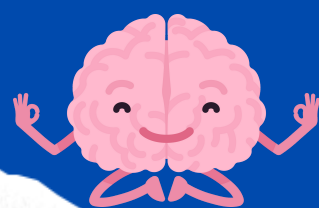


HAYES PRIMARY SCHOOL



WELL BEING SURVEY 22/23

At Hayes Primary School, our vision is to develop the whole child. As part of that pledge we asked the children in years 2 - 6 to complete a well being survey.

By analysing the results, it has allowed us to create suggested strategies to support our families and raise awareness of issues. We have been able to identify individuals who would benefit from targeted support as well as wider issues across cohorts.



90.6% of our students said they felt calm, with 35% of them saying they felt calm ALL the time.

92.4% of our students said they feel happy all or some of the time.



63% of our students said they had trouble sleeping.

72.9% of our students said they wake up in the night.



Results per year group were sent to parents, highlighting that sleep was a prominent issue to raise their awareness. We also sent an information sheet we created of websites, blogs, videos, signposting and advice for parents.



Each class had a lesson on sleep - why we need it, how important it is, what good sleep looks like, healthy habits for sleep etc. Each child received sleep tips to take home and posters have been placed around school.