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# Living Well Schools Health & Wellbeing Survey

## Introduction

This survey is designed for children in KS2. It gathers pupil perceptions and insights across three key elements of health and wellbeing: physical activity, eating well, and emotional wellbeing.

The survey is designed to be part of a comprehensive approach to utilising pupil voice to drive change in school. It will help schools to identify barriers between health and education and enable schools to best support all pupils to build and sustain healthy lifestyles within the school day and beyond.

This survey acts as a baseline and can be repeated as required to determine the impact of changes made to the school's ways of working.

## Key priorities covered:

**Emotional wellbeing:** This will enable schools to foster a supportive culture where emotional wellbeing is integrated into every aspect of the school system. By addressing the unique needs of every child, schools can create an environment where children and young people can thrive.

**Physical Activity:** Living Well Schools emphasises the need to adopt a holistic approach to physical activity that reaches far wider than traditional PE and school sport, enabling children to find their feet in an active community and adopt means of moving and playing that can be replicated outside of school and for the rest of their lives to reduce sedentary time.

**Eating Well:** A culture of Eating Well within and beyond the school day emphasises the provision of high-quality food, education, and messaging. Adopting a holistic approach to school food and nutrition will also include tackling food insecurities for children and families, supporting the community to access the support they need and reduce the associated barriers to learning.

**If you require any further assistance, please contact Living Well Schools at [schools@mylivingwell.co.uk](mailto:schools@mylivingwell.co.uk)**

This survey is designed to help schools understand more about pupils' health and wellbeing. Please answer the questions the best you can and if you need some help ask a member of staff in your class.

**1: What year are you in?**

Year 3  Year 4

Year 5  Year 6

**2: How would you describe yourself?**

Pakistani  Indian  Bangladeshi  Other Asian

Black  African  Caribbean  Other Black

English  Roma  Irish  Gypsy or Irish traveller

Prefer not to say

**3: What is your gender?**

Boy  Girl  Prefer not to say

**4: Do you have a physical disability or a long-term condition? E.g asthma, diabetes, using a wheelchair**

Yes  if yes, please state your disability .....

No  Prefer not to say



## Emotional Wellbeing

**5: How often do you feel happy in school?**

Always

Sometimes

Rarely/Never

**6: When you are worried about something do you know where you can get help from in school?**

Always

Sometimes

Rarely/Never

**7: Do you know where to go if you need a safe space?**

Always

Sometimes

Rarely/Never

**8: My school helps me to be happy and safe at school:**

Always

Sometimes

Rarely/Never

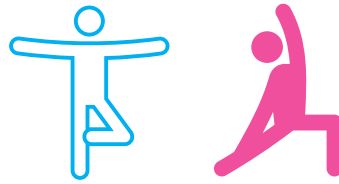
**9: I feel safe when I am at school:**

Always

Sometimes

Rarely/Never

**Can you explain why.....**



## Physical Activity

**10: Are you as active as you want to be?**

Always  Sometimes  Rarely/Never

**11: I feel I can move and play in my own way at school:**

Always  Sometimes  Rarely/Never

**12: I feel I can move and play in my own way at home:**

Always  Sometimes  Rarely/Never

**13: How do you feel at playtime? (you can choose as many as you like)**

Happy  Excited  Bored

Empowered  Lonely  Worried

Frustrated  Exhausted  Calm

**Any other feelings?**.....



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**14: I understand why physical activity is good for me:**

Yes  No  Not sure

**15: How often are you physically active around school?** (eg. daily movement, outdoor playtime, PE, walking to the hall)

Several times a day  Once a day  Never

**16: What physical activity do you enjoy doing?**

.....  
.....

**17: What would help or encourage you to be more active?**

.....  
.....  
.....



## Eating Well

**20: Do you have breakfast to start your day?**

	At home	At school
Always		
Sometimes		
Never		

**21: Do you have enough time to eat your lunch with your friends at school?**

Always       Sometimes       Rarely/Never

**22: When having your lunch in the dinner hall, how do you feel? (you can choose as many as you like)**

Happy       Excited       Bored

Empowered       Lonely       Worried

Frustrated       Exhausted       Calm

**Any other feelings?.....**



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**23: Do you have any suggestions on how to make dinner times better for everyone? Please write your ideas here:**

.....  
.....

**24: Do you have school dinner or packed lunch?**

School dinner  Packed lunch  A mix of both

**25: If you have school dinner, why do you choose it? (you can choose more than one answer)**

It is healthy  It tastes nice  It is quick to eat  My friends pick it

It's the only choice  My parents tell me to

**Other reasons:** .....

.....

**26: Does your school dinner look similar to the foods you eat at home?**

Always  Sometimes  Rarely/Never

**What foods would you like to see?**

.....  
.....



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**27: Do you eat fruit and vegetables every day?**

Always

Sometimes

Rarely/Never

**General Questions**

**28: Can you tell us three things you like about school?**

1:

2:

3:

**29: Can you tell us three things you would like to see improved to help you in your school day?**

1:

2:

3:

**30: What would help you be happier and healthier at school?**

.....  
.....

**31: What would help you be happier and healthier at home?**

.....  
.....

**Thank you for your time, if you want to talk about any of the answers you have given in the survey, please ask a member of staff in your class.**