

## The School Health Research Network (SHRN): Student Health and Wellbeing Survey

Dear Parent / Carer,

### Who we are

We are an established policy-practice-research partnership between Cardiff University, Welsh Government departments and Public Health Wales. Our strategic partnership with Public Health Wales and integration with The Welsh Network of Health and Well-being Promoting Schools (WNHWPS), along with substantive investment from Welsh Government, has enabled SHRN to grow into a national network of research and evaluation.



### What we are doing?

Your child's school has agreed to take part in the **SHRN Student Health and Well-being Survey** this autumn term. The survey is being managed by IPSOS, on behalf of Cardiff University, and is completed online with support from a member of school staff. Learners in year groups 3-6 will be invited to take part. Participation is voluntary, and learners' answers are confidential and anonymous. This means we do not collect any identifiable information and therefore cannot disclose individual's answers to school staff or parent/carers.

### What is involved?

During class, your child will be asked to take part in a brief online survey, which will take about 20 minutes on average. It will ask some general questions about themselves, their feelings, what they think about school, and behaviours which can affect children's health (e.g. physical activity, sleep, screentime etc). These questions have been developed in consultation with teachers, parents/carers, and children across schools in Wales. Children will be told that their answers are private and won't be asked to give their names. Learners can skip any question they prefer not to answer or stop completing at any time. The survey will not adversely affect learning time as it will be administered during assemblies or as part of the curriculum through the new health and well-being area of learning. Learners will be supported by school staff throughout, and the telephone number for ChildLine will be visible at the end of the survey.

If you want to see a copy of the SHRN Student Survey you can either:

- click to view [here](#), or
- visit our website page: [https://www.shrn.org.uk/?page\\_id=8851](https://www.shrn.org.uk/?page_id=8851)

### Why are we doing it?

We work with schools in Wales to inform and evaluate actions to improve children and young people's health. We do this, in part, through conducting surveys every two years. Anonymised findings are reported back to schools, local authorities and Welsh Government. Our network holds research events and webinars for school staff to discuss well-being topics and plan ways to improve learners' health and well-being.



## Does my child have to take part?

Although your child's school has agreed to take part, it is up to you and your child whether they participate. Please talk to your child about our survey. If you agree, your child's teacher will check whether your child is happy to take part on the day of the survey. If they choose not to take part, they will be provided with alternative activities. **If you do not want your child to take part in the survey, it is important you contact your child's school within the next two weeks.**

## Can my child change their mind if they decide they want to stop taking part?

Yes, your child can withdraw at any time during the survey, their teacher will remind them of this before the survey starts. However, once completed, responses are anonymous, so individual's answers can't be identified to be deleted.

### What will happen to my child's answers?



All answers are confidential and anonymous. This means the research team will not know who takes part in the survey. We do not collect any identifiable information, and will not ask for your child's name at any point. Therefore, we do not share individual's answers with the school or parents/carers. All data are stored securely in accordance with GDPR & the Data Protection Act 2018. View our data protection policy/data privacy notice, [here](#).

Anonymised survey data are stored indefinitely for research purposes as it has continued value in understanding health and well-being change over time. Anonymous summaries of the data will be included in reports to schools, local authorities and Welsh Government, and will be published in scientific journal articles.

### Has the study received ethical approval?

Our data collection follows an appropriate and robust approach to informed consent and safeguarding. Each research survey cycle is reviewed and approved by Cardiff University Ethics Committee. The committee can be contacted with any queries at [socsi-ethics@cardiff.ac.uk](mailto:socsi-ethics@cardiff.ac.uk)

### What do I need to do now?

If you are happy for your child to take part, then you don't need to do anything further. If you do not want your child to take part in the survey, please contact your school **within the next two weeks**, who will make arrangements to ensure that your child does not participate.

If you have any further questions about SHRN, please take a look at our website or contact us using the information below.

Yours Sincerely,

The SHRN Team

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