



Y RHWYDWAITH YMCHWIL  
IECHYD MEWN YSGOLION  

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SCHOOL HEALTH  
RESEARCH NETWORK

# Primary SHRN Health and Wellbeing Survey

Teacher Information Webinar  
Thursday 19<sup>th</sup> January 2023



CANCER  
RESEARCH  
UK



GIG  
CYMRU  
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WALES

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Cymru  
Public Health  
Wales



Ymchwil Iechyd  
a Gofal **Cymru**  
Health and Care  
Research **Wales**

# Introductions



**Rosie Mellors**

SHRN Network Manager

[mellorsr@cardiff.ac.uk](mailto:mellorsr@cardiff.ac.uk)



**Dr Kelly Morgan**

Senior Research Fellow

Primary SHRN Research Lead  
(Quantitative)



**Maria Boffey**

SHRN Network Manager

[boffeym@cardiff.ac.uk](mailto:boffeym@cardiff.ac.uk)



**Rhydian Jones**

Director of Learning,  
Wellbeing, House and  
PSHE (Ysgol Aberconwy)



# Agenda

- What is SHRN?
- Why SHRN?
- Taking part
- Q&A



# What is SHRN?



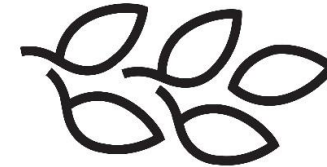
Llywodraeth Cymru  
Welsh Government



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales

Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



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UK

SHRN aims to improve young peoples' health and wellbeing by:

- Providing robust health and wellbeing data to schools and national/regional stakeholders.
- Producing high quality, school-based health and wellbeing research for Wales.
- Generating new evidence on how best to improve young people's health and wellbeing in the school setting.
- Helping schools, and those who support schools, to understand health research evidence and how it can be used in health improvement.



# How?

- Biennial survey, incl. topics such as:
  - Healthy eating and physical activity,
  - Mental and emotional health and wellbeing,
  - Smoking, alcohol and other substance use, and
  - Sex and relationships.
- Reporting:
  - National
  - Local Authority
  - School-level (with national benchmarking)
- Events and activities



# Primary expansion

**August 2020:** Welsh Government funding feasibility study. [Key findings report.](#)

**Autumn 2021-Spring 2022:** funding received for expansion into rest of KS2.

**Summer 2022:** testing and refining the survey questionnaire.

**Autumn 2022:** invitation to schools in Conwy, Monmouthshire, Newport and RCT

**Spring 2023:** invitation to schools Wales-wide

Survey to be completed by 31<sup>st</sup> March 2023.



# The Health and Wellbeing Survey

Gathers data demographics and outcomes on:

- mental health,
- subjective wellbeing,
- school transition,
- bullying,
- wider health related behaviours, and
- school connectedness.



# The Survey Data and Reports

- Bespoke school level reports, with guidelines and best practice

[Example School Children's Health & Wellbeing Study 2022 Feedback Report](#)

- A national report for benchmarking (July 2023)
- Local Authority level reports (where possible)

Healthy Schools Coordinators support schools to use SHRN data to improve Health and Wellbeing in their schools.





# Why SHRN?

‘Why should my school take part?’

**Maria Boffey**

SHRN Network Manager

[boffeym@cardiff.ac.uk](mailto:boffeym@cardiff.ac.uk)



# Why is SHRN different to other Health and Wellbeing surveys?

- SHRN is unrivalled in its impact and size.
- A network that it integrates both primary and secondary schools, thus reducing the number of surveys that need to be completed.



# Why should primary schools complete the SHRN survey?

- Data helps identify key health and wellbeing needs.
- School level data reports enable tracking, monitoring, and planning of improvements across pupil wellbeing.
- Aids planning and enriches the curriculum e.g. in the Health and Wellbeing areas of learning, PE, and science.
- Informs Healthy School initiatives.
- Provides evidence-based opportunity for joined up working across childhood and adolescence, and transition to secondary school.
- Plays a central role in the delivery and evaluation of the Whole School Approach to mental health and wellbeing
- Engaging all members of the school community with the health needs of their learners.



