

SHEU NEWS

AUTHORITIES CHOOSE SHEU SURVEYS health-related behaviour data, of your young people, provided by an independent Unit

NATIONAL INDICATORS & LOCAL FLEXIBILITY

SHEU recently surveyed