



## Student Health and Wellbeing Survey 2017

### *Information for schools*

This document contains information about the 2017 Student Health and Wellbeing Survey, including its key features and what schools need to do in order to take part.

#### About the survey

The survey is run by the School Health Research Network at Cardiff University and supported by Welsh Government and Public Health Wales. Schools that take part in the survey and include a sufficient number of students will receive a ***Student Health and Wellbeing Report*** in 2018. Data from the survey will also be used for research into school health. The survey has ethical approval from the Cardiff University School of Social Sciences Research Ethics Committee (SREC/2190).

#### Key features of the survey

The survey is ***electronic*** and can be completed on ***laptops, desktop computers or tablets***. It is not compatible with smart phones. The survey is accessed via an internet link to Ipsos MORI, who are delivering the survey on our behalf. An IT information sheet accompanies this document; please share this with your school IT department before registering for the survey.

We ask that you try to survey ***all students in years 7 to 11***. If your school has a sixth form, you are welcome to include years 12 and 13 too. The more students you include, the more robust the findings in your Student Health and Wellbeing Report will be. It is crucial, however, that ***all classes that take the survey are unstreamed / mixed ability***. This means that if it does not prove possible to survey all your students, a representative, cross-section of students will have taken part.

It is up to you how you organise the survey within your school. The survey will be available through the ***autumn term***, opening as early as possible in September. The survey contains some questions about how students feel about school, however, so you may wish to leave year 7 students until later in the term. Most students should complete the survey within ***about 30 minutes***, but younger students or those that need more support may take longer.

Students can select whether they complete the survey in ***English or Welsh***.

The survey covers **four core health topic areas**: Food and Fitness, Substance Use and Misuse (smoking, e-cigarettes, alcohol and drugs), Mental and Emotional Health and Wellbeing, including questions on school life and relationships, and Sexual Behaviour. There are also some questions on student demographics and home circumstances which are used for research.

Questions in the Sexual Behaviour section are visible to years 11 to 13 only, but your school can **opt for the questions to be visible to years 9 and 10** too. You can tell us if you want to do this at your school using Form A (see below).

To increase the number of questions we can include in the survey, **some questions will only be visible to some students**; other students will see different questions and this will be randomly allocated to each student when they start the survey. However, *all students will see all the questions that are needed to produce your school's Student Health and Wellbeing Report*. Designing the survey in this way means that it can not only generate a wider range of data for research into young people's health and wellbeing, but it also enables Wales to continue to take part in the international **Health Behaviour in School-aged Children Survey**.

A draft copy of the questions accompanies this document; some of the questions will be pilot tested with young people over the summer so minor changes may occur. Questions which are randomly allocated are marked with an asterix.

**Parents must be informed** that the survey is taking place and we will provide schools with a letter that can be sent to parents via email or via students. This will ask parents to contact the school if they want to withdraw their child from the survey. We can print letters for schools if needed. Our research ethics protocol requires **two methods** of communication be used to ensure the letter reaches parents. This can be a follow up text message or email to ensure the letter was received; if these are not available at your school we can discuss alternatives.

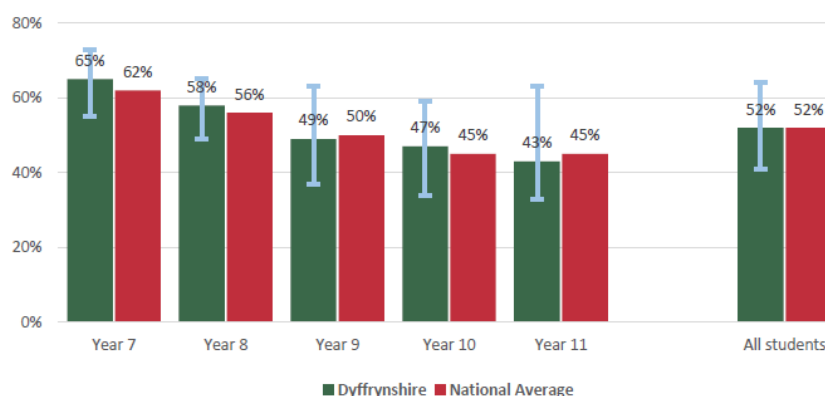
**Information about the survey for students** is included at the start of the survey, not as a paper leaflet. We ask that staff overseeing classes taking the survey go through the information to ensure all students have read and understood it. We will provide you with a copy of the information for students in September. Some PowerPoint slides that can be used in Assemblies or at the start of the survey session accompany this document. The first question in the survey asks for **students' consent** to take part. If they answer that they do not want to take part, they will be taken to the School Health Research Network website. All subsequent questions, other than gender and year group, have a response option of 'I do not want to answer' to allow students to omit questions they feel uncomfortable answering.

We are conducting a *data linkage and longitudinal research project* as part of the survey in 2017. This involves asking students to give their name at the end of the survey. Further information about this is in the information sheet which accompanies this document. Please read this and indicate on Form A if you do not want your school to take part.

## Local Authority Health and Wellbeing Reports

In 2018 we will be offering a local authority level Student Health and Wellbeing Report to local authorities and Healthy School Scheme Coordinators. The format of the report was developed in 2016 with schools from one local authority area. It feeds back data from all students in Years 7 to 11 who took part in the survey in the local authority area and shows the pooled county average by age group, the school level range and the national average (see sample chart below). Individual schools are not identified in the Report and the Report feeds back the same data as schools' Student Health and Wellbeing Reports. Reports will be offered in areas where at least 75% of schools take part in the survey and those schools will also receive a copy of the Report. If you would like to see a sample local authority report, please email [shrn@cardiff.ac.uk](mailto:shrn@cardiff.ac.uk)

**Fig. 1 Students who usually eat breakfast every weekday**



**Range of school-level percentages:**

		Year 7	Year 8	Year 9	Year 10	Year 11		All students
I	Max	73	65	63	59	63		64
	Min	55	49	37	34	33		41

## Next steps

If you would like take part in the survey, please:

**1. Identify an individual to be the lead for your school.** This person will be our key point of contact for the survey and all subsequent communications will be sent to them. These will include:

- the September school pack (see below)
- information on how to access a live electronic 'dashboard' which shows how many students at your school have taken part in the survey
- the School Environment Questionnaire (see below)
- your school's Student Health and Wellbeing Report

**2. Complete Form A and return it by Friday 21<sup>st</sup> July.** Form A accompanies this document and must be returned before your school can start the survey.

We will send the **September school pack** at the beginning of the autumn term. This will include:

- the finalised survey questions and the information for students
- the letter for parents and a form on which to record any withdrawals
- more detailed information for the survey lead
- guidance for teachers who will be overseeing classes taking the survey
- a link for staff to use to test the survey
- notification of whether your school has been selected for the data linkage and longitudinal research project

Your school's link to the survey to use with students will be sent a week after the September school pack.

## School Environment Questionnaire

To accompany the student survey, schools are invited to complete the School Environment Questionnaire. This asks about your school's policies and practices around health and well-being and provides valuable data for research into the impact of schools on young people's health.

There is one questionnaire per school. It can be completed by one member of staff or shared between several staff. The questionnaire will be sent to the survey lead in **January 2018** and we ask that they ensure it is completed.

## Contact details

If you have any questions, please get in touch:

Gillian Hewitt or Joan Roberts: [shrn@cardiff.ac.uk](mailto:shrn@cardiff.ac.uk) Tel: 029 2087 9609