



School Health Research Network Launch Event

It was wonderful to see so many of you at the launch of the Network at City Hall in Cardiff... great to put a face to a name and start to get to know everyone. We want to thank those of you who were able to travel from around Wales for your positive approach to the day and really constructive comments on all of our plans. If you want to know more about the day you can read

<http://blog.decipher.uk.net/decipher-blog/shrn-launch>

Prof Simon Murphy, Principal Investigator of the School Health Research Network welcomed everybody to the event. We were privileged to have Steve Manske from the [School Health Action, Planning and Evaluation System \(SHAPES\)](#) as our keynote speaker. It was fascinating to hear about the approach taken by his team to improving the health of students in Canada. The student health reports they provide to their schools have been the inspiration for ours that will be sent to schools later this term. His presentation was followed by Mary Macdonald, the lead for the [Welsh Network of Healthy School Schemes at Public Health Wales](#). She explained how she saw the two networks complementing



Steve Manske presents to delegates at the Network launch

each other to support the health and wellbeing of students in Welsh schools.

After Gillian and Joan set out the initial plans for the Network, it was over to school representatives to tell us what they thought of them! What was exciting to us was that the overwhelming response was very positive. The key messages that

we took away from your comments have, where possible, already been acted upon and will also be reflected in future plans.

In the afternoon we were joined by partners and other organisations

keen to support Network schools. They spoke about different resources that they could offer over time as a further incentive for schools to be part of the School Health Research Network. Again we learnt some valuable pointers as to what aspects of offers appealed to schools. We were so pleased by the reaction to the day and would like to share just a few of the comments we received at the event and in emails and via Twitter. Here are just a few:

"The day was uplifting and I came away enthused. An opportunity to have data that we can work from to improve our school is invaluable in the evidence/ outcomes world we live in."

"What a great day so well organised. It flew along and was just the right length. The input from all the speakers was really useful and professional. Great for us to have a different perspective from Canada."

"Thank you for asking me to be part of the network. I am really looking forward to working with you on some exciting/important issues."



*there are resources of particular interest to the senior leadership team and teachers in the following departments:

Science

Design Technology

PSE



Some schools were unable to send a representative to the launch event and it is Joan's aim to visit them this term or next in order to capture views from all schools in the Network. In the schools she has already visited, the staff found it valuable to involve the local healthy school scheme coordinator too. Findings from these visits have been included in the comments below. If Joan hasn't managed to speak to you to arrange a visit yet, please email her to suggest a suitable meeting time. shrn@cardiff.ac.uk.

SCHOOL REPORTS

We were able to show an exemplar report that will be sent to all schools later this term, this is a resume of teachers comments.

- All were excited by the prospect of receiving their school's report. Teachers thought it was accessible due to its manageable size, the balance of text and data and the use of colour. Teachers identified it would provide valuable data to support the curriculum and self-evaluation of wellbeing.
- The topics chosen to feedback were well received, particularly those on sleep, energy drinks and emotional health issues such as body image and bullying. Some teachers wanted data on substance use other than tobacco and alcohol and sexual health.
- There was a consensus that in future years the reports need to be in school at the end of the Spring term to ensure actions arising from it can be included in school development plans.
- Reports should be provided every two years 'One year does not seem like enough time to get the report, put actions in to place to address issues and then evaluate.'
- It would be helpful to have data for Years 12 and 13 and also for feeder primary schools as this would make for interesting transition work.

Our plan is to email each school's report direct to the headteacher before the end of this term with encouragement to share its content with all members of the school community as appropriate.

The reports are based on data from the Health Behaviour in School-aged Children (HBSC) survey; the Welsh Government will publish a national report of HBSC findings in the Autumn. As we have used national data to benchmark school data we ask that all schools keep their reports for use internally until then. We will let you know as soon as the national report is published.

