

# Schools Health and Wellbeing Improvement Research Network (SHINE)

## Information sheet

The Schools Health and Wellbeing Improvement Research Network (SHINE) provides a national infrastructure to support schools in addressing their health and wellbeing needs, with a focus on mental health, by using a data-driven, systems-level approach to health improvement.

Membership and most resources associated with SHINE membership are free to schools. There are no membership obligations, so schools can get involved as much or as little as possible during an academic session, depending on the school's agenda and time/staff capacity. We simply ask for the [online registration form](#) to be completed, providing permission from the Headteacher for the school to join and a designated SHINE Lead to be identified so that we have a direct contact in the school. SHINE is funded by the Medical Research Council and based at the Social and Public Sciences Unit at the University of Glasgow, so we also ask that members adhere to the procedures outlined with any of our resources as they have been approved for use by the University of Glasgow's ethics committee.

SHINE membership offers schools:

- A free health and wellbeing data report with data from the Health Behaviour in School-aged Children (HBSC) Survey 2018 either at school (if your school participated in the 2018 survey) or at Regional Collaborative level.
- An individual school folder in the secure area of our website with access to the members' area containing survey administration documents, survey packs, presentations from our conferences, backdated newsletters and other resources developed by SHINE.
- Access to online pupil surveys such as the [pupil mental health survey](#). This can be used with pupils from P6 to S6. The school is issued with an electronic log-in for pupils to complete the surveys on-line and the data are processed in accordance with the strict data processing protocols of the University of Glasgow, providing participating schools with a mini PDF report similar to the [example SHINE/HBSC HWB report](#) on the website.
- An invitation to the free, annual SHINE network conferences:
  - [SHINE Virtual Conference 2020](#) – Thursday 24<sup>th</sup> September 2020
  - [SHINE Virtual Conference 2021](#) – Thursday 18<sup>th</sup> November, 2021
- An invitation to take part in the SHINE webinar series to interact with the researchers. The first eight with topics such as sleep, suicide and self-harm, attachment difficulties, supporting the wellbeing of ASN pupils in an inclusive school environment, mental illness

and young people: stigma, discrimination and seeking support and e-Nurture: supporting young people's mental health in the digital age can be viewed [here](#).

- The opportunity to link with other schools through the network to share practice or learn from each other on particular areas of expertise.
- The opportunity to liaise with the Network Manager who can support schools to build links with other schools in the Network strategically, to be able to work collaboratively on particular HWB projects.
- The opportunity to take part in research studies through the SHINE affiliated research programme, examples can be seen on the SHINE website here:  
<https://shine.sphsu.gla.ac.uk/shine-affiliated-studies/>

If you have any further questions about SHINE membership and/or would like to find out more from the SHINE Network Manager, please contact [Dawn.Haughton@glasgow.ac.uk](mailto:Dawn.Haughton@glasgow.ac.uk) .

MRC/CSO Social and Public Health Sciences Unit



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