

Student Wellbeing Questionnaire – ‘You Said’ ‘We Did’

November 2020 / November 2021

In our school, we learn about how important it is to talk about our feelings and emotions.

You said		We Did
<ul style="list-style-type: none"> ● Maybe zones could be bigger. More space. ● Help with coping with my feelings ● Talk about it every day. ● I want to do more. ● It’s hard for me to talk about it. ● I don’t like to talk about my feelings. ● Sometimes but mostly its private and there isn’t always support about talking about feelings ● Play more games. 		<ul style="list-style-type: none"> ● Staff have had training in wellbeing and learnt new ways to help students to manage big feelings. ● Set up meetings and training with the Wellbeing in mind team to learn new ideas and find new resources. ● Classes will look at the use of Zones of regulation in their rooms. ● Wellbeing (SMILE) council will produce Wellbeing displays in school. ● Zones of Regulation game has been purchased. ● Staff have received training in an introduction to Cognitive Behavioural Therapy.
<p>Positives</p> <ul style="list-style-type: none"> ● It couldn’t be better ● We have zones and we can say how we feel ● If you are feeling sad you can talk to an adult ● They are supporting of us. ● They teach us this. ● Zones every day. ● So we can feel and let it go. ● Tell the teacher. ● We talk about it ● They understand how we feel. 		

- Miss Barker talks about how important our emotions are. We have a girls group.
- We do PSHE
- We do this in class.
- Tell the teachers how we feel. We use Grid 2 and zones.
- My teacher supports me and tell me to speak about my feelings we also have zones of regulation. I like these to show my feelings.
- I feel like my school and teachers support me to talk about my feelings.

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- We learn about it and do it every and do it every morning and afternoon.
- I can talk to a friend or teacher. We do zones every day.
- Teachers talk to us about sharing our feelings
- In emotions, in assembly, in group work. We use pictures to put on a colour zone. We have green, blue, yellow and red.
- We do zones. We have lessons.
- We learn self control when it comes to anger.

I believe I can make a difference if someone else is feeling worried or unhappy.

You said		We Did
<ul style="list-style-type: none"> ● They don't be mad, sad, wobbly. ● Ask if they were alright, ask if they are hurt. Then I would get help from a teacher. ● I am bad at making people feel better. ● It's embarrassing. ● We need to leave people alone when they are feeling sad. ● I'm not good at it at all, I get worried when people are upset. ● Depends who it is. 		<ul style="list-style-type: none"> ● High vis jackets for staff at outdoor times so students can get help quickly if needed have been ordered ● PSHE lessons on reading emotions and how we can help our friends. ● Worry boxes in classes ● Friendship benches ● Class kindness walls / shout out boards if someone has done something to make someone else feel better.

Positives

- I make people laugh
- I can help them

- There is always a happy fire inside people.
- I've done it
- I'm caring to my friends.
- I would do silly things to make them laugh
- I want to make them feel happier.

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- We can make someone happier.
- Listen to what they say
- I would play with them.
- I will ask what is wrong. If they are ok. Tell their teacher.
- Sit and listen to them
- I help them feel better
- I help other people. I helped a friend.
- I've done it before.
- I would say kind words. I try and distract them.
- I would cheer them up. Tell them a joke. Be their friend and play with each other.

My school really cares about me and how I am feeling.

You said		We Did
<ul style="list-style-type: none"> ● When x is here I don't feel safe. When he is angry I can go for a walk on my own. ● I could stop being mean or sad ● Help us be kinder to people. 		<ul style="list-style-type: none"> ● Staff now use scales of justice, comic strips, social scripts to help understand how different people may feel in the same situation. ● PSHE lessons on friendships and being kind to others. ● Introduced star of the week. ● Opportunities to have quiet time or time in with an adult.

- Sometimes they believe other people's feelings
- Sometimes they don't.
- Some changes and new staff don't know.
- Overall I am sure they do but it doesn't come across like they do sometimes.
- I don't think school likes me.

- Social scripts about returning to school to help with worries.
- Staff have received Nurture training.
- Staff have had training in how to listen better (VRF's, coaching)
- All lower formal classes use zones of regulation to be able to talk about our feelings.
- Key staff are available to talk if needed.

Positives

- If I ever have an issue my school will try everything to fix it.
- Zones
- They are thoughtful
- Teachers know you well.
- They care about me and I can talk with them
- Staff always check in on us and ask if we are ok.
- Of the way school/teachers show it.
- I am able to seek help if I need it.
- By looking at me see how I am feeling and to keep me safe.
- Help and ask how I am.
- Teachers care if I feel sad.
- Help me and ask how I am feeling
- Teachers help me.
- Staff listen to me and help
- Staff listen to me
- I really love my teachers very well, I love the school and class
- They always try and fix any problems I have

- Depends on how I am feeling and key staff
- They are nice
- Sometimes they do not.
- Staff are positive and look after us
- If you need help they will always help
- Hug holds keep us safe
- They do know everything
- People at school are helpful and made a den with me.

My school really cares about all its pupils and how they are feeling.

You said		We Did
<ul style="list-style-type: none"> • Kids don't be so rude. • Sometimes they do and they don't • Some pupils although it feels biased with some people. • They listen to people's complaints but no plans are made! • Sometimes children be naughty 		<ul style="list-style-type: none"> • Star of the week. • Reward systems in place. • Opportunities to share feelings. • Zones of Regulation is used in Lower formal and is used at key times during the day. • Council meetings to allow you to have your say on making decisions. • Time to talk with an adult and further support and interventions are available. • Wellbeing council to look at kindness charter (linked to kindness (anti bullying) policy to make sure people know how to treat each other well. • Shout out boards/kindness charts in classrooms and discussions around all the positives of the week.

