

# SUPPORT YOUR CHILD'S HEALTH AND WELL BEING: YEAR 7



## HWB Questionnaire findings:

### Remote Learning

'I'm struggling with schoolwork. However I'm worrying because I'm going to do some and not understand it so then I leave it. I don't want the teachers to think I'm just giving up'.

(Pupil from Year 7)

### Boredom setting in

It appears that 70% of Year 7 pupils who took the survey are struggling with boredom during lockdown.

(Year 7 results)

### How do we learn to work effectively at home?

"There's a lot of homework! I am concentrating more on math's, English and languages. I hope this is ok?"

(Pupil from Year 7)

### How to maintain Health and well-being at home

"There is too much work! I am struggling to keep up to date. Although I enjoy homework like making healthy foods for health and wellbeing"

"My confidence everyday falls because of the current situation"

(Year 7 pupils)

## Support and guidance:

### Remote learning and working at home effectively

<https://bit.ly/2ZRhwLZ>



<https://bit.ly/2ZkCN1p>

### Dealing with BORDOM

<https://bit.ly/2CgEaVY>

<https://bit.ly/38Qt5a0>

### Maintaining and improving well being

<https://www.cwmt.org.uk/schools-families-resources/>

<https://youngminds.org.uk/find-help/looking-after-yourself/>

