online is similar to the percentage seen in the reference sample.

Percentage of Year 6 pupils who always follow the advice they have been given about how to stay safe while online compared with a reference sample



Links

The significant correlates of following online safety advice are similar in male and female pupils, and include *Happy with life* (positive) and *Sleepy at school 3+ days*, *Tried smoking*, and *Drank alcohol* (negative).

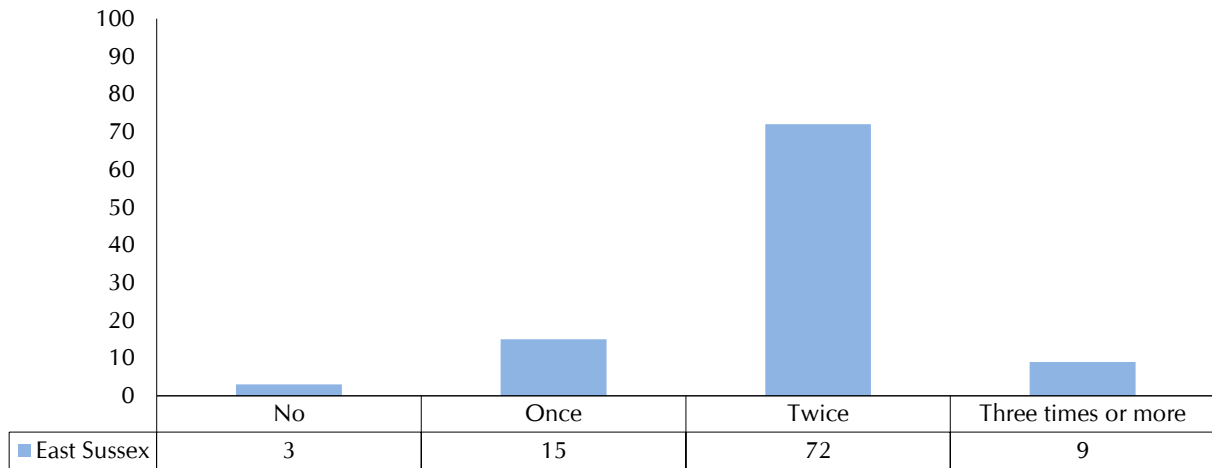
Significant correlations with 'following online safety advice'

	Positive	Negative
Males	Happy with life High wellbeing score	Sleepy at school 3+ days Tried smoking Drank alcohol Bullied
Females	Happy with life High wellbeing score	Sleepy at school 3+ days Want to lose weight Tried smoking Drank alcohol

Health & Hygiene

Dental health

Q48. Did you clean your teeth yesterday?



3% of pupils responded that they didn't clean their teeth at all on the day before the survey.

Q48. Percentage answering that they didn't clean their teeth at all on the day before the survey.

Year 6

Boys 4

Girls 2

81% of pupils responded that they cleaned their teeth at least twice on the day before the survey.

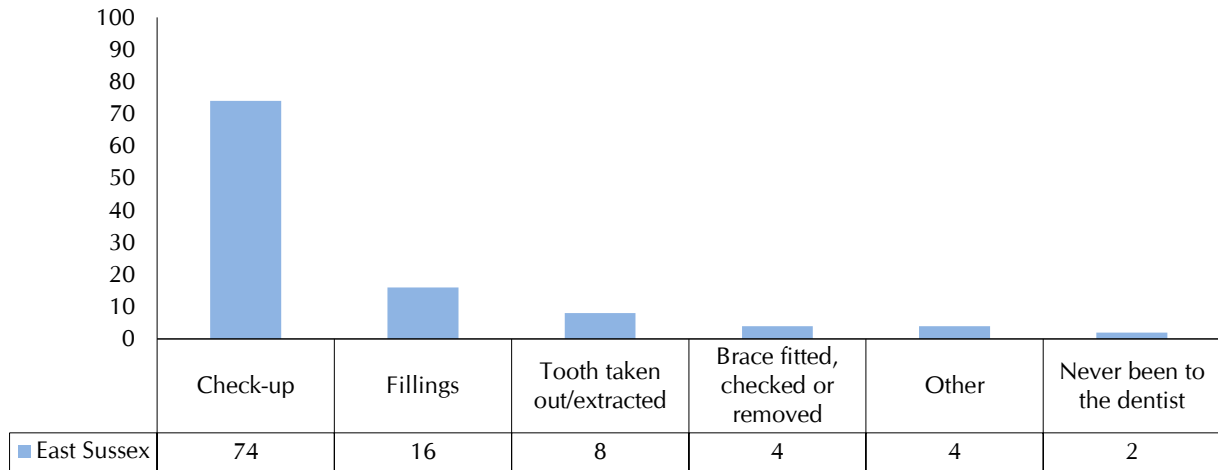
Q48. Percentage answering that they cleaned their teeth at least twice on the day before the survey.

Year 6

Boys 79

Girls 85

Q49. What treatment did the dentist give you on your last visit?



2% of pupils responded that they have never been to the dentist.

Q49. Percentage answering that they have never been to the dentist.

	Year 6
Boys	3
Girls	2

74% of pupils responded that they last went to the dentist for a check-up.

Q49. Percentage answering that they last went to the dentist for a check-up.

