

Our SHRN journey

Using SHRN as a tool to improve whole-school health and well-being.

1. Whole School approach
2. Raise PSE profile
3. Pupil Voice opportunities
4. Curriculum links
5. Responding to local and national initiatives



► Pencoedre High School previously known as Bryn Hafren were selected as a pilot school to deliver the Student Health and Well-being survey in 2013.



- Pencoedre High currently has 1220 students on role.
- ESFM 37.5%
- ALN 30.5%

Our SHRN journey

PHS have continued to use the SHRN data as a tool to help implement strategies to improve health and well-being across the learning community.

Actions from the 2014 SHRN data

- Raise profile of PSE in school through newsletters, assemblies, and school website
- Deliver PSE as a carousel once a fortnight through tutorial sessions
- Work with outside agencies and the community
- Update resources
- Work with literacy, DCF, numeracy and Welsh bacc coordinators
- New approach to delivering PSE

- PSE as a Carousel
- 1 lesson a fortnight
- Approx 18-20 lessons a year

All year 7	Fairtrade	Form tutors to deliver in form rooms. Resources on staff shared/sent via email. <ul style="list-style-type: none"> To understand what the term Fair Trade means. To make informed decisions about products that they are buying and to be aware of how and where they have come from.
8LK, 8NT, 8LT, 8CH	Pixledge	Form tutors to deliver in form rooms. Resources to be given.
8LG	Sexpressions	Please send pupil to meet outside speakers at reception.
9DD	Sexpressions	Outside speaker to deliver in form room.
9AW	Careers-Inspire	Please send pupil to meet outside speaker at reception.
9JS	Careers-Job matching	Pupils and form tutor to L8. (MFarbrace organising)
9SR, 9AE, 9SH	Real Game	Complete real game activities in booklets. (Resources previously shared)
All year 10	Enterprise and Employability challenge	Natasha Jennings organising.
11AE/11LI/11KP	Preparing for interview	Resources on the staff shared area and sent via email. Interview videos on staff shared. By the end of this lesson, learners should: <ul style="list-style-type: none"> know how best to present themselves at an interview know how to conduct themselves during an interview understand the importance of preparing for an interview.
11JR	Relationships and domestic violence	Spectrum-Hafan Cymru (Please send pupil to collect outside speaker at reception)
11CC	Homeless Prevention	Llamau (Please send pupil to meet outside speaker at reception)
11RB	AAA	Spectrum-Hafan Cymru (Please send pupil to collect outside speaker at reception)

Benefits

- More opportunities for outside speakers
- Use of halls
- Opportunities to respond to local initiatives and adapt resources
- ICT Suites/chrome books available for surveys
- Improved attendance
- Relationships built with tutors
- Pupil voice activities
- Working with parents and feeder schools
- Science teachers able to teach some RSE lessons

A	B	C	D	E	F	G	H	I	J	K	L
12-Sep	26-Sep	10-Oct	25-Oct	15-Nov	29-Nov	14-Dec	11-Jan	25-Jan			
Mon-L1: 8.30-9.30	Mon-L2: 9.30-10.30	Mon-L3: 11.15-12.15	Tues-L1: 8.30-9.30	Tues-L2: 9.30-10.30	Tues-L3: 11.15-12.15	Wed-L1: 8.30-9.30	Wed-L2: 9.30-10.30	Wed-L3: 11.15-12.15	Thurs-L1: 8.30-9.30	Thurs-L2: 9.30-10.30	Thurs-L3: 11.15-12.15
9LI	British Society Welsh culture	British Politics	Careers Wales	Anti-social behaviour	Llamau Homelessness	Estyn cancelled	Preparing for Option choices	Stress caused by social media	Hafan Cymru Healthy relationships	English Workshop	
9JB	British Society Welsh culture	British Politics	Careers Wales	Anti-social behaviour	Llamau Homelessness		Preparing for Option choices	Stress caused by social media	Hafan Cymru Healthy relationships	English Workshop	
9MB	British Society Welsh culture	British Politics	Careers Wales	Anti-social behaviour	Culture, diversity & Racism		Preparing for Option choices	Stress caused by social media	Hafan Cymru Healthy relationships	English Workshop	
9VM	British Society Welsh culture	British Politics	Careers Wales	Anti-social behaviour	Culture, diversity & Racism		Preparing for Option choices	Stress caused by social media	Hafan Cymru Healthy relationships	Llamau Homelessness	
9LS	British Society Welsh culture	British Politics	Careers Wales	Anti-social behaviour	Culture, diversity & Racism		Preparing for Option choices	Stress caused by social media	Hafan Cymru Healthy relationships	English Workshop	
9BL	British Society Welsh culture	British Politics	Careers Wales	Anti-social behaviour	Culture, diversity & Racism		Preparing for Option choices	Stress caused by social media	Hafan Cymru Healthy relationships	Llamau Homelessness	
9SH	British Society Welsh culture	British Politics	Careers Wales	Anti-social behaviour	Culture, diversity & Racism		Preparing for Option choices	Stress caused by social media	Hafan Cymru Healthy relationships	English Workshop	
9TS	British Society Welsh culture	British Politics	Careers Wales	Anti-social behaviour	Culture, diversity & Racism		Preparing for Option choices	Stress caused by social media	Hafan Cymru Healthy relationships	Llamau Homelessness	
09-Feb	02-Mar	16-Mar	31-Mar	28-Apr	12-May	22-May	14-Jun	26-Jun	11-Jul		
Thurs-L1: 8.30-9.30	Thurs-L2: 9.30-10.30	Thurs-L3: 11.15-12.15	Fri-L1: 8.30-9.30	Fri-L2: 9.30-10.30	Fri-L3: 11.15-12.15	Mon-L1: 8.30-9.30	Mon-L2: 9.30-10.30	Mon-L3: 11.15-12.15	Tues-L1: 8.30-9.30	Tues-L2: 9.30-10.30	Tues-L3: 11.15-12.15
9LI	Media and Misconceptions	Strike Cancelled	Criminal Justice system	Hafan Cymru Healthy relationships	Dangers of vaping	Hafan Cymru Healthy relationships	Royal Navy	Rights and responsibilities	Promoting health and physical activity	Vaping and the risks to health	
9JB	Media and Misconceptions	Strike Cancelled	Criminal Justice system	Discrimination	Dangers of vaping	Mock election	Royal Navy	Rights and responsibilities	Promoting health and physical activity	Vaping and the risks to health	
9MB	Media and Misconceptions	Strike Cancelled	Llamau Homelessness	Discrimination	Dangers of vaping	Mock election	Royal Navy	Rights and responsibilities	Promoting health and physical activity	Vaping and the risks to health	
9VM	Media and Misconceptions	Strike Cancelled	Criminal Justice system	Discrimination	Dangers of vaping	Mock election	Royal Navy	Rights and responsibilities	Promoting health and physical activity	Vaping and the risks to health	
9LS	Media and Misconceptions	Strike Cancelled	Criminal Justice system	Hafan Cymru Healthy relationships	Dangers of vaping	Mock election	Royal Navy	Rights and responsibilities	Promoting health and physical activity	Vaping and the risks to health	
9BL	Media and Misconceptions	Strike Cancelled	Criminal Justice system	Discrimination	Dangers of vaping	Mock election	Royal Navy	Rights and responsibilities	Promoting health and physical activity	Vaping and the risks to health	
9SH	Media and Misconceptions	Strike Cancelled	Llamau Homelessness	Discrimination	Dangers of vaping	Mock election	Royal Navy	Rights and responsibilities	Promoting health and physical activity	Vaping and the risks to health	
9TS	Media and Misconceptions	Strike Cancelled	Criminal Justice system	Discrimination	Dangers of vaping	Mock election	Royal Navy	Rights and responsibilities	Promoting health and physical activity	Vaping and the risks to health	

1. Whole School approach to PSE

Pupils

- Pupils engaging in lessons
- Pupil voice
- 6th form pupils delivering PSE
- Attending Healthy/Eco schools events

Parents

- Consent for SRE/Trips
- Information shared via newsletter/Twitter

Staff

- Form tutors delivering lessons
- Working with teachers to support SRE
- Training needs
- Feedback
- Working with Literacy, numeracy, DCF coordinators

Admin Staff

- Greet outside speakers
- Organise cover for lessons
- Photocopying
- Preparation of resources

Governors/SLT

- Support
- Check policies
- Time allocated to PSE/Healthy schools coordinator attend meetings

Caretakers

- Check halls/put out chairs
- Support Eco/Litter picks
- Check projector

Community

- Parish priests
- Waitrose
- Police liaison
- Fire service
- Public health
- Family 1st
- Community 1st
- School nurses
- Feeder schools

Outside agencies

- Just B
- Atol Y Fro
- Stand to Violence
- Show racism the red card
- Hafan cymru
- Eco schools
- Healthy schools
- Fairtrade
- Hamau

Universities

- SHRN
- Cardiff university-Sexpressions
- Bright
- Decipher

2. Raise PSE Profile

Twitter

Newsletters

Assemblies

School
website

Whole school
activities



We are currently working towards the Green Flag for Eco schools. As part of Welsh Bechlaureate, we aim to decrease the amount of litter inside and outside of Beccles High and the local community. We feel Barry Island is an area in our community that is affected by litter and we want our pupils and their families to take more care of it.



Last year we raised money and purchased litter pickers. Pupils are now regularly involved with litter picks during tutorial and PSE lessons.



We have identified problem areas around the school; we took photos and discussed the issues. We noticed that there were no bins in certain areas. Some of the bins are too small and litter is falling out of them.



We have held fundraiser events to raise money for new bins which will encourage pupils to put litter in the bin. We have also planned and delivered assemblies to all year groups. Our intention was to show pupils the impact litter has on wildlife, oceans and encourage them to take responsibility for their rubbish.



New bins
We have recently raised enough funds and purchased two new stronger and more robust bins with clear and visible signage. The bins have compartments for mixed recycling.





1st Place: Charis Case BNT

2nd Place: Carys Rees 7HB

3rd Place: Tia Heard BCH

Personal social Education

Pupils in year 7 and 8 have been discussing climate change and reflecting on personal decisions about lifestyle choices that affect the environment. Pupils were asked to design a poster to raise awareness. Lots of great entries and winners will receive prizes in assembly.

Pupils are continuing to take part in litter picks as part of our #litterless challenge.



Communication through twitter



DD @DDhealthyschool · 4d

We are taking part in Anti-bullying week. We have been raising awareness in assemblies, PSE and tutorial sessions. Our SHRN focus group have been discussing and suggesting ways to continue to create a positive ethos through our school community @PencoedtreHS #antibullyingweek2022



DD @DDhealthyschool · Mar 29

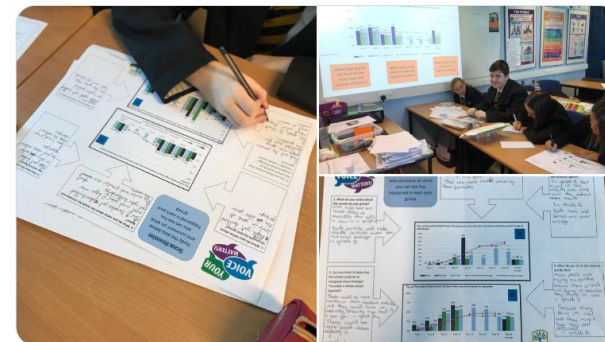
Big delivery of period products at PHS today. Pupils can collect packs from GR22 at the end of the day. Fantastic government initiative to help end period poverty @ValeofGlamorgan @PublicHealthW @SchoolHealthVoG @JaneHutt @VOGCouncil @EthosValuesPHS



4 9 1,127

DD @DDhealthyschool · Sep 21, 2020

A great first PSE lesson with my new form 8DD. Some interesting discussions and really good ideas for improving well-being at PHS. @SHRNWales @SchoolHealthVoG



DD @DDhealthyschool · Nov 8, 2022

Our pupils have had the opportunity to meet our new police liaison officer this week. Thank you to all PHS staff who have supported the sessions. @PencoedtreHS @SchoolHealthVoG @schoolbeat



DD @DDhealthyschool · Nov 27, 2020

In response to the SHRN pupil voice we purchased new games to engage students in PSE lessons. Year 7 pupils been submitting some great entries for our creative anti-bullying competition @nobullyno @PencoedtreHS @SHRNWales @SchoolHealthVoG



1 9

DD @DDhealthyschool · Dec 15, 2022

Our PHS students have been braving the cold to plant 120 trees within our school ground to help tackle the climate and biodiversity crises. Fantastic effort and team work by all!!! @EcoSchoolsWales @JulieEcoKWT @WoodlandTrust @sizeofwales @SchoolHealthVoG



1 5 16 1,766

Our SHRN journey

Actions from SHRN Results 2018

Sexting workshops

Internet safety lessons

SRE lessons to be taught in year 9

PLC/Twilight Training needs

Staff encouraged to sell other items during charity breaks.

Growth mindset

Focus on physical activity

Use data to work towards phase 6 Healthy schools award

Compare results with 2016

Use RAG to plan actions

Selfie programme

Using SHRN data to form two-year action plan

	Information	RAG	Issue to be addressed FOR SHRN results 2016	What are we doing? Ideas for change-2016-2017	Responsibility and time Frame	Results from SHRN 2018	RAG
	Food and Fitness-Food						
F1 F2	Breakfast and Fruit and Vegetables		Promotion of healthy eating within the school. A good diet supports a healthy lifestyle in the long term. Research has shown children who ate breakfast achieved higher academic outcomes.	<ul style="list-style-type: none"> Canteen could have fruit near the tills. Prices displayed on the food. Education of pupils to be high priority. Guidance can be given to using the new up-to-date <u>Eatwell</u> plate. Posters around the school. DD to reorganise 'Healthy Schools' action group. Pupil voice. Information on School website for parents. Update school policy with in line with The Healthy Eating and Drinking in Schools Measure 2009 Advise parents of breakfast times in transition meetings. Display breakfast times and menu in 	<p>DD to ask canteen to update healthy schools display in the new academic year. Display has since been taken down, however DD will speak with NRichards to add school menu to website.</p> <p>Website currently being updated due to co-education.</p> <p>Speak to form tutors to promote breakfast mornings in the canteen- DONE</p> <p>DD to meet with Christine Farr to discuss 'Food and Fitness' policy-pass onto AD and LK for school website- DONE</p> <p>Speak to relevant staff to see if SNAG group still running- DONE (not running at present) RRoch taken</p>	On average 35% of BH girls ate breakfast every day. This is slightly below the national average for males and females. 40% of BH girls said they ate their 5 a day, this is below the national average of 50%.	
F25 F28	Students who currently smoke at least weekly and students who report have tried electronic cigarettes		Less pupils smoke cigarettes than previously reported however 32% of the BH girls who took part in the survey said they had used an electronic cigarette	<ul style="list-style-type: none"> Need to check current guidelines on electronic cigarettes and add to substance use and misuse policy Pupils need to know using electronic cigarettes can sometimes lead to smoking cigarettes Just B ambassador project has successfully run for the last three years. 	DD to organise the Just B peer ambassador project again for 2017-2018.	34% have used electronic cigarettes.	
F33	Students who have been offered cannabis		48% of year 11 pupils have been offered cannabis and 20% of those pupils took part in smoking cannabis.	<ul style="list-style-type: none"> PSE lessons on drugs and alcohol delivered by outside agencies. More posters around the school. Leaflets and advice on school website. 	DD to speak with IT Coordinator to add 'switched on' 'red button' links to the new BH website. Website currently being updated due to co-ed education.	6% of BH pupils have taken cannabis in last 30 days.	
F37	Students who have ever tried inhaling laughing gas or taking mephedrone or legal highs		As a school average 28% of BH pupils have said they have tried legal highs, this is slightly above the national average.	<ul style="list-style-type: none"> PSE lessons on drugs and alcohol delivered by outside agencies. 	DD to arrange year group sessions with PC Cunningham. DD to speak with Christine Farr for contacts for 'switched on' to deliver substance use and misuse lessons to form classes.	As a school average 10% of BH pupils said they have tried legal highs which has decreased from the 2016	
	Sex and relationships						
F39	Students having sexual intercourse for the first time		66% of BH girls said they had sexual intercourse for the first time aged 14 years or younger.	<ul style="list-style-type: none"> Contraception lessons delivered by medical students in year 9 and STI lessons in year 10. We could look to bringing the lessons forward by delivering STI, pregnancy, sexual attitudes lessons in year 9. 	DD TO email science teachers and line manager to see if this is something we could do. Lessons now being taught in year 9 instead of year 10. Arrange additional lessons with Chris Farrell.	53% of BH girls said they had sexual intercourse for the first time aged 14 years or younger. Still above the national average.	

Example of Impact

- **In 2018 55%** of year 7 pupils suggested they had been bullied in the last couple of months. This was above the year 7 national average for females and males.

Actions Taken

- Year 7 given chance to settle into new environment/form friendship groups.
 - Workshops organized with outside agencies
 - PSE Anti-bullying lessons- Pupil understanding of the term bullying
 - Year group assemblies
 - Year 7 last to complete the SHRN survey
-
- **In 2020 36%** of PHS pupils suggested they had been bullied in the last couple of months. This result was below the national average.

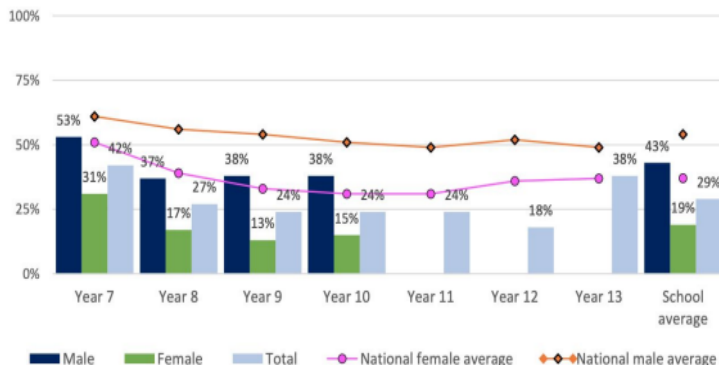
Actions 2020: Links to curriculum for Wales

