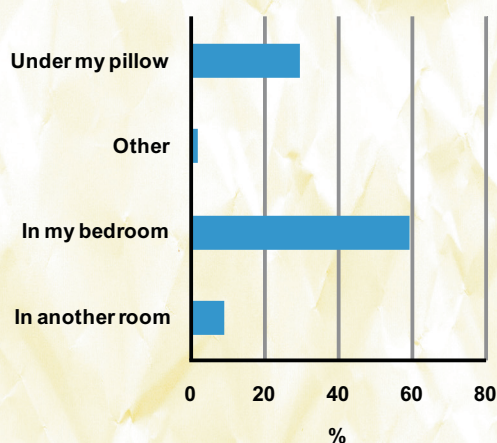




CensusAtSchool 2012

October 2012

Chart 1 - Students phone location while sleeping



OMG.....! 30% of students sleep with phone under pillow

7,150 secondary school attendees from 216 schools completed the Phase 11 questionnaire of the CensusAtSchool survey between August 2011 and August 2012. The questionnaire covered a variety of topics ranging from what students have for breakfast, the types of sports activity they participate in, where they keep their mobile phones and how much they knew about the Olympics.

Details on the CensusAtSchool project and more results from Phase 11 can be found on the website <http://www.censusatschool.ie>.

Interesting Findings from Phase 11 results:

- 30% of respondents of the Phase 11 survey stated they keep their mobile phones under their pillow while sleeping (*see Chart 1*).
- The most popular time of the morning to get out of bed was between 7.30am and 8.00am (*see Chart 4*).
- 53 % of respondents indicated they eat cereal for breakfast. Toast (17%) and cooked breakfast (6%) were the next most popular choices (*see Chart 6*).
- Football (14%) was the most popular participation sport followed by Gaelic Football (13%) and Basketball (9%) (*see Chart 9*).
- Usain Bolt (34%) was the most popular choice by students when asked to name a famous Olympian. The next most popular and also the first Irish sports person to be named was Sonia O'Sullivan (13%) (*see Chart 11*).

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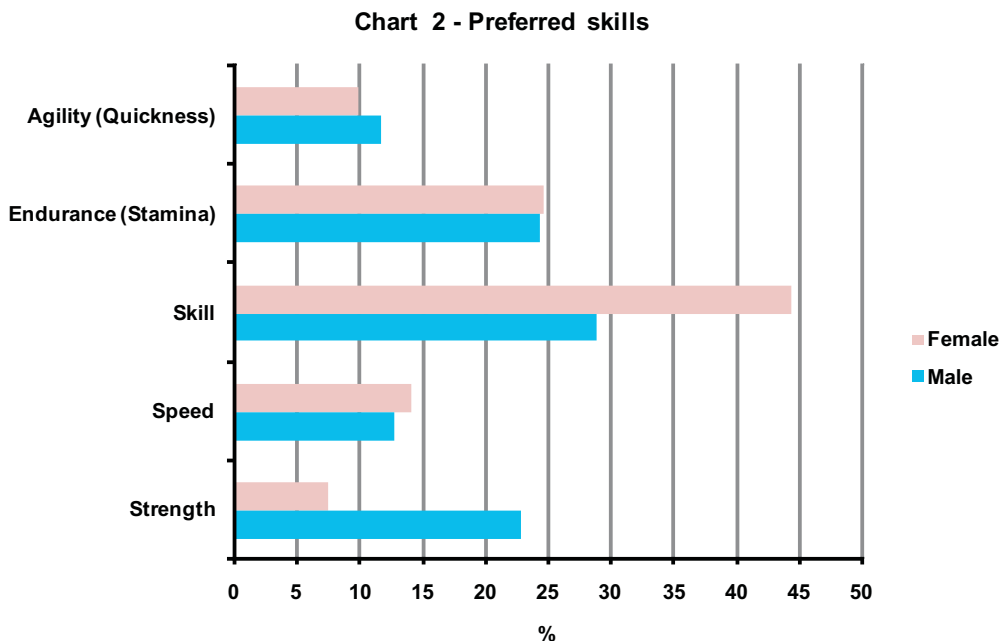
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Which one of the following would you rather have?

Overall 37% of all respondents to the survey indicated “skill” to be their preferred attribute. The chart highlights "strength" is more preferred by male students than female students.



