

Health and wellbeing among S1 to S4 pupils at Bo'ness Academy

Findings from the Children's Wellbeing Survey

You may wish to consider ways of feeding back results to staff and pupils as a means of generating further information and ideas about possible next steps. The RCS local Programme Manager is happy to support such activities to help you get more out of the survey.

Personal wellbeing

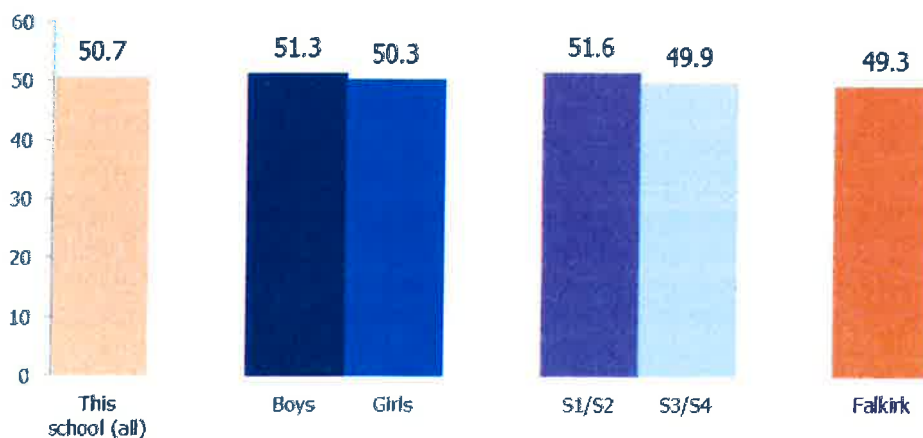
The first set of measures relate to how pupils think and feel about their own mental health and wellbeing, and to indicators of healthy living, such as diet and physical activity, alcohol and drug use.

Psychological wellbeing

In recent years, the importance of measuring positive mental wellbeing (as well as indicators of mental ill health) has been widely recognised. The survey included a well-established measure of this known as the **Warwick-Edinburgh Mental Wellbeing Scale** (WEMWBS). This comprises 14 positively worded statements that relate to an individual's state of mental wellbeing (thoughts and feelings). Pupils were asked to indicate how often they have had such thoughts and feelings over the last two weeks. Each statement has a five-item scale ranging from '1 - None of the time' to '5 - All of the time'. The lowest possible score is therefore 14 and the highest is 70. You can read more about WEMWBS online⁵.

Figure 1

WEMWBS Summary (mean) score, at school, by sub-groups and CPP level, 2016



Base size: school 290, CPP 3445

As found in other studies of school-aged populations, scores were higher among boys (51.3) than girls (50.3) and among younger (51.6) than older (49.9) pupils.

The mean score for all those responding in Bo'ness Academy was 50.7, compared with 49.3 for the CPP as a whole. The following mean scores were recorded in

⁵ <http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/>

On each of the scales, between 60% and 78% of children in the school were categorised as close to average, which compares to 61% and 81% across Falkirk. A comparison with the figures for Falkirk as a whole on the total difficulties and each of the subscales is contained in the graph. Note - 'slightly raised', 'high' and 'very high' refers to the total difficulties and the subscales of emotional symptoms, conduct problems, hyperactivity and peer problems. 'Slightly lowered', 'low' and 'very low' refers to the prosocial scale.

Figure 2
Strengths and Difficulties Questionnaire sub-scales, at school and CPP level, 2016

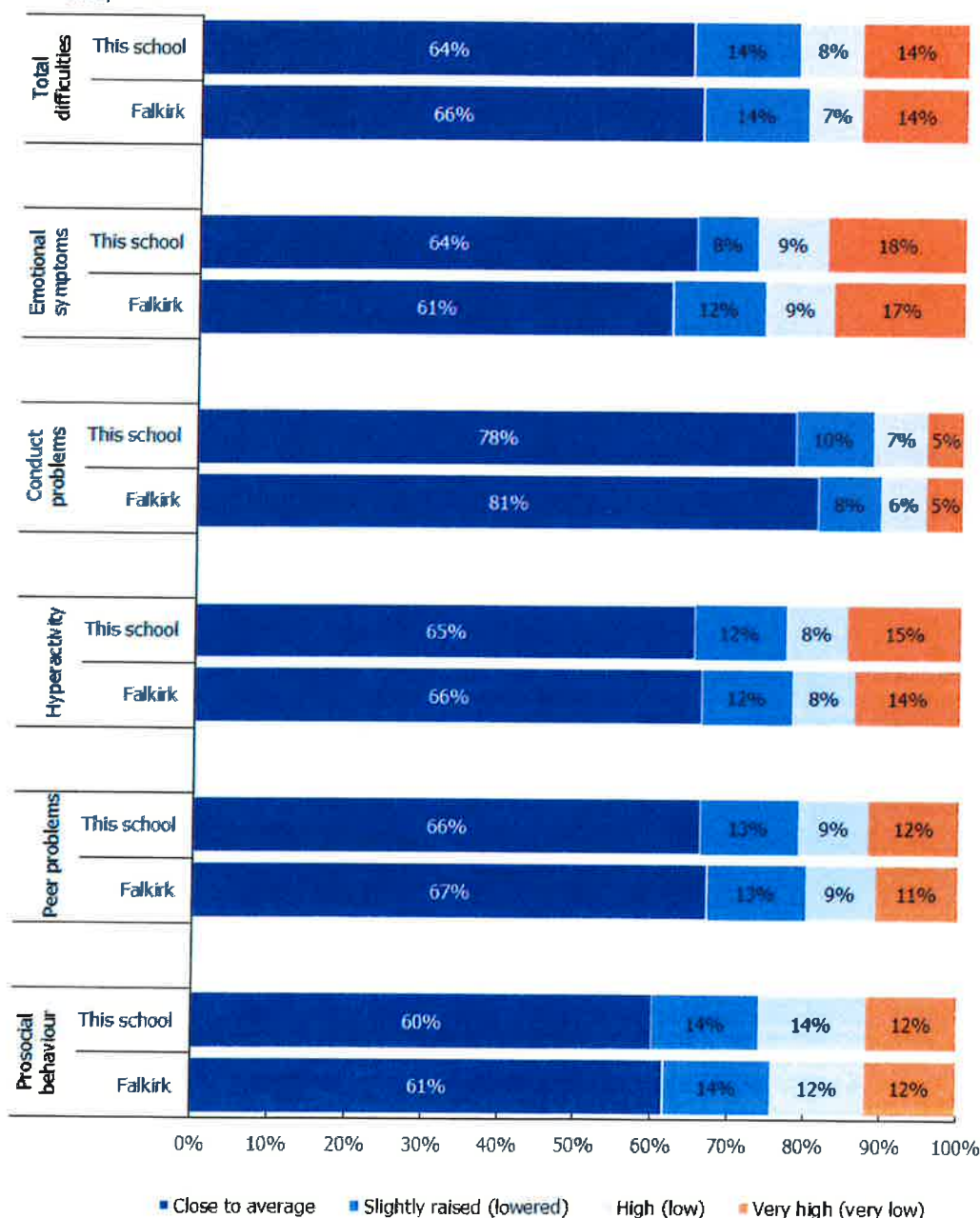
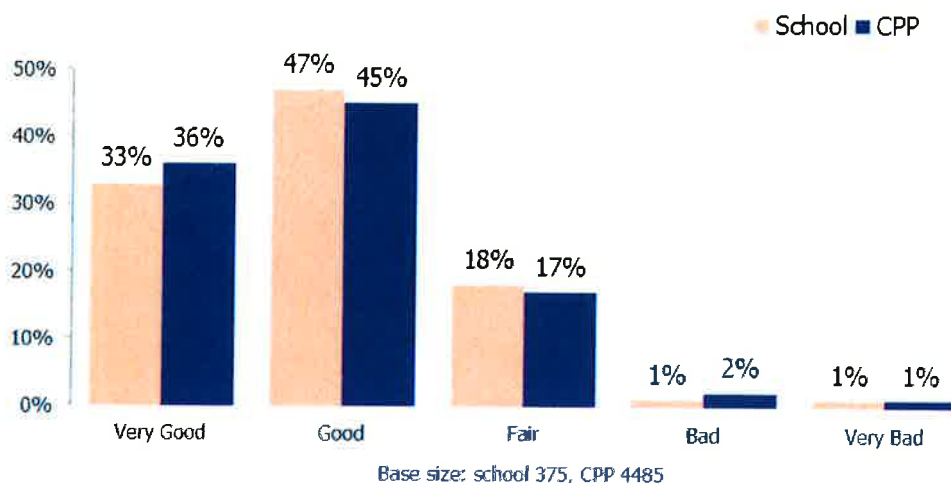


Figure 4

General health, at school and CPP level, 2016



Diet and physical activity

In total, 32% of pupils said that they eat fruit and 35% that they eat vegetables (not including potatoes and chips) at least once a day. Comparative figures for Falkirk as a whole were 34% and 36% respectively.

Although direct national comparisons are difficult, the 2014 Health Behaviours of School Children Survey suggested that 38% of 13 and 15 year-olds in Scotland eat fruit daily and the same proportion eat vegetables daily.

Table 5 Dietary behaviour, at school level, 2016

%	Every day, more than once	Once a day	5-6 days a week	2-4 days a week	Once a week	Less often	Unweighted base
How often child eats fruit	14	18	17	29	12	11	355
How often child eats vegetables, not including potatoes and chips	13	22	21	24	6	13	350
How often child drinks sugary drinks	17	10	15	24	13	21	355

In terms of potentially harmful dietary behaviour, 27% said that they drink sugary drinks (fizzy or still) at least once a day compared with 24% across Falkirk as a whole.

In total, 21% of children in the school said that they are physically active for a total of at least 60 minutes every day – the level promoted as part of the Scottish Government guidance on physical activity for young people. A further 34% said they are active for this time on 5-6 days a week and 45% said they are physically active for this time on 4 days or fewer per week. Daily physical activity rates were similar across the age groups for boys (19-24%). The lowest rates for daily physical activity (8%) were found among S3 girls.

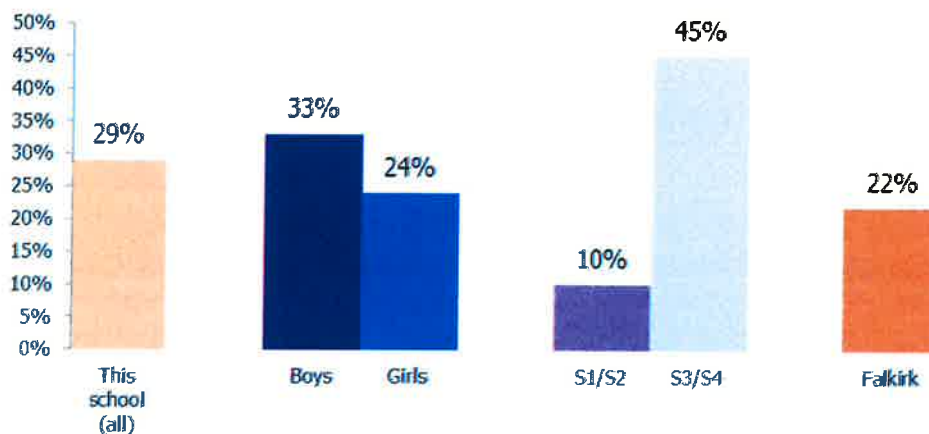
Table 7 Frequency of drinking alcohol, school and CPP level, 2015

%	School	S1/S2	S3/S4	Male	Female	CPP
At least once a week	13	3	21	13	12	6
About once a fortnight	5	1	10	6	4	5
About once a month	8	5	10	11	5	6
Only a few times a year	16	11	21	17	15	17
Never drink alcohol now	3	5	2	3	3	3
Never had a drink	55	75	36	49	61	63
<i>Unweighted base</i>	355	175	175	175	175	4225

In terms of recent national comparisons, the 2015 SALSUS suggested that 19% of 15 year-old girls this age and 16% of 15 year-old boys consumed alcohol at least once a week.

Figure 8

'Ever been drunk', at school level, by sub-groups and CPP level, 2016



Base size: school 350, CPP 4205

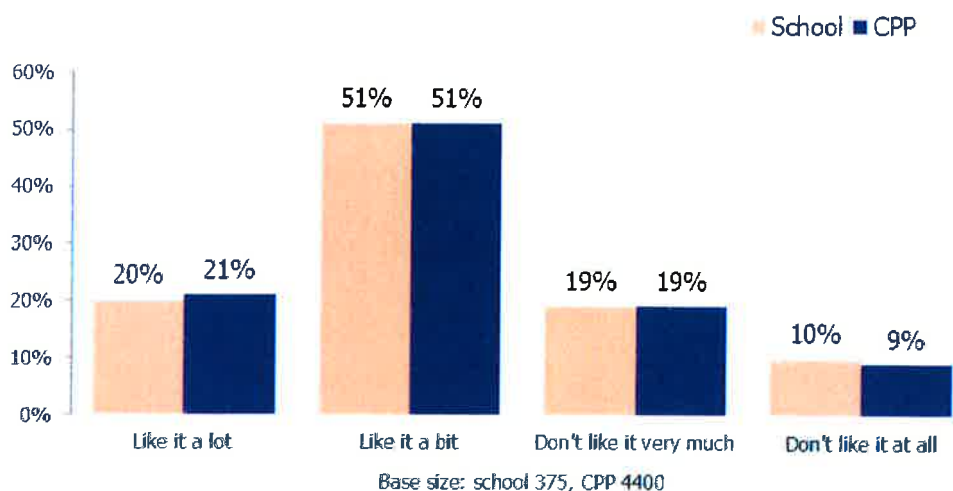
In total 29% of pupils stated that they had 'ever been drunk' which compares to 22% across Falkirk. As in Falkirk as a whole, there was a sharp increase in the proportion that had 'ever been drunk' from S1/2 (10%) to S3/4 (45%). In total 33% of boys had 'ever been drunk' compared to 24% of girls.

Drug use

Overall, 27% of pupils said they have been offered drugs at some point. By way of national comparison, the same was true of 19% of 13 year olds and 42% of 15 year olds in SALSUS 2015.

Figure 10

Enjoyment of school, at school and CPP level, 2016



Overall, 32% said that they felt 'strained or pressured' a lot of the time by schoolwork (compared with 31% in Falkirk as a whole).

Table 11 How often feel strained / pressured by school work, at school and CPP level, 2016

%	School	S1/S2	S3/S4	Male	Female	CPP
A lot of the time	32	21	42	26	36	31
Sometimes	55	60	50	60	51	56
Never	13	18	9	14	13	13
<i>Unweighted base</i>	<i>370</i>	<i>180</i>	<i>185</i>	<i>180</i>	<i>185</i>	<i>4355</i>

Perhaps not surprisingly, the figure that felt strained or pressurised 'a lot of the time' was higher among those in S3/S4 (42%) than S1/S2 (21%); but it was also noticeably higher among girls (36%) than boys (26%).

Friendships and peer relationships

Most pupils at Bo'ness Academy appear to have a strong network of peer relationships - a large majority of all pupils (81%) said that they had three or more close friends. In total 86% of boys said this compared to 75% of girls and 87% of pupils in S1, 78% in S2, 84% in S3 and 73% in S4. There is, however, a small proportion who indicated that they have only one (4%) or no close friends (2%).

Most pupils at Bo'ness Academy have not experienced violence, threats or theft – but 12% have (12% among those in S1/S2 and 11% among those in S3/S4).

Table 14 Time with family, at school level, 2016

%	Strongly agree	Tend to agree	Neither agree / nor disagree	Tend to disagree	Strongly disagree	<i>Unweighted base</i>
My parents / carers treat me fairly	76	20	2	1	1	335
I enjoy spending time with my family	58	31	6	3	2	325

Place and wellbeing

Finally, the survey asked pupils how they felt about the area they live in, as perceptions of one's broader environment has also been shown to be related to overall wellbeing.

