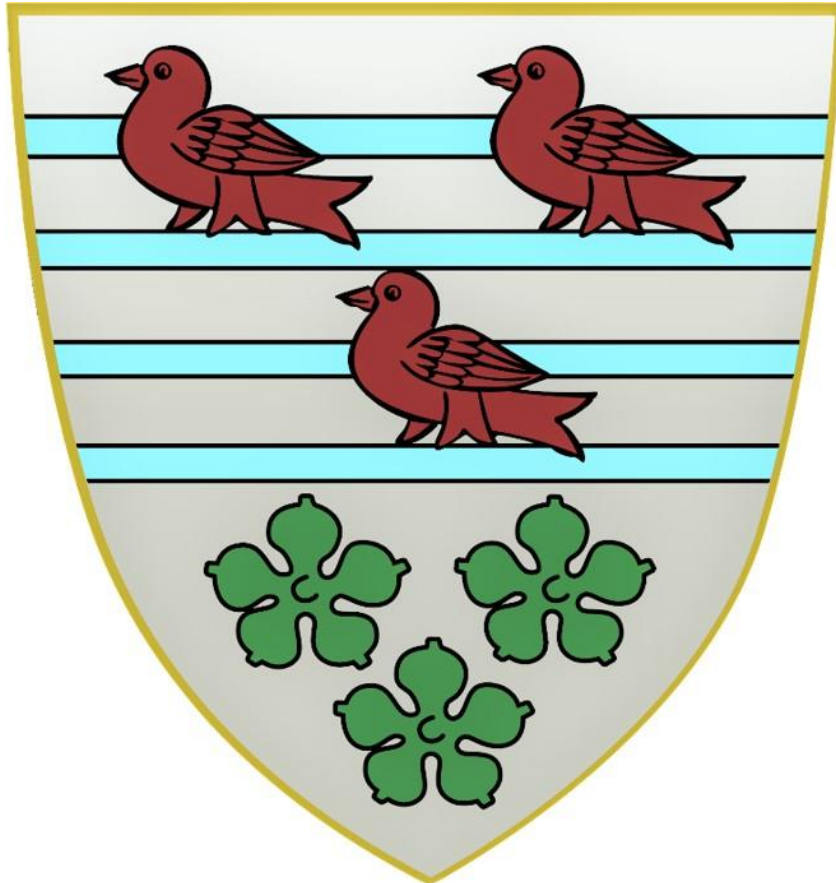


# Ysgol Greenhill School

- Health & Wellbeing AoLE.
- Use of SHRN Data.
- March 2023

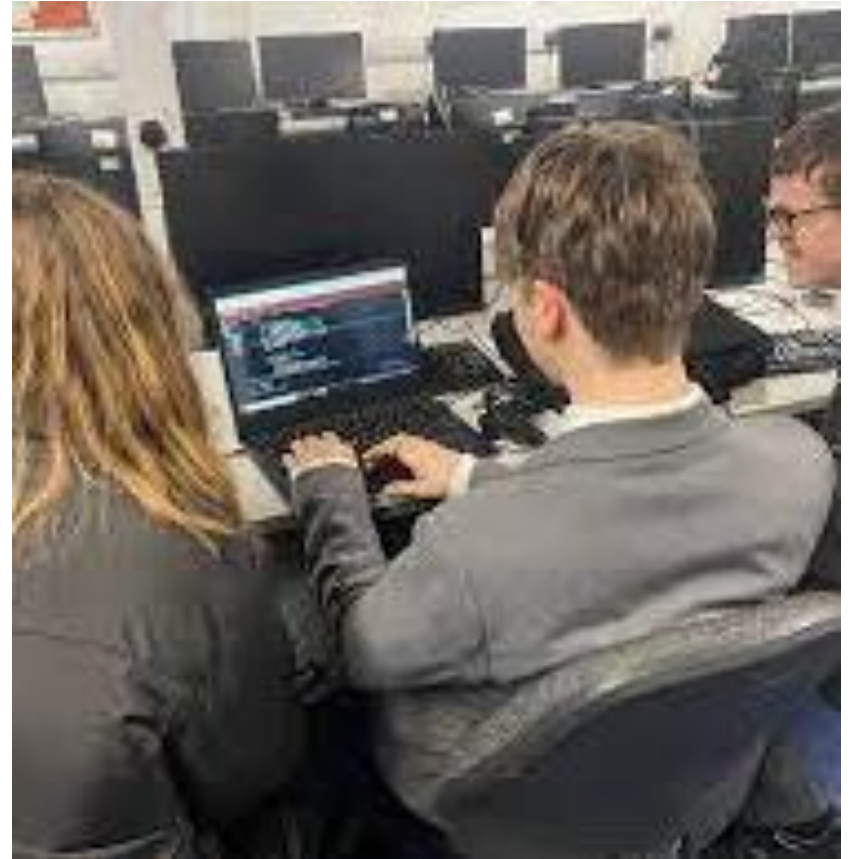


SCHOOL  
HEALTH  
RESEARCH  
NETWORK

# How we organise the survey?

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- We aim for all pupils to complete the survey to get a true set of results for the school.
- **Key Stage 3** - complete the survey during one of their Health & Wellbeing lessons, in a computer room, supported by H&Wb Staff.
- **Key Stage 4&5** - complete the survey during a Welsh Bac lesson in computer room.
- Usually December time, publicise to parents/carers, pupils in assemblies.

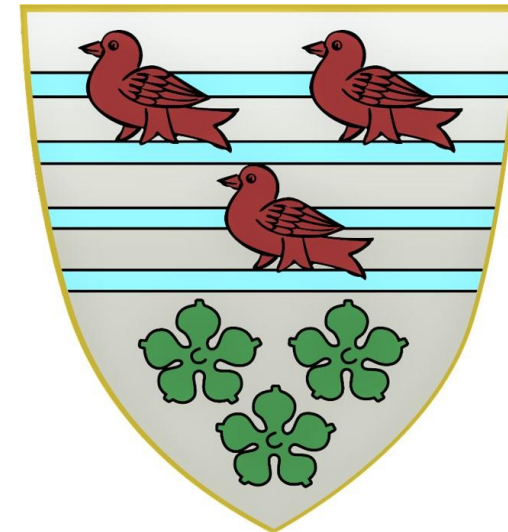




# When the results come in:

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- The Health & Wellbeing AoLE Staff analyse a part of the report each in detail.
- We then meet to share this information.
- Health & Wellbeing Teaching & Learning Council meet to analyse the data.
- Heads of House and School Youth Worker analyse the results.
- From this the key action areas and strategies are agreed.





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**H&WB Teaching and Learning Council meeting + Pupil Senedd Meeting**

**SHRN Questionnaire Analysis**

**Duration – 2 hours**

- The first hour of the session was spent looking through the SHRN data. The second hour was used to identify the main areas of focus, and recommend development areas and suggestions for improvement.

**Staff – M.E. Scottcher**

**Pupils in attendance:**

Maddox Clarke	Ella Bromby	Joseph Davies
Riley Price	Alice Luger	<del>Robbie Macdonald</del>
Dylan Edwards	Lili Cornelius	Rhys Barnes
Roxy Haley	<del>Gwyn Wood</del>	<del>Idd Evans</del>
George <del>Myddel</del>	Joseph Davies	Xari Sheldon

**Topics of focus:**

**Drinking water throughout the day**

- New water fountains
- More water in the canteen
- Free Water?

**Students taking part in bullying**

- Prefect
- Older role models within the school
- More staff on duty

**Sedimentary Behaviour + Pupil exercise traits**

- Something to wear that is different for teams for other Tie?

**Pupil Ideas being treated seriously**

- Teachers to acknowledge opinions and answers of students within L
- Pupil voice within form time, debate on a certain day, rather than ju teaching and Learning councils and pupil ~~groups~~
- More time for teaching and Learning council members to collate ideas from a year group

**Sexing**

- PC Davies to do more sessions on sexing, rather than tr
- Proof of how it can affect you, and real life examples person.

**Sexa**

- Importance of sleep lesson during health and wellbeing day for K4 pupils as it is not fresh in the mind by then. Also focus on the symptoms of Blue light in the lead up to exams.
- Educating parents and the important of sleep (Facebook post)
- Put it on screens around school, displays.

**Smoking, Cannabis, Vaping**

- More lessons to integrate into the Health and Wellbeing curriculum, throughout the v school not just 7.8 and 9.
- Year 10 and 11 need awareness on this as it directly affects them more.
- More up to date lessons, that are very current.
- Vaping lesson.
- More police drop ins to school, to potentially scare pupils.

# Pupil Engagement



## H&WB Teaching and Learning Council meeting + Pupil Senedd Meeting

### SHRN Questionnaire Analysis

#### Duration – 2 hours

- The first hour of the session was spent looking through the SHRN data. The second hour was used to identify the main areas of focus, and recommend development areas and suggestions for improvement.

Staff – Mr E Scotcher

Pupils in attendance:

Maddox Clarke	<u>Ella Bromby</u>	Joseph Davies
Riley Price	Alfie Luger	<u>Habeba Maziane</u>
Dylan Edwards	Lili Cornelius	Rhys Barnes
Roxy Haley	<u>Carys Wood</u>	<u>Iori Evans</u>
George <u>Mcdonald</u>	Joseph Davies	<u>Yori Sheldon</u>

#### Topics of focus:

##### Drinking water throughout the day

- New water fountains
- More water in the canteen
- Free Water?

##### Students taking part in bullying

- Prefect
- Older role models within the school
- More staff on duty

##### Sedentary Behaviour + Pupil exercise traits

- More ks4 clubs, especially for girls
- More variety of lessons during PE, and more pupil choice.
- Double PE sessions? Using the community.
- Normal lessons out in the community, and open air promoting exercise (Art)
- Educating parents on the importance of exercise

- Something to wear that is different for teams for other pupils to look up to you (Badges? Tie?)

##### Pupil Ideas being treated seriously

- Teachers to acknowledge opinions and answers of students within lessons
- Pupil voice within form time, debate on a certain day, rather than just pupil voice from teaching and Learning councils and pupil ~~senedd~~.
- More time for teaching and Learning council members to collate ideas from all pupils in the year group.

##### Sexting

- PC Davies to do more sessions on sexting, rather than the one standalone lesson.
- Proof of how it can affect you, and real life examples given from either PC Davies or real person.

##### Sleep

- Importance of sleep lesson during health and wellbeing day for Ks4 pupils as it is not fresh in the mind by then. Also focus on the symptoms of Blue light in the lead up to exams.
- Educating parents and the important of sleep (Facebook post)
- Put it on screens around school, displays.