	Year 6
Boys	72
Girls	76

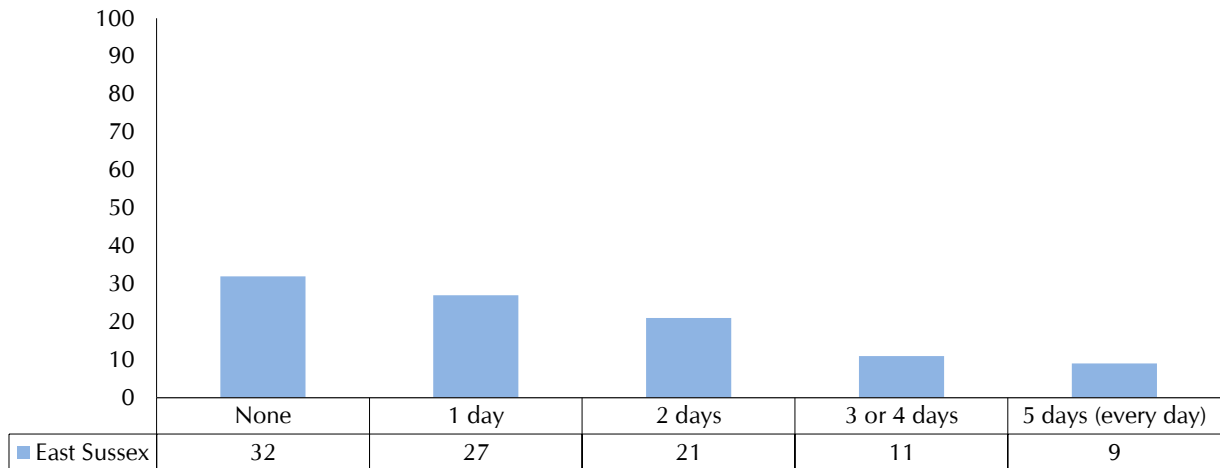
16% of pupils responded that they last went to the dentist for fillings, while 4% went to have a brace fitted, checked or removed.

Q49. Percentage answering that they last went to the dentist for fillings

	Year 6
Boys	17
Girls	15

Sleeping patterns

Q50. How many days last week did you find it hard to concentrate at school because you felt tired or sleepy?



32% of pupils responded that they didn't find it hard to concentrate at school due to tiredness in the week before the survey.

Q50. Percentage answering that they didn't find it hard to concentrate at school due to tiredness in the week before the survey.

	Year 6
Boys	32
Girls	34

20% of pupils responded that they found it hard to concentrate at school due to feeling tired or sleepy on at least 3 days in the week before the survey.

Q50. Percentage answering that they found it hard to concentrate at school due to feeling tired or sleepy on at least 3 days in the week before the survey.

	Year 6
Boys	21
Girls	17

ANALYSIS: Find it hard to concentrate at school due to feeling tired or sleepy 3 +/5 days



District and borough analysis

The differences in findings between the districts and boroughs are statistically significant.

The finding for Wealden is significantly lower than that for the whole East Sussex sample.

Percentage of Year 6 pupils who find it hard to concentrate at school due to feeling tired or sleepy on at least 3 days in the week before the survey, all and by district and borough, 2017



Links

The significant correlates of *feeling sleepy at school 3+ days* are similar in male and female pupils, and include *Want to lose weight, Drank alcohol, Bullied* (all positive) and *Happy with life, High wellbeing score and Follow online safety advice* (negative).

Significant correlations with 'feel sleepy at school 3+ days'

	Positive	Negative
Males	Want to lose weight Tried smoking Drank alcohol Bullied	Exercise Happy with life High wellbeing score Follow online safety advice
Females	Want to lose weight Drank alcohol Bullied	5-a-day Happy with life High wellbeing score Pupils' views make a difference in school Follow online safety advice

School

School perceptions

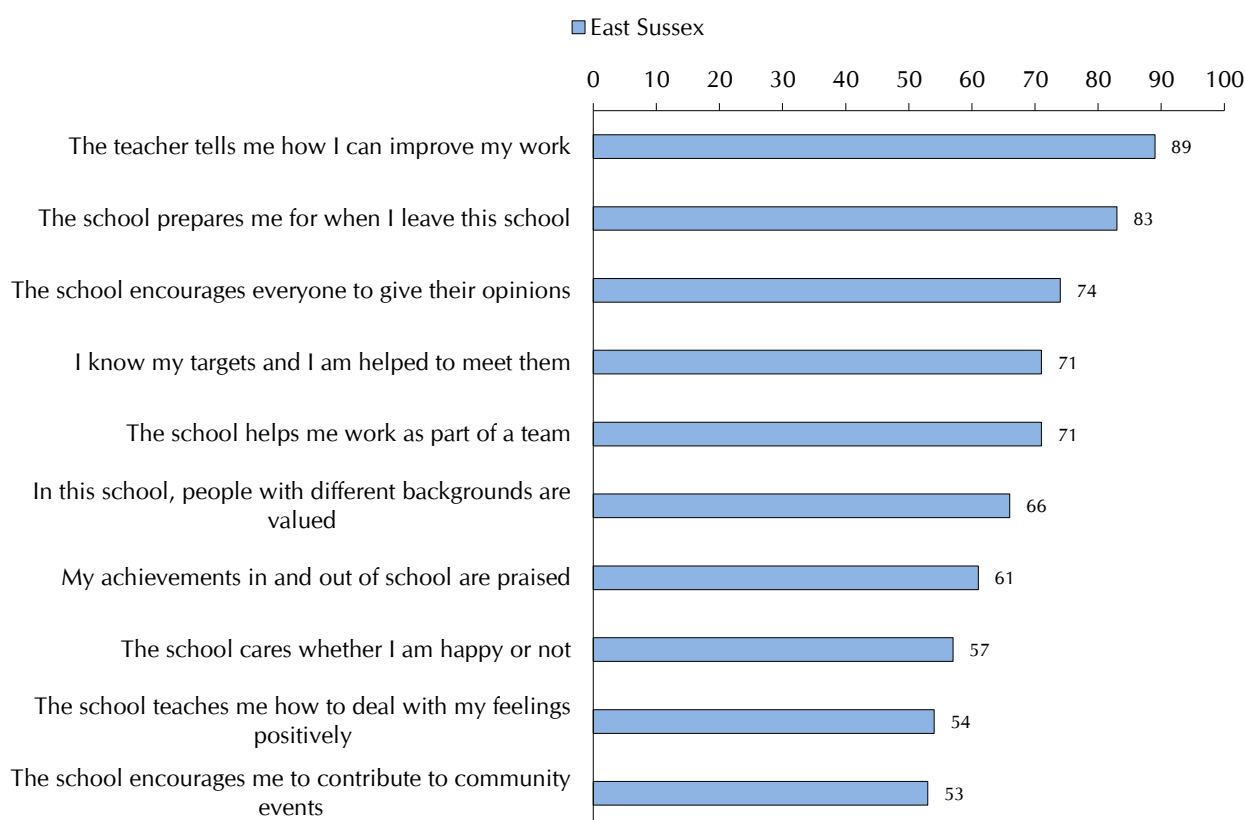
71% of pupils responded that their school helps them work as part of a team.