YSGOL  
ABERCONWY



**Rhydian Jones**

Director of Learning,  
Wellbeing, House and  
PSHE (Ysgol Aberconwy)



# Impact / Effaith 2013-2023

Y RHWYDWAITH  
YMCHWIL  
IECHYD MEWN  
YSGOLION



SCHOOL  
HEALTH  
RESEARCH  
NETWORK

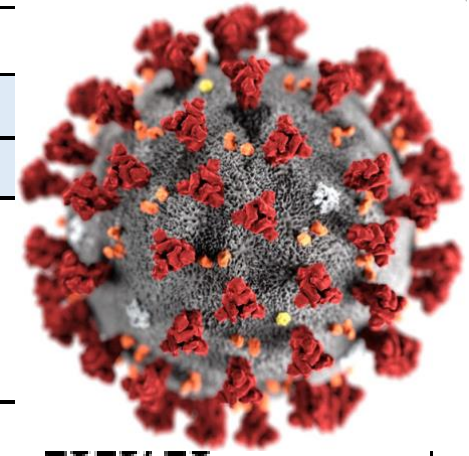


## Ddiolchgar / Grateful



## Facts & Figures 'wooly subject' / Ffeithiau a Ffigurau

# Fortunate - trends over 10 years / Ffodus – tueddiadau dros 10 mlynedd



2013/14			2015/16			2017/18			
Male	Female	TOTAL	Male	Female	TOTAL	Male	Female	TOTAL	Male
						61%	63%	63%	61%

Students who usually drink one or more energy drinks a day

2013/14			2015/16			2017/18			-----		
Male	Female	TOTAL	Male	Female	TOTAL	Male	Female	TOTAL	Male	Female	TOTAL
7%	3%	5%	5%	4.8%	4.9%	6%	5%	6%	4%	3%	3%

Students who usually drink one or more sugary soft drinks a day

2013/14			2015/16								
Male	Female	TOTAL	Male	Female	TOTAL	Male	Female	TOTAL	Male	Female	TOTAL
29%	35%	32%	32%	28%	30%	14%	16%	16%	17%	14%	16%

**Impact interventions /  
Effaith ymyrraeth**



# 2013/14



## Context/Cyd-destun

PFI

(%) of students who usually drink one  
or more sugary drinks a day

(%) o'r disgyblion sydd fel arfer yn yfed  
un neu fwy diod siwgraid y dydd

	2013/14		
	Male	Female	Total
Ysgol Aberconwy	29%	35%	32%
Wales Average	22%	20%	21%



