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**Welcome to our SHRN Secondary schools e-news for November 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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**Countdown to closing The SHRN Student Health & Wellbeing Survey and the School Environment Questionnaire (SEQ) 2023**

This is a reminder that there are **just four weeks** left before both The SHRN Student Health & Wellbeing Survey and The School Environment Questionnaire (SEQ) 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. The SEQ can be completed by a member of the SLT (or representative). This survey helps understanding of effective policy and practices and can be used to evidence progress for the Whole School Approach.

Schools are also reminded to complete their total year group numbers and submit any parental 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](mailto:shrn@cardiff.ac.uk)

**Sign Up for the SHRN School Level Dashboard Webinar**

We would like to extend an invitation to our live November webinar *Co-development of SHRN school-level dashboards* on Wednesday 29 Nov 2023 3:45 PM - 4:30 PM

Dr Hayley reed, Dr Jeremy Segrott, and Dr Nick Page, Cardiff University, will present on the development of the SHRN school data dashboard. This dashboard will allow schools to be able to analyse and compare their data across different survey rounds and will allow them to see how their wellbeing policies affect their learners over time.

**You can register for this free webinar** [**here**](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.tickettailor.com%2Fevents%2Fschoolhealthresearchnetwork%2F1048550&data=05%7C01%7CDaviesM82%40cardiff.ac.uk%7C1ab825af136f4adc600908dbf5a93184%7Cbdb74b3095684856bdbf06759778fcbc%7C1%7C0%7C638373879250741095%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=wxb6DpMuJpzzXUULOgl7jlhuiaEKsxhg74DtUF6qKdE%3D&reserved=0)

**Download SHRN Webinar- *Support for Young People (13-19) with their Mood and Wellbeing -MoodHWB***

Thank you to those of you who have attended our October webinar presented by Dr. Rhys Bevan Jones, Wolfson Centre, Cardiff University. This webinar outlined Mood HWB, a bilingual program/app for  young people (age 13-19 years) that supports their mood and well-being and advises how schools can take part in the study.   **You can find a recording of the webinar** [**here**](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Dk20AxnlsSRg&data=05%7C01%7CDaviesM82%40cardiff.ac.uk%7C1ab825af136f4adc600908dbf5a93184%7Cbdb74b3095684856bdbf06759778fcbc%7C1%7C0%7C638373879250741095%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=EVq%2BEmdSvhjgP99iKCYK91e9JMQz8MU8IWtviaRvlS4%3D&reserved=0)

**Exploring Online Experiences, Cyberbullying and Wellbeing for Care Experienced Young People**

A recent Cardiff University study explored SHRN 2017/18 survey data to explore the online experiences, cyberbullying and wellbeing of young people looked after.

The study showed that higher numbers of young people in care were involved in negative online experiences - cyberbullying, sharing explicit images – and were more likely to be classified as displaying ‘problematic social media use’. They were also more likely to be speaking to ‘online only’ friends (i.e., friends they hadn’t met in real life). These online experiences were associated with lower wellbeing.  It also found that lower numbers of young people in care compared to their peers not in care were regularly in online contact with close friends and their wider ‘in person’ friendship group.

**Click here to find out more about this** [**study**](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fjournals.sagepub.com%2Fdoi%2F10.1177%2F25161032231204967&data=05%7C01%7CDaviesM82%40cardiff.ac.uk%7C1ab825af136f4adc600908dbf5a93184%7Cbdb74b3095684856bdbf06759778fcbc%7C1%7C0%7C638373879250741095%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=wky1cxoN9Eak685EKrqE%2Bd723itvh7feLg8Fe%2F6m%2BV8%3D&reserved=0)

**Energy Drinks Research Participation**

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](mailto:morgank22@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](mailto:SHRN@cardiff.ac.uk)

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

To unsubscribe from the School Health Research Network newsletter, [please email us](mailto:SHRN@cardiff.ac.uk)

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](mailto: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)