Q51. Percentage of pupils responding 'yes' to the following statements:

	Boys	Girls	Total
The teacher tells me how I can improve my work	87	91	89
The school prepares me for when I leave this school	81	86	83
The school encourages everyone to give their opinions	72	77	74
I know my targets and I am helped to meet them	72	72	71
The school helps me work as part of a team	72	72	71
In this school, people with different backgrounds are valued	66	67	66
My achievements in and out of school are praised	59	64	61
The school cares whether I am happy or not	57	60	57
The school teaches me how to deal with my feelings positively	55	56	54
The school encourages me to contribute to community events	54	53	53

74% of pupils responded that their school encourages everyone to give their opinions.

Q51. Percentage of pupils responding 'yes' to the following statements:



65% of pupils responded that their school teaches them about citizenship 'fairly' or 'very' well.

Q52. Percentage of pupils responding that their school teaches them about the following 'fairly' or 'very' well:

	Year 6		Total
	Boys	Girls	
Internet safety	90	92	90
Personal safety	87	90	88
Healthy eating	87	88	87
Physical activity	86	87	86
Puberty and growing up	80	82	81
Emotional health and wellbeing	78	79	78
Bullying	77	79	77
Drugs, alcohol or smoking	71	76	73
Citizenship	67	64	65
Managing money	58	57	57

3% of pupils responded that their school teaches them about citizenship 'not well at all'.

Q52. Percentage of pupils responding that their school teaches them about the following 'not well at all':

	Year 6		Total
	Boys	Girls	
Managing money	9	8	9
Bullying	7	5	6
Drugs, alcohol or smoking	7	4	5
Citizenship	4	3	3
Emotional health and wellbeing	4	3	3
Puberty and growing up	3	4	3
Healthy eating	2	2	2
Physical activity	2	1	2
Personal safety	2	2	2
Internet safety	2	1	2

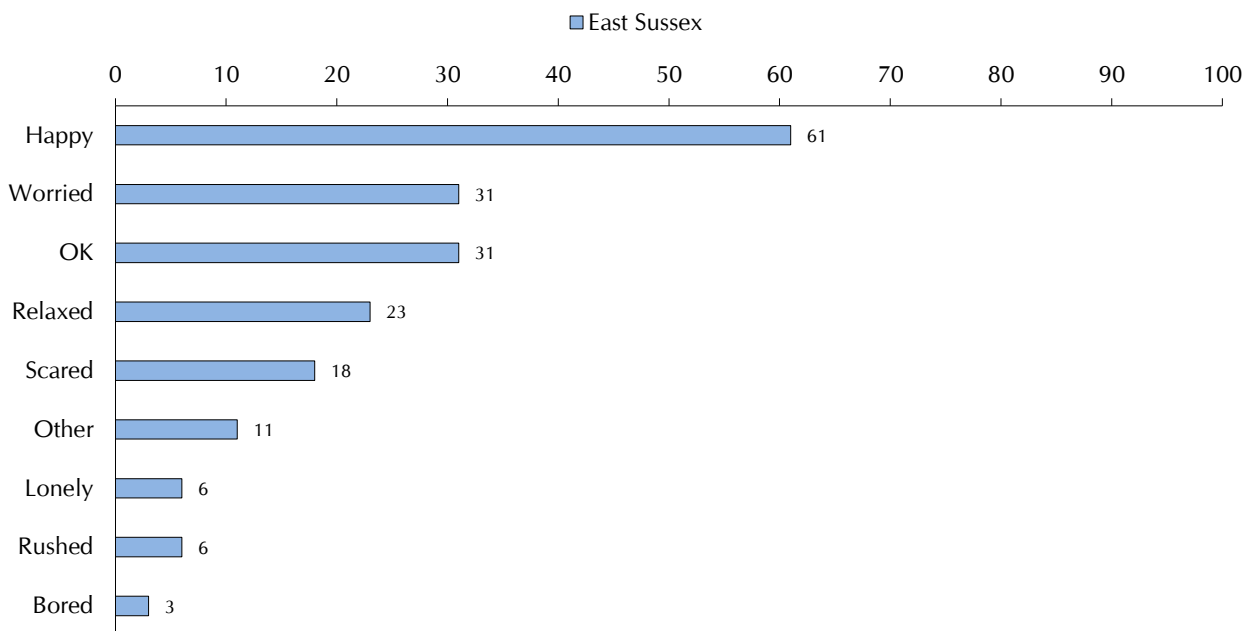
Moving school

61% of pupils responded that they feel 'happy' about going to secondary school, while 31% responded that they feel 'worried'.

Q53. Percentage of Year 6 pupils responding that they feel about going to secondary school as the following:

	Year 6 Boys		Year 6 Girls	
1 Happy	66	1	Happy	56
2 OK	29	2	Worried	42
3 Relaxed	27	3	OK	34
4 Worried	19	4	Scared	24
5 Scared	11	5	Relaxed	19

Q53. Percentage of Year 6 pupils responding that they feel about going to secondary school as the following:



Breaktimes

62% of pupils responded that they would describe playtimes as 'happy', while 27% responded that they were 'crowded'.

Q54. Percentage of pupils responding that they would describe playtimes as the following:

	Boys	Girls	Total
Happy	64	62	62
Friendly	37	48	42
Crowded	27	27	27
Safe	24	29	26
Busy	21	22	22
Relaxed	16	17	16
Boring	13	15	14
Rushed	9	9	9
Lonely	5	7	6
Other	4	6	5
Scary	2	3	2

Views & opinions

44% of pupils responded that they feel their views and opinions are asked for in their school, while 12% feel they are not asked for.

Q55. Percentage answering that their views and opinions are asked for in their school.

	Year 6
Boys	43
Girls	45

54% of pupils responded that they feel their views and opinions are listened to in their school, while 13% feel they are not listened to.

Q56. Percentage answering that their views and opinions are listened to in school.

	Year 6
Boys	56
Girls	55

26% of pupils responded that they feel their views and opinions make a difference to how their school is run, while 27% feel that they don't make a difference.

Q57. Percentage answering that they feel their views and opinions make a difference to how their school is run.