Table 15 Agreement with place statements, at school level, 2016

%	Strongly Agree	Tend to Agree	Neither Agree nor Disagree	Tend to Disagree	Strongly Disagree	<i>Unweighted base</i>
People say 'hello' and often stop to talk to each other in the street	30	38	18	8	6	325
It's a really good place to live	33	34	20	7	6	340
I could ask for help or a favour from neighbours	35	29	17	11	8	330
You can trust people round here	30	31	20	11	8	325
There's nothing for young people to do in this area	27	28	18	16	10	330
I feel safe being outside with my friends in this area	42	32	16	5	5	330

On most measures, pupils are broadly positive about the areas they live in. For example, 73% agree (including 42% agree 'strongly') that they feel safe being outside with their friends in the area. Pupils are most likely to express negative views in relation to the availability of amenities and activities for young people – 55% agreeing (including 27% 'agreeing strongly') that there is 'nothing for young people to do in this area'.

Some questions to end on...

In reflecting on these findings, you may find it useful to consider the following questions:

- Is there anything in the results you find particularly surprising, encouraging or concerning?
- What do the patterning of results by year group and gender suggest in terms of priorities and emphases in trying to maximise wellbeing within the school?

Health and wellbeing among S1 to S4 pupils at Braes High School

Findings from the Children's Wellbeing Survey

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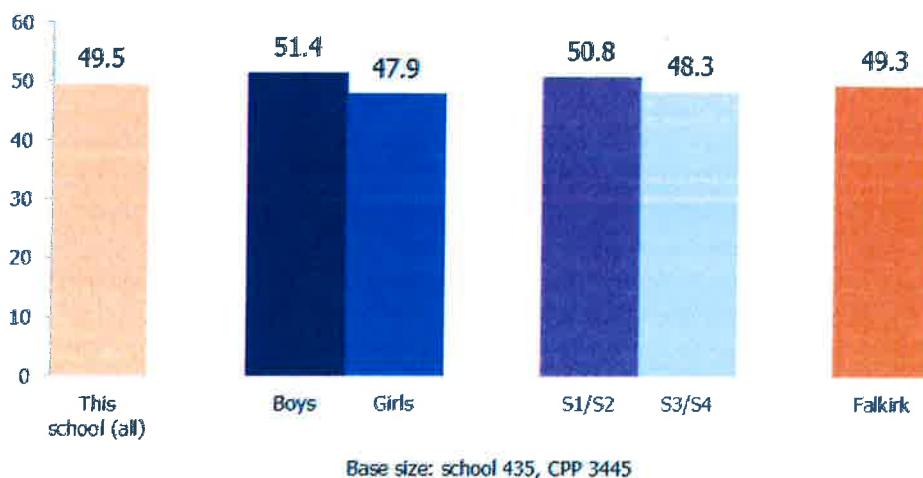
Personal wellbeing

The first set of measures relate to how pupils think and feel about their own mental health and wellbeing, and to indicators of healthy living, such as diet and physical activity, alcohol and drug use.

Psychological wellbeing

In recent years, the importance of measuring positive mental wellbeing (as well as indicators of mental ill health) has been widely recognised. The survey included a well-established measure of this known as the **Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)**. This comprises 14 positively worded statements that relate to an individual's **state of mental wellbeing (thoughts and feelings)**. Pupils were asked to indicate how often they have had such thoughts and feelings over the last two weeks. Each statement has a five-item scale ranging from '1 - None of the time' to '5 - All of the time'. The lowest possible score is therefore 14 and the highest is 70. You can read more about WEMWBS online⁵.

Figure 1
WEMWBS Summary (mean) score, at school, by sub-groups and CPP level, 2016



As found in other studies of school-aged populations, scores were higher among boys (51.4) than girls (47.9) and among younger (50.8) than older (48.3) pupils.

The mean score for all those responding in Braes High School was 49.5, compared with 49.3 for the CPP as a whole. The following mean scores were recorded in

⁵ <http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/>

On each of the scales, between 63% and 82% of children in the school were categorised as close to average, which compares to 61% and 81% across Falkirk. A comparison with the figures for Falkirk as a whole on the total difficulties and each of the subscales is contained in the graph. Note - 'slightly raised', 'high' and 'very high' refers to the total difficulties and the subscales of emotional symptoms, conduct problems, hyperactivity and peer problems. 'Slightly lowered', 'low' and 'very low' refers to the prosocial scale.

Figure 2
Strengths and Difficulties Questionnaire sub-scales, at school and CPP level, 2016

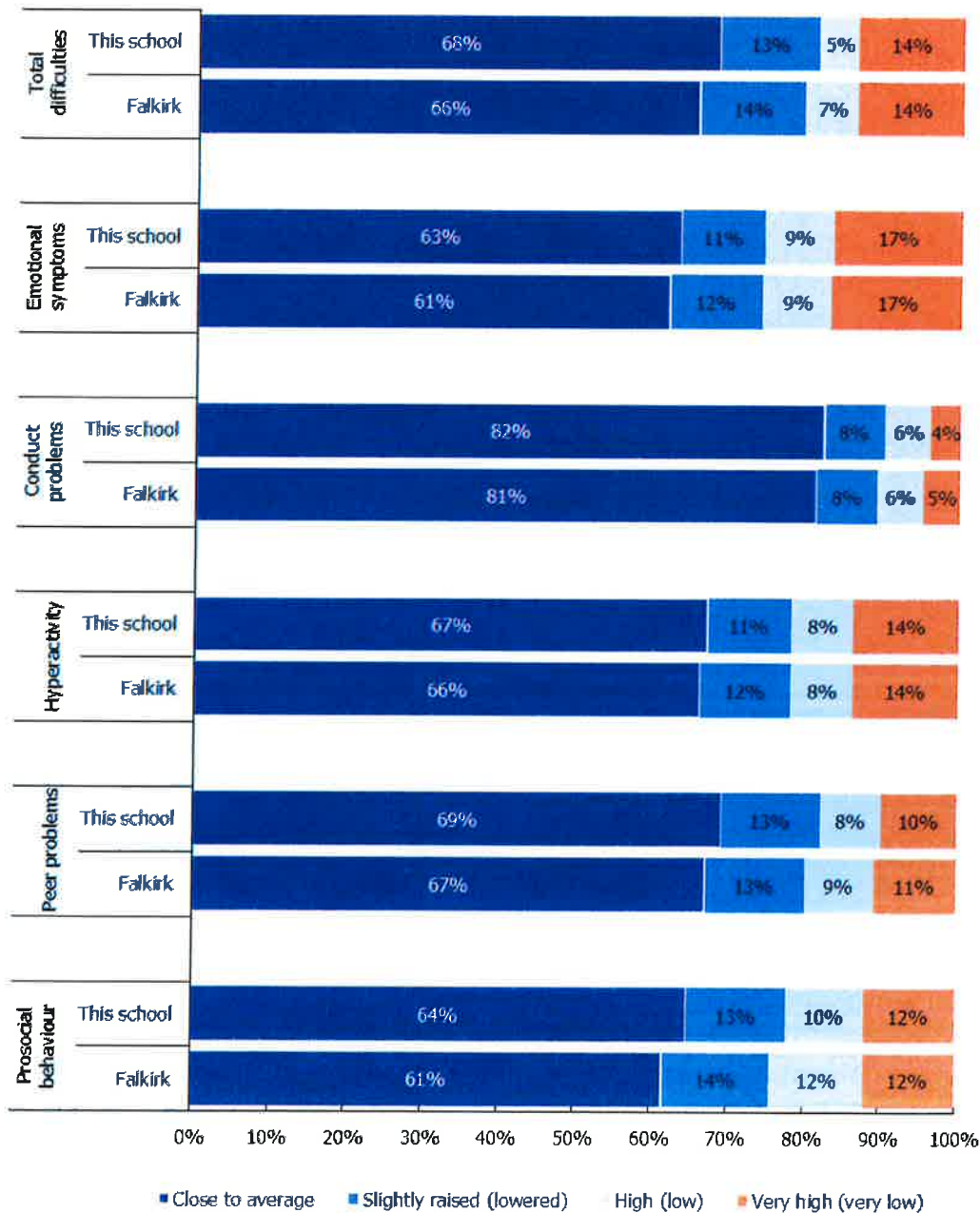
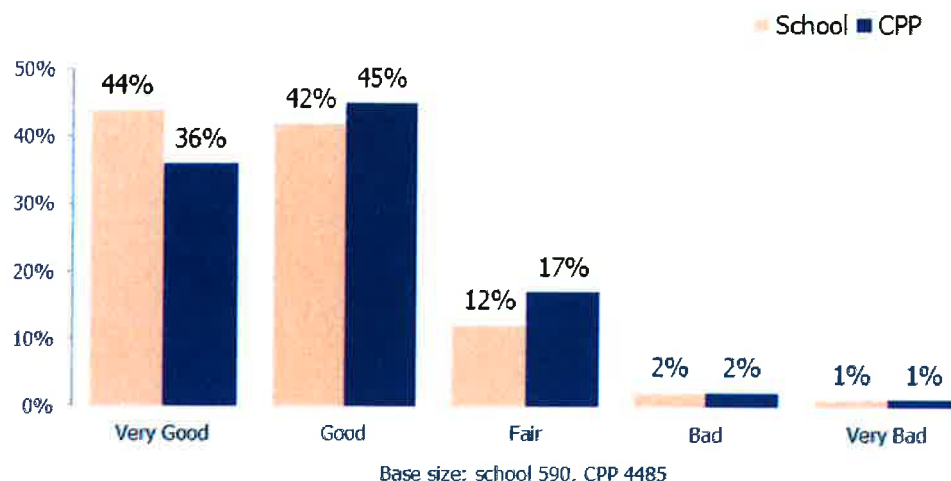


Figure 4
General health, at school and CPP level, 2016



Diet and physical activity

In total, 39% of pupils said that they eat fruit and 43% that they eat vegetables (not including potatoes and chips) at least once a day. Comparative figures for Falkirk as a whole were 34% and 36% respectively.

Although direct national comparisons are difficult, the 2014 Health Behaviours of School Children Survey suggested that 38% of 13 and 15 year-olds in Scotland eat fruit daily and the same proportion eat vegetables daily.

Table 5 Dietary behaviour, at school level, 2016

%	Every day, more than once	Once a day	5-6 days a week	2-4 days a week	Once a week	Less often	Unweighted base
How often child eats fruit	24	16	14	27	8	12	570
How often child eats vegetables, not including potatoes and chips	20	24	18	21	7	10	565
How often child drinks sugary drinks	8	12	11	25	17	27	565

In terms of potentially harmful dietary behaviour, 20% said that they drink sugary drinks (fizzy or still) at least once a day compared with 24% across Falkirk as a whole.

In total, 20% of children in the school said that they are physically active for a total of at least 60 minutes every day – the level promoted as part of the Scottish Government guidance on physical activity for young people. A further 33% said they are active for this time on 5-6 days a week and 46% said they are physically active for this time on 4 days or fewer per week. Daily physical activity rates were highest for S1 boys (34%) and lowest for S3 girls (14%).

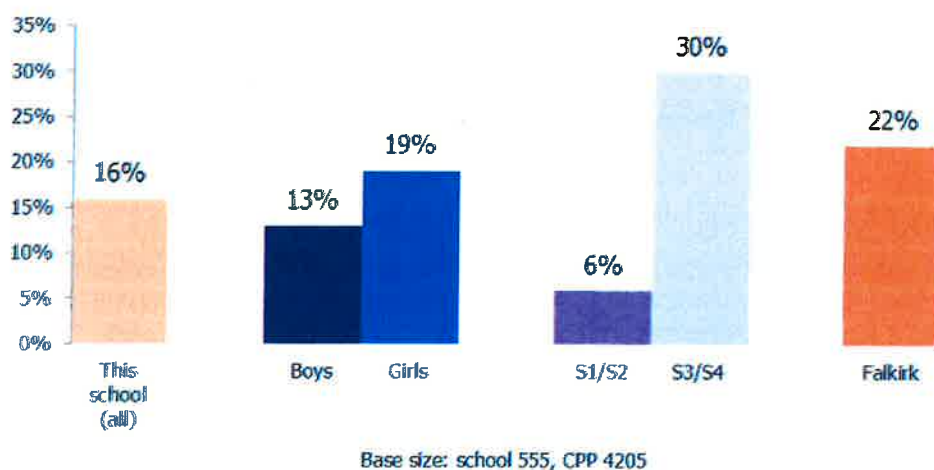
Table 7 Frequency of drinking alcohol, school and CPP level, 2015

%	School	S1/S2	S3/S4	Male	Female	CPP
At least once a week	5	2	10	4	6	6
About once a fortnight	4	0	8	3	4	5
About once a month	7	3	12	6	8	6
Only a few times a year	18	11	27	18	18	17
Never drink alcohol now	2	1	4	3	2	3
Never had a drink	63	82	39	66	62	63
<i>Unweighted base</i>	560	315	240	265	290	4225

In terms of recent national comparisons, the 2015 SALSUS suggested that 19% of 15 year-old girls this age and 16% of 15 year-old boys consumed alcohol at least once a week.

Figure 8

'Ever been drunk', at school level, by sub-groups and CPP level, 2016



Base size: school 555, CPP 4205

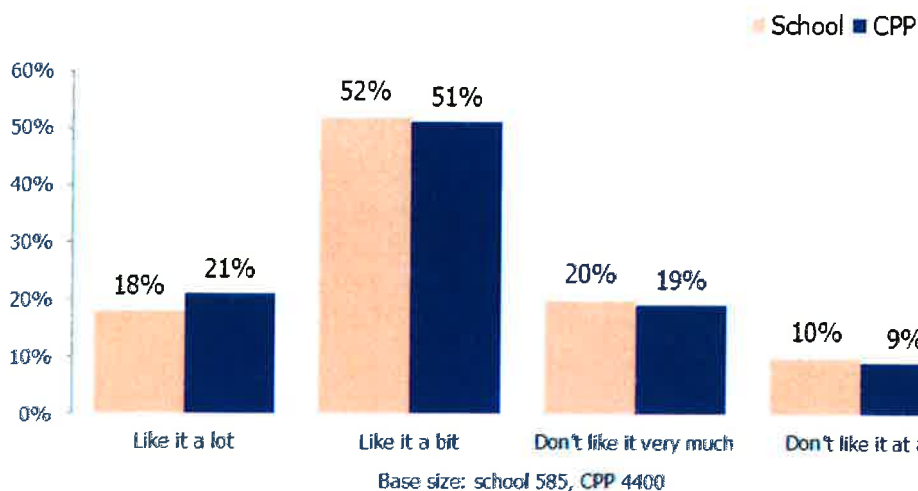
In total 16% of pupils stated that they had 'ever been drunk' which compares to 22% across Falkirk. As in Falkirk as a whole, there was a sharp increase in the proportion that had 'ever been drunk' from S1/2 (6%) to S3/4 (30%). In total 13% of boys had 'ever been drunk' compared to 19% of girls.

Drug use

Overall, 21% of pupils said they have been offered drugs at some point. By way of national comparison, the same was true of 19% of 13 year olds and 42% of 15 year olds in SALSUS 2015.

Figure 10

Enjoyment of school, at school and CPP level, 2016



Overall, 31% said that they felt 'strained or pressured' a lot of the time by schoolwork (compared with 31% in Falkirk as a whole).

Table 11 How often feel strained / pressured by school work, at school and CPP level, 2016

%	School	S1/S2	S3/S4	Male	Female	CPP
A lot of the time	31	16	50	25	36	31
Sometimes	55	62	46	58	53	56
Never	14	22	4	18	10	13
<i>Unweighted base</i>	580	325	255	280	295	4355

Perhaps not surprisingly, the figure that felt strained or pressurised 'a lot of the time' was higher among those in S3/S4 (50%) than S1/S2 (16%); but it was also noticeably higher among girls (36%) than boys (25%).

Friendships and peer relationships

Most pupils at Braes High School appear to have a strong network of peer relationships - a large majority of all pupils (80%) said that they had three or more close friends. In total 80% of boys said this compared to 80% of girls and 84% of pupils in S1, 80% in S2, 80% in S3 and 75% in S4. There is, however, a small proportion who indicated that they have only one (4%) or no close friends (2%).

Most pupils at Braes High School have not experienced violence, threats or theft – but 13% have (15% among those in S1/S2 and 11% among those in S3/S4).

Table 14 Time with family, at school level, 2016

%	Strongly agree	Tend to agree	Neither agree / nor disagree	Tend to disagree	Strongly disagree	Unweighted base
My parents / carers treat me fairly	69	23	4	2	1	560
I enjoy spending time with my family	56	29	8	4	2	555

Place and wellbeing

Finally, the survey asked pupils how they felt about the area they live in, as perceptions of one's broader environment has also been shown to be related to overall wellbeing.

