

Wellbeing survey

March 2021

Wellbeing Survey 2021: What we did

Youth Sport Trust and the Gregson Family Foundation conducted a survey using the YouGov parents panel 17th-19th February 2021. This analysis is based on the 1102 responses we received.

All respondents were parents of at least 1 child under 18 years of age.

Some questions were identical to those served to a matched sample on 13-14th February 2020. Differences between the 2021 and 2020 surveys are shown where data is available.

Key findings: The importance of wellbeing

The wellbeing of children at school continues to be a top priority for parents.

- 2/3 of parents (64%) believe that the wellbeing of pupils is more important than their academic attainment

Parents continue to want information about their children's wellbeing but there are some encouraging signs that parents are feeling a little better informed.

- Almost $\frac{3}{4}$ of parents (73%) are calling for schools to measure and track the wellbeing of their pupils, with 76% agreeing that "we need to measure young people's wellbeing if we are going to improve it".
- 68% believe that there should be an agreed way for the wellbeing of children to be measured.
 - 7 in 10 (72%) would ask about their child's wellbeing at a parents evening
 - 2/3 of parents (67%) would like to see more information about what schools are doing to support the mental wellbeing of pupils and the same percentage think it should be easier to find out how effectively schools are supporting pupils' wellbeing.
 - Just over half of parents (55%) feel informed about what their school is doing to look after their children's wellbeing but this shows a big improvement on last year (44%)

Pupil wellbeing is one of the most important factors that parents mention when asked what they would look for in choosing a school.

- It is the top factor for secondary school choice (65%), ahead of those citing location (62%), facilities (57%), OFSTED rating (57%) and exam results (48%) and second only to location for primary school choice (63%)

Key findings: Activity

Parents recognise the importance of PE and school sport in helping support children's wellbeing

- Over 4/5th (81%) of parents believe that cuts to PE, sport and break times in schools are likely to have a negative impact on pupil wellbeing and 6 in 10 believe that PE should focus on Wellbeing outcomes more than technical ability in sport.
- 4/5 (81%) of parents believe that schools should be ensuring that every pupil is physically active for at least 30 minutes a day whilst in school, with similar numbers (78%) calling for schools to provide at least 2 hours a weeks of physical education to every pupil. 68% of parents also believe that PE should be a core subject on the national curriculum.

There is a lack of awareness amongst parents as to how much physical activity children should be doing

- PE, sport and physical activity has an important role in helping maintain and improve children's physical, social, mental and emotional wellbeing. The CMO guidelines recommend that children should be doing an average of 60 mins of physical activity every day, however
 - Only 38% of parents are aware of this target
 - 44% believe that the target is 30 minutes or less.

When asked about their children's activity, almost 4 in 5 parents (79%) reported that their children were currently doing less than the CMO guidelines and 11% reported that their children were currently doing no activity.

- Over 2/3s of parents (69%) believe that their children are less physically active now compared to before the Coronavirus pandemic (i.e. before March 2020).