	Results from SHRN 2018	Actions Taken	Results from SHRN 2020	Actions to take
Food and Fitness-Food				
Breakfast and Fruit and Vegetables	On average 35% of BH girls ate breakfast every day. This is slightly below the national average for males and females. 40% of BH girls said they ate their 5 a day, this is below the national average of 50%.	SLT assemblies and PSE sessions to promote healthy eating. Introduced more healthy recipes in Food and Nutrition lessons. Shared recipes with parents and carers.	37% of pupils in PHS eat breakfast every weekday which is slightly higher than 2018 but lower than national average. 40% of PHS eat their 5 a day. Year 8 girls, year 9 boys and year 10 girls stand out as concerns as below national average and decrease from BH results.	Canteen could have fruit near the tills. Prices displayed on the food. Education of pupils to be high priority. Guidance can be given to using the new up to date Eatwell plate. Posters around the school. Pupil voice. Information on School website for parents. Update school policy so it's in line with The Healthy Eating and Drinking in Schools Measure 2009 Advise parents of breakfast times in transition meetings. Display breakfast times and menu in the healthy schools display. Encourage staff to sell healthier alternatives during fundraising breaks. Traffic lights used to promote healthier options in the canteen. DD to reorganise 'Healthy Schools' Eco Schools' action group-Liaise with canteen staff.
Energy Drinks and Sugary Soft drinks	As a school average 8% of Bryn Hafren girls drink energy drinks, this may be considered low but this is above the national average for girls and boy and mainly due to the increase in the amount of girls drinking energy drinks in year 10. 14% of year 10 BH girls drink energy drinks which is 10% more than the national average for girls. 21% of BH pupils who took part in the survey have one or more fizzy drinks a	Whole school promotion of healthy eating habits through theme of the week and competitions. Healthy eating games purchased and in PSE cupboard. Energy drinks no longer allowed in Pencoedre High.	8% of PHS pupils drink energy drinks. The amount of year 10 girls who drink energy drinks has decreased from the survey in 2018 however both boys and girls who drink energy drinks are above the national average.	Update Food and Fitness policy to ensure school policy does not permit energy drinks. Continue to run promote healthy eating through assemblies, theme of the week and competitions. New Curriculum for Wales-Whole school Health and Wellbeing. Links with Mathematics and Numeracy/Food and Nutrition <i>The Health and Well-being Area of Learning and Experience also provides opportunity to explore the role of numeracy in purchasing and preparing food to support nutrition and its role in measuring distance, weight and time.</i>



Breakfast

Fig. 1 Pencoedtre High School: Students who usually eat breakfast every weekday

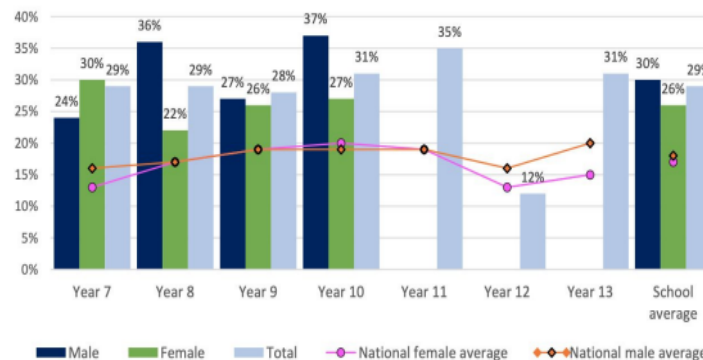


Did you know?

Breakfast provided to students of maintained schools should contain the following foods only: milk-based drinks or yoghurts; cereals – not sugar/chocolate/cocoa powder coated or flavoured; fruit and vegetables; and breads and toppings¹⁹.

Sedentary behaviour

Fig. 8 Pencoedtre High School: Students who usually spend 7 or more hours of their free time on a week day sitting down



Did you know?

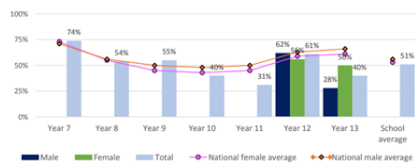
Time spent sedentary increases as children transition from primary to secondary school¹⁹ and as they move through secondary school⁴⁰. Between the ages of 12 and 15, young people in Bristol spent increasing amounts of time being sedentary in school, but also after school and at weekends.

Using the SHRN data to inform subject content for new curriculum.

Aim 3 - I aim to investigate the implications of adverse childhood experiences on attainment

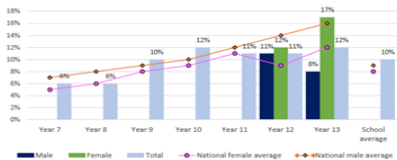
Graph – School Health Research Network in Wales

Fig. 11 Bryn Hafren Comprehensive School: Students who "agree" or "strongly agree" that teachers care about them as a person



Graph analysis

I have taken this graph from the School Health Research Network in Wales (SHRN). This is completed by my school about various aspects of the pupils' lives. My reason for opting it as I feel it directly links to my research above. The graph demonstrates that on average, I feel as though the teachers care about them as an individual. In year 7 and 9, it is clear that though the teachers care about as shown by their agreement exceeding the national averages for males and females. However, year 11 appears to be significantly lower than the national averages.



This graph shows students inhaling legal substances in the value of the national fee. This could be because the surrounding area is seen as a poverty area where legal highs may more widely be available. In year 12 and 13 girls tend to be a lot higher than the boys and also the national average. When speaking with peers they said this is because laughing gas is trendy at the moment and girls tend to carry it in their bags if going out. Students taking these substances may not be aware that they can be dangerous even though they are legal. From my research young women tend to take drugs because of the relationships they are in.

Aim 3- I intend on researching and selecting appropriate and suitable support for young people.



I feel there is plenty of support available to young people from schools and voluntary services. Talk to Frank offers help and support for young people who. Even though this support is readily available

Using the Data in Welsh Bac and Health and Social

@dchhealthyschool



Caring Lives: What do young people who care for members of their families need to thrive?
School information sheet

Project summary

Caring Lives is an innovative research project seeking to build and test a theory of the relationship between young carers and their mental health. Unlike the majority of young carer research the project will be school based, with the final stage to consider the potential for positive support interventions in schools.

The researcher

Ed Janes is a doctoral student in Cardiff University. With a background in children's rights, participation and youth work, Ed has extensive experience of developing and facilitating engaging research in schools.

Working with university



BRIGHT

Year 12 Health and Social students helped develop SHRN actions at Cardiff university



Our SHRN journey

Actions from SHRN Results 2020

- Promote healthy eating
- Breakfast club
- Nurture room
- Well-being Hub
- Confidence building workshops in PSE
- Energy drinks banned in PHS
- Lessons promoting positive health
- Developed pupil voice opportunities
- Parent questionnaires at parents evening
- Well-being hub putting Interventions for ACEs and young carers
- Transition events and MAT clubs to build relationships with primary school pupils.

3. Pupil voice opportunities

- SHRN
- Google forms

- Healthy Schools Committee
- Parliament committee

- Questionnaires
- Surveys
- Discussions

@ddhealthyschool

- More RSE lessons
- Finance lessons
- Interview techniques
- CV writing
- Mortgage advice
- Role play activities
- Games
- Films
- Outside speakers
- Needs to be more relevant and must reflect the issues facing young people today.
- LGBTQ+ lessons in PSE



The Healthy Schools team are looking for an enthusiastic individual from each form to join our Health and Wellbeing committee. You will contribute to achieving the Healthy Schools and Eco schools award.

There are seven different health topics that our school need to address. These include:

- Food and Fitness
- Mental and Emotional Health and Well Being
- Personal Development and Relationships
- Substance Use and Misuse
- Safety
- Hygiene
- Environment

This role will involve attending termly meetings. You will be invited workshops. You will be able to give suggestions on how we can improve our PSE curriculum-choosing topics and issues that affect you.

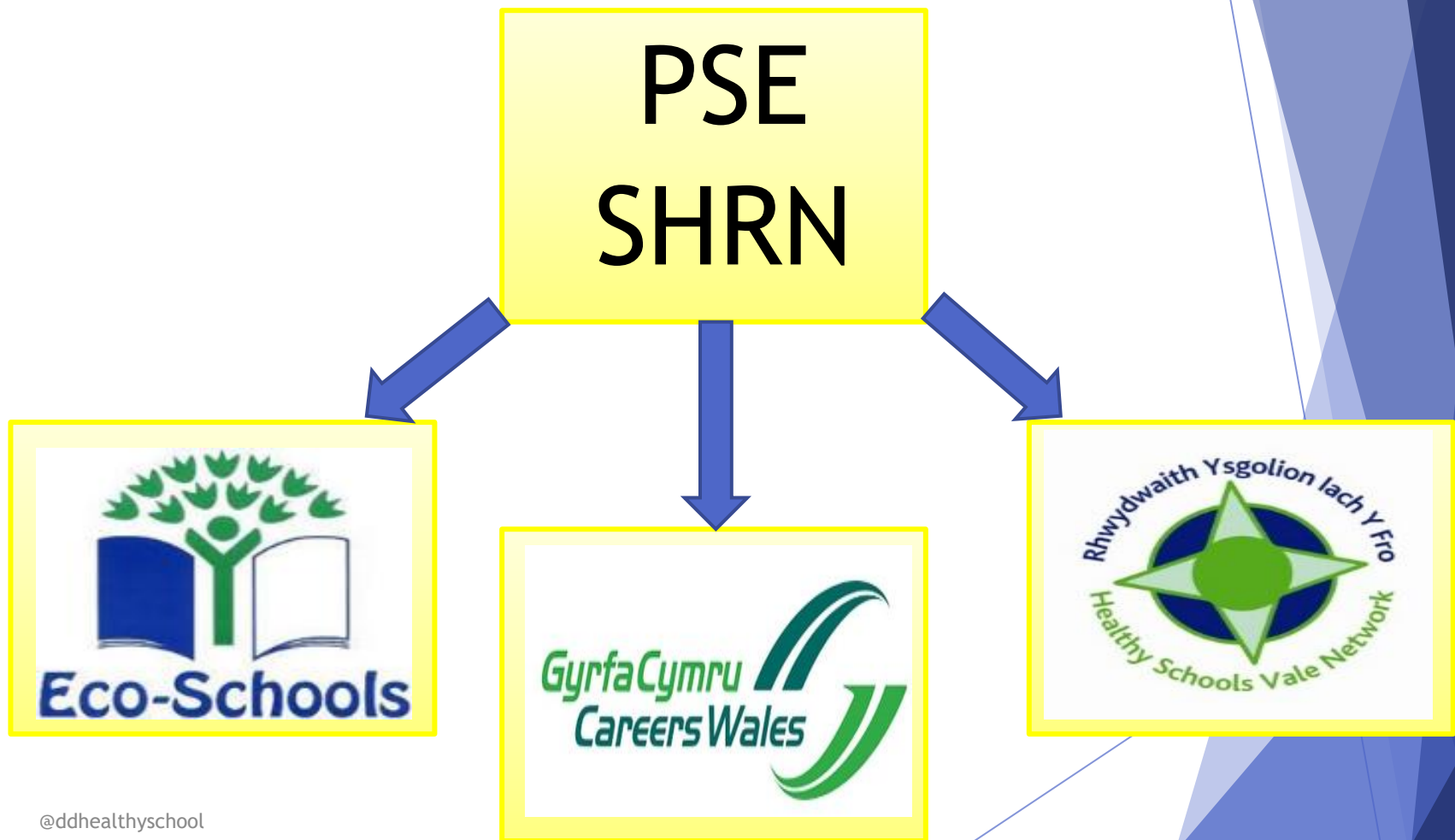
Student Survey
DO NOT WRITE YOUR NAME ON THIS FORM