Table 15 Agreement with place statements, at school level, 2016

%	Strongly Agree	Tend to Agree	Neither Agree nor Disagree	Tend to Disagree	Strongly Disagree	Unweighted base
People say 'hello' and often stop to talk to each other in the street	31	36	18	10	6	555
It's a really good place to live	44	34	13	5	4	550
I could ask for help or a favour from neighbours	38	25	16	10	10	545
You can trust people round here	33	33	21	8	6	545
There's nothing for young people to do in this area	20	23	21	20	16	545
I feel safe being outside with my friends in this area	52	29	13	4	3	545

On most measures, pupils are broadly positive about the areas they live in. For example, 80% agree (including 52% agree 'strongly') that they feel safe being outside with their friends in the area. Pupils are most likely to express negative views in relation to the availability of amenities and activities for young people – 43% agreeing (including 20% 'agreeing strongly') that there is 'nothing for young people to do in this area'.

Some questions to end on...

In reflecting on these findings, you may find it useful to consider the following questions:

- Is there anything in the results you find particularly surprising, encouraging or concerning?
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Health and wellbeing among S1 to S4 pupils at Denny High School

Findings from the Children's Wellbeing Survey

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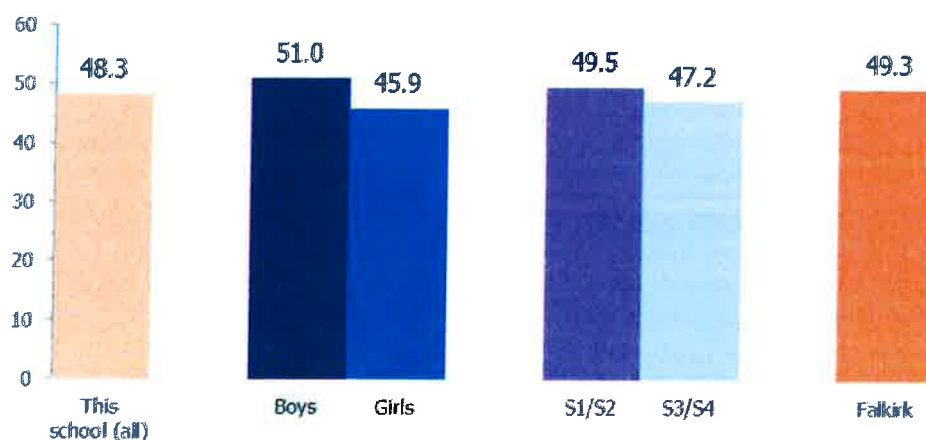
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The first set of measures relate to how pupils think and feel about their own mental health and wellbeing, and to indicators of healthy living, such as diet and physical activity, alcohol and drug use.

Psychological wellbeing

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Figure 1
WEMWBS Summary (mean) score, at school, by sub-groups and CPP level, 2016



Base size: school 560, CPP 3445

As found in other studies of school-aged populations, scores were higher among boys (51.0) than girls (45.9) and among younger (49.5) than older (47.2) pupils.

The mean score for all those responding in Denny High School was 48.3, compared with 49.3 for the CPP as a whole. The following mean scores were recorded in

⁵ <http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/>

On each of the scales, between 60% and 80% of children in the school were categorised as close to average, which compares to 61% and 81% across Falkirk. A comparison with the figures for Falkirk as a whole on the total difficulties and each of the subscales is contained in the graph. Note - 'slightly raised', 'high' and 'very high' refers to the total difficulties and the subscales of emotional symptoms, conduct problems, hyperactivity and peer problems. 'Slightly lowered', 'low' and 'very low' refers to the prosocial scale.

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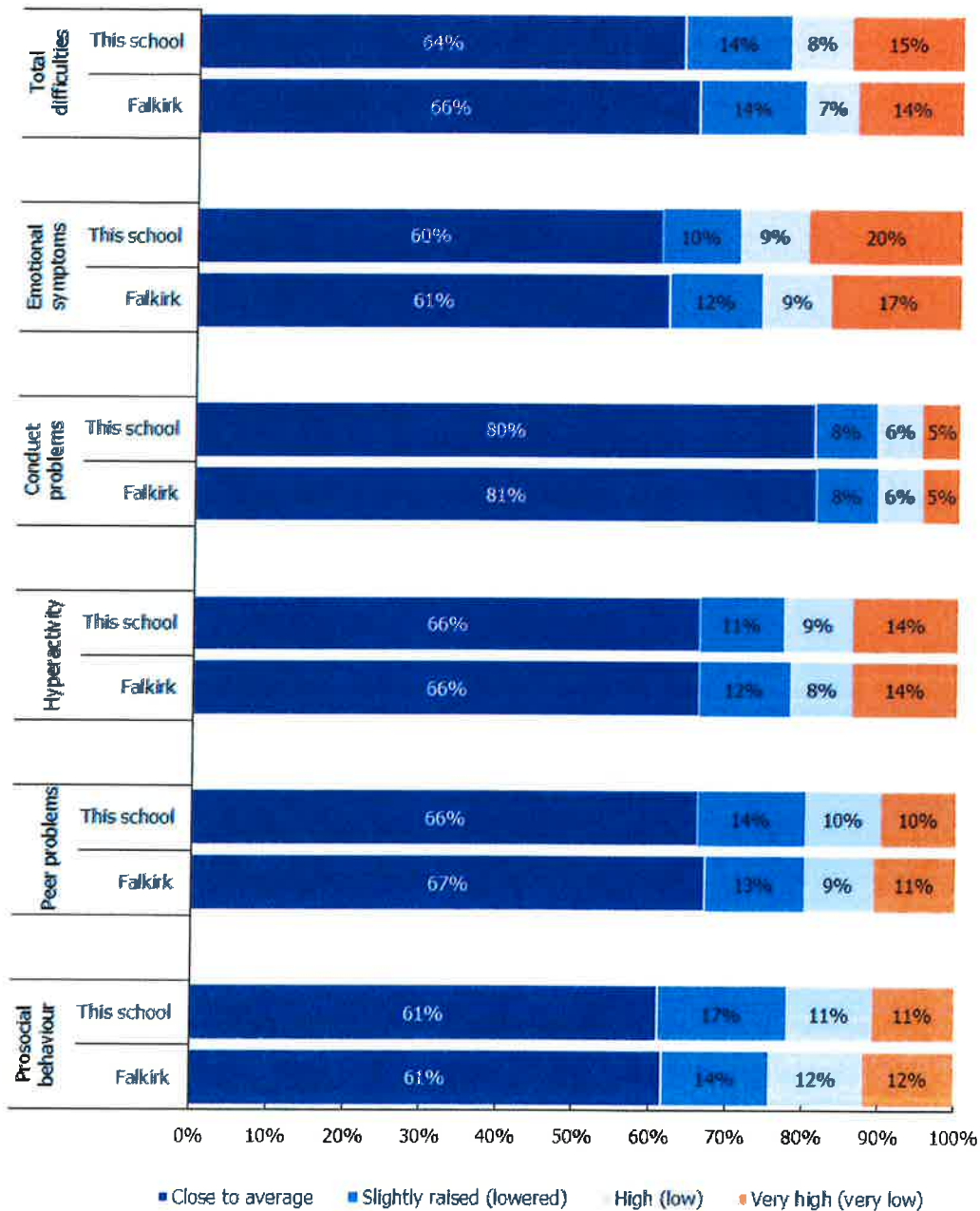
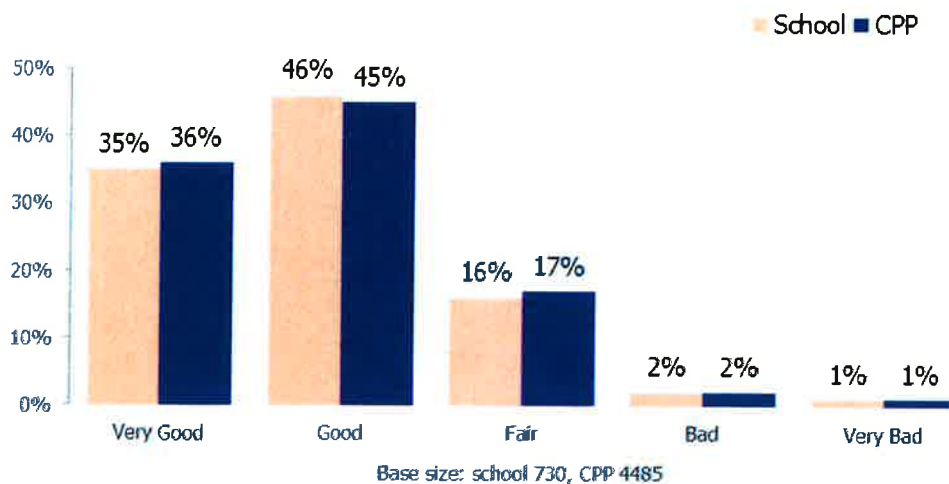


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General health, at school and CPP level, 2016



Diet and physical activity

In total, 29% of pupils said that they eat fruit and 32% that they eat vegetables (not including potatoes and chips) at least once a day. Comparative figures for Falkirk as a whole were 34% and 36% respectively.

Although direct national comparisons are difficult, the 2014 Health Behaviours of School Children Survey suggested that 38% of 13 and 15 year-olds in Scotland eat fruit daily and the same proportion eat vegetables daily.

Table 5 Dietary behaviour, at school level, 2016

%	Every day, more than once	Once a day	5-6 days a week	2-4 days a week	Once a week	Less often	Unweighted base
How often child eats fruit	17	13	17	28	11	15	695
How often child eats vegetables, not including potatoes and chips	13	19	17	24	9	18	685
How often child drinks sugary drinks	12	11	14	24	12	26	690

In terms of potentially harmful dietary behaviour, 23% said that they drink sugary drinks (fizzy or still) at least once a day compared with 24% across Falkirk as a whole.

In total, 21% of children in the school said that they are physically active for a total of at least 60 minutes every day – the level promoted as part of the Scottish Government guidance on physical activity for young people. A further 29% said they are active for this time on 5-6 days a week and 50% said they are physically active for this time on 4 days or fewer per week. Physical activity rates tended to be fairly consistent across gender and year groups. The lowest rates for daily physical activity (16%) were found among S3 girls.

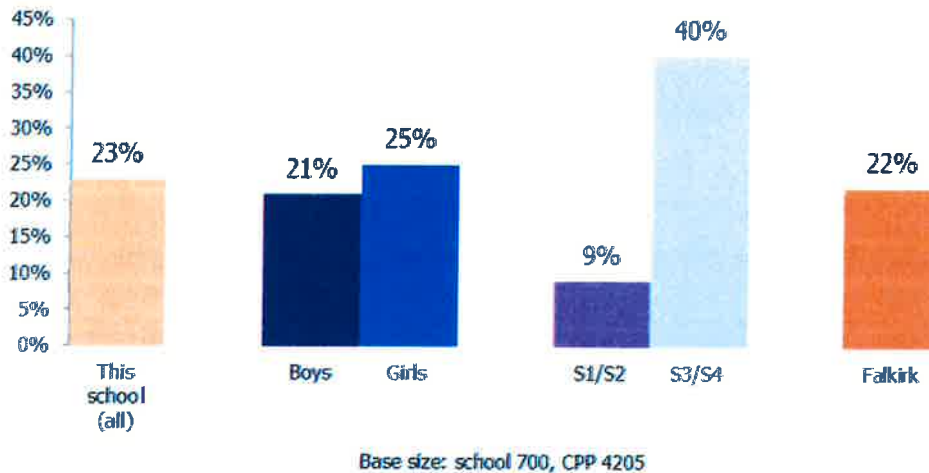
Table 7 Frequency of drinking alcohol, school and CPP level, 2015

%	School	S1/S2	S3/S4	Male	Female	CPP
At least once a week	6	2	10	6	5	6
About once a fortnight	3	1	6	2	5	5
About once a month	6	2	11	5	7	6
Only a few times a year	18	10	28	18	18	17
Never drink alcohol now	3	3	4	3	3	3
Never had a drink	63	82	41	65	62	63
<i>Unweighted base</i>	705	380	320	335	345	4225

In terms of recent national comparisons, the 2015 SALSUS suggested that 19% of 15 year-old girls this age and 16% of 15 year-old boys consumed alcohol at least once a week.

Figure 8

'Ever been drunk' , at school level, by sub-groups and CPP level, 2016



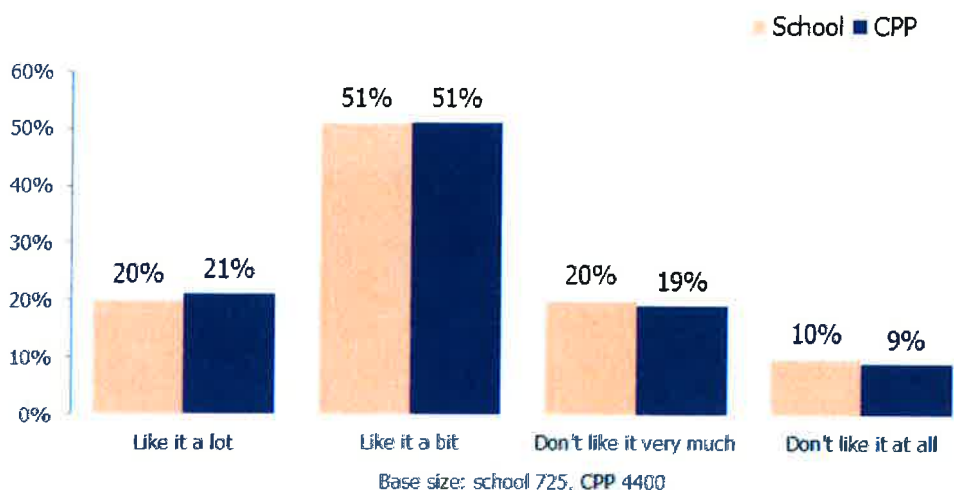
In total 23% of pupils stated that they had 'ever been drunk' which compares to 22% across Falkirk. As in Falkirk as a whole, there was a sharp increase in the proportion that had 'ever been drunk' from S1/2 (9%) to S3/4 (40%). In total 21% of boys had 'ever been drunk' compared to 25% of girls.

Drug use

Overall, 29% of pupils said they have been offered drugs at some point. By way of national comparison, the same was true of 19% of 13 year olds and 42% of 15 year olds in SALSUS 2015.

Figure 10

Enjoyment of school, at school and CPP level, 2016



Overall, 33% said that they felt 'strained or pressured' a lot of the time by schoolwork (compared with 31% in Falkirk as a whole).

Table 11 How often feel strained / pressured by school work, at school and CPP level, 2016

%	School	S1/S2	S3/S4	Male	Female	CPP
A lot of the time	33	17	50	23	41	31
Sometimes	55	66	43	61	51	56
Never	12	17	6	16	8	13
<i>Unweighted base</i>	<i>710</i>	<i>380</i>	<i>325</i>	<i>330</i>	<i>360</i>	<i>4355</i>

Perhaps not surprisingly, the figure that felt strained or pressurised 'a lot of the time' was higher among those in S3/S4 (50%) than S1/S2 (17%); but it was also noticeably higher among girls (41%) than boys (23%).

Friendships and peer relationships

Most pupils at Denny High School appear to have a strong network of peer relationships - a large majority of all pupils (80%) said that they had three or more close friends. In total 81% of boys said this compared to 79% of girls and 81% of pupils in S1, 85% in S2, 79% in S3 and 73% in S4. There is, however, a small proportion who indicated that they have only one (4%) or no close friends (3%).

Most pupils at Denny High School have not experienced violence, threats or theft – but 13% have (12% among those in S1/S2 and 13% among those in S3/S4).

Table 14 Time with family, at school level, 2016

%	Strongly agree	Tend to agree	Neither agree / nor disagree	Tend to disagree	Strongly disagree	<i>Unweighted base</i>
My parents / carers treat me fairly	69	22	6	2	1	635
I enjoy spending time with my family	60	25	9	3	3	635

Place and wellbeing

Finally, the survey asked pupils how they felt about the area they live in, as perceptions of one's broader environment has also been shown to be related to overall wellbeing.

