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THE SCHOOL  
HEALTH RESEARCH  
NETWORK

[shrn.org.uk](http://shrn.org.uk)

The School Health Research  
Network (SHRN)

## Stronger Schools, Healthier Learners: The Value of SHRN Membership for Secondary Schools

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Rhwydwaith Ysgolion Cymru  
sy'n Hybu Iechyd a Lles  
Welsh Network of Health and  
Well-being Promoting Schools



Centre for Development, Evaluation, Complexity  
and Implementation in Public Health Improvement  
A Public Health Research Centre of Excellence



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Llywodraeth Cymru  
Welsh Government





## Who We Are

**A policy, practice, research partnership between Welsh Government, Public Health Wales, and Cardiff University.**

Includes 99% of maintained secondary and 42% of primary schools (*reference our initial SHRN primary school data collection in 2024*).

SHRN student and school-level surveys, capture key health and well-being metrics.

These metrics are referenced in over 30 national policies and strategies, including the **Whole-School Approach to Mental Health and Well-being (2021)** and **Estyn's Healthy and Happy Report (2019)**.

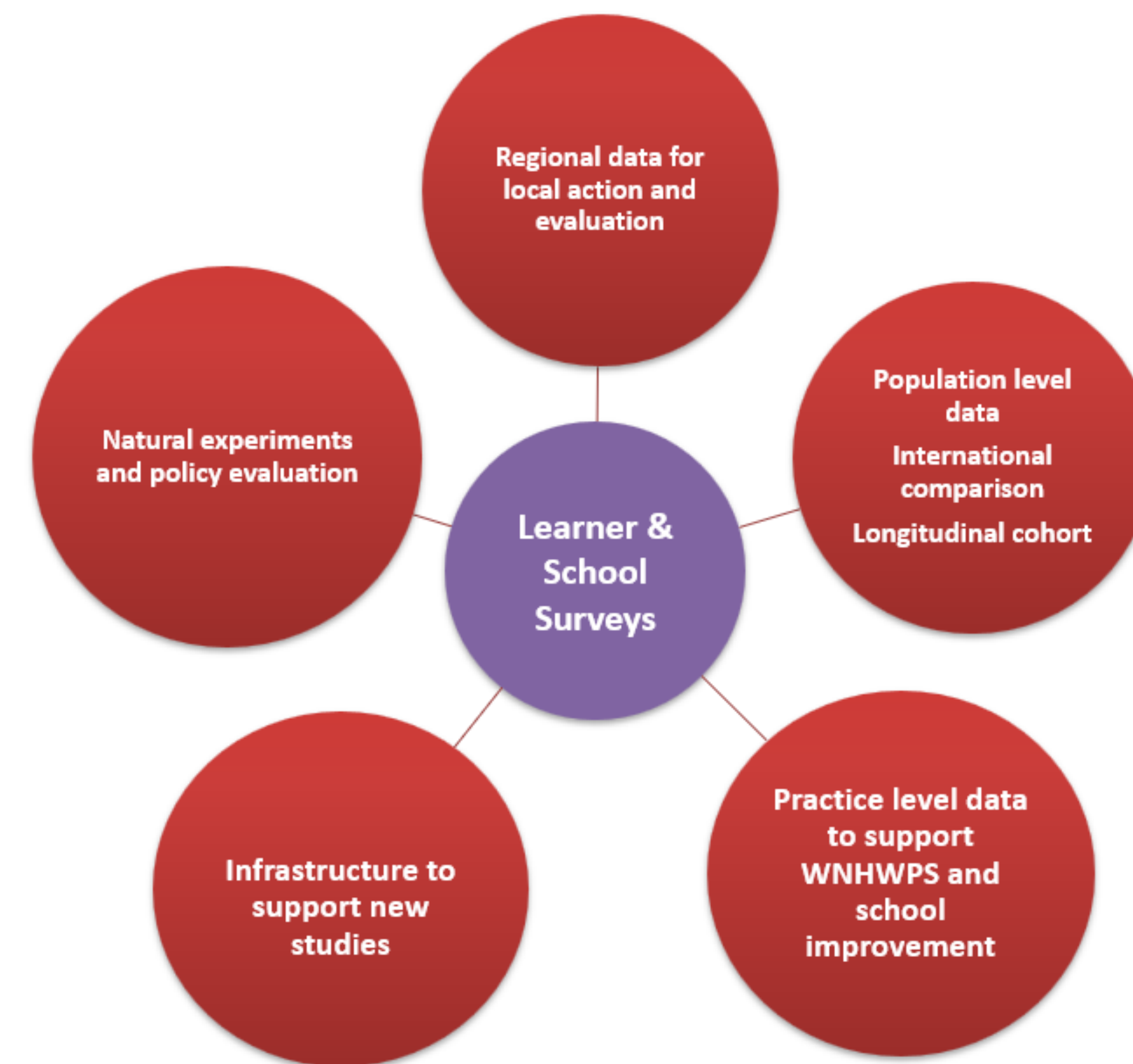


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## Why SHRN Matters

- **Young Person-Centred Data:** SHRN collects large-scale, anonymised data from learners about their health, behaviours, and school environments. This helps identify trends and areas needing support.
- **Evidence Based Policies:** The data is used to inform school policies, public health strategies, and government decisions—ensuring that interventions are grounded in real-world evidence.
- **Empowering Schools:** Participating schools receive tailored reports that help them understand their learners' needs and improve their health and well-being programmes.
- **Research and Innovation:** SHRN supports academic research into children and young people's health and well-being, helping shape future interventions.





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## SHRN: A Government-Endorsed Priority

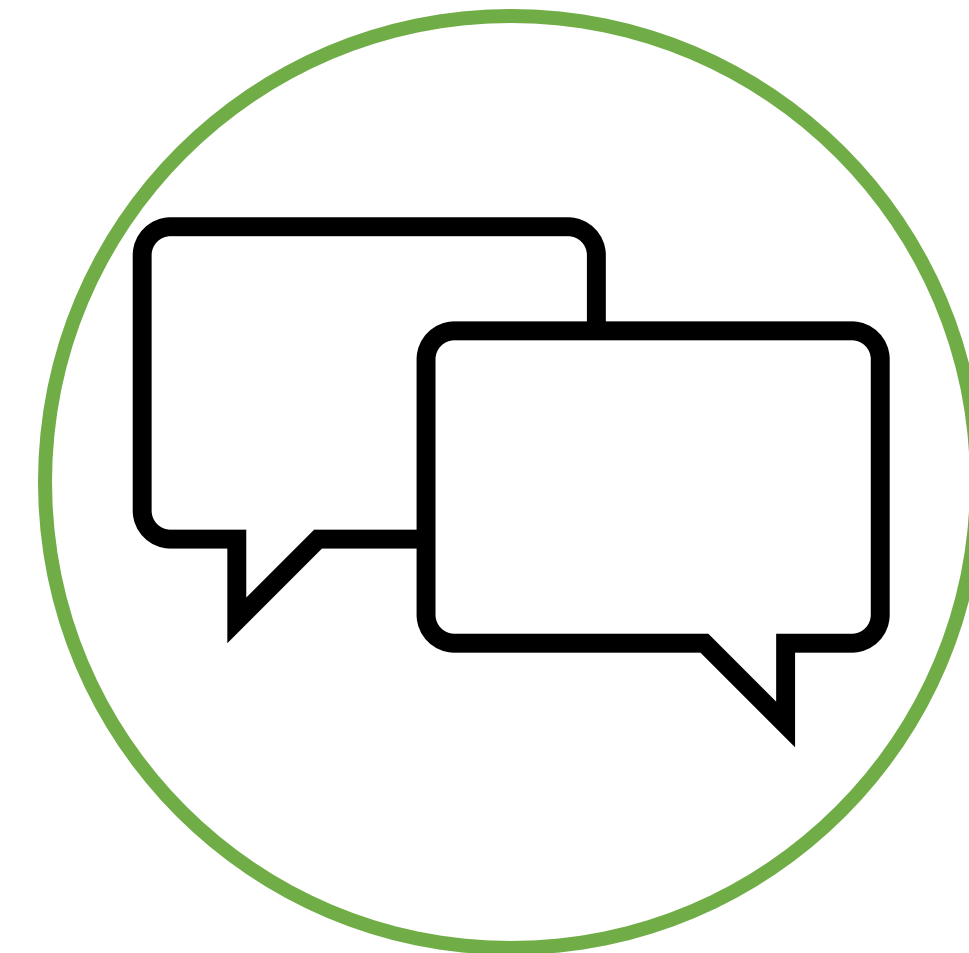
### **Welsh Government's recognition our vital role in shaping education and well-being policy across Wales:**

"Funded by the Welsh Government, SHRN is a cornerstone in providing invaluable data and evidence that shape policy and practice."