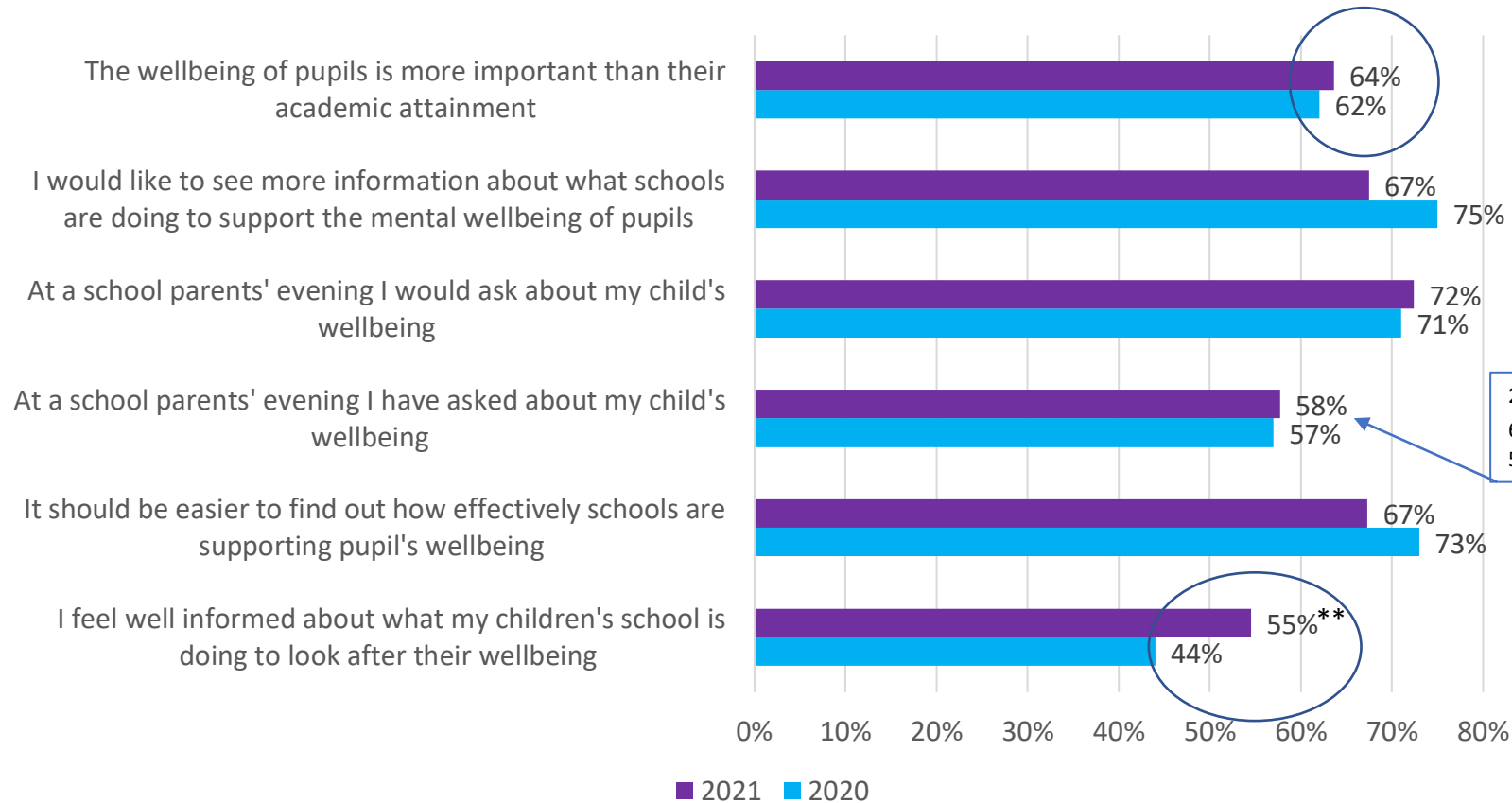
Key findings: Current wellbeing levels

The pandemic has brought huge disruption to children and young people's lives with the consequent negative impact on their wellbeing.

- Only around a 1/3 of parents (35%) with children aged 4-10 and a 1/4 of parents with children aged 11-18 (25%) said that their children were satisfied with their life nowadays (rating between 8-10 out of 10)*
- Over 2/3 of parents (67% of parents with children aged 4-10 and 70% of those with children aged 11-16) say that the pandemic, lockdown and changes to schooling have worsened their children's wellbeing*

Children's wellbeing remains a priority & parents are keen to get more information

2/3 of parents (64%) believe that the wellbeing of pupils is more important than their academic attainment. There are some encouraging signs that parents are feeling a little better informed.



Parents continue to want information about their children's wellbeing.

- 7 in 10 (72%) would ask about their child's wellbeing at a parents evening.
- 2/3 of parents (67%) would like to see more information about what schools are doing to support the mental wellbeing of pupils and the same percentage think it should be easier to find out how effectively school are supporting pupil's wellbeing.
- Just over half of parents (55%) feel informed about what their school is doing to look after their children's wellbeing but this shows a big improvement on last year (44%)