RESEARCH HAPPENING IN THE NETWORK



Our first research project is being conducted by PhD student Hannah Littlecott. Here she introduces herself and her PhD research:

My name is Hannah Littlecott and I am a PhD student at Cardiff University, with an interest in school health. My PhD is linked to the School Health Research Network in Wales. I will be inviting one member of staff in all 69 network schools to complete a brief online survey about your perceptions of the Network health profile, how the information provided within them could be used to promote health in your school and what factors could affect how easily you are able to use this data. I will also be conducting case studies of 3 schools in Cardiff to examine how the School Health Research Network and

(ScHIP) work together. ScHIP was developed by Cardiff and Vale University Health Board to support a co-ordinated delivery model for health improvement programmes in local schools. Locality Leads (3 in total) work with individual schools within their area to address health needs through working in partnership with local agencies and organisations. I will be exploring how health profiles provided by SHRN could be used by ScHIP Locality Leads when prioritising and planning health improvement activities for schools.

A REQUEST...

School representatives at the launch were keen to be able to contact other schools in the network. To support this we would like to be able to list Network schools on our website and share the contact name and email of all our link teachers with other Network schools.

If you would prefer your school's name not to be mentioned on our website, please let us know by the end of this term as we will be updating our website over the Summer holidays.

INCENTIVES

The planned resources we will offer schools are a way to ensure that belonging to the Network is a positive experience. We learnt the following from teacher feedback:

- It has become increasingly difficult with financial and timetabling constraints to take students out of school. Teachers said they would value sessions being held in school within both PSE and across other areas of the curriculum, run by 'experts'. Having students and staff from a university visiting the school was perceived as having a positive impact on the aspirations of school students. Links would need to be made to other universities around Wales to ensure equitable provision.
- Access to good quality resources would be very useful. These could be available on-line or in paper format.

Termly offers via an electronic newsletter were deemed to be helpful. We were advised to send it a few weeks before the end of the previous term to help with planning, and again at the start of the term as a reminder. So that is what we're doing! Bearing these comments in mind, we would like to offer the following for the Autumn term based on the presentations at the launch event. As the first newsletter wasn't received by all of our link teachers, it would also be possible to provide resources from our previous newsletter. *

To access any of these, please contact Cheryl on shrn@cardiff.ac.uk or 02920870099. They will be awarded on a 'first come, first served' basis when there are limitations to the offer.

School Health Research Network



We are very keen to support schools on matters relating to both research issues and health and wellbeing. Please contact us with any queries you may have. You should also have received:

The logo for your website and school stationery

A short bilingual Powerpoint presentation on the School Health Research Network

A certificate

Tenovus

The Sun Shade Project



A Key Stage 3 Design and Technology resource available through the medium of Welsh and English. Supportive leaflets on sun safety could be used more generally in school.

Cancer Research UK



Citizen Science for your students - Click to Cure Cell slider

Give your students the opportunity to analyse real life data and support the valuable work of Cancer Research UK scientists.

Genes in space

An enjoyable, space-themed app. game for young people also designed to crunch through data to help the scientists identify the DNA faults that could lead to cancer.

*There is still chance for students in your school who want a career in science or health to be encouraged to attend the **Cancer Research UK Cardiff Centre Open Day , Saturday 20th**

September 2014 at the Hadyn Ellis building, Maindy Road, Cardiff 10am – 3pm. It will be fun and interactive. They would need to register on: bit.ly/CardiffCancer

Cardiff University

School of Biosciences

Polymerase Chain Reaction – loan box for schools

This includes all equipment needed to deliver a session to AS/A level Biology students including lesson plans and worksheets.



Undergraduate led science activity in school

Would you like a final year student to deliver a practical science-based activity in your school, with the added advantage of providing a positive role model from higher education? Let us know if you are interested by October half term. The student will run the session during the Spring term at the school's convenience. The topic and targeted year group will vary from project to project.

Resources from the South East Wales Trials Unit



Bilingual data manipulation exercise

Our feedback reports have been developed by John Evans and Gareth Watson from the South East Wales Trials

Unit, School of Medicine, Cardiff University. They have developed a **data exercise** based on anonymised data from the Health Behaviour of School-aged Children Survey for use with students studying for GCSE/A level in IT or Maths.

*This is our second newsletter for schools. We know that in some cases the first newsletter sent in May didn't get to the right member of staff. If that happened in your school, please get in touch and we will resend it.