Where did you keep your mobile phone last night while you slept?

A greater percentage of female respondents (35%) sleep with their phones under their pillows than males (23%) .

Chart 3a - Phone location while sleeping - Female

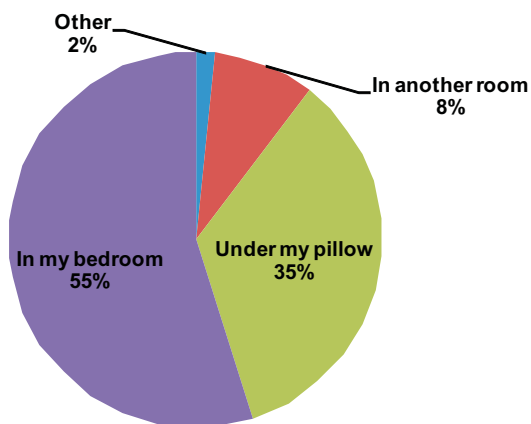
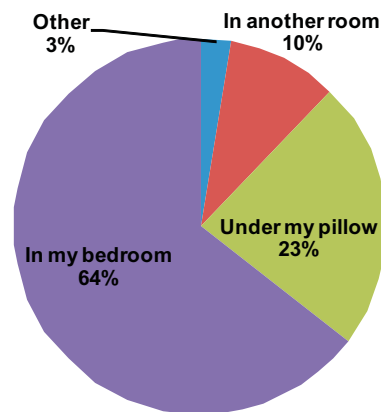
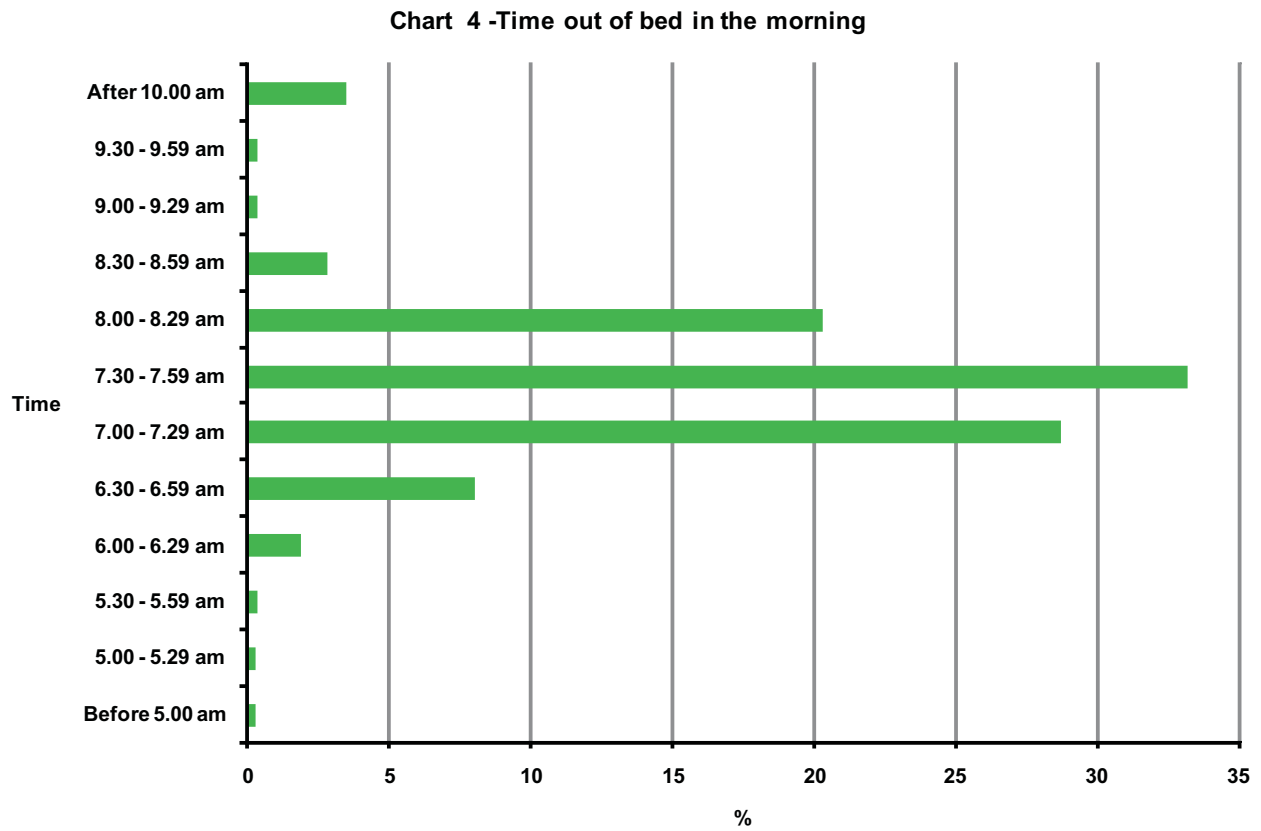