##### Smoking, Cannabis, Vaping

- More lessons to integrate into the Health and Wellbeing curriculum, throughout the whole school not just 7 8 and 9.
- Year 10 and 11 need awareness on this as it directly affects them more.
- More up to date lessons, that are very current.
- Vaping lesson.
- More police drop ins to school, to potentially scare pupils.



# Examples of action:

**Key Stage 3 Health & Wellbeing Overview 2022 2023**

AUTUMN TERM		SPRING TERM		SUMMER TERM	
<b>Personal Development &amp; Relationships</b>	<b>Lesson Topic</b>	<b>Physical Health &amp; Wellbeing</b>	<b>Lesson Topic</b>	<b>Mental &amp; Emotional Wellbeing</b>	<b>Lesson Topic</b>
Year 7	1. Strengths and abilities	Year 7	1. What is health & wellbeing?	Year 7	1. My strengths
	2. Spectrum Health: Relationships: CATCH		2. First Aid		2. My feelings
	3. Friendship		3. Hygiene		3. My thoughts
	4. Friendship Circle		4. Nutrition		4. My attitudes
	5. Feeling: Risky Pcs - Y7		5. Digital/Online: Youth & Social media: EXTERNAL		5. Concentration
	6. Growth Mindset		6. Electrical Fire safety EXTERNAL		6. Mindfulness
	7. Growth Mindset		7. Growth Mindset		7. Mindfulness
<b>Personal Development &amp; Relationships</b>	<b>Lesson Topic</b>	<b>Physical Health &amp; Wellbeing</b>	<b>Lesson Topic</b>	<b>Mental &amp; Emotional Wellbeing</b>	<b>Lesson Topic</b>
Year 8	1. Healthy and unhealthy relationships	Year 8	1. Hydration	Year 8	1. Importance of sleep
	2. Domestic Abuse		2. Sedentary lifestyles		2. Self-esteem / Self-confidence
	3. Social media effects on relationships		3. Nutrition		3. Resilience
	4. Lock who's Talking EXTERNAL		4. Energy Drinks		4. Respect
	5. Discrimination		5. Drugs: Talk the day EXTERNAL		5. Positive Behaviour: Our school community
	6. Identity		6. Hydration		6. Social Media Impact on Mental Health
	7. Exploring Identity - LGBTQ		7. Hydration		7. Social Media: which sites are better for you
<b>Personal Development &amp; Relationships</b>	<b>Lesson Topic</b>	<b>Physical Health &amp; Wellbeing</b>	<b>Lesson Topic</b>	<b>Mental &amp; Emotional Wellbeing</b>	<b>Lesson Topic</b>
Year 9	1. Hidden Hurt: Safer Relationships/ Domestic Abuse	Year 9	1. Substance misuse - Cannabis	Year 9	1. The stand up test
	2. Sexuality (LGBTQ)		2. Smoking		2. Smart Things
	3. Consent, Sex and the law: Feeling, pornography, grooming		3. Vaping		3. Time to talk
	4. Sexual Exploitation: Dangerous Deception - Y9		4. Alcohol - Double Trouble		4. My Story
	5. Contraception		5. Diet		5. Finance
	6. STIs		6. Exercise		6. Mental Health
	7. Feedback/Review		7. Physical		7. Physical



## Key Stage 3 Health & Wellbeing Overview 2022 2023

AUTUMN TERM				SPRING TERM				SUMMER TERM			
Personal Development & Relationships			Lesson Topic	Physical Health & Wellbeing			Lesson Topic	Mental & Emotional Wellbeing			Lesson Topic
Year 7	Personal Development & Relationships	1	Strengths and ambitions	Year 7	Physical Health & Wellbeing	1	What is health & Wellbeing?	Year 7	Mental & Emotional Wellbeing	1	Building on My Achievements
		2	Spectrum Healthy Relationships. Cwtch			2	First Aid			2	Being in Control
		3	Friendship			3	Hygiene			3	Resilience
		4	Friendship Circle			4	Nutrition			4	Coping Strategies
		5	Sexting: Risky Pics – Y7			5	Drugs/Alcohol Thinking about drinking EXTERNAL			5	Concentration
		6	Growth Mindset			6	Electrical Fire safety EXTERNAL			6	Mindfulness
		7				7				7	

AUTUMN TERM				SPRING TERM				SUMMER TERM			
Personal Development & Relationships			Lesson Topic	Physical Health & Wellbeing			Lesson Topic	Mental & Emotional Wellbeing			Lesson Topic
Year 8	Personal Development & Relationships	1	Healthy and unhealthy relationships	Year 8	Physical Health & Wellbeing	1	Signposting???? Community	Year 8	Mental & Emotional Wellbeing	1	Importance of sleep
		2	Domestic Abuse			2	Sedentary lifestyles			2	Self Esteem / Self Confidence
		3	Social media effects on relationships			3	Nutrition			3	Bullying
		4	Look whos Talking (Grooming)			4	Energy Drinks			4	Respect
		5	Discrimination			5	Drugs Rue the day EXTERNAL			5	Positive Behaviour. Our school community
		6	Identity			6	Hydration			6	Social Media Impact on Mental Health
		7	Exploring Identity - LGBTQ			7				7	Social Media; which sites are better for MH

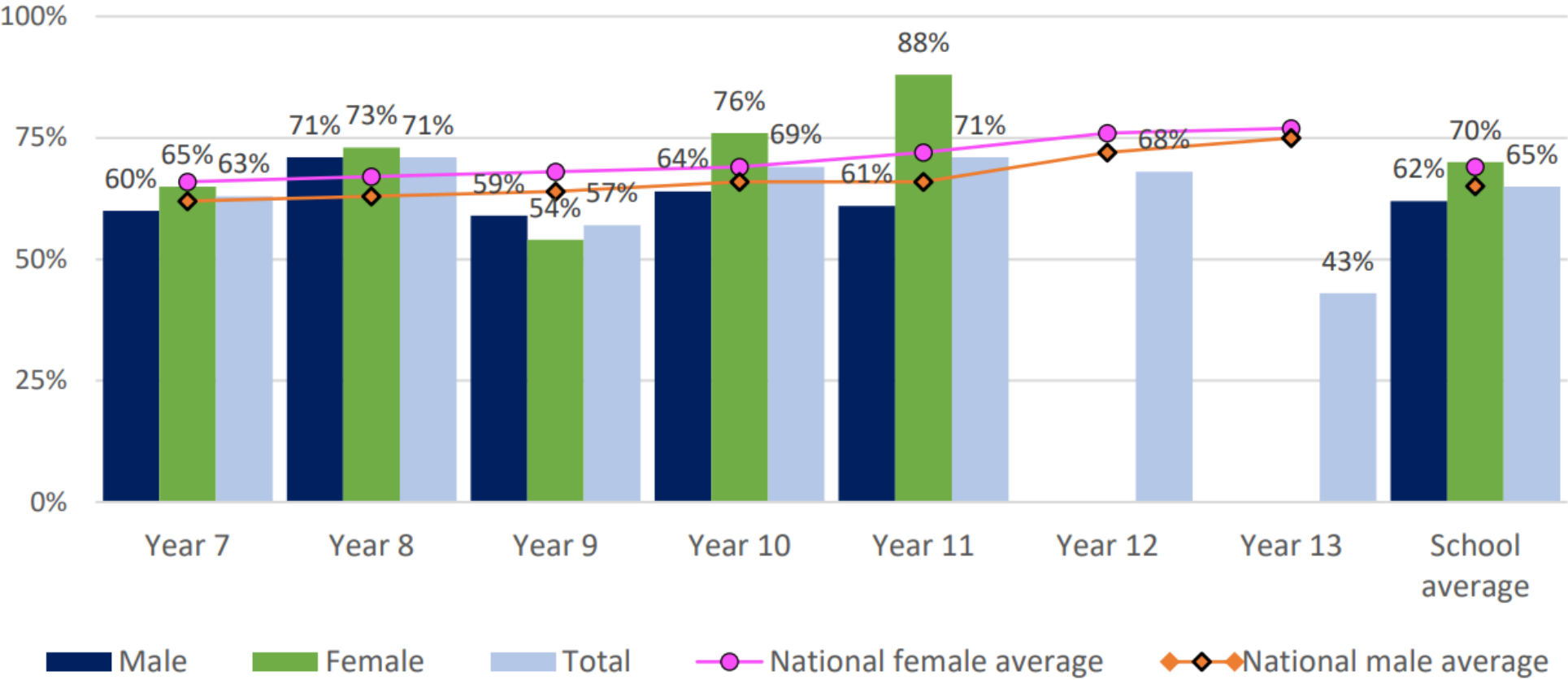
SPRING TERM				AUTUMN TERM				SUMMER TERM			
Personal Development & Relationships			Lesson Topic	Physical Health & Wellbeing			Lesson Topic	Mental & Emotional Wellbeing			Lesson Topic
Year 9	Personal Development & Relationships	1	Hidden Hurt - Safer Relationships/ Domestic Abuse	Year 9	Physical Health & Wellbeing	1	Substance misuse - Cannabis	Year 9	Mental & Emotional Wellbeing	1	The stand up kid
		2	Sexuality LGBTQ			2	Smoking			2	Small Things
		3	Consent, Sex and the law. Sexting, pornography, Grooming			3	Vaping			3	Time to talk
		4	Sexual Exploitation: Dangerous Deception – Y9			4	Alcohol - Double Trouble			4	My Story
		5	Contraception			5	Diet			5	Finance
		6	6 STI			6	Exercise			6	Mental Health
		7	7 Feedback/Review			7	Practical Food and Nutrition				

Following the 2020 Report we adapted our KS3 Curriculum to fall in line with key areas of the SHRN Survey:

- Personal Development & Relationships.
- Physical Health & Wellbeing.
- Mental & Emotional Wellbeing.

