

Primary Assembly



Be informed.



Be curious.



Be heard.

Your latest results: "Would playing outside more improve your mental health?"



Yes

85.2%

No

14.8%

"Although children all voted that video games were their favourite thing to do, most of them said that being outside made them happier."
Thrybergh Primary School

"The internet has ruined our outdoor lives!"
Elmhurst Junior School

"Playing on my own outside is not fun, but playing with others is."
The Vale Academy

"When the weather is cold and rainy, it's not fun to spend time outside so it may not help our wellbeing and mental health."
Cromer Road Primary School

19,611 young people voted this week! Were you one of them?

Your latest results: “Would playing outside more improve your mental health?”

It's reassuring that most of the 19,000+ children and young people surveyed recognised the effect good playtimes can have on their mental state. The headline results almost exactly mirror what OPAL sees from our own surveys in 1000+ schools, with around 85-90% of respondents (Years 1-6) generally stating that better playtime opportunities during the school day would definitely benefit their mental health as well as boosting their physical activity levels, reducing the number of accidents in the playground, dramatically improving lunchtime behaviour and supporting better focus in class after lunchtime play. 99.4% of Headteachers and teaching/support staff confirm this view, plus over 99% of parents are also supportive or strongly supportive of better play in schools.



 **NOTESFORSCHOOLS**

**Neil Coleman, Director at
OPAL Outdoor Play and Learning**

Your latest results: “Would playing outside more improve your mental health?”

Hello! My name is Chloe and I work in the Community Team at Place2Be. I want to say a HUGE thank you to the 19,611 of you that took part in the recent vote, you're all amazing! 😊 At Place2Be we believe that every child should have easy access to mental health support whenever they need it, we create safe spaces within schools to allow children and young people to open up about their worries through one-to-one counselling and group sessions. We also work with families and school staff through our whole-school approach. Our mission is to improve the mental wellbeing of children, families, and whole school communities, by combatting stigma and improving attitudes towards mental health. Thank you so much for taking part and I wish you lots of luck in your work around mental health and wellbeing!



 **VOTESFORSCHOOLS**

**Chloe Lacey, Community Fundraising
Officer at Place2Be**

Your latest results: “Would playing outside more improve your mental health?”



Mind



Place2Be

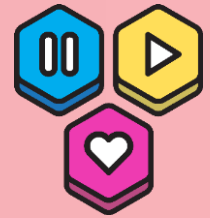


OPAL Outdoor
Play and
Learning



University
of Exeter

The University
of Exeter



Play Healing



Be informed.



Be curious.

