



Brilliant Schools: Pupil Wellbeing Barometer

Initial Report: Reference number: 248Ca

School name: Brilliant Cumbria

## **A Snapshot of Pupil Wellbeing**

## **Introduction and Context**

Art of Brilliance was founded in 2004. This means we were delivering positive interventions way before 'wellbeing' and 'resilience' had become school priorities. We know our stuff!

We set up our sister company BRILLIANT SCHOOLS as a not-for-profit subsidiary. Our various BRILLIANT SCHOOLS projects are designed to get 'wellbeing' embedded in staffrooms, classrooms and communities.

Growing up has always been a hazardous pursuit. Sure, some children seem to swan through school with confidence and grace but there's no doubt that the world has recently speeded up and become more 'full on'. The growing pains of yesteryear have become more acute. You will be very aware of the mental health trends and statistics. Moreover, you will see it with your own eyes. Anxiety, worry, panic attacks, eating disorders, stress and school refusal are commonplace. They manifest in behavioural issues that act as a drag on confidence, concentration, aspiration, attitude, attendance and results.

At Art of Brilliance, we focus on preventative measures. That is, rather than waiting to fix 'broken' children, we equip them with wellbeing and resilience strategies that allow them to take charge of their own wellbeing. As such, our programmes are aimed at the entire student population. We enable them to thrive, even when the world is doing its worst.

This report is intended to provide a snapshot of a variety of wellbeing measures for the age groups who were given access to the survey. It acts as a starting point. Essentially, the report gives some baseline figures that can be built upon.

We'd be delighted to talk it through and provide some ideas about how to raise the bar from 'mental health' to 'mental WEALTH'.

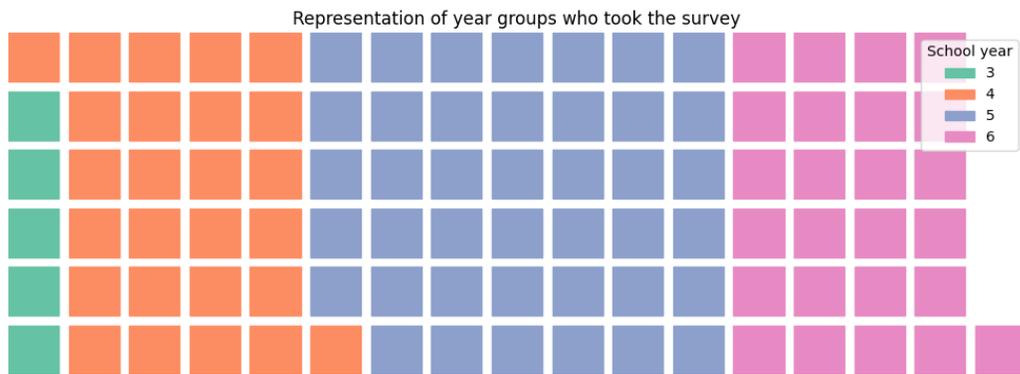
Will Hussey (Chief Learner at Brilliant Schools)  
will@artofbrilliance.co.uk

# Part 1:Headline News

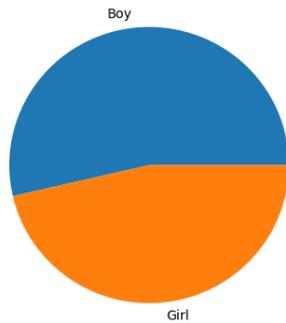
Your "Pupil Wellbeing Barometer" was completed by 97 students.

The average happiness rating across all of your students is 7.0 out of 10.

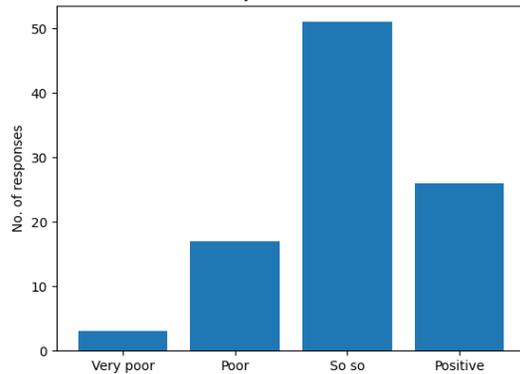
Your happiest year group on average is Year 4, with an average happiness score of 7.77 out of 10.



