

SHRN

Summer 17 & 18 Events

Y RHWYDWAITH
YMCHWIL
IECHYD MEWN
YSGOLION



SCHOOL
HEALTH
RESEARCH
NETWORK

St Josephs – Informing the School’s Student Voice



St. Joseph's RC High School
Ysgol Uwchradd Gatholig Joseff Sant

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It's not what we do but the way that we do it.....that's what gets results!!

Quick wins (within a year)

- Clarity, consistency and content of community messages
- Communication methods to student body
- Review present programmes, if we think it is good then why don't the pupils know?
- Involve pupils

Where and how?

- Tutorials
- Assemblies
- Curriculum
- Mini Bacc
- Noticeboards
- Screen time
- Social media platforms
- Involve others

STUDENT COUNCIL

SPEAK OUT BE HEARD MAKE A CHANGE

WE MUST BECOME THE CHANGE WE WANT TO SEE



ThinkTank

The Future- working with and through others, strategic planning and innovation.

Targets (1-3 years)

- Mental health support programmes
- Pressure and anxiety guidance
- Healthy choices
- Student aspirations and pathways
- Catch them early (KS3)
- Transition work with cluster primaries
- Summer school
- Continue to consult, work with and listen to learners

Targets (1-3 years)

- Multi agency work but with sharp specific foci
- Engage in all forms of consultation
- Staff training and awareness on a whole school basis
- Understanding 21c young people and the importance of having great schools in their lives
- Ambassadorial programme
- School environment

Sir Richard Gwyn –Sharing Data across school

All systems go!!!

- Report immediately shared with SLT.
- Report analysed by myself and simplified using revised action plan template to make reading it easier.
- Document initially shared with SLT and PSE Coordinator.

School Health Research Network – Students’ Health and Wellbeing Report 2018

Initial Action Planning for SRG 2018

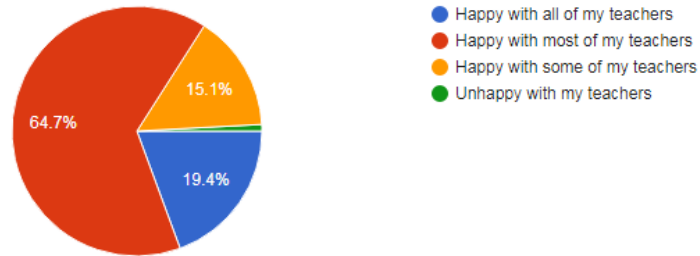
SHRN Figure	Figure Title	Comments and observations? Issue to be addressed?	Development ideas?	Responsibility and timeframe?
FOOD and FITNESS				
1	Students who usually eat breakfast every weekday	Push needed on males eating breakfast. 6 th form students – not eating breakfast Far lower numbers today eating breakfast in KS3 compared with 2016 results.	Develop breakfast option for the canteen? Break has been extended to 20 minutes – however less students are eating breakfast, is this because they all have access to canteen now? Can canteen offer cereal? Would it sell?	
2	Students who usually eat one or more portions of fruit or vegetables a day	Well below national average for eating fruit and veg. All years! Compared to 2016 there has been a dramatic drop in students eating fruit and veg.	Spoken with Mark in canteen we are going to run a new menu catering for healthy eating and have a push on fruit and veg. This will also come together with	

Y Pant School Pontyclun– Yr 9 Intervention

What to do with year 9 boys?

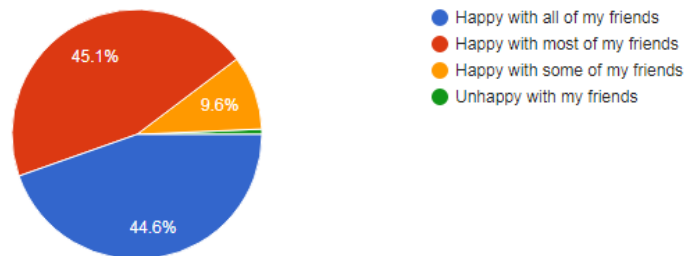
How happy do you feel about your relationships with your teachers?

583 responses



How happy do you feel about your relationships with your friends?

583 responses



Year 9 Questions

These questions are being trialed with year 9 - thanks for your help with this. This survey is NOT anonymous.

We really need honest answers with this. The information is completely confidential and we won't tell anyone unless we think you or someone else could get hurt.

