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NETWORK

## Welcome to the School Health Research Network

Welcome to the first newsletter from the **School Health Research Network**. We will publish our newsletter termly and in it you will find news about the Network's activities and the incentives and resources that are on offer to member schools. In between newsletters, you can keep track of what we're doing through our Twitter feed and in emails from us. If you have any feedback or suggestions about any aspect of the School Health Research Network we would love to hear from you by email, phone or Twitter.

We are delighted that so many secondary schools from across Wales have joined the Network - 69 in all - we warmly welcome you all and look forward to working together.

The School Health Research Network is a new initiative and the first of its kind in the UK. Our aim is to **improve young people's health and wellbeing** through generating high quality research evidence about how schools can best protect and support the health of their school community.

The Network will bring schools, researchers and policy makers closer together to ensure that we facilitate research that is relevant and timely and that the evidence we generate is used to inform school health policy and practice.

Working closely with schools, professionals who support school health and policy makers we will **develop the structures and processes needed to create a vibrant and effective network** that serves the needs of young people in Wales.

The Network is being coordinated by DECIPHer, the Centre for the Development and Evaluation of Complex Interventions for Public Health Improvement.



DECIPHer is a strategic partnership between Cardiff University, the University of Bristol and Swansea University.

## Network Event

**Thursday 5 June 2014 - 10.00am - 3.00pm - City Hall, Cardiff**

We hope all schools will be able to send a representative to this event. An invitation has already been sent to schools so please contact us if you would like to book a place. We are running the event over a short day in the centre of Cardiff to allow ease of travel for as many people as possible. All transport costs will be paid.

There will be a chance to:

- Meet the team and staff from other schools in the network
- Learn about the impact of the Canadian School Health Action Planning and Evaluation System (SHAPES) from our guest speaker, Steve Manske, University of Waterloo, Ontario
  - Find out how the Network can support the priorities of schools in Wales
  - See a draft school feedback report and discuss its potential before your individualised report is emailed to your headteacher later in the term.
- Meet representatives from our partners and other supportive organisations and hear about the exciting resources they plan to offer Network schools. **You will have an opportunity to shape these and suggest other potential ideas.**

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## Meet the team

### Joan Roberts

*School Health Research Network Manager*

Joan is a teacher and has spent many years working in the field of school health in Wales. She has worked with DECIPHER on a range of school research projects and supported the Welsh Network of Healthy School Schemes by working with individual schemes and running training and writing resources for the Welsh Government. She is also a WNHSS National Quality Award assessor.

Her role in the Network is to manage its development, ensuring it meets the needs of schools, researchers and key health and educational stakeholders. She will provide support for the Network schools and manage the offer of resources from the partners and other organisations.

### Dr Gillian Hewitt

*Research Associate*

Gillian joined DECIPHER in 2012 having previously worked in the joint Faculty of Health and Social Care at St George's, University of London and Kingston University. Gillian's role is to help develop the network and collect the information needed to assess its feasibility and sustainability. She will be developing and testing ideas about how we can make research projects less burdensome for schools, as well as developing a system to organize and manage research projects within the Network.

### Prof Simon Murphy

*Principal Investigator of the School Health Research Network*

Simon is the director of DECIPHER's Cardiff office having worked



L-R: Gillian Hewitt, Cheryl Briscoe, Simon Murphy and Joan Roberts

at Cardiff University since 2004. Simon's interests are in children and young people's health behaviours and working with policy and practice to improve health improvement efforts.

### Cheryl Briscoe

*School Health Research Network Administrator*

Cheryl joined DECIPHER in 2011 having worked in the NHS previously. She has two roles at DECIPHER, not only as the Administrator for the School Health Research Network, but as the Centre Support Officer for the department. Cheryl is responsible for the day to day running of the Network.

## Incentives

We are really keen to ensure that belonging to the School Health Research Network is a **positive experience for all schools**. **With that in mind, we plan to offer a range of different resources on a termly basis from the Network team, our partners and other organisations that are able to offer support on a range of health issues.** We want these to be perceived in a positive light and to ensure that this is the case we would like your views on what we are offering, how these could be shaped and suggestions as to what else you would like to support the health of your school community. The Network Launch Event will provide a forum for this.

These are the first resources on offer for the Summer Term 2014 at no cost to schools. To access any of them, please email Cheryl on ([shrn@cardiff.ac.uk](mailto:shrn@cardiff.ac.uk)) as they will be awarded on a 'first come, first served' basis when there are limitations to the offer. Please respond speedily to avoid disappointment!

### Resources on offer from the School Health Research Network team



#### Access to expert advice

The team can offer advice to schools on matters relating to both research issues and health and wellbeing within the curriculum and broader school setting. We are also building relations with the Welsh Network of Healthy School Schemes and other key organisations with a view to helping schools in the Network.

#### Use of the School Health Research Network logo

We hope that being part of the Network is something that you will want to shout about! We can offer you a pdf of the logo for you to put on your website and school stationery. We will provide a bilingual written description of the Network for you to add to your website and use in any other pertinent documentation such as your school prospectus.

#### A short bilingual Powerpoint presentation describing the School Health Research Network

This will allow you to explain what it means to be a Network school to all sectors of your school community: staff, students, governors and parents.



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### Resources from the South East Wales Trials Unit



#### Bilingual data manipulation exercise

Our feedback reports have been developed by John Evans and Gareth Watson from the South East Wales Trials Unit, School of Medicine, Cardiff University. They have developed a **data exercise** based on anonymised data from the Health Behaviour of School-aged Children Survey for use with students studying for GCSE/A level in IT or Maths.

### Resources on offer from Cancer Research UK



#### Priority booking for Cancer Research UK Cardiff Centre Open Day on Saturday 20<sup>th</sup> September 2014:

‘Discover how we are fighting cancer in Wales:

- Meet our cancer scientists, doctors and nurses
- Go behind the scenes in our lab and become a cancer scientist yourself
- Learn more about local research with interesting talks and fun demonstrations’

#### A bilingual, student friendly fundraising pack specifically developed for SHRN schools.

Health promoting ideas to raise money to support cancer research, such as running a school-based Race for Life.

#### Genes in Space

This is an enjoyable, space-themed game for young people that can be downloaded at no cost onto a smart phone or tablet. What makes it unique is that it is also designed to crunch through data that **will help Cancer Research UK scientists** identify the DNA faults that could lead to cancer.

#### Visit from cancer researchers

Two cancer researchers based in Bangor University and Glyndŵr University can each visit a local school on a mutually convenient date in the Summer term to talk about their work. The talk will fit into a standard lesson and is aimed at students in Key Stage 4.

### Resources on offer from Cardiff University Community Engagement Team



‘How to help your students look after their bodies during exercise.’ A practical CPD session for PE staff from Network schools run by Rhys Shorney, Lead Physiotherapist, Inspire Performance, Cardiff University. It will be run in the Cardiff University Sports Training Village Cardiff CF14 3AT on Wednesday 18 June from 4.00 to 5.30pm for up to 20 participants

#### Brain Trail. A carousel of activities for students in Years 7/8

Dr Emma Lane - School of Pharmacy and Pharmaceutical Sciences will run this through the medium of English to schools in South East Wales. Schools to suggest appropriate dates in June/July on application.

‘Looking Good and Getting High’, an A level biology lesson for Year 12/13 Dr Emma Lane - School of Pharmacy and Pharmaceutical Sciences will run this through the medium of English to schools in South East Wales. The lesson revises the action potential, and neuronal anatomy, going on to explore the **impact of legal and illegal highs on the brain** and links closely with the A level syllabus. Schools to suggest appropriate dates in June/July on application.

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