Gender distribution of students who took the survey



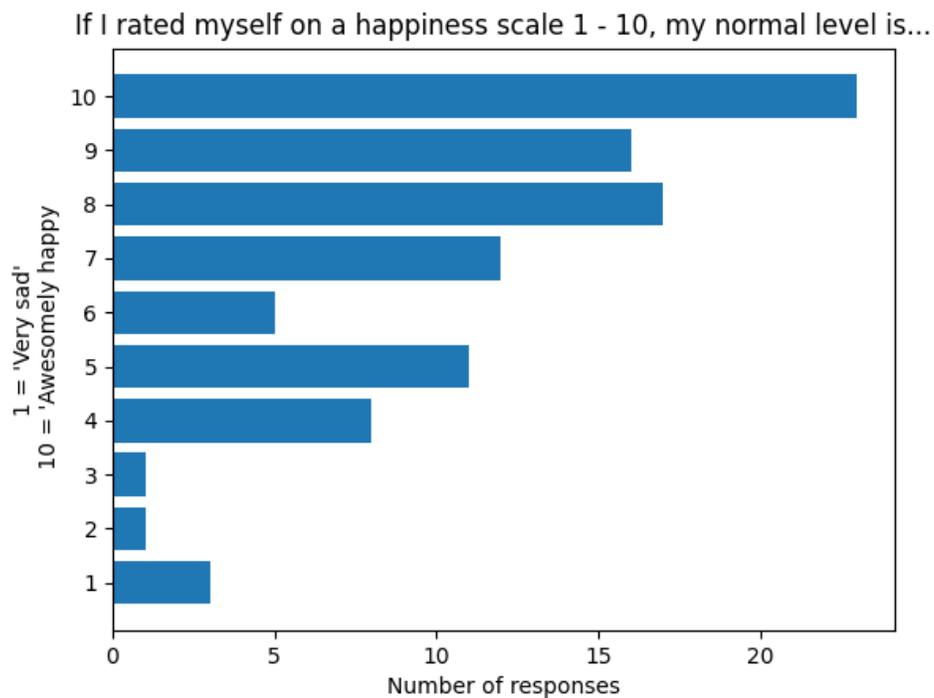
What is your attitude to life?



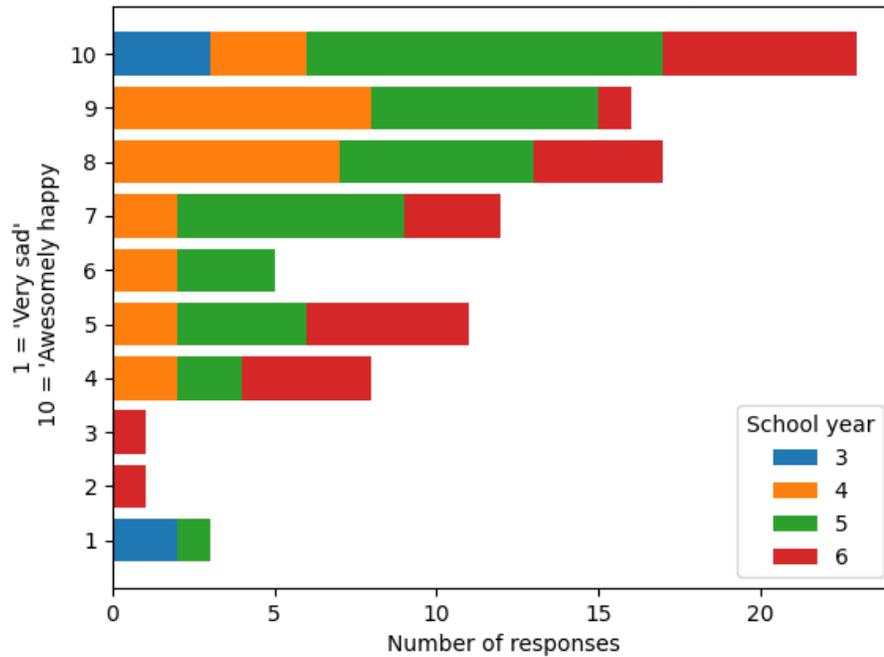
## Part 2: Levels of Happiness

We asked your students to rate their happiness on a scale from 1-10, with 10 being 'extremely happy', and 1 being 'very sad'.

You can see their responses plotted in the bar charts below, the first chart shows the results across all of your pupils who took the survey, and the second shows the same results divided by year group.



If I rated myself on a happiness scale 1 - 10, my normal level is...



We calculated the average happiness levels across each of your year groups.

The average happiness rating across all of your students is 7.0 out of 10.

Your happiest year group is Year 4, with an average happiness score of 7.77 out of 10.

You can see the full breakdown of the averages in the table below.

