Exploring the mental health and wellbeing of pupils during COVID-19 to support post-lockdown recovery planning and resilience.

Briefing for Heads of Establishments

# Rationale

Supporting the mental health and wellbeing needs of pupils across Clackmannanshire is going to be a significant and ongoing task as we move through the remainder of the lockdown period and on into ‘the new normal’ and all that entails in terms of both school attendance and wider social functioning.

We are fortunate in Clackmannanshire that the ongoing Scottish Attainment Challenge (SAC) work has given us a strong foundation of knowledge across education staff about the detrimental impact stress can have on overall functioning, and in particular on learning. Educational establishments have also made good progress in developing interventions that use this knowledge to better meet the needs of our pupil population.

To continue building on this success and to support the planning around what educational establishments need to provide once we are in a position to re-open them, we will be gathering baseline information about how our children and young people are coping with COVID-19. This will give you robust information about the mental health and wellbeing of your pupil population that can inform your intervention planning once schools return e.g. pupils displaying higher than normal levels of anxiety or behavioural difficulties.

# Procedure

By using a ‘Routine Enquiry’ approach, every parent/carer in Clackmannanshire will be asked to complete an online questionnaire about their child’s mental health and wellbeing and current level of functioning over the month of June 2020. The questionnaire will comprise of the Strengths and Difficulties Questionnaire (SDQ) (a standardised screening measure of emotional and behavioural functioning that is widely used across a variety of settings including education and health for 4 -17 year olds), with some supplementary questions that relate specifically to mental health and wellbeing during COVID-19. For our pre-school population, the Brief Early Skills and Support Index (BESSI) will be used. Secondary age pupils will also be given the option of completing an age- appropriate version of the SDQ and supplementary COVID-19 questions. The best tools to use with our ASN population is being finalised.

Data will be collected in three phases between June 2020 and June 2021 as outlined below.

|  |  |  |
| --- | --- | --- |
| **Phase** | **Date** | **By Whom** |
| Baseline | June 2020 | Parents and Pupils |
| Recovery | Within 4 weeks of schools returning  | Parents, Teachers and Pupils  |
| Resilience | June 2021 | Parents, Teachers and Pupils  |

In order to match up parent/ carer responses with those of educators, unique log-in codes for each pupil will be generated that allow responses for individual children to be tracked and monitored over time.

**What do we need you to do?**

Unique pupil login details have been generated by Viewpoint. We will need you/your staff to allocate each pupil with a log-in code and to send this, along with a standard explanation (provided by the EPS, see Appendix One, covering consent, GDPR etc) out to your parent population. The information can be sent in any secure electronic format you currently use to communicate with parents.

Secondary age pupils will need to have their codes/information sent to them directly to allow them to self-report, and we would be grateful if this could be set and encouraged as a piece of course work for PSHE.

Once we have the baseline data collected, you will be able to log in to the Viewpoint system to pull off reports that will help you plan interventions and supports for your pupils returning after the lockdown. The EPS will provide an interpretation guide to help you understand the data for your pupils, and can be contacted for further advice if required.

Once schools return, teaching staff will need time allocated (approx. 10 minutes per pupil) within their Working Time Agreement to complete the screeners for each pupil they are responsible for within the first six weeks of pupils being back in class and again in the month of June 2021.

Please email lowen@clacks.gov.uk with the name, telephone number and email address of the person in your establishment you would like to have a manager log in to the Viewpoint system. This person will be able to access all the data and reports for your school and would ideally be the person who has responsibility for pupil support in your establishment.

**What do I do if parents have questions about the survey?**

A FAQ document will be provided which should answer most queries a parent might have. If you are unable to answer anything, or if the parent would like to speak to someone in the EPS, please contact lowen@clacks.gov.uk.

**Appendix One**

Text to be used when contacting parents and providing log in details

We are committed to supporting the mental health and wellbeing needs of our pupils as we return to school in August. To help us plan, we would like to invite you to take part in an online, authority-wide, survey about how your child has been coping. The information you provide will help us identify what supports we need to put in to place.

Please find below the log in details that are unique to your child. Click on the link to access the Viewpoint online survey system and log in using these details to start. You will receive further information when you log in regarding how we will store and use the data you provide, and you can opt out of the survey at any time. Your child will also be given the opportunity to complete a version of the survey as a piece of classwork. They can also opt out at any time.

If you have any questions regarding this survey, please contact us.

[www.vptol.co.uk](http://www.vptol.co.uk)

Organisation: CLACKSC19

Login ID:

Password:

Text to be used when asking pupils to complete the survey

We are committed to making sure we have the right things in place to support your mental health as you get ready to return to school in August. To help us plan, we would like to invite you to take part in an online survey about how you have been coping. The information you provide will help work out what we need to do to support you.

Please find below log in details that are unique to you. Click on the link to access the Viewpoint online survey system and log in using these details to start. You will receive further information when you log in regarding how we will store and use the data you provide, and you can opt out of the survey at any time.

If you have any questions regarding this survey, please contact us.

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Organisation: CLACKSC19

Login ID:

Password: