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| **Welcome to our SHRN newsletter for March 2023!****\*please note that we will now be sending the newsletter monthly\*** |

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| **Summer Events** After a couple of years of virtual events, we are pleased to announce that we are going back to in-person events this summer – we can’t wait to see you there!It will be an important opportunity to prepare you for the survey that will take place in the Autumn, but will also allow for presentations from schools as to how they are using their SHRN data to support their health and wellbeing priorities as well as updates on evidence informed practice. We will also provide plenty of opportunities to network with other colleagues focused on wellbeing. The events will last from 9.30am to 3pm.We will release agendas for the events closer to the date, but wanted to give you the opportunity to block the days out in your diary now. Links to register for the events can be found below: **Radisson Blu, Cardiff - June 12th 2023 -** [Register here](https://www.eventbrite.co.uk/e/shrn-summer-event-radisson-blu-cardiff-tickets-592611425727) **Parc y Scarlets, Llanelli - June 20th 2023 -** [Register here](https://www.eventbrite.co.uk/e/shrn-summer-event-parc-y-scarlets-llanelli-tickets-592634765537) **Quay Hotel, Deganwy - June 28th 2023 -** [Register here](https://www.eventbrite.co.uk/e/copy-of-shrn-summer-event-radisson-blu-cardiff-tickets-592639168707)   |
| **Student Health and Wellbeing in Wales: Report of the 2021/22 School Health Research Network Student Health and Wellbeing Survey** In 2021/22 just under 135,000 11 to 16 year olds took part in the survey and findings on ‘mental health and wellbeing’, ‘school life’, ‘physical activity and diet’, ‘family and social life’, ‘relationships’, and ‘substance use and gambling’ are presented in the National Report. The report will show national averages for the variables that your pupils responded to in autumn 2021and will be released alongside a **new animation video to explain some of the findings**.We are aiming to release the report on the week of 3/4/23, so please keep an eye out for this!  |
| **Public Health Wales Observatory Dashboard** We are excited to announce that this year, for the first time, we have worked with the Public Health Wales Observatory to produce a new dashboard where you can look at changes in student health and wellbeing over time. Further communications will be sent out once the national report (mentioned in the item above) has been released.We are aiming to release the report on the week of 3/4/23, so please keep an eye out for this!  |

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| **Paid research study at Bangor/Aberystwyth Universities – opportunity to win an iPad!**

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| **Upcoming Webinars** Thank you to those of you who attended our recent vaping webinar – we had a great turnout!As the presentations contain data from the upcoming national report, we are unable to share the recordings at present. However we will send copies to all network members once the report has been published on the week beginning 3/4/34 as outlined above.We have several other webinars scheduled in the coming months. You can find information on these below:- 20/4/23: Dr Nick Page and Dr Rebecca Anthony: **Menthol cigarette use by young smokers in Wales prior to the flavour ban** and **Association between online communications and mental wellbeing -** [Register here](https://www.eventbrite.co.uk/e/webinar-menthol-cigarettes-and-online-communicationsmental-wellbeing-tickets-594088052357)- 16/5/2023: Dr Nick Page and Professor Simon Murphy **present findings from the upcoming SHRN National Report for 2021/22**- 13/7/23: Dr Kelly Morgan and Dr Samantha Garay: **Delivery of a Growth Mindset programme within primary schools - learnings from an evaluation study in Scotland**- September 2023: Dr Sara Long: **Curriculum for Wales: School case studies of the aims, goals and new school practices from the perspectives of a range of school staff across Wales**  |

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| **Primary SHRN Health and Wellbeing Survey: Thank you for helping with recruitment!** We are drawing to the end of our first national primary school SHRN survey as part of a feasibility study to expand SHRN into primary schools. Many thanks to those of you who have helped promoting this to your feeder primary schools. Schools who took part will receive their feedback reports next term with national reports to follow. We would encourage you to work with any of your feeder schools who participated to discuss how you have used your SHRN data. |

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**A new generation of school health researchers** Dr Caitlyn Donaldson recently completed her PhD, using SHRN surveys and other datasets, to examine trajectories of mental health through transitions from primary to secondary school. Caitlyn is currently employed on the primary school expansion project and we will share findings from Caitlyn's PhD research with network schools as these are published. Abbey Rowe has recently begun a PhD which will use SHRN data and other sources to understand how schools can meet the needs of neurodiverse populations, with a particular focus on school experiences of young people with ADHD. A blog on Abbey's planned work, published for Neurodiversity Celebration Week, can be found [here](https://decipher.uk.net/blog/meet-the-researcher-abbey-rowe-on-neurodiversity-in-secondary-schools/)

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**DECIPHer Parent and Carer Advisory Group**DECIPHer now has its own Parent and Carer Advisory group for those living in Wales caring for children under the age of 18 years old. Dates for 2023 can be found on our social media (Twitter and Instagram - @Alpha\_Decipher. Please share with anyone/groups that may be interested in attending. If you have any questions, please get in touch with Sophie Jones, Senior Public Involvement Officer joness206@cardiff.ac.uk

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| **Can you help with the 'Digital support for young people with their mood & wellbeing' study?** Researchers at Cardiff University have developed a bilingual program/app with young people to support their mood and well-being, called **MoodHwb**. Do you know of any young people who would be interested in trialling the programme? You might wish to inform the school's wellbeing lead about the project.It is an opportunity to offer mental health support to young people, and the feedback will help to develop resources in the future. All participants will receive a gift voucher and certificate. It's free to take part. **Staff or parents/carers can encourage young people (13-19 years old) who are experiencing low mood (or other difficulties with their mood/wellbeing) to go to the study website for more information and to fill in a participation form:** [**https://www.ncmh.info/help-with-research/digital-support-study/**](https://www.ncmh.info/help-with-research/digital-support-study/)There is a video on the project on this site, or you can access it by **clicking on the image below:**cid188843092*image001.png@01D92CB6.473E8550The research team can also send **postcards** about the study to the school which can be given to young people. Parents and carers can also take part, and you might also wish to share the project details in your online communication or newsletters with parents/guardians.Dr Rhys Bevan Jones (psychiatrist and study lead) is also happy to present a virtual session on the project, mental health and careers (e.g. on medicine, psychology and art) for students at your school. Rhys recently won a 'Digital Innovation Award' by the Association for Child and Adolescent Mental Health (ACAMH) for his work on the development of digital mental health programmes. For more info, please visit the study website or email: YouthOnlineStudy@cardiff.ac.uk   |

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