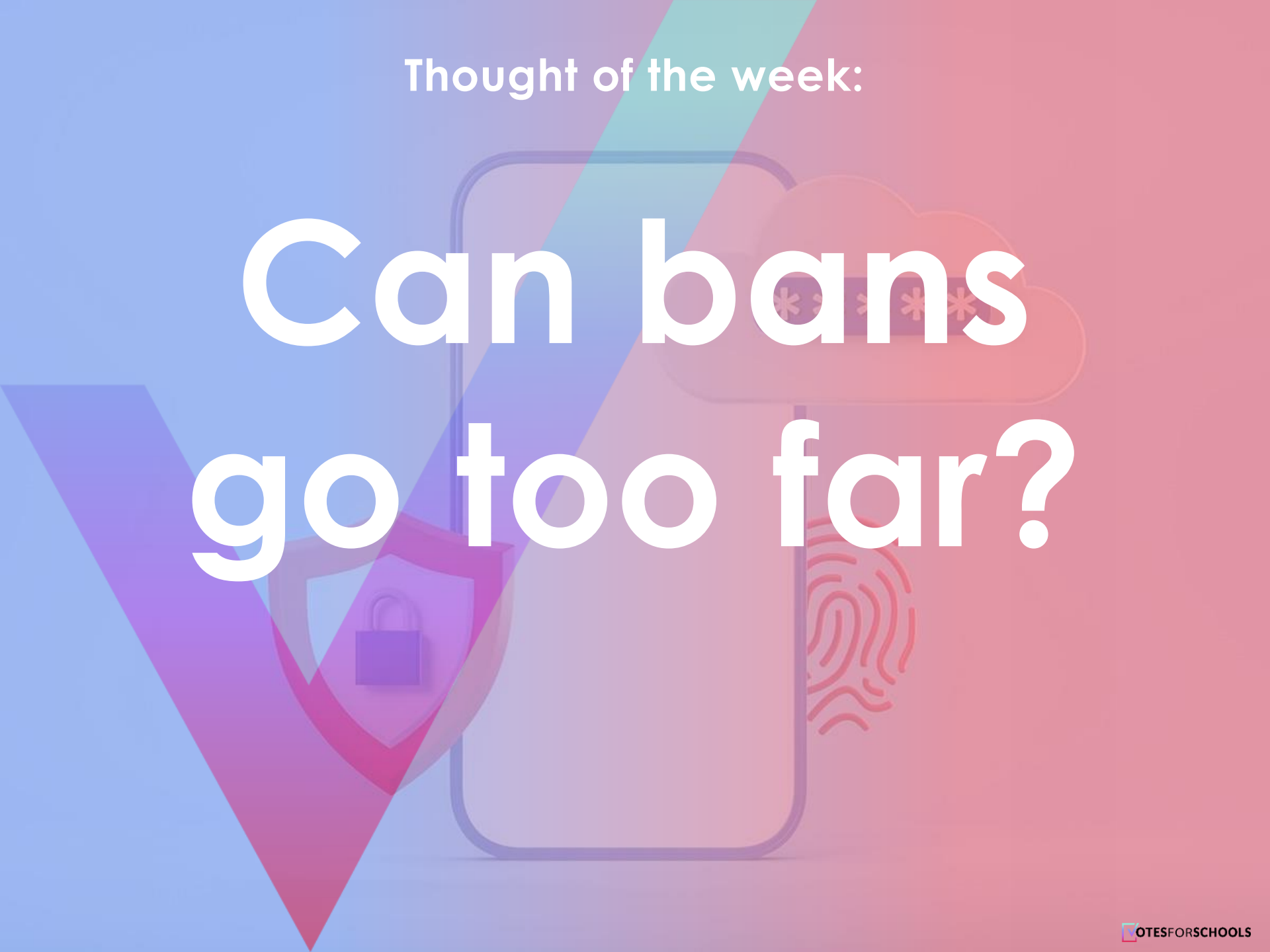


Be heard.

Want to share your views with us? Share your votes and comments by logging into your VotesforSchools account. You can also get in touch at primary@votesforschools.com

Thought of the week:

Can bans
go too far?





In this **week's lessons**, you are thinking about the **rules** for how **young people** use **smartphones**. Sometimes there are **bans** on **young people** using them.



Ban:

To officially say you are not allowed to do or have something.



People have spoken about making **different phones** for **young people** that **do not** have **social media**. There would be a **ban** on **young people** having the **same phones as adults**. There are many **interesting bans** around the **world**...



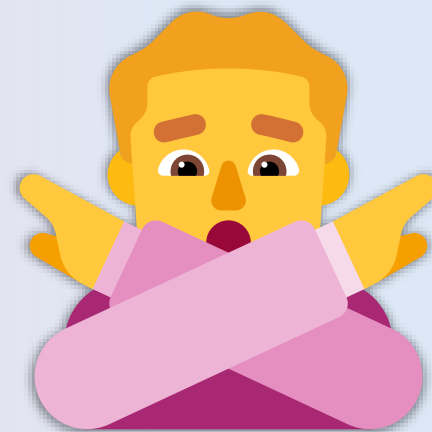
Be curious: That's how it is



Real, or no real?

Let's think about some bans around the world. Do you think the ban is real? Cross your arms if you think it is.

I think this is a real ban!





Be curious: That's how it is



You are not allowed to wear
high heels at historic sites in
Greece.



This is a real ban.



You are not allowed to have
goldfish as pets in Rome.

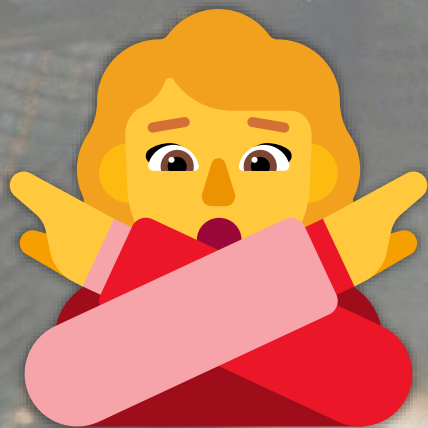
This is **not** a real ban. But you are
banned from keeping goldfish in
round glass bowls as this can be
bad for their health.



Be curious: That's how it is



You are not allowed to
buy ballpoint pens and
then sell them in Nigeria.



This is a **real** ban.



On the Italian island of Capri, flip flops are banned.



This is a **real** ban. This is because flip flops are very “noisy”.



Kinder Surprise eggs are banned in the USA.



This is a **real** ban. This is because children could choke on the small toys inside.



Baby walkers have been banned in Canada.



This is a **real** ban. This is because babies were moving too fast and carers couldn't react quickly enough.



Be curious: That's how it is

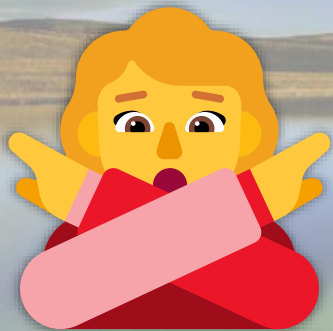
Black trousers are banned in North Korea.

This is **not** a real ban.
However, blue jeans
are banned!





In Iceland you cannot
have names beginning
with C, Q or W.



This is a **real** ban. These letters are not part of the Icelandic alphabet. Many countries in the world have rules about what you can name children.