SNAG  
BOBS





**= 47%  
Decrease!**



**Remained 16%!**

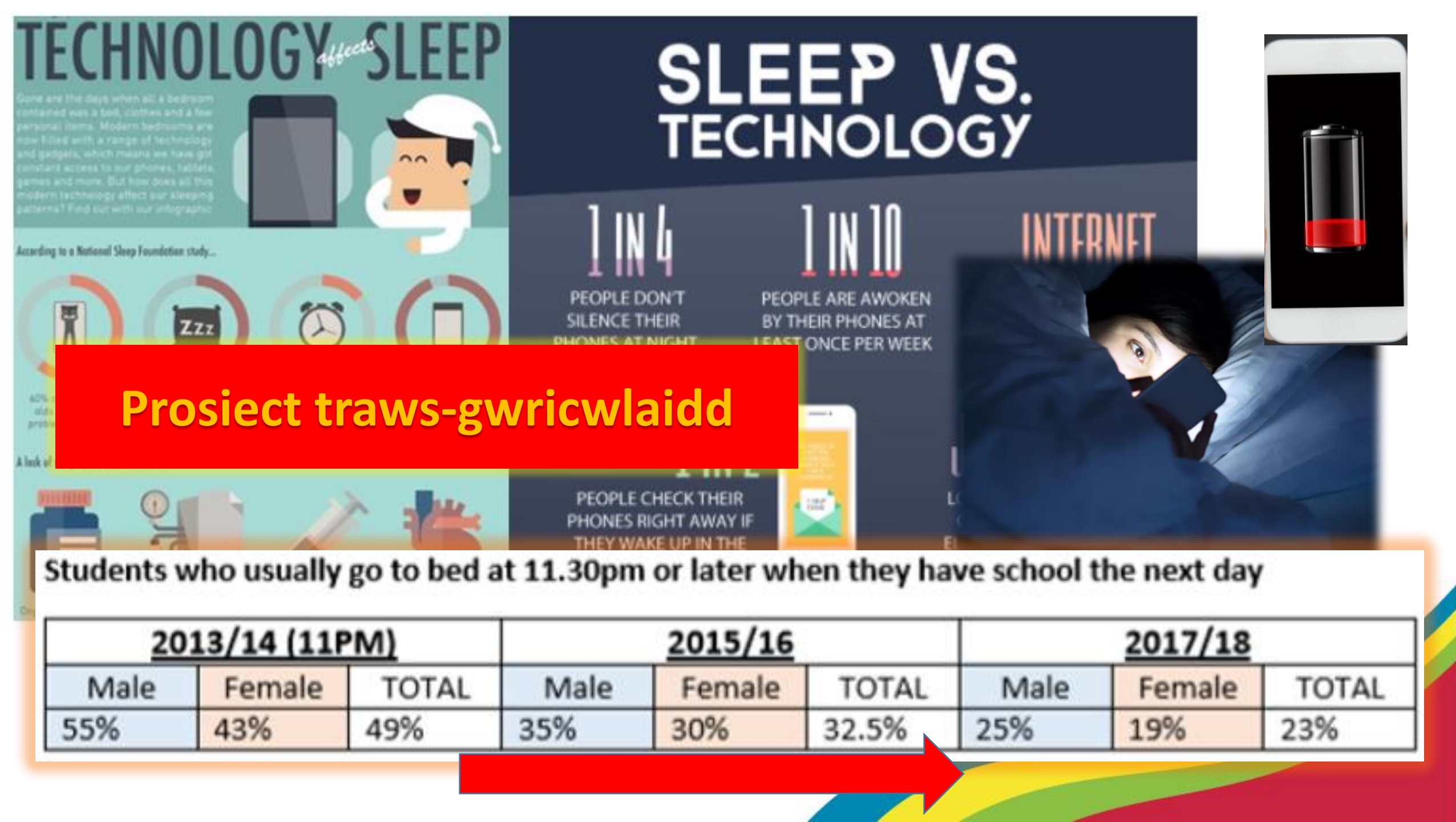
	2015/16				2017/18		
	Male	Female	Total		Male	Female	Total
Ysgol Aberconwy	32%	28%	30%		14%	16%	16%
Wales Average	20%	17%	19%		21%	16%	19%

