



VIIMSI KOOL



Feedback survey among pupils

There have been several activities done from September 2013 until May 2015(in autumn and spring) regarding the Project „Be active. Stay healthy!“.

229 pupils replied to the survey. Pupils looked at the activities and marked down whether and how often did they took part in these activities and how did they like these activities.

	Never	Sometimes	Often
Active break times	36,2%	50,2%	13,6%
Found myself ways how to spend the break actively	8,7%	40,2%	51,1%
Dance break	20,5%	43,2%	20,5%
Played on twister or hoscotch area	42,8%	49,3%	7,9%
Played on the new basketball court	33,2%	40,2%	26,6%
Filled the observation diary	Yes: 55,5% No: 44,5%		
Participated in Whole school moving day Autum 2014	Yes: 88,2% No: 11,8%		
Participated in Guest speaker lesson	Yes: 64,2% No: 35,8%		

If they answered always, often or sometimes, how did they enjoy these activities

Active breaks	27,2% didn't like them	72,8% liked them
Dance break	18,3% didn't like them	81,7% liked them
Moving day	14,2% didn't like it	85,8% liked it
Observation diary	41,3% didn't like	58,7% liked it
Guest lesson	19,8% didn't like them	80,2% liked them

What was the activity that they liked the most?

1. Dance break / basketball tournament
2. Active breaks
3. Autumn 2014 moving day
4. Twister game area
5. Guest speakers lessons about healthy food, active lifestyle

In Estonia the poster campaign “Mis teete?”, “Liigume” was organized. We asked the students whether they noticed the posters and what kind of impact did the posters have?

Noticed the posters:

Yes: 95,6% No: 4,4%

Most of the students (70%) described that the posters had an influence on them by bringing out that:

- They understood that they should move more, be more outside
- That they shouldn't be engaged with their phone so much
- Should buyily others
- Started to move more
-

30% on students felt that the posters didn't have the influence, because they didn't understand the message or they didn't see them.

Some examples of the explanations the students gave:

- Need pildid olid toredad ja panid mõtlema küll. Esimesel pildil kuss oli „Mis teete?“, siis ma mõtlesin et paljud inimesed veedavadki oma vahetunde niimodi. Kuid eelmisel teispäeval või kolmapäeval tegin isegi hüppenööri hüpates uue rekordi mis oli kirja pandud. Ppoole minutiga 80 hüpet. Pole paha! Sain sellest aru, et inimestele on vahetund mõeldud liikumiseks mitte telefonides olemiseks. (6g)
- Ma arvan, et see näitas mulle, et on liiga palju õpilasi koolis kellel on sõltuvus oma telefoni vastu ja on koguaeg telefoni peal. Kool tahaks, et me liiguksime rohkem ja ma nõustun sellega väga! (6d)
- Mulle meeldisid need postrid ja panid mõtlema veel rohkem liikumise peale.
- (4d)
- Need ei mõjunud, need ei tekitanud tahet mul õue minna....minu arust olid need natuke naljakat (6d)
- jah tõesti panid mind mõtlema peaksin rohkem liikuma jne. (2a)





VIIMSI KOOL



How much these activities have raised their awareness about healthy and active lifestyle:

Had a significant or medium impact: 72,4% students

Had an insignificant or no impact: 27,6% students

If they answered a lot or a bit, their explanations were:

- More knowledge (about sleeping, eating, moving)
- Made me to move more
- I do more exercise
- I am outside more
- I found the basketball game for myself
- I saw that there are more ways to spend the break than be in the smartphone
- I started to like dancing
- It made me happier
- It made the school more interesting

Some examples of explanations the students gave:

- Ma hakkasin koolis rohkem rattaga käima ja niisama ka rattaga sõitmas. käin ka rohkem väljas jalutamas. (4d)
- Mul oli palju kergem tundides edasi püsida, vastata ja juhe ei jooksnud koguaeg kokku (4c)
- Need mõjutasid mind sellisel määral, et ma hakkasin võibolla rohkem aktiivsetest vahetundidest osa võtma (4c)
- mulle õpetas näiteks seda, et koolis saab nii palju asju teha midagi mida ma ültse ei teadnud ja ma hakkasin palju paremini toituma jne (2a)
- Need panid mu aru saama, et elu ei seisne ainult telefonidest ja muudest nutiseadmetest (6g)

Thanks to these activities, pupils like to be in the school more and I feel happier:

Had a significant or medium impact: 68,1% students

Had an insignificant or no impact: 31,9% students

What could be done in the future to make school days more safe and active?

Pupils' ideas:

- More dance breaks
- More being outdoors
- Longer break
- More competitions (also in winter)
- Football tournament
- Running break
- More activities to older students