

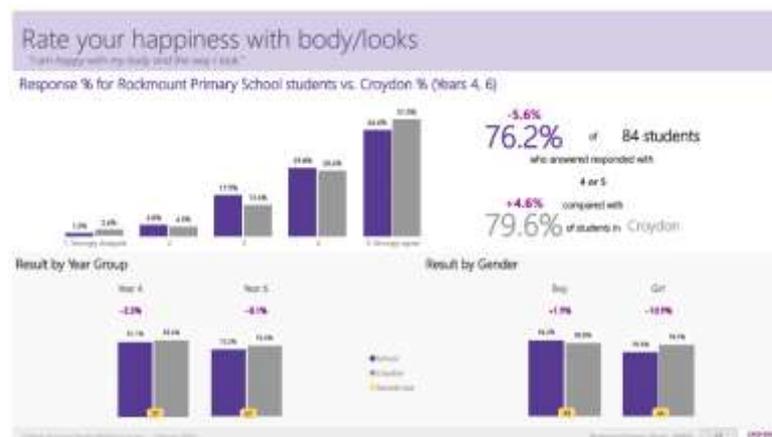
Children and Young People Wellbeing Survey 2025 (Year 4 and Year 6)

Key Findings and Recommendations.

Overall, the survey results reflect positively on the general wellbeing of pupils at Rockmount, with the majority of responses indicating outcomes above the Croydon average.

1. Body Image and Self-Esteem

The response to the statement “*I am happy with my body and the way I look*” was notably lower than the Croydon average, with Year 6 girls reporting the lowest levels of agreement. This represents a decline from last year’s data, where responses to this question were comparatively more positive.

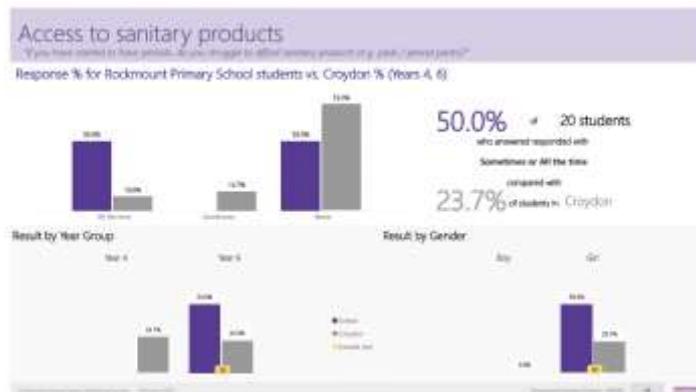


Recommendation:

Deliver targeted workshops on self-esteem and body image to support pupils, particularly girls approaching transition, to develop a healthy and confident self-image.

2. Access to Sanitary Products

In response to the question “*If you have started your period, do you struggle to afford sanitary products?*”, 50% of pupils answered ‘yes’—a figure that, while higher than the Croydon average, remains something to consider.

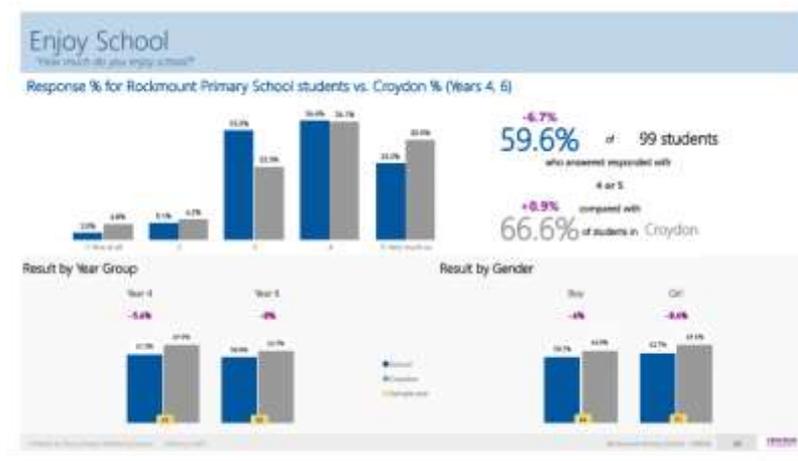


Recommendation:

Explore initiatives to ensure pupils know that the school provides free sanitary products discreetly and regularly, and ensure pupils are aware of how to access them. Consider including this in PSHE education.