Table 15 Agreement with place statements, at school level, 2016

%	Strongly Agree	Tend to Agree	Neither Agree nor Disagree	Tend to Disagree	Strongly Disagree	<i>Unweighted base</i>
People say 'hello' and often stop to talk to each other in the street	25	38	17	12	8	635
It's a really good place to live	41	33	16	5	4	645
I could ask for help or a favour from neighbours	38	28	15	11	8	630
You can trust people round here	34	28	21	10	7	635
There's nothing for young people to do in this area	20	25	20	16	19	625
I feel safe being outside with my friends in this area	47	28	15	5	5	625

On most measures, pupils are broadly positive about the areas they live in. For example, 75% agree (including 47% agree 'strongly') that they feel safe being outside with their friends in the area. Pupils are most likely to express negative views in relation to the availability of amenities and activities for young people – 45% agreeing (including 20% 'agreeing strongly') that there is 'nothing for young people to do in this area'.

Some questions to end on...

In reflecting on these findings, you may find it useful to consider the following questions:

- Is there anything in the results you find particularly surprising, encouraging or concerning?
- What do the patterning of results by year group and gender suggest in terms of priorities and emphases in trying to maximise wellbeing within the school?

Health and wellbeing among S1 to S4 pupils at Falkirk High School

Findings from the Children's Wellbeing Survey

You may wish to consider ways of feeding back results to staff and pupils as a means of generating further information and ideas about possible next steps. The RCS local Programme Manager is happy to support such activities to help you get more out of the survey.

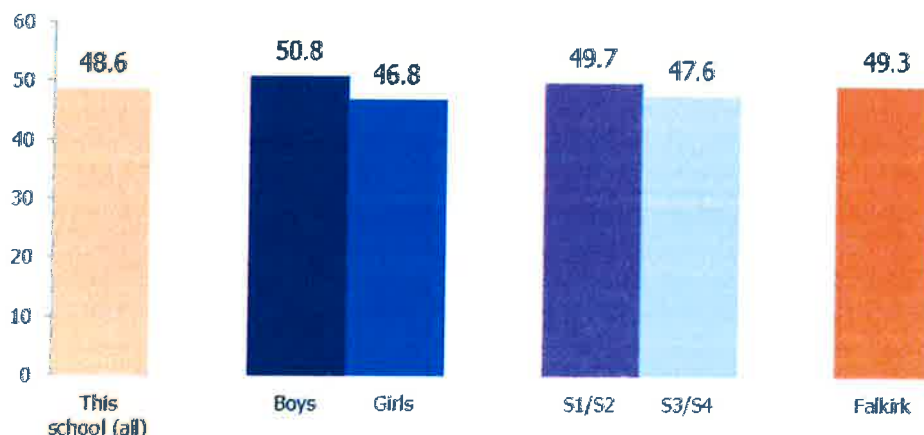
Personal wellbeing

The first set of measures relate to how pupils think and feel about their own mental health and wellbeing, and to indicators of healthy living, such as diet and physical activity, alcohol and drug use.

Psychological wellbeing

In recent years, the importance of measuring positive mental wellbeing (as well as indicators of mental ill health) has been widely recognised. The survey included a well-established measure of this known as the **Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)**. This comprises 14 positively worded statements that relate to an individual's state of mental wellbeing (thoughts and feelings). Pupils were asked to indicate how often they have had such thoughts and feelings over the last two weeks. Each statement has a five-item scale ranging from '1 - None of the time' to '5 - All of the time'. The lowest possible score is therefore 14 and the highest is 70. You can read more about WEMWBS online⁵.

Figure 1
WEMWBS Summary (mean) score, at school, by sub-groups and CPP level, 2016



Base size: school 430, CPP 3445

As found in other studies of school-aged populations, scores were higher among boys (50.8) than girls (46.8) and among younger (49.7) than older (47.6) pupils.

The mean score for all those responding in Falkirk High School was 48.6, compared with 49.3 for the CPP as a whole. The following mean scores were recorded in

⁵ <http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/>

On each of the scales, between 58% and 76% of children in the school were categorised as close to average, which compares to 61% and 81% across Falkirk. A comparison with the figures for Falkirk as a whole on the total difficulties and each of the subscales is contained in the graph. Note - 'slightly raised', 'high' and 'very high' refers to the total difficulties and the subscales of emotional symptoms, conduct problems, hyperactivity and peer problems. 'Slightly lowered', 'low' and 'very low' refers to the prosocial scale.

Figure 2
Strengths and Difficulties Questionnaire sub-scales, at school and CPP level, 2016

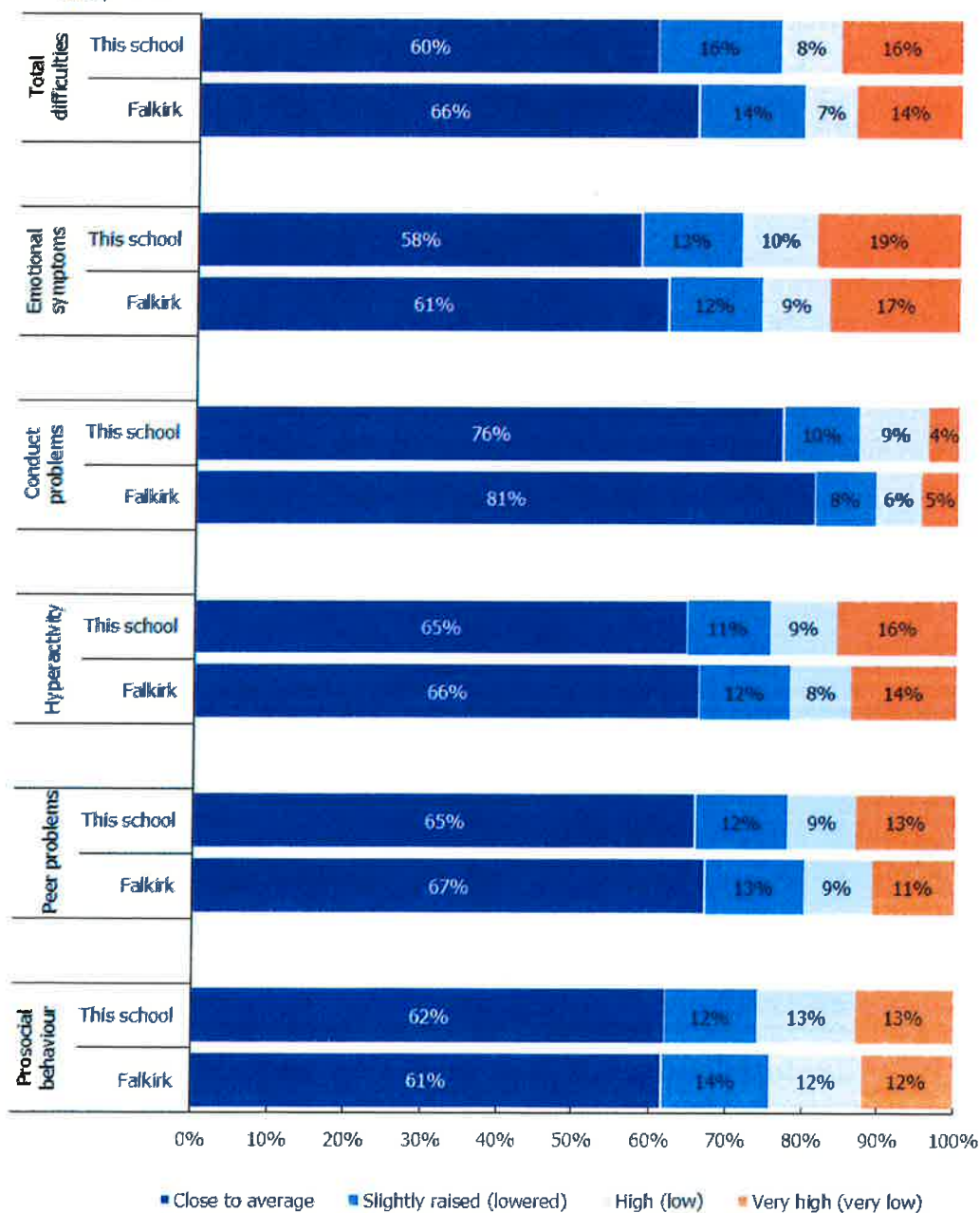
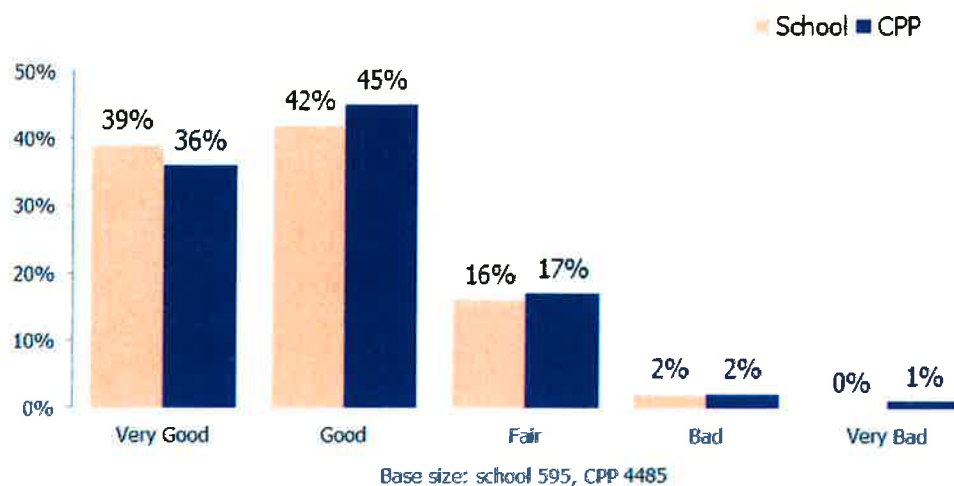


Figure 4

General health, at school and CPP level, 2016



Diet and physical activity

In total, 32% of pupils said that they eat fruit and 33% that they eat vegetables (not including potatoes and chips) at least once a day. Comparative figures for Falkirk as a whole were 34% and 36% respectively.

Although direct national comparisons are difficult, the 2014 Health Behaviours of School Children Survey suggested that 38% of 13 and 15 year-olds in Scotland eat fruit daily and the same proportion eat vegetables daily.

Table 5 Dietary behaviour, at school level, 2016

%	Every day, more than once	Once a day	5-6 days a week	2-4 days a week	Once a week	Less often	Unweighted base
How often child eats fruit	18	14	14	28	11	15	545
How often child eats vegetables, not including potatoes and chips	16	17	17	24	11	14	545
How often child drinks sugary drinks	13	14	12	20	14	27	540

In terms of potentially harmful dietary behaviour, 27% said that they drink sugary drinks (fizzy or still) at least once a day compared with 24% across Falkirk as a whole.

In total, 22% of children in the school said that they are physically active for a total of at least 60 minutes every day – the level promoted as part of the Scottish Government guidance on physical activity for young people. A further 30% said they are active for this time on 5-6 days a week and 47% said they are physically active for this time on 4 days or fewer per week. Physical activity rates falls as pupils aged, especially for girls. The lowest rates for daily physical activity (2%) were found among S4 girls.

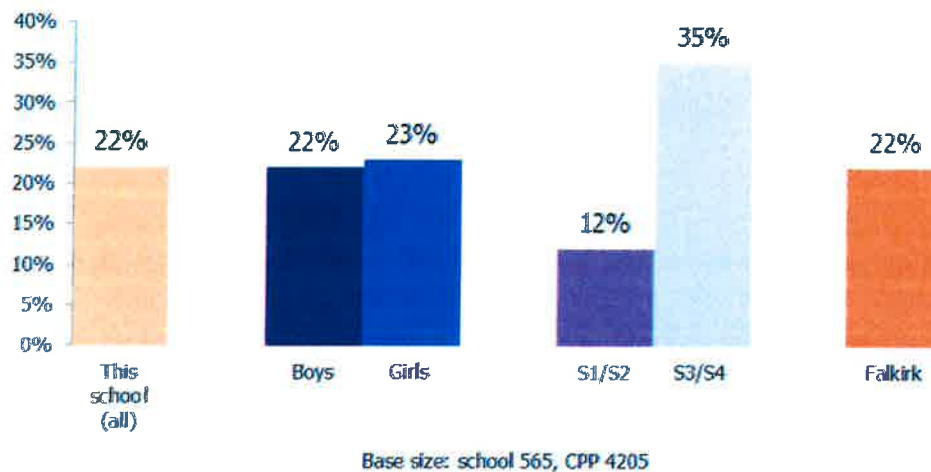
Table 7 Frequency of drinking alcohol, school and CPP level, 2015

%	School	S1/S2	S3/S4	Male	Female	CPP
At least once a week	5	1	9	4	5	6
About once a fortnight	5	2	8	5	5	5
About once a month	7	4	10	8	5	6
Only a few times a year	18	14	24	16	20	17
Never drink alcohol now	3	3	2	3	2	3
Never had a drink	63	77	46	64	63	63
<i>Unweighted base</i>	560	305	250	265	280	4225

In terms of recent national comparisons, the 2015 SALSUS suggested that 19% of 15 year-old girls this age and 16% of 15 year-old boys consumed alcohol at least once a week.

Figure 8

'Ever been drunk' , at school level, by sub-groups and CPP level, 2016



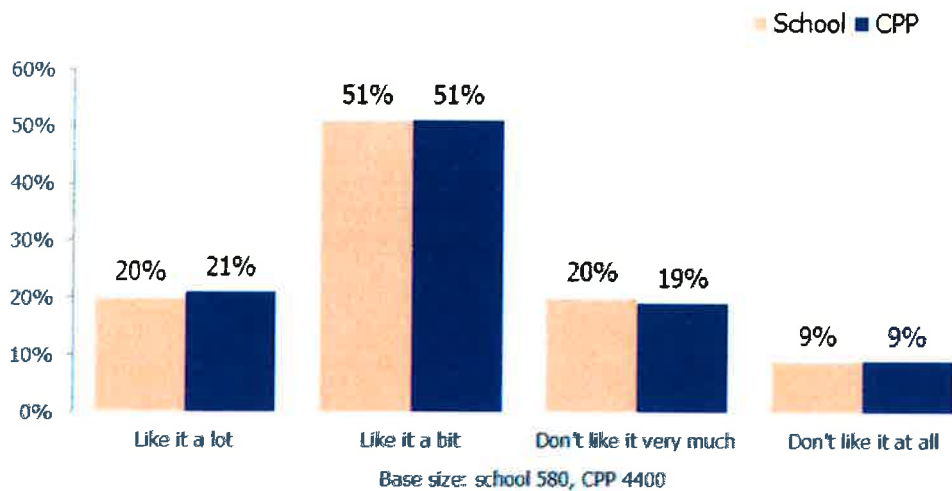
In total 22% of pupils stated that they had 'ever been drunk' which compares to 22% across Falkirk. As in Falkirk as a whole, there was a sharp increase in the proportion that had 'ever been drunk' from S1/2 (12%) to S3/4 (35%). In total 22% of boys had 'ever been drunk' compared to 23% of girls.

Drug use

Overall, 26% of pupils said they have been offered drugs at some point. By way of national comparison, the same was true of 19% of 13 year olds and 42% of 15 year olds in SALSUS 2015.

Figure 10

Enjoyment of school, at school and CPP level, 2016



Overall, 30% said that they felt 'strained or pressured' a lot of the time by schoolwork (compared with 31% in Falkirk as a whole).

Table 11 How often feel strained / pressured by school work, at school and CPP level, 2016

%	School	S1/S2	S3/S4	Male	Female	CPP
A lot of the time	30	24	37	21	38	31
Sometimes	56	59	53	62	52	56
Never	14	18	9	18	11	13
<i>Unweighted base</i>	<i>580</i>	<i>315</i>	<i>260</i>	<i>270</i>	<i>295</i>	<i>4355</i>

Perhaps not surprisingly, the figure that felt strained or pressurised 'a lot of the time' was higher among those in S3/S4 (37%) than S1/S2 (24%); but it was also noticeably higher among girls (38%) than boys (21%).

Friendships and peer relationships

Most pupils at Falkirk High School appear to have a strong network of peer relationships - a large majority of all pupils (80%) said that they had three or more close friends. In total 81% of boys said this compared to 79% of girls and 84% of pupils in S1, 81% in S2, 79% in S3 and 76% in S4. There is, however, a small proportion who indicated that they have only one (4%) or no close friends (2%).

Most pupils at Falkirk High School have not experienced violence, threats or theft – but 15% have (20% among those in S1/S2 and 9% among those in S3/S4).