What do you think about lessons in Personal Social Education?	Strongly Agree	Agree	Disagree	Comment
I contribute to class discussions				
I will listen to other pupil's responses				
I make an effort to ask questions				
I enjoy working with others				
I like to work alone				
I generally understand lesson aims				
The topics taught improve my understanding				
The topics taught make me feel uncomfortable				
I enjoy role play activities				

	Like a lot	Like a little	Neutral	Dislike a little	Dislike a lot
Getting to know each other					
Road Safety					
Fireworks Safety					
Anti-Bullying					
Smoking					
UN Rights of a child					
Healthy Eating					
Personal Hygiene					
Coat of arms					
Money					
OUTSIDE SPEAKERS					
Relationships-Julia Grady					
Operations Christmas Child					
Fairtrade-Waitrose					
Internet Safety-PC Thompson					

What suggestions do you have for improving the PSE lessons? What topics would be of interest to you?

4. Curriculum links



Healthy Schools

Topic Areas

- ▶ Food and Fitness
- ▶ Mental and Emotional Health and Well Being
- ▶ Personal Development and Relationships
- ▶ Substance Use and Misuse
- ▶ Environment
- ▶ Safety
- ▶ Hygiene

@ddhealthyschool

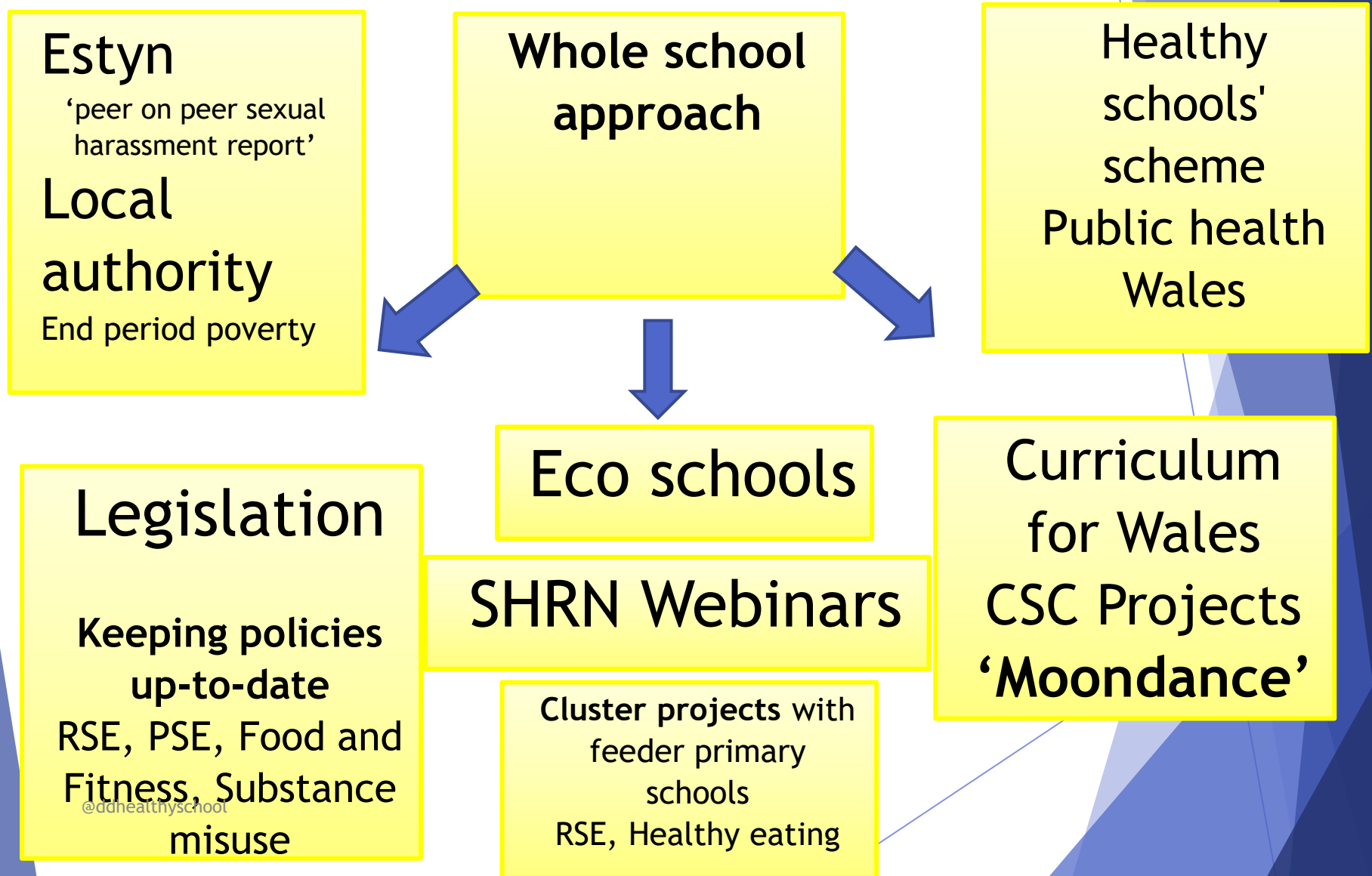
Eco Schools

Topic Areas

- Biodiversity.
- Energy.
- Global Citizenship.
- Healthy Living.
- Litter.
- Marine.
- School Grounds.
- Transport