3. Enjoyment of School

The percentage of pupils responding positively to “How much do you enjoy school?” has decreased compared to both last year and the Croydon average. Does this link to above question of self esteem and body image?



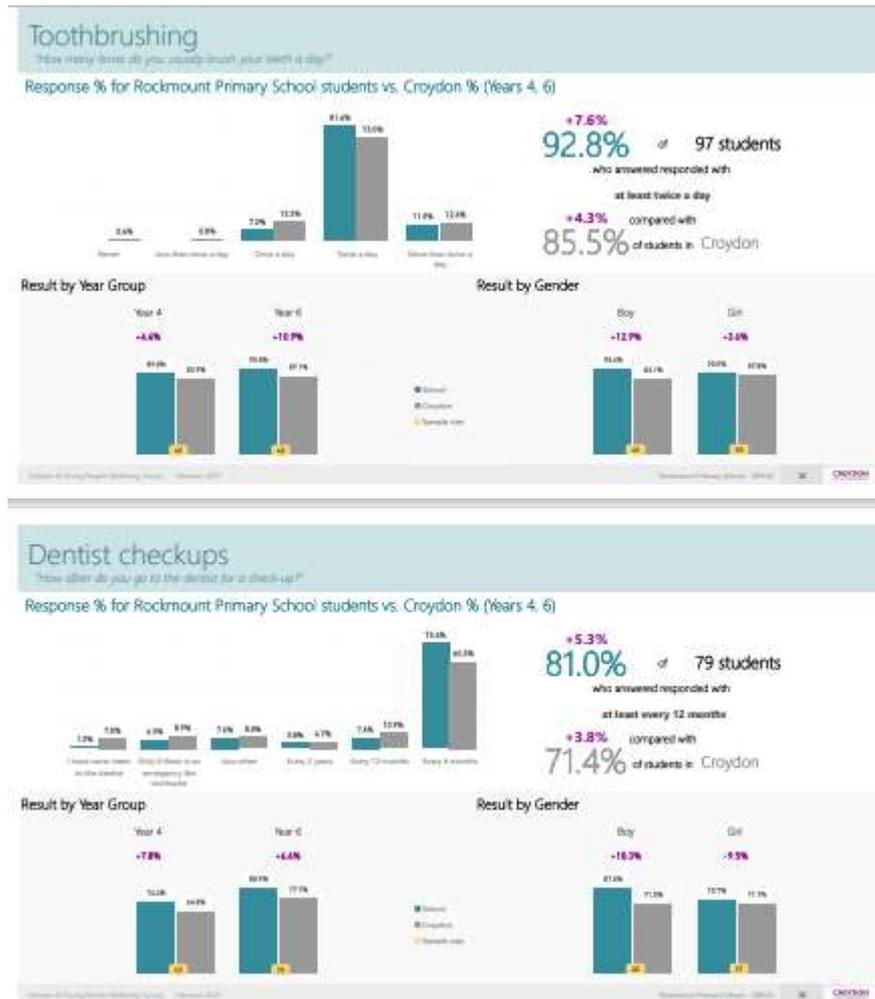
Recommendation:

Empower School Council members to lead pupil voice initiatives that explore what contributes to pupils' enjoyment of school. Feedback could be used to inform practical improvements and increase engagement.

4. Dental Hygiene Awareness

While responses regarding dental hygiene were generally stronger than the Croydon average, Year 6 girls reported lower levels of confidence in this area compared to

boys. This may be linked to broader issues around body image and self-esteem identified earlier.



Recommendation:

Invite a dental nurse or healthcare professional to deliver an assembly or workshop on oral hygiene, with a particular focus on fostering confidence and self-care habits.