Chart 3b - Phone location while sleeping - Male

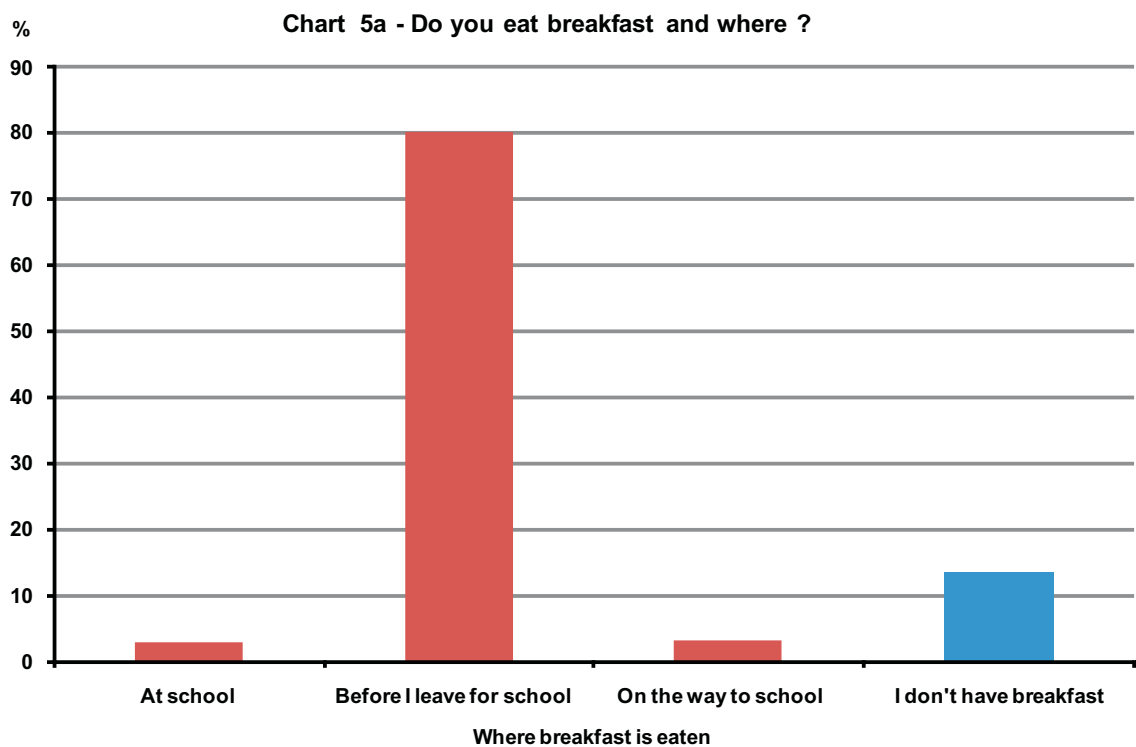


What time did you get out of bed this morning?