	Year 6
Boys	29
Girls	24

ANALYSIS: Pupils' views make a difference to how their school is run



District and borough analysis

The differences in findings between the districts and boroughs are statistically significant.

The finding for Eastbourne is significantly lower than seen in the whole East Sussex sample.

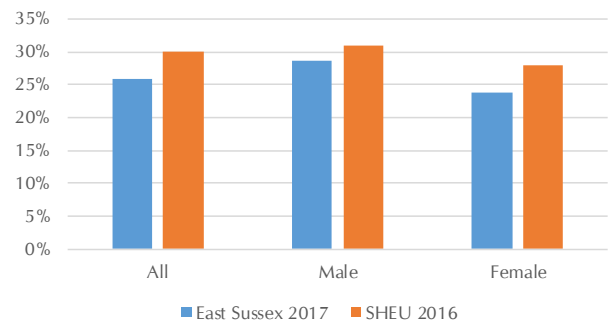
Percentage of Year 6 pupils who think their views and opinions make a difference to how their school is run, all and by district and borough, 2017



Comparisons

The percentage of Year 6 pupils in East Sussex who think their views and opinions make a difference to how their school is run is a little lower than the percentage seen in the reference sample (but not significantly lower).

Percentage of Year 6 pupils who think their views and opinions make a difference to how their school is run compared with a reference sample



Links

There are three significant positive correlates of *Pupils' views make a difference* that male and female pupils have in common: *5-a-day*, *Happy with life*, and *High wellbeing score*.

Significant correlations with pupils' views make a difference

	Positive	Negative
Males	5-a-day Happy with life High wellbeing score	
Females	5-a-day Happy with life High wellbeing score	Sleepy at school 3+ days

Appendix 1: List of tables and charts

Q2. Percentage describing themselves as White British.	14
Q3. Which adults do you live with?.....	14
Q3. Percentage answering that they live with their Mum and Dad together.	14
Q3. Percentage answering that they live 'mainly or only' with their Mum.	14
Q4. Percentage answering that they are disabled.	15
Q5. Percentage answering that someone helped them fill in the questionnaire.	15
Q6. How many portions of fruit and vegetables did you eat yesterday?	16
Q6. Percentage answering that they didn't eat any portions of fruit or vegetables on the day before the survey.	16
Q6. Percentage answering that they ate at least 5 portions of fruit and vegetables on the day before the survey.	16
Percentage of Year 6 pupils who ate at least 5 portions of fruit/veg on day before survey, all and by district and borough, 2017	17
Percentage of Year 6 pupils who ate at least 5 portions of fruit/veg on day before survey compared with a reference sample	17
Significant correlations with 'eating 5-a-day'	17
Q7. What did you do for lunch yesterday?.....	18
Q7. Percentage answering that they had school food for lunch on the day before the survey.	18
Q7. Percentage answering that they ate a packed lunch from home on the day before the survey.	18
Q7. Percentage answering that they did not have any lunch on the day before the survey.	18
Q8. Percentage of pupils responding that they had the following types of breakfast on the day of the survey:	19
Q8. Percentage answering that they didn't have anything to eat or drink before lessons on the morning of the survey.....	19
Q8. Percentage of pupils responding that they had the following to eat or drink before lessons on the day of the survey:	20
Q9. How often do you eat something for breakfast in the morning before lessons?	21
Q9. Percentage answering that they 'never' eat something for breakfast in the morning before lessons.	21
Q9. Percentage answering that they eat something for breakfast in the morning before lessons 'every day/most days'.	21
Q10. Percentage of pupils responding that they eat or drink the following 'on most days':	22
Q10. Percentage of pupils responding that they 'rarely or never' eat or drink the following:	22
Q11. How much water did you drink yesterday?	23
Q11. Percentage answering that they didn't drink any water yesterday.	23
Q11. Percentage answering that they drank at least 'about a litre' of water yesterday.	23
Q12. Which statement describes you best?	24
Q12. Percentage answering that they would like to put on weight.....	24
Q12. Percentage answering that they would like to lose weight.	24
Q12. Percentage answering that they are happy with their weight as it is.....	24
Percentage of Year 6 pupils who would like to lose weight, all and by district and borough, 2017.....	25
Percentage of Year 6 pupils who would like to lose weight compared with a reference sample.....	25
Significant correlations with 'wanting to lose weight'	25
Q13. How many days last week were you active for at least 60 minutes each day?	26
Q13. Percentage answering that they weren't active for at least 60 minutes on any day in the week before the survey.	26
Q13. Percentage answering that they were active for at least 60 minutes on three or more days in the week before the survey.	26
Q14. How many days last week did you exercise enough that you had to breathe harder and faster?.....	27
Q14. Percentage answering that they have not exercised enough to breathe harder and faster in the week before the survey.	27
Q14. Percentage answering that they exercised enough to breathe harder and faster on at least three days in the week before the survey.	27
Percentage of Year 6 pupils who exercised enough to breathe harder and faster on at least three days in the last week, all and by district and borough, 2017.....	28
Percentage of Year 6 pupils who exercised enough to breathe harder and faster on at least three days in the last week compared with a reference sample	28
Significant correlations with 'exercised 3+ days last week'	28
Q15. Are you taking part in 'Beat the Street'?	29
Q15. Percentage of pupils answering that they are taking part in 'Beat the Street'.	29