Water

Fig. 3 Ysgol Greenhill School: Students who usually drink tap or bottled water once a day or more

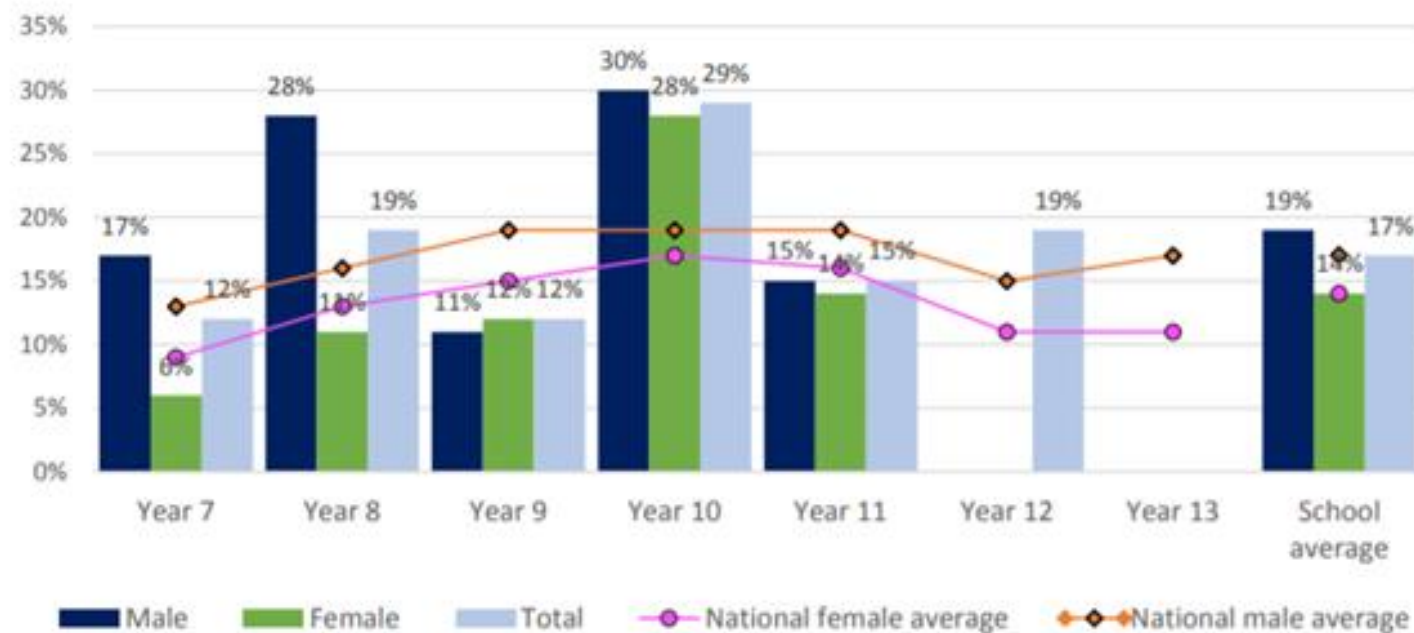


# WHAT YOU HAVE TO SAY 2020

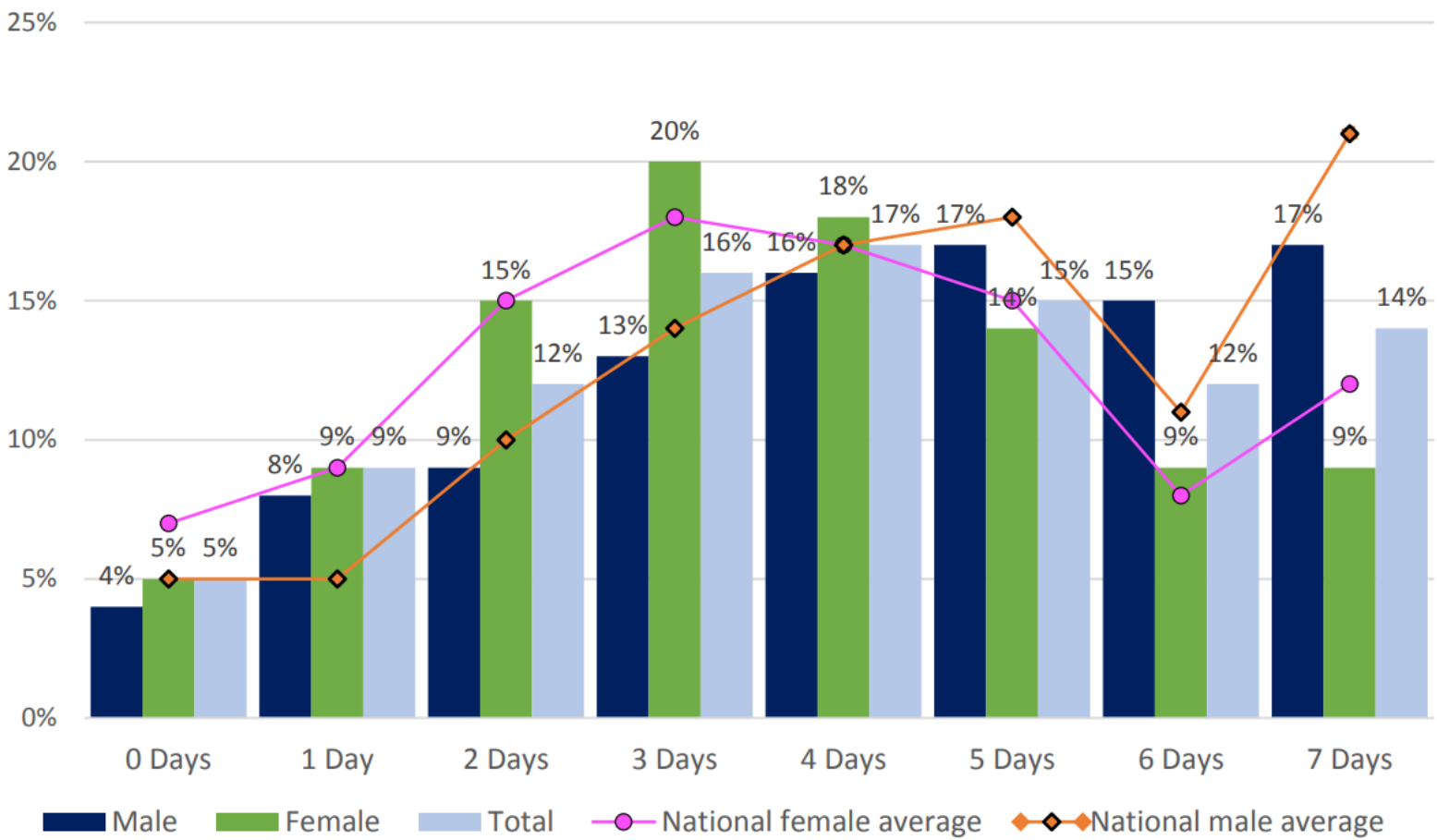


## Sedentary behaviour

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



**Fig. 6 Ysgol Greenhill School: Number of days in the week before the survey students were physically active for more than 60 minutes**