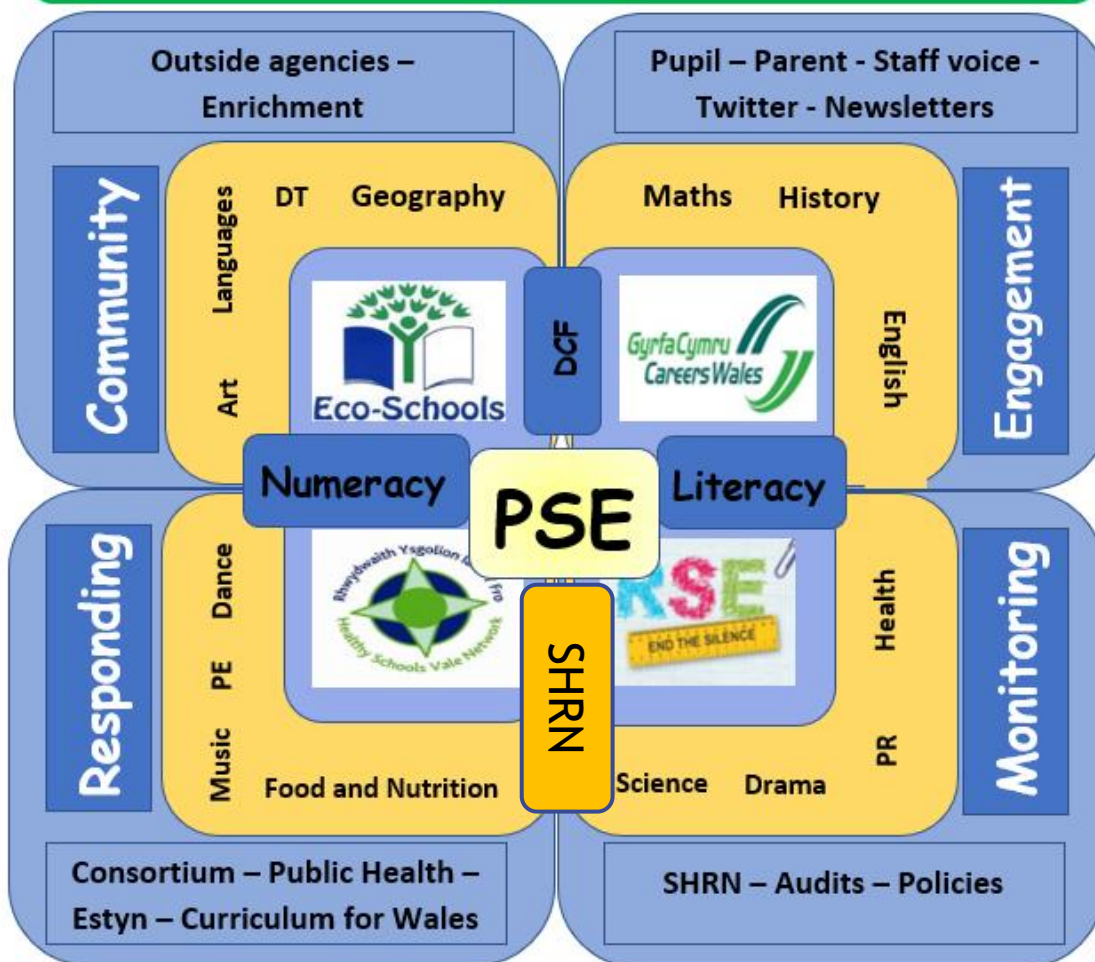


5. Responding to local and national initiatives



Ethical informed citizens

Ambitious, capable learners



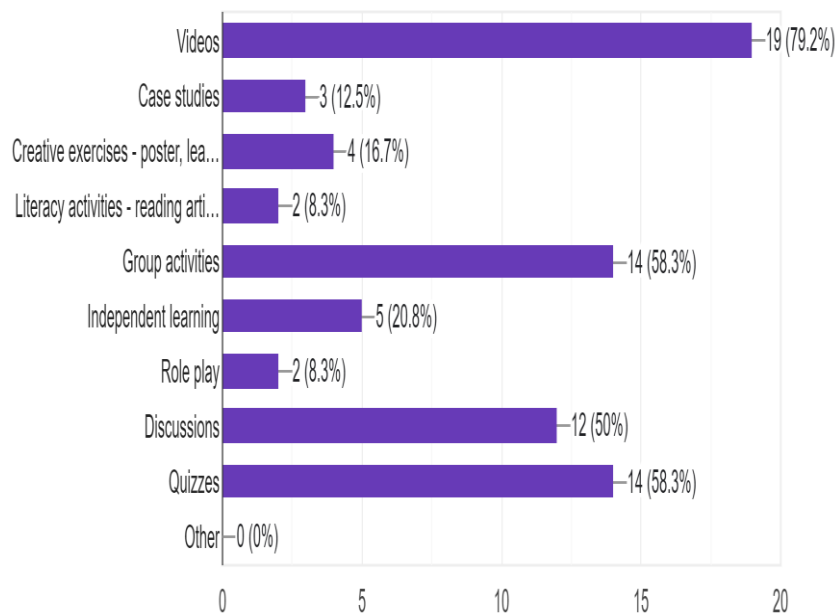
Healthy, Confident individuals

Enterprising, creative learners

A trial PSE survey was completed by the SHRN committee to find out their thoughts on PSE. This adapted the same survey and shared with staff. I wanted to find out what activities would help with their learning and engagement in PSE lessons. Videos, quizzes and group activities came out as highest, so I make sure these are included when sharing resources with teachers.

What learning has worked well for you in PSE?

24 responses

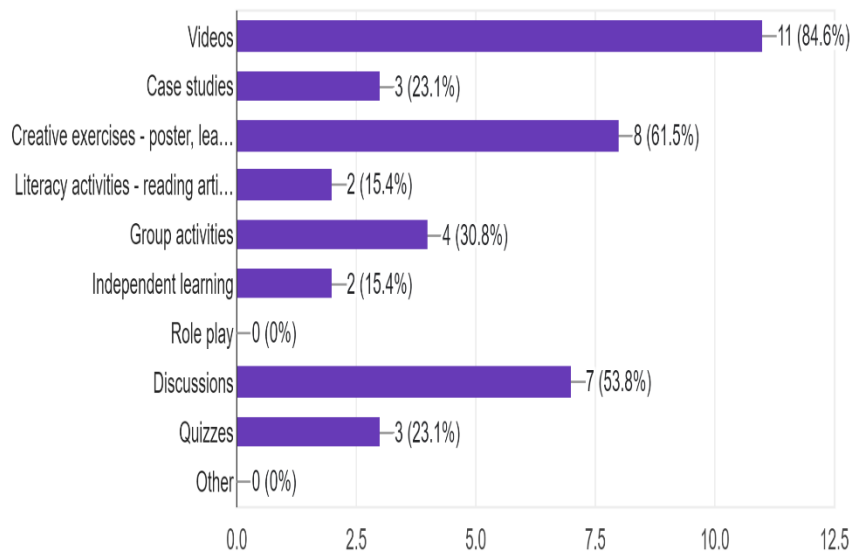


Pupil survey

@ddhealthschool

What learning has worked well for you and your pupils in PSE?

13 responses



Staff survey

Whole school pupil voice activity completed once the SHRN results get released



the results by year group?

A

B

Group discussion

Study the data below and comment on what you can see has happened in each year group

2. What do you notice about the results for, Females and Males?

A

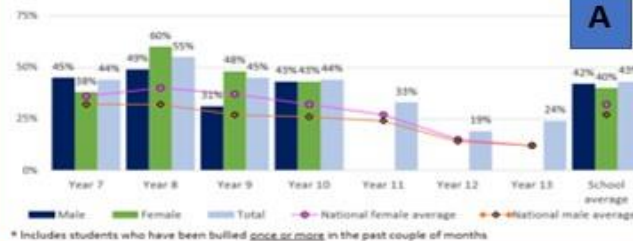
B

3. How does this compare to the national figures?

A

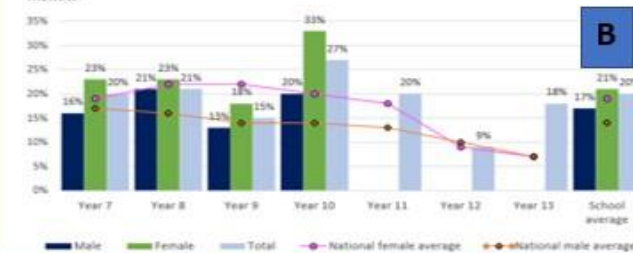
B

Fig. 22 Pencoedtre High School: Students who have been bullied at school in the past couple of months*



Friendship and Bullying

Fig. 24 Pencoedtre High School: Students who have been cyberbullied in the past couple of months*



5. Can you think of ideas that the school could do to recognise these findings?
*consider a whole school approach

A

B

4. What do you think the reasons are for this?

A

B



Diversity committee-PHS cultural day

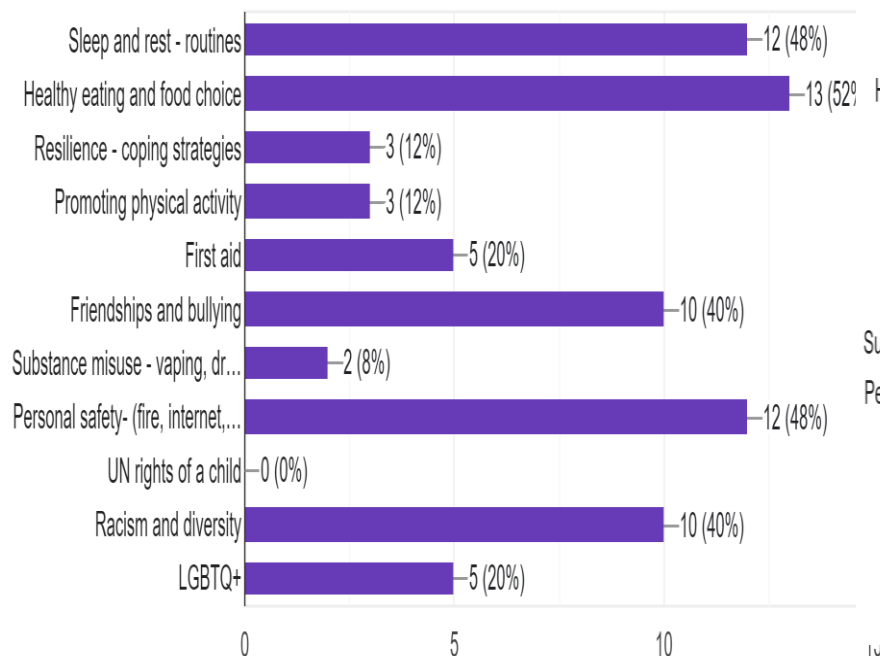


Diversity committee planned and delivered a cultural day. Pupils prepared quizzes, and a range of cultural foods for tasting. Pupils wore traditional garments and spoke to pupils about their culture.



What topics from the ones below are most important to you? Choose 3.