**\*Newid Polisi- 2 x Conwy PFI (2600+ disgyblion)  
subsequent reductions of 42% and 38%**

- PLC Staff
- PLC Disgyblion







**Proudest ... / Balch ...**

**Informed**



**AOLE WORK**

**H&W**  
**Whole school**  
**approach / Dull ysgol**  
**gyfan**



**Additional 6awr/wythnos x 10!**

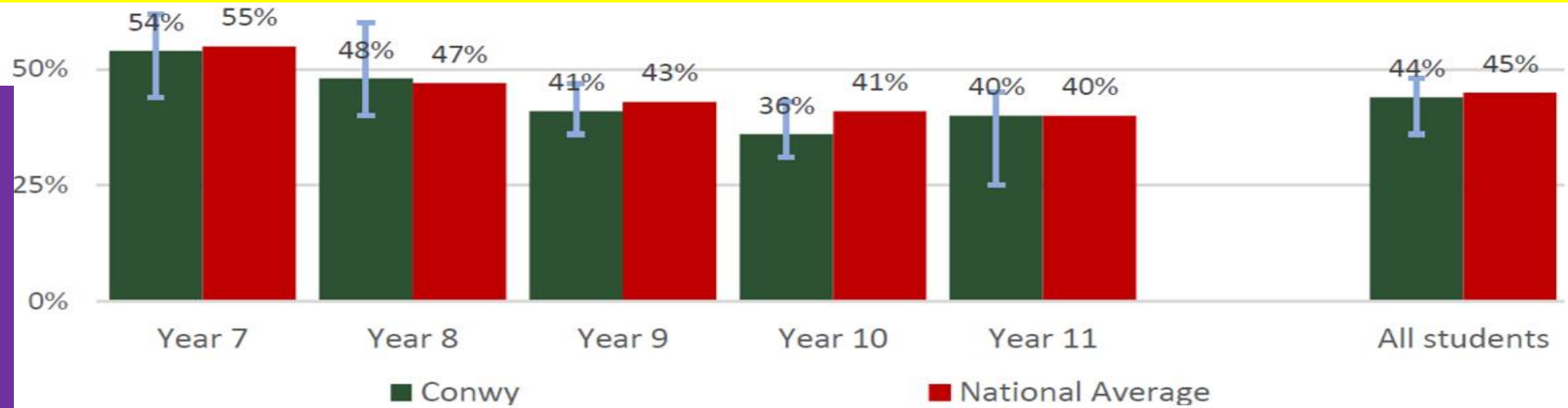
**Share end / Rhannu diwedd...**

# Gweledigaeth / Vision

## PRIMARY SHRN Leader model / Model Arweinwyr clwstwr CYNRADD SHRN

Strengthen  
Relationship  
/Cryfhau  
Perthynas

UWCHRADD  
Adroddiad  
Clwstwr



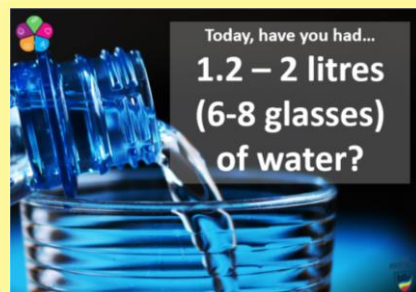
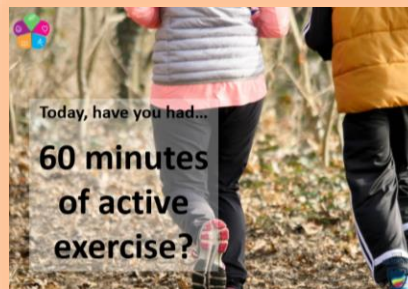
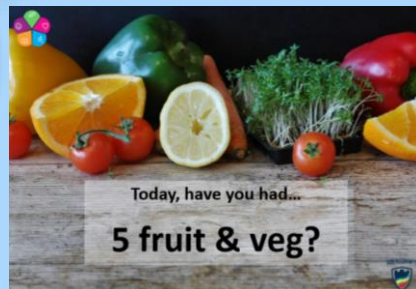
- Total number of students in 7DM that usually eat breakfast every weekday = .....
- How many students are in 7DM today? (answered this survey today) .....
- Divide your answer to **a)** with your answer to **b)** and multiply by 100  
SO Percentage of students in 7DM who usually eat breakfast every weekday = .....%
- Draw a bar chart graph (same as above) of 7DM's results=

**Rhieni!**





# Preventative / Ataliol



## FOOD & FITNESS

Ysgol Aberconwy

**48%**  
of students eat  
**BREAKFAST**  
every weekday



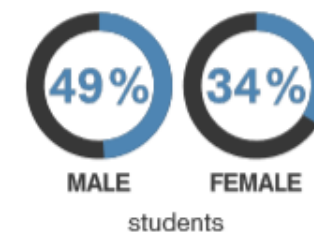
**50%**  
of students eat  
one portion (or more) of  
**FRUIT & VEG**  
every day



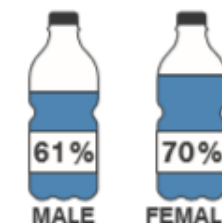
of students  
drink one (or more)  
**SUGARY DRINKS**  
a day



**21%** **13%**  
MALE FEMALE  
students were  
**ACTIVE**  
for more than 60 minutes  
7 days a week



## HEALTH & WELLBEING



**24%**  
of students  
**WALK OR CYCLE**  
to school



Information presented in this document based on the responses of students who took part in the 2019/2020 SHRN survey.  
**721 STUDENTS**  
from the school took part in the survey.