Q16. Physical activity summary: Percentage of pupils responding that they do at least one of the activities listed...:	29
Q16. Percentage answering that they 'hardly ever or never' do any of the physical activities listed in their own time.	29
Q16. Percentage answering that they do one or more of the physical activities listed at least 'once a week' in their own time.	29
Q16. Percentage pupils responding that they do the following physical activities at least 'once a week' in their own time: .	30
Q16. Percentage pupils responding that they do the following physical activities at least 'once a week' in their own time (top 10):	30
Q18. How did you travel to school today?.....	31
Q18. Percentage answering that they travelled to school by car/van on the day of the survey.	31
Q18. Percentage answering that they walked to school on the day of the survey.	31
Q19. Percentage of pupils responding that they have been feeling or thinking the following at least 'quite a lot of the time' over the past couple of weeks:.....	32
Q19. Stirling Children's Wellbeing Scale: Positive Outlook Sub-Scale:	34
Q19. Percentage with a low score (6 – 11) on the Stirling Positive Outlook Sub-Scale.	34
Q19. Percentage with a high or maximum score (24 – 30) on the Stirling Positive Outlook Sub-Scale.....	34
Q19. Stirling Children's Wellbeing Scale: Positive Emotional State Sub-Scale:	35
Q19. Percentage with a low score (6 – 11) on the Stirling Positive Emotional State Sub-Scale.	35
Q19. Percentage with a high or maximum score (24 – 30) on the Stirling Positive Emotional State Sub-Scale.....	35
Q19. Stirling Children's Wellbeing Scale: Social Desirability Sub-Scale:.....	36
Q19. Percentage with a low score (3 – 7) on the Stirling Social Desirability Sub-Scale.	36
Q19. Percentage with a high score (12 – 15) on the Stirling Social Desirability Sub-Scale.	36
Q19. Stirling Children's Wellbeing Scale: Combined Score:	37
Q19. Percentage with a low score (12 – 20) on the Stirling Children's Wellbeing Scale.	37
Q19. Percentage with a high or maximum score (51 – 60) on the Stirling Children's Wellbeing Scale.	37
Percentage of Year 6 pupils who have a high combined wellbeing score, all and by district and borough, 2017	38
Percentage of Year 6 pupils who have a high combined wellbeing score compared with a reference sample	38
Significant correlations with high wellbeing score	38
Q20. In general, how happy do you feel with your life at the moment?.....	39
Percentage of Year 6 pupils who are 'quite or very happy' with their life at the moment, all and by district and borough, 2017	40
Percentage of Year 6 pupils who are 'quite or very happy' with their life at the moment compared with a reference sample	40
Significant correlations with 'Quite' or 'Very happy with their life at the moment'	40
Q21. Percentage of pupils responding that they worry about at least one of the issues listed...:.....	41
Q21. Percentage answering that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.	41
Q21. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':	41
Q24. Percentage of Year 6 pupils responding that they do the following at least 'sometimes' when they have a problem that worries them (top 5):	43
Q24. Percentage of Year 6 pupils responding that they do the following at least 'sometimes' when they have a problem that worries them:	43
Q23. Do you have at least one adult you can trust?.....	44
Q23. Percentage answering that they have at least one adult they can trust.	44
Q25. Percentage of Year 6 pupils answering that they had an alcoholic drink in the 7 days before the survey.	45
Q26. Year 6 only: If you answered yes to Q25, where did you get the alcohol from?.....	45
Q26. Percentage of Year 6 pupils answering that they drank alcohol in the 7 days before the survey that a parent/carer had gave them.	45
Percentage of Year 6 pupils who drank alcohol in the 7 days before the survey, all and by district and borough, 2017	46
Percentage of Year 6 pupils who drank alcohol in the 7 days before the survey compared with a reference sample	46
Significant correlations with drinking alcohol.....	46
Q27. Year 6 only: Smoking: Which sentence describes you best?.....	47
Q27. Percentage of Year 6 pupils answering that they have smoked in the past or smoke now.	47
Q28. Percentage answering that people regularly smoke cigarettes around them.	47
Q29. Year 6 only: What best describes your knowledge or use of electronic cigarettes, 'e-cigarettes' or vapourisers?	48
Percentage of Year 6 pupils who have tried smoking, all and by district and borough, 2017	49

Percentage of Year 6 pupils who have tried smoking compared with a reference sample	49
Significant correlations with tried smoking	49
Q30.	50
Q31. Percentage of Year 6 pupils answering that they are 'fairly sure' or 'certain' they know someone who uses drugs (not alcohol, tobacco or medicines).	50
Q32. Percentage of Year 6 pupils answering that they have been offered cannabis.	50
Q33. Percentage of Year 6 pupils answering that they have been offered other illegal drugs (not cannabis).	50
Q34a. Percentage of pupils responding that the following people have talked with them about how their body changes as they grow up (top 5):	51
Q34a. Percentage of pupils responding that the following people have talked with them about how their body changes as they grow up:	51
Q34b. Percentage answering that they feel they know enough about how their body changes as they grow up.	51
Q35. Do you ever feel afraid of going to school because of bullying?.....	52
Q35. Percentage answering that they at least 'sometimes' feel afraid of going to school because of bullying.	52
Q35. Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.....	52
Q36. Percentage answering that they have been bullied at or near school in the last 12 months.	52
Percentage of Year 6 pupils who were bullied at or near school in the last 12 months, all and by district and borough, 2017	53
Percentage of Year 6 pupils who were bullied at or near school in the last 12 months compared with a reference sample ..	53
Significant correlations with 'being bullied at or near school'	53
Q37. Negative behaviour summary: Percentage of pupils responding that they experienced at least one of the negative behaviours in the last month:.....	54
Q37. Percentage answering that they have experienced at least one of the negative behaviours at least a 'few times' in the last month.	54
Q37. Percentage of pupils responding that they have experienced the following negative behaviours at least a 'few times' in the last month:	54
Q38. Percentage of pupils responding that they have experienced negative behaviour at the following places in the last month:	55
Q39. Percentage of pupils responding that they feel they have ever been 'picked on' or bullied for the following reasons: .	55
Q40. Percentage answering that their school deals with bullying well.	55
Q40. Percentage answering that their school does not deal with bullying well.	55
Q41. Percentage answering that they think others may fear going to school because of them.	56
Q42. Percentage of pupils responding that they get online by the following methods:	56
Q43. Percentage of Year 6 pupils responding that they use the internet/smartphone apps for the following :	56
Q43. Percentage of Year 6 pupils responding that they use the internet/smartphone apps for the following:	57
Q44. Percentage of Year 6 pupils responding that they have done/experienced the following when using the internet (top 5):	58
Q44. Percentage of Year 6 pupils responding that they have done/experienced the following when using the internet:.....	58
Q45. Percentage answering that a parent/carer knows when they are online.	59
Q46a. Percentage answering that they have been told how to stay safe while online.	59
Q46c. Percentage answering that they always follow the advice they have been given about how to stay safe while online.	59
Q47. Percentage of pupils responding that they have done the following because of something upsetting that happened online:	59
Percentage of Year 6 pupils who always follow the advice they have been given about how to stay safe while online, all and by district and borough, 2017.....	60
Percentage of Year 6 pupils who always follow the advice they have been given about how to stay safe while online compared with a reference sample	60
Significant correlations with 'following online safety advice'	60
Q48. Did you clean your teeth yesterday?	61
Q48. Percentage answering that they didn't clean their teeth at all on the day before the survey.....	61
Q48. Percentage answering that they cleaned their teeth at least twice on the day before the survey.	61
Q49. What treatment did the dentist give you on your last visit?	62
Q49. Percentage answering that they have never been to the dentist.	62
Q49. Percentage answering that they last went to the dentist for a check-up.....	62