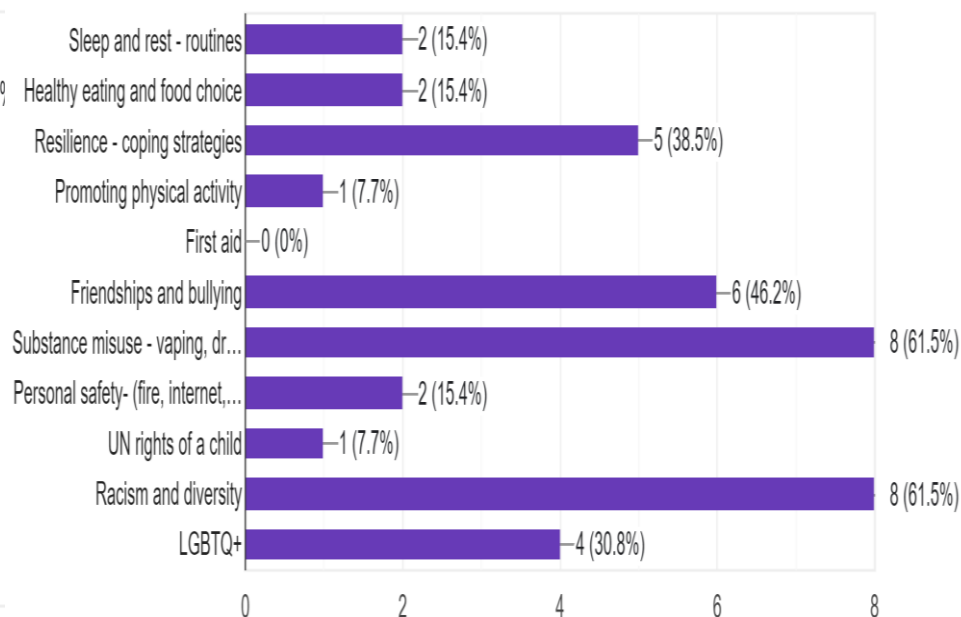
25 responses



Pupil Survey

What topics from the ones below are most important to your pupils? Choose 3.

13 responses



Staff Survey

Post covid: Comparing PHS data

Total number of students responding								
Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	Total school	Students who did not consent (%)
152	156	85	105	65	38	18	619	6

School average Comparisons	2020	2022
Breakfast	37%	29%
Fruit and vegetables	40%	33%
Drinking Water	62%	60%
Energy drinks	8%	7%
Fizzy Drinks	21%	20%
Walking to school	38%	45%
Time spent sitting down	27%	29%
Exercise out of school	33%	32%
Students satisfied with life	74%	72%
Teachers care about them as a person	54%	56%
Pupil ideas are treated seriously	43%	46%
Pressure from schoolwork	31%	27%
Support at school if feeling worried	59%	53%
Going to bed later than 11.30pm	32%	43%
Using electronic screen later than 11.30pm	34%	44%
Pupils who feel they can count on friends	66%	58%
Online contact with people they got to know through internet	7%	11%
Have taken part in bullying	13%	18%
Students who have been bullied	32%	43%
Students who have been cyber bullied	18%	20%
Sent a sexually explicit image	7%	11%
Pupils who smoke at least weekly	7%	4%
Students who have tried an e-cig	37%	34%
Students who report drinking alcohol	40%	44%
Tried laughing gas or legal highs	11%	11%
Tried cannabis 30 days before survey	6%	5%

Provision for personal and social education sessions and assemblies is **comprehensive**. For example, it supports pupils to develop a greater understanding of **healthy lifestyles** and **relationships**, and how to improve their **mental health** and **well-being**. First hand evidence from **pupil surveys** and **focus groups** is used effectively to inform the development of this provision. The school works well with a **wide range of partners** to enhance its work in this area, such as through its **involvement in projects** promoting the benefits of health screening.

Estyn 2022

Action 1: Bullying

Estyn: lessons about bullying lose their value if pupils aren't happy with how the school deals with allegations of bullying

Friendship and Bullying

Students who have taken part in bullying	Boys		Girls		PHS Average	PHS Average	National average
	2020	2021	2020	2021	2020	2021	2021
Year 7	14%	20%	10%	13%	10%	19%	Above
Year 8	23%	33%	17%	20%	17%	25%	Above
Year 9	19%	16%	17%	16%	17%	16%	Below
Year 10	28%	31%	11%	14%	11%	24%	Above
Year 11		13%		7%	14%	8%	Below
Year 12					10%	10%	Below
Year 13					3%	6%	Below

Students who have been bullied at PHS	Boys		Girls		PHS Average	PHS Average	National average
	2020	2021	2020	2021	2020	2021	2021
Year 7	28%	45%	42%	38%	36%	44%	Above
Year 8	35%	49%	46%	60%	42%	55%	Above
Year 9	43%	31%	47%	48%	47%	45%	Above
Year 10	47%	43%	21%	43%	26%	44%	Above
Year 11					21%	33%	Above
Year 12					10%	19%	Above
Year 13					27%	24%	Below

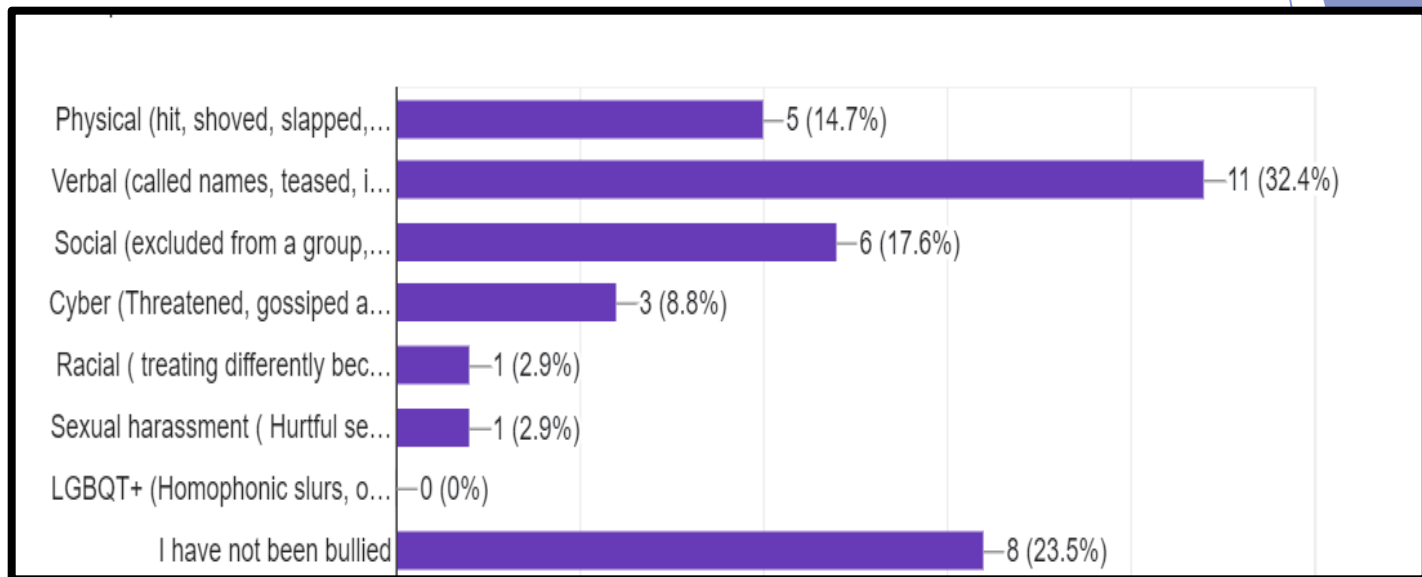
Students who have been cyberbullied	Boys		Girls		PHS Average	PHS Average	National average
	2020	2021	2020	2021	2020	2021	2021
Year 7	17%	16%	14%	23%	16%	20%	Equal to
Year 8	11%	21%	15%	23%	14%	21%	Below
Year 9	12%	13%	31%	18%	24%	15%	Below
Year 10	29%	20%	21%	33%	23%	27%	Above
Year 11					19%	20%	Above
Year 12					13%	9%	Equal to
Year 13					7%	18%	Above

I started to compare the data with WHS. It was evident that there are a higher number of students saying they had been bullied at PHS. A reason for this could be due to the greater amount of EFSM students on role in PHS.

Students who have been bullied	Boys		Girls		WHS Average	PHS Average
	WHS	PHS	WHS	PHS	2021	2021
Year 7	32%	45%	42%	38%	36%	44%
Year 8	32%	49%	34%	60%	33%	55%
Year 9	26%	31%	29%	48%	29%	45%
Year 10	23%	43%	31%	43%	28%	44%
Year 11	16%		25%		19%	33%
Year 12	13%		50%		15%	19%
Year 13	9%		33%		23%	24%

Students who have been cyberbullied	Boys		Girls		WHS Average	PHS Average
	WHS	PHS	WHS	PHS	2021	2021
Year 7	10%	16%	22%	23%	22%	20%
Year 8	18%	21%	18%	23%	19%	21%
Year 9	5%	13%	17%	18%	13%	15%
Year 10	13%	20%	13%	33%	14%	27%
Year 11	12%		11%		11%	20%
Year 12	7%		13%		9%	9%
Year 13	28%		28%		15%	18%

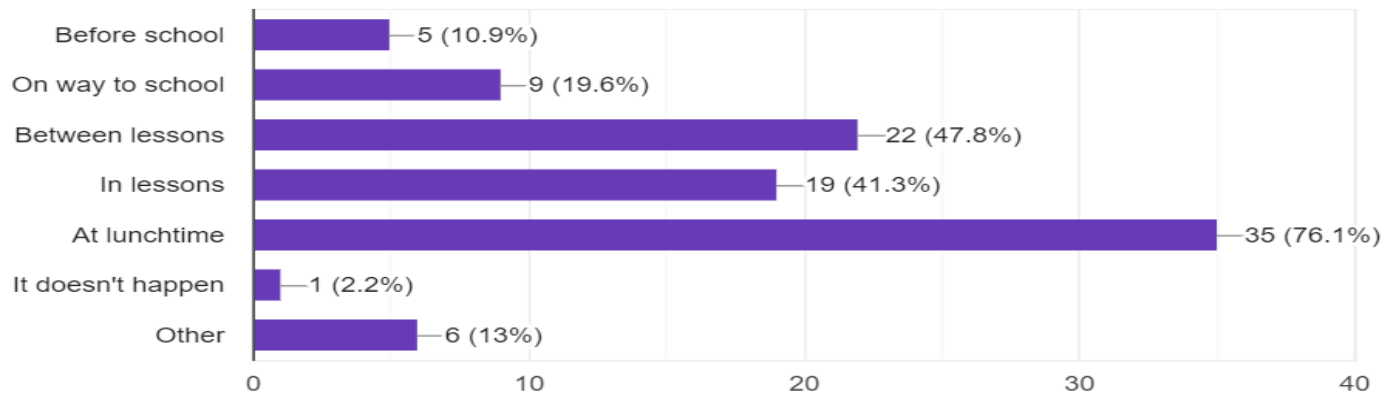
Year 12 students created a google forms survey to dig deeper and find out what the issues were. Students felt we needed to consider the type of bullying that was taking place so that specific lessons on sexual harassment, homophobia and cyberbullying could be delivered if needed.