For more information about the School Health Research Network, please visit:

# Your Primary data - earlier intervention / Eich data Cynradd - Ymyrraeth gynharach

## 1 in 4

people experience  
problems with sadness,  
stress, worry and anxiety.

You are not alone.



## 'Hapus' transition days

### CELFYDDYDAU CREADIGOL



### CREATIVE ARTS



# RHAID cynnwys eraill / MUST involve others



**CYD-DESTUN**  
**Adroddiadau Conwy**  
**a Cymru / Reports**

Which would you prefer?

Proactive



Helps protect you  
from drowning.

Reactive



Thrown to you after  
you're already drowning.

**Remember**  
**celebrate**  
**/ Cofiwch ddathlu!**

**Proactive**



**Transferrable /**  
**Trosglwyddadwy**

***Diolch am***  
***wrando***





 **iACH**  
ABERCONWY





# Taking part in the Student Health & Wellbeing Survey: Key Stage 2

**Dr Kelly Morgan**  
Senior Research Fellow  
Primary SHRN Research Lead  
(Quantitative)

**‘What is involved?’**





# Overview


1. Sign up process
2. Preparing for the survey
3. Conducting the survey
4. After the survey




# Sign up process

- Receive an invite email from the study team
- Respond to the email, complete and return a signed research agreement:
  - Nominate a dedicated KS2 teacher
  - Confirm a date for running the survey
  - Confirm school's chosen method for contacting parents


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SCHOOL  
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DECIPHer  
Centre for Development Evaluation, Complexity  
and Implementation in Health, Health Improvement  
& Child and Adolescent Care in Wales







**RESEARCH AGREEMENT**

For the purposes of the study entitled **Student Health & Wellbeing Survey: Expansion of SHRN across Key stage 2**

This agreement dated ..... is made between:

Dr Kelly Morgan, Lianna Angel & Safia Ouerghi (on behalf of DECIPHer, Cardiff University)

AND

.....  
(hereafter known as "the school"),

**Research outline**

This research, funded by the Welsh Government, is the second phase of a feasibility study to explore how the School Health Research Network (SHRN) might be developed further into primary schools to inform efforts to improve pupil's health and wellbeing. Currently, SHRN brings together all mainstream secondary schools in Wales with researchers and policy makers. Secondary schools receive tailored

**CYTUNDEB YMCHWIL**

At ddibenion yr astudiaeth o'r enw **Arolwg Iechyd a Lles Myfyrwyr: Ehangu'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion ar draws Cyfnod Allweddol 2**

Gwneir y cytundeb dyddiedig ..... hwn rhwng:

Dr Kelly Morgan, Lianna Angel a Safia Ouerghi, (ar ran DECIPHer, Prifysgol Caerdydd)

AC

.....  
(y'i gelwir "yr ysgol" o hyn ymlaen),

**Amlinelliad o'r ymchwil**

Yr ymchwil hon, a ariennir gan Lywodraeth Cymru, yw ail gam astudiaeth hyfywedd i archwilio sut gallai'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion (y Rhwydwaith) gael ei datblygu ymhellach mewn ysgolion cynradd i lywio ymdrechion i wella iechyd a lles disgyblion. Ar hyn o bryd, mae'r Rhwydwaith




# Preparing – after sign-up

## 1. Receive study documents

- Information sheets for parents/guardians
- Teacher Guide
- Annotated *teacher copy* of the questionnaire

## 2. Distribute parent information for all Key Stage 2 pupils

- Allow min. 2-weeks and send a reminder
- Collate opt-out communications



Student Health and Wellbeing Survey

Dear Parent / Guardian,

**What we are doing?**  
Your child's school has agreed to take part in a pilot study which involves completing a short survey run by Cardiff University about children's health and wellbeing. Children in key stage 2 will be invited to take part.

