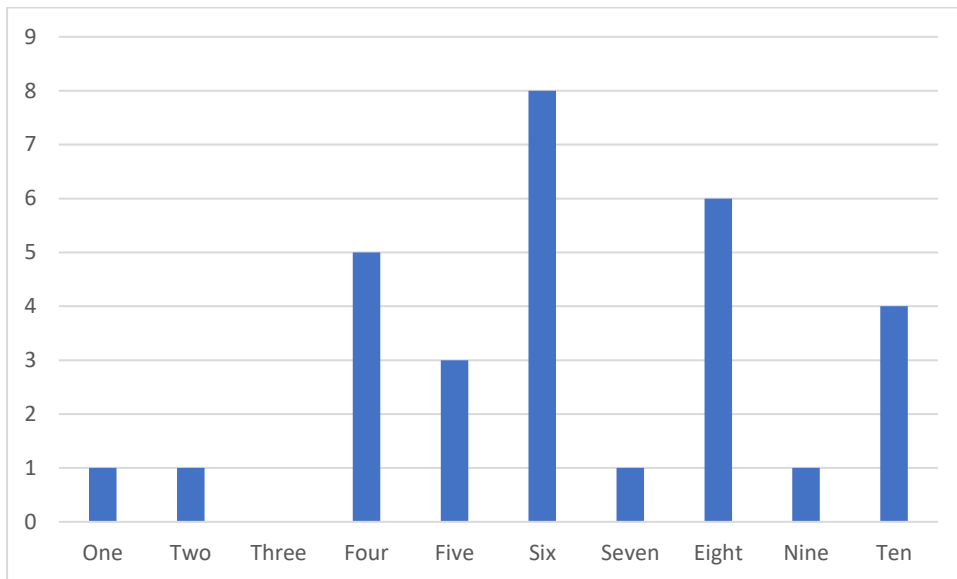


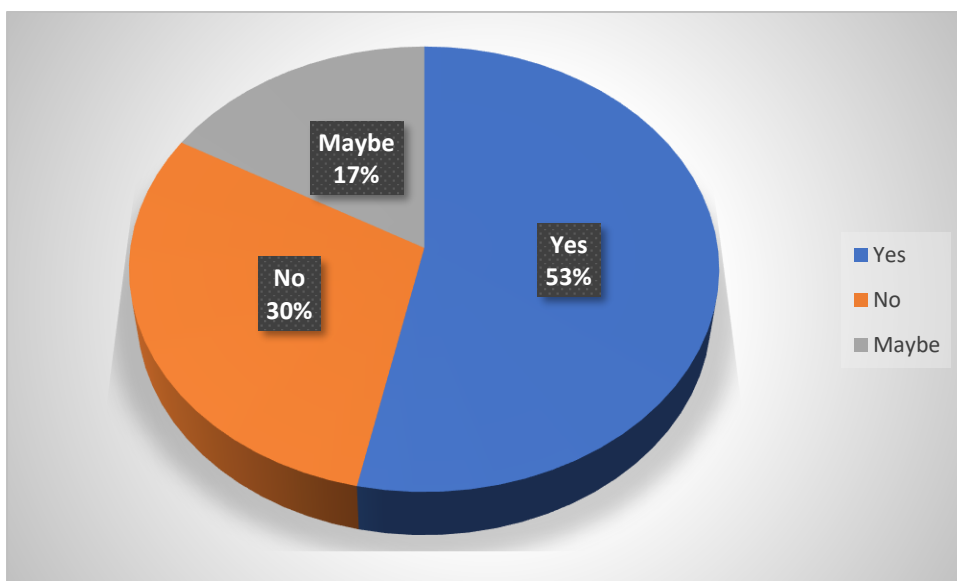
## Report on Students' Attitudes to Being Confined at Home During Lockdown

In these unusual times of Covid19, I thought it would be interesting to find out how our students are coping with their enforced stay at home. A survey was therefore sent to all our students and 30 have responded. Their responses are as follows:

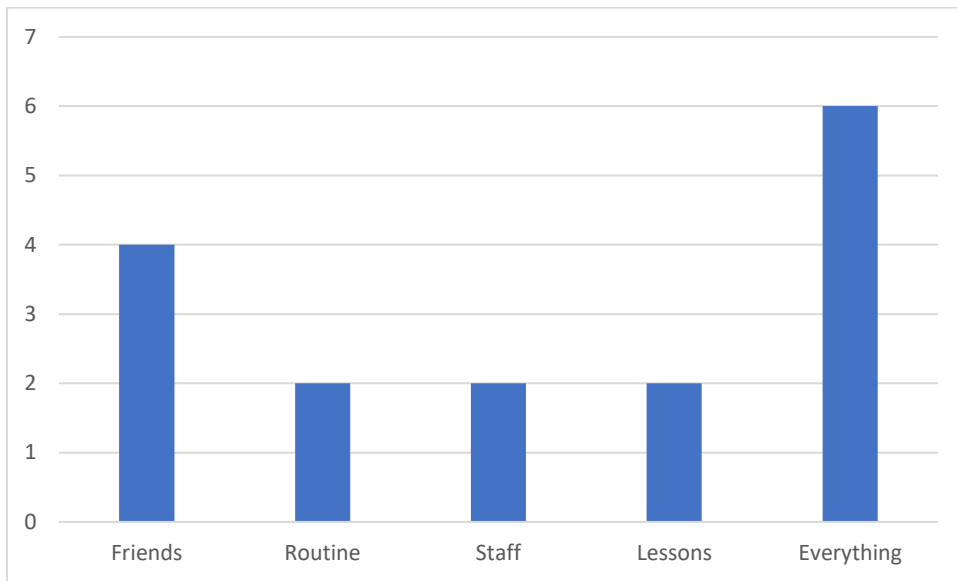
Q1) On a scale of 1-10 (1 being very low; 10 being very high) how are you feeling today?



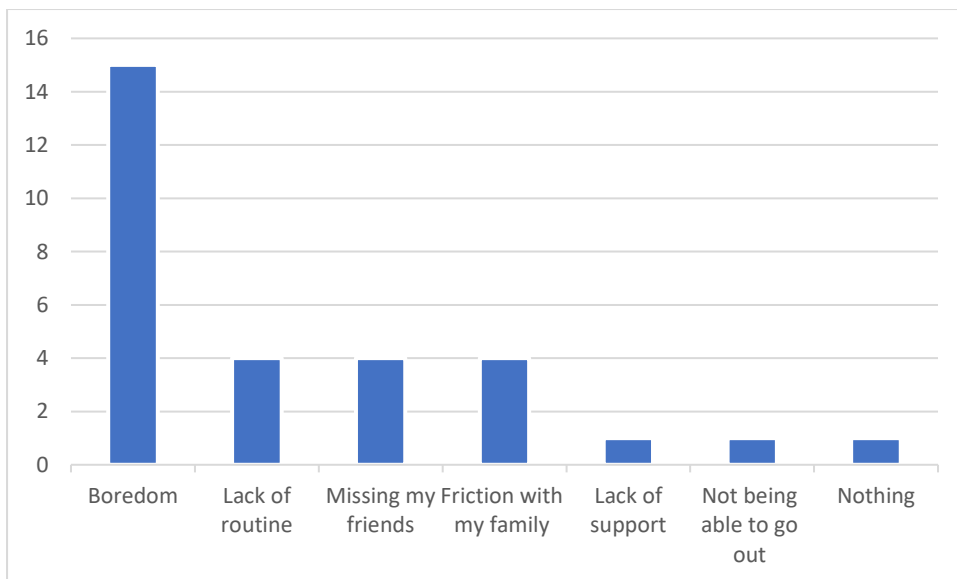
Q2) Are you missing being at school?