Q49. Percentage answering that they last went to the dentist for fillings 62

Q50. How many days last week did you find it hard to concentrate at school because you felt tired or sleepy? 63

Q50. Percentage answering that they didn't find it hard to concentrate at school due to tiredness in the week before the survey. 63

Q50. Percentage answering that they found it hard to concentrate at school due to feeling tired or sleepy on at least 3 days in the week before the survey. 63

Percentage of Year 6 pupils who find it hard to concentrate at school due to feeling tired or sleepy on at least 3 days in the week before the survey, all and by district and borough, 2017 64

Significant correlations with 'feel sleepy at school 3+ days' 64

Q51. Percentage of pupils responding 'yes' to the following statements: 65

Q51. Percentage of pupils responding 'yes' to the following statements: 65

Q53. Percentage of Year 6 pupils responding that they feel about going to secondary school as the following: 67

Q53. Percentage of Year 6 pupils responding that they feel about going to secondary school as the following: 67

Q54. Percentage of pupils responding that they would describe playtimes as the following: 67

Q55. Percentage answering that their views and opinions are asked for in their school..... 68

Q56. Percentage answering that their views and opinions are listened to in school. 68

Q57. Percentage answering that they feel their views and opinions make a difference to how their school is run. 68

Percentage of Year 6 pupils who think their views and opinions make a difference to how their school is run, all and by district and borough, 2017 69

Percentage of Year 6 pupils who think their views and opinions make a difference to how their school is run compared with a reference sample 69

Significant correlations with pupils' views make a difference..... 69

Appendix 2: Correlation matrix

Year 6 Males

	A	B	C	D	E	F	G	H	J	K	L
A 5+ portions fruit/veg on day before survey		0.18	0.08	0.15	0.06	0.02	-0.04	-0.10	0.01	-0.03	-0.07
B Exercised 3+ days last week	0.18		0.08	0.16	0.01	0.02	-0.06	-0.07	0.02	-0.04	-0.03
C Quite or very happy with their life at the moment	0.08	0.08		0.29	0.10	0.13	-0.19	-0.11	-0.06	-0.09	-0.20
D Stirling wellbeing scale: high score	0.15	0.16	0.29		0.15	0.08	-0.14	-0.12	-0.01	-0.06	-0.14
E Pupils' views make a difference in school	0.06	0.01	0.10	0.15		0.05	-0.03	-0.03	0.04	0.01	-0.01
F Follow online safety advice	0.02	0.02	0.13	0.08	0.05		-0.16	-0.02	-0.16	-0.17	-0.08
G Tired or sleepy at school 3+/5 days	-0.04	-0.06	-0.19	-0.14	-0.03	-0.16		0.09	0.09	0.17	0.14
H Want to lose weight	-0.10	-0.07	-0.11	-0.12	-0.03	-0.02	0.09		0.12	0.07	0.08
J Have tried smoking cigarettes	0.01	0.02	-0.06	-0.01	0.04	-0.16	0.09	0.12		0.16	0.01
K Drank alcohol in last 7 days	-0.03	-0.04	-0.09	-0.06	0.01	-0.17	0.17	0.07	0.16		0.06
L Bullied at or near school in last 12 months	-0.07	-0.03	-0.20	-0.14	-0.01	-0.08	0.14	0.08	0.01	0.06	

Year 6 Females

	A	B	C	D	E	F	G	H	J	K	L
A 5+ portions fruit/veg on day before survey		0.23	0.03	0.13	0.08	0.02	-0.09	-0.05	-0.04	0.05	0.00
B Exercised 3+ days last week	0.23		0.03	0.09	0.05	0.02	-0.02	-0.06	-0.04	0.02	-0.02
C Quite or very happy with their life at the moment	0.03	0.03		0.34	0.07	0.15	-0.24	-0.18	-0.03	-0.11	-0.18
D Stirling wellbeing scale: high score	0.13	0.09	0.34		0.14	0.06	-0.20	-0.17	-0.05	-0.09	-0.17
E Pupils' views make a difference in school	0.08	0.05	0.07	0.14		0.02	-0.09	-0.02	-0.01	-0.04	-0.05
F Follow online safety advice	0.02	0.02	0.15	0.06	0.02		-0.08	-0.10	-0.07	-0.14	-0.04
G Tired or sleepy at school 3+/5 days	-0.09	-0.02	-0.24	-0.20	-0.09	-0.08		0.13	0.05	0.09	0.10
H Want to lose weight	-0.05	-0.06	-0.18	-0.17	-0.02	-0.10	0.13		0.09	0.06	0.13
J Have tried smoking cigarettes	-0.04	-0.04	-0.03	-0.05	-0.01	-0.07	0.05	0.09		0.11	0.11
K Drank alcohol in last 7 days	0.05	0.02	-0.11	-0.09	-0.04	-0.14	0.09	0.06	0.11		0.13
L Bullied at or near school in last 12 months	0.00	-0.02	-0.18	-0.17	-0.05	-0.04	0.10	0.13	0.11	0.13	

Question column: **green** = desirable criterion,

orange = undesirable criterion

Table: **green** = positive correlation

orange = negative correlation

black = statistically significant correlation

grey = not statistically significant

The figures within each cell of the table represent Pearson's correlation coefficients

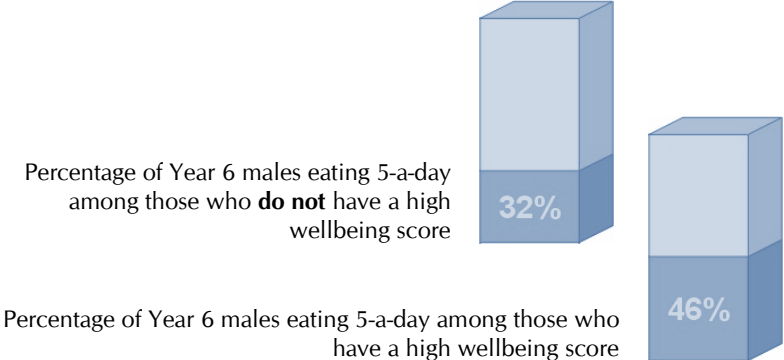
(<http://sheu.org.uk/content/blog/tour-statistical-techniques>).

