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THE SCHOOL  
HEALTH RESEARCH  
NETWORK

# The School Health Research Network

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## The Student Health and Well-being Survey for Secondary Schools Fact Sheet



### Overview

The purpose of this fact sheet is to provide a concise and informative overview of The SHRN Student Health and Well-being Survey in Secondary Schools.



### About SHRN

The School Health Research Network (SHRN), led by [Cardiff University](#), is a policy, practice research partnership funded by Welsh Government and supported by [Public Health Wales](#). SHRN works across local, regional, and national levels to improve learner health and well-being. We provide valuable health and well-being data to schools, assisting them in planning and evaluating their health and well-being programmes.

As a national network, supported by the Welsh Government and Public Health Wales, we work with health and education professionals. We partner with [The Welsh Network of Health and Well-being Promoting Schools \(WNHWPS\)](#) to apply school health and well-being research evidence into practice, helping schools and their supporters understand and use health research to improve learner health and well-being.



## About The School Health Research Network (SHRN) Student Health and Well-being Survey in Secondary Schools

**The School Health Research Network (SHRN) Student Health and Well-being Survey in Secondary Schools** improves understanding of and supports efforts to improve the health and well-being of learners in Wales conducted biennially, this comprehensive survey targets learners aged 11 to 16 years in state maintained, mainstream secondary schools. By collecting detailed data on various aspects of learner's life, the survey provides invaluable insights that inform public health and well-being policies, school health and well-being programmes, and academic research.

The next data collection for secondary schools will begin in Summer 2025.



## How the Survey Empowers Schools with Health and Well-being Data, Resources and Policy Development

The School Health Research Network (SHRN) provides schools with several valuable resources and benefits aimed at improving student health and well-being.

Here are some key aspects:

- **National and Regional Indicators:** SHRN provides robust anonymised data on learner health and well-being for national and regional stakeholders through dashboards and reports. This data helps policy makers and practitioners understand key health issues and trends, for health planning, monitoring, and evaluation.

The Secondary School Children's Health and Well-being Dashboard by Public Health Wales provides comprehensive SHRN data on the health and well-being of secondary school children in Wales. This interactive tool allows users to explore trends in various health behaviours, such as physical activity, mental well-being, bullying, and dietary habits, among students aged 11 to 16.

For more detailed information visit the [dashboard web page](#).

[Explore our SHRN Data and National Reports](#) on our dedicated web page.

- **Research Evidence:** SHRN generates new research evidence on effective health and well-being improvement strategies in schools. This includes evaluating whole-school interventions and sharing findings with schools and policymakers. The survey tracks changes in learner's health and well-being over time, offering a longitudinal perspective on emerging trends and persistent issues.
- **Knowledge Exchange:** SHRN facilitates knowledge exchange, and supports the translation of research into practice, providing a platform for collaboration between researchers, schools, and policymakers. Turning research funding into real-world benefits ensures that SHRN research is used in practical ways. This means supporting impactful projects, collaborating with policymakers, creating a supportive infrastructure, and widely sharing successful ideas. By doing so, we ensure that research findings are effectively exchanged and applied, leading to real-world benefits like better health and well-being, innovative solutions, and improved public policies.
- **Action Planning and Evaluation:** Schools receive bespoke feedback reports that support data-driven self-evaluation and action planning. This helps schools develop and implement health and well-being improvement strategies. Explore our [school level exemplary report](#).
- **Self-Evaluation and School Inspections:** Schools use SHRN data for self-evaluation for [Estyn](#) by identifying student health and well-being needs, setting priorities, and measuring the impact of their initiatives. This data provides evidence of the schools' efforts to promote health and well-being, aligning with Estyn's criteria.
- **Support and Resources:** SHRN offers evidence-informed resources, such as webinars and research briefings, to help schools understand and use this research effectively.
- **Collaboration:** SHRN fosters collaboration between schools, researchers, and health policymakers to co-produce high-quality research and interventions.
- **Promotes Student Voice:** The survey gives learners a platform to share their experiences and perspectives, ensuring their voices are heard in discussions about their health and well-being.

Read more about the benefits for schools [here](#).



## The Survey's Wider Impact and Utilisation

Established in 2013, The School Health Research Network (SHRN) has become an essential and unique component of the educational health and well-being infrastructure in Wales. By providing data-driven insights, evidence-based interventions, comprehensive data, and detailed reports, SHRN supports the Welsh Government's whole-school approach. It also offers professional development and encourages collaboration among schools, researchers, and policymakers. This holistic strategy enhances student health and well-being throughout the entire school community.

SHRN is referenced in over thirty Welsh Government policies and strategies, aiding in the delivery and evaluation of health and well-being initiatives. Notable examples include [The Whole-School Approach to Mental Health and Well-being](#) and [Estyn's Healthy and Happy Report \(2019\)](#).



## Integrating the Survey with The SHRN School Environment Questionnaire (SEQ)

The SHRN Student Health and Well-being Survey is complimented with The School Environment Questionnaire (SEQ).

This SEQ is completed by a member of the School Leadership Team and examines the broader school environment, including policies, practices, and the overall school ethos. Used in combination with The SHRN Student Health and Well-being Survey, The SEQ provides schools with a unique opportunity to assess the health and well-being of learners in the context of their own school policies and practices.

Read more about the [SEQ](#).



## SHRN Registration and Data Collection

Schools receive an invitation from SHRN via email to their main email address. If the invitation is not received, schools can contact SHRN in the summer term of each data collection year by emailing [shrn@cardiff.ac.uk](mailto:shrn@cardiff.ac.uk).



## Additional Resources

- Discover our [success stories and school case studies](#).
- Check out our [primary school information brochure](#).
- Read our [parents and carers FAQ](#).
- Watch our [short animation](#).
- For more insights, read our [Blog](#) page.



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