School Year	Avg	No. Students
3	6.4	5
4	7.77	26
5	7.73	41

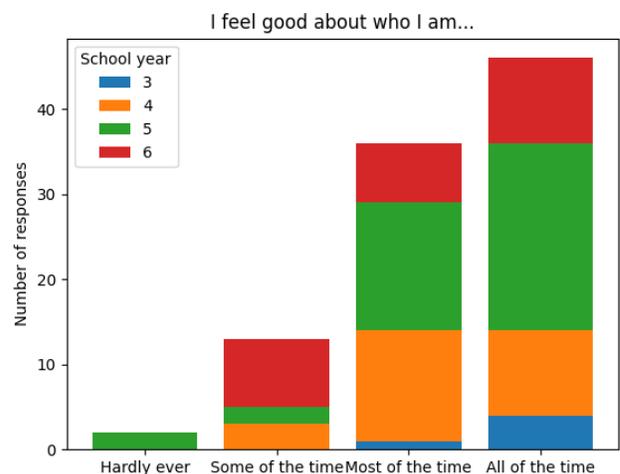
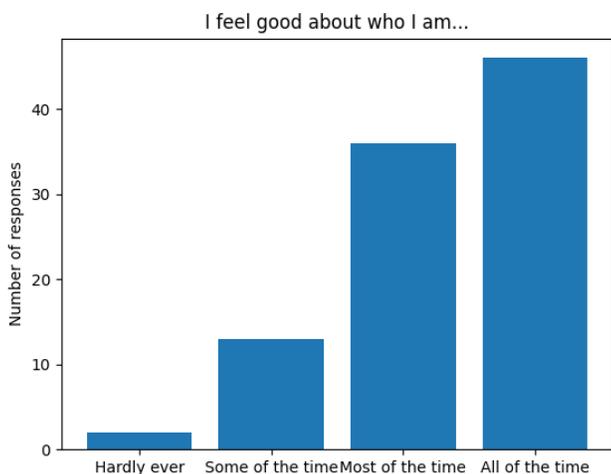
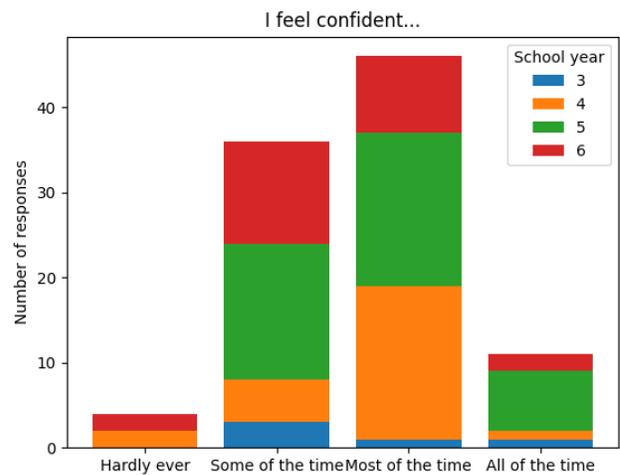
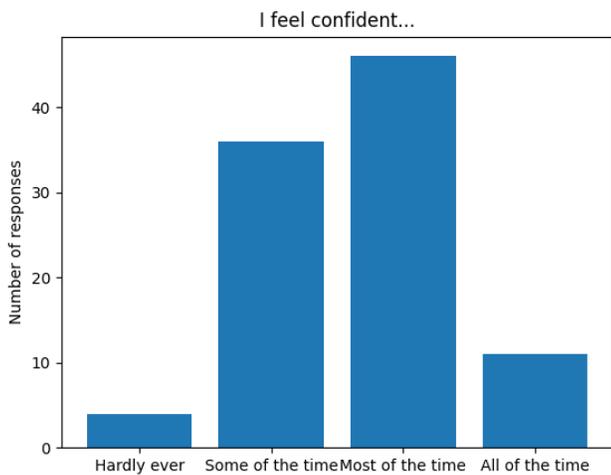