You won't be punished or told off for any of the answers following the survey but it will enable us to plan any support.

We have some more detailed wellbeing questions we'd like to ask. For each, please indicate whether you:

	Yes	Sometimes	No	Prefer not to say
Drink one or more energy drinks a day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend several hours most nights/weekends sitting down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have bullied someone else in the last year	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sent a sexually explicit picture of yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Care for an ill or disabled family member	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoke cigarettes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoke e-cigarettes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink alcohol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get drunk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taken legal highs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pembroke School – Yr 10 Support Group



INTERVENTION PLAN

Support session offered for targeted group of year 10 pupils in July with follow up in September

Support session offered for whole school population in July with follow up in September

Parent/carer workshops will be made available in the new year

Ysgol Maesyderwen – involving external partners

Action plan

- Re – think of SNAG!!
- Worked with ‘Fixers’ to address body image and sexting.



http://www.fixers.org.uk/index.php?module_instance_id=11312&core_alternate_io_handler=view_fixer_news_video&data_ref_id=16571&news_data_ref_id=16570&video_no=1

- Girls in Year 10 – 13 involvement in body image workshops.
- Complete the School Sport Survey (Sport Wales) in July with the aim of developing a healthy lifestyles programme through PE & PSE.
- Peer Mentoring training programme delivered by CAIS to 6th Form students to support pupils involved in substance misuse.

Olchfa School, Swansea – Review PSE Provision

How this relates to Health and Wellbeing at Olchfa

PSE provision will be reviewed and evaluated to ensure that any areas of concern highlighted by the Survey can be improved and further developed.

Although we feel that we currently have an excellent range of sessions delivered across the 9 PSE sessions through the year, the SHRN questionnaire has encouraged us to think long and hard about the appropriateness of what we offer

Moving forward, the plan is to revise and amend the program in line with the perceived needs of our pupils.

As a Pioneer school for Health and Wellbeing, we have been involved in the planning for the new curriculum. This is vitally important for us to get right. So the opportunity to be involved in the Network survey every two years will allow us to have data to look at the impact of the changes we make to the curriculum and is of great importance to our ongoing development.

Alun School, Mold – integration into school priorities

Examples from action plan drawn up in school with input from all

Indicator	Key Actions	Tools & Resources	Date
<p>ENERGY DRINKS Patterns identified in students who usually drink one or more energy drinks a day. Largely below national average</p>	<p>Interesting feedback and cause for celebration!. Data seems to reflect no tolerance to energy drinks on school premises Continue to enforce zero tolerance. Highlight in Year 7 parent information booklet with new intake. Discuss in SNAG 7/7/2016</p>	<p>Year 7 booklet input 7/2016 Reinforce through school rules</p>	<p>7/2016 9/2016</p>
<p>VIOLENCE AGAINST WOMEN & GIRLS Decrease in number if students who “agree” or strongly agree” that teachers take action when they hear students calling girls offensive names at school School male average 68% School female average 48%</p>	<p>Make staff aware off the Education approach to Violence against women, domestic abuse and sexual violence (Wales) Act. Revisit the consequences with school council and Mr Ellis</p>	<p>Staff training by Spectrum. Link with anti-bullying initiatives in school. Link to emotional support provided by school such as student mentors</p>	<p>6/2017</p>

Brynteg School, Bridgend – Changes to food and drink provision

How have the results been used?

In conjunction with School Council work

- Through pupil voice, it was identified that students wanted to review the canteen provision, especially the variety of healthy foods available.
- The school council met to discuss how to tackle this and making use of the well being data in relation to this topic a highly successful review and revamp was carried out of the foods available.



St John Baptist School Aberdare– Integrating into the
Welsh BAC & LNF

Moving forward



Y RHWYDWAITH YMCHWIL
IECHYD MEWN YSGOLION

SCHOOL HEALTH
RESEARCH NETWORK

Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



Interpreting & using data

- Welsh Bac
- Health & Social Care
- PSE lessons
- Numeracy

Ysgol Glan-y-Môr, Pwllheli – Introducing a new school
to Network

Moving forward

- Looking to manage it differently next year as restrictions to IT equipment
- Introducing Bryngwyn into the network and working with them in their first experience of participating in the survey
- Helping Bryngwyn how they can understand the data
- Greater interaction with school council prior to the survey
- Greater interaction with school council regarding the results
- Greater interpretation and discussion of the data provided at a senior level