

MAESTEG SCHOOL

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Headteacher / Pennaeth: H. Jones B.A. (Hons) N.P.Q.H.

Dear Parent / Guardian,

I am pleased to be able to share with you our current findings from the Health and Wellbeing survey recently completed by our pupils. This survey was anonymous and allowed us to collect information specific to each year group and gender. It was created in order for us to gain a clearer understanding of how our pupils are coping during this current situation and managing their time while at home.

Our pupils' participation in this survey has allowed us as a school to use its findings to help staff prepare support accordingly and respond to our pupils' evolving health and wellbeing needs. It has also helped us inform our health and wellbeing curriculum as well as guiding us when implementing further support that may be needed in preparation for next year.

The main findings for Year 10 pupils are summarised below so that parents / guardians can gain further insight into how the pupils are feeling at this time. While we understand that these findings may not be indicative of how all children in Year 10 are feeling, it's an important reminder of some of the key health and wellbeing themes to consider.

Year 10

Main findings from the Health and Wellbeing survey:

- **70%** of Year 10 pupils feel unsure or unhappy about **working from home**. Boys appear to be finding this more difficult than girls.
- **48%** of Year 10 pupils are working for 1-2 hours a day or less. Girls appear to be working for longer than boys each day.
- **74%** of Year 10 pupils are struggling with **boredom** during lockdown. Girls appear to be finding this more difficult than boys.
- **62%** of pupils in Year 10 said they do not involve family in their schoolwork. Boys appear to be receiving more support from family than girls.
- **40%** of Year 10 pupils are not getting the **60 minutes or more** of physical activity each day recommended for teenagers.
- Higher numbers of boys in Year 10 feel like they are not eating enough **healthy foods** during lockdown in comparison with girls.
- **54%** of Year 10 pupils who took the survey are struggling with feeling **lonely** during lockdown.

Motivated to Strive / Ysgogi i Ymdrechu



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While we appreciate that lockdown is now easing and things appear to be heading towards the 'new normal', the summer holidays sometimes offer even less structure and routine which many pupils find challenging. In order to supplement these findings, we have also produced a guide with access to further help and support for your child should they need it.

We as a school are dedicated to ensuring that the wellbeing needs of our pupils are of the upmost priority and do appreciate your support in our on-going commitment to this.

If you have any concerns or wish to speak with myself further regarding the survey, please do not hesitate to notify the school reception as soon as possible to arrange contact.

Thank you, in anticipation of your support,

Jennie Heath

Deputy Director of Health and Wellbeing

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