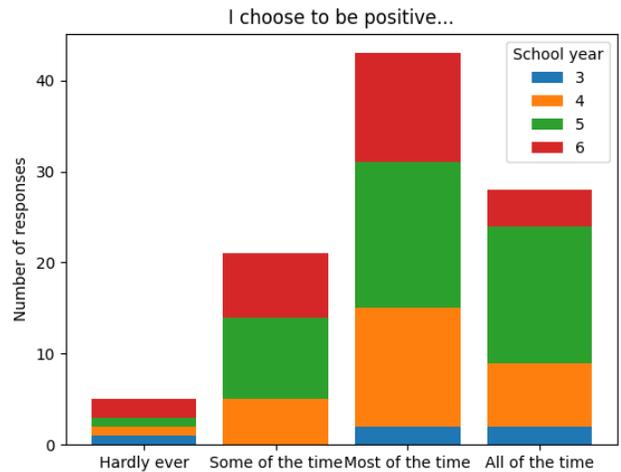
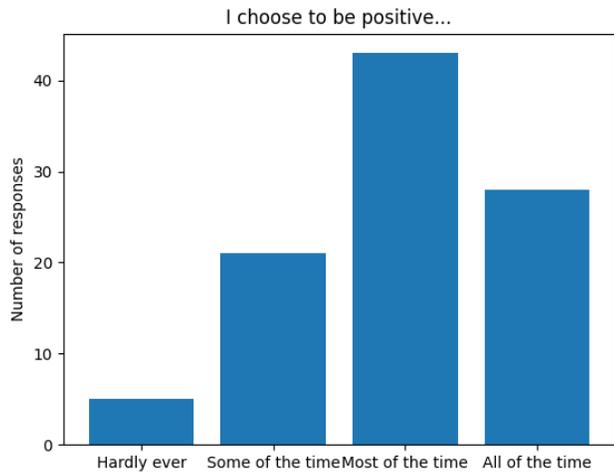
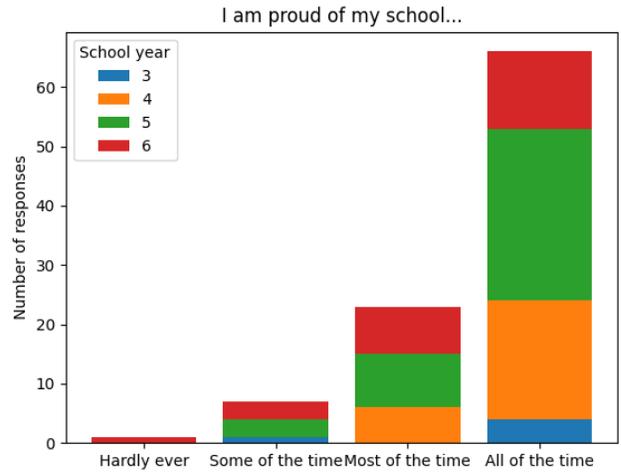
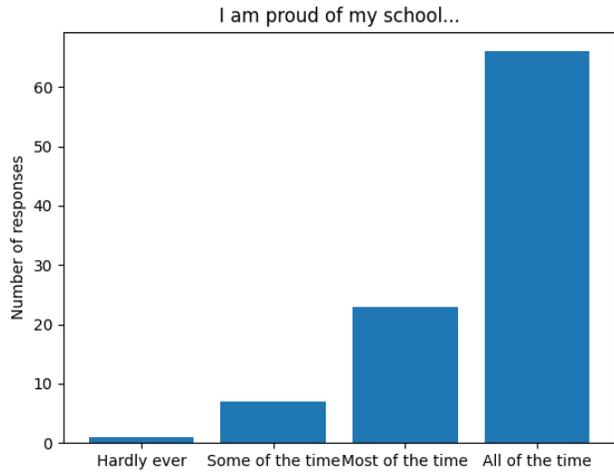
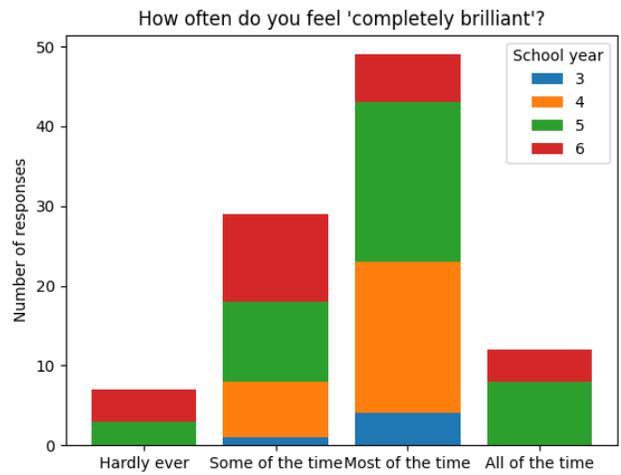
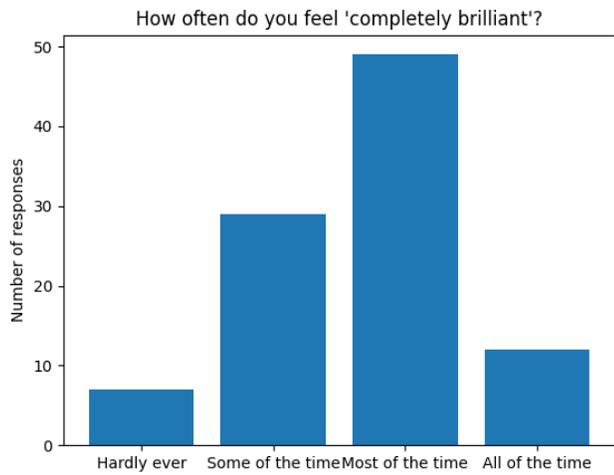
## Part 3: Subjective Wellbeing

Happiness is part of a bigger wellbeing picture. Psychologists often measure what's called 'Subjective Wellbeing' which includes aspects of attitude, purpose, aspiration and positive emotion.