Positives

- Zones
- They are always asking if we are ok
- It would be bad if they didn't
- If ever a pupil has an emotional problem then the school will try and fix the issue

- Teachers care
- They always ask how you are feeling and reassure you.
- Because they are nice and do nice things.
- All the teachers treat us good
- My teachers and others help me and they care.
- They are nice to everyone.
- They show it

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- Because we teach everybody
- If someone gets angry staff protect us and gets us out of the way
- Staff talk to other pupils and asks if they are alright
- Because we are friends
- The class is the best I have had and it is very helpful
- We can see that staff care
- I know this because I see it and its working
- They do care
- I've been seeing people talking about their feelings.

If needed, I would feel comfortable talking about how I am feeling at school.

You said		We Did
<ul style="list-style-type: none"> ● Some people lie and teachers sometimes they don't care ● I don't like to ● I don't want to talk much really ● It's embarrassing ● I don't like showing how I am feeling 		<ul style="list-style-type: none"> ● Opportunities to have time to talk to a key adult. ● Draw and talk sessions. ● Worries box ● 1-1 sessions

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| <ul style="list-style-type: none">● I don't like to show weakness at school● I sometimes feel uncomfortable talking about feelings | | |
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Positives

- I have done in the past
- If I feel different emotions I can talk to an adult
- Its good if you do
- I would always feel comfortable talking to my teacher if I felt I needed to.
- Talk to any staff
- Talk to them away from others
- Yes because people are nice
- Teachers can help with how you are feeling.
- School support me

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- I could if I needed to
- Yes I would talk to anyone
- I have told me teacher before if I have been annoyed
- I have told teachers how I am feeling
- I tell the teachers all the time
- To certain staff
- I like to talk to key adults
- The staff are there to help me when I need it
- Key staff who I have good relationships with
- I would fee comfortable with most staff
- I like to talk about my feelings
- Yes a bit

My teachers know when I am feeling worried or unhappy.

You said		We Did
<ul style="list-style-type: none"> ● More help ● My mood changes ● I feel uncomfortable when talking about something. ● Its sometimes obvious when I'm upset/angry but its hard for me to feel at why it is, I would be. ● I need more help at expressing myself. ● That children are left for 6-10 minutes to calm down ● Play more games ● I just smile all the time ● I don't show how I am feeling ● No because I can hide my emotions 		<ul style="list-style-type: none"> ● Use of zones. ● Worries box ● Key adults available who know you well. ● Plans in place that show what students look like when they are worried or sad and what we can do to help. Ie calming strategies. ● Visuals to show an adult when need to talk. ● Zones of regulation game has been bought. ● 1-1 sessions about worries ● Sand tray sessions

Positives

- **They know me**
- **We show them how we feel by doing our zones in the morning.**
- **Talk to me, zones and walk**
- **They ask**
- **They help me.**
- **Teachers look at our faces**
- **My teachers are trying to get to know me.**
- **I can tell people when I feel emotions inside**
- **They can tell by looking at me.**
- **Emotions board**

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- You look after me
- Teachers can see if I look unhappy
- My teachers ask if I am ok
- They talk to me
- Staff help me when I feel angry, give me choices
- Yes they look at your face
- They practically know. They can see a face of red and rage
- They talk to you about it.

I am able to get help at school when I am feeling worried or unhappy

You said		We Did
<ul style="list-style-type: none"> ● More teachers in class to talk to. ● Nope just nope there again biased to other students. ● Yes but I like to keep it to myself 		<ul style="list-style-type: none"> ● Key adults available. ● The use of zones visuals. Ie moving your photo to blue zone. ● Worry box ● To look at a Friendship bench at break times.(November 2021 benches provided. Look to paint a specific one.) ● Visuals to get help
<p>Positives</p> <ul style="list-style-type: none"> ● If I asked my school would deliver ● I can talk to my teachers ● Yea I can do it ● My teacher ● Email mum, staff talk, staff try to sort it. 		

<ul style="list-style-type: none"> ● Call someone ● I have because I know who to talk to <p>November 2021</p> <ul style="list-style-type: none"> ● I would tell a teacher ● All of the teachers want to help all of the pupils ● I ask staff to write things down ● I know I can get help ● We can ask ● The staff are supportive in dealing with stuff. ● I would call my teacher to help me. 		
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The school really cares about what I think and listens to what I have to say		
You said		We Did
<ul style="list-style-type: none"> ● There aren't many occasions where this happens. ● Sometimes they listen but most times my idea/opinion doesn't matter ● Sometimes ● No they don't listen ● Depends on what it is and if they are busy ● Sometimes they do, sometimes they don't. 		<ul style="list-style-type: none"> ● School council members from each group in school. ● Votes taken to make decisions eg hot Christmas dinner or buffet. ● Pupil voice at meetings and feedback to classes. ● SMILE team meetings ● Reminder cards. ● School council and classes decided where bins and benches were going to be. ● Cool water bottles were provided for upper formal classes. ● Changed groups for some pupils
<ul style="list-style-type: none"> ● They listen to me. ● They are good listeners. 		

- If I am not happy I can speak to a sensible adult
- 100%
- They show this all the time
- Staff let me be on my own and they also talk to me and make me less anxious
- I was on the student council
- They listen to me.

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- **Star jar to earn more toys**
- You care what's in my brain cells
- Teachers give me time to speak
- Always listen
- Teachers listen and tell mum sometimes
- Teachers always listen
- Because staff say they like my ideas and listen
- I am on the school council
- They changed my class
- I agree with that so much
- A little bit