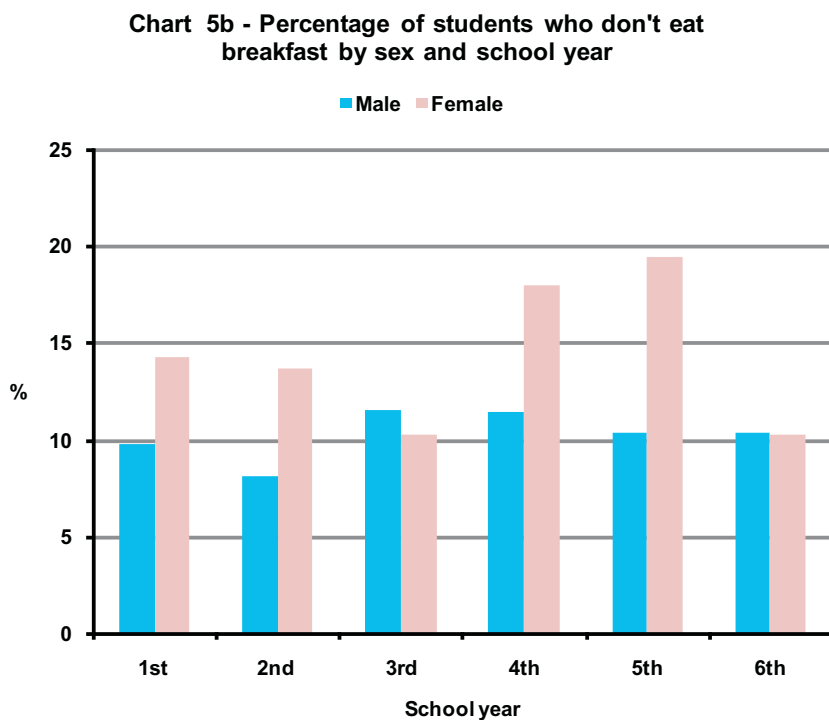
The majority of respondents indicated they get out of bed each morning between 7.30 am and 7.59 am (33.2 %).



On a school day, do you eat breakfast?

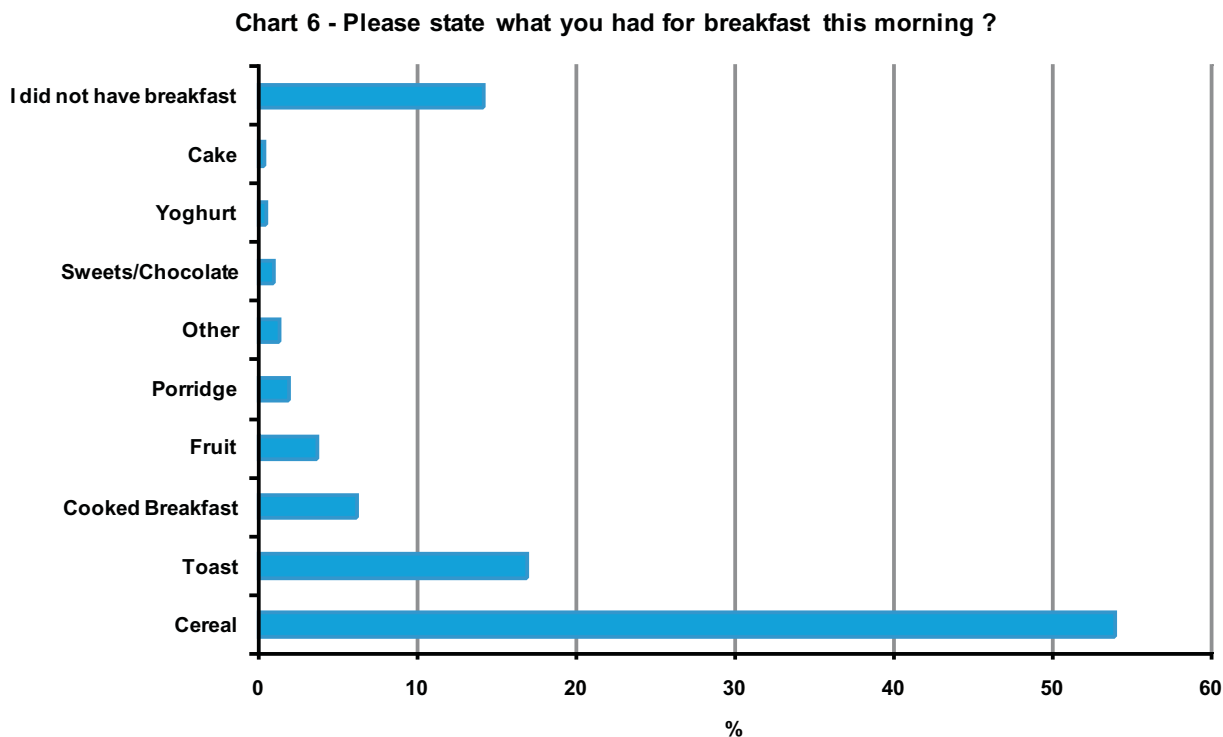


In Chart 5b, we look more closely at the profile of students who stated they do not eat breakfast. The chart shows a higher percentage of female students miss breakfast than males.



