

# Supporting the Well-Being of Children and Young People in Colchester 2018

## A summary report of the School's Health and Wellbeing Survey

The well-being survey is commissioned and reported on by Essex County Council's Strategy, Insight and Engagement service and delivered by the Schools Health Education Unit in order to collect robust information about children and young people's lifestyles. The survey is now in its tenth year and the findings are being used to inform Essex's annual needs assessment for children's services, identify baseline data and inform targets, service evaluation and improvement.

This report presents the results for Colchester district only, based on the views of 2222 pupils out of the full Essex sample of 16399. Colchester pupils make up 13.5% of all pupils responding to the survey.

**Comparative figures for the wider Essex data are shown in brackets ( ) throughout this report.**

This report should be read in conjunction with the all-Essex report.

A selection of significant differences between 2017 and 2018 are listed on page 4 of this report. These are the only comparisons with previous year's data made in the report.

Also listed, are a selection of differences found between the district and the wider Essex 2018 data set.

### Over 16,000 young people were involved in the survey:

School Phase Age	Colchester			Essex		
	Primary 7 - 11	Secondary 11 - 18	Total	Primary 7 - 11	Secondary 11 - 18	Total
Boys	1005	125	1130	5656	2718	8374
Girls	955	137	1092	5420	2595	8015
Total	1960	262	2222	11076	*5323	*16399

\* 10 pupils didn't give us their gender.

### Area Data

Colchester data has been compared with the wider Essex survey sample. A separate report compares the entire Essex 2018 data with the Essex 2017 sample. Confidence intervals (at 95%) for Colchester data are, at worst, primary  $\pm 2.0\%$ . This means that we are confident that the data accurately reflect the behaviours and views of young people in Colchester in the study to within approximately 2% of the figures stated in the report.

There is insufficient data available in Colchester to show the secondary school responses for Years 10-13 for the 2018 survey so these sections have been omitted from this report.

For more details please contact Strategy, Insight and Engagement service, Essex County Council, email [research.governance@essex.gov.uk](mailto:research.governance@essex.gov.uk)  
The Schools Health Education Unit: Tel. 01392 667272  
or visit [www.sheu.org.uk](http://www.sheu.org.uk)

### TOPICS INCLUDE:

Background



Healthy Eating



Emotional Health & Wellbeing

Drugs, Alcohol & Smoking

Safety



Recreation



Physical Activity



Volunteering



School



# SHEU



Essex County Council

# Colchester Primary School Pupils (1960 pupils)

## BACKGROUND

- 77% (82% in wider Essex data set) describe themselves as White British, 5% (3%) said they were Asian and 5% (5%) Black.
- 75% (78%) of primary aged pupils in Colchester live with two parents for most of the week; 22% (18%) live mainly or only with one parent.
- 18% (17%) said they were a practising member of a religion.
- 9% (9%) of pupils said they have a special need, long term illness or disability.
- 10% (10%) of pupils described themselves as a 'young carer'. 1% (2%) of pupils said that being a 'young carer' takes up more than 2 hours of their time a day.**
- 5% (4%) of pupils said they look after a parent, 2% (2%) said a grandparent and 4% (5%) said a brother or sister.
- 10% (10%) get free school meals or vouchers for free meals.



## HEALTHY EATING

### Food choices

- 27% (25%) 'very often' or 'always' think about their health when making food choices.**
- 63% (61%) eat fresh fruit 'on most days'; 8% (8%) said 'rarely or never'.
- 26% (27%) have sweets or chocolate 'on most days'; 14% (13%) said 'rarely or never'.



### Fizzy drinks

- 13% (13%) have non-diet fizzy drinks 'on most days'. 37% (37%) said that they 'rarely or never' have fizzy drinks.**



### Attitude to weight

- 66% (68%) of pupils said they were happy with their weight.
- 30% (28%) of pupils: 26% (24%) of boys and 34% (31%) of girls in the primary sample said that they would like to lose weight.
- 12% (11%) of boys and 17% (16%) of girls worry 'quite often' or 'very often' about the way they look.**
- 12% (11%) worried about their diet.



## EMOTIONAL HEALTH & WELL-BEING

- 79% (81%) agreed with the statement 'My life is going well'. 84% (86%) agreed that they have a good life and 70% (71%) said they have what they want in life.**
- 9% (9%) wished they had a different life.
- 90% (93%) were happy with the home that they lived in; 93% (93%) with the things that they had.**
- 82% (83%) are happy with their school.
- 21% (18%) often feel sad or tearful; 8% (7%) said that this had been the case for more than 6 months.



- 35% (34%) said that they often lose their temper or get angry; 8% (7%) said that this happens every day.**
- 49% (49%) of boys and 56% (59%) of girls said that when they are really worried they talk to someone or ask for help.
- 84% (86%) were happy with their relationships with friends, 6% (5%) were unhappy.



## Worries

- 20% (18%) worried often about problems with friends.
- 37% (36%) of Year 6 pupils worried often about SATs/tests.**
- 21% (20%) worried often about what other people think of them. 11% (11%) worried about being fashionable.
- 20% (18%) worried often about the environment e.g. global warming and 17% (14%) said that they worried about world events.
- 21% (20%) said if they were worried about a family problem they would keep it to themselves. 40% (43%) said they would go to a parent/carer about the problem first; 11% (10%) said they would go to a friend first.**
- If they had a problem with school, 51% (52%) would go to a parent/carer about it. 22% (22%) would go to a teacher first about the problem.
- If they had a problem with bullying, 56% (57%) would go to a parent/carer about it. 21% (20%) would go to a teacher first about the problem; 11% (11%) said they would keep the problem to themselves.