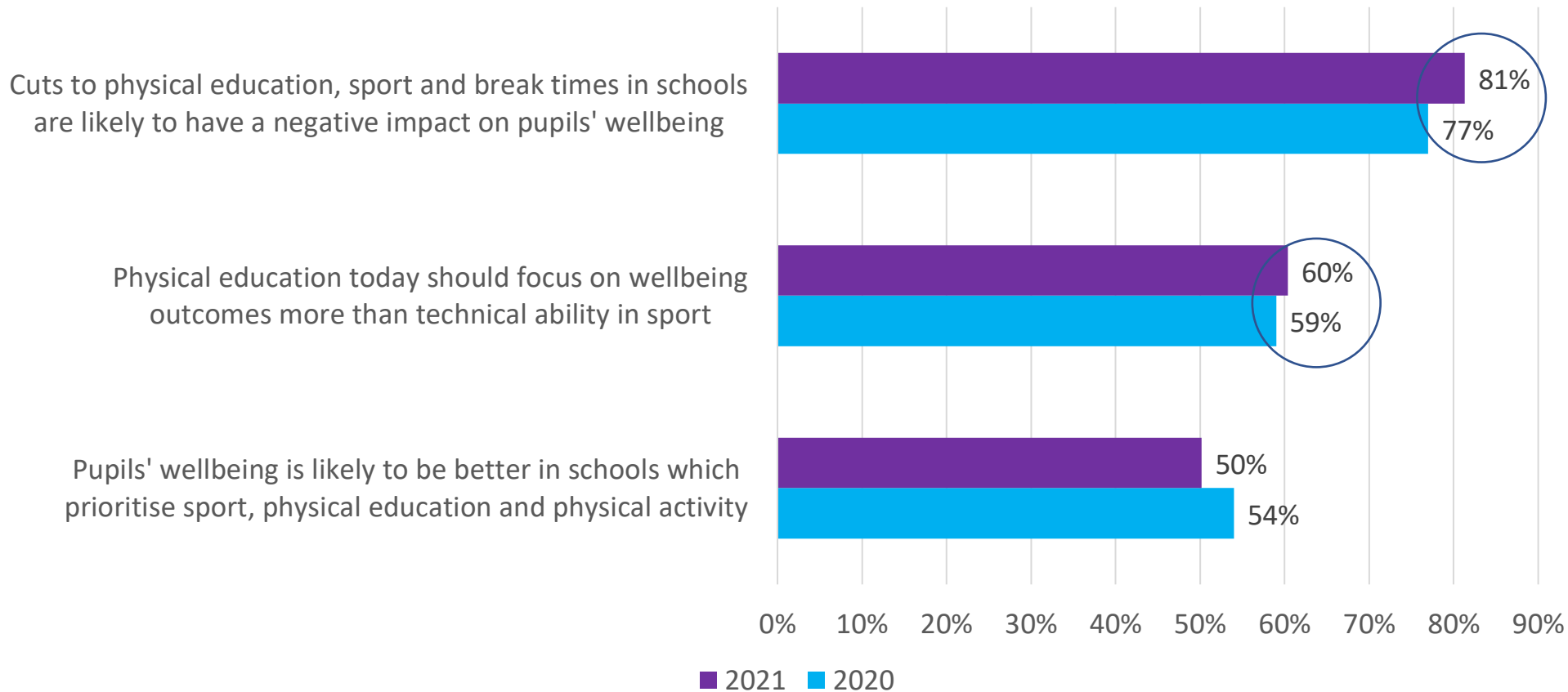
** Significant difference

*% of parents who have a child of primary school age

% of parents who have a child of secondary school age

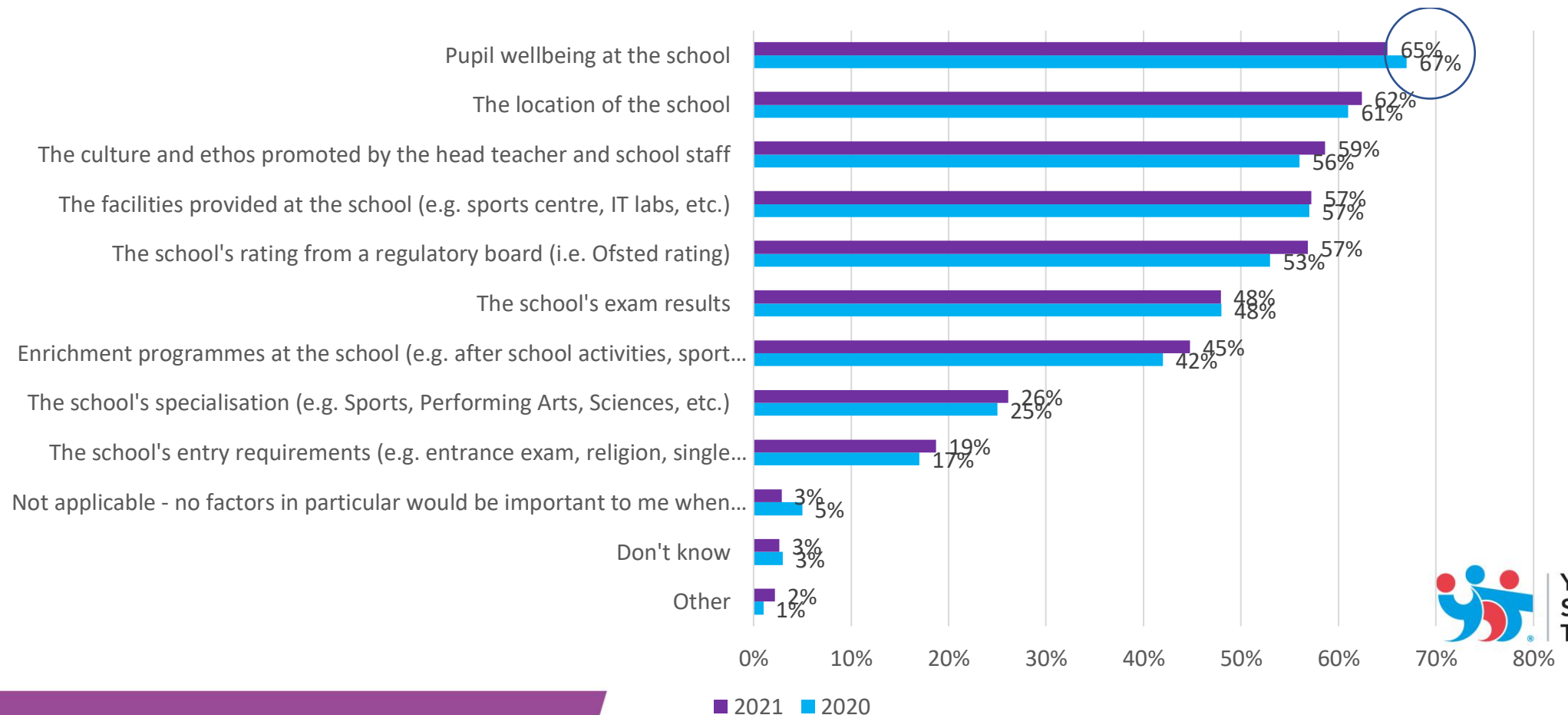
Parents recognise the importance of PE and school sport in supporting wellbeing