Ysgol Greenhill School – SHRN Data 2022

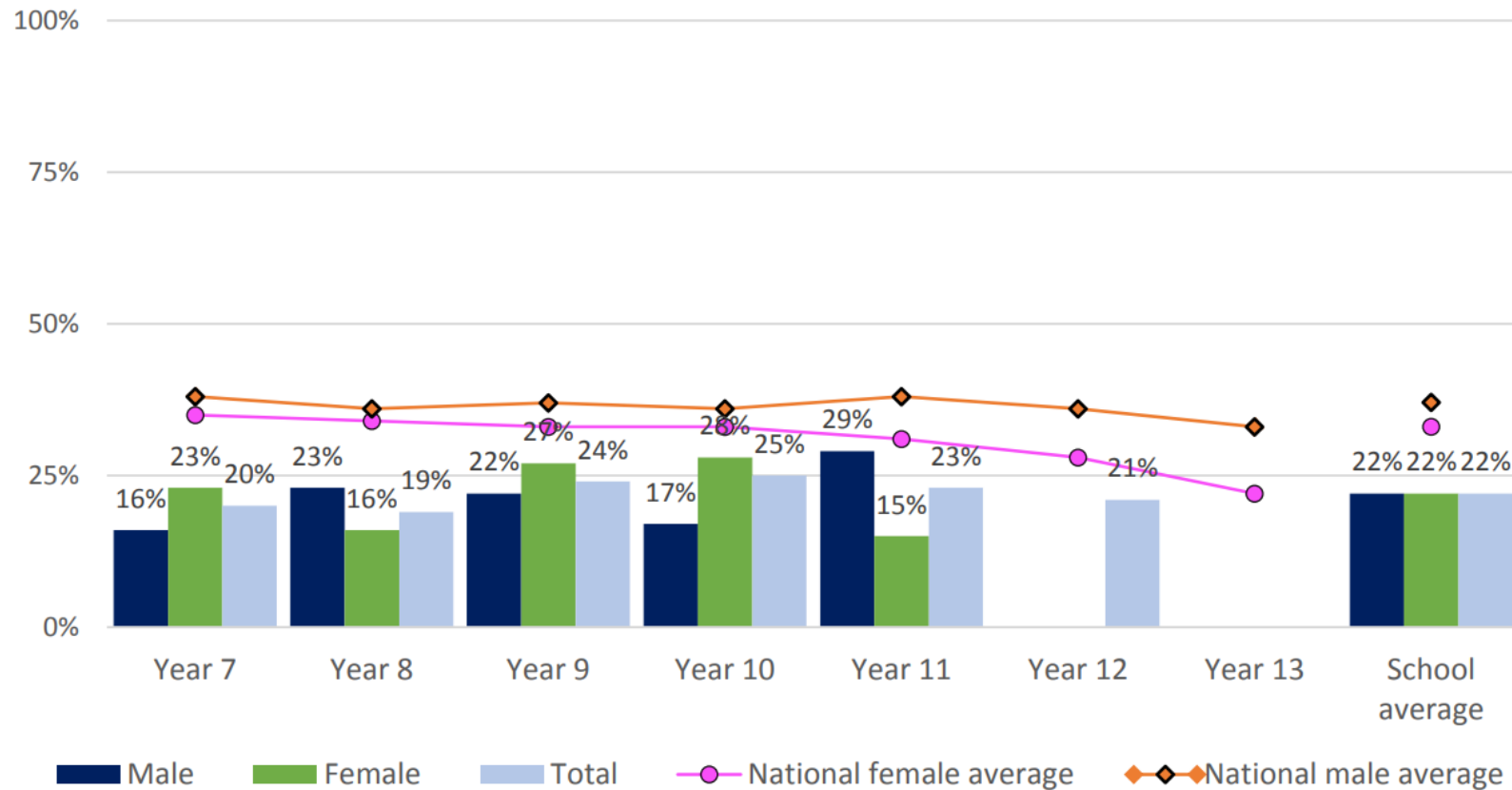




# Ysgol Greenhill School – SHRN Data 2022

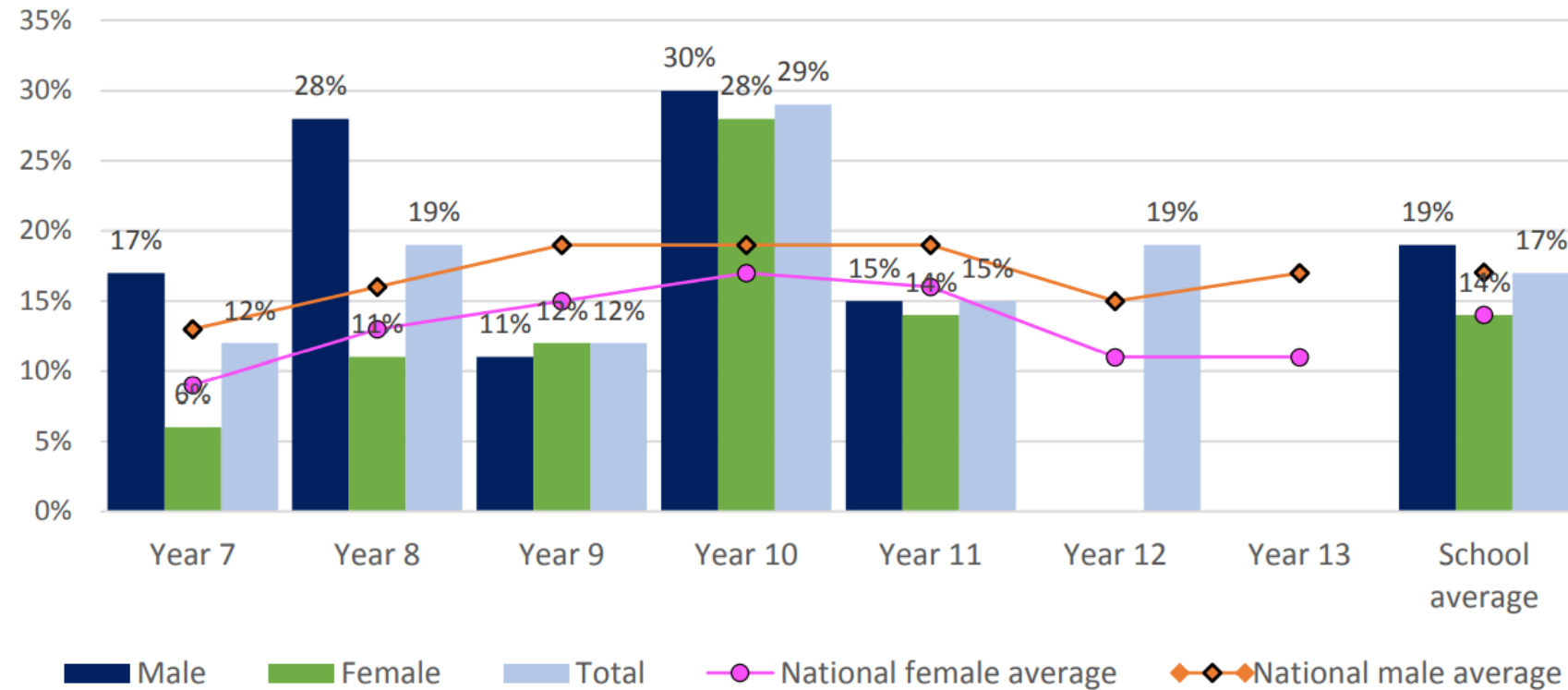
## Active travel to school

Fig. 7 Ysgol Greenhill School: Students whose main part of their journey to school is walking or cycling



## Sedentary behaviour

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



Ysgol Greenhill School – SHRN Data 2022

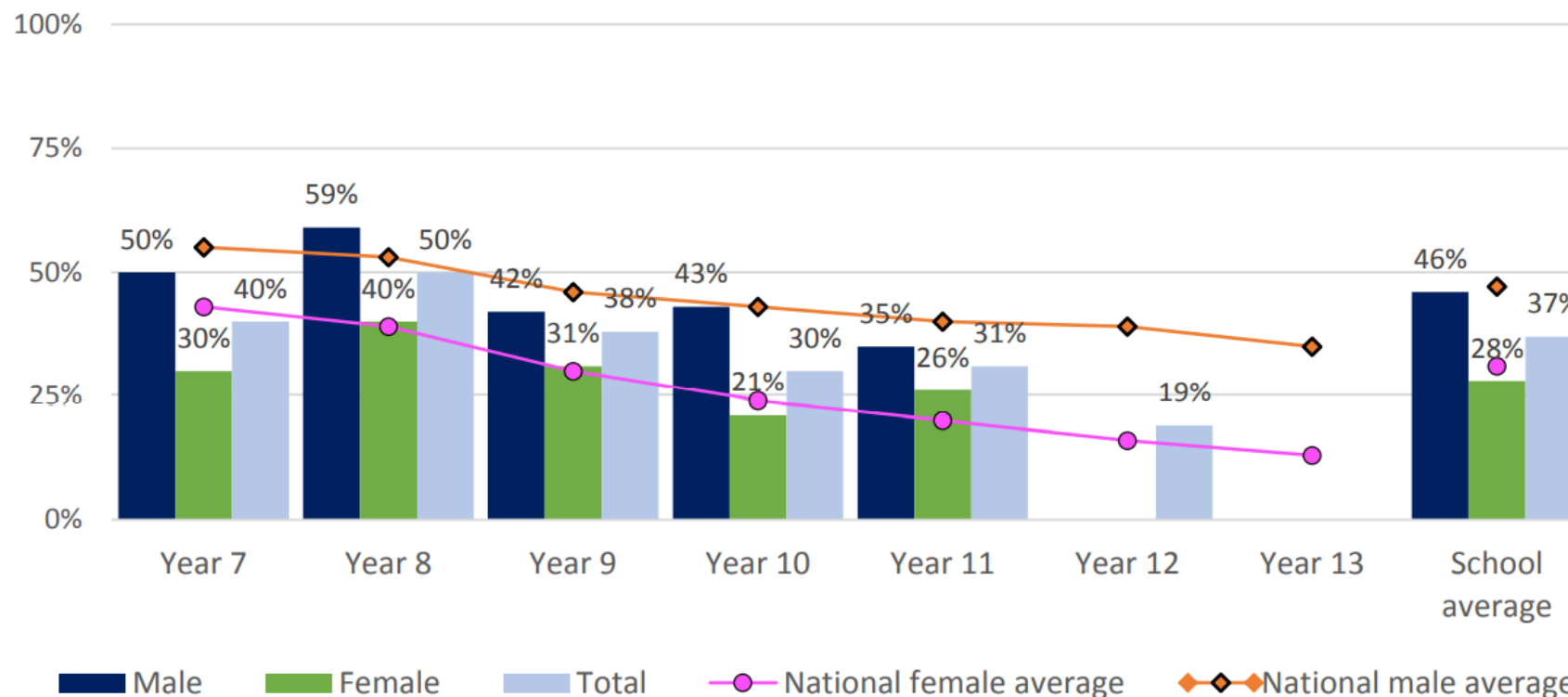




# Ysgol Greenhill School – SHRN Data 2022

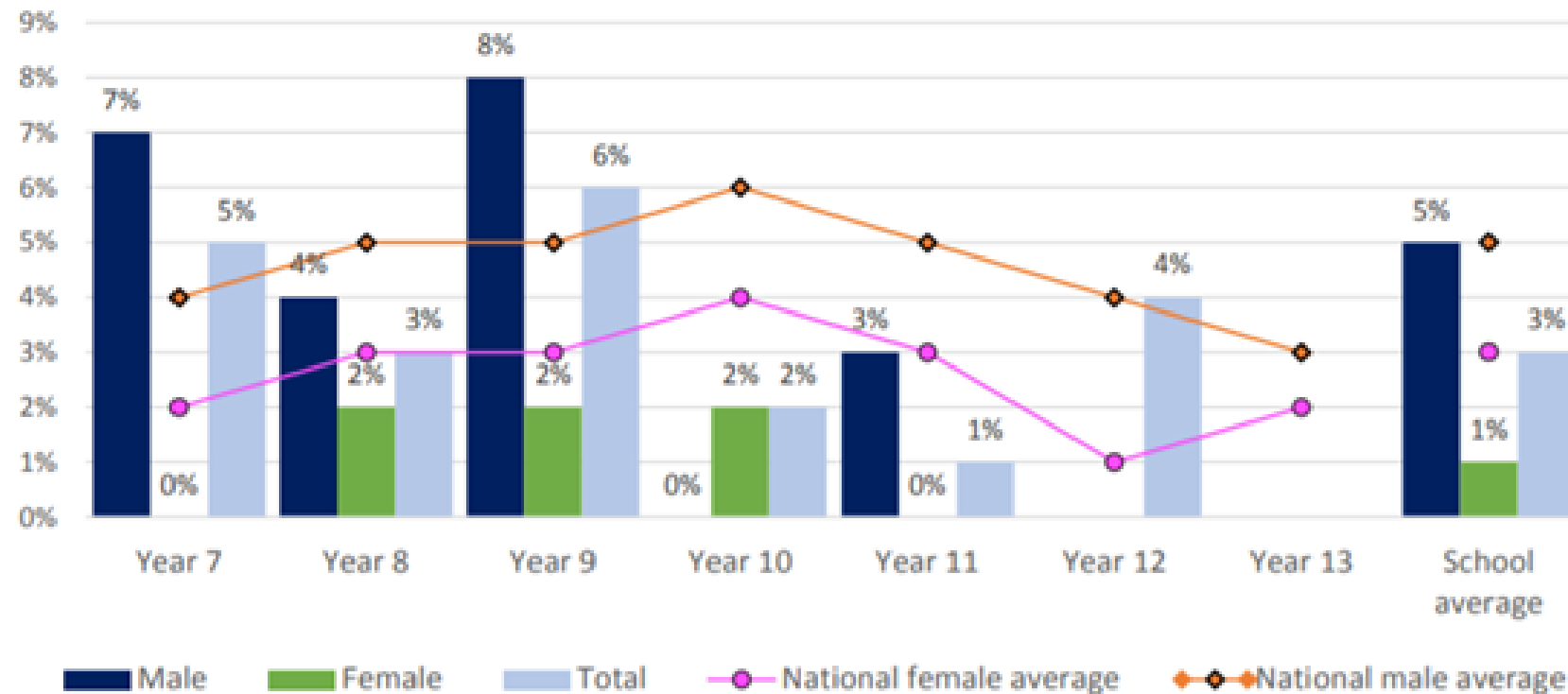
## Outside school hours

Fig. 9 Ysgol Greenhill School: Students who exercise vigorously outside of school time at least four times a week



