



# SCOTTISH SCHOOLS HEALTH AND WELLBEING IMPROVEMENT RESEARCH NETWORK (SHINE)

PILOT STUDY  
2018-2020

Information for Schools

MRC/CSO Social and Public Health Sciences Unit



# Scottish Schools Health and Wellbeing Improvement Research Network (SHINE)

## PILOT STUDY

*With the support of NHS Health Scotland, researchers from the Universities of Glasgow and St Andrews are establishing a new Scottish Schools Health Improvement Research Network and inviting your school to take part in its development*

### Why SHINE?

**Pupil health and academic attainment are intertwined.** Healthier pupils have higher attainment and, in the longer term, those who achieve better educational outcomes have better health and wellbeing.

**Wellbeing is a core value of the SHANARRI indicators (GIRFEC) and is key to helping each child achieve their full potential.** While numerous interventions have been developed to promote pupil health and wellbeing, results are mixed and more research is needed on how best to increase their effectiveness.

**High quality health improvement research in Scotland would benefit children, schools and policy makers.**

In 2014 a Schools Health Research Network was set up in Wales to enable effective collaboration between schools, policy makers and academic researchers, focusing on school-based health improvement research. It began with a small number of secondary schools but by 2018 all Welsh secondary schools had joined the Network (see [shrn.org.uk](http://shrn.org.uk)).

***We are now inviting your school to participate in a pilot for a similar Network in Scotland.***

## **Aims of SHINE**

SHINE aims to build an infrastructure for school-based health improvement research in Scotland and to narrow the gap between schools, policy makers and academic researchers. Specifically it will seek to:

- Help schools identify their key health and wellbeing needs using data from the 2018 Health Behaviour in School-aged Children (HBSC) Survey
- Increase the availability and relevance of research evidence for use in school planning and development;
- Provide schools and policy makers with guidance on evidence-based health promotion programmes and interventions;
- Facilitate and support school-led initiatives to promote young people's health;
- Develop closer links between schools and researchers to produce collaborative evidence which is more responsive to school needs;
- Advise schools on best practice regarding external requests for participation in other research studies.

SHINE is funded by the Medical Research Council and supported by NHS Health Scotland.

## What are the benefits of being part of SHINE?

Schools that join the Network will be offered:

- **Individual school feedback reports on findings from the Health Behaviour in School-aged Children (HBSC) Survey in Scotland.**<sup>1</sup> This will include information on a range of health behaviours and outcomes such as mental health, body image, physical activity, healthy eating, smoking, alcohol use and bullying, which can then be used to prioritise health and wellbeing activities, plan new initiatives, and engage parents with pupil health concerns. It can also be used to support CfE self-evaluation and to enrich the curriculum with up-to-date health-related research findings, for example in maths, science or PSE lessons.
- **Resources to support school health improvement activities.** These will include research briefings, interactive online data, webinars and evidence-informed resources.
- **Social and emotional education and development (SEED) resource guide,** providing a range of ideas and materials to support pupils' social and emotional development in school.
- **Professional development and Network events** to support learning and networking with other schools.
- **Opportunity to attend SHINE conferences** where teachers will be able to hear about the latest evidence-based research and best practice, and share experiences with other schools.

We will also explore with schools which support and resources would be most useful to them in the longer term. Further benefits may be offered if they are within the research team and partners' capacity to provide.

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<sup>1</sup> Schools providing HBSC returns for fewer than 15 pupils will not be able to have their individual school data fed back but will receive a composite report with other local schools. In future we hope these schools will be able to have more pupils take part in the HBSC survey and receive individual school level reports.

## **What does being a SHINE pilot school involve?**

To help develop the Network, schools will have the opportunity to:

- **Provide feedback on a range of new materials and resources,** and how these could be more useful for schools.
- **Help to refine our research processes,** for example, piloting an online version of the HBSC survey or testing other research tools for schools. This will be voluntary. Listening to your experiences of the process is a crucial part of the exercise.
- **Help us make the Network as useful as possible by providing feedback and taking part in interviews or focus groups.**  
Members of the school community (including staff, pupils, parents and others involved in pupil health and wellbeing) may be invited to participate in feedback interviews or focus groups. Participation will be voluntary.

The pilot study will take place between September 2018 and March 2020 and if successful, the SHINE will continue for the foreseeable future.

***Joining the Network does not commit a school to taking part in future research studies, and participation will always be voluntary. Schools may leave the SHINE pilot study at any time without giving a reason.***

## **Why pilot a Schools Health Improvement Research Network in Scotland?**

The success of the Welsh Schools Health Research Network paves the way for positive future development in the UK. The Scottish Government has already recognised the integral importance of health and wellbeing to pupil attainment and success in key initiatives such as Curriculum for Excellence, the Mental Health Strategy and GIRFEC. Piloting a School Health Improvement Research Network in Scotland will:

- Ensure schools are full partners in the Network's development, so it can be designed to be most useful to them.
- Evaluate how well the Network fulfils its aims and objectives and whether there should be investment to implement it Scotland-wide.

### **Objectives of the pilot study**

We are inviting all primary and secondary schools that participated in the 2018 Health Behaviour in School-aged Children (HBSC) Survey to join the Network. The SHINE research team will work with these schools and other education and health stakeholders to:

1. Ensure that school-based health improvement research has clear learning experiences and outcomes for pupils while providing insight and evidence for policy makers and researchers.
2. Develop a system for feeding back HBSC survey results to schools so they receive tailored pupil health and wellbeing reports that meet their information needs.
3. Explore with schools the resources required to best support pupil health and wellbeing and ongoing engagement in the Network.

## What will happen to the data schools provide?

Data from the HBSC 2018 survey will be used to generate the feedback reports for schools which will be sent to Head Teachers.

**School-level data will never be shared with anyone else without permission.** The research team will always ensure that pupil confidentiality is not compromised in school reports.

All data will be held in accordance with GDPR and the privacy notice for SHINE.

## Further information

Mrs Dawn Haughton, the SHINE Manager will be in touch with your school shortly, but if you would like to know more in the meantime please contact her using the details below.

- web: <https://www.gla.ac.uk/shine/>
- email: [Dawn.Haughton@glasgow.ac.uk](mailto:Dawn.Haughton@glasgow.ac.uk)
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The SHINE team:

### University of Glasgow

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