

Growing Up in North Yorkshire 2020 Key Findings

A report for Applegarth Primary School

Considerations

- Covid-19
- 5th November 2nd National Lockdown
- 6th January 3rd National Lockdown

KS1

Positives

- Physical activity
- Support
- Covid-19
- School and safety

Areas for Development

- Emotional Health and Wellbeing
- Feeling safe at school

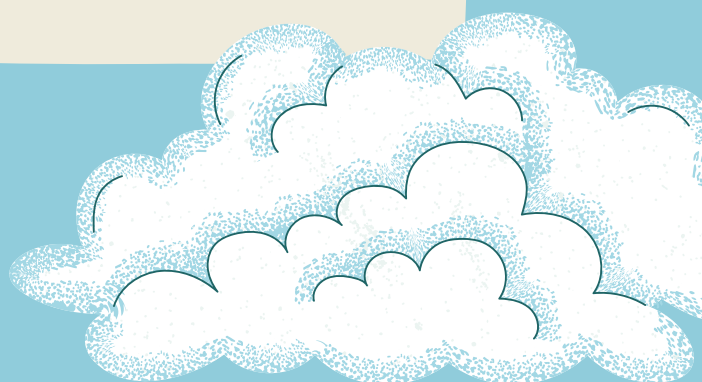
KS2

Positives

- School and Safety
- Healthy eating
- Alcohol, drugs and smoking
- Feeling safe and happy

Areas for Development

- Exercise
- Sleeping patterns
- Worrying
- Bullying
- Internet safety
- Gambling
- Views and opinions



Growing Up in North Yorkshire 2020 KS1

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Positives North Yorkshire KS1 data in brackets.

Physical activity

- **83%** (77%) of pupils said that they do one or more of the physical activities listed in the questionnaire at least 'twice a week' at **school**.
- **63%** (59%) of pupils said they do one or more of the physical activities listed in the questionnaire at least 'twice a week' at **home**.

Covid-19

- **39%** (32%) of pupils responded that they went to school 'most of the time' during covid-19 and lockdown, while 24% (21%) said they 'sometimes' did.
- **54%** (42%) of pupils responded that they could talk to someone at school 'most of the time' during the lockdown if they were worried about anything, while 31% (28%) said they could 'sometimes'.

School and Safety

- **95%** (91%) of pupils said they have had school lessons about how to keep themselves safe and **93%** (83%) said they had lessons about keeping safe online.

Support

- **93%** (94%) of pupils said they have an adult they can talk to if they have worries or are upset.

Dental Health

- **82%** (77%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.



Growing Up in North Yorkshire 2020 KS1

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Areas for Development North Yorkshire KS1 data in brackets.

Food

- **41%** (53%) of pupils responded that they eat fresh fruit on 'most days': **41%** (45%) said the same for vegetables. This is the same as the data collected in 2018.

Dental Health

- **32%** (42%) of pupils responded that they have been to a dentist in the last year. 39% (33%) said they 'don't know' if they have.

Emotional Health and Wellbeing

- **46%** (54%) of pupils responded that they 'always' feel happy at school.
- **59%** (44%) of pupils responded that they worry about their family 'most days'.
- **85%** (74%) of pupils responded that they worry about at least one of the issues listed on 'most days'.

School and Safety

- **54%** (66%) of pupils responded that they think they are getting better at school work 'most of the time'.

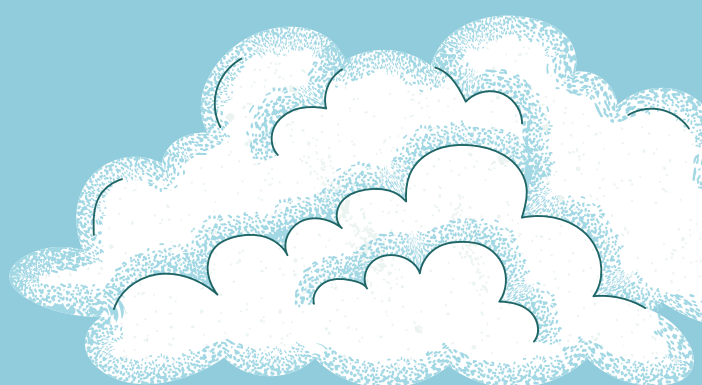
Covid

- **71%** (84%) of pupils said they did school work at home during covid-19 and lockdown when they were not in school.