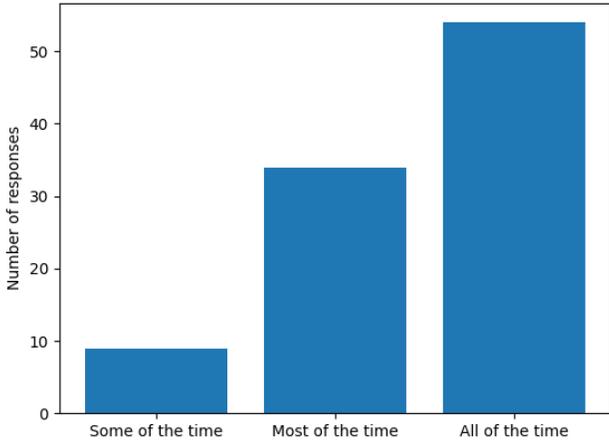
With this bigger picture in mind, we asked pupils to reflect on 12 questions about themselves, their lives, and their school. All 12 questions had the same Likert scale to choose from: 'All of the time' (4), 'Most of the time' (3), 'Some of the time' (2) or 'Hardly ever' (1).

The blue bar charts show the overall results for your school. The coloured bar chart shows the same data plotted by year group. This might be useful in highlighting highs and lows amongst particular age groups. For example, years 6 and 11 are often associated with additional pressure.

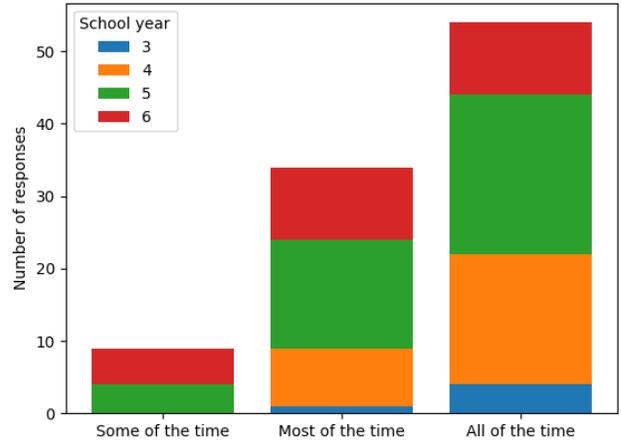




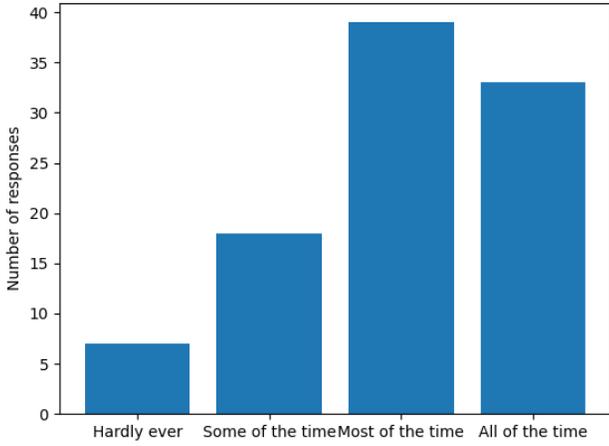
I have a great attitude at school...



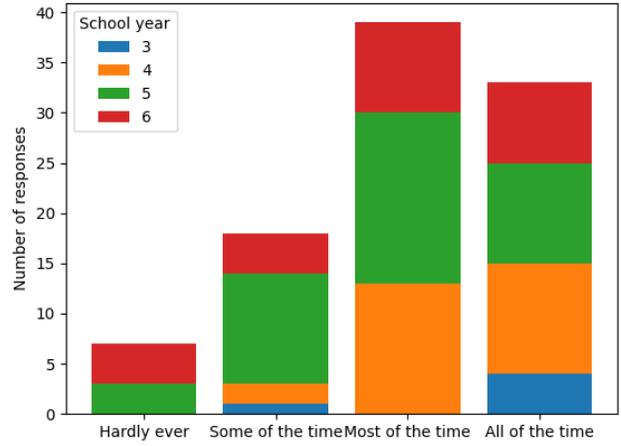
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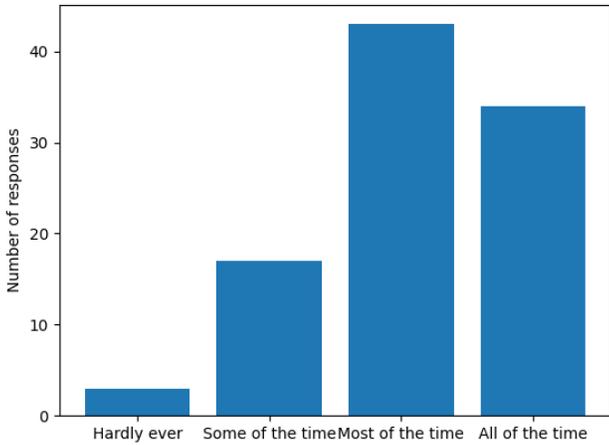
I have a great attitude at home



