

KSHS Student Wellbeing Survey December 2025

At the start of December 2025 we asked students to complete the Anna Freud Emotional Health and Wellbeing Survey, which helps schools understand how children and young people are feeling and coping. We wanted to share what the results tell us.

Overall, the results paint a reassuring and encouraging picture of student wellbeing.

- Emotional wellbeing: Students reported *low levels of emotional difficulties*, such as worries or low mood. This suggests that most pupils are feeling emotionally settled and supported.
- Stress levels: Students reported *some stress*, which is very normal for children and young people, especially in relation to schoolwork, friendships, and growing up. Importantly, stress levels were generally manageable rather than overwhelming.
- Positive wellbeing: Students also reported *good levels of psychological wellbeing*. Many students feel positive about themselves, enjoy school life, and feel able to cope with everyday challenges.

School life and relationships:

The survey also asked students about their day-to-day experience of school, and the feedback was extremely positive:

- 89% of pupils said they enjoy coming to school,.
- 98.2% said they feel safe at school.
- 93% feel a strong sense of belonging.
- 99.8% reported having at least one friend at school.
- 98% reported having excellent relationships with their teachers. A smaller proportion (78%) reported that they have an adult at school they feel able to trust. This insight helps us identify where we can continue to strengthen support so that every child knows who they can turn to.

These results are consistent with the survey the students completed in the summer term with all the results remaining the same or increasing.

What does this mean?

Taken together, these results suggest that while students may experience the normal ups and downs of school life, most are coping well and feeling positive overall. This reflects the supportive relationships, routines, and wellbeing work that are part of daily life at our school.

How we support wellbeing in school

We continue to place a strong focus on emotional health and wellbeing through:

- A caring and supportive school environment
- PSHE and wellbeing lessons
- Opportunity to talk with our school bought in counselling service provided by CASY counselling

- A close working relationship with Mental Health Support Teams, Healthy Minds and CAMHS to support our students who need higher levels of support
- Trusted adults pupils can talk to
- Activities that help pupils build resilience and manage stress
- The recently developed 'School Hub' where students can access support throughout the school day

We know that wellbeing is strongest when school and home work together. Talking with children about their day, encouraging rest and balance, and reminding them that it's okay to ask for help all make a big difference.

We will continue to monitor student wellbeing and use student voice to help shape our support. Thank you, as always, for your support in helping our students to feel happy, safe, and ready to learn.