



Pupil Wellbeing Survey Results Autumn 2025

At Archbishop Cranmer Church of England Academy, we place children's wellbeing at the heart of everything we do. As part of our commitment to helping every child flourish, we regularly undertake the "Me and My Feelings" wellbeing survey.

The survey enables us to identify strengths, emerging concerns and areas where additional support may be beneficial. The survey focuses on three key areas:

- Sleep and healthy routines
- Worry and anxiety
- Self-esteem and confidence

Autumn 2025 Findings

The Autumn survey identified a small number of pupils who may benefit from additional support in one or more wellbeing areas. As in previous years, sleep emerged as the most significant area of concern across several year groups. A smaller number of pupils were identified as requiring support with self-esteem and confidence.

The survey did not identify significant levels of worry or anxiety across the wider school population, which is encouraging and reflects the positive and nurturing environment within the school.

Actions Taken

Following analysis of the survey, the school has implemented a range of support strategies including:

- Sharing sleep support resources and Mental Health Support Team (MHST) guidance with families
- Delivering RHSE lessons focused on healthy sleep habits and wellbeing
- Using the Yasmine and Tom curriculum to teach children about sleep, wellbeing and healthy lifestyles
- Promoting positive self-esteem through classroom responsibilities, peer recognition and positive praise
- Referring individual pupils for additional support where appropriate, including MHST involvement
- Working closely with families to ensure support is personalised to children's needs

Strengths Identified

The survey highlights many positive aspects of pupils' wellbeing across the school. The relatively low number of pupils identified for self-esteem support suggests that most children feel valued, confident and connected to school life. The absence of significant concerns relating to worry and anxiety is also encouraging.

Next Steps

During the Spring and Summer terms, the survey will be repeated to measure the impact of the support provided and to identify any new or emerging needs. The school will continue to:

- Promote positive mental health and wellbeing through the curriculum
- Work closely with parents and carers
- Provide targeted support for individual pupils where required
- Strengthen links with external wellbeing and mental health services
- Monitor trends to ensure every child receives the support they need to flourish

Our Christian vision, "Striving for life in all its fullness" (John 10:10), underpins our commitment to supporting every child's emotional wellbeing, confidence and sense of belonging.