

OxWell Student Survey 2023

Briefing sheet for non-mainstream schools

The OxWell Student Survey is a collaboration between young people, schools, local authorities, the NHS and the OxWell research team at the University of Oxford's Department of Psychiatry. It is a large-scale online survey designed to measure the wellbeing (health and happiness) of children and young people aged 9–18 years old. The survey has run since 2019 and in 2023 more than 40,000 students from 180 schools participated.

We are pleased to launch the 2023 OxWell Student Survey for **non-mainstream schools** and offer schools across existing OxWell sites this exciting opportunity to participate at no cost to themselves. We hope to gather comprehensive data to provide a picture of current wellbeing and behaviour. This will inform non-mainstream education settings about the needs and experiences of their pupils and ensure the resources are targeted at areas of most need.

OxWell aims to better understand the mental health and wellbeing of school students by:

- Asking about their worries and how they might like to receive support
- Providing schools and services with information about what young people want

A bit about the survey:

- The survey questions address a range of issues relevant to wellbeing, including questions about life style, risks and school life. We ask about exercise, indicators of vulnerability, sleep patterns, online safety, and attitudes to accessing pastoral support.
- Students can complete the survey with the support of a member of school staff.
- The survey is approved by the University of Oxford Research Ethics Committee (REF: R62366).

How will it work?

- If you would like students in your school/college to take part, please sign up by emailing oxwell@psych.ox.ac.uk
- The OxWell research team will then be in touch in June 2023 to send out the OxWell Participation Contract. Once this is signed and returned, a more detailed resources pack will be sent.
- The survey will open from June 2023 and does not collect any identifiable data. It takes most pupils about 15 minutes and can be comfortably fitted into a lesson period.

Participating schools/colleges will receive:

- A resources pack containing:
- Letter to parents of children, so they can opt-out their child (must be sent at least one week in advance of students taking the survey).
- Presentation about the survey for children and young people.
- Survey URL.
- Clear instructions for children and young people.
- We will aim to provide tailored summary reports once results are ready, which can be compared with county averages. However, if only small numbers of pupils complete the survey then we are more limited in the information we can provide back to schools.

Additional information

Your local authority, NHS and University of Oxford will have access to the results from education settings in each borough including a breakdown per school/college. This will help local services to ensure that the resources available can be targeted at areas of most need and to monitor the impact of interventions. Thematic issues identified will be used to inform strategic planning at groups including the Children and Young people's Partnership Boards, Education Partnership Boards, and the Local Transformation Plan Group for CYP Mental Health.

For more information about how the data has been used so far please refer to the OxWell website (www.oxwell.org) where you can also find more information, including '**Frequently Asked Questions**'.

We plan to repeat the survey in future years, to monitor changes influenced by intervention programmes on an individual school level but also borough-wide, such as the impact of the Mental Health Support Teams.