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SHRN aims to improve **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. | |  |  |  | | --- | --- | | |  | | --- | | **Contents**  1. The SHRN Survey Window for Secondary Schools Closed for 2023. 2. Progress Update on the Evaluation of the Whole School Approach to Emotional and Mental Wellbeing. 3. Upcoming SHRN Webinars. 4. The SHRN School-Level Digital Dashboard wins Mental Health Data Prize and Further Funding. 5. SHRN Data Informs Public Health Wales Vaping Guidance. 6. Contacts Us. | |  |  |  | | --- | --- | | |  | | --- | | **The SHRN Survey Window for Secondary Schools Closed for 2023**    Over the last four months, the SHRN survey has been rolled out to all secondary schools in Wales.     We have been overwhelmed by the fantastic support of schools across Wales, and the hard work they have put in to make sure we have heard from as many learners as possible.    **Simon Murphy, Professor** in Social Interventions **and Health**, Director [DECIPHer](https://decipher.uk.net/) and Lead for the [Schools Health Research Network](https://www.shrn.org.uk/) said:    ‘I’m delighted that so many schools took part, enabling SHRN to support public health improvement efforts across Wales by providing actionable data about learners’ health and wellbeing.  A key strength of SHRN data is that it provides evidence at national, regional, and local levels, enabling schools to identify the health and wellbeing needs of learners and target appropriate action. I very much look forward to the next phase of our work together when the findings from this survey will be released in Spring 2024’. | |  |  |  | | --- | --- | | |  | | --- | | **Progress update on the Evaluation of the Whole School Approach to Emotional and Mental Wellbeing**  Statutory Guidance introduced by Welsh Government in 2021, requires all schools in Wales to embed a whole school approach (WSA) towards mental health and emotional wellbeing in their everyday practice.  [DECIPHer](https://decipher.uk.net/) and the [Wolfson Centre for Young People’s Mental Health](https://www.cardiff.ac.uk/wolfson-centre-for-young-peoples-mental-health) are conducting a three-year evaluation of the WSA in Wales.  The study aims to gain insight into how schools have made use of the WSA Framework in the development of their strategies, policies and school environment to support learner and staff wellbeing. It also looks at whether there are any changes in the way that learners in schools describe their own mental wellbeing, using the national SHRN survey data and tracking changes over time. Then, by considering these things together, exploring whether the WSA Framework might have contributed to any changes in learners’ mental wellbeing and in school approaches.   Dr. Rachel Brown, Research Fellow who is leading on this research and Zoe Haslam, Research Assistant at DECIPHer, Cardiff University, recently presented a progress update on this research.    You can find a recording of the presentation [here](https://youtu.be/o_l9DgAssEg) and read Rachel’s Blog [here](https://decipher.uk.net/blog/assessing-the-whole-school-approach-to-mental-health-and-wellbeing/). | |  |  |  | | --- | --- | | |  | | --- | | **Upcoming SHRN Webinars**  We would like to extend you an invitation to our live webinars - they are free to join, you just need to register in advance:   **Title: SHRN School-Level Data Dashboard Update.**  **When: Tuesday 30 January 2024 3.45 - 4.30pm.**  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).   **Title: Protecting Young People against Depression  An Introduction to the Skills for Adolescent Wellbeing Study (SWELL).**  **When: Thursday 8 February 2024 3.45 - 4.30pm.**  We are delighted to welcome [Professor Frances Rice](https://profiles.cardiff.ac.uk/staff/ricef2), [Wolfson Centre for Young People’s Mental Health,](https://www.cardiff.ac.uk/wolfson-centre-for-young-peoples-mental-health) Cardiff University, to present on the [SWELL Study](https://ncmh-surveys.cardiff.ac.uk/redcap/surveys/?s=ARELCFWHTDFJJR8P).  This webinar will define depression in young people and briefly overview the scientific literature about risk and protective factors for youth depression.  We will summarize results of intervention studies that aim to protect young people against depression. These include “universal studies” that include all young people and “targeted studies” those that focus on young people most in need.  Evidence suggests that targeted approaches are most effective.  We will then describe an early-intervention study that we are recruiting to that aims to prevent depression in young people at elevated risk of depression.  