## Energy drinks

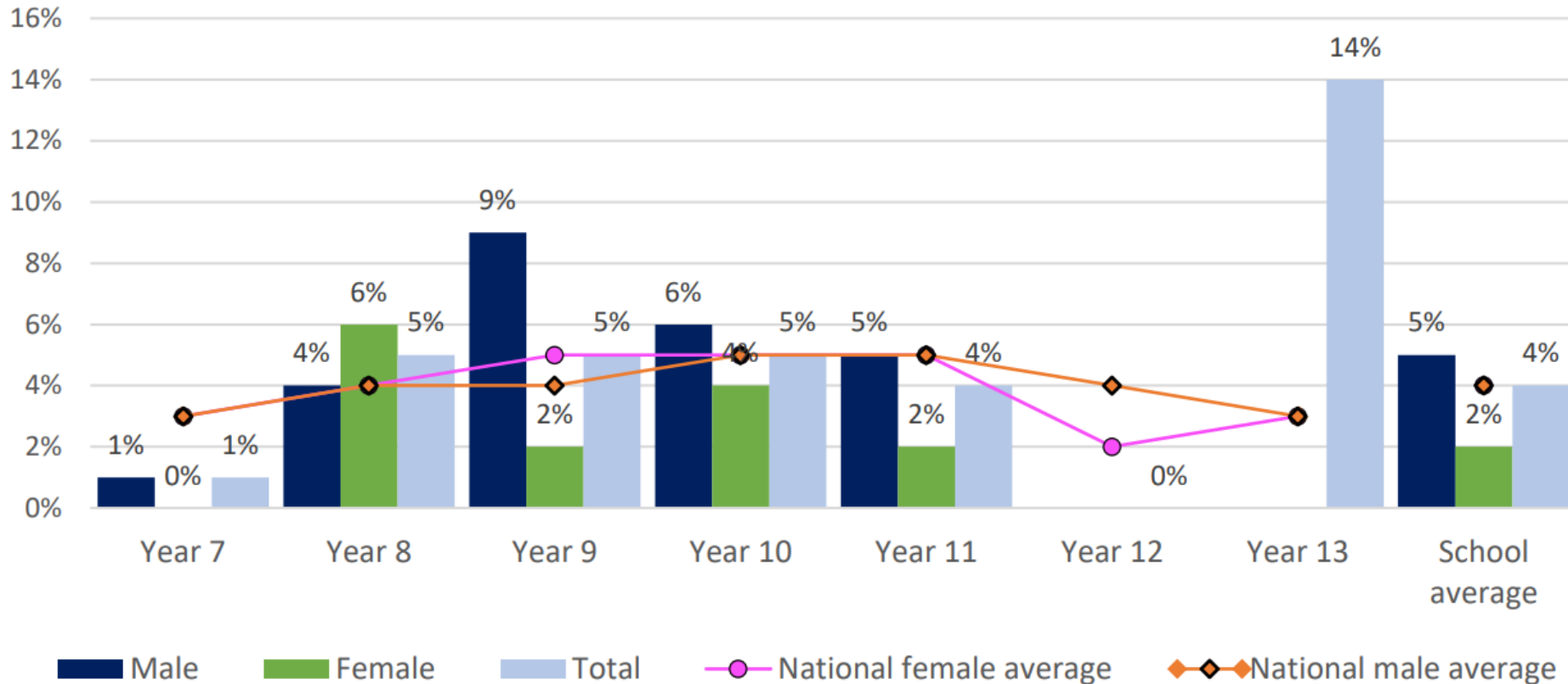
Fig. 4 Ysgol Greenhill School: Students who usually drink one or more energy drinks a day



SHRN Survey – Greenhill Data 2020

## Energy drinks

Fig. 4 Ysgol Greenhill School: Students who usually drink one or more energy drinks a day



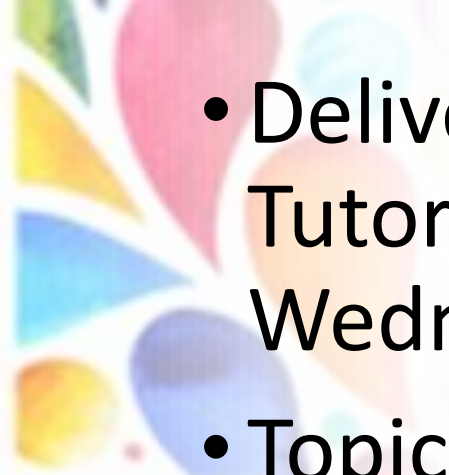
SHRN Survey – Greenhill Data 2022

Introduced for Whole School.



# Wellbeing Wednesday





# Wellbeing Wednesday

- Delivered during Tutor Time every Wednesday.
- Topics for Year 7&8.
- Topics for Year 9,10&11.
- *Reason - KS4 concerns from 2020 Results.*

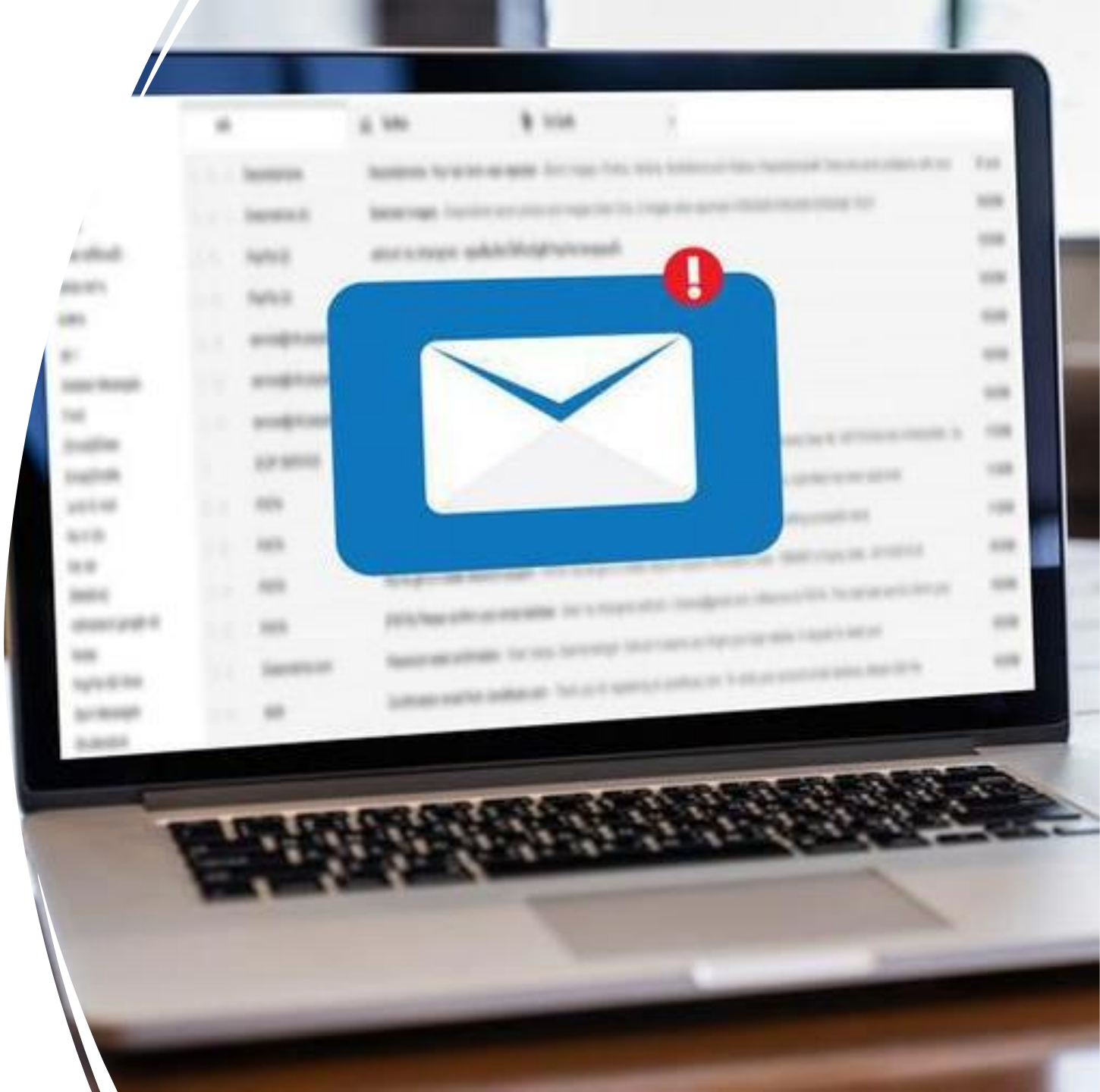
# Parental Engagement:

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- Dear Parent/Guardian,

As part of Wellbeing Wednesday today the focus was on 'Sleep Patterns'. Our SHRN Survey Results indicates that the sleep patterns of our pupils are a concern. The results regarding 'Sleep Patterns' raise some concerns so wanted to share these results with you. The benefits are included in the presentation and the video links below give more information on the importance of sleep.

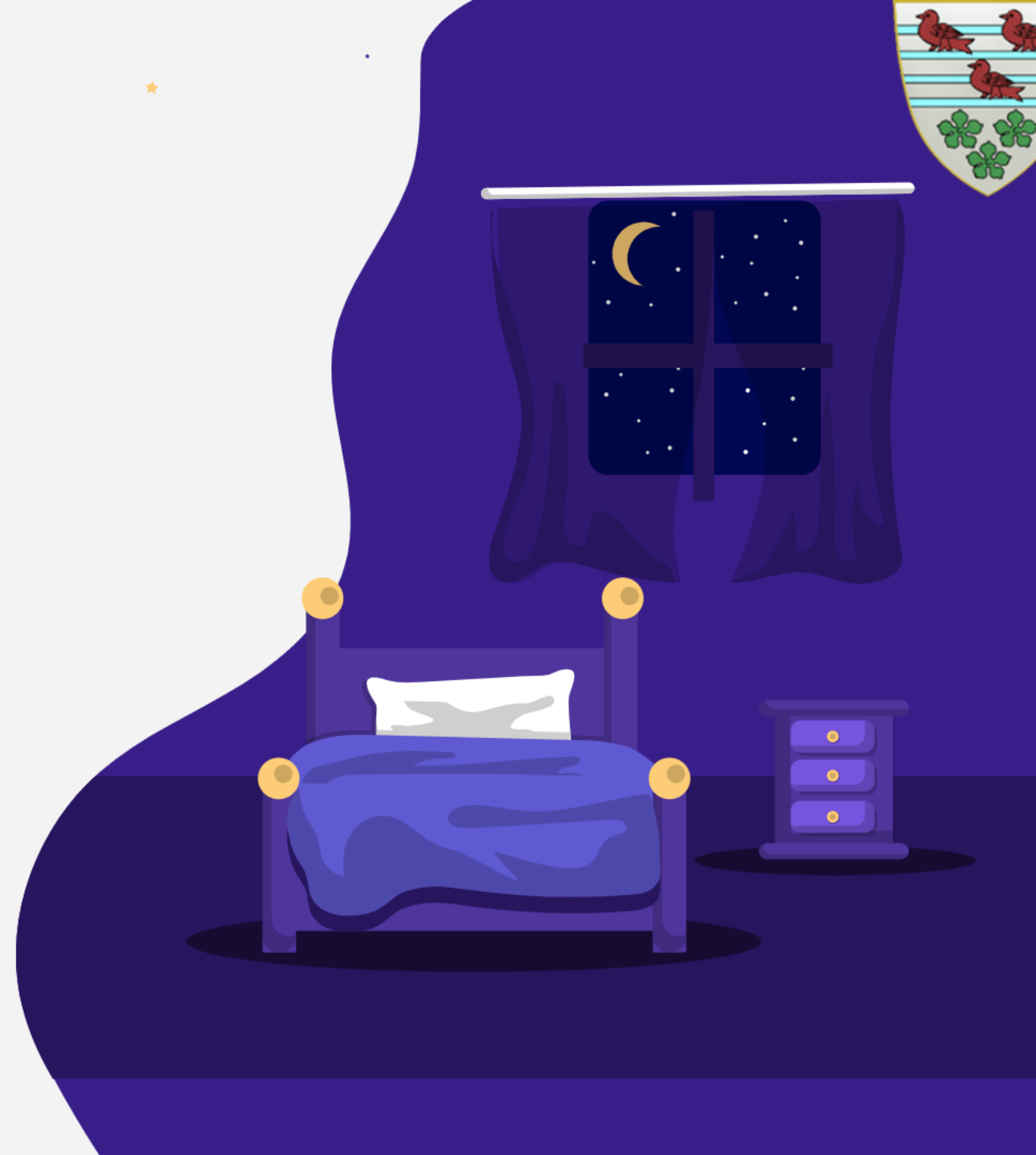
- <https://www.youtube.com/watch?v=gedoSfZvBgE>



# Sleep: Why is it so important?

It is recommended that teenagers should aim to achieve 8-10 hours sleep every night.

