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**Welcome To the SHRN Secondary School e-news For December 2023**

The [School Health Research Network (SHRN)](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.shrn.org.uk%2F&data=05%7C01%7CBoffeyM1%40cardiff.ac.uk%7C5c1aa3295a4a4d7cd96a08dbb85dbf8e%7Cbdb74b3095684856bdbf06759778fcbc%7C1%7C0%7C638306485010688732%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=MQPu92lFy1uDDG1EkjBTvXazPwaIpmsGMNZOxpcFSnQ%3D&reserved=0) is a policy-practice-research partnership betweenWelsh Government, Public Health Wales, andCardiff University. SHRN aims toimprove **young people’s health and wellbeing** in Wales by working with both primary and secondary schools to generate and use **good quality evidence** for health and wellbeing improvement.

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**Only Three Weeks Left to for Secondary Schools to Complete The Student Health Wellbeing Survey**

This is a reminder that there are **just three weeks** left before The SHRN Student Health & Wellbeing Survey close to participating schools on 22 December.

We encourage schools to survey as many learners as possible across all year groups to give them the best data possible to inform action planning at their school.

Schools are also reminded to complete their total year group numbers and submit any parental/carer withdrawal information on their SHRN School Dashboards by **15 December 2023** to avoid impacting receipt of their SHRN data.

Simon Murphy, Professor in Social Interventions and Health, Director DECIPHer and lead for the Schools Health Research Network said: ‘*We are excited to listen to young people’s voices across Wales. The feedback shared will give weight to the debate about their wellbeing, informing how we collectively act to deliver improvement and understand more about what supports their health and wellbeing’*.

If you have any questions regarding the research, please contact the SHRN team:  shrn@cardiff.ac.uk

**December 22: Countdown to Closing Date for The School Environment Questionnaire (SEQ)**

We would like to remind all SHRN leads within secondary schools that the deadline to submit **the** **School Environment Questionnaire (SEQ) is 22 December 2023**.

Looking at SEQ data in combination with The Student Health Wellbeing Survey provides schools with a unique opportunity to assess the health and wellbeing of learners in the context of current school policies and practices.

The SEQ has been developed based on the World Health Organisation’s *Health Promoting Schools Framework* (WHO HPS) which emphasises a whole school approach to promoting health and educational attainment by capitalising on the organisational potential of schools to create the conditions necessary to encourage positive outcomes. This framework is the basis for Healthy Schools in Wales and is referred to in the guidance in the Health and Wellbeing Area of Learning and Experience, and The Framework on Embedding a Whole-School Approach to Emotional and Mental Wellbeing.

The SEQ asks questions about school leadership, ethos and environment, curriculum learning, and family and community engagement. It also covers a range of emotional and physical health topics to reflect a whole school approach to health and wellbeing.

The SEQ Data is used by:

* Schools as an auditing mechanism to prepare for and evidence practice for Estyn inspections.
* SHRN & Public Health Wales to align with the new Minimum Standards for WNHSS.
* SHRN to support research into various aspects of the school environment and how they influence learners’ health and wellbeing.
* SHRN to produce lay summaries and supporting resources outlining ‘what works for school practice.

For any queries relating to the SEQ, please contact Lianna Angel at SHRN@cardiff.ac.uk

**SEQ Data Collection Currently Taking Place in Primary Schools**

All primary schools who participated in the feasibility Student Health and Wellbeing Survey during the 2022-23 academic year have now been invited to pilot **The School Environment Questionnaire** (SEQ).

The SEQ collects data on school policies and practices related to health outcomes and is completed by a member of senior member of school staff on behalf of the Senior Leadership Team.

**Please encourage your cluster primary schools to complete the survey before 14 December 2023. If you have any queries, please email** **primaryshrn@cardiff.ac.uk****.**

**Contributing to Energy Drinks Research**

We would love to hear about any work your school is currently doing around energy drinks and young people, if you'd like to share any news or thoughts, please get in touch with Dr Kelly Morgan, Senior Research Fellow, DECIPHer, morgank22@cardiff.ac.uk

**Upcoming SHRN Webinars**

We would like to invite you to our rescheduled live webinar, the details of which can be found below:

**When: Tuesday 30 January 2024 3.45 -4.30 pm**

**Title: SHRN School-Level Data Dashboard Update**

Researchers at DECIPHer, Cardiff University been working to develop a school-level data dashboard. This dashboard will, when live, enable schools to analyse their Student Health and Wellbeing data over different survey rounds. This is expected to be a useful tool for schools when creating health and wellbeing policies or looking at the impact of current ones.

This webinar will provide an update on the development of the prototype dashboard.

We are delighted to welcome Dr Hayley Reed, Dr Nick Page, Dr Jeremy Segrott, and Dr Sara Long, DECIPHer, Cardiff University, to present the webinar. They will also be available to answer questions from attendees after the presentations have finished.

