



Welcome Pack

2025/2026

Hampshire Health in Education

What are the surveys?

Public Health, in partnership with Children's Services, conducts surveys of pupils and learners in Primary Schools and Post-16 settings, and all education staff in early years, primary, secondary and post-16. These are every two years.

This is a unique opportunity to gain valuable insights into your pupils' wellbeing, experiences, and needs. New for this year, settings who sign up for the Primary survey also have the option of surveying their Year 6 pupils as well as Year 5.

The surveys identify areas where partners can work together to support education staff and settings and improve the wellbeing of children and young people.

The next round of surveys will be launching October 2025 – any setting can register interest now by emailing healtheducation@hants.gov.uk.

The surveys ask about the following:



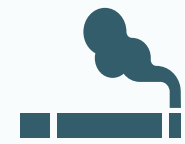
Life at school, including **information** students receive, and experiences of **bullying**



How students spend their **free time**



Students' **diets** and **dental health**



Smoking, vaping, alcohol and **drug use*** amongst students



Students' understanding of **consent, sexual health***, and experiences of **inappropriate behaviour**, both online and offline



The **mental wellbeing** of students, their concerns, and what they enjoy



Support for students, and how **confident staff** are to provide this





Opportunities for **staff development** that are available, or should be offered


** These questions are only asked to post-16 learners*


If your setting takes part, they will:


- ✓ Receive a **free, confidential report** with data specific to your cohort
 - Each participating setting receives a confidential report highlighting key trends and areas for celebration or improvement.
 - Support available from the Public Health team to understand and act on findings
 - New for the 2025/26 survey, settings will be able to view county-level results on an online dashboard, to make comparing your results easier!
- ✓ Gain a clearer picture of **what's working – and where support is needed**
 - Valuable insights into how your pupils feel about school, friendships, health, and their emotional wellbeing – directly from their perspective.
- ✓ Help **shape local services** and support for children, young people and families
 - Your setting's anonymous data will help the local authority and health services better understand and respond to the needs of children and young people in your area.
- ✓ Show your **commitment to children and young people's voice** and whole-setting wellbeing
 - Use the survey findings to inform your improvement plans, PSHE curriculum, and pastoral support strategies.
 - Show your commitment to listening to pupils and learners and involving them in shaping a positive, supportive environment.

1  **8 in 10 primary pupils said they felt safe all or most of the time at school, and 6 in 10 enjoyed being at school.** They felt their school was better at teaching them to behave well and respect others, compared to teaching them to live healthy lives and express their feelings.


2  **26% reported that they sometimes or regularly share a room, and 16% share a car, with someone who is smoking** were higher amongst those


3  **Around 6 in 10 pupils said** was lower among pupils with


4  **Around 8 in 10 pupils said 1** time. **The most common cause of** sleeping well, not feeling


5  Schools generally provided **in 10 pupils said the information about** vaping* was not helpful (less stable home lives, or v


*According to [statutory guidance](#), pupils' curriculum, schools may start with teachi


1  **Post-16 learners said their settings promoted good behaviour and safety but were less supportive of healthy lifestyles.** They reported eating fruit and vegetables less often (only 3 in 10 ate vegetables every day), and fast food more often, than primary pupils.


2  Information and advice was seen to be of good quality when it was recalled, especially about careers, smoking, and vaping. However, **the majority of learners didn't recall any helpful information about healthy eating**


3  By post-16, around **7 in 10 learners** carers are the most common source of drink as much as they like.


4  **Friends were the most common** learners said they currently smoke users of cannabis.


5  **Certain aspects of emotional** 16 education. The rate of your school and post-16 education (from 3 in 10 to 7 in 10), where

1  **Staff felt their area of greatest need was around supporting parents and carers** with their children's wellbeing, particularly for younger children in early years or key stage 1. Key stage 5 or post-16 staff asked for opportunities to network with other education settings.

2  Settings frequently reported engaging pupils in choosing priorities and approving policies, but **less frequently said they had policies in child-friendly formats.** For example, only half had a child-friendly version of their anti-bullying policy.

3  Staff highly valued networking with peers in similar roles. However, staff in later phases, and not in leadership roles were less likely to have the time to access these opportunities. **Support staff valued e-learning more and more frequently read communications** (e.g., newsletters, relevant articles, School Comms), compared to classroom teachers.