**What is involved?**  
During class, your child will be asked to take part in a brief online survey, which will take about 20 minutes on average. It will ask some general questions about themselves, their feelings, what they think about school, and behaviours which can affect children's health. These questions have been developed in consultation with teachers, parents, and children across schools in Wales. The survey will be overseen by their teachers. Children will be informed that participation is voluntary, and that if they do choose to take part, they can refuse to answer any question they do not want to. Children will be told that their answers are confidential. They won't be asked to give their names. Our Student Health and Wellbeing Survey is taking place between September 2022 and April 2023. Some schools have been invited to take part in our survey during the Autumn wave (Sept-Dec 2022) and other schools within our Spring wave (Nov-Apr 2023). Your school will be participating in the survey in the coming weeks.

If you want a copy of the survey you can either:


- visit our website page: <https://www.shrn.org.uk/student-health-and-wellbeing-survey-in-primary-schools/>, or
- open your phones built-in camera, point the camera at this QR code and then tap the pop-up banner.

**Who is doing the research?**  
The research is being undertaken by the DECIPHER research centre in Cardiff University. DECIPHER conducts research into the health and wellbeing of children and young people and is part of Cardiff University's School of Social Sciences. The research is led by Professor Graham Moore (Deputy Director of DECIPHER) and Dr Kelly Morgan (Senior Research Fellow).

**Who has funded the research?**  
The research has been funded by the Welsh Government.

**Why are we doing it?**  
The School Health Research Network (SHRN: <http://www.shrn.org.uk/>), based in DECIPHER, currently works with all secondary schools in Wales to inform and evaluate actions to improve young people's health. It does this partly through conducting surveys every two years.

Anonymised findings are reported back to schools, local authorities and Welsh Government. The network includes events for school staff to discuss well-being topics and plan ways to improve young people's health.



Arolwg Iechyd a Lles Myfyrwyr

Annwyl Riant / Gwarcheidwad,

**Beth rydyn ni'n ei wneud?**  
Mae ysgol eich plentyn wedi cytuno i gymryd rhan mewn astudiaeth, sy'n cynnwys arolwg byr gan Brifysgol Caerdydd am iechyd a lles plant. Bydd plant yng Nghyfnod Allweddol 2 yn cael eu gwahodd i gymryd rhan.

**Beth sy'n gysylltiedig?**  
Yn ystod gwrs, gofynnir i'ch plentyn gymryd rhan mewn arolwg ar-lein byr, a fydd yn cymryd tua 20 munud, ar gyfartaledd. Bydd yn gofyn rhai cwestiynau cyffredinol i'r disgybl am ei hun, ei deimladau, ei farn am yr ysgol, ac ymddygiadau sy'n gallu effeithio ar iechyd plant. Mae'r cwestiynau hyn wedi cael eu datblygu trwy ymgynghori ag athrawon, rhieni a phlant mewn ysgolion ar draws Cymru. Athrawon y plant fydd yn goruchwylio'r arolwg. Bydd plant yn cael gwybod bod cymryd rhan yn wirfoddol ac, os byddant yn dewis cymryd rhan, gallant wrthod ateb unrhyw gwestiwn nad ydynt am ei ateb. Bydd plant yn cael gwybod bod eu hatebion yn gyfrinachol. Ni ofynnir i'r plant roi eu henw. Cynhelir ein Harolwg Iechyd a Lles Myfyrwyr rhwng mis Medi 2022 ac Ebrill 2023. Mae rhai ysgolion wedi'u gwahodd i gymryd rhan yn ein harolwg iechyd a lles plant yn ystod ton yr Hydref (Medi-Rhagfyr 2022) ac ysgolion eraill yn ystod ton y Gwanwyn (Tachwedd 2022-Ebrill 2023). Bydd eich ysgol yn cymryd rhan yn yr arolwg yn ystod yr wythnosau nesaf.

Os hoffech gael copi o'r arolwg gallwch naill ai:


- fynd i dudalen ein gwefan: <https://www.shrn.org.uk/cy/arolwg-iechyd-a-lles-myfyrwyr-mewn-ysgolion-cynradd-2022/>, neu
- agor camera eich ffôn, pwyntio'r camera at y côd QR hwn ac yna tapio'r faner naid.

