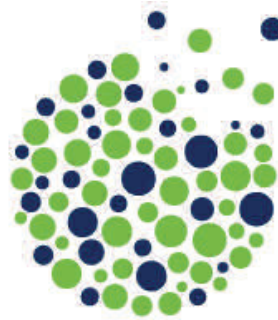


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SCHOOL
HEALTH
RESEARCH
NETWORK

You'll notice that this newsletter looks different, we're looking to respond to comments regarding the ease of reading of our newsletters. We will gather feedback on the format during our summer events, but please do email shrn@cardiff.ac.uk with any immediate response.

Summer events

Following the popular launch event held last year which proved invaluable in building relationships with schools and guiding the development of the Network, we are holding two separate events so you can travel to the most convenient:

Llandudno - Thursday June 11th 10am – 3pm at Venue Cymru
Swansea - Thursday 18th June 10am to 3pm at Swansea University

Each event will provide:

- Important information on the survey which will feed into your next report, due in March 2015.
- An opportunity to hear how schools have used their student health and wellbeing data.
- A chance to comment on this year's Network activities and plans for the future.

We plan to have a few short school presentations from schools as to how reports have been used/are planned to be used:

- Healthy schools action planning
- Student voice involvement
- Curriculum use of the data - e.g PSE, Welsh Bac, ICT, other
- Staff/governor/parent involvement

Please can you let us know about anything you would be happy to share?

Are you concerned about the lack of physical activity in your students? Would you like to support the valuable work of this charity by having a fun event? Run your own Race for Life and invite students, staff and parents to join in? Download or send away for your own pack now:

<http://raceforlife.cancerresearchuk.org/schools/index.html>



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RESEARCH
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Would your Year 12 and 13 like to take part in a new research project?

The Medical Research Council has funded a team of university researchers to work with Brook (the UK's largest sexual health charity) to develop a new Further Education (Year 12 and 13) based sexual health intervention – 'The SaFE Project.' This aims to develop the first comprehensive sexual health intervention specifically among 16 -19 year olds to promote safe sex and relationships.

We want to get your views on four different methods that could be used to reduce risk-taking and improve sexual health and relationships. These are: student-led action groups to review and revise college policies, the delivery of sexual health services on site, staff training, and sex and relationships education.

The SaFE project will involve two stages at each educational setting. First, we will access the views of some students and staff using focus groups and interviews. Second, all students and staff will then be asked to complete an online survey in order to get a wider range of views on the four different methods that could be used and how these could be delivered.

The research will take place between March and December 2015. **All schools and colleges taking part in the research will receive £250 for helping us.**

Please email us (shrn@cardiff.ac.uk) to register your interest in talking part or for further information.



Would you value training or support across your school curriculum from University staff and students? Visit the Cardiff University Curriculum Support Website. The site is designed so you can search activities by key stage, curriculum subject and type of activity. There are also activities and events to encourage students to aspire to higher education.

Our first webinar

Health priorities for schools: what can we learn from current research?

Wednesday 11th March 3.45 – 4.30pm

We are setting up a meeting online where we are very privileged to have a short presentation from [Dr Beki Langford](#) who will talk about her findings from an extensive review of school health research. This will be followed by a joint discussion about the learning this presents for us all. We will conclude by sharing Network plans for the summer term.

All you will have to do is find a desktop, laptop or mobile device (including iPad and iPhone) with speakers/headphones. You will be able to see us and our presentations and hear us speak. If you have a microphone you can contribute verbally, if not you will be able to type comments and questions. If you cannot access the internet during this time, we are also providing a way for you to dial into the meeting using a landline.

Register for this meeting: shrn@cardiff.ac.uk

Have your say....!

How we can help schools choose health and wellbeing activities that research shows are most likely to work in practice?

There is academic research into what school-based activities are most likely to work in helping students to be healthy, safe and happy. But this evidence can be difficult for schools to access and use in practice.

My name is Ruth Turley and I am a Cardiff University researcher and PhD student. I am carrying out a new project to design and test a way of supporting schools to use information from research evidence when planning their school health activities. The project is linked to the School Health Research Network and aims to work closely with secondary schools and others in

the education sector to make sure it can be as useful as possible.

For the first part of the project, I am looking to speak to several schools in Wales to examine their current approaches and views towards using research evidence and what practical support they felt they might value. This would involve interviews with 1-2 staff in each school and a focus group with student council members.



If you would like to get involved, please email shrn@cardiff.ac.uk to register your interest in taking part or for further information.

A quick reminder...

Hannah Littlecott is undertaking her PhD linked to the School Health Research Network. She aims to see what structures could potentially be put in place to support health improvement in schools. She is working with three schools but would like a representative from each Network school to complete a short 15-minute online survey which can then support her findings. The English survey can be found [here](#) and the Welsh survey [here](#).

Thanks to all of you who have completed this so far. Any queries email: LittlecottH@cardiff.ac.uk

We were excited to note that **health and wellbeing** is one of the six areas of learning outlined in *Successful Futures, The Independent Review of Curriculum and Assessment Arrangements in Wales by Professor Graham Donaldson*. He also advocates that one of four purposes of the curriculum in Wales should be that children and young people develop as **'healthy, confident individuals, ready to lead fulfilling lives as valued members of society'**. Within this he cites the importance of student mental and emotional wellbeing as well as their physical health in relation to diet, exercise and managing risk within other lifestyle issues.