Table 14 Time with family, at school level, 2016

%	Strongly agree	Tend to agree	Neither agree / nor disagree	Tend to disagree	Strongly disagree	<i>Unweighted base</i>
My parents / carers treat me fairly	66	24	6	3	1	510
I enjoy spending time with my family	55	28	9	5	2	505

Place and wellbeing

Finally, the survey asked pupils how they felt about the area they live in, as perceptions of one's broader environment has also been shown to be related to overall wellbeing.

Table 15 Agreement with place statements, at school level, 2016

%	Strongly Agree	Tend to Agree	Neither Agree nor Disagree	Tend to Disagree	Strongly Disagree	<i>Unweighted base</i>
People say 'hello' and often stop to talk to each other in the street	30	31	19	12	8	495
It's a really good place to live	39	27	16	11	7	495
I could ask for help or a favour from neighbours	36	24	15	12	13	490
You can trust people round here	32	26	21	10	10	490
There's nothing for young people to do in this area	21	19	21	22	17	490
I feel safe being outside with my friends in this area	45	26	17	7	5	495

On most measures, pupils are broadly positive about the areas they live in. For example, 71% agree (including 45% agree 'strongly') that they feel safe being outside with their friends in the area. Pupils are most likely to express negative views in relation to the availability of amenities and activities for young people – 40% agreeing (including 21% 'agreeing strongly') that there is 'nothing for young people to do in this area'.

Some questions to end on...

In reflecting on these findings, you may find it useful to consider the following questions:

- Is there anything in the results you find particularly surprising, encouraging or concerning?
- What do the patterning of results by year group and gender suggest in terms of priorities and emphases in trying to maximise wellbeing within the school?

Health and wellbeing among S1 to S4 pupils at Graeme High School

Findings from the Children's Wellbeing Survey

You may wish to consider ways of feeding back results to staff and pupils as a means of generating further information and ideas about possible next steps. The RCS local Programme Manager is happy to support such activities to help you get more out of the survey.

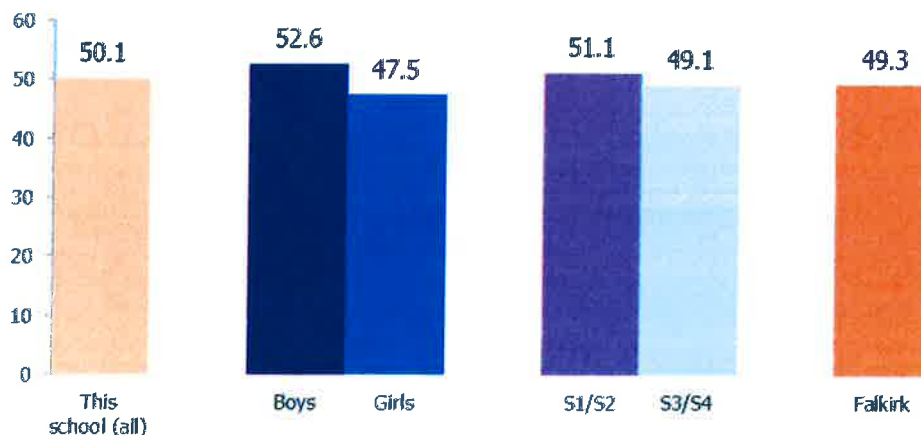
Personal wellbeing

The first set of measures relate to how pupils think and feel about their own mental health and wellbeing, and to indicators of healthy living, such as diet and physical activity, alcohol and drug use.

Psychological wellbeing

In recent years, the importance of measuring positive mental wellbeing (as well as indicators of mental ill health) has been widely recognised. The survey included a well-established measure of this known as the **Warwick-Edinburgh Mental Wellbeing Scale** (WEMWBS). This comprises 14 positively worded statements that relate to an individual's state of mental wellbeing (thoughts and feelings). Pupils were asked to indicate how often they have had such thoughts and feelings over the last two weeks. Each statement has a five-item scale ranging from '1 - None of the time' to '5 - All of the time'. The lowest possible score is therefore 14 and the highest is 70. You can read more about WEMWBS online⁵.

Figure 1
WEMWBS Summary (mean) score, at school, by sub-groups and CPP level, 2016



Base size: school 380, CPP 3445

As found in other studies of school-aged populations, scores were higher among boys (52.6) than girls (47.5) and among younger (51.1) than older (49.1) pupils.

The mean score for all those responding in Graeme High School was 50.1, compared with 49.3 for the CPP as a whole. The following mean scores were recorded in

⁵ <http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/>

On each of the scales, between 58% and 82% of children in the school were categorised as close to average, which compares to 61% and 81% across Falkirk. A comparison with the figures for Falkirk as a whole on the total difficulties and each of the subscales is contained in the graph. Note - 'slightly raised', 'high' and 'very high' refers to the total difficulties and the subscales of emotional symptoms, conduct problems, hyperactivity and peer problems. 'Slightly lowered', 'low' and 'very low' refers to the prosocial scale.

Figure 2
Strengths and Difficulties Questionnaire sub-scales, at school and CPP level, 2016

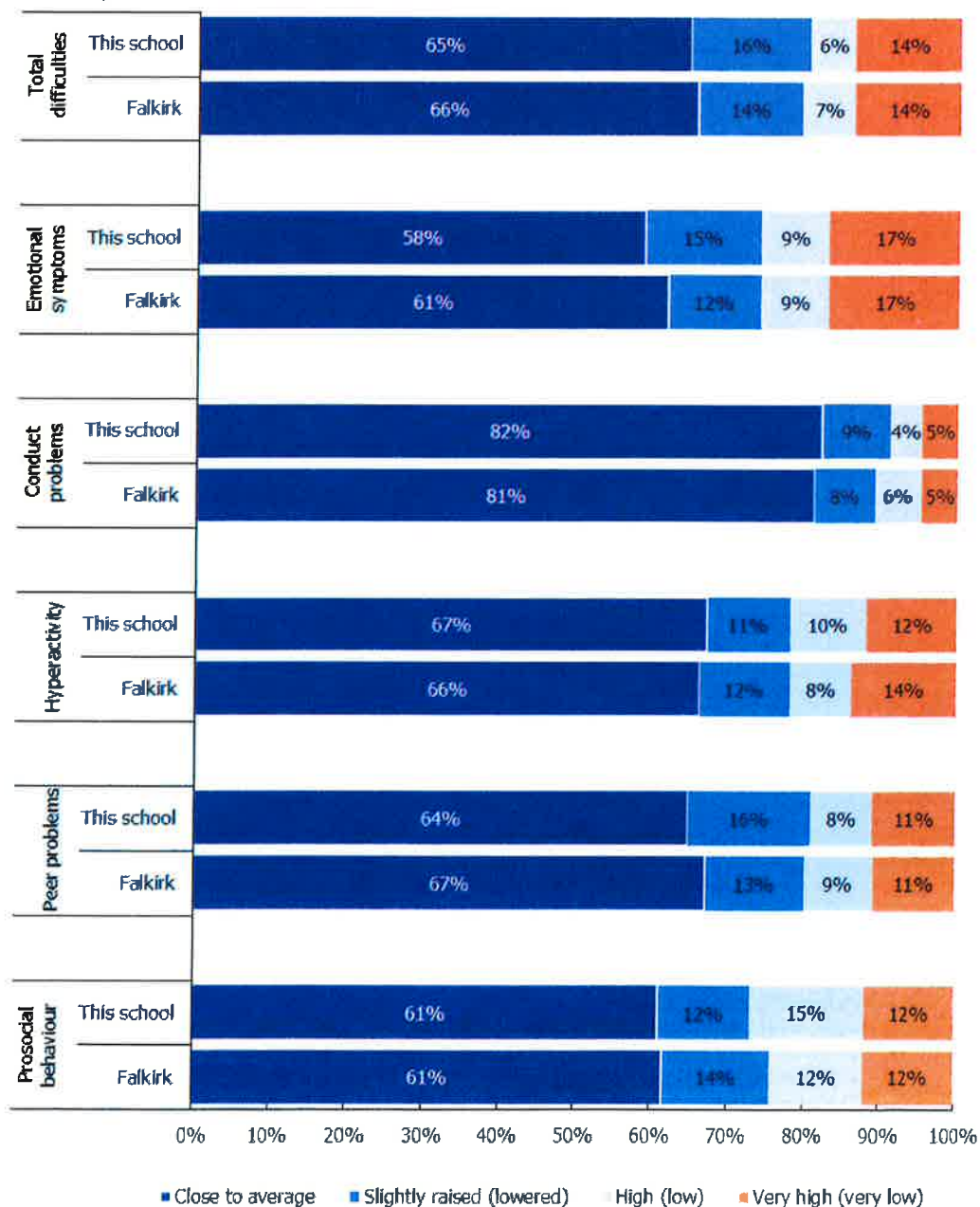
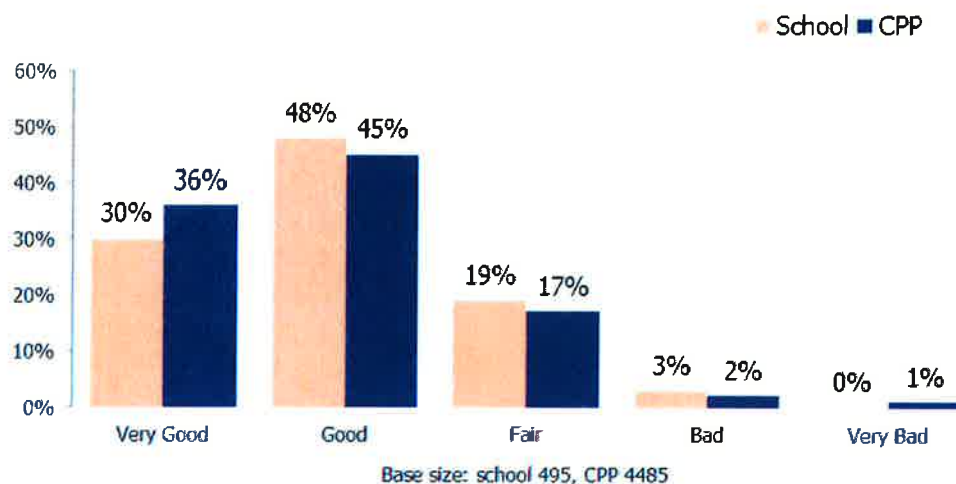


Figure 4

General health, at school and CPP level, 2016



Diet and physical activity

In total, 33% of pupils said that they eat fruit and 33% that they eat vegetables (not including potatoes and chips) at least once a day. Comparative figures for Falkirk as a whole were 34% and 36% respectively.

Although direct national comparisons are difficult, the 2014 Health Behaviours of School Children Survey suggested that 38% of 13 and 15 year-olds in Scotland eat fruit daily and the same proportion eat vegetables daily.

Table 5 Dietary behaviour, at school level, 2016

%	Every day, more than once	Once a day	5-6 days a week	2-4 days a week	Once a week	Less often	Unweighted base
How often child eats fruit	18	16	15	28	11	13	440
How often child eats vegetables, not including potatoes and chips	15	18	15	25	10	17	435
How often child drinks sugary drinks	14	11	13	23	16	24	440

In terms of potentially harmful dietary behaviour, 25% said that they drink sugary drinks (fizzy or still) at least once a day compared with 24% across Falkirk as a whole.

In total, 14% of children in the school said that they are physically active for a total of at least 60 minutes every day – the level promoted as part of the Scottish Government guidance on physical activity for young people. A further 31% said they are active for this time on 5-6 days a week and 55% said they are physically active for this time on 4 days or fewer per week. Physical activity rates falls as pupils aged. The lowest rates for daily physical activity (6-7%) were found among S3 girls and S4 boys and girls.

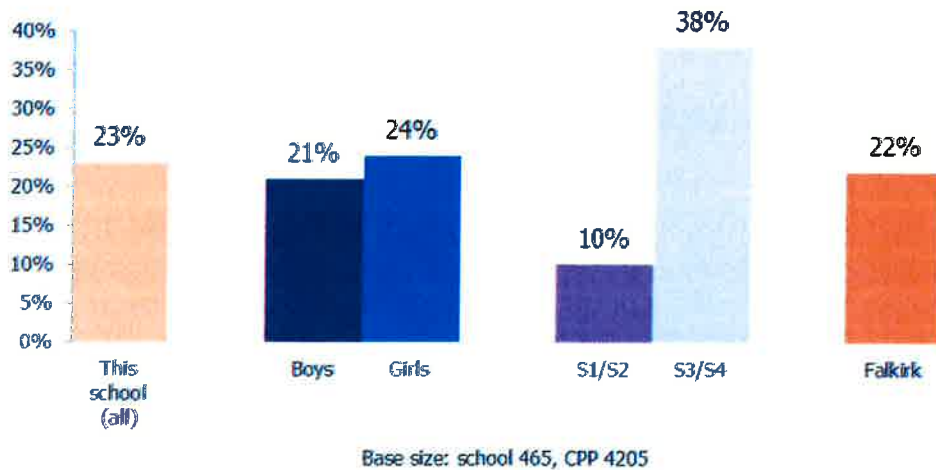
Table 7 Frequency of drinking alcohol, school and CPP level, 2015

%	School	S1/S2	S3/S4	Male	Female	CPP
At least once a week	6	0	13	6	5	6
About once a fortnight	6	1	12	4	8	5
About once a month	8	2	14	7	8	6
Only a few times a year	16	15	17	16	16	17
Never drink alcohol now	3	3	4	5	1	3
Never had a drink	61	79	41	62	60	63
<i>Unweighted base</i>	460	250	205	225	225	4225

In terms of recent national comparisons, the 2015 SALSUS suggested that 19% of 15 year-old girls this age and 16% of 15 year-old boys consumed alcohol at least once a week.

Figure 8

'Ever been drunk', at school level, by sub-groups and CPP level, 2016



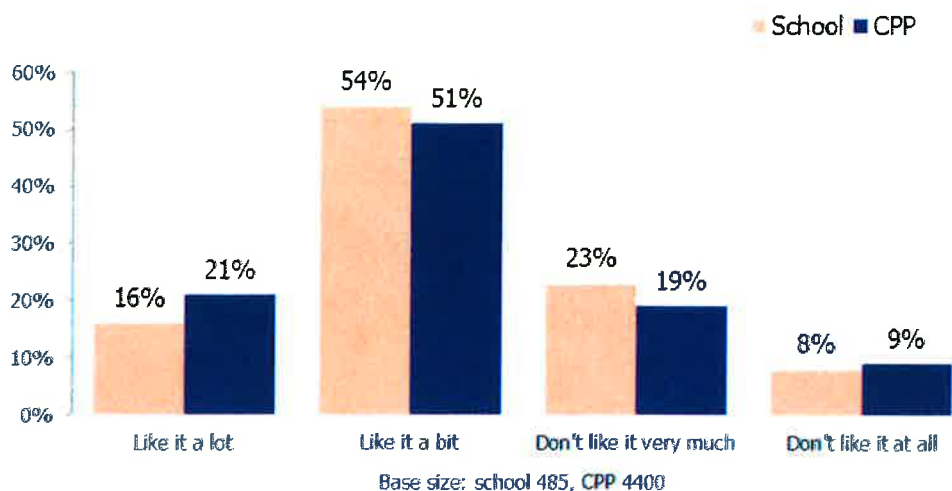
In total 23% of pupils stated that they had 'ever been drunk' which compares to 22% across Falkirk. As in Falkirk as a whole, there was a sharp increase in the proportion that had 'ever been drunk' from S1/2 (10%) to S3/4 (38%). In total 21% of boys had 'ever been drunk' compared to 24% of girls.

Drug use

Overall, 24% of pupils said they have been offered drugs at some point. By way of national comparison, the same was true of 19% of 13 year olds and 42% of 15 year olds in SALSUS 2015.

Figure 10

Enjoyment of school, at school and CPP level, 2016



Overall, 34% said that they felt 'strained or pressured' a lot of the time by schoolwork (compared with 31% in Falkirk as a whole).

Table 11 How often feel strained / pressured by school work, at school and CPP level, 2016

%	School	S1/S2	S3/S4	Male	Female	CPP
A lot of the time	34	21	49	26	41	31
Sometimes	57	67	46	66	49	56
Never	9	12	6	8	10	13
<i>Unweighted base</i>	485	265	215	235	235	4355

Perhaps not surprisingly, the figure that felt strained or pressurised 'a lot of the time' was higher among those in S3/S4 (49%) than S1/S2 (21%); but it was also noticeably higher among girls (41%) than boys (26%).