**Pwy sy'n gwneud yr ymchwili?**  
Mae'r ymchwili yn cael ei gwneud gan ganolfan ymchwil DECIPHER yn Mhrifysgol Caerdydd. Mae DECIPHER yn cynnal ymchwili i iechyd a lles plant a phobl ifanc ac mae'n rhan o Ysgol Gwyddorau Cymdeithasol Prifysgol Caerdydd. Arweinir yr ymchwili gan yr Athro Graham Moore (Dirprwy Gyfarwyddwr DECIPHER) a Dr Kelly Morgan (Uwch-gymrawd Ymchwil).

**Pwy sydd wedi ariannu'r ymchwili?**  
Ariannwyd yr ymchwili gan Lywodraeth Cymru.

**Pam rydyn ni'n gwneud yr ymchwili?**  
Ar hyn o bryd, mae'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion (y rhwydwaith: <http://www.shrn.org.uk/>) sydd wedi'i leoli yn DECIPHER, yn gweithio gyda phob ysgol uwchradd yng Nghymru i lywio a gwerthuso camau i wella iechyd pobl ifanc. Mae'n gwneud hyn yn rhannol trwy gynnal arolygon bob dwy flynedd.

Mae canfyddiadau dienn yn cael eu hadrodd yn ôl i ysgolion, awdurdodau lleol a Llywodraeth Cymru. Mae'r rhwydwaith yn cynnwys digwyddiadau i staff ysgolion trafod pynciau lles a chynllunio ffyrdd o wella iechyd pobl





# Preparing – after sign-up

## 3. Familiarisation with teacher instructions

- Teacher guide and annotated copy of the survey

## 4. Receive survey link

- Sent via email one week prior to your school's planned survey administration date
- Survey is to be administered within 2-weeks of parent opt-out period

Y RHIFYNDAITH YMCHWIL IECHYD MEWN YSGOLION SCHOOL HEALTH RESEARCH NETWORK

DECIPHER

Cardiff University

Cardiff Health and Care Research Wales

Cardiff University

### Student Health and Wellbeing Survey Teacher Guide:

\*Please make pupils aware of the survey ahead of the day, and encourage them to speak to their parents/carers about it\*

This document contains guidance for running the survey.

You should have: **a)** a list of any parental opt-outs your school has received, **b)** the survey link and **c)** an annotated copy of the questions (to aid interpretation). **Younger year groups are asked a shortened version of the survey (compared to pupils in Year 6). The annotated copy of the questionnaire outlines which questions are visible to each year group.**

Please follow these steps on the day your class complete the survey and refer to the '**Golden Rules**' section for things to keep in mind.

*Steps to follow*

- 4 Run survey
- 5 Complete classroom report

### Arolwg Iechyd a Lles Myfyrwyr Canllaw i Athrawon:

\*Gwnewch yn siŵr bod eich disgyblion yn ymwybodol o'r arolwg ymlaen llaw, ac ewch ati i'w hannog i siarad â'u rhieni/gofalwyr amdano\*

Mae'r ddogfen hon yn cynnwys canllawiau ar gyfer cynnal yr arolwg.

Dylai fod gennych: **a)** rhestr y mae eich ysgol wedi'i derbyn o unrhyw blant sydd wedi'u tynnu'n ôl gan eu rhieni, **b)** dolen yr arolwg, a **c)** copi anodedig o'r cwestiynau (i gynorthwyo dehongli). **Gofynnir fersiwn fyrrach o'r cwestiynau i ddisgyblion o flynyddoedd iau (o gymharu â'r cwestiynau a ofynnir i ddisgyblion ym mlwyddyn 6). Mae'r copi anodedig o'r holiadur yn amlinellu pa gwestiynau sy'n weladwy i bob grŵp blwyddyn.**

Dilynwch y camau hyn ar y diwrnod y mae'ch dosbarth yn cwblhau'r arolwg a chyfeirwch at yr adran '**Rheolau Euraidd**' ar gyfer pethau i'w cadw mewn cof.