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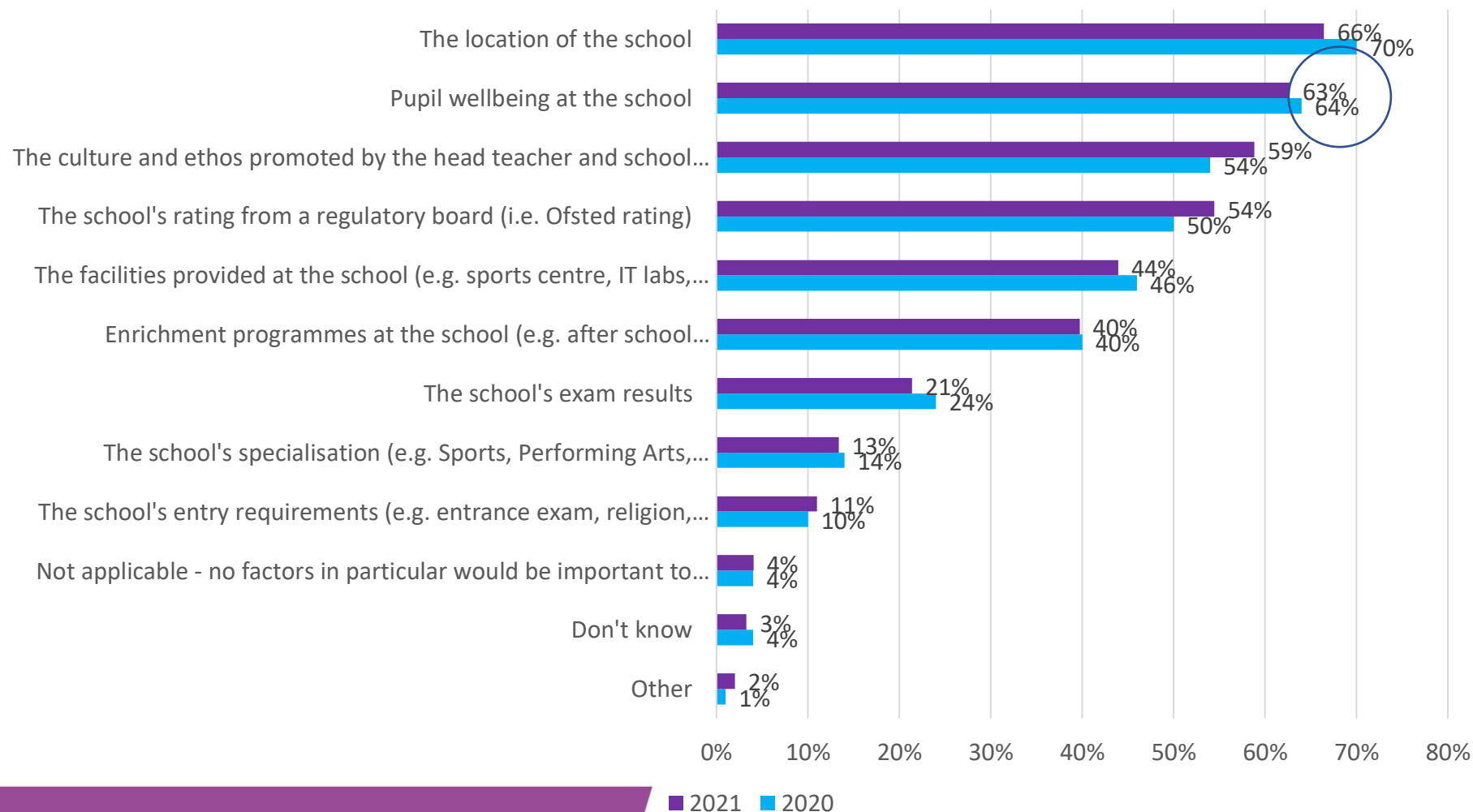
Pupil wellbeing is the top factor when choosing a secondary school