Friendships and peer relationships

Most pupils at Graeme High School appear to have a strong network of peer relationships - a large majority of all pupils (83%) said that they had three or more close friends. In total 81% of boys said this compared to 84% of girls and 84% of pupils in S1, 86% in S2, 82% in S3 and 77% in S4. There is, however, a small proportion who indicated that they have only one (3%) or no close friends (1%).

Most pupils at Graeme High School have not experienced violence, threats or theft – but 14% have (17% among those in S1/S2 and 11% among those in S3/S4).

Table 14 Time with family, at school level, 2016

%	Strongly agree	Tend to agree	Neither agree / nor disagree	Tend to disagree	Strongly disagree	Unweighted base
My parents / carers treat me fairly	70	23	5	3	1	395
I enjoy spending time with my family	58	28	9	3	2	395

Place and wellbeing

Finally, the survey asked pupils how they felt about the area they live in, as perceptions of one's broader environment has also been shown to be related to overall wellbeing.

Table 15 Agreement with place statements, at school level, 2016

%	Strongly Agree	Tend to Agree	Neither Agree nor Disagree	Tend to Disagree	Strongly Disagree	Unweighted base
People say 'hello' and often stop to talk to each other in the street	29	36	17	11	7	375
It's a really good place to live	41	31	17	5	6	380
I could ask for help or a favour from neighbours	36	30	14	9	11	375
You can trust people round here	37	27	19	8	8	375
There's nothing for young people to do in this area	19	23	20	22	15	375
I feel safe being outside with my friends in this area	48	32	11	4	5	375

On most measures, pupils are broadly positive about the areas they live in. For example, 79% agree (including 48% agree 'strongly') that they feel safe being outside with their friends in the area. Pupils are most likely to express negative views in relation to the availability of amenities and activities for young people – 42% agreeing (including 19% 'agreeing strongly') that there is 'nothing for young people to do in this area'.

Some questions to end on...

In reflecting on these findings, you may find it useful to consider the following questions:

- Is there anything in the results you find particularly surprising, encouraging or concerning?
- What do the patterning of results by year group and gender suggest in terms of priorities and emphases in trying to maximise wellbeing within the school?

Health and wellbeing among S1 to S4 pupils at Grangemouth High School

Findings from the Children's Wellbeing Survey

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Personal wellbeing

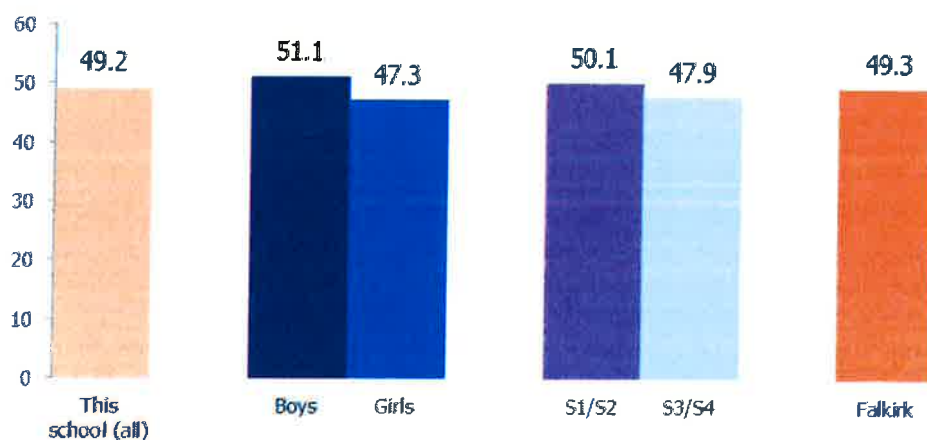
The first set of measures relate to how pupils think and feel about their own mental health and wellbeing, and to indicators of healthy living, such as diet and physical activity, alcohol and drug use.

Psychological wellbeing

In recent years, the importance of measuring positive mental wellbeing (as well as indicators of mental ill health) has been widely recognised. The survey included a well-established measure of this known as the **Warwick-Edinburgh Mental Wellbeing Scale** (WEMWBS). This comprises 14 positively worded statements that relate to an individual's state of mental wellbeing (thoughts and feelings). Pupils were asked to indicate how often they have had such thoughts and feelings over the last two weeks. Each statement has a five-item scale ranging from '1 - None of the time' to '5 - All of the time'. The lowest possible score is therefore 14 and the highest is 70. You can read more about WEMWBS online⁵.

Figure 1

WEMWBS Summary (mean) score, at school, by sub-groups and CPP level, 2016



Base size: school 380, CPP 3445

As found in other studies of school-aged populations, scores were higher among boys (51.1) than girls (47.3) and among younger (50.1) than older (47.9) pupils.

The mean score for all those responding in Grangemouth High School was 49.2, compared with 49.3 for the CPP as a whole. The following mean scores were

⁵ <http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/>

On each of the scales, between 57% and 83% of children in the school were categorised as close to average, which compares to 61% and 81% across Falkirk. A comparison with the figures for Falkirk as a whole on the total difficulties and each of the subscales is contained in the graph. Note - 'slightly raised', 'high' and 'very high' refers to the total difficulties and the subscales of emotional symptoms, conduct problems, hyperactivity and peer problems. 'Slightly lowered', 'low' and 'very low' refers to the prosocial scale.

Figure 2

Strengths and Difficulties Questionnaire sub-scales, at school and CPP level, 2016

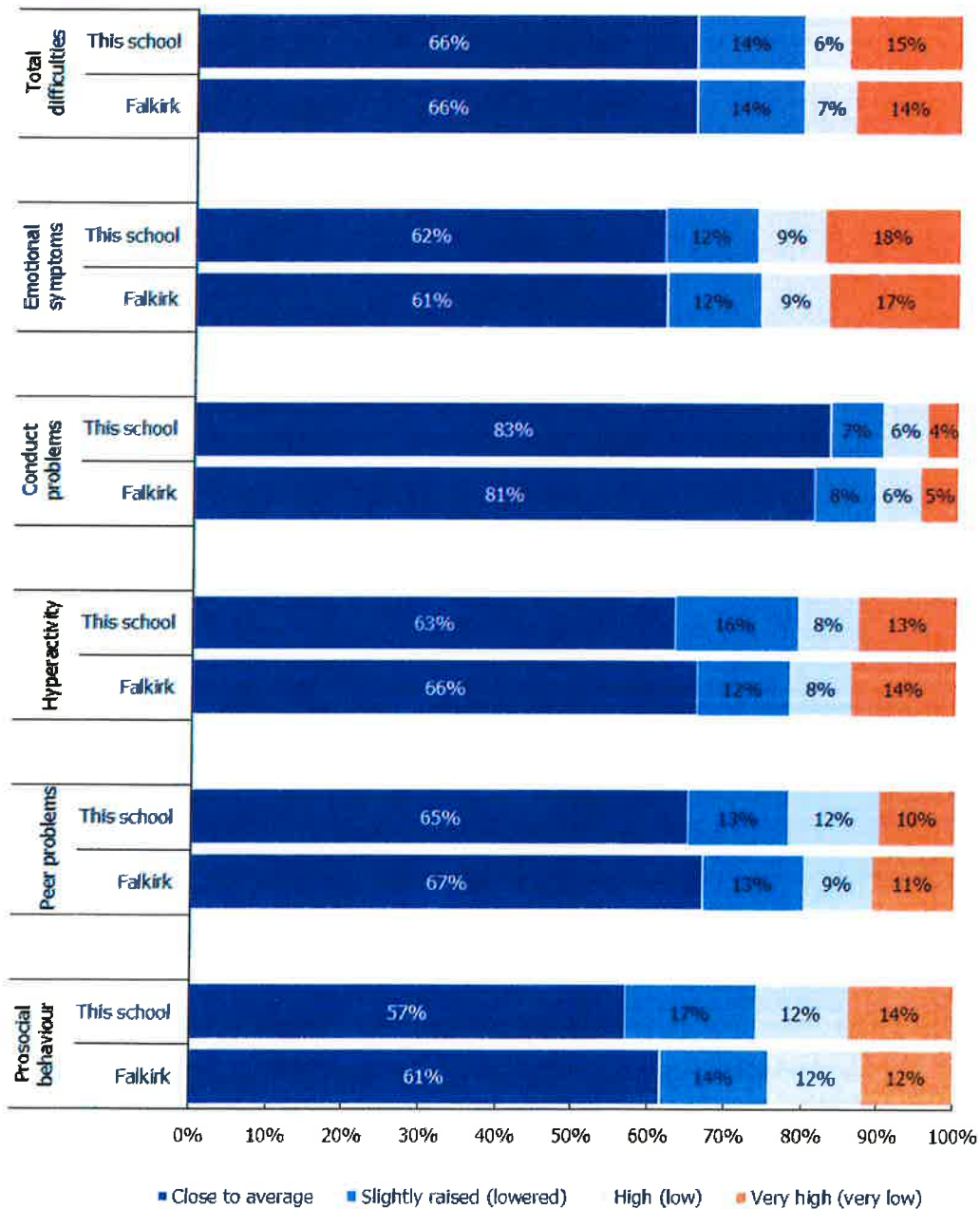
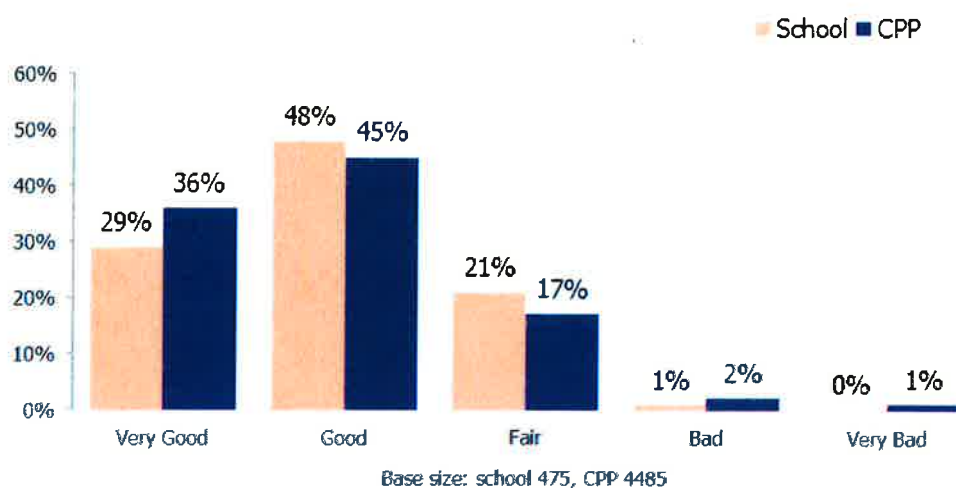


Figure 4

General health, at school and CPP level, 2016



Diet and physical activity

In total, 31% of pupils said that they eat fruit and 31% that they eat vegetables (not including potatoes and chips) at least once a day. Comparative figures for Falkirk as a whole were 34% and 36% respectively.

Although direct national comparisons are difficult, the 2014 Health Behaviours of School Children Survey suggested that 38% of 13 and 15 year-olds in Scotland eat fruit daily and the same proportion eat vegetables daily.

Table 5 Dietary behaviour, at school level, 2016

%	Every day, more than once	Once a day	5-6 days a week	2-4 days a week	Once a week	Less often	Unweighted base
How often child eats fruit	18	13	17	23	14	15	445
How often child eats vegetables, not including potatoes and chips	14	17	19	24	9	17	440
How often child drinks sugary drinks	13	12	13	23	14	24	440

In terms of potentially harmful dietary behaviour, 26% said that they drink sugary drinks (fizzy or still) at least once a day compared with 24% across Falkirk as a whole.

In total, 17% of children in the school said that they are physically active for a total of at least 60 minutes every day – the level promoted as part of the Scottish Government guidance on physical activity for young people. A further 28% said they are active for this time on 5-6 days a week and 55% said they are physically active for this time on 4 days or fewer per week. Physical activity rates falls as pupils aged, especially for girls. The lowest rates for daily physical activity (6%) were found among S4 girls.

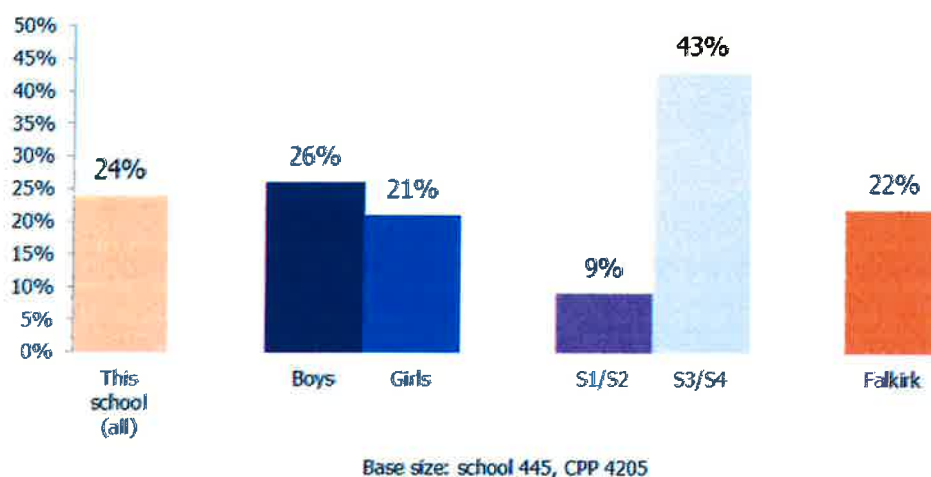
Table 7 Frequency of drinking alcohol, school and CPP level, 2015

%	School	S1/S2	S3/S4	Male	Female	CPP
At least once a week	7	2	13	8	6	6
About once a fortnight	7	1	14	8	6	5
About once a month	5	2	10	6	5	6
Only a few times a year	14	10	20	16	12	17
Never drink alcohol now	3	2	4	1	4	3
Never had a drink	64	83	39	62	67	63
<i>Unweighted base</i>	445	250	190	225	215	4225

In terms of recent national comparisons, the 2015 SALSUS suggested that 19% of 15 year-old girls this age and 16% of 15 year-old boys consumed alcohol at least once a week.

Figure 8

'Ever been drunk', at school level, by sub-groups and CPP level, 2016



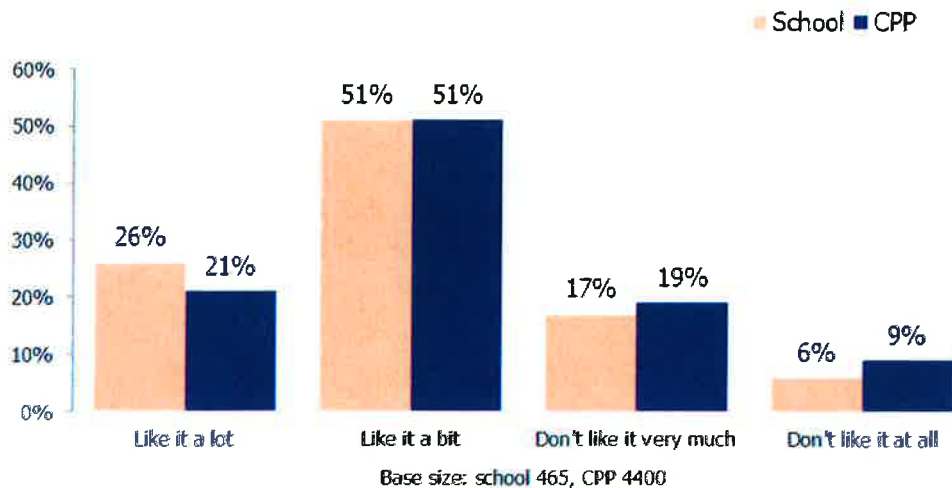
In total 24% of pupils stated that they had 'ever been drunk' which compares to 22% across Falkirk. As in Falkirk as a whole, there was a sharp increase in the proportion that had 'ever been drunk' from S1/2 (9%) to S3/4 (43%). In total 26% of boys had 'ever been drunk' compared to 21% of girls.

Drug use

Overall, 26% of pupils said they have been offered drugs at some point. By way of national comparison, the same was true of 19% of 13 year olds and 42% of 15 year olds in SALSUS 2015.

