

Well-being surveys conducted at The Godolphin Junior Academy

At The Godolphin Junior Academy, we pride ourselves on the mental health and well-being work and support that we have for our students. We have invested in an online mental health and well-being survey platform, designed for schools, to help understand, monitor and measure our pupil's well-being because we know that children who are happy and feel safe in school learn more and are more likely to engage and reach their potential. The online platform that we use is called BounceTogether. BounceTogether have pre-loaded surveys that cover a range of categories and is inclusive for all our pupils as it has an immersive reader tool.

The intent of using this platform is to create a really clear and concise understanding of mental health and well-being within our setting. This is implemented by running surveys at regular intervals throughout the academic year. We have carefully mapped out which well-being surveys will be conducted and when so that we are regularly aware of the strengths and needs across the whole school, able to target and respond to specific pupils for more support and nurture and to gain evidence and evaluate the impact of our mental health and well-being support.

Autumn 1 – Measuring General Well-being

This survey is designed to gain a snapshot overview of well-being using *The Stirling Children's Wellbeing Scale*. It is developed by The Stirling Educational Psychology Service and provides teachers with powerful insights into the emotional and psychological well-being of their pupils.

Autumn 2 – Measuring Bullying and E-Safety and Student Subjective Wellbeing Questionnaire

MSES - This survey is designed to explore children's relationships, offline and online, and looks at different types of bullying. The *Child Relationship Survey* is developed by Professor Dieter Wolke who is a world-leading researcher in the impacts of bullying behaviour.

SSWQ – This survey assesses subjective wellbeing of pupils in the school environment. It includes 4 key areas of school life and wellbeing, looking deeper into school connectedness and belonging, academic efficacy, joy of learning and educational purpose. Areas that are key for pupils to thrive in their learning!

Spring 1 – Measuring Stress and Anxiety

This survey is designed to understand the stressors pupils experience as well as the buffers pupils have developed to cope with stress. The *Perceived Stress Scale* provides an insight into whether children are finding their lives unpredictable, uncontrollable or are feeling overloaded, allowing schools to adapt their support for their pupils.

Spring 2 – Measuring Life-Satisfaction

This survey is designed to understand the health-related quality of life of children. It measures six areas: physical well-being, emotional well-being, self-esteem, family, friends and everyday functioning. This survey is called the *KINDL*.

Summer 1 – Measuring Self-Esteem

This survey is to gain a better insight into how pupils value and feel about themselves. The *Rosenberg Self-Esteem Scale* allows teachers to better understand their pupil's experiences and individual needs so that they can create a supportive and secure classroom environment that promotes positive self-esteem.

Summer 2 – Measuring Emotional Intelligence

This survey is designed to measure Emotional Intelligence (mixed and trait), perceptions of self, social and emotional competence. This survey is called *Trait Emotional Intelligence*.