Pupil wellbeing continues to be one of the most important factors that parents mention when asked what they would look for in choosing a school. It is the top factor for secondary school choice (65%), ahead of those citing location (62%), facilities (57%), OFSTED rating (57%) and exam results (48%),



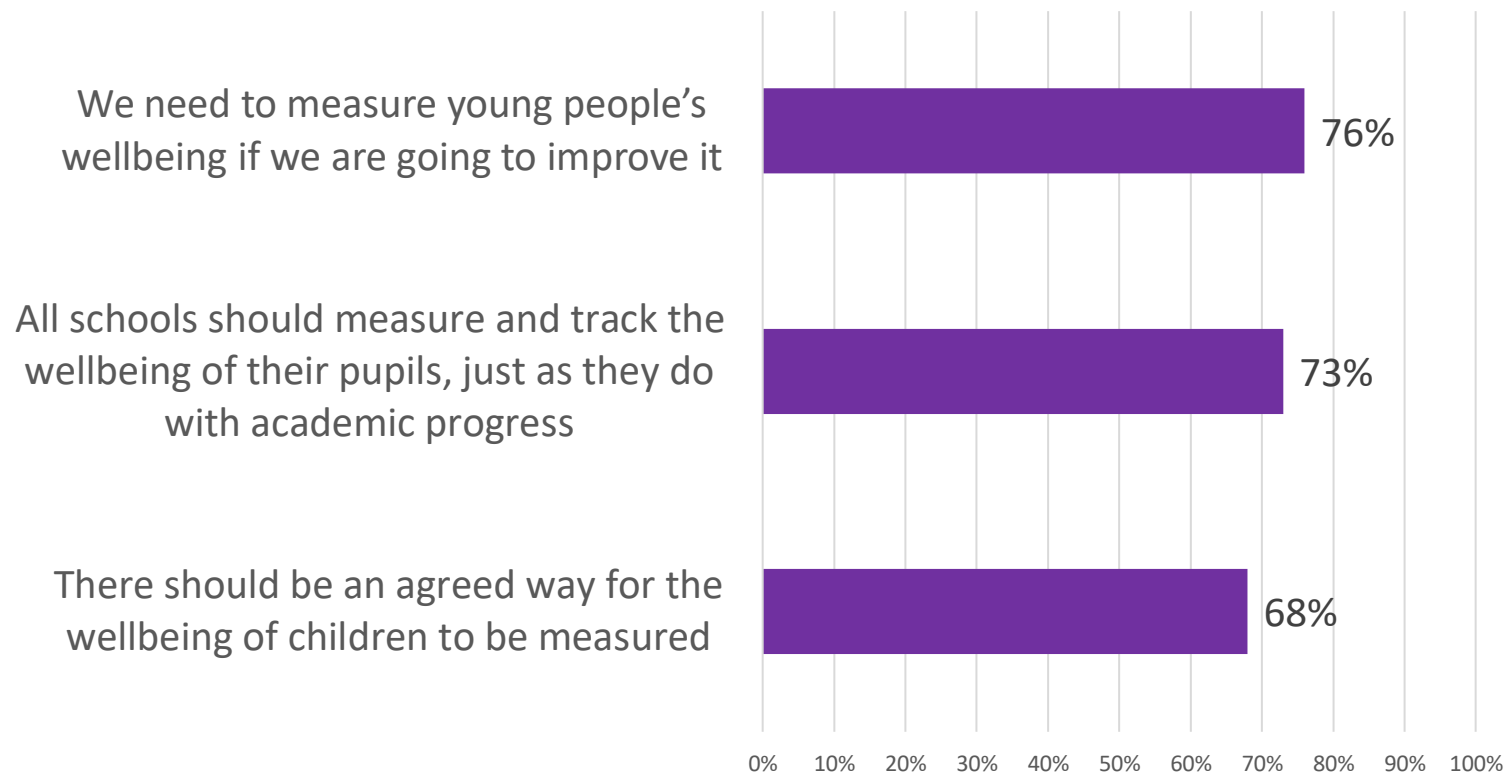
Pupil wellbeing is one of the top factors when choosing a primary school

Pupil wellbeing is second only to location for primary school choice (63%)