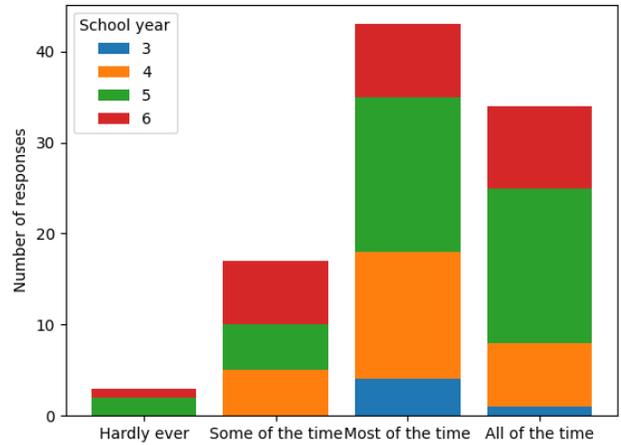
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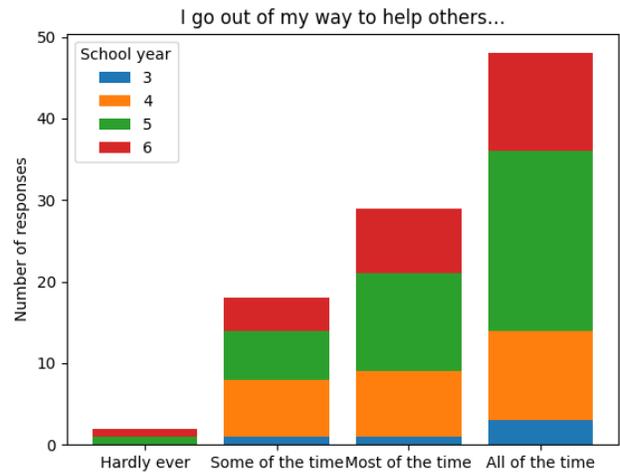
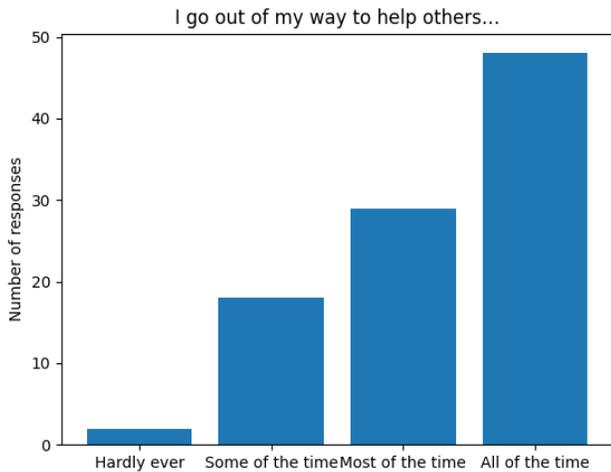
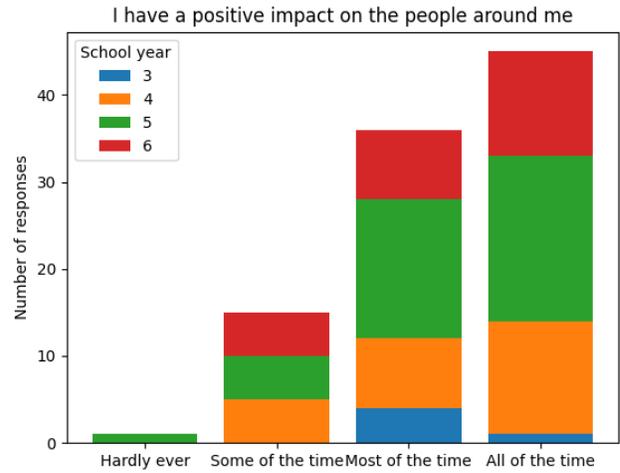
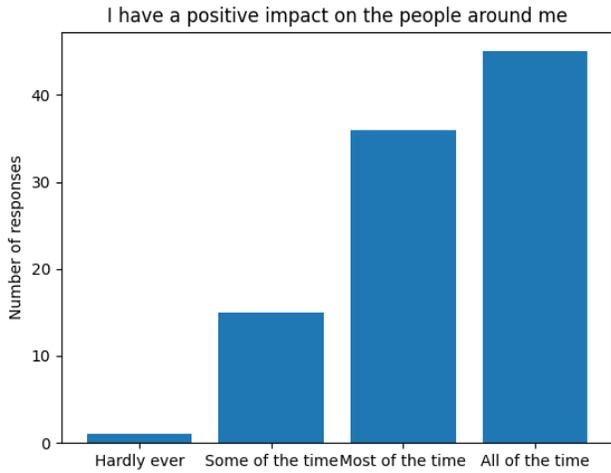
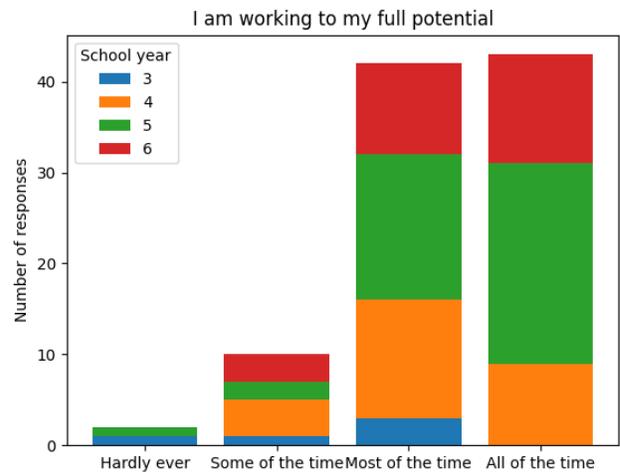
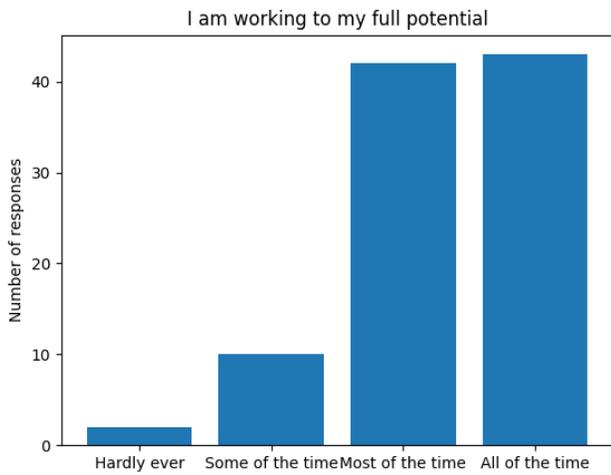