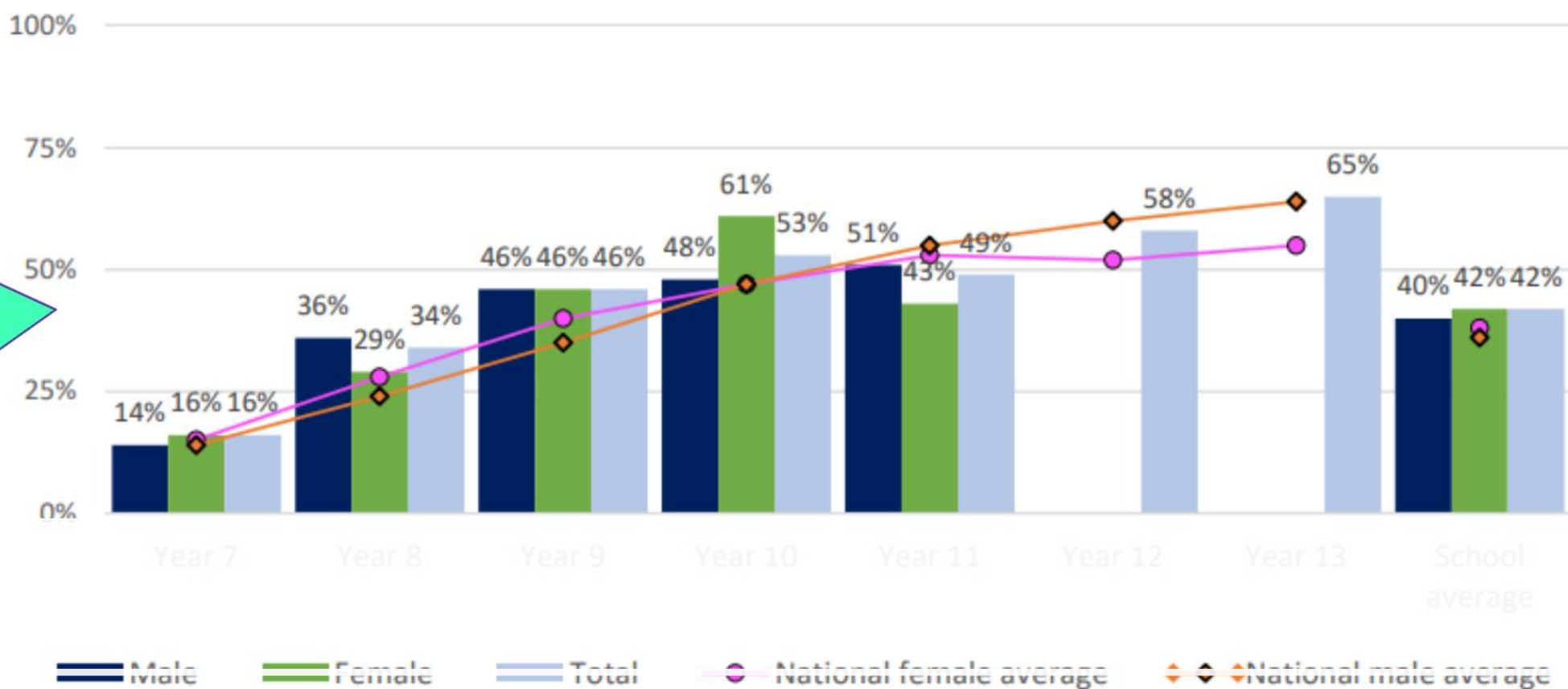
How much sleep do you get each night?



# In the recent SHRN survey you were asked questions about your sleep. These are your results:

Find your year group. How does your year group compare from boys to girls to National averages?

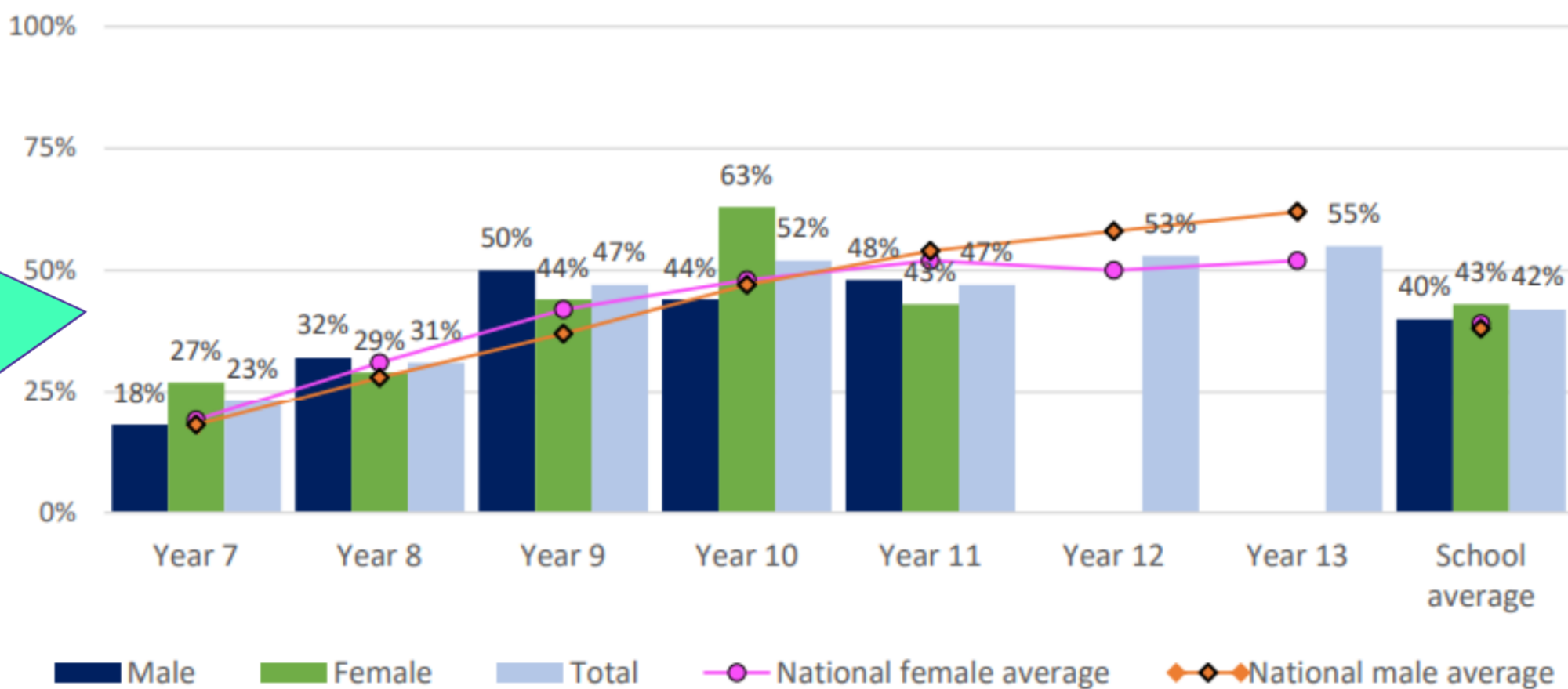
Fig. 17 Ysgol Greenhill School: Students who usually go to bed at 11.30pm or later when they have school the next day



# Is there a link between the last question and this question?

Find your year group. How does your year group compare from boys to girls to National averages?

Fig. 18 Ysgol Greenhill School: Students who look at an electronic screen at 11.30pm or later when they have school the next day



# Types of bullying



## PHYSICAL

Includes hitting, kicking, tripping, pushing or purposefully damaging other people's property.



## PSYCHOLOGICAL

Includes spreading lies about someone, playing nasty jokes or excluding people.



## VERBAL

Includes name-calling, threatening, teasing, saying nasty or rude things to someone.