Feeling Safe at School

- **28%** (13%) of pupils responded that they feel scared to be at school because of other children 'most of the time'. while 33% (22%) said they 'sometimes' do.
- **10%** (7%) of pupils responded that they feel scared to travel to school because of other children 'most of the time', while 35% (14%) said they 'sometimes' do.



Growing Up in North Yorkshire 2020 KS2

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Positives North Yorkshire KS1 data in brackets.

Healthy Eating

- **98%** (89%) responded that they had something to eat for breakfast on the morning of the survey.
- **80%** (64%) responded that they had something to drink for breakfast on the morning of the survey.
- **82%** (72%) responded that they have found school lessons about healthy eating 'quite' or 'very useful'

Dental Health

- **83%** (7%) responded that they have been to the dentist in the last year.

Sun Safety

- **84%** (63%) responded that they 'usually' or 'whenever possible' do something to avoid sunburn when it's sunny.

Alcohol

- **69%** (81%) responded that they never drink alcohol.
- **58%** (34%) responded that they have found school lessons about alcohol 'quite' or 'very' useful.

Smoking

- **0%** (2%) responded that they have smoked in the past or smoke now.
- **53%** (36%) responded that they have found school lessons about alcohol 'quite' or 'very' useful.



Drugs

- **50%** (39%) responded that they have found school lessons about drugs and medicines 'quite' or 'very' useful.

Emotional Health and Wellbeing

- **37%** (28%) responded that they feel 'happy' about growing up and body changes.
- **45%** (34%) responded that they have found lessons about growing up and body changes 'quite' or 'very' useful..

Worrying

- **63%** (61%) responded that they have found school lessons about feelings, emotional health and well-being 'quite' or 'very' useful.
- **92%** (77%) responded that they know an adult they trust who they can talk to if they are worried about something,

Feeling Safe and Happy

- **95%** (93%) responded that they 'mostly' or 'always' feel safe at home.
- **89%** (85%) responded that they 'mostly' or 'always' feel safe at school.

Peer Pressure

- **62%** (49%) responded that they can 'usually' or 'always' say no when a friend wants them to do something they don't want to.

Attendance

- **97%** (87%) responded that they think it is important to go to school regularly.

Resilience

- **78%** (67%) responded that if at first, they don't succeed, they 'usually or 'always' keep on trying till they do.



Growing Up in North Yorkshire 2020 KS2

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Areas for Development

North Yorkshire KS1 data in brackets.

Exercise

- **26%** (48%) responded that they do five or more hours of physical activity in a typical week at school.
- **26%** (43%) responded that they do five or more hours of physical activity in a typical week out of school.

Sleeping Patterns

- **38%** (50%) responded that they went to sleep soon after going to bed the night before the survey.

Alcohol

- **23%** (13%) responded that they drink alcohol and their parents 'always' know.

Drugs

- **16%** (11%) responded that they are 'fairly sure' or 'certain' they know someone who uses drugs in the area where they live.

Growing Up

- **71%** (74%) responded that they feel they know enough about how their body changes as they get older.



Worrying

- **84%** (77%) responded that they worry about at least one of the issues listed 'quite' or 'very' often.
- **42%** (46%) responded that they talk to someone when they have a problem or are feeling stressed.

Bullying

- **44%** (26%) responded that they were pushed/hit for no reason in the month before the survey.
- **42%** (25%) responded that they experienced negative behaviour outside at school during break times in the month before the survey.
- **53%** (41%) of girls responded that they at least 'sometimes' feel afraid of going to school because they may be bullied.
- **21%** (13%) responded that they think they have been picked on or bullied because of the way they look. **18%** (12%) think it was because of their size or weight.
- **61%** (73%) responded that they think their school takes bullying seriously, while **16%** (7%) think it doesn't take it seriously.
- **55%** (73%) responded that their school deals with bullying 'quite' or 'very' well.

Internet Safety

- **19%** (15%) responded that they communicate with people that they have met online and don't know in real life.
- **39%** (26%) said they communicate with people using pictures/videos sharing sites/apps.
- **12%** (9%) responded that they have seen pictures, videos or games they have found upsetting online.

Gambling

- **74%** (57%) of pupils said that they have done at least one of the gambling-related things in Q51 in the last year and their parents didn't know all of it (or are not sure if their parents knew).

Leisure Time

- **76%** (68%) responded that they watched TV, films, YouTube or streamed video after school the day before the survey.

Views and Opinions

- **47%** (55%) responded that they are asked for their ideas and opinions about what happens in their school.