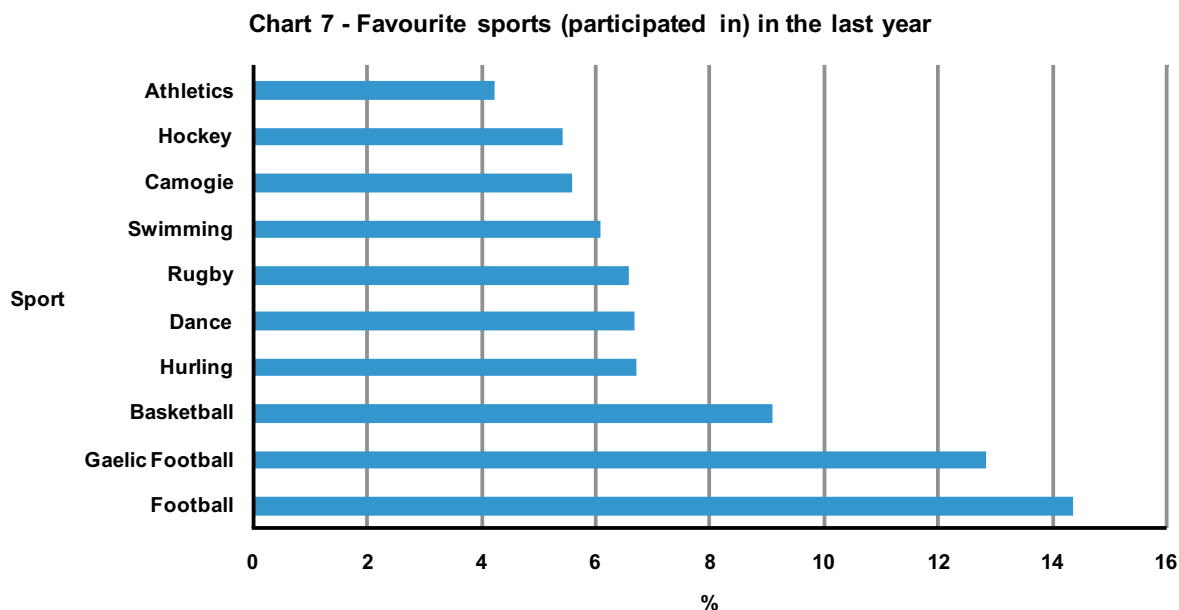
Please state what you had for breakfast this morning?

Cereal was respondents most popular breakfast with 53%. Porridge which was not listed specifically on the survey was mentioned as the most popular *other* type of breakfast. In addition to breakfast, the survey indicated that on average male students consume 3.9 portions of fruit a day. Female students consume an average of 3.6 portions a day.



