

# Enhancing a whole-school approach to wellbeing through measurement



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# Today

Wellbeing in school context

A “whole-school approach”

The role of “measurement”

Developing and implementing a systematic approach

Q&A

# Wellbeing in schools

## Ofsted

Emphasis on welfare and wellbeing of teachers and pupils

## Parents/Carers

Pupil wellbeing was the top factor for school choice in 2020

64% of parents believe that the wellbeing of their children is more important than their academic attainment

## DfE

Commitment to offer senior mental lead training to all state schools by 2025

## Pupils and Staff

It's influence and impact on teaching and learning

## Curriculum

The focus on mental health and wellbeing through the national curriculum in England



# PUPIL WELLBEING

“ 75% of mental health problems in adults have their roots in childhood \*

“ The most powerful childhood predictor of adult life-satisfaction is a child's emotional health\*\*



“ Well-planned and well-implemented opportunities for supporting wellbeing of students can positively affect academic outcomes\*\*\*

\*Department for Education / Public Health

\*\* Layard, 2012

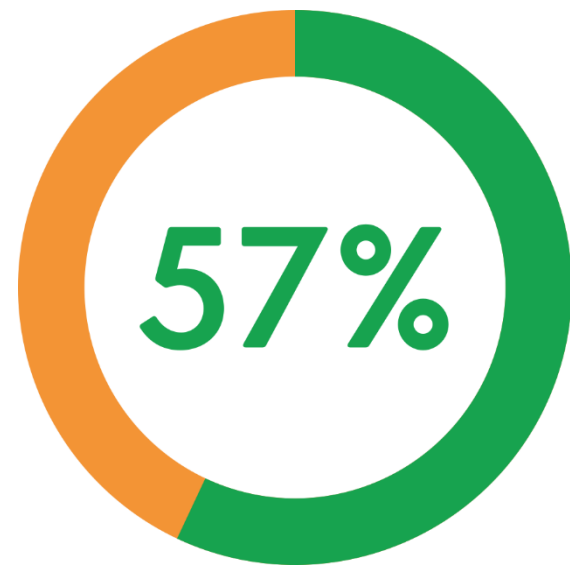
\*\*\*Greenberg et al 2003; Gumora and Arsenio 2002, Welsh et al, 2001



72% of all educational professionals described themselves as “stressed”\*



Poor teacher mental health affects, detrimentally, the quality of their teaching\*\*



More than over half of all educational professionals have considered leaving the sector over the past 2 years due to pressures on their health and wellbeing\*

# STAFF WELLBEING

\*Findings from the Teacher Wellbeing Index 2019

\*\* Glazzard 2018

# A whole-school approach

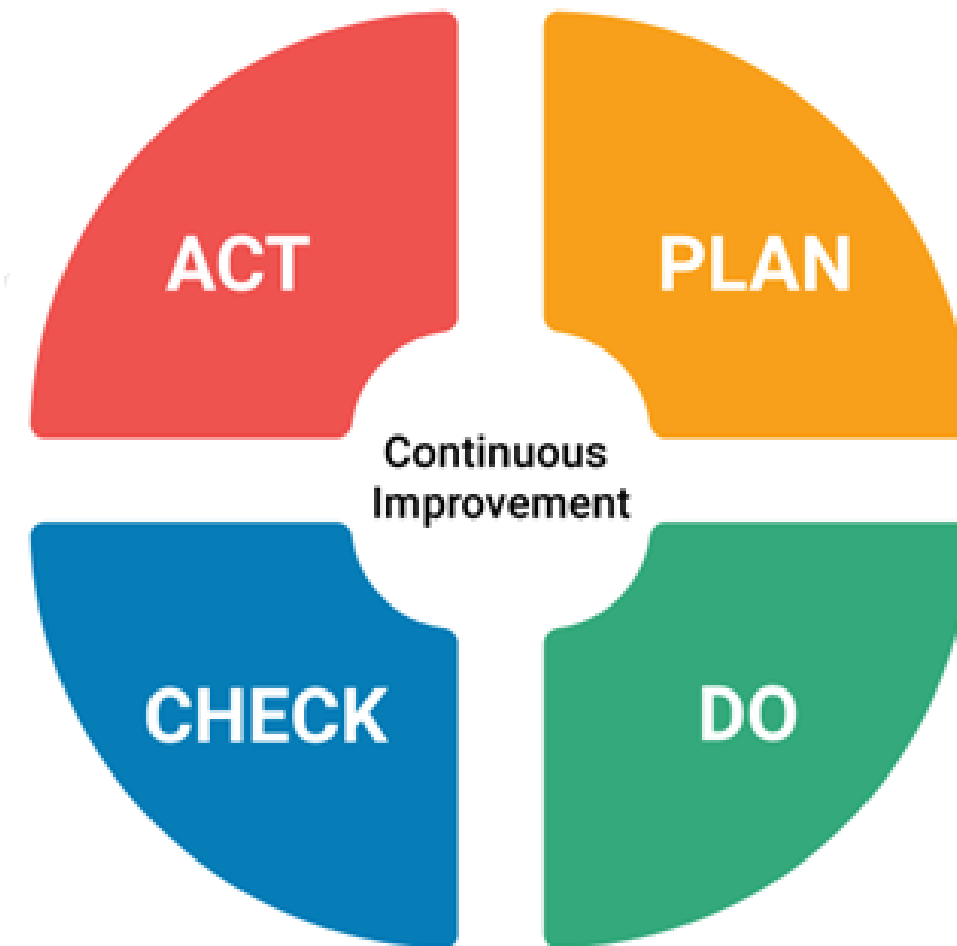
**What role does  
*measurement*  
play?**