Figure 10

Enjoyment of school, at school and CPP level, 2016



Overall, 25% said that they felt 'strained or pressured' a lot of the time by schoolwork (compared with 31% in Falkirk as a whole).

Table 11 How often feel strained / pressured by school work, at school and CPP level, 2016

%	School	S1/S2	S3/S4	Male	Female	CPP
A lot of the time	25	18	35	22	28	31
Sometimes	59	62	55	59	59	56
Never	16	20	10	19	13	13
<i>Unweighted base</i>	<i>460</i>	<i>255</i>	<i>200</i>	<i>230</i>	<i>225</i>	<i>4355</i>

Perhaps not surprisingly, the figure that felt strained or pressurised 'a lot of the time' was higher among those in S3/S4 (35%) than S1/S2 (18%); but it was also noticeably higher among girls (28%) than boys (22%).

Friendships and peer relationships

Most pupils at Grangemouth High School appear to have a strong network of peer relationships - a large majority of all pupils (78%) said that they had three or more close friends. In total 82% of boys said this compared to 74% of girls and 81% of pupils in S1, 82% in S2, 80% in S3 and 68% in S4. There is, however, a small proportion who indicated that they have only one (5%) or no close friends (2%).

Most pupils at Grangemouth High School have not experienced violence, threats or theft – but 13% have (14% among those in S1/S2 and 11% among those in S3/S4).

Table 14 Time with family, at school level, 2016

%	Strongly agree	Tend to agree	Neither agree / nor disagree	Tend to disagree	Strongly disagree	<i>Unweighted base</i>
My parents / carers treat me fairly	71	22	4	1	1	415
I enjoy spending time with my family	61	26	8	4	1	410

Place and wellbeing

Finally, the survey asked pupils how they felt about the area they live in, as perceptions of one's broader environment has also been shown to be related to overall wellbeing.

Table 15 Agreement with place statements, at school level, 2016

%	Strongly Agree	Tend to Agree	Neither Agree nor Disagree	Tend to Disagree	Strongly Disagree	<i>Unweighted base</i>
People say 'hello' and often stop to talk to each other in the street	27	35	20	11	7	415
It's a really good place to live	34	28	21	11	6	420
I could ask for help or a favour from neighbours	32	28	17	11	11	410
You can trust people round here	29	25	21	16	9	415
There's nothing for young people to do in this area	21	23	19	21	16	415
I feel safe being outside with my friends in this area	36	31	19	8	6	415

On most measures, pupils are broadly positive about the areas they live in. For example, 67% agree (including 36% agree 'strongly') that they feel safe being outside with their friends in the area. Pupils are most likely to express negative views in relation to the availability of amenities and activities for young people – 44% agreeing (including 21% 'agreeing strongly') that there is 'nothing for young people to do in this area'.

Some questions to end on...

In reflecting on these findings, you may find it useful to consider the following questions:

- Is there anything in the results you find particularly surprising, encouraging or concerning?
- What do the patterning of results by year group and gender suggest in terms of priorities and emphases in trying to maximise wellbeing within the school?

Health and wellbeing among S1 to S4 pupils at Larbert High School

Findings from the Children's Wellbeing Survey

You may wish to consider ways of feeding back results to staff and pupils as a means of generating further information and ideas about possible next steps. The RCS local Programme Manager is happy to support such activities to help you get more out of the survey.

Personal wellbeing

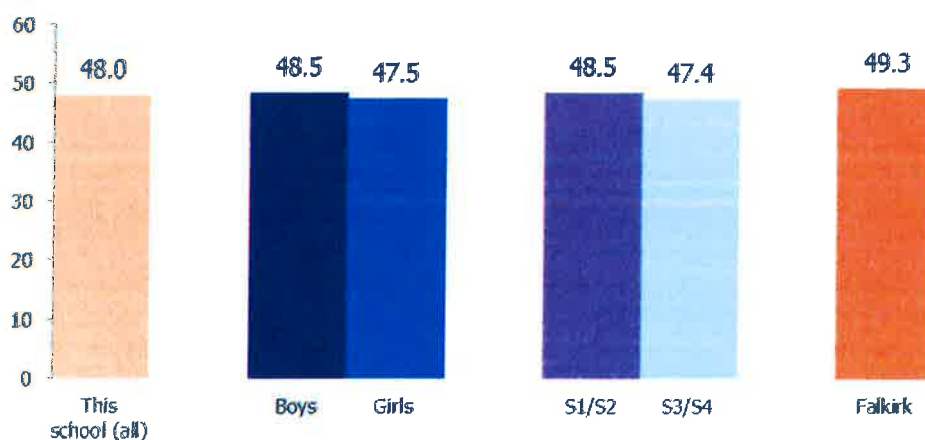
The first set of measures relate to how pupils think and feel about their own mental health and wellbeing, and to indicators of healthy living, such as diet and physical activity, alcohol and drug use.

Psychological wellbeing

In recent years, the importance of measuring positive mental wellbeing (as well as indicators of mental ill health) has been widely recognised. The survey included a well-established measure of this known as the **Warwick-Edinburgh Mental Wellbeing Scale** (WEMWBS). This comprises 14 positively worded statements that relate to an individual's state of mental wellbeing (thoughts and feelings). Pupils were asked to indicate how often they have had such thoughts and feelings over the last two weeks. Each statement has a five-item scale ranging from '1 - None of the time' to '5 - All of the time'. The lowest possible score is therefore 14 and the highest is 70. You can read more about WEMWBS online⁵.

Figure 1

WEMWBS Summary (mean) score, at school, by sub-groups and CPP level, 2016



Base size: school 465, CPP 3445

As found in other studies of school-aged populations, scores were higher among boys (48.5) than girls (47.5) and among younger (48.5) than older (47.4) pupils.

The mean score for all those responding in Larbert High School was 48.0, compared with 49.3 for the CPP as a whole. The following mean scores were recorded in

⁵ <http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/>

On each of the scales, between 60% and 83% of children in the school were categorised as close to average, which compares to 61% and 81% across Falkirk. A comparison with the figures for Falkirk as a whole on the total difficulties and each of the subscales is contained in the graph. Note - 'slightly raised', 'high' and 'very high' refers to the total difficulties and the subscales of emotional symptoms, conduct problems, hyperactivity and peer problems. 'Slightly lowered', 'low' and 'very low' refers to the prosocial scale.

Figure 2

Strengths and Difficulties Questionnaire sub-scales, at school and CPP level, 2016

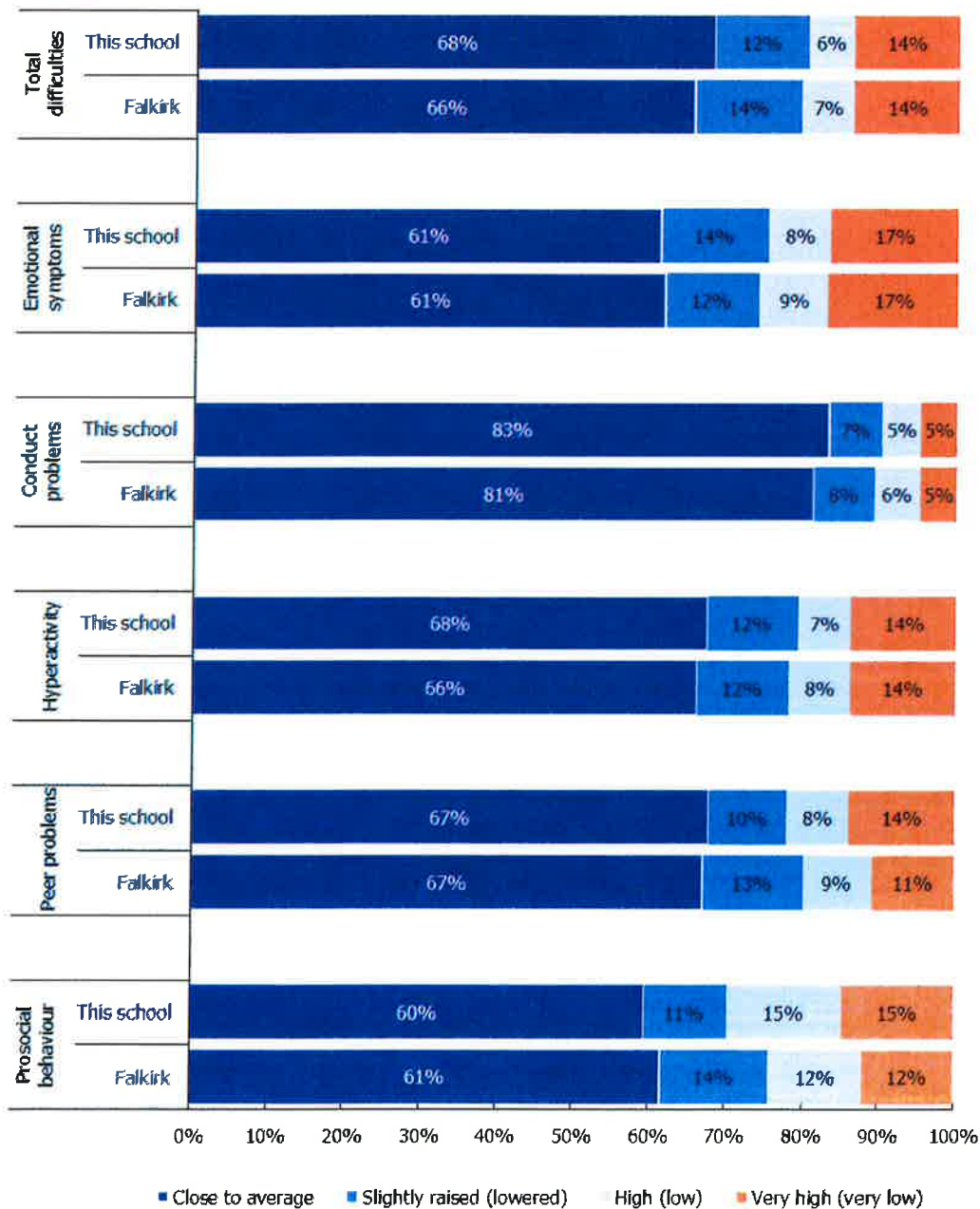
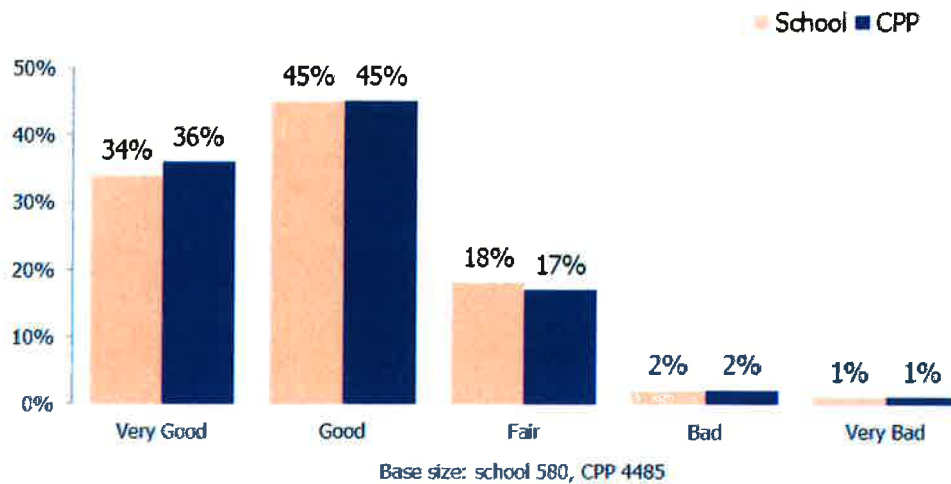


Figure 4

General health, at school and CPP level, 2016



Diet and physical activity

In total, 39% of pupils said that they eat fruit and 44% that they eat vegetables (not including potatoes and chips) at least once a day. Comparative figures for Falkirk as a whole were 34% and 36% respectively.

Although direct national comparisons are difficult, the 2014 Health Behaviours of School Children Survey suggested that 38% of 13 and 15 year-olds in Scotland eat fruit daily and the same proportion eat vegetables daily.

Table 5 Dietary behaviour, at school level, 2016

%	Every day, more than once	Once a day	5-6 days a week	2-4 days a week	Once a week	Less often	Unweighted base
How often child eats fruit	22	16	12	23	11	16	515
How often child eats vegetables, not including potatoes and chips	19	25	13	20	6	17	510
How often child drinks sugary drinks	10	11	12	22	14	30	515

In terms of potentially harmful dietary behaviour, 21% said that they drink sugary drinks (fizzy or still) at least once a day compared with 24% across Falkirk as a whole.

In total, 21% of children in the school said that they are physically active for a total of at least 60 minutes every day – the level promoted as part of the Scottish Government guidance on physical activity for young people. A further 31% said they are active for this time on 5-6 days a week and 48% said they are physically active for this time on 4 days or fewer per week. Physical activity rates falls as pupils aged, especially for girls. The lowest rates for daily physical activity (12%) were found among S4 girls.

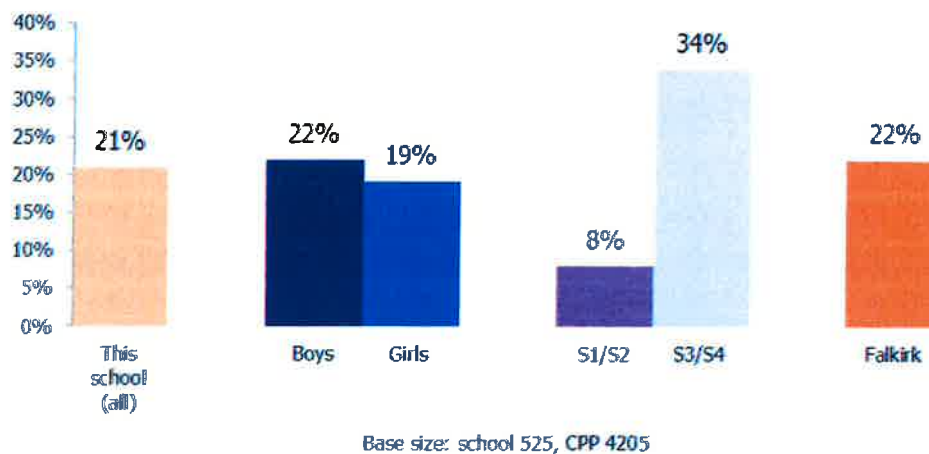
Table 7 Frequency of drinking alcohol, school and CPP level, 2015

%	School	S1/S2	S3/S4	Male	Female	CPP
At least once a week	7	2	13	9	5	6
About once a fortnight	5	2	9	5	5	5
About once a month	5	2	8	6	4	6
Only a few times a year	16	9	22	19	13	17
Never drink alcohol now	3	3	2	4	2	3
Never had a drink	64	83	46	57	71	63
<i>Unweighted base</i>	535	265	260	250	275	4225

In terms of recent national comparisons, the 2015 SALSUS suggested that 19% of 15 year-old girls this age and 16% of 15 year-old boys consumed alcohol at least once a week.

Figure 8

'Ever been drunk', at school level, by sub-groups and CPP level, 2016



Base size: school 525, CPP 4205

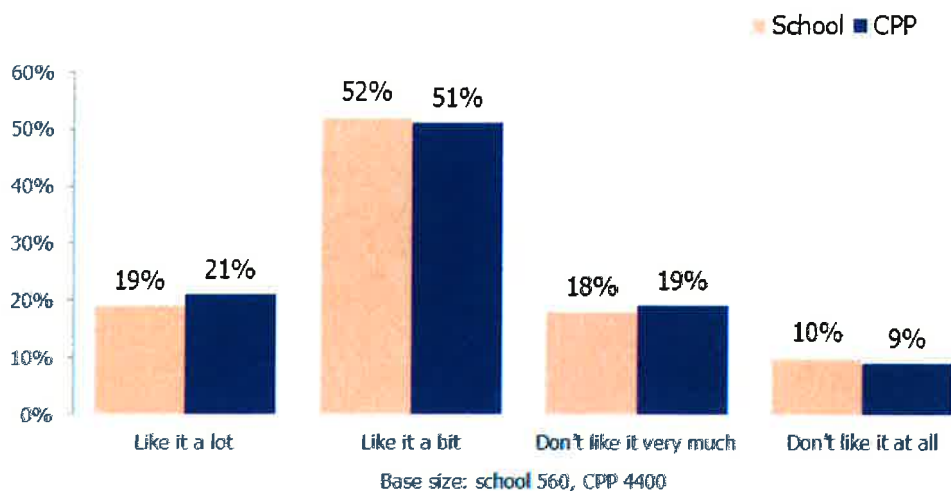
In total 21% of pupils stated that they had 'ever been drunk' which compares to 22% across Falkirk. As in Falkirk as a whole, there was a sharp increase in the proportion that had 'ever been drunk' from S1/2 (8%) to S3/4 (34%). In total 22% of boys had 'ever been drunk' compared to 19% of girls.