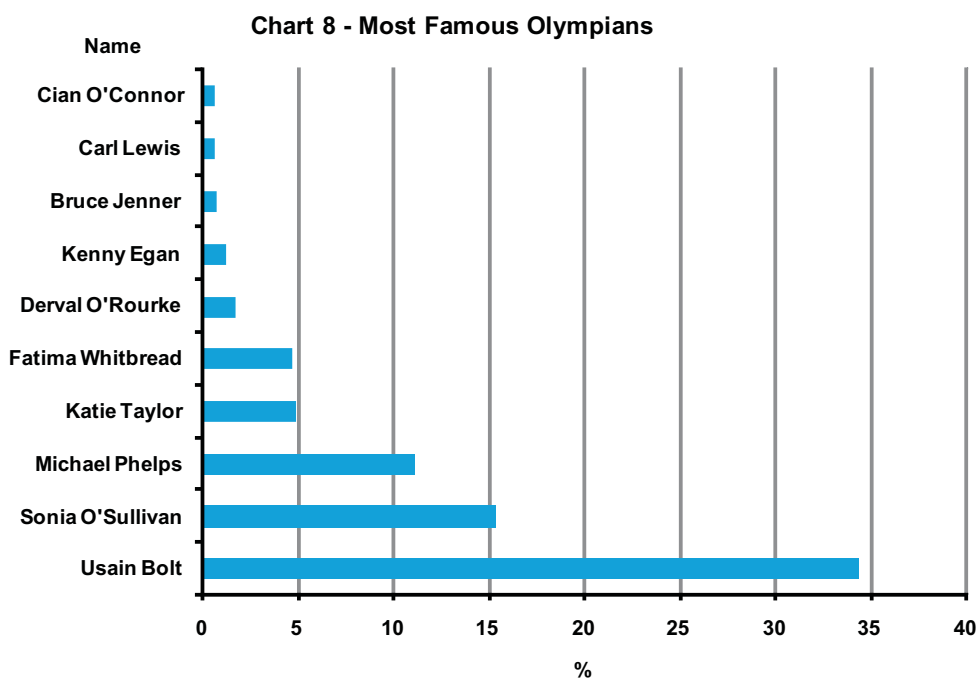
What sporting activities have you taken part in during the last year?

Respondents listed 24 sports. The top 10 choices are shown in Chart 7.



Name a famous Olympian and state the event he/she competed in.

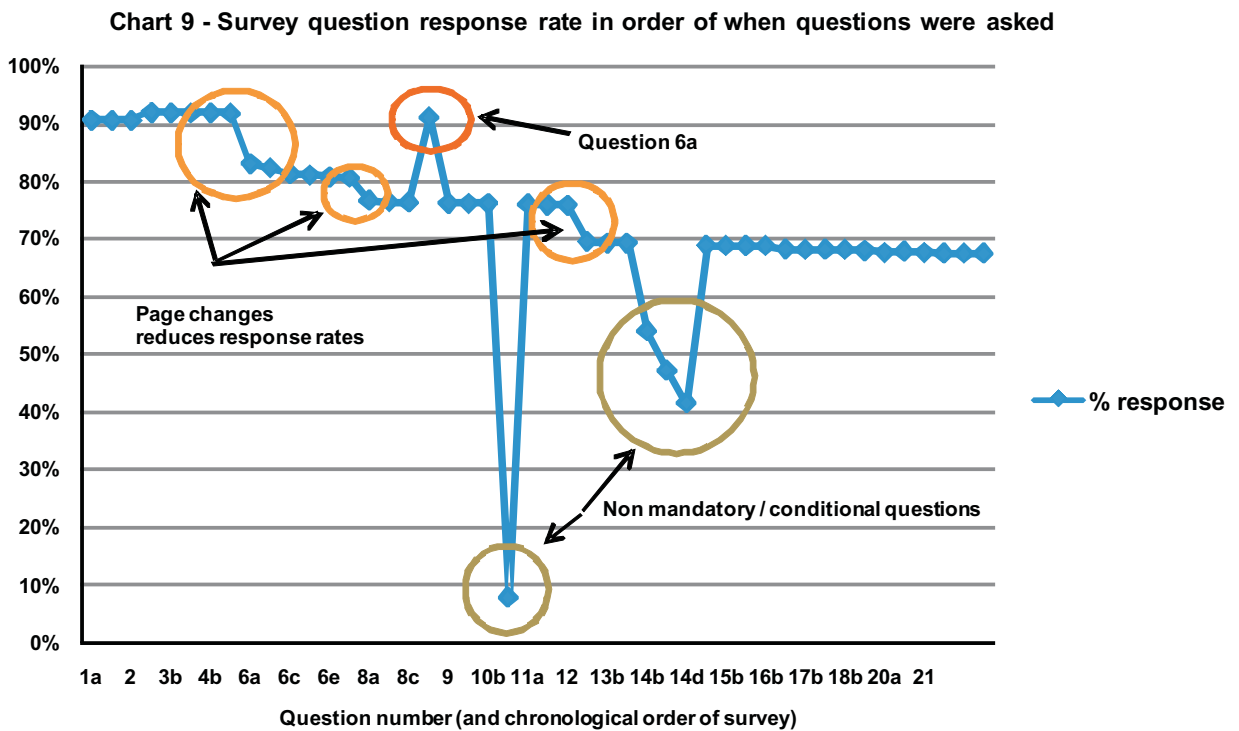
Usain Bolt was the most popular Olympian to be named in the survey followed by Sonia O’Sullivan and Michael Phelps. 85% of respondents correctly listed Athletics as his Olympic discipline. 15% of respondents listed a total of 21 other sports they felt Bolt had competed in ranging from Archery to Taekwondo.