You can find a prototype of the dashboard, as well as a short video explaining its function, [here](https://mappedsites.cardiff.ac.uk/shrn-dash/).

You can register for the webinar [here](https://www.tickettailor.com/events/schoolhealthresearchnetwork/1084928).

There is one further webinar planned for February 2024. You can find the details below and will be able to register on receipt of the SHRN January enews.

**When: Thursday 29 February 2024 3.45 -4.30**

**Title: Identifying and Adapting Global Mental Health Programmes to Wales**

We are delighted to welcome [Dr Hayley Reed](https://profiles.cardiff.ac.uk/staff/reedhm), DECIPHer, Cardiff University, to present the findings of her fellowship - investigating the need to identify and adapt global mental health programmes to Wales to address adolescent mental health issues.

**Previous SHRN Webinars**

Thank you to those of you who attended the webinar presented by [Dr Rhys Bevan-Jones](https://profiles.cardiff.ac.uk/staff/bevanjonesr1), Senior Clinical Research Fellow, Wolfson, Cardiff University, in October: [**MoodHWB**](https://www.cardiff.ac.uk/centre-neuropsychiatric-genetics-genomics/research/current-projects/moodhwb-mood-and-wellbeing-in-young-people) **- Digital Support for Young People (13-19) with their Mood & Wellbeing.**

To view this recording please click [here](https://www.youtube.com/watch?v=k20AxnlsSRg&list=PLnnr0B6i7Z7VS0uiBPOfJcf4kkdSywflD&index=1&ab_channel=ShrnWales).

For recordings of other previous SHRN webinars visit: <https://www.shrn.org.uk/webinars/>

**Support for Low Mood for Young People and Parents/Carers – the SWELL Study**

A research team from the [Wolfson Centre for Young People’s Mental Health](https://www.cardiff.ac.uk/wolfson-centre-for-young-peoples-mental-health) at Cardiff University is looking for your help with promoting and advertising an important new study to the parents/carers of young people aged 13-17 years.

A major benefit for parents/carers and young people taking part in this [Swell study](https://ncmh-surveys.cardiff.ac.uk/redcap/surveys/?s=ARELCFWHTDFJJR8P) is that they will be offered support for low moods with the aim of improving their mental health. While a potential benefit for schools supporting the study is that it may help meet the needs of some learners who currently experience low moods.

This new study will test whether a group cognitive behavioural therapy (CBT) program, that teaches skills for wellbeing, can protect young people against low mood and depression.

The Swell research are asking for interested schools to support the study via any of these methods:

* Contacting parents/carers directly about the study (we have a standard text message or an email template that can be used).
* Appropriate staff involved in supporting young people could give study flyers to those who may benefit from the study (i.e., those with low mood that do not meet the threshold for specialist treatment)
* Promoting the study on school social media channels (the team will provide online posters and graphics).

We understand that schools are very busy places, and we can provide reimbursement to schools for supporting the study. If you are interested in hearing more, please email us at SWELL@cardiff.ac.uk**.**

**Further information is available** [here](https://ncmh-surveys.cardiff.ac.uk/redcap/surveys/?s=ARELCFWHTDFJJR8P)**.**

**Shout About Success. Celebrate Your Contribution to the SHRN Community**

If your school has benefitted from using SHRN data, and you are proud of the difference you have made to your learners’ health and wellbeing, our SHRN Network and Knowledge Exchange Manager, Maria Boffey, would love to hear from you.

Case studies are a fantastic way of showcasing innovation and evidence-based practice, as well as sharing learning; exchanging ideas and helping colleagues share experiences. Maria would be delighted to hear from you, and chat about how your story could inform and support our numerous projects and help inform future SHRN developments and impacts. Please email Maria at boffeym1@cardiff.ac.uk

**Contact Us**

If you have any questions or feedback about any of the content in this e-news,  or about the SHRN project more generally, please email us

We look forward to keeping you updated on our work in our next newsletter in January.

To unsubscribe from the School Health Research Network newsletter, please email us

Please forward this e-news to anyone you think may be interested. They can subscribe to receive the future e-news and updates by emailing Maria Boffey, SHRN Knowledge Exchange Manager  boffeym1@cardiff.ac.uk

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Find us at:

Twitter: @SHRNWales

Website: [School Health Research Network (shrn.org.uk)](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.shrn.org.uk%2F&data=05%7C01%7CBoffeyM1%40cardiff.ac.uk%7C5c1aa3295a4a4d7cd96a08dbb85dbf8e%7Cbdb74b3095684856bdbf06759778fcbc%7C1%7C0%7C638306485010844943%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=QQ8zBf4usKQYt6Z0MjWUokmDvzRo4a49mFvAdP3Iak4%3D&reserved=0)