

SHRN Secondary School Survey Autumn 2021



Y RHWYDWAITH YMCHWIL
IECHYD MEWN YSGOLION
SCHOOL HEALTH
RESEARCH NETWORK

Wellbeing data to help understand ongoing impacts of Covid 19 and support educational priorities.

The School Health Research Network (SHRN) brings together all maintained, mainstream secondary schools in Wales, with academic researchers, policymakers and practitioners from health and education to **improve young people's health and wellbeing in the school setting.**

Underpinning SHRN's approach, is data generated from two biennial Health and Wellbeing surveys which all Network schools are invited to take part in:

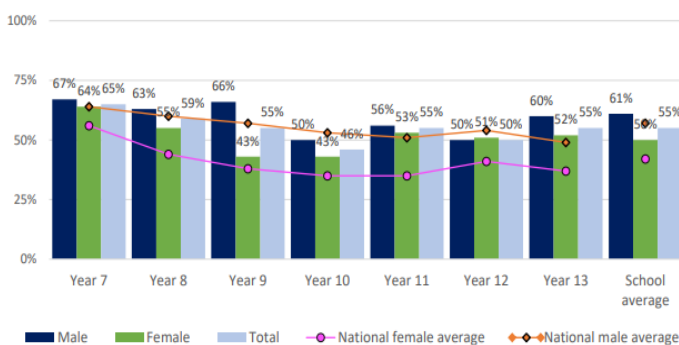
A student survey:

****At the last round of the Student Health and Wellbeing Survey in autumn 2019, data was collected from 72% of all 11-16 year olds in Wales from 94% of eligible schools.**

Learner responses to the survey are **fed back to schools in tailored Student Health and Wellbeing Reports.** In order to reduce survey burden on schools, anonymised data from the survey is then collated for reporting at local authority, regional, and [national](#) levels. Comparable international data is also available for every other survey round.

Breakfast

Fig. 1 The Sheppard Academy: Students who usually eat breakfast every weekday



A School Environment Questionnaire

Each school completes one questionnaire about their policies and practices around health and wellbeing in the Spring term. Collecting this data allows research evidence to be generated on how best to improve young people's health and wellbeing in the school setting.

The Student Health and Wellbeing Survey in Autumn 2021: why is it so important?

SHRN data supports the most recent health and wellbeing and school improvement drivers for schools in Wales. There is a coherent evidence-informed, whole school approach that links them all:

The impact of Covid 19 on health and wellbeing

Student Health and Wellbeing Survey data from 2019/20 provides a pre-Covid 19 snapshot of the physical health and mental wellbeing of young people in schools. The 2021 data will therefore provide the means for schools:

'...to understand the ongoing, longer term impacts [of Covid 19] on, for example, mental wellbeing, personal and social development, loneliness, physical activity and diet.' [Ministerial Forward SHRN National Report 2019/20](#)

This data will support the planning of appropriate Covid recovery strategies at schools and in the wider education system in Wales.

School Self-evaluation

The value to schools in having tailored Student Health and Wellbeing Reports has been noted by Estyn: [Healthy and Happy: School impact on pupils' health and wellbeing 2019](#)

"...what we didn't really have access to was actual information on the things we needed to prioritise... I think that has probably been the most beneficial part, the fact that we now have timely data, where we can look at you know, our students in real time, and say this is the issue for Year 8..."

Assistant Head, Newport

Schools as Learning Organisations

SHRN data and research evidence supports this approach through the lens of health and wellbeing: the data facilitates the culture of enquiry and encourages a shared vision, the research evidence resources create continuous learning opportunities and the Network facilitates collaboration across schools and other stakeholders.

Professional learning

SHRN activities and resources for schools, sharing good practice in research evidence use. These include regular [webinars](#), [research briefs](#) for schools and annual [summer events](#)

Planning a needs-based Health and Wellbeing Curriculum:

SHRN data has an important role in supporting the development of [Curriculum for Wales 2022](#):

‘Teaching should also be based on sound evidence and expertise. Evidence should draw from local, cluster-wide, regional and national information, using a range of sources, e.g. data from the School Health Research Network (SHRN)...’ Health and Wellbeing Area of Learning and Experience

A Whole School Approach to Mental Health

The survey includes several well-validated indicators of youth mental health and wellbeing (such as the 'Strengths and Difficulties Questionnaire') which are fed-back to schools via their tailored school report. The use of SHRN data is recognised at all stages of the [Framework on Embedding a Whole School Approach to Mental Health \(March 2021\)](#): the scoping stage, action planning and implementation:

‘Schools already produce development plans that provide a strategic blueprint for improvement. It is informed by continuous self-evaluation and contextualised information and evidence (e.g. from SHRN)’

Also as a means of evaluation: ***‘in a process of continuous improvement, with schools updating their plan as new and emerging priorities are identified’.***



[SHRN National Report](#) (picture above from cover)

What do schools need to do to ensure they get valuable data?

All schools will be able to register for the survey in July 2021. To help school health and wellbeing leads prepare for this, we are running three virtual events in June. These will have the same content but will be on different days and times to facilitate attendance. Estyn will be presenting and will cover the use of SHRN data to support school improvement. Invitations have been sent to our SHRN leads in schools, but please contact SHRN if you would like to register anyone else from your school.

All students can take part in the Student Health and Wellbeing Survey; good planning is essential to get high completion and therefore good quality data; there will be help with planning at the events in June.

If you would like to talk through any issues around the 2021 SHRN survey, do not hesitate to get in touch with the SHRN team (shrn@cardiff.ac.uk). 02920874433

[The report has] influenced every area – planning SRE, healthy schools food available in school, food and fitness policy, mental health services, and curriculum content. The wellbeing team use it in education and action planning, PSE curriculum, prioritising extra-curricular activities.”

School health and wellbeing lead, Pembrokeshire

SHRN is a partnership between Welsh Government (Health and Education), Public Health Wales (PHW), Cancer Research UK and WISERD (the Wales Institute of Social and Economic Research, Data and Methods). It is led by the Centre for the Development and Evaluation of Complex Interventions for Public Health Improvement (DECIPHer) at Cardiff University.

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