

Meeting Date: 1st May 2026 | Meeting Time:

Meeting Agenda: What would make school less

Pupil Voice Focus

How can we make school less stressful for you?

Questions for Pupils

What situations or parts of the school day make you feel most stressed and why?

When I am unable to go outside if I am upset, or teachers not understanding what I need to help. When I am feeling hungry before lunch.

What does the school currently do when you feel stressed, and how helpful is it?

I feel that the school could do more to help when I am feeling stressed. They talk to me and give me time out but that is all.

What could teachers or staff do differently to help reduce stress for students?

Allow us more time to go outside so I get the benefit of being outside also when outside not having a teacher with me or hover so I can have some space to myself. More offer of use of the cubbie.

When you are feeling emotional stress such as anxiety, sadness or anger- what would help you feel calmer?

Being left alone, when you want time to yourself teachers follow you around or only give you a minute of space when you ask. I don't feel like all the teachers understand what we need and that ends up making us more stressed, if they knew what we need it would help calm me down quicker. Having a space with lights and a calming environment for us to go, also having the pool decorations in the pool room which suit us, having posters up of films and music artists and not having displays for work on there, like the maths displays as it makes us stressed when we are having time at break and lunch.

Experiences outside school can often help relieve stress and pressure- what type of trips do you think you'd enjoy?

Different trips- Aqua park at Lakeside in the summer, Aquarium, Zip Lining, going to the countryside, Rock Climbing and Stubbers.

Pupil Survey's

I enjoy coming to school

Pupils agreed with the outcome of the survey

I enjoy learning in school

Pupils agreed with the outcome of the survey

Teacher/Staff help me to do my best

Some do/don't. All teachers help but some are more effective.

My teachers give me work that challenges me

A lot of the work I find too easy.

The curriculum helps me to develop resilience, confidence and independence

Pupils agreed with the outcome of the survey.

I feel safe in school

Pupils agreed with the outcome of the survey.

I know who to speak to if I'm upset or unhappy at school

Pupils agreed with the outcome of the survey.

My schoolteachers help me to lead a healthy and active lifestyle and how to keep physically and mentally healthy

Pupils agreed with the outcome of the survey.

My school teaches me how to be safe online

Pupils agreed with the outcome of the survey

My school teaches me how to be safe in school and at home

Pupils agreed with the outcome of the survey

Adults/Staff/Teachers are consistent and fair

Pupils did not agree and stated that they felt that a lot of students are treated differently.

Bullying and discrimination is dealt with quickly, effectively and consistently

Pupils agreed and gave examples of this situation.

My school has environment which helps me to learn

Need more comfortable chairs, in the pool room it is not relaxing because there are school displays, would like music or tv posters in there.

My school has clear routines and expectation for the behaviour of all pupils across all aspects of school

Pupils agreed with the outcome of the survey.

I am encouraged to attend and supported by the academy

Pupils agreed and then explained about home visits and phone calls.

I know how to improve my work

Pupils agreed with the outcome of the survey.

I know what I need to learn next

Pupils said that didn't agree however was a mixed response of whether they wanted to know what they were doing next, they should be asked and teachers should let us know if we want too.

My teachers help me when I am stuck

Pupils agreed with the outcome of the survey.

I know who to go to if I need help

Pupils agreed with the outcome of the survey.

I know I am expected to attend school everyday

Pupils agreed with the outcome of the survey