4  **Around 1 in 6 settings said they needed more bike or scooter storage.** More settings engaged with short-term active travel initiatives like Walk to School Week and Bikeability, compared to [Modeshift STARS](#), which involves long-term support from Travel Planning.

5  Staff are confident in championing healthy eating and physical activity through policies and role modelling, except in post-16. **However, fewer settings provided after-school/college sessions or teaching on how to cook healthy food at home.**

We present our findings clearly, so education settings can take learning from the surveys quickly. View the 23/24 summary report [here](#).

Good to know:

- 👍 The surveys are **anonymous** and do not collect any identifiable information about children, young people and staff – we want children and young people to be honest about their experiences and feel like their information is safe and respected
- 👍 **One-stop-shop** – we have worked with a wide range of partners to include their questions, so settings can complete a single health and wellbeing survey and focus their time on other things
- 👍 **Accessible and age-appropriate** – we worked extensively with speech and language specialists to make the wording and formatting of the questions as understandable as possible, and all our questions are accompanied by easy-read images as standard
- 👍 **Sustainability** – the Hampshire Health in Education team is here to provide consistent, streamlined and evidence-based support for settings over time

Listening to education settings

We use the survey results to:

- Update our Hampshire Health in Education [website](#) and free [e-learning](#)
- Develop additional support for settings, such as our free PSHE delivery training, PSHE Pledge, and [school food guidance](#)
- Support actions beyond education settings:
 - Inform other services' priorities and communication with schools
 - Understand local trends in smoking, vaping, drinking and drug use
 - Influence the support and services developed for self-harm, sexual health, physical activity and school attendance
 - Understand the needs of specific groups of children and young people, such as young carers and those with special educational needs



The poster features a teal background with white and purple text. At the top, it says 'Our school commits to the' followed by the 'Hampshire PSHE Pledge' logo, which includes a hand icon. Below this, a purple box contains five bullet points, each with a white checkmark. At the bottom, there is a QR code, a paragraph of text, and the website 'hants.gov.uk/healtheducation'. The Hampshire County Council logo is in the bottom left, and an illustration of a woman and a child looking at a laptop is in the bottom right. The background is decorated with various icons like a heart, a piggy bank, and a speech bubble.

Our school commits to the

HAMPSHIRE
PSHE
PLEDGE

We will:

- ✓ **deliver a curriculum covering all aspects of Personal, Social, Health and Economic (PSHE) education**, including statutory Relationships, Sex and Health Education (RSHE), that is preventative, builds over time, and matches children and young people's developmental stage and real-life experiences
- ✓ **provide lessons that develop skills** such as assessing and managing risks, decision-making, building healthy relationships, working collectively on problems, and openness
- ✓ **ensure that teaching in the classroom is enjoyable**, inclusive, relevant, empowering, trauma-informed, and respects the rights of children and young people
- ✓ **recognise PSHE is a specialist subject to teach**, that requires sufficient training and protected time for staff
- ✓ **work with our pupils/students, families and leadership to uphold an ethos and culture that values PSHE** and the benefits it has for children and young people's wellbeing, safety, and success

Find out more about the pledge and why it is important to you and the children, young people and families you work with, at Hampshire Health in Education.
hants.gov.uk/healtheducation

Hampshire County Council

Help us increase uptake:

In 2023/2024, 1660 Year 5 children took part in Hampshire, from 41 primary or junior schools, encompassing all 11 districts.

758 Post-16 young people took part in 2 Hampshire colleges.

Year 5

Basingstoke and Deane - 8

East Hants - 7

Eastleigh - 2

Fareham - 2

Gosport - 1

Hart - 3

Havant - 5

New Forest - 1

Rushmoor - 3

Test Valley - 6

Winchester - 3

Post-16

Winchester - 1

Basingstoke and Deane - 1

How do settings deliver the survey?

Summer term

- Settings sign up to via healtheducation@hants.gov.uk
- Contact details for the survey lead identified

September

- We send information sheets for you to share with parents/carers and provide a 2-week opt-out window
- Inform staff and plan survey delivery

October

- Settings are sent their own link, and any technical issues are resolved
- Survey opens
- Pupils/learners informed about the survey

October-December

- Survey completed in assembly, tutor time or a lesson in 30 minutes
- We provide linked assembly/lesson packs on online literacy
- Signposting embedded in the survey

January-February

- Survey closes and individual setting reports shared
- Public Health team starts analysis
- Support to understand and act on results

March onwards

- County and district level findings shared
- County-level action plan formed
- Support for non-education partners to act on findings