We will describe how you could support recruitment to the study if this fits with your school priorities.  You can register for the webinar [here](https://buytickets.at/schoolhealthresearchnetwork/1122411).   **Title:**[**The SAMA Project**](https://decipher.uk.net/uncategorized/adaptation-of-a-secondary-school-mental-health-and-wellbeing-intervention-to-the-welsh-context/)**- Identifying and Adapting Global Mental Health Programmes to Wales.**  **When: Thursday 29 February 2024 3.45 - 4.30pm.**  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.  You can register for the webinar [here](https://buytickets.at/schoolhealthresearchnetwork/1122422). | |  |  |  | | --- | --- | | |  | | --- | | **The SHRN School-Level Digital Dashboard Wins Mental Health Data Prize and Further Funding**  We are pleased to announce that the DECIPHer project team working on the school-level data dashboard has been awarded further funding.  The aim of the School Level Digital Dashboard is to empower schools to use bespoke School Health Research Network (SHRN) data to create environments that promote good mental and physical health. It was developed as part of a Mental Health Data Prize project, funded by [The Wellcome Trust.](https://wellcome.org/)  You can read more here: [SHRN Data Dashboard Project one of three winners of the Mental Health Data Prize - DECIPHer](https://decipher.uk.net/news/shrn-data-dashboard-project-one-of-three-winners-of-the-mental-health-data-prize/). | |  |  |  | | --- | --- | | |  | | --- | | **SHRN Data Informs Public Health Wales Vaping Guidance**  [Public Health Wales](https://phw.nhs.wales/) has published new guidance for secondary schools to help tackle the rise in youth vaping.    The guidance, [which can be read here](https://phw.nhs.wales/topics/information-and-guidance-on-vaping-for-secondary-aged-learners-in-wales/), provides key information to schools around e-cigarettes and their use (commonly known as ‘vaping’) among young people, as well as actions schools can take to address vaping. It draws on data from the [School Health Research Network (SHRN) Student Health and Wellbeing (SHW) survey](https://www.shrn.org.uk/wp-content/uploads/2023/10/PrSHRN-2022-23-national-report-English.pdf), which shows vaping has risen among 11–16-year-olds in Wales in recent years.   Among the actions suggested to respond to and address vaping, Public Health Wales advises schools to undertake ten key actions in relation to vaping. When used alongside other priority areas as part of their curriculum delivery and implementation of a whole-school approach to health and wellbeing, these actions include:   * Using the [SHRN dashboard](https://decipher.uk.net/research/programmes/healthy-settings-and-organisations/school-level-digital-dashboard/) to understand how vaping behaviours at their school compare with other areas and Wales wide. * Using the national SHRN Student Health and Wellbeing report alongside each school’s SHRN report to help identify the age profile of vaping behaviour and plan curriculum delivery accordingly. * Continuing to participate in the SHRN school surveys to help build a picture of smoking and vaping behaviours and responses and how they are evolving.   Information and Guidance on Vaping for Secondary-aged learners in Wales, compiled by the Tobacco Control Team and Educational Settings Team, Health Improvement Division, Public Health Wales, can be read here: <https://phw.nhs.wales/topics/information-and-guidance-on-vaping-for-secondary-aged-learners-in-wales/information-and-guidance-on-vaping-for-secondary-aged-learners-in-wales/>.   More on the survey can be read on the SHRN website: <https://www.shrn.org.uk/national-data/>. | |  |  |  | | --- | --- | | |  | | --- | | **Contacts Us**  If you have any questions or feedback about any of the content in this e-news, or about SHRN, please email the [Secondary School](mailto:SHRN@cardiff.ac.uk) or [Primary School](mailto:primaryshrn@cardiff.ac.uk) SHRN Team.   Please forward this e-news to anyone you think may be interested. They can subscribe to receive the latest e-news and updates by emailing Maria Boffey, SHRN Knowledge Exchange Manager: [boffeym1@cardiff.ac.uk](mailto:boffeym1@cardiff.ac.uk).    Join the conversation:  A blue bird with wings  Description automatically generated Twitter / X: [@SHRNWales](https://twitter.com/shrnwales?lang=en).  A blue and green dots  Description automatically generated  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).  A red and white play button  Description automatically generated YouTube: [SHRN Wales](https://www.youtube.com/channel/UC4_B0Yr1VXT-V-vLIBdmjvg). | | |