

SHINE National Network Conference 2024

Thursday 2nd May 2024 09.30 – 15.30 Clarice Pears building, 90 Byres Road, Glasgow, G12 8TB

Theme: *Using health and wellbeing evidence in school improvement planning to support positive health outcomes for young people.*

09.00 – 09.30 Registration

09.30 - 09.40 Welcome address Dawn Haughton, SHINE Network Manager

09.40 – 10.25 *Identifying and minimising young children's anxiety through schools* - Dr Tessa Reardon, Research Fellow, Oxford University, [bio](#)

Dr Reardon will present her work investigating accessible and efficient methods to support parents to prevent and overcome anxiety problems in young children in partnership with schools. Sharing learning from the iCATS and MyCATS programmes, Dr Reardon will demonstrate the potential of partnership working.

10.25 – 10.55 *Adolescent health and wellbeing: how are Scotland's young people doing?* Findings from the 2022 HBSC Scotland and International reports- The Health Behaviour in School-aged Children study team, Dr Jo Inchley [bio](#) & Dr Judith Brown [bio](#), MRC/CSO Social and Public Health Sciences Unit, University of Glasgow

The HBSC team will present key findings from the HBSC Scotland study 2022 survey providing an overview of the health trends and challenges facing young people in Scotland today. The findings will also be placed in context against international outcomes from the other 43 countries participating in the HBSC 2022 survey round. Q&A plus discussion around how these data can be used in the school setting.

10.55 – 11.15 Coffee/Tea break

11.15 – 11.55 School & research collaboration **case study 1: How successful school/research collaborations inform the whole-school approach to ensuring wellbeing, equality and inclusion** Professor Kirstin Mitchell, University of Glasgow [Bio](#) and Laura Thomson, DHT and Rachel Fagan, PT Pastoral, Selkirk High School, Scottish Borders

Professor Mitchell will present preliminary findings from the Equally Safe at School study and outline the next steps of the national evaluation. Rachel Fagan and Laura Thomson will showcase the ongoing work with the ESAS team at Selkirk High School, explaining how this research collaboration has contributed to the improvement planning process for inclusion, equalities and wellbeing.

11.55 – 12.30 **Sharing practice across the network** on "Using HWB evidence to inform school improvement planning to support positive health outcomes for young people." **Structured interactive delegate workshop in groups** facilitated by the [SHINE team](#).

Explore and share with fellow delegates the challenges and successes of collecting and sharing health

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& wellbeing data in the school setting as part of a whole school approach. In groups, delegates will create a mini dataset to better understand how schools are using health and wellbeing data. This will then be used as the basis for group discussion to identify what works, where more support is needed and suggest gaps where research expertise could potentially better support school improvement planning for health and wellbeing using evidence as part of a whole-school approach.

12.30 – 13.00 Lightening Research Carousel : short, snappy overviews of health research projects, sharing findings, new methods and potential benefits for schools.

- **Project 1:** SOCITS (a Socially Situated Systems approach to adolescent mental health) [Dr Jim Allen, University of Glasgow](#)
- **Project 2:** Crowdsourcing and citizen science for adolescent health [Dr Andrew Williams, University of Edinburgh](#) [Bio](#)
- **Project 3:** Improving adolescent health by addressing emotionally-based school non-attendance, Mary Wilson, [Bio SHINE Team](#)
- **Project 4:** Community Connections: Building and strengthening a system for physically active Primary Schools [Rob Sutton, PhD MRC/CSO Social and Public Health Sciences Unit, University of Glasgow](#)

13.00 – 13.50 Lunch

13.55 – 14.25 School **case study 2:** A whole-school approach to working with the SHINE mental health data reports [Jody Rushworth, DHT, and young people, Bishopbriggs Academy, East Dunbartonshire](#)

An inspiring showcase of the various initiatives and practice introduced or enhanced following the use of the SHINE mental health survey as part of a Local Authority-wide data collection in 2022-23. Young people will present their work as mental health ambassadors alongside the Depute Headteacher's experiences of sharing the data with parents/carers, staff and community partners to support positive outcomes for young people's mental health.

14.25 – 15.25 *Making sense of big data in the school setting* - an **interactive workshop in two parts** focusing on how research expertise can support the improvement planning process in schools.

- Part 1: A new video resource for schools will be shared, followed by a group activity to explore the research expertise and methods which can be used to support schools to better understand young people's health and wellbeing data. [Mary Wilson bio](#) and [Dawn Haughton bio from the SHINE Team, University of Glasgow](#)
- Part 2: In groups, delegates will have a chance to trial a classroom activity, *Zombie Outbreak Detectives*, being developed by the Generation Scotland team and designed for young people to support a better understanding of health data science in schools. Delegates will also have the opportunity to provide feedback to continue to shape this and future classroom resources. [Professor Heather Whalley bio](#), [Sarah Robertson](#), [Hannah Milbourn](#) and [Anne Richmond bio from the Generation Scotland Team, University of Edinburgh](#)

15.25-15.30 Closing remarks

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