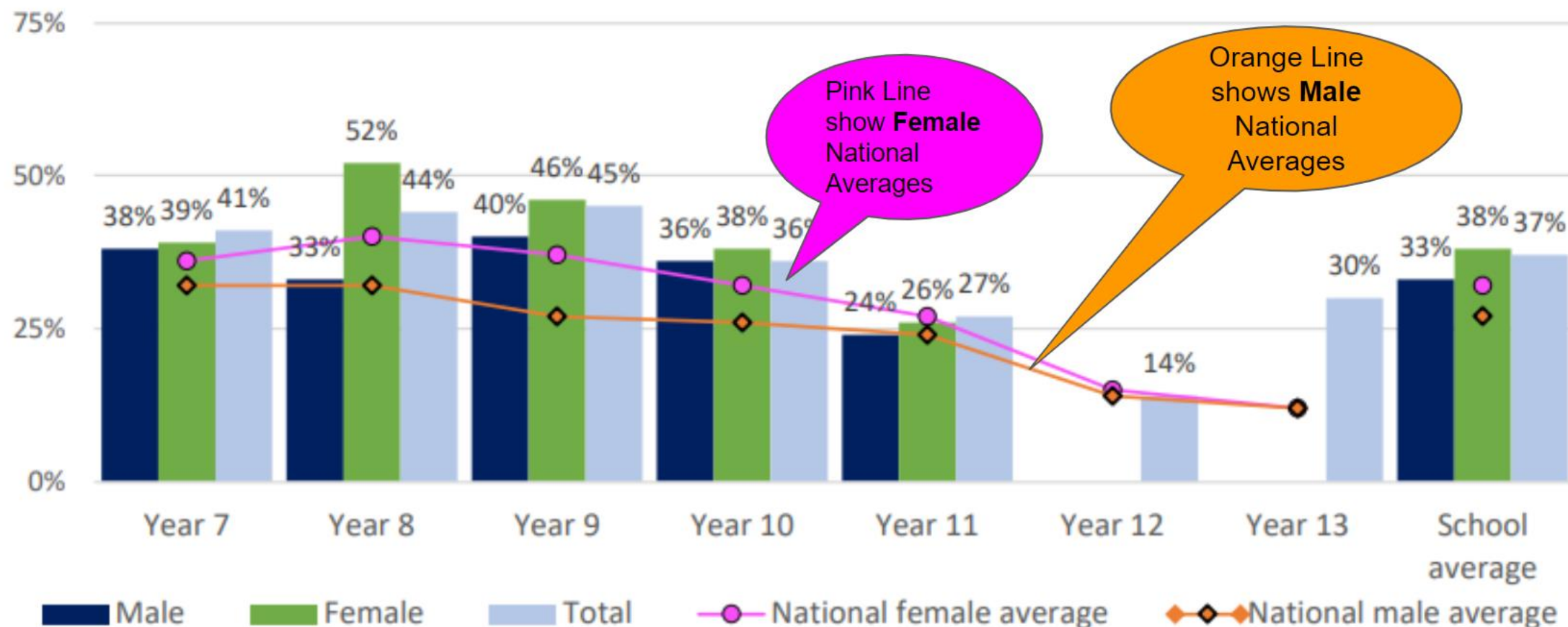


## ONLINE

Includes hurtful comments / messages / posts, excluding on purpose, spreading nasty gossip and imitating others online.

SHRN data taken from last year shows the following figures related to **Greenhill School Students**:

Fig. 22 Ysgol Greenhill School: Students who have been bullied at school in the past couple of months\*

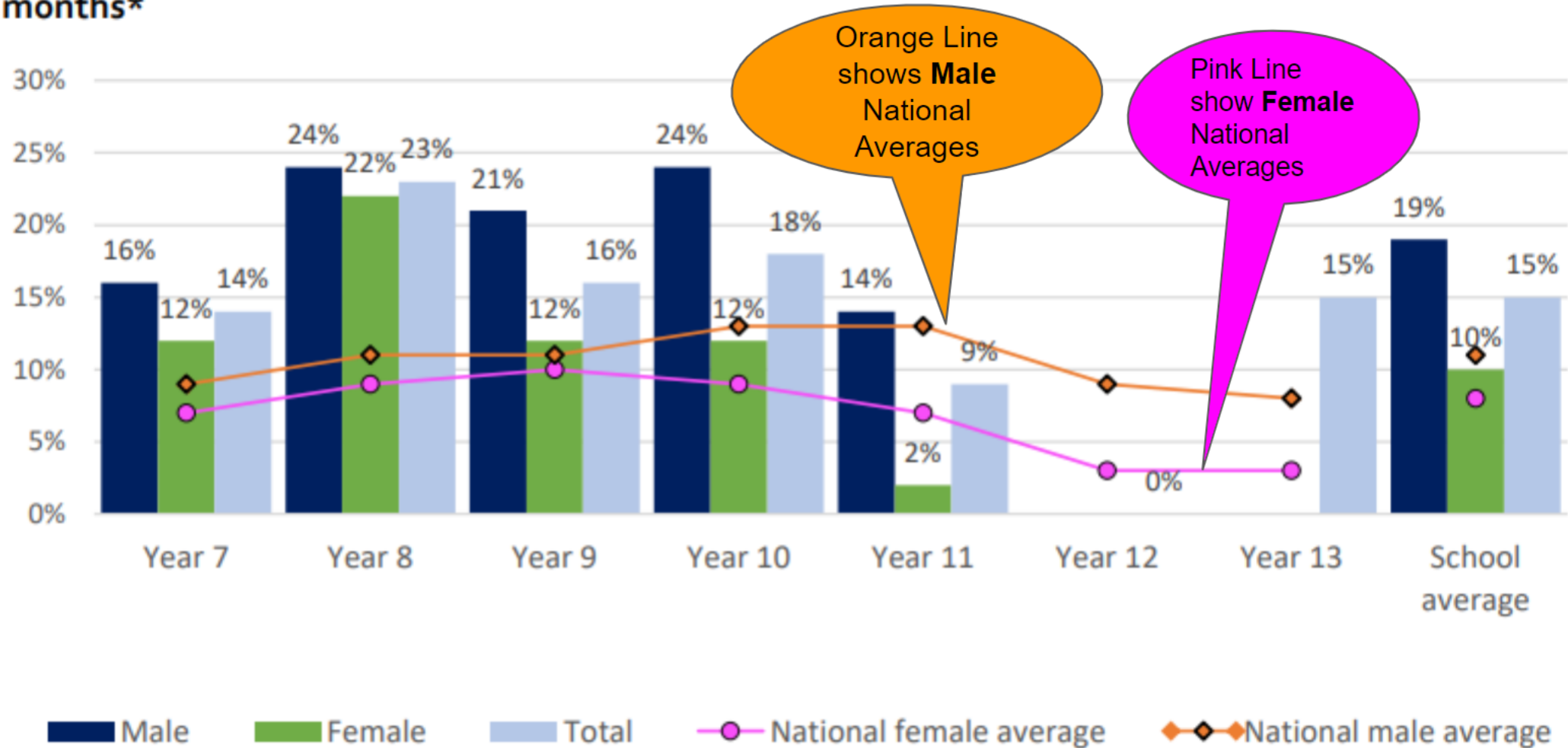


\* Includes students who have been bullied once or more in the past couple of months

Look at your year group, then look at the school average.  
How do you these statistics make you feel?

SHRN data taken from last year shows the following figures related to **Greenhill School Students**:

Fig. 23 Ysgol Greenhill School: Students who have taken part in cyberbullying in the past couple of months\*



\* Includes students who have taken part in cyberbullying once or more in the past couple of months

Look at your year group, then look at the school average.

How do you these statistics make you feel?



Whole School Assemblies







**Fig. 18 Ysgol Greenhill School: Students who look at an electronic screen at 11.30pm or later when they have school the next day**

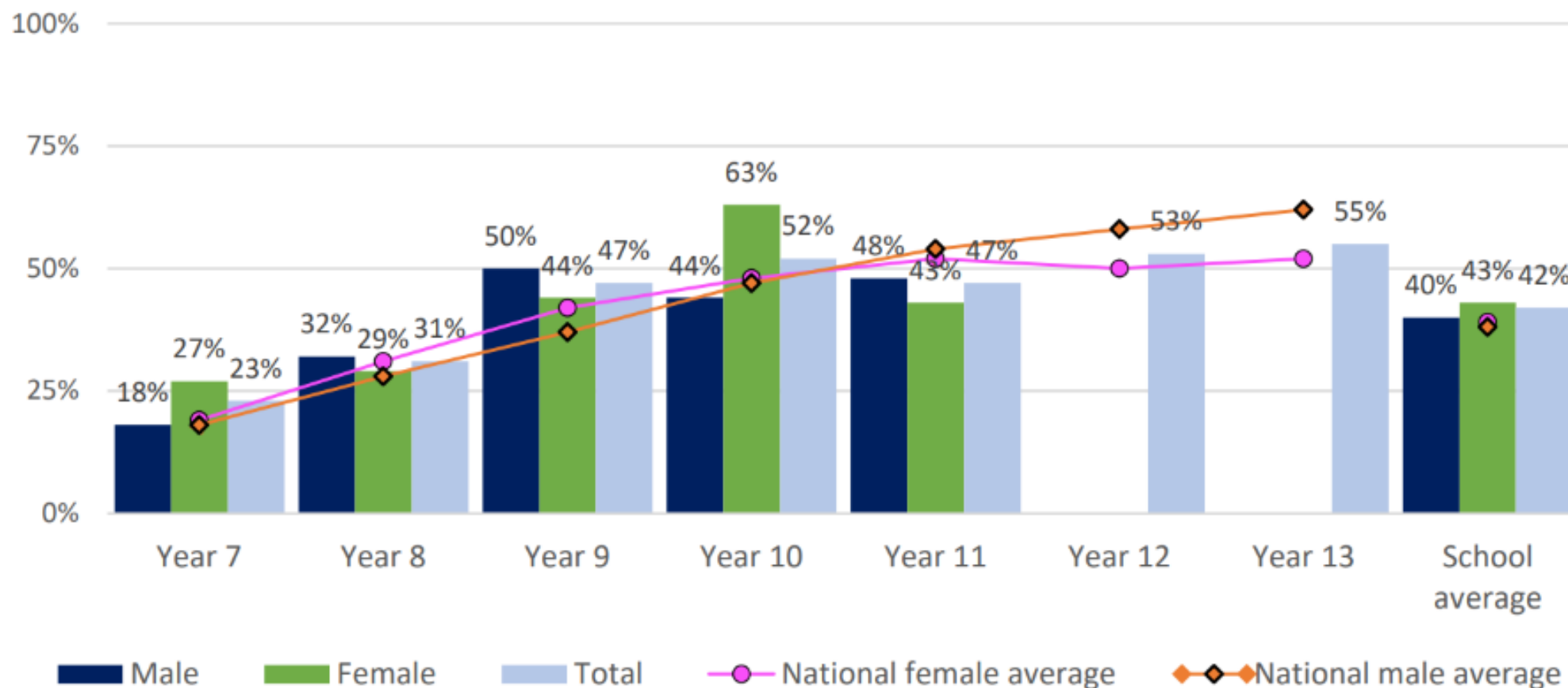
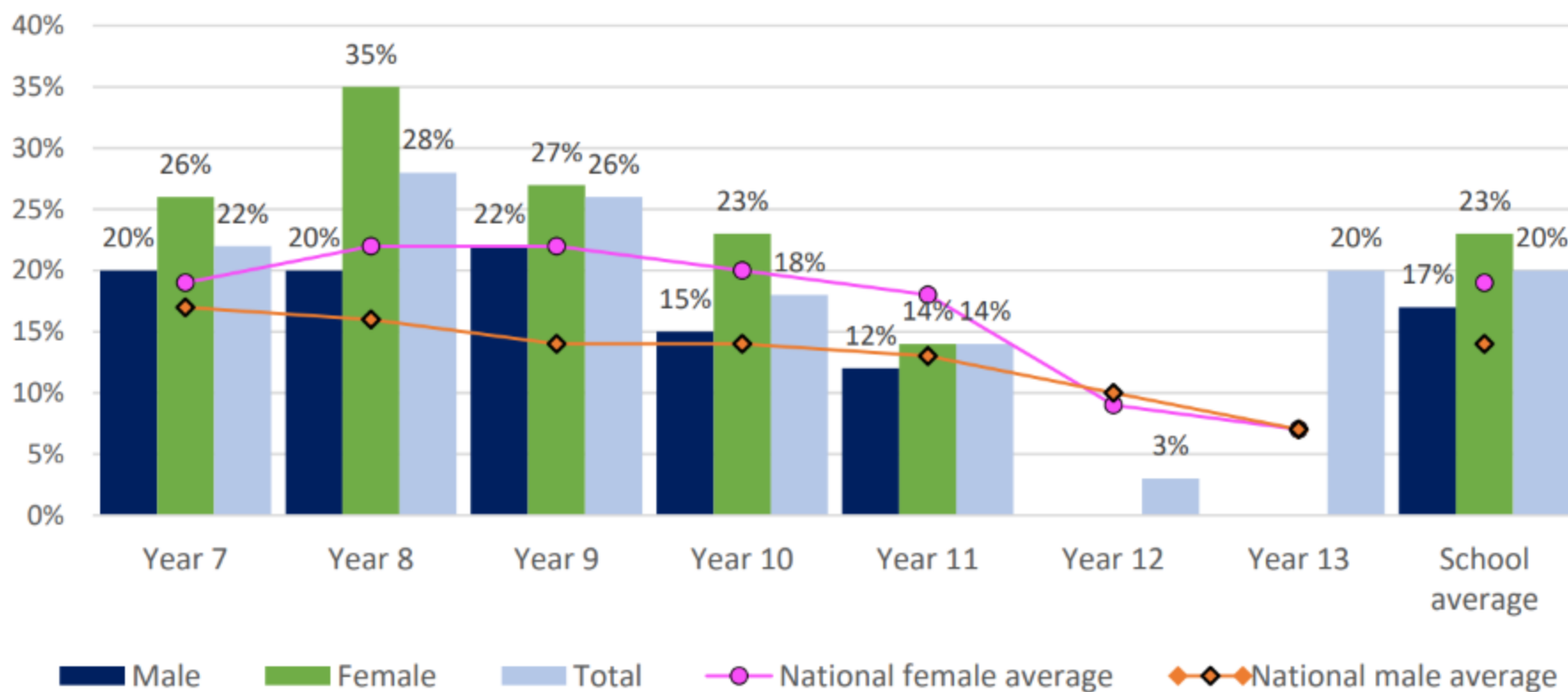