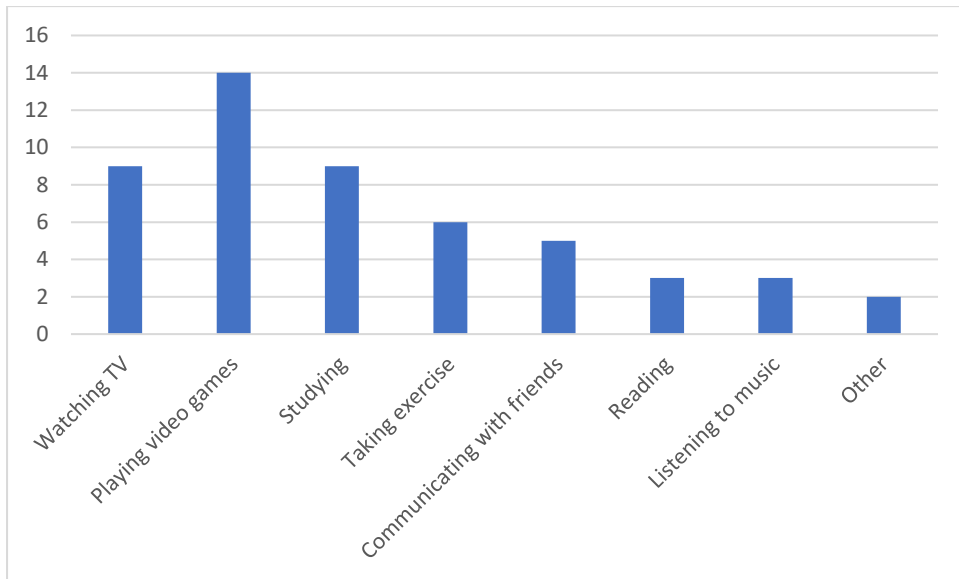
Q3) If yes, what do you miss most about not being at school?



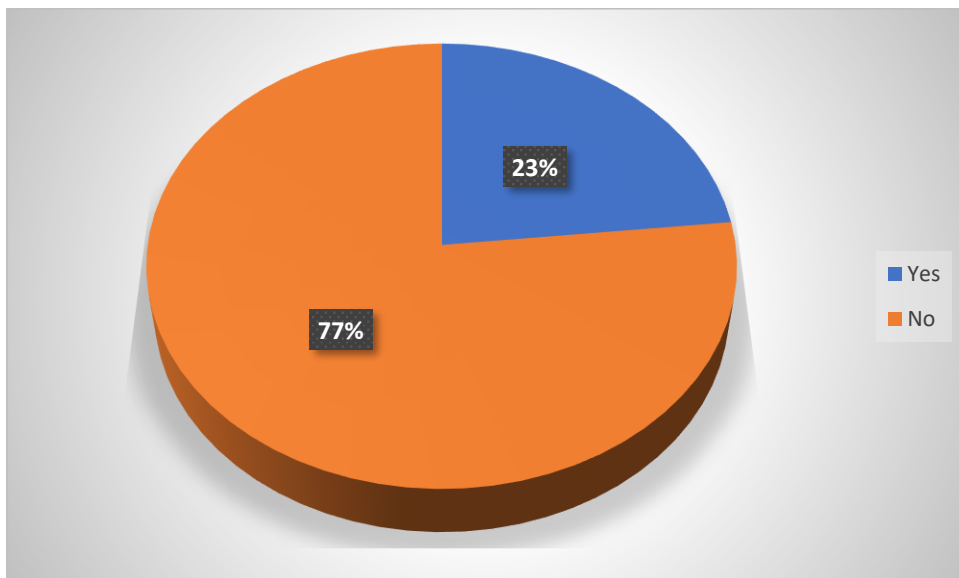
Q4) What is the most difficult thing about being at home all the time?



Q5) What are you doing to keep yourself busy?