Drug use

Overall, 22% of pupils said they have been offered drugs at some point. By way of national comparison, the same was true of 19% of 13 year olds and 42% of 15 year olds in SALSUS 2015.

Figure 10

Enjoyment of school, at school and CPP level, 2016



Overall, 35% said that they felt 'strained or pressured' a lot of the time by schoolwork (compared with 31% in Falkirk as a whole).

Table 11 How often feel strained / pressured by school work, at school and CPP level, 2016

%	School	S1/S2	S3/S4	Male	Female	CPP
A lot of the time	35	21	49	24	44	31
Sometimes	55	66	44	63	47	56
Never	10	13	7	12	9	13
<i>Unweighted base</i>	<i>545</i>	<i>275</i>	<i>265</i>	<i>250</i>	<i>290</i>	<i>4355</i>

Perhaps not surprisingly, the figure that felt strained or pressured 'a lot of the time' was higher among those in S3/S4 (49%) than S1/S2 (21%); but it was also noticeably higher among girls (44%) than boys (24%).

Friendships and peer relationships

Most pupils at Larbert High School appear to have a strong network of peer relationships - a large majority of all pupils (79%) said that they had three or more close friends. In total 78% of boys said this compared to 81% of girls and 82% of pupils in S1, 83% in S2, 77% in S3 and 75% in S4. There is, however, a small proportion who indicated that they have only one (5%) or no close friends (2%).

Most pupils at Larbert High School have not experienced violence, threats or theft – but 13% have (13% among those in S1/S2 and 13% among those in S3/S4).

Table 14 Time with family, at school level, 2016

%	Strongly agree	Tend to agree	Neither agree / nor disagree	Tend to disagree	Strongly disagree	<i>Unweighted base</i>
My parents / carers treat me fairly	69	25	4	2	0	480
I enjoy spending time with my family	61	28	7	3	1	480

Place and wellbeing

Finally, the survey asked pupils how they felt about the area they live in, as perceptions of one's broader environment has also been shown to be related to overall wellbeing.

Table 15 Agreement with place statements, at school level, 2016

%	Strongly Agree	Tend to Agree	Neither Agree nor Disagree	Tend to Disagree	Strongly Disagree	<i>Unweighted base</i>
People say 'hello' and often stop to talk to each other in the street	30	40	20	7	4	450
It's a really good place to live	44	34	14	6	3	460
I could ask for help or a favour from neighbours	35	30	17	8	10	455
You can trust people round here	37	29	21	7	6	455
There's nothing for young people to do in this area	17	22	26	19	16	450
I feel safe being outside with my friends in this area	46	39	9	2	3	465

On most measures, pupils are broadly positive about the areas they live in. For example, 85% agree (including 46% agree 'strongly') that they feel safe being outside with their friends in the area. Pupils are most likely to express negative views in relation to the availability of amenities and activities for young people – 39% agreeing (including 17% 'agreeing strongly') that there is 'nothing for young people to do in this area'.

Some questions to end on...

In reflecting on these findings, you may find it useful to consider the following questions:

- Is there anything in the results you find particularly surprising, encouraging or concerning?
- What do the patterning of results by year group and gender suggest in terms of priorities and emphases in trying to maximise wellbeing within the school?

Health and wellbeing among S1 to S4 pupils at St Mungo's RC High School

Findings from the Children's Wellbeing Survey

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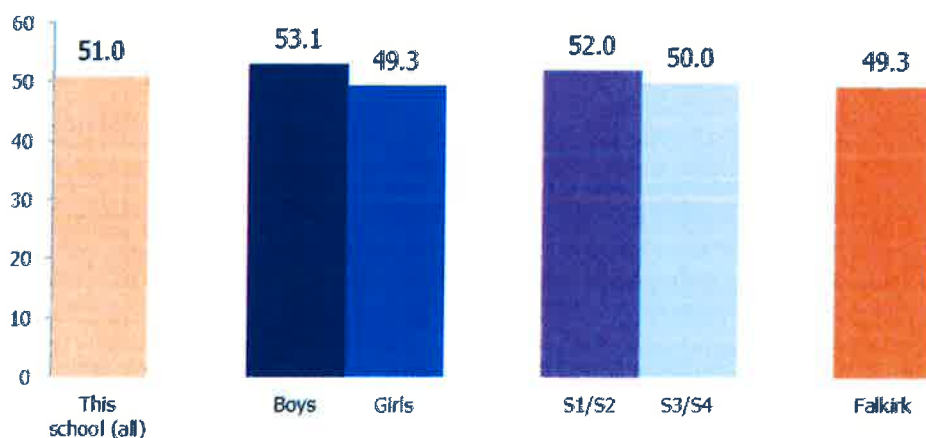
The first set of measures relate to how pupils think and feel about their own mental health and wellbeing, and to indicators of healthy living, such as diet and physical activity, alcohol and drug use.

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In recent years, the importance of measuring positive mental wellbeing (as well as indicators of mental ill health) has been widely recognised. The survey included a well-established measure of this known as the **Warwick-Edinburgh Mental Wellbeing Scale** (WEMWBS). This comprises 14 positively worded statements that relate to an individual's state of mental wellbeing (thoughts and feelings). Pupils were asked to indicate how often they have had such thoughts and feelings over the last two weeks. Each statement has a five-item scale ranging from '1 - None of the time' to '5 - All of the time'. The lowest possible score is therefore 14 and the highest is 70. You can read more about WEMWBS online⁵.

Figure 1

WEMWBS Summary (mean) score, at school, by sub-groups and CPP level, 2016



Base size: school 505, CPP 3445

As found in other studies of school-aged populations, scores were higher among boys (53.1) than girls (49.3) and among younger (52.0) than older (50.0) pupils.

The mean score for all those responding in St Mungo's RC High School was 51.0, compared with 49.3 for the CPP as a whole. The following mean scores were

⁵ <http://www2.warwick.ac.uk/fac/med/research/platform/wemwbs/>

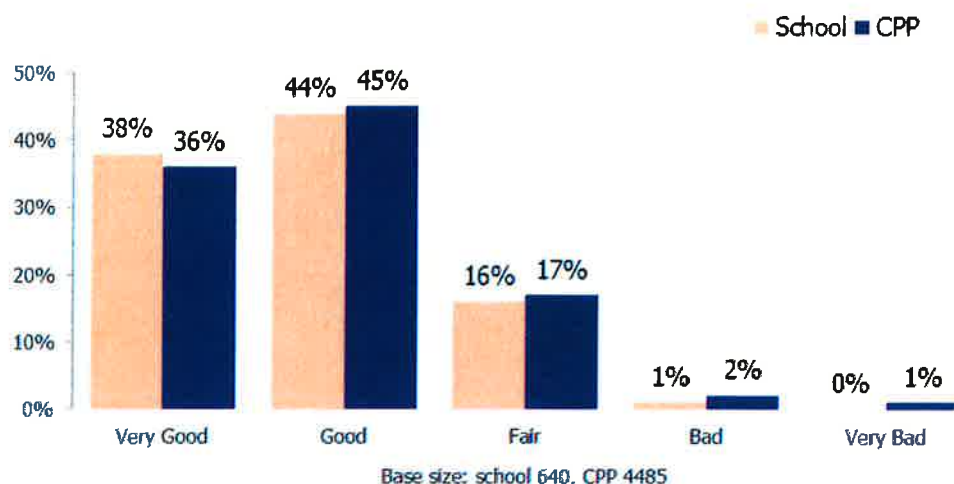
On each of the scales, between 62% and 83% of children in the school were categorised as close to average, which compares to 61% and 81% across Falkirk. A comparison with the figures for Falkirk as a whole on the total difficulties and each of the subscales is contained in the graph. Note - 'slightly raised', 'high' and 'very high' refers to the total difficulties and the subscales of emotional symptoms, conduct problems, hyperactivity and peer problems. 'Slightly lowered', 'low' and 'very low' refers to the prosocial scale.

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General health, at school and CPP level, 2016



Diet and physical activity

In total, 36% of pupils said that they eat fruit and 37% that they eat vegetables (not including potatoes and chips) at least once a day. Comparative figures for Falkirk as a whole were 34% and 36% respectively.

Although direct national comparisons are difficult, the 2014 Health Behaviours of School Children Survey suggested that 38% of 13 and 15 year-olds in Scotland eat fruit daily and the same proportion eat vegetables daily.

Table 5 Dietary behaviour, at school level, 2016

%	Every day, more than once	Once a day	5-6 days a week	2-4 days a week	Once a week	Less often	Unweighted base
How often child eats fruit	18	18	11	25	11	17	610
How often child eats vegetables, not including potatoes and chips	16	21	16	22	8	16	600
How often child drinks sugary drinks	11	11	14	22	16	26	605

In terms of potentially harmful dietary behaviour, 22% said that they drink sugary drinks (fizzy or still) at least once a day compared with 24% across Falkirk as a whole.

In total, 20% of children in the school said that they are physically active for a total of at least 60 minutes every day – the level promoted as part of the Scottish Government guidance on physical activity for young people. A further 27% said they are active for this time on 5-6 days a week and 53% said they are physically active for this time on 4 days or fewer per week. Physical activity rates falls as pupils aged, especially for girls. The lowest rates for daily physical activity (6%) were found among S4 girls.

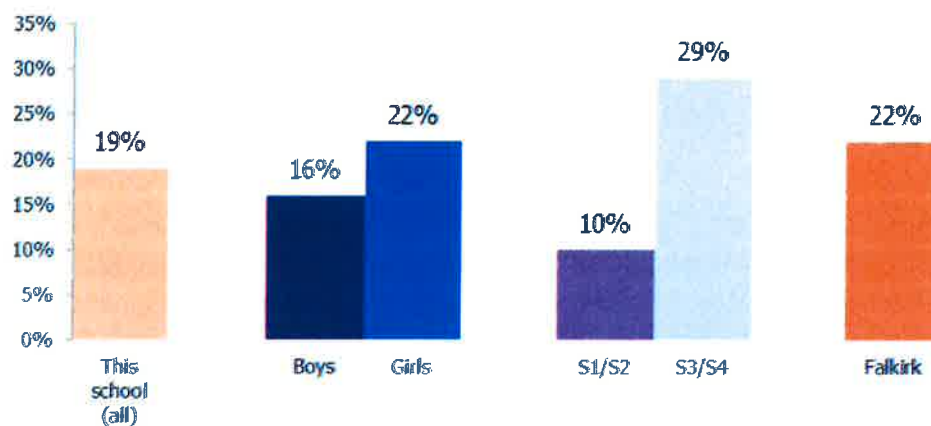
Table 7 Frequency of drinking alcohol, school and CPP level, 2015

%	School	S1/S2	S3/S4	Male	Female	CPP
At least once a week	5	3	9	5	6	6
About once a fortnight	4	2	7	4	5	5
About once a month	7	5	9	5	8	6
Only a few times a year	16	11	22	16	15	17
Never drink alcohol now	3	3	4	2	4	3
Never had a drink	64	77	50	68	62	63
<i>Unweighted base</i>	600	315	280	275	315	4225

In terms of recent national comparisons, the 2015 SALSUS suggested that 19% of 15 year-old girls this age and 16% of 15 year-old boys consumed alcohol at least once a week.

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'Ever been drunk', at school level, by sub-groups and CPP level, 2016



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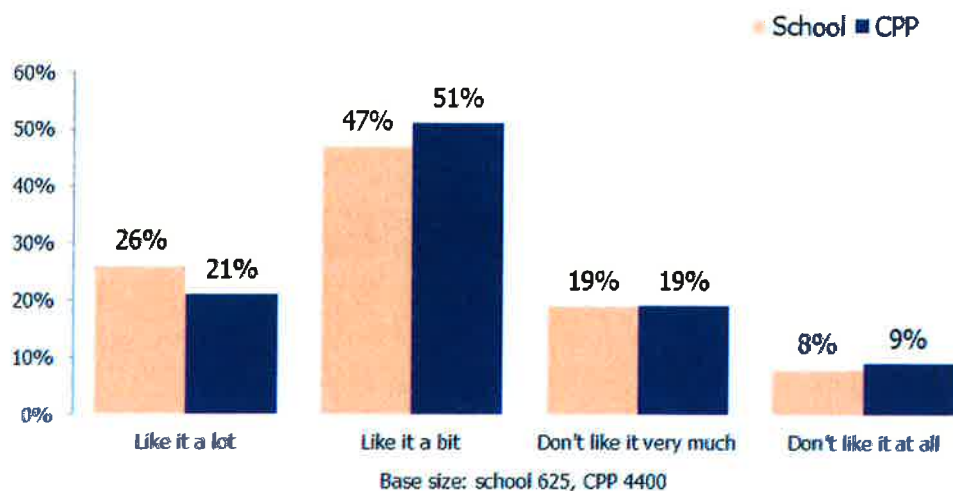
In total 19% of pupils stated that they had 'ever been drunk' which compares to 22% across Falkirk. As in Falkirk as a whole, there was a sharp increase in the proportion that had 'ever been drunk' from S1/2 (10%) to S3/4 (29%). In total 16% of boys had 'ever been drunk' compared to 22% of girls.

Drug use

Overall, 25% of pupils said they have been offered drugs at some point. By way of national comparison, the same was true of 19% of 13 year olds and 42% of 15 year olds in SALSUS 2015.

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Overall, 27% said that they felt 'strained or pressured' a lot of the time by schoolwork (compared with 31% in Falkirk as a whole).

Table 11 How often feel strained / pressured by school work, at school and CPP level, 2016

%	School	S1/S2	S3/S4	Male	Female	CPP
A lot of the time	27	17	38	18	34	31
Sometimes	59	63	55	65	54	56
Never	14	20	7	17	11	13
<i>Unweighted base</i>	630	330	290	280	340	4355

Perhaps not surprisingly, the figure that felt strained or pressurised 'a lot of the time' was higher among those in S3/S4 (38%) than S1/S2 (17%); but it was also noticeably higher among girls (34%) than boys (18%).

Friendships and peer relationships

Most pupils at St Mungo's RC High School appear to have a strong network of peer relationships - a large majority of all pupils (79%) said that they had three or more close friends. In total 81% of boys said this compared to 77% of girls and 82% of pupils in S1, 77% in S2, 80% in S3 and 76% in S4. There is, however, a small proportion who indicated that they have only one (4%) or no close friends (2%).

Most pupils at St Mungo's RC High School have not experienced violence, threats or theft – but 12% have (15% among those in S1/S2 and 9% among those in S3/S4).

Table 14 Time with family, at school level, 2016

%	Strongly agree	Tend to agree	Neither agree / nor disagree	Tend to disagree	Strongly disagree	<i>Unweighted base</i>
My parents / carers treat me fairly	68	25	4	1	1	580
I enjoy spending time with my family	58	29	9	3	2	580

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Finally, the survey asked pupils how they felt about the area they live in, as perceptions of one's broader environment has also been shown to be related to overall wellbeing.

Table 15 Agreement with place statements, at school level, 2016

%	Strongly Agree	Tend to Agree	Neither Agree nor Disagree	Tend to Disagree	Strongly Disagree	<i>Unweighted base</i>
People say 'hello' and often stop to talk to each other in the street	33	34	17	9	7	545
It's a really good place to live	45	32	12	6	5	555
I could ask for help or a favour from neighbours	39	27	16	10	8	545
You can trust people round here	38	29	16	10	8	540
There's nothing for young people to do in this area	19	21	18	21	21	545
I feel safe being outside with my friends in this area	49	30	12	5	4	550

On most measures, pupils are broadly positive about the areas they live in. For example, 79% agree (including 49% agree 'strongly') that they feel safe being outside with their friends in the area. Pupils are most likely to express negative views in relation to the availability of amenities and activities for young people – 40% agreeing (including 19% 'agreeing strongly') that there is 'nothing for young people to do in this area'.

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