A correlation coefficient is a measure of association, with a maximum magnitude of 1 and a minimum of 0, which can be positive or negative. A positive correlation coefficient can be interpreted as 'more of one, more of the other'; a negative correlation indicates 'more of one, less of the other'.

Generally, desirable criteria are positively correlated with each other (e.g. green cells top left) as are undesirable criteria (e.g. green cells lower right), while desirable criteria are likely to be negatively correlated with /undesirable criteria (e.g. orange cells in the other two quarters).

The correlation with the largest magnitude in the top table is 0.29 (example boxed) and the smallest is 0.06 (example boxed).

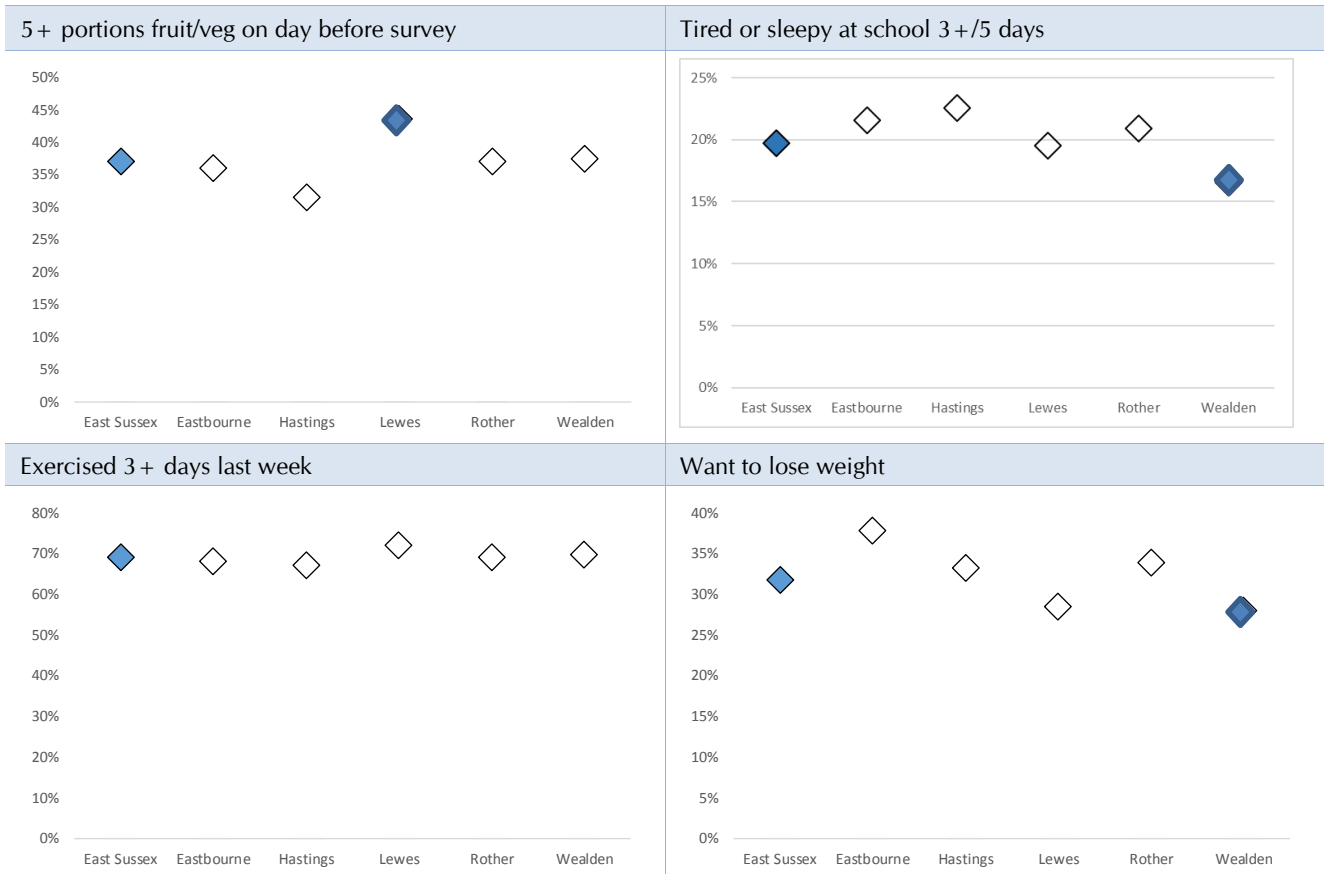
A middling correlation shown in the first row on the top table is 0.15 (example boxed). The figures underlying this correlation reveal that the 0.15 correlation is associated with a difference in incidence of 14%.



It's easy to interpret this result in the way it has been shown, i.e. that these pupils feel good and then eat 5-a-day: A causes B. However, it could be the other way around (B causes A), or that both criteria are influenced by some background factor, like higher social class (C causes A and B).

Appendix 3: East Sussex and its districts and boroughs

	East Sussex	Eastbourne	Hastings	Lewes	Rother	Wealden
5+ portions fruit/veg on day before survey	37	36	32	44	37	37
Exercised 3+ days last week	69	68	67	72	69	70
Quite or very happy with their life in general	77	75	75	76	78	79
Stirling wellbeing scale: high score	34	33	33	31	31	39
Pupils' views make a difference in school	26	23	26	25	24	30
Follow online safety advice	83	82	82	84	83	84
Tired or sleepy at school 3+ /5 days	20	22	23	19	21	17
Want to lose weight	32	38	33	29	34	28
Have tried smoking tobacco cigarettes	2	3	2	2	4	1
Drank alcohol in 7 days before survey	6	5	5	5	7	7
Bullied at or near school last 12 months	26	27	29	25	28	23



Quite or very happy with their life at the moment



Have tried smoking tobacco cigarettes



Stirling wellbeing scale: high score



Drank alcohol in 7 days before survey



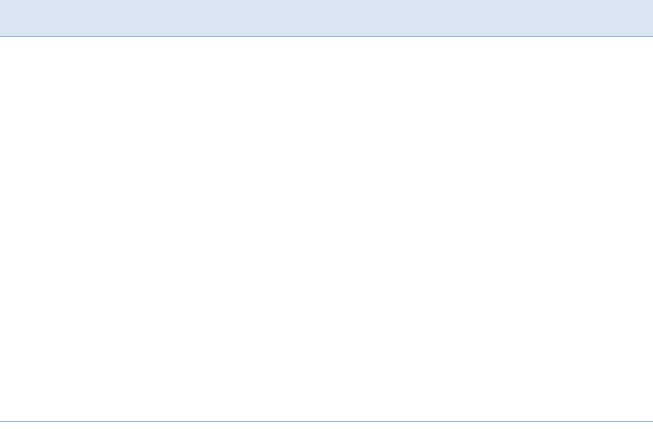
Pupils' views make a difference to how school is run



Bullied at or near school in the last 12 months



Follow online safety advice



Appendix 4: Comparisons

	2017			SHEU 2016		
	Y6	Boy	Girl	Y6	Boy	Girl
5+ portions fruit/veg yesterday	37	37	38	29	28	28
Exercised 3+ days last week	69	74	65	43	39	31
Quite or very happy with their life at the moment	77	78	77	77	77	78
Stirling wellbeing scale: high score	41	42	40	47	50	43
Pupils' views make a difference to how school is run	26	29	24	30	31	28
Follow online safety advice	83	79	88	82	79	84
Tired or sleepy at school 3+/5 days	20	21	17			
Would like to lose weight	32	29	34	31	28	34
Have tried smoking cigarettes	2	3	1	3	4	2
Drank alcohol in 7 days before survey	6	5	5	5	7	7
Bullied at or near school in the last 12 months	26	24	27	22	21	23

Appendix 5: Schools taking part in the 2017 primary survey

Schools taking part in the 2017 Primary survey were:

All Saints' and St Richard's CE Primary School	Grovelands Community Primary School	Robsack Wood Primary Academy
All Saints CE Primary School, Bexhill	Guestling Bradshaw CE Primary School	Rocks Park Primary School
Annecey Catholic Primary School	Hamsey Community Primary School	Rotherfield Primary School
Ark Blacklands Primary Academy	Hankham Primary School	Rye Community Primary School
Ark Little Ridge Primary Academy	Harbour Primary and Nursery School	Sacred Heart Catholic Primary School, Hastings
Ashdown Primary School	Harlands Primary School	Sandown Primary School
Barcombe CE Primary School	Hawkes Farm Academy	Sedlescombe CE Primary School
Battle and Langton CE Primary School	Hellingly Community Primary School	Shinewater Primary School
Beckley CE Primary School	Herstmonceux CE Primary School	Silverdale Primary Academy
Blackboys CE Primary School	Holy Cross CE Primary School	Sir Henry Fermor CE Primary School
Bodiam CE Primary School	Hurst Green CE Primary School and Nursery	South Malling CE Primary and Nursery School
Bonnars CE School	Icklesham CE Primary School	Southover CE Primary School
Bourne Primary School	Iford and Kingston CE Primary School	St John's CE Primary School
Breakwater Academy	Jarvis Brook Primary School	St John's Meads CE Primary School
Brede Primary School	King Offa Primary Academy	St Leonard's CE Primary Academy
Broad Oak Community Primary School	Langney Primary School	St Mark's CE Primary School
Burwash CE School	Laughton Community Primary School	St Mary Star of the Sea Catholic Primary School
Buxted CE Primary School	Little Horsted CE Primary School	St Mary the Virgin CE Primary School
Chailey St Peter's CE Primary School	Mark Cross CE Aided Primary School	St Mary's Catholic Primary School
Chantry Community Primary School	Mayfield CE Primary School	St Mary's School
Chiddingly Primary School	Meridian Community Primary School and Nursery	St Michael's CE Primary School
Christ Church CE Primary and Nursery Academy	Netherfield CE Primary School	St Michael's CE Primary School
Churchwood Primary Academy	New Horizons School	St Paul's CE Academy
Chyngton School	Newick CE Primary School	St Philip's Catholic Primary School
Cradle Hill Community Primary School	Northiam CE Primary School	St Thomas A Becket Catholic Junior School
Cross-in-Hand CE Primary School	Nutley CE Primary School	St Thomas' CE Aided Primary School
Crowhurst CE Primary School	Oakwood Primary Academy	Stafford Junior School
Cuckmere House School	Ocklynge Junior School	Staplecross Methodist Primary School
Dallington CE Primary School	Ore Village Primary Academy	Stone Cross School
Ditchling (St Margaret's) CE Primary School	Park Mead Primary School	The Baird Primary Academy
East Hoathly CE Primary School	Parkland Junior School	The Haven VA CE/Methodist Primary School
Etchingham CE Primary School	Parkside Community Primary School	Tollgate Community Junior School
Firle CE Primary School	Peacehaven Heights Primary School	Torfield School
Five Ashes CE Primary School	Peasmarsh CE Primary School	Wadhurst CE Primary School
Fletching CE Primary School	Pebsham Primary Academy	Wallands Community Primary School
Forest Row CE Primary School	Pevensey and Westham CE Primary School	West Rise Junior School
Framfield CE Primary School	Phoenix Academy	White House Academy
Frant CE Primary School	Plumpton Primary School	Willingdon Primary School
Gildredge House	Polegate Primary School	Wivelsfield Primary School
Glenleigh Park Primary Academy	Punnetts Town Community Primary School	
Groombridge St Thomas' CE Primary School	Ringmer Primary School	