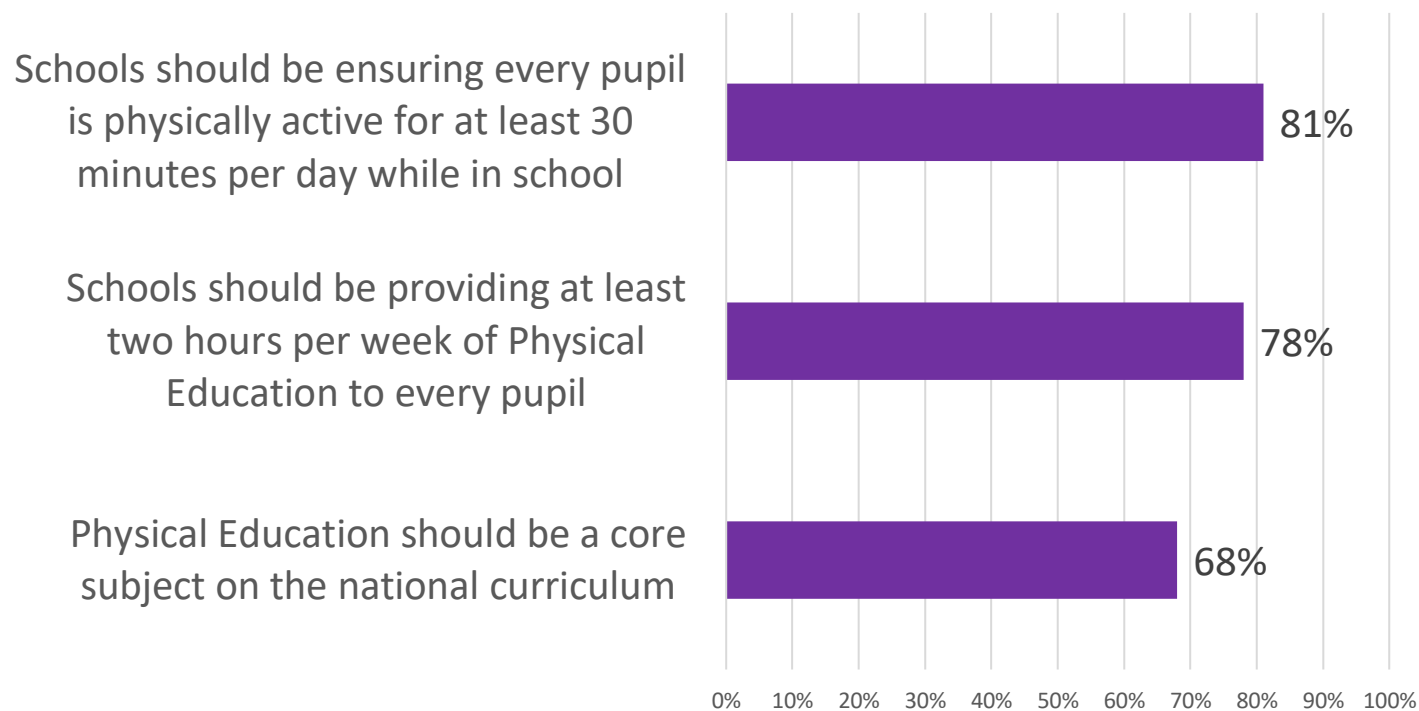
There is strong support for the measurement of children's wellbeing

- Almost $\frac{3}{4}$ of parents (73%) are calling for schools to measure and track the wellbeing of their pupils, with 76% agreeing that “we need to measure young people’s wellbeing if we are going to improve it”.
- 68% believe that there should be an agreed way for the wellbeing of children to be measured.