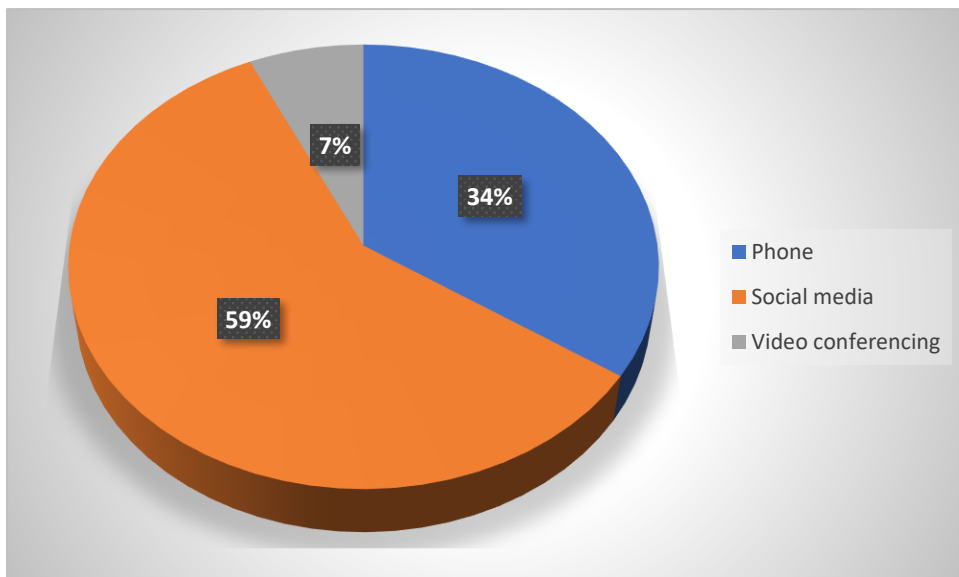
Q6) Have you started any new hobbies at this time?



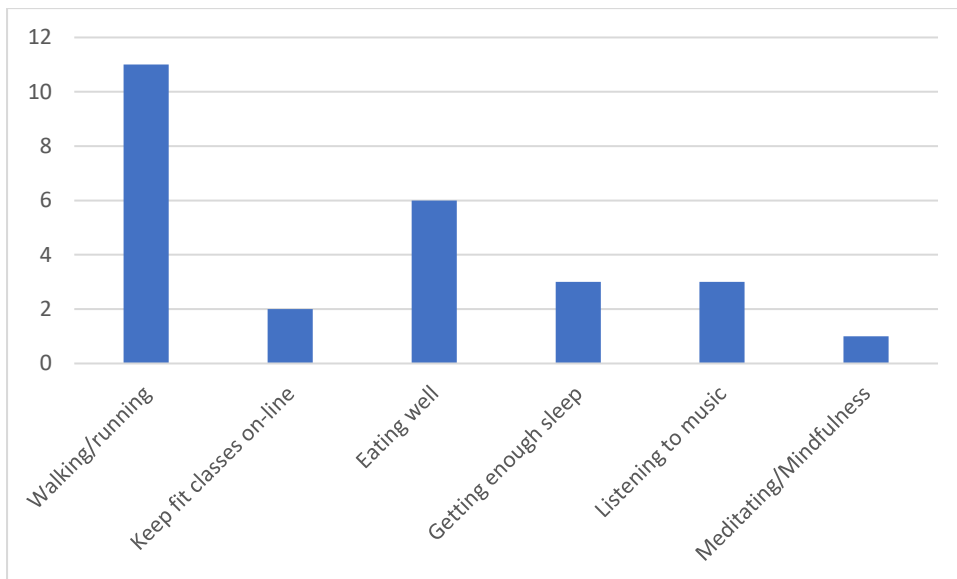
Q7) If you have started a new hobby, what is it?



Q8) How are you keeping in touch with friends and family?



Q9) How are you managing to keep fit and healthy?



Q10) What good things have happened as a result of you being at home?

