

Schools questionnaire - nutrition and resilience

October 2020

This survey is aimed at all young people in primary and secondary schools across Shropshire. Your responses will help us to understand more about your emotional health, wellbeing and physical health, as well as the food you eat. We'll use the responses to develop local action plans to support your school and to measure how things change over time.

The questionnaire is anonymous (we won't be able to identify you from your answers) so please answer as honestly as you can.

For all questions with options, please tick the box next to the answer which is closest to how you feel.

Information sharing

By completing this survey you're giving permission for your responses to be shared with other organisations, including our research and evaluation partners, such as the University of Leeds. We'll comply fully with all data protection legislation. This means that we'll keep your responses safe and secure, now and in the future.

1. How old are you?

2. Which school year are you in?

3. Please select your gender:

- Male
- Female
- I'd describe my gender in some other way
- I'd prefer not to say

4. Which of the following describes you?

- White (British; Irish)
- White (Gypsy, Roma or Irish traveller)
- Other white background (e.g. Bulgarian, French, Lithuanian, Polish, Portuguese, White South African)
- Asian (Asian British; Bangladeshi Chinese; Indian; Japanese; Pakistani; any other Asian background)
- Black (Black African; Black British; Black Caribbean; any other Black background)
- Mixed (White and Asian; White and Black African; White and Black Caribbean; any other mixed background)
- Arab
- Other ethnic group
- Don't know or prefer not to say

5. Do you have to care for someone at home?

- Yes
 No

6. If you attend primary school, please write your school name below.

7. If you attend secondary school, please write your school name below.

8. Where do you live?

- I live with my parent(s)
 I live with other family members
 I live with someone else
 I live in a children's home
 I live with foster carers
 I am living independently (I'm over 16)

9. Do you have a free school meal?

- No, I don't have a free school meal
 No, I can have a free school meal, but choose not to have it
 Yes, I have a free school meal
 I don't know

10. How often have you had the following meals each week (this means not just a snack or a drink) during lockdown/when you were expected to stay at home?

	Every day (seven days)	Most days (4-6 days)	Some days (2-3 days)	Rarely (one day)	Never (zero days)
Breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Evening meal/dinner/tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. How often have you had the following meals each week (this means not just a snack or a drink) over the last two weeks?

	Every day (seven days)	Most days (4-6 days)	Some days (2-3 days)	Rarely (one day)	Never (zero days)
Breakfast	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Evening meal/dinner/tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. How often have you had the following each week during lockdown/when you were expected to stay at home?

	Every day (seven days)	Most days (4-6 days)	Some days (2-3 days)	Rarely (one day)	Never (zero days)
Fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Energy drinks (eg Redbull, Monster, Powerade)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crisps, chocolate or sweets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Takeaways	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fizzy drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. How often have you had the following each week over the past two weeks?

	Every day (seven days)	Most days (4-6 days)	Some days (2-3 days)	Rarely (one day)	Never (zero days)
Fruit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Energy drinks (eg Redbull, Monster, Powerade)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crisps, chocolate or sweets	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Takeaways	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fizzy drinks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The next questions ask about food in your home.

14. Did you worry that food at home would run out before your family got money to buy more **during lockdown?**

- A lot
- Sometimes
- Never

15. Did you worry that food at home would run out before your family got money to buy more in **the last week?**

- A lot
- Sometimes
- Never

16. Were you hungry but didn't eat because your family didn't have enough food **during lockdown?**

- A lot
- Sometimes
- Never

17. Were you hungry but didn't eat because your family didn't have enough food over **the last week?**

- A lot
- Sometimes
- Never

18. I didn't go hungry but I think my mum or dad or carer did miss meals because there wasn't enough money for food **during lockdown.**

- A lot
- Sometimes
- Never

19. I didn't go hungry but I think my mum or dad or carer did miss meals because there wasn't enough money for food over **the last week.**

- A lot
- Sometimes
- Never

The following questions are about how you've been feeling and thinking. Please tick the option that best describes your experience of each **during lockdown.**

20. I've been feeling optimistic (feeling positive) about the future...

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

Tip for the following question – feeling useful may include helping out at home, taking the dog for a walk, cooking etc.

21. I've been feeling useful...

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

22. I've been feeling relaxed...

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

23. I've been dealing with problems well...

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

24. I've been thinking clearly...

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

25. I've been feeling close to other people...

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

Tip for the following question - making up your own mind may include deciding who you spend time with, going out, how your bedroom looks, what clothes you wear, or how you spend your time.

26. I've been able to make up my own mind about things:

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

For the following statements/questions, please tick the box next to the answer which is closest to how you feel.

27. Adults have usually listened to the views of children and young people before making decisions that affect them.

	During lockdown	Over the last two weeks
Strongly agree	<input type="checkbox"/>	<input type="checkbox"/>
Agree	<input type="checkbox"/>	<input type="checkbox"/>
Neither agree nor disagree	<input type="checkbox"/>	<input type="checkbox"/>
Disagree	<input type="checkbox"/>	<input type="checkbox"/>
Strongly disagree	<input type="checkbox"/>	<input type="checkbox"/>
Don't know/no opinion	<input type="checkbox"/>	<input type="checkbox"/>

28. How often have you felt lonely...

	During lockdown?	Over the last two weeks?
None of the time	<input type="checkbox"/>	<input type="checkbox"/>
Rarely	<input type="checkbox"/>	<input type="checkbox"/>
Some of the time	<input type="checkbox"/>	<input type="checkbox"/>
Often	<input type="checkbox"/>	<input type="checkbox"/>
All of the time	<input type="checkbox"/>	<input type="checkbox"/>
Don't know/no opinion	<input type="checkbox"/>	<input type="checkbox"/>

29. When did you usually go to bed...

	During lockdown?	Over the last two weeks?
Before 9pm	<input type="checkbox"/>	<input type="checkbox"/>
Between 9pm and 10:30pm	<input type="checkbox"/>	<input type="checkbox"/>
Between 10:30pm and midnight	<input type="checkbox"/>	<input type="checkbox"/>
After midnight	<input type="checkbox"/>	<input type="checkbox"/>

30. When did you usually get up over the last two weeks?

	During lockdown	Over the last two weeks
Before 7am	<input type="checkbox"/>	<input type="checkbox"/>
Between 7am and 8:30am	<input type="checkbox"/>	<input type="checkbox"/>
Between 8:30am and 10am	<input type="checkbox"/>	<input type="checkbox"/>
Between 10am and midday	<input type="checkbox"/>	<input type="checkbox"/>
Afternoon	<input type="checkbox"/>	<input type="checkbox"/>

Physical activity is any activity that increases your heart rate, and makes you get out of breath some of the time. It can be done in sports, school activities, playing with friends, or walking to school.

31. Please tick how many days each week you were physically active for at least 60 minutes during lockdown?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

32. Please tick how many days each week you were physically active for at least 60 minutes over the last two weeks?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

Thank you for completing the questionnaire.

Any paper questionnaires completed will be collected by your school and can be returned to:

Feedback and Insight Team
Shropshire Council
Shirehall
Abbey Foregate
Shrewsbury
Shropshire
SY2 6ND

Alternatively scan and email to: TellUs@shropshire.gov.uk