Parents are very supportive of school PE being a key part of the school offer

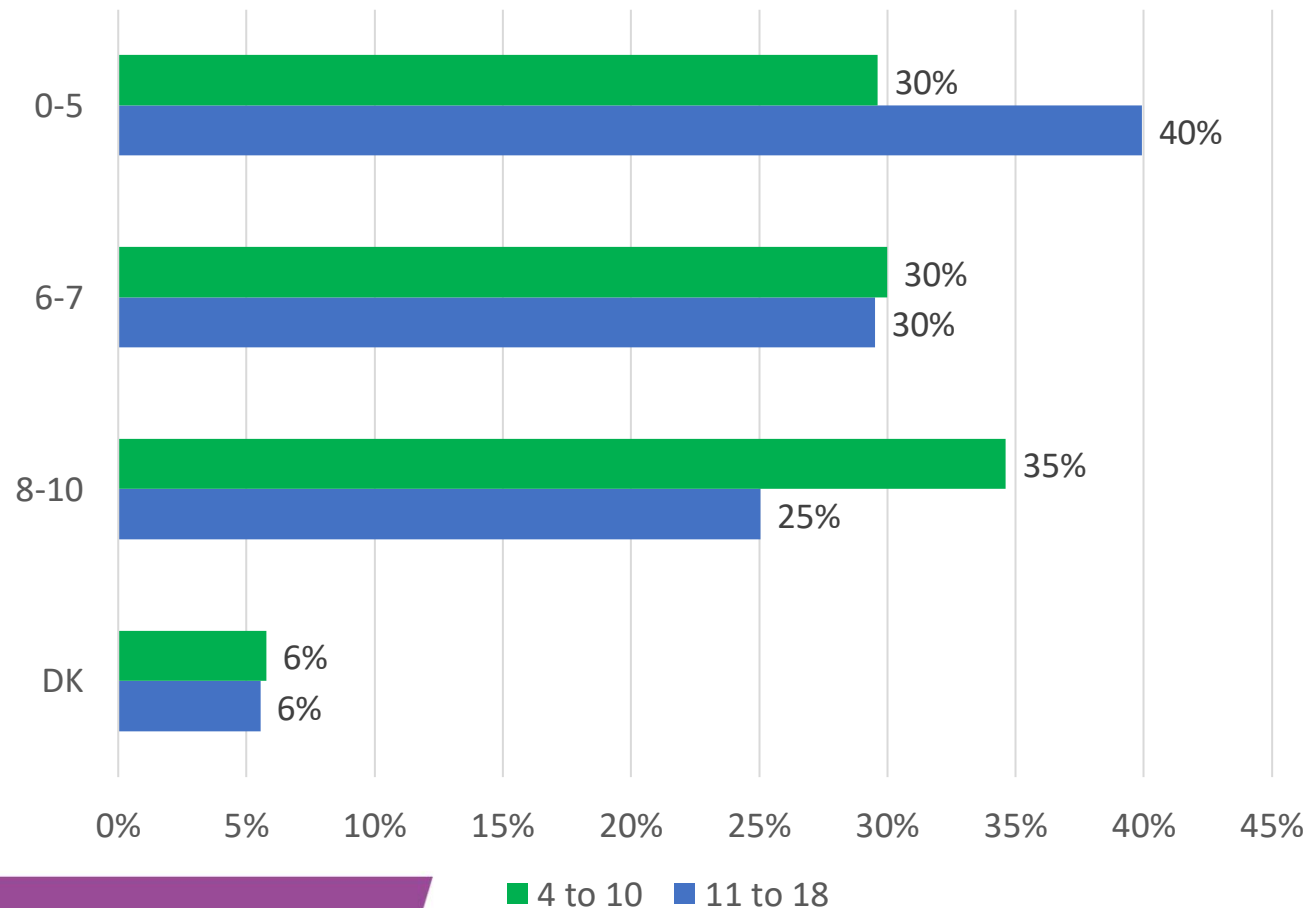
- 4/5 (81%) of parents believe that schools should be ensuring that every pupil is physically active for at least 30 minutes a day whilst in school, with similar numbers (78%) calling for schools to provide at least 2 hours a weeks of physical education to every pupil. 68% of parents also believe that PE should be a core subject on the national curriculum.



Many parents report that their children's wellbeing is poor

The pandemic has brought huge disruption to children and young people's lives with the consequent negative impact on wellbeing.

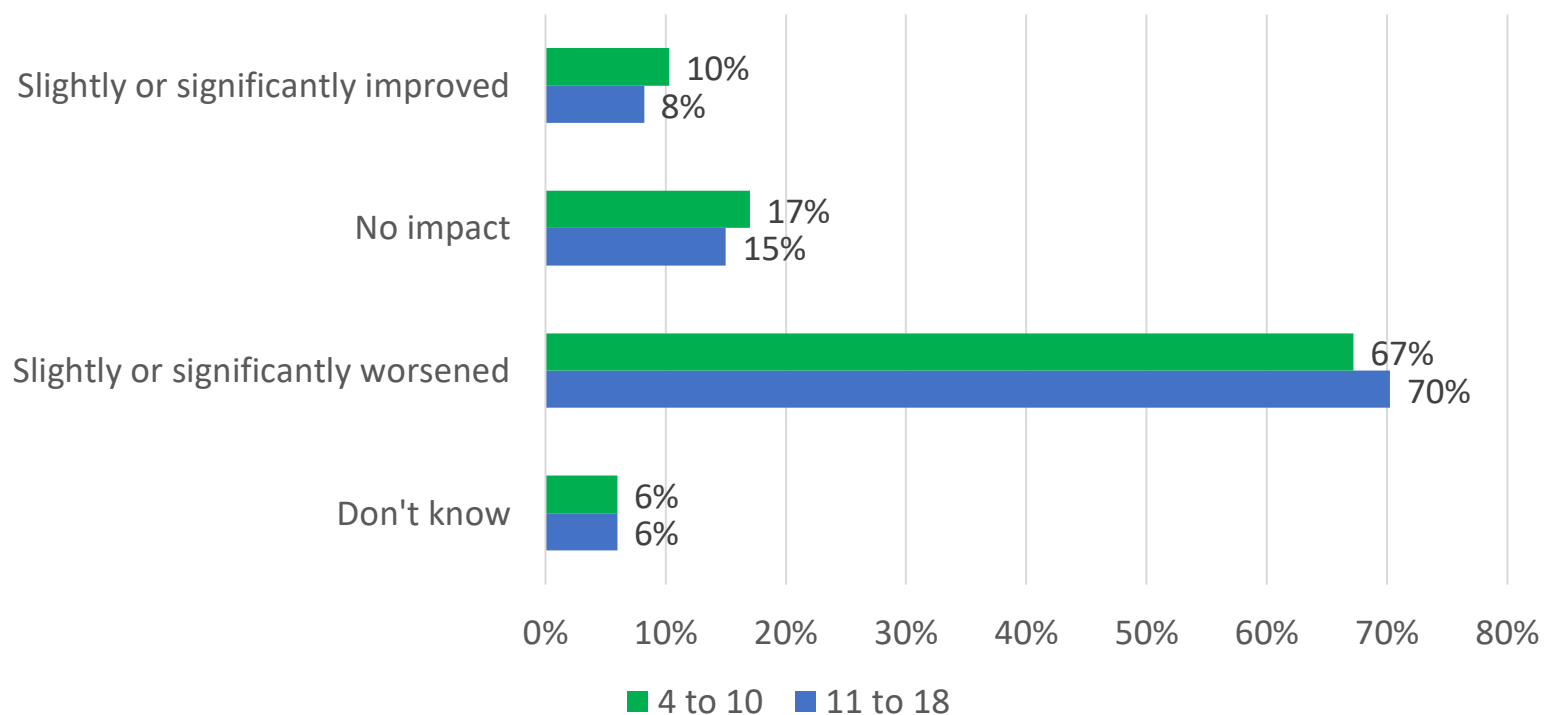
- Only around a 1/3 of parents (35%) with children aged 4-10 and a 1/4 of parents (25%) with children aged 11-18 said that their children were satisfied with their life nowadays (rating between 8-10 out of 10).