- Nothing (5)
- Spending time with family (5)
- Bonding with mum and/or dad (3)
- Working out more (3)
- Able to sleep more (2)
- I'm less stressed (2)
- Getting my room decorated
- Dad built me a tree house
- Got a new game
- More time for myself
- Don't have to wake up at 6.30
- Talking to old friends
- Co2 levels could drop by 5%
- Fun
- Feel better
- Spare time for activities/hobbies
- More time with my cats
- I'm baking more
- More freedom

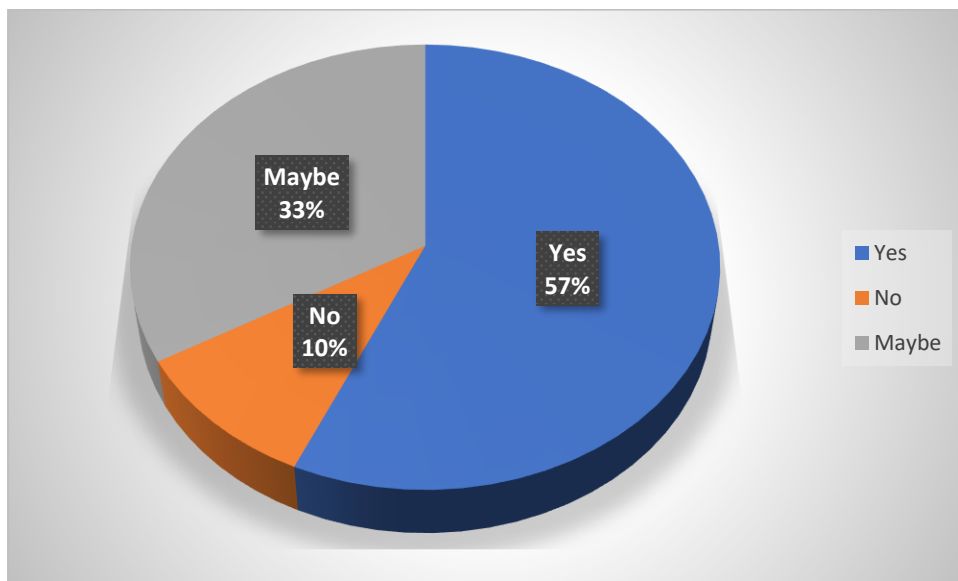
Q11) What things have you been doing to make you feel happier or more positive?

- Playing video games (7)
- Keeping fit/taking exercise/playing football (8)
- Talking to friends (5)
- Playing my guitar/piano/drums (3)
- Listening to music (3)
- Studying (3)
- Watching films on TV (3)
- Cooking/baking (2)
- Walking my dog (2)
- Reading (2)
- Nothing (2)
- Helping my mum
- Playing board games
- Doing art
- Singing
- Chilling out
- Gardening
- Sleeping

Q12) What things are you going to do to make yourself and others feel happier or more positive over the forthcoming weeks?

- Keep in contact with friends/family to check their ok (5)
- Nothing/Don't know (5)
- Help out at home (3)
- The same as the past 2 weeks (2)
- Exercise (2)
- Do my work without being asked (2)
- Cooking with my mum and brother/family (2)
- I want to go back to school! (2)
- Take shopping to my auntie
- Keep doing my art
- Playing games with my family
- Making/watching TikTok videos
- Ensure I don't infect myself or others with Covid19!

Q13) Are you getting enough support from school?



Q14) If not, what more support would you like?

- To be back at school and to have the correct teachers setting me work on Show my Homework
- Phone calls from teachers/tutors

Q16) Is there anything else you would like to say?

- I want to go back to school!
- Let's get back to normal
- Hurry up and open school!
- I miss my keyworker
- I find it difficult to talk on the phone so haven't spoken to Paul the counsellor. My mum has. I can't do the school work, I don't want to do it with my mum. I want to be at school.
- Will I be back after Easter?
- I am happy and having fun – Mum says it's just a longer holiday and we should have fun...so we are!
- Can I have video links to help with work?
- Because my friends are on line I can talk to them. My family (my mum) is at home.
- What will happen to students that have fallen behind in college due to the isolation?
- I will miss not doing (much) work. When school starts again.
- Stay safe and may God be with you

## **Summary**

Although this is only a relatively small sample and obviously may not be representative of how all the students feel, I think it shows an interesting snapshot as to how some of our students are coping in these unusual times. On the whole, things appear to be relatively positive which is good, however, I think some of the final comments sum up how many of our young people feel...West Heath is obviously an important part of their lives.

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Lead Professional HEART  
20/04/20