

## Invitation: Student Health and Wellbeing Survey

Dear Headteacher,

We are writing to let you know about a research opportunity for your school. The research is being carried out by the DECIPHer research centre at Cardiff University. Our study, funded by the Welsh Government, focuses on expanding the School Health Research Network (SHRN), currently working with all state maintained comprehensive schools in Wales, into Primary Schools. The network aims to help schools to identify the health and wellbeing needs of their pupils and plan actions to improve wellbeing.

We would like to invite your school to participate in a **Student Health and Wellbeing survey for all Key stage 2 pupils** adapted from our secondary SHRN survey, at a convenient date between **30<sup>th</sup> November 2022 – 31<sup>st</sup> March 2023**. We conducted a similar survey in 2019 and again in 2021 with Year 6 pupils across 76 primary schools in Wales (our finds can be found [here](#)). Repeating this with a larger number of schools and younger age groups will provide a unique opportunity to understand the **current health and wellbeing of 7-11 year olds** in Wales and explore **how pupil's health and wellbeing in Wales has altered since 2019 and 2021**. Through extensive consultation work with teachers, parents and pupils, we have ensured the survey is brief, focusing on topics identified by schoolteachers, pupils and parents as priority areas for supporting pupil wellbeing. We will provide guidance for teachers to oversee the 20-minute online survey with Years 3-6 in the classroom rather than asking for researchers to come into schools.

### If you take part, we will ask your school to:

1. Ask your Key stage 2 teachers (or appropriate lead) to administer a short health and wellbeing survey with their Year 3-6 classes. The survey should take around 20 minutes on average for pupils to complete online in the classroom. **It can be done any time between 30<sup>th</sup> November 2022 – 31<sup>st</sup> March 2023 at a time/date that suits the school.**
2. Send out parental information leaflets to all parents/guardians of Key Stage 2 pupils with opt-out information at least 2 weeks in advance of the survey being undertaken, monitor any parent communication, and exclude any child whose parent/guardian does not want them to take part.

### What we will do to support your school:

Once the study is complete, we will provide your school with an anonymised, bespoke feedback report on the health and wellbeing of pupils at your school and within each Year group (providing a sufficient number of responses are returned).

### Ethical approvals:

This research has been reviewed and received favourable ethical opinion from Cardiff University School of Social Sciences Research Ethics Committee. The committee can be School Invite Letter \_v0.2\_04.03.22



SCHOOL  
HEALTH  
RESEARCH  
NETWORK



Welsh Network of Healthy School Schemes  
Cynllunio Ysgolion Iechyd - Rhewydraeth Cymru



DECIPHER  
Centre for Development, Evaluation, Complexity  
and Implementation in Public Health Improvement  
A Public Health Research Centre of Excellence



Llywodraeth Cymru  
Welsh Government



Ymchwil Iechyd  
a Gofal Cymru  
Health and Care  
Research Wales



CARDIFF  
UNIVERSITY  
PRIFYSGOL  
CAERDYDD

contacted with any queries at [socsi-ethics@cardiff.ac.uk](mailto:socsi-ethics@cardiff.ac.uk)

### Data Protection:

All pupil answers will be completely anonymous as the research team will not know who takes part in the survey. We do not collect any identifiable information and will not ask for pupil's names at any point. All data will be stored securely on a password-protected university server. Anonymised summaries of the data will be included in reports to your school, local authorities and Welsh Government, and will be published in scientific journal articles. It will be retained for at least 5 years, or 2 years post-publication, in accordance with GDPR. Data may also be used by the research team, or other approved researchers, for non-commercial research purposes in the future. Anonymised survey data may be retained indefinitely where it has value for scientific research purposes, for example, so that we can combine data with earlier and later surveys to understand changes in child wellbeing over time.

### RSVP:

We hope that your school will be interested in taking part in this research as we are looking forward to working with you. We would be grateful if you could send your decision (*Yes, we'll take part; No, we cannot participate*) to [PrimarySHRN@cardiff.ac.uk](mailto:PrimarySHRN@cardiff.ac.uk) at your earliest convenience.

If you would like any more information, please contact us.

Yours sincerely,

Dr Kelly Morgan, Lianna Angel & Safia Ouerghi

The Primary SHRN Research Team

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