## SAFETY

- 89% (90%) 'usually' or 'always' felt safe at home. 79% (81%) felt safe on the way to/from school and 82% (84%) at school.
- 78% (79%) feel safe when going out during the day on week days, this fell to 65% (67%) when going out after dark on week days.
- 81% (82%) said they feel safe when going out during the day on weekends, this fell to 66% (69%) when going out after dark on weekends.



## BULLYING

- 34% (33%) felt afraid to be in school because of bullying, at least 'sometimes' in the month before the survey.
- 4% (4%) think others felt afraid to be in school because of them, 21% (20%) didn't know.
- When asked where they experienced bullying recently 5% (5%) said at school during lesson time, 8% (7%) said at home, and 3% (3%) reported on the way to or from school.
- 52% (52%) said that their school deals at least 'quite' or 'very' well with bullying. 13% (15%) said it wasn't a problem in their school. 14% (13%) responded that their school deals with it 'badly' or 'not very well'.
- 79% (80%) play games or chat online at least 'once a week'; 54% (52%) of boys and 33% (34%) of girls said they do so 'four or more times a week'.
- 66% (68%) 'usually' or 'always' felt safe when online chatting or playing games.
- 29% (28%) are never supervised when they use the Internet at home, while 23% (25%) of pupils said that they are 'often' or 'always' supervised.



## RECREATION

- 55% (57%) said there is a good choice of activities they can go out and do during weekends; 48% (52%) said the same of week nights.
- 58% (60%) said there are safe places where they can go out to do activities during weekends; 50% (53%) said the same of week nights.
- 75% (78%) of pupils responded that they go out in the evening to take part in activities/clubs at least 'once a week'; 18% (21%) said they do so 'four or more times a week' and 25% (22%) said they 'never' do.



- When asked what they had been up to in their free time in the last 4 weeks, the top answers were:

	Boys	Girls
Parks or open spaces	54%	50%
Sports club/class	44%	37%
Cinemas/theatres	26%	35%
		Art, dance, craft, drama, film-making group

## PHYSICAL ACTIVITY

- 60% (58%) usually walk to school, 53% (58%) travel by car or van. N.B. pupils could select more than one option.
- 80% (82%) of boys and 76% (77%) of girls said that they enjoy physical activity at school 'quite a lot' or 'a lot'.
- 80% (82%) of boys and 82% (82%) of girls said that they enjoy physical activity outside school 'quite a lot' or 'a lot'.
- 39% (38%) of boys and 31% (32%) of girls said that they were active last week for an hour or more in total on five days or more where they were breathing harder or faster.



## VOLUNTEERING

- 39% (38%) help at home 'every day' and 9% (9%) help people near their home.
- 9% (8%) said they give time to help a charity or a voluntary group on at least 'a few days a week'.



## SCHOOL

- 70% (71%) enjoyed school 'most of the time' or 'always' in the last few weeks.
- 22% (22%) would go to a teacher first if they had a problem with school. 12% (12%) said they would keep the problem to themselves.
- Pupils were asked what might help them do better in school. The top answers included:

	Boys	Girls
More fun/ interesting lessons	65% (64%)	57% (59%)
A quieter, better behaved class	38% (33%)	44% (41%)
More help from teachers	32% (32%)	39% (36%)

- 50% (51%) have the opportunity to give their views about life in school, while 17% (15%) of pupils said they don't.
- 41% (43%) have opportunities to give their views about life in school and also said that their views and opinions make a difference to how their school is run.



# Overview

## Significant differences between 2017 and 2018 in Colchester

The secondary sample in 2018 was too small (no Years 10-13) to make comparisons.

N.B. some care should be taken interpreting these findings as different schools may have been involved in each survey.

Colchester	2017	2018	% point difference	DOT (direction of travel)
<b>Primary</b>				
Were pushed/hit (2017 'for no reason') at least a 'few times' in the month before the survey.	35%	48%	+ 13%	↑
Experienced one or more of the negative behaviours listed at least a 'few times' in the month before the survey. E.g. teased/made fun of, called nasty names, bullied online etc.	73%	80%	+ 7%	↑
Agreed that they have a good life.	89%	84%	-5%	↓
'Usually' or 'always' feel safe at school.	88%	82%	-6%	↓
Are 'quite' or 'very' happy with relationships with their family.	94%	89%	-5%	↓
Usually travel to school by bicycle/scooter.	12%	18%	+ 6%	↑
Worry about SATs/tests 'quite' or 'very' often.	35%	28%	-7%	↓

## Comparisons with Essex wider data

Significant differences between the Colchester data and the wider Essex results for 2018.

The secondary sample in 2018 was too small (no Years 10-13) to make comparisons.

Primary	District	Essex	% point difference	DOT (direction of travel)
Usually travel to school by bicycle/scooter.	18%	12%	+ 6%	↑
Said they are White British	77%	82%	-7%	↓
Usually travel to school by car/van.	53%	58%	-5%	↓
Went to a sports club or class (not school lessons or just watching) outside of school in the 4 weeks before the survey.	41%	45%	-4%	↓
A quieter/better behaviour in class would help them do better in school.	41%	37%	+ 4%	↑
Live with one parent for most of the week.	22%	18%	+ 4%	↑
Say that there are safe places where they can go out to do activities during week nights.	50%	53%	-3%	↓

Thank you to all children and young people, headteachers and staff for their time and contributions to this survey. This survey of children and young people's views on their attitudes and actions has been an integral piece of work in providing information that will assist schools and the local authority by informing Essex priorities relating to well-being. Thank you also to those who have taken the time to shape the content of this survey and to those who use the information to support the delivery of services to children and young people in Essex.