With its expansion into primary schools, SHRN continues to offer one of the most comprehensive datasets in the UK. This crucial data supports the Welsh Government's mental health and education policies and drives impactful work in the wider education sector and academia.

SHRN is at the forefront of transforming the educational landscape, ensuring the well-being of our children and the future of our communities."

**Lynne Neagle AS/MS,  
Cabinet Secretary for Education.**



# SHRN Health and Well-being Topic Areas



**Mental health  
and well-being**



**Physical  
activity**



**Dietary  
behaviours**



**Social  
media use**



**Social  
relationships**



**School  
connectedness**



**Sexual health**



**Substance use**

## Ten Ways That SHRN Empowers Schools to Thrive...

- 1. Boost Learner Well-being:** Proactively identify and address needs using evidence-based strategies that support every learner's potential.
- 2. Access High-Quality Data:** Leverage trusted data to inform policy, guide planning, track progress, and support inspections with confidence.
- 3. Connect and Collaborate:** Members of a vibrant network of schools, researchers, and public sector partners co-creating impactful solutions.
- 4. Grow Professionally:** Enhance staff development through CPD opportunities and actionable insights that improve everyday practice.
- 5. Tailored School Level Data:** Receive reports and national benchmarks to guide local action aligned with your school's unique context.
- 6. Empower Young People:** Equip learners to make healthy choices and lead well-being initiatives.
- 7. Gain Recognition:** Strengthen your school's credibility and showcase your commitment to health and well-being through SHRN affiliation.
- 8. Foster a Positive Culture:** Promote a supportive, inclusive, and health-focused environment where both staff and learners thrive.
- 9. Engage Your Community:** Use SHRN insights to build stronger connections with families and collaborate across health, education, and research sectors.
- 10. Drive Sustainable Change:** Embed long-term, data-informed improvements that transform school health and well-being



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## What Schools Say About Us...



**“We are proud of our achievements as celebrated in our 2024 Estyn school inspection report which said: To plan for PSE, the school uses data from The School Health Research Network, listens to parents and learners and works closely with the community. This means that it plans coherently for a relevant curriculum that responds to issues that arise within learners’ experiences.”- Ysgol Maes y Gwendraeth.**

**“Our work with our SHRN data has been incredibly rewarding.....We believe that by prioritising our learners’ health and well-being, we are not only enhancing their academic success but also fostering a healthier, more resilient generation of learners.” - Ysgol Aberconwy Secondary School.**

**“SHRN data, along with feedback from student and colleague voice, has resulted in a curriculum that is responsive to the needs of our learners, in which colleagues feel supported in delivering topic content. This approach has enabled us to develop a learner led, age-appropriate health and well-being curriculum that ensures the well- being needs of our learners is at its core.”- Whitchurch High School.**

## Looking Ahead:

- **Expanding Our Reach:** Achieving full primary school coverage and exploring non-mainstream school inclusion.
- **Empowering Schools:** Events; webinars; case studies; briefing papers and blog.
- **Leveraging Technology:** 2026 launch of the [SHRN Secondary School Level Data Dashboard](#).
- **Sustainable and Collaborative Growth:** Increase of evidence-based practice with key partners such as Public Health Wales and WNHWPS.
- **SHRN Data Sharing:** Expanding secondary school data via the [Public Health Wales SHRN Dashboard](#), with inclusion of primary school data in early 2026, to inform national and regional planning.
- **Longitudinal Tracking:** From primary to secondary school, to better understand long-term impacts.
- **Community and Family Engagement:** Involving parents and carers, and local communities in data use and health and well-being support and improvements.



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## Get Involved!

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SHRN is a valuable opportunity to strengthen school health and well-being by using **high-quality data and expert support**.

With 99% of secondary schools participating in 2023, now is the perfect time to **build on your momentum and drive lasting improvements**.

**Health and Well-being Leads!– Please Check Your Inbox** for your 2025 Data Collection SHRN invitation, and be part of this national effort to support young people's health and well-being.

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## Want To Learn More?

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**For Further Information Please email :**

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