*Camau i'w dilyn*

- 4 Cynnal yr arolwg
- 5 Adborth o'r arolwg



# On the day - logistics

- Classroom / space for completing the survey
- Approx. 20 minutes for completion
- Ensure those opted-out are provided with an alternate activity
- Wi-Fi is required to open the survey
- Each pupil will need access to a computer/tablet
- Each pupil opens the electronic survey link



# On the day – completing the survey



Llywodraeth Cymru  
Welsh Government

Y RHWYDWAITH  
YMCHWIL  
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SCHOOL  
HEALTH  
RESEARCH  
NETWORK



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

Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



Ymchwil Iechyd  
a Gofal Cymru  
Health and Care  
Research Wales



CARDIFF  
UNIVERSITY  
PRIFYSGOL  
CAERDYDD

## Children's Health & Wellbeing Survey 2022/23

What language do you want to use...  
Pa iaith ydych chi am ei defnyddio...

☐ English / Saesneg

☐ Welsh / Cymraeg

Next



# Pupil assent

Please tick each circle if you agree

My teacher has told me what this survey is about.	<input type="radio"/>
I've had a chance to ask my teacher any question I had about this survey.	<input type="radio"/>
I understand it is my choice if I want to do the survey.	<input type="radio"/>
I understand I can skip any question I do not want to answer and stop doing the survey at any time.	<input type="radio"/>

Please chose from the two options below and then click 'Next' at the bottom of the page.

Yes, I'll do the survey.  
Ydw, fe wnaf yr arolwg.

No, I don't want to do the survey.  
Na, dwi ddim eisiau gwneud yr arolwg

Ticiwch bob cylch os ydych chi'n cytuno

Mae fy athro wedi dweud wrthyf beth yw pwrpas yr arolwg hwn.	<input type="radio"/>
Rwyf wedi cael cyfle i ofyn unrhyw gwestiwn a gefais i'm hathro am yr arolwg hwn.	<input type="radio"/>
Rwy'n deall mai fy newis yw os ydw i am wneud yr arolwg.	<input type="radio"/>
Rwy'n deall y gallaf sgipio unrhyw gwestiwn nad wyf am ei ateb a rhoi'r gorau i wneud yr arolwg ar unrhyw adeg.	<input type="radio"/>

Dewiswch o'r ddau opsiwn isod ac yna cliciwch 'Nesaf' ar waelod y dudalen.

Yes, I'll do the survey.  
Ydw, fe wnaf yr arolwg.








No, I don't want to do the survey.  
Na, dwi ddim eisiau gwneud yr arolwg





# Mandatory question

- Survey is filtered for different year groups









## Children's Health & Wellbeing Survey 2022/23

This section is about you....

Remember that if there are any questions you don't want to answer, you can select 'I do not want to answer'.

What school year are you in?

- ☐ Year 3
- ☐ Year 4
- ☐ Year 5
- ☐ Year 6



## Arolwg Iechyd a Lles Plant 2022/23

Mae'r adran yma amdanat ti...

Cofiwch, os bydd unrhyw gwestiynau dwyt ti ddim eisiau eu hateb, rwyd ti'n gallu dewis 'Dw i ddim eisiau ateb'.

Ym mha flwyddyn ydych?

- ☐ Blwyddyn 3
- ☐ Blwyddyn 4
- ☐ Blwyddyn 5
- ☐ Blwyddyn 6





# Survey questions

- All questions have an 'I do not want to answer' option
- All closed response (with the exception for language spoken in household)
- Final page displays 'Finish the survey' button
- Data are automatically captured
- Each child should complete the survey once only
- Copies can be located on the SHRN website



# Following completion

- Remind students about sources of support that are available at school (Childline details are provided at the end of the survey)
- Inform the research team of any computer/Wi-Fi issues
- An anonymised, bespoke feedback report will be emailed to your school following data collection and analysis

Any questions please get in touch [PrimarySHRN@cardiff.ac.uk](mailto:PrimarySHRN@cardiff.ac.uk)



# Q&A



**To request an invitation letter and/or express interest in taking part:**

PrimarySHRN@cardiff.ac.uk

**Primary school SHRN and Parent and Pupil engagement:**

Rosie Mellors, [mellorsr@cardiff.ac.uk](mailto:mellorsr@cardiff.ac.uk)

**Secondary school SHRN and the wider network:**

Maria Boffey, [boffeym1@cardiff.ac.uk](mailto:boffeym1@cardiff.ac.uk)

**Thank you for your time!**