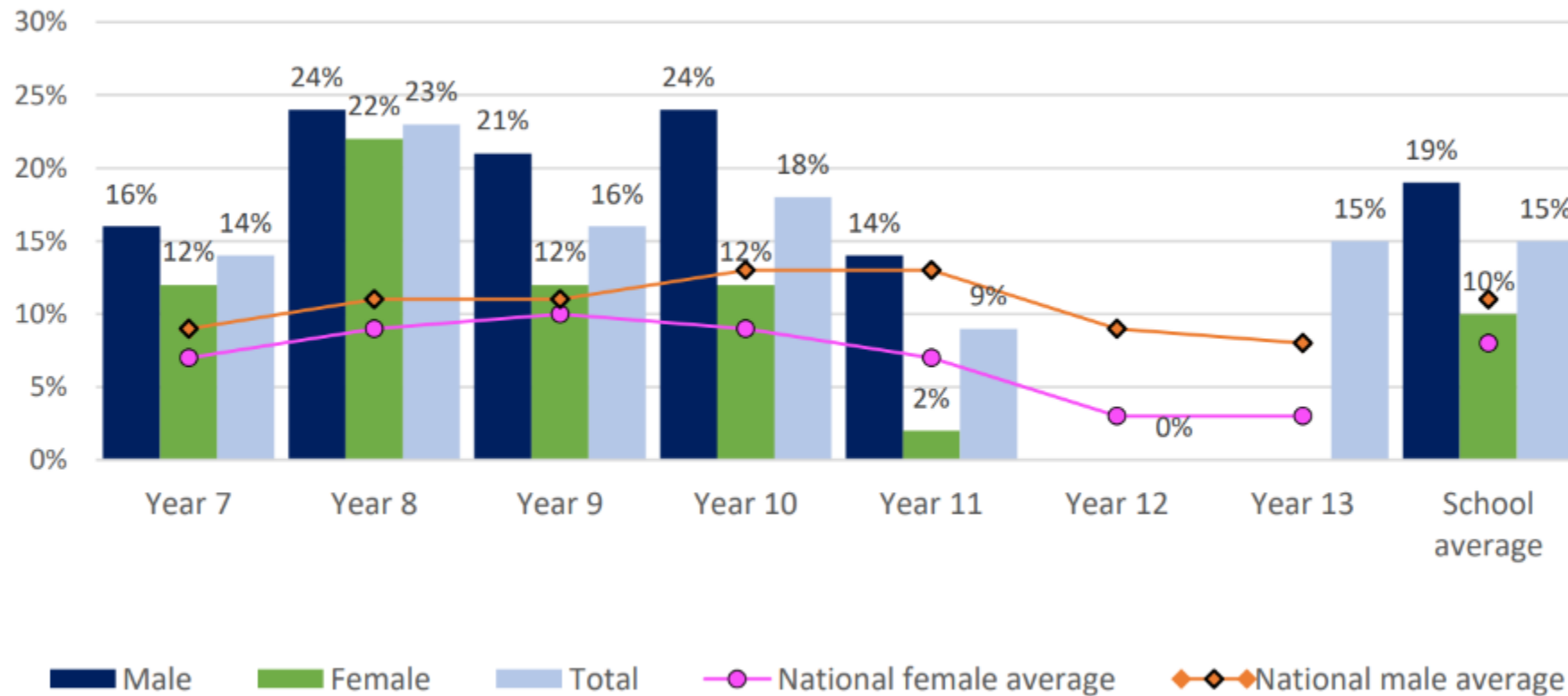
Fig. 24 Ysgol Greenhill School: Students who have been cyberbullied in the past couple of months\*



\* Includes students who have been bullied once or more in the past couple of months



Fig. 23 Ysgol Greenhill School: Students who have taken part in cyberbullying in the past couple of months\*



\* Includes students who have taken part in cyberbullying once or more in the past couple of months

# Youth Worker

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- "We use the SHRN Data to spot trends and tailor targeted workshops and sessions around these. For example substance misuse, smoking, healthy eating etc. "



## **The Clinic – Vaping and smoking**

NHS smoking cessation worker holds a drop in and appointment based clinic in school once a week, for young people to access advice and support around reducing and stopping vaping/smoking.



Youth Worker

# Youth Worker

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- **Substance Misuse**  
**Workshops/sessions**

- Substance workers attend one day a week and offer support to groups and individuals around substance use and keeping safe. They have also just delivered alcohol awareness sessions to sixth form.



# Youth Worker

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- **STAR – Healthy relationships**
- Safe, trusting and respectful relationships covering pornography, sexting, CSE, domestic abuse, gender stereotyping and consent.
- Currently being run with targeted group of girls in year 9/10.





## Year 10 Health & Wellbeing Day – at Ysgol Greenhill School

Wednesday 30<sup>th</sup> November 2022



	Room Number	8:40-9:10	9:10-9:40	9:40-10:10	10:10-10:40	Tutor Time	Break	11:35-12:05	12:05-12:35	12:35-1:05	1:05-1:35	Lunch	2:15-3:15
Police – Drugs	1	Devey 1	Devey 2	Galahad 1	Galahad 2			Miller 1	Miller 2	Webb 1	Webb 2		<i>Physical Activity</i>
Police – Safer Relationships	2	Webb 2	Devey 1	Devey 2	Galahad 1			Galahad 2	Miller 1	Miller 2	Webb 1		<i>Pupil Choice</i>
Fire Service – Road Safety	3	Webb 1	Webb 2	Devey 1	Devey 2			Galahad 1	Galahad 2	Miller 1	Miller 2		<i>Physical Activity</i>
Alcohol, Overdosing & Harm Reduction	4	Miller 2	Webb 1	Webb 2	Devey 1			Devey 2	Galahad 1	Galahad 2	Miller 1		<i>Pupil Choice</i>
Substance Misuse	5	Miller 1	Miller 2	Webb 1	Webb 2			Devey 1	Devey 2	Galahad 1	Galahad 2		<i>Physical Activity</i>
Sexual Health	6	Galahad 2	Miller 1	Miller 2	Webb 1			Webb 2	Devey 1	Devey 2	Galahad 1		<i>Pupil Choice</i>
Online Safety	112	Galahad 1	Galahad 2	Miller 1	Miller 2			Webb 1	Webb 2	Devey 1	Devey 2		<i>Physical Activity</i>
Nutrition & Sleep	113	Devey 2	Galahad 1	Galahad 2	Miller 1			Miller 2	Webb 1	Webb 2	Devey 1		<i>Pupil Choice</i>



# Year 11 Health & Wellbeing Day 2022-2023



## Thursday 1<sup>st</sup> December 2022

As part of the provision for Health & Wellbeing at Key Stage 4 Year 11 will be involved in a collapsed timetable day Thursday 1<sup>st</sup> December 2022.

This day incorporates external providers sharing important information in classrooms. Pupils will follow a rotation of these activities during lessons 2-4.

- Police – delivering information on Drug safety.
- Fire service – Road safety.
- Choices – Rachel Hooper, Alcohol & Overdosing, Harm Reduction.
- Substance Misuse – Hannah White from PCC.
- Online Safety – Mrs Leah Walker.
- Sexual Health – Mrs Kirsty Cowper School Nurse and Mrs Gemma Evans.

Lesson 5 – It is time to get active. All pupils will require PE kit to participate in physical activity. Pupils will have a choice of activities to participate in. Pupils can change at any time during lunchtime. Be ready for 2:15pm in the PE corridor to register. Choices to be made before the day.

- Options – CrossFit with CrossFit Pembrokeshire, Touch Rugby, Football, Dodgeball, Just Dance, Badminton and Fitness Suite at Tenby Leisure Centre.
- <https://www.youtube.com/watch?v=6xQsqu0q5EA> CrossFit Pembrokeshire Video

An outline of the programme for the day is presented below. Supervision will be provided by teachers who would have been teaching Year 11 during those periods.

However, if you are free and would like to see what is being delivered, please join us.

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**I'M SORRY, BUT I'M  
PRETTY BORING TO BE  
HONEST. REALLY, I AM.**

QUOTEHD.COM

Michael Hussey

## Ysgol Greenhill School

- Health & Wellbeing AoLE.
- Use of SHRN Data.
- March 2023