8 key areas  
**Whole-school approach**



# Why measure and monitor wellbeing?







## **MONITOR**

So you can tangibly see what is going on across school



## **IMPACT**

Demonstrate and quantify the impact using data collected



## **STORY**

Powerful way to tell stories and report on progress

# **Measuring wellbeing**



**Hear from  
one of our  
schools**



**A systematic  
approach to  
measuring  
wellbeing**

**(it's easier than  
you might  
think 😊)**

# Measuring wellbeing effectively

Planning and  
purpose

**STEP 1**

Capturing  
your data

**STEP 2**

Results and  
Analysis

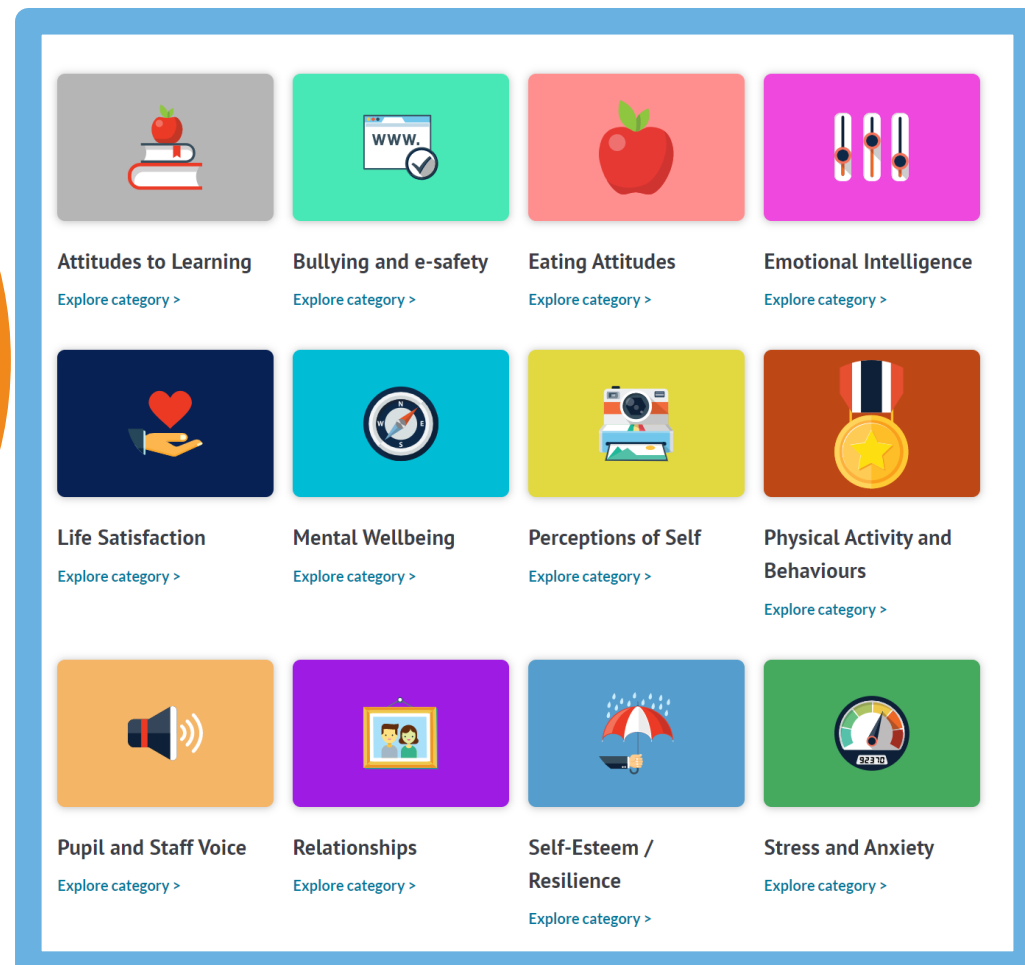
**STEP 3**

What comes  
next?

**STEP 4**

## STEP 1

# Planning and Purpose



## UNDERSTAND YOUR PURPOSE

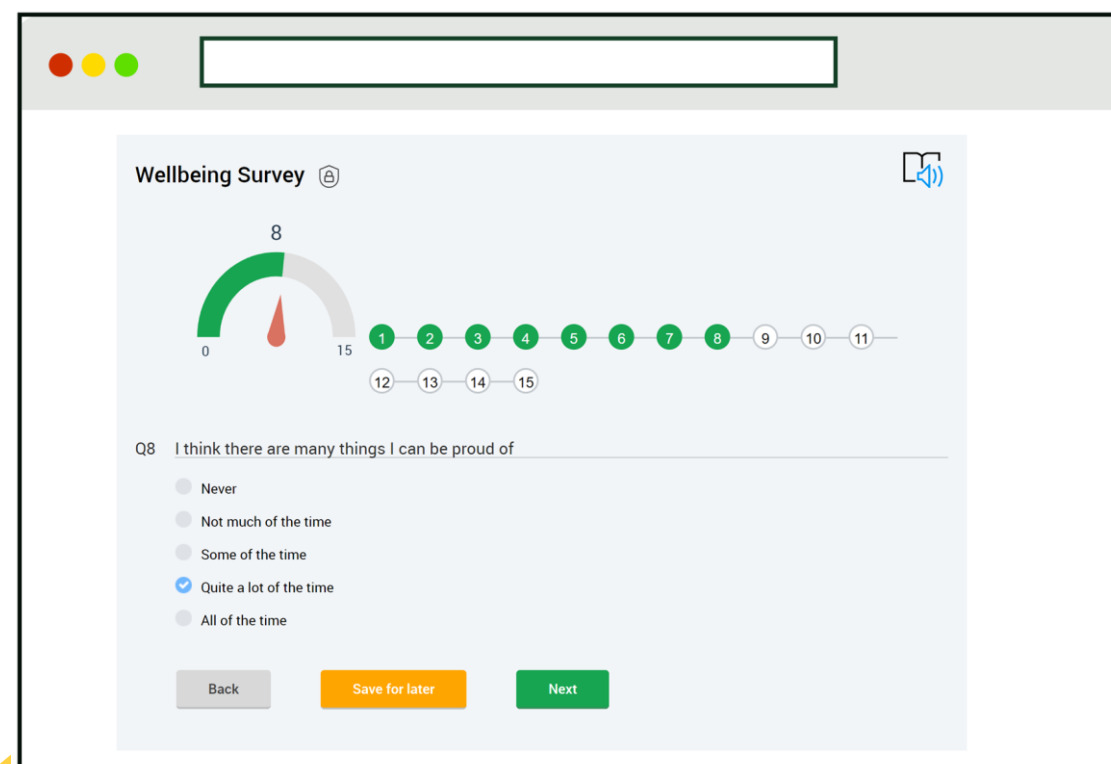
A clear understanding of your intention will help you align your way forward

## AUDIENCE AND ANONYMITY

Who are you running data collection with and how will you protect the data

STEP 2

# Capturing your data



## CHOOSE A MEASURE

FREE RESOURCES:

<https://bouncetogether.co.uk/resources>

## TIMING AND ENVIRONMENT

Maintain consistency where possible

## SYSTEM AND METHOD

Use the right tool for the job

### STEP 3

# Results and Analysis

## MAKE COMPARISONS

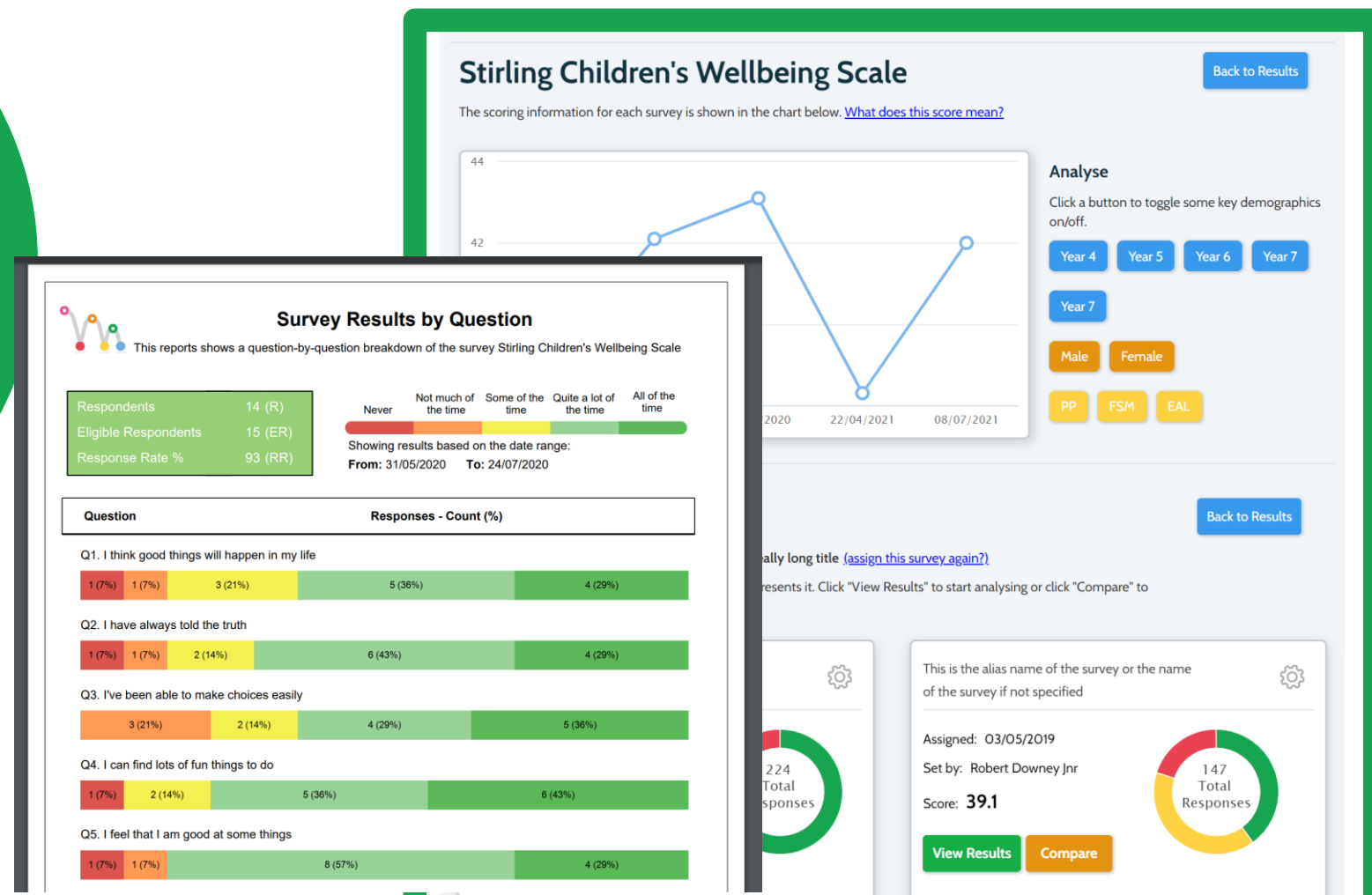
Look at your results in different ways; free school meals, SEND and pupil premium

## CONSIDER OTHER DATA

Running focus groups and qualitative data

## DISCUSS YOUR RESULTS

Involve key stakeholders to help you



STEP 4

# What Next?

## **PLAN THE NEXT STEPS**

And make sure you action them!

## **REPEAT. MEASURE AGAIN!**

Review any impact made in the data



**Thank you for listening** 

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