

Primary School and ASN School Guidance on Health & Wellbeing Survey

Introduction

In order to track the progress of the wellbeing of pupils across all our school establishments, the Strengths and Difficulties Questionnaire (SDQ) will be carried out with our children and young people again. The SDQ was previously used in session 20/21 to gauge the wellbeing across our pupil population following the COVID-19 pandemic. Using the SDQ again this year will allow us to monitor the progress we have made in supporting pupil wellbeing.

What is the SDQ?

The SDQ is a screening tool that is used to assess children and young people's health and wellbeing. It is a brief questionnaire that contains 25 statements covering a range of attributes including emotion, attention, behaviour (including prosocial behaviour) and peer relationships. It provides an initial insight into the health and wellbeing needs of children and young people.

Purpose

The SDQ will be used to provide a snapshot of the mental health and wellbeing of children and young people. It will serve a purpose at different levels for both schools and Education and Families as a whole by:

- Providing an insight into the wellbeing of individuals to support individual level assessment and intervention planning as required.
- Providing results and identifying common themes at a group/class and school level to support planning and interventions as appropriate.
- Providing an insight into health & wellbeing needs at a cluster, area and whole authority level to support strategic planning.

It should be noted that at an individual pupil level the SDQ should be considered an initial screening tool. Should results show concerns at an individual level, these should be explored further by school staff in accordance with the GIRFEC assessment and planning pathway.

Implementation

Due to the design and content of the SDQ, for all primary aged pupils and for some identified ASN schools, SDQ assessments are completed by class teachers. Each SDQ should take approximately 5-10 mins to complete. Due to the scale of this task, Education and Families is securing use of the SDQ over a digital platform and have utilised new processes this year in order to remove the burden of the initial set-up process from school staff (e.g., creating the school cohorts and entering pupils onto the online scoring system). To support SDQ administration, school staff will be provided with login passwords for each pupil in their school. Staff will use this password to complete the SDQ for specific pupils. These passwords will be provided to you by the SDQ training and support team in due course.

At a later stage the Senior Leadership Team requests that schools provide an update on their SDQ completion rate. Guidance on how to do this will be included in a Help Guide which will be sent to you with your pupil passwords. We request that you provide this update to one of our Research and Development Officers (RDO's): Mrs Lisa Leslie (LeslieL@northlan.gov.uk), Miss Abigail Watt (WattA@northlan.gov.uk), or Miss Kirsten Watt (WattK@northlan.gov.uk) on **the week beginning 15th of May.**

Next Steps

To support the implementation process, each school should identify one member of staff as the SDQ coordinator to serve as a link to the SDQ training and support team (however it is advisable that schools identify more than one person to support the administration of the SDQ in the school). Please send these details to Our Research and Development Officers (RDO's): Mrs Lisa Leslie LeslieL@northlan.gov.uk, Miss Abigail Watt WattA@northlan.gov.uk, and Miss Kirsten Watt WattK@northlan.gov.uk. The identified member of staff will receive information and support on the associated administration tasks, assessment process and how to gain access to the results at a later point. This link member of staff will then coordinate and help deliver the assessment process within their school.

For additional updates and for ongoing support with this process, you can access the following teams page - [SDQ Support- MS Teams Channel](#).

With respect to informing parents/carers of their rights regarding participation, a letter is included as an appendix.

Timescales

For all primary pupils (and identified ASN establishments): to give appropriate notice to parent/carers it is anticipated that the attached letters will be distributed by the school by Thursday the 27th of April. Once the letters have been sent to parents, SDQ administration can begin 10 days later (allowing for an opt-out period for parents).

An update on the SDQ completion rate should then be provided to the RDOs the week beginning the 15th of May.

The process should aim to be **completed by staff for all pupils by Friday 16th June.**

Please send the name of your SDQ coordinator to LeslieL@northlan.gov.uk, WattA@northlan.gov.uk, and WattK@northlan.gov.uk.

Thank you very much for your cooperation with this important task.

Yours sincerely

Mr Gerard McLaughlin (Chief Officer, Education North), Janie O'Neil (Chief Officer, Education South)

Appendices:

- Parental Letter

Appendix: Parental Letter

Primary School & ASN establishments: Children's Wellbeing Survey

Dear Parent/Guardian

In North Lanarkshire we want to do all we can to support our children and young people's health and wellbeing. Following implementation of a health and wellbeing survey in session 2020/21, we would like to hear from our young people again, therefore all school age children in North Lanarkshire have been invited to take part in a short online health and wellbeing questionnaire. The results of this survey will be used to understand the wellbeing needs of children in North Lanarkshire. This will help us improve the way children's services are planned and delivered.

What will be happening?

Your child's teacher will complete the Strengths and Difficulties questionnaire. This will take about 5-10 minutes to complete. The questions are all well-established items that have been ethically approved for surveys with children of this age and found to be associated with wellbeing. Some of the topics include: children's emotions, feelings and behaviours at home and school, engagement with learning, and relationships with peers.

Will anyone see my child's answers?

Your child's name will be linked to an ID number by North Lanarkshire. Your child's school and the team managing this project (consisting of a small number of North Lanarkshire Education and Families staff) will hold this information. The project team analysing the data are trained to keep data safe, confidential and anonymous. The focus of the project team will be on looking at trends across the whole of North Lanarkshire and at school and school cluster levels. They will not have a focus on looking at individual results in detail. Only your child's school will look at individual data in detail. This will help school staff to speak with any children who might need extra support.

Do I need to agree to take part?

No. It is up to you. You can opt-out of participating by completing and returning the slip enclosed in the letter to the school. Not taking part will have no impact on your child's schooling or any services used.

Yours faithfully

Gerard J. McLaughlin

Mr Gerard McLaughlin
Head of Service (North)

You do not have to do anything if you are happy for your child's teacher to complete the health and wellbeing survey for your child.

If you do not wish to participate in this survey, please complete the tear-off slip below and return it to your school within the **next 10 days**. Thank you for your help with this important programme.

Children's Wellbeing Survey

I do not wish Primary School to complete the survey for my child

..... (Print name of child in capital letters).

Signed Date /...../.....

Name

Relationship to child Child's primary stage