Verbal insults particularly about appearance came out higher than other types of bullying. As a result, new lessons were implemented into the PSE programme including friendship, healthy relationships, body image in a digital world, Filter vs Reality and confident me.

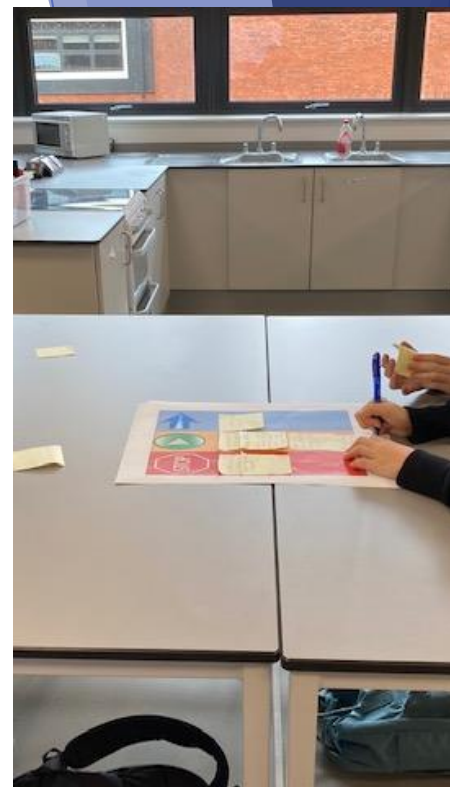
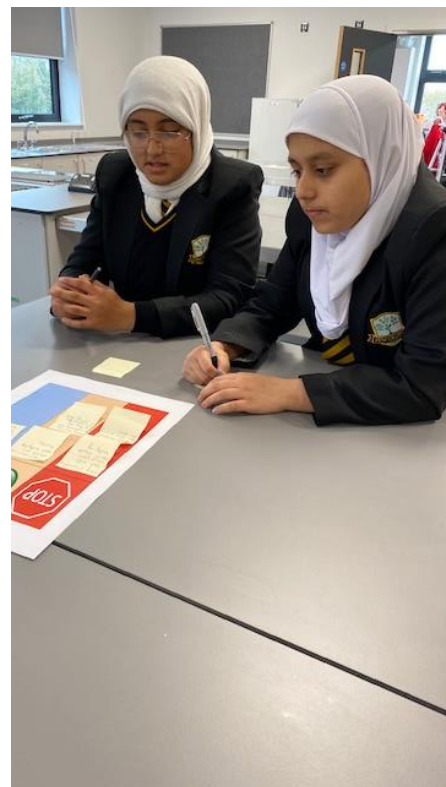
If you believe bullying is a problem, where does it most often occur? (Check all that apply)

46 responses



Students felt bullying mostly occurs at lunchtime and between lessons, this is when there is a lot of movement. They felt teachers need to take more notice start to recognise when banter is being taken too far.

Actions- school day has been changed, break duty rota regularly sent to staff and updated, staff situated near toilets to prevent large groups gathering, 6th form pupils on duty to support staff, shorter queues and pupils in lunch hall due to change of day, staff should be out in the corridors when there are lesson changes, cameras in the halls.



SHRN Focus group using the stop, start and continue model to discuss actions to combat bullying.

Pupil suggestions

Stop rewarding poor behaviour

Introduce a bullying box

More visible staff during lunchtime

Community links with primary schools- pupils have suggested creating a lesson they could deliver to 6 students during transition

6th form peer mentors

Safe and quiet place students can go during break and lunchtime

Signposting around the school-where to get help

Regular communication for parents, pupils and staff of the activities going on in the school

One to one mentoring

Continue delivering PSE lessons but more focus towards issues raised in survey

Pupil friendly version of school policy

Actions for Anti-Bullying week 14th November 2022- 18th November 2022

Actions	Done
6 th form students to help create google forms anti-bullying survey	
Schools matters focus group to complete bullying survey during tutorial time	
Raise awareness: Anti-bullying poster/Flyer to be displayed on plasma screens across the school	
Bullying knowledge organiser to be sent to form tutors to be displayed on form board	
Staff need to be using my concern to report bullying incidents- SLT to make staff aware of login details	
Send 'reach out' presentation and videos to tutors to be shown to pupils during form time	
Anti-bullying lessons delivered during PSE lessons	
Lesson ideas for cross curricular activities shared with head of departments	
Improve parent communication: send letter and parent toolkit through Edu spot and class charts	
Run Anti-bullying poster competition- Send to tutors and promote on twitter account	
Game club after school to encourage friendships – Self-esteem/Anti-bullying/ Fitness games purchased through PSE	
Anti-bullying policy: School Matters focus group to look at Anti-bullying	

Digging deeper: Using my concern dashboard to identify pupil need and implement strategies across the learning community

- Staff should be **reporting any forms of bullying** on my concern.
- **Staff training** could be given so they know how to access my concern and when something should be reported.
- **Outside agencies** including Show racism the red card/ Hafan Cymru/Respect me deliver sessions on bullying, sexual harassment and consent.
- Resources from Childnet, rise above, NSPCC, Childrens commissioner for Wales, School beat, Anti-bullying alliance and **the Estyn peer 2 peer sexual harassment** report adapted and used in PSE lessons.
- Bullies out ambassador programme

Action 2- Healthy eating

Estyn: learning activities around healthy eating have little impact if the food served to pupils, and the dining experience don't promote healthy eating

Food and Fitness

Students who eat breakfast at PHS	Boys		Girls		PHS Average	PHS Average	National average
	2020	2021	2020	2021	2020	2021	2021
Year 7	55%	53%	44%	31%	49%	42%	Below
Year 8	37%	37%	51%	17%	43%	27%	Below
Year 9	50%	38%	31%	13%	37%	24%	Below
Year 10	53%	38%	29%	15%	33%	24%	Below
Year 11					24%	24%	Below
Year 12					20%	18%	Below
Year 13					31%	38%	Above

Fruit and Vegetables	Boys		Girls		PHS Average	PHS Average	National average
	2020	2021	2020	2021	2020	2021	2021
Year 7	37%	40%	56%	38%	48%	38%	Below
Year 8	43%	36%	30%	36%	38%	35%	Below
Year 9	27%	35%	47%	38%	41%	37%	Below
Year 10	47%	28%	28%	27%	32%	28%	Below
Year 11					38%	26%	Below
Year 12					33%	24%	Below
Year 13					44%	44%	Equal to

Students who drink energy drinks at PHS	Boys		Girls		PHS Average	PHS Average	National average
	2020	2021	2020	2021	2020	2021	2021
Year 7	12%	4%	6%	5%	9%	5%	Above
Year 8	10%	6%	6%	6%	8%	6%	Above
Year 9	10%	0%	8%	16%	9%	8%	Above
Year 10	26%	7%	11%	8%	15%	8%	Above
Year 11					5%	8%	Above
Year 12					0%	9%	Above

‘Live and learn better’ community cluster project

DD @DDhealthyschool · Mar 23

Fantastic day attending the ‘live and learn better’ cluster project @CadoxtonPS thank you to Sally Evans @PerformandGrow for an inspirational presentation. Was great to share ideas @willowshigh Our PHS pupils enjoyed the workshops and food @SchoolHealthVoG @PublicHealthW



@ddhealthyschool

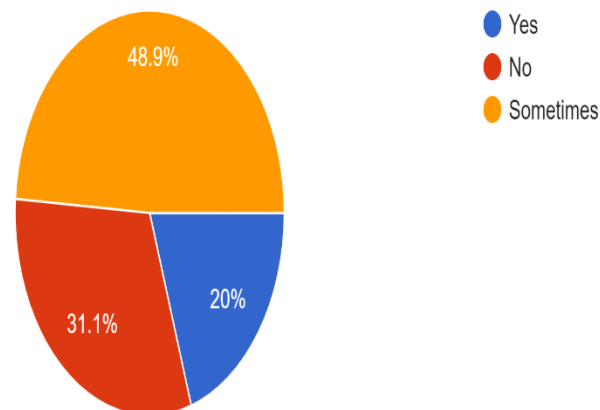


Action 2- Healthy eating

Estyn: learning activities around healthy eating have little impact if the food served to pupils, and the dining experience don't promote healthy eating

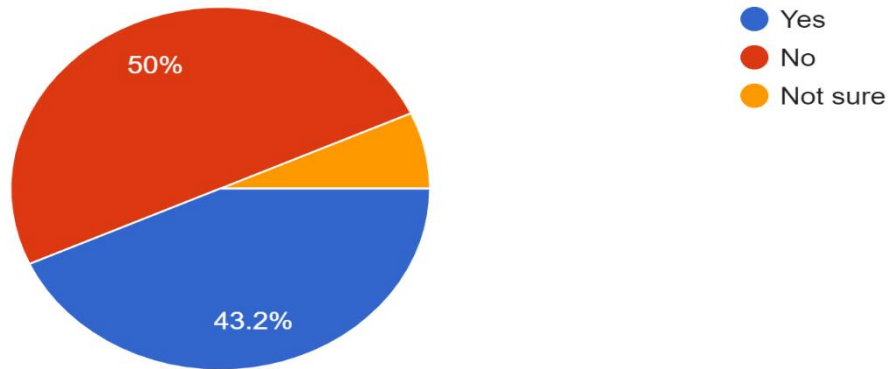
Do you think the food in the canteen reflects what students are being taught about food in the PSE/Health and nutrition lessons?

