

# HEALTHY LIFESTYLES SURVEY

All students in Year 8-11 have completed our annual Healthy Lifestyles survey this fortnight. Year 7 will complete this before October half term.



## WHAT IS THE HEALTHY LIFESTYLES SURVEY?

THE SURVEY GIVES US THE OPPORTUNITY TO COLLECT INFORMATION ON HOW OUR YOUNG PEOPLE ARE BEING HEALTHY AND LEADING HEALTHY LIFESTYLES, IT WILL ALSO ASK THE YOUNG PEOPLE ABOUT HOW THEY PERCEIVE OTHERS, LOCALLY AND OF THEIR OWN AGE, TO BE BEHAVING IN RELATION TO HEALTH. FOR EXAMPLE, THE SURVEY ASKS, "DO YOU EAT FRUIT EVERY DAY?" AND "HOW MANY YOUNG PEOPLE YOUR AGE IN DARLINGTON DO YOU THINK SMOKE?"

## WHY DO WE DO IT?

THE INFORMATION GATHERED FROM THE SURVEY WILL ENABLE US TO PROVIDE A CURRICULUM THAT MEETS THE NEEDS OF THE STUDENTS WITHIN OUR SCHOOL, GIVING THEM INFORMATION ON SMOKING, ENERGY DRINKS, RELATIONSHIPS, ALCOHOL, DRUGS, PHYSICAL ACTIVITY, EATING HABITS, BULLYING, EMOTIONAL WELLBEING AND INTERNET SAFETY. OUR STAFF WILL RECEIVE RELEVANT TRAINING, RESOURCES AND SUPPORT THAT WILL ENABLE US TO SUPPORT OUR STUDENTS TO DEVELOP THEIR KNOWLEDGE AND SKILLS AS WELL AS ENABLING THEM TO EXPLORE THEIR ATTITUDES ABOUT RELEVANT HEALTH ISSUES, ALLOWING THEM TO MAKE INFORMED CHOICES, STAY SAFE AND ASK FOR HELP IF THEY NEED IT.



## WHAT ARE THE NEXT STEPS?

WE USE THE DATA TO INFORM OUR PLANNING OF THE PSHCE AND SMSC CURRICULUM. EACH CHILD STUDIES THESE SUBJECTS FOR 1 HOUR A WEEK. IN KEY STAGE 3, WE CALL THIS PSHCE AND IN KEY STAGE 4, WE CALL IT SMSC. YOU CAN SEE THE LEARNING JOURNEYS FOR BOTH SUBJECTS ON THE SCHOOL WEBSITE.

YOU CAN ALSO FIND OUT MORE ABOUT OUR WIDER PERSONAL DEVELOPMENT OFFER (INCLUDING OUR EXTRA CURRICULAR ACTIVITIES, CHAIRTY WORK AND CAREERS OFFER) IN THE PERSONAL DEVELOPMENT SECTION OF THE WEBSITE WHICH WILL BE UPDATED THROUGHOUT THE YEAR.