Be heard: Naughty, naughty



In this week's lessons you will be **voting** on: **“Do you have too much screen time?”** or **“Would you prefer to use an under-16s phone?”**

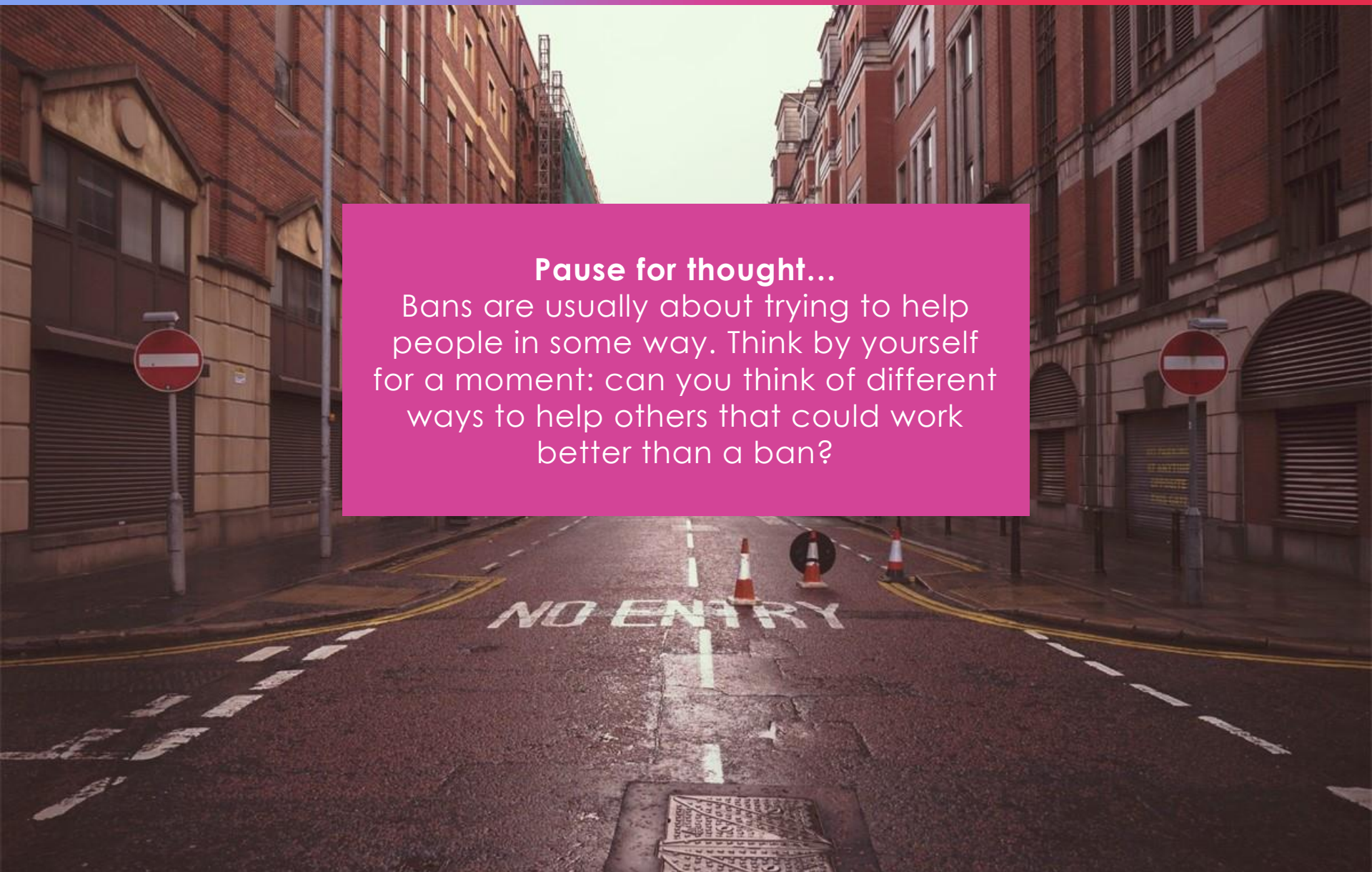
It's **not clear yet** if there will be **bans** on phones for **under-16s** in the **UK**. However, even when there **are bans**, sometimes people **break the rules**.

Quick poll (1 min)
Do bans work? Put up your hand if you think they do.



Pause for thought...

Bans are usually about trying to help people in some way. Think by yourself for a moment: can you think of different ways to help others that could work better than a ban?



This week you're discussing: "Would you prefer to use an under-16s phone?"

Yes

Yes, I would feel safer with a special phone designed for young people.

I think it's a good idea to make phones that restrict social media.

I'd have other ways to connect with my friends. Maybe I'd see them in person more often?

No, I don't think a special phone designed for young people would make a big difference.

I think it's a bad idea to make phones that restrict social media.

I'd feel left out of the technological world and wouldn't have as much contact with my friends.

No

Join the national conversation by logging into your VotesforSchools account or sharing your thoughts with your teacher!