I take responsibility for feeling good...

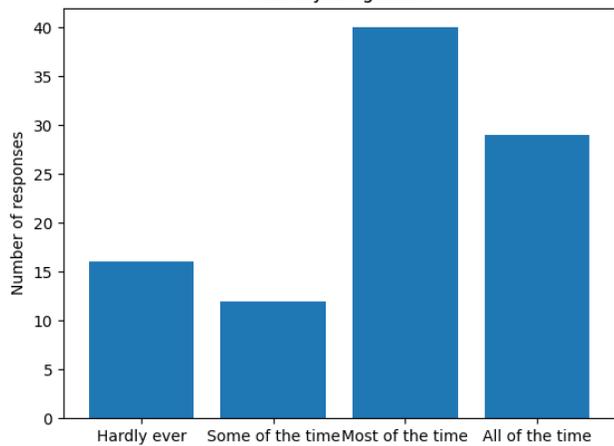


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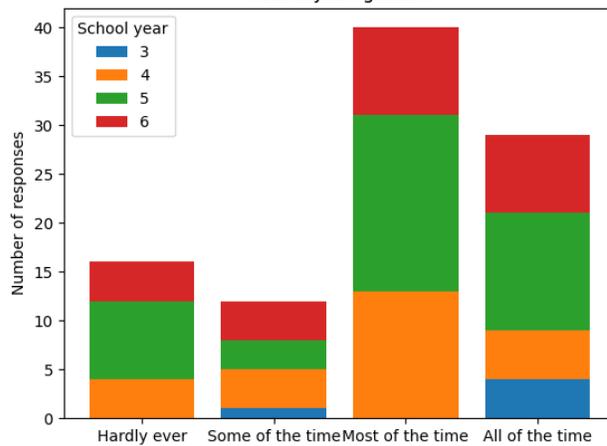




I set myself goals...



I set myself goals...