45 responses



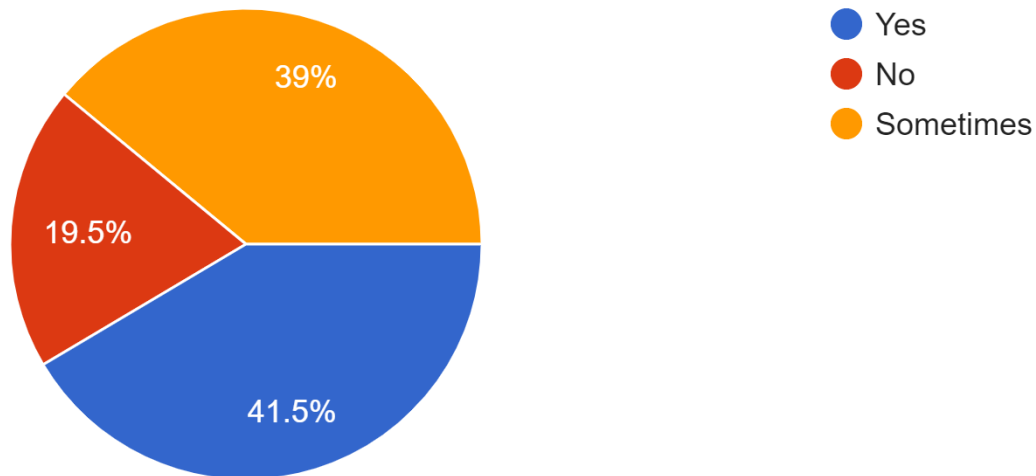
Are you a free school meal pupil?

44 responses

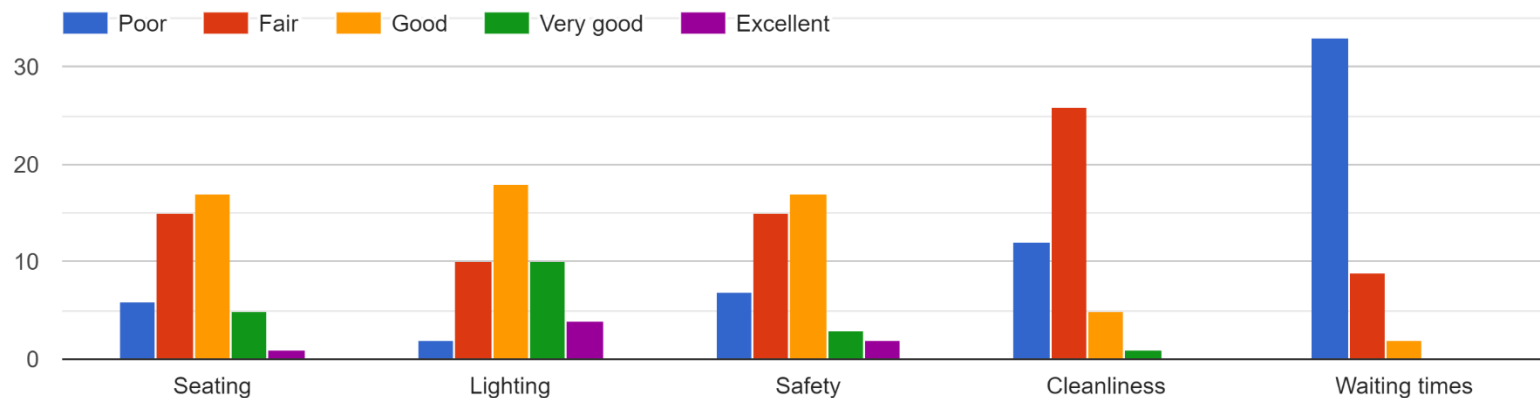


Is there always food available to suit the dietary requirements of individuals?

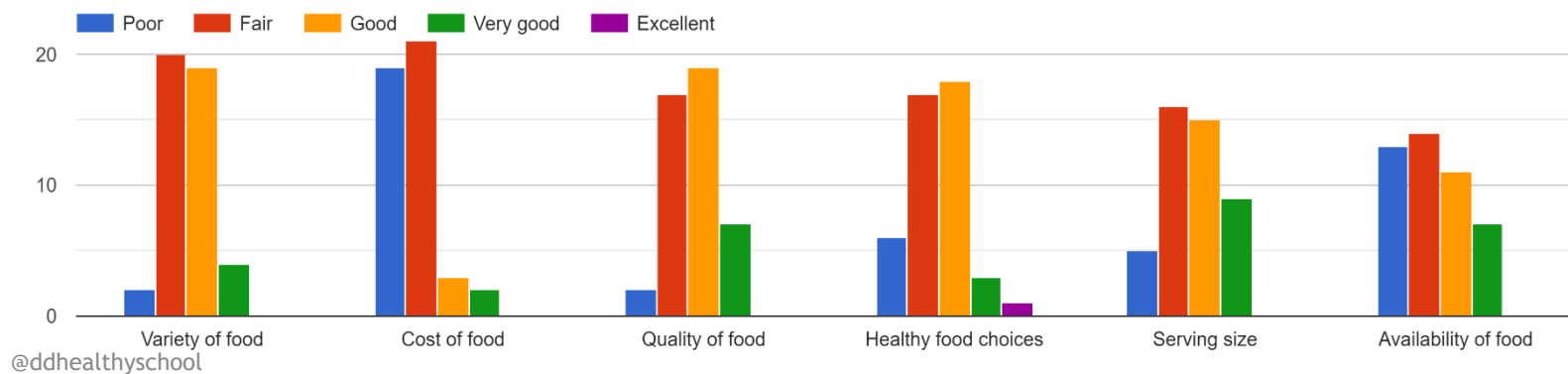
41 responses



How would you rate the following aspects of the canteen environment?



How would you rate the following aspects of the canteen service?



- PHS have a high percentage of ESFM meals that use the canteen most days mostly at break and lunchtime.
- Seating and lighting are good, however wait times are considered poor. The canteen staff are friendly and helpful.
- The canteen provides a variety of nutritious meals including roast dinner, stir fry and jacket potatoes. Pupils attending clubs after school have the option to receive an evening meal.



- Pupils have recognised that food during breakfast and break time is not as healthy. Currently the canteen offers items such as sausage rolls, harsh browns, hotdogs, bacon rolls and pancakes.
- Pupils also felt that the cost of food was expensive, EFSM pupils receive £2.65 and can have a meal and choice of drink or desert.
- Some children tend to spend their money in the morning during break so may not be able to buy a healthier meal at lunch.



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Speaking with canteen staff they have suggested that changes are being made and we have recently seen healthy options being sold at breaktimes. The menu is being displayed and in the new academic year they are looking to have large



Healthy eating actions

Suggestions ideas from survey included.

- More healthier options- fruit boxes, wraps with salad options. Healthier breakfast options.
- Clear pricing and a large menu so you can see choices whilst waiting in the queue.
- Shorter queues
- Food not as expensive
- Longer lunch break to have time to eat food so it's not rushed.

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- School timetable has recently been changed to help reduce break and dinner queues.
- Use SHRN data to inform subject content for new curriculum.
- Update food and fitness policy with current guidelines.
- Update PSE resources, lessons to be delivered- budgeting, advertising, food choices.
- Continue to attend the learning community 'live and learn' cluster group. Pupils to present ideas
- Competitions
- Assemblies
- Share recipe of the week with parents/guardians (5 ingredient recipes/meals on a budget)
- Get staff on board- staff need to be seen to make healthy choices.
- Working group to create meals / breakfast ideas – could be done with key stage 3 pupils in food and nutrition lessons.
- SHRN students to interview canteen staff and share information and actions with primary school cluster

SHRN Moving Forward

Use the primary school SHRN data which will come out in 2023, this will prepare us for transition.

Compare SHRN data to data recorded on my concern.

Preparation for the 2023 SHRN survey.

Staff feedback - PSE survey to be shared with pupils and staff.

Share positive actions with all stakeholders, SLT, parents, pupils, staff.

Working with other schools.

Focus on Estyn recommendation 2- improving attendance, well-being and behaviour.

@ddhealthyschools

Continue cluster projects with feeder primary schools.

Independent and resilient pupils.