Background Notes

Sample 7,150 secondary school attendees from 216 schools completed the Phase11 questionnaire of the CensusAtSchool survey between August 2011 and August 2012. Because the survey is voluntary and not part of a representative sampling process, the results of the survey are less reliable in providing inferences about the overall secondary school student population.

Item Response to questionnaire Chart 9 shows how the level of responses to the CensusAtSchool declined over the length of the questionnaire. Of the students that entered the survey, 91% completed question 1A. In contrast 67% of the individuals continued through the survey to complete question 21. The highlighted areas on the chart show events that appear to have affected the response rates e.g. respondents moving to a new page of the questionnaire corresponded with a more significant drop in the individual response rates



Phase 11 CensusAtSchool Questionnaire

About You

1 Please state the XY coordinates of your school, eg 716020, 734837.

2 Are you?

- Female Male

3 Please state your age in completed years and the month you were born.

<input type="text"/>	<input type="text"/>
Years	Month

4 a) Which hand do you write with?

- Left Right Either

b) When going up steps which foot would you place on the first step?

- Left Right Either

5 Which **one** of the following would you rather have?

- Agility (Nimbleness)
 Endurance (Stamina)
 Speed
 Skill
 Strength

6 What is your:

Heightcm
 Length of right footcm
 Vertical reachcm
 Open arm spancm
 Open hand span of the hand you write with?cm

7 What is your resting pulse rate?

 per minute

At School

8 a) What time did you go to bed:

Last night Last Saturday night

<input type="text"/>	:	<input type="text"/>	:	<input type="text"/>
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b) Where did you keep your mobile phone last night when you were asleep?

- Under your pillow
 In your bedroom
 In another room
 Other (please state)

9 What time did you get out of bed this morning?

 :

10 a) On a school day do you eat breakfast?

- Before I leave for school
 On the way to school
 At School
 I don't have breakfast

b) Please state what you had for breakfast this morning.

	Yes	No
Fruit	<input type="checkbox"/>	<input type="checkbox"/>
Cereal	<input type="checkbox"/>	<input type="checkbox"/>
Cooked breakfast	<input type="checkbox"/>	<input type="checkbox"/>
Toast	<input type="checkbox"/>	<input type="checkbox"/>
Sweets/chocolate	<input type="checkbox"/>	<input type="checkbox"/>
Cake	<input type="checkbox"/>	<input type="checkbox"/>
Other (please specify)		
I did not have breakfast		<input type="checkbox"/>

11 a) How many portions of fruit and veg did you eat yesterday? See Just Eat More Guide.

 Portions

b) Were you at school yesterday?

- Yes No

12 Will you compete in your school's sports' day?

- Yes No
 My school does not have sports' day

Sport and Exercise

13 a) How much sport or exercise did you do in school last week (or the last week you were at school)?

 hours

b) How much sport or exercise did you do out of school last week (or the last week you were at school)?

 Hours

14 What sporting activities have you taken part in during the last year? This can be a club activity.

15 a) Have you been involved in competitive sport in the last year?

- a) In school b) Out of school
 Yes No Yes No

16 Can you:

- a) Swim 25 m? b) Ride a bike?
 Yes No Yes No
 Never tried Never tried

17 Name a famous Olympian and state the event he/she competed in.

18 Are you going to an event at the:

- a) 2012 Olympics b) 2012 Paralympics
 Yes No Yes No

19 a) What month in 2012 does the torch relay start?

b) Will you go to see the Torch Relay?

- Yes No I don't know
 I don't know what this is

20 In the last week approximately how much time did you spend, to the nearest hour, playing motion-controlled games? (Wii, Xbox, PS3.)

 hours

21 How many gold, silver and bronze medals do you think Ireland will win at London 2012?

Medal	Ireland won in 2008	Ireland will win in 2012
Gold	0	
Silver	1	
Bronze	2	

22 There is a reaction time game to complete.