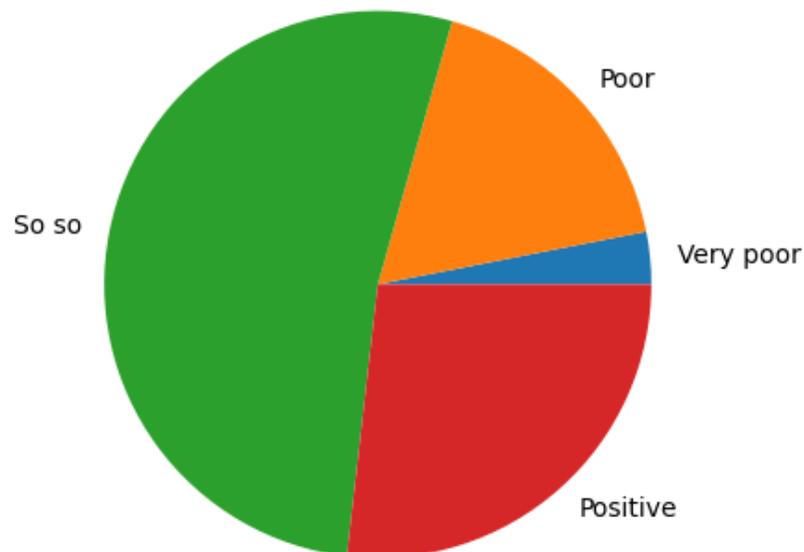


## Part 5: Attitude Matters

The smallest change that makes the biggest difference to resilience and general wellbeing is an individual's attitude. At Art of Brilliance we describe your attitude as a 'portable benefit', meaning that it travels with you wherever you go.

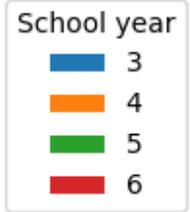
Everyone's positivity will take a dip from time to time but a positive attitude is something (possibly the only thing) that humans can learn to take charge of. Therefore, we asked your students to rate their attitude to life, with 5 being 'very positive', and 1 being 'very poor'. Their answers are plotted in the pie chart below.

What is your attitude to life?

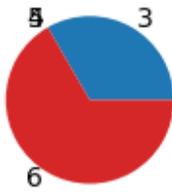


The next cluster of pie charts shows the same question, only this time each pie represents one of the response options, with the pies being divided up by year group.

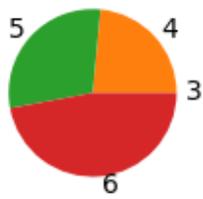
# What is your attitude to life?



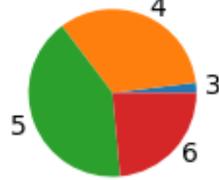
### Very poor



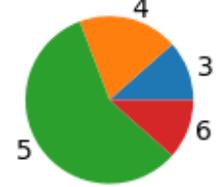
### Poor



### So so



### Positive



## Part 6: Thoughts and Actions

A reminder that this report is designed to give you a snapshot of the current state of feeling amongst your pupils. Humans have an operating system with 'negativity bias' built in, which means your attention will be drawn to any numbers that are in the wrong direction.

Please bring your attention to the good as well as the not-so-good!

At BRILLIANT SCHOOLS we take what's called an appreciative stance. If there are issues that need addressing, we can help create a culture that addresses them. But our primary focus is on what is working, what good practice is already in place, and how can we help you build on that.

It's all about embedding wellbeing into the DNA of your school. BRILLIANT SCHOOLS works on a preventative model – i.e., we help to equip staff, pupils and families with knowledge and strategies that will boost their happiness, resilience and wellbeing. This puts them in a better place to deal with whatever life throws at them.

We'd like to help your school flourish. That way, in 6-months time, when the pupils re-take the same survey, the statistics will be heading in the right direction. If so, you will have noticed. Improved wellbeing will have had a knock-on effect that shows up in positive attitudes, pro-social behaviours, a buzzing atmosphere and improved learning. This, in turn, positively affects teacher and parental wellbeing.

If you would like to discuss this report, or chat through the various BRILLIANT SCHOOL options, please contact [will@artofbrilliance.co.uk](mailto:will@artofbrilliance.co.uk)

## Summary Statistics

Responses: 'All of the time' (4), 'Most of the time' (3), 'Some of the time' (2), 'Hardly ever' (1).

Question	Mean	Median	StdDev	N
I feel confident...	2.66	3.0	0.73	97
I feel good about who I am...	3.3	3.0	0.78	97
How often do you feel 'completely brilliant'?	2.68	3.0	0.78	97
I am proud of my school...	3.59	4.0	0.67	97
I choose to be positive...	2.97	3.0	0.84	97
I have a great attitude at school...	3.46	4.0	0.66	97
I have a great attitude at home	3.01	3.0	0.9	97
I take responsibility for feeling good...	3.11	3.0	0.8	97
I am working to my full potential	3.3	3.0	0.73	97
I have a positive impact on the people around me	3.29	3.0	0.76	97
I go out of my way to help others...	3.27	3.0	0.83	97
I set myself goals...	2.85	3.0	1.03	97

Responses: 'Very positive' (5), 'Positive' (4), 'So so' (3), 'Poor' (2), 'Very poor' (1).

Question	Mean	Median	StdDev	N
How would you describe your	3.03	3.0	0.75	97

attitude to life?				
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Responses: 1 - 10

Question	Min	Max	Mean	StdDev
If I rated myself on a happiness scale 1 - 10 (where 1 is 'very sad,' and 10 is 'awesomely happy,') my normal level is...	1	10	7.41	2.36
On a scale of 1 - 10, how confident are you of having a brilliant life?	1	10	7.99	2.21