Parents believe that COVID has had a significant negative impact on children's wellbeing

The pandemic has brought huge disruption to children and young people's lives with the consequent negative impact on their wellbeing.

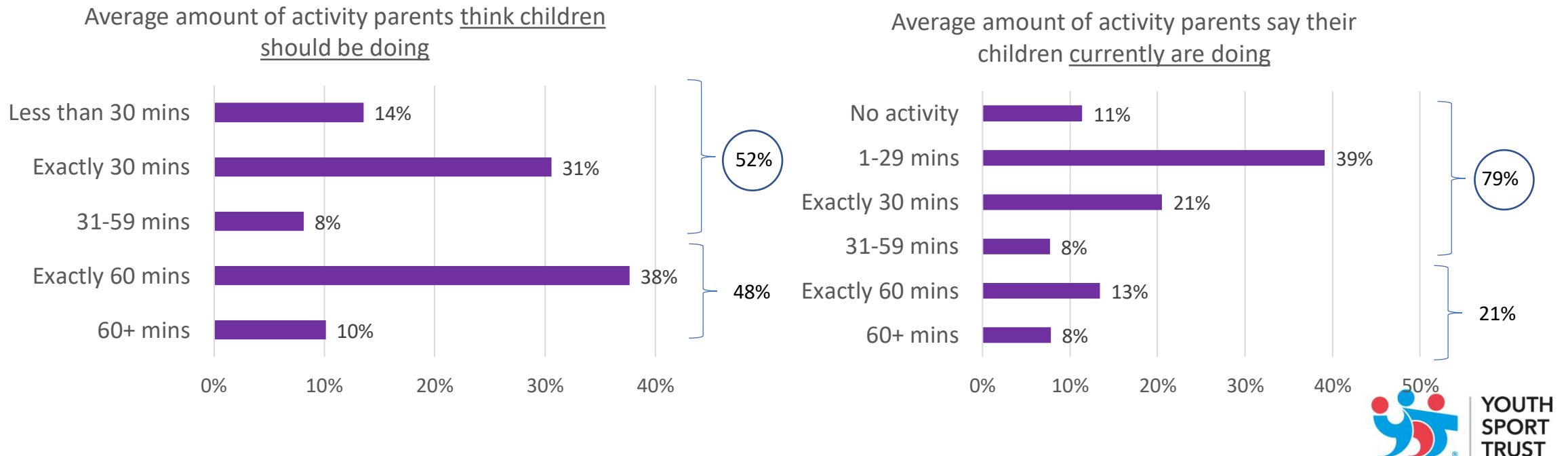
- Over 2/3 of parents (67% of parents with children aged 4-10 and 70% of those with children aged 11-16) say that the pandemic, lockdown and changes to schooling have worsened their children's wellbeing.



CMO activity targets are not widely known by parents and children are currently failing to meet them

PE, sport and physical activity has an important role in helping maintain and improve children's physical, social, mental and emotional wellbeing.

- The CMO guidelines recommend that children should be doing an average of 60 mins of physical activity every day, however, only 38% of parents we spoke to were aware of this target, with 52% believing it was less than 60 minutes (44% believing that it was 30 minutes or less).
- When asked about their children's activity, almost 4 in 5 parents (79%) reported that their children were doing less than the CMO guidelines.



Parents believe that their children are much less active currently than before the pandemic

Over 2/3 of parents (69%) believe that their children are less physically active now compared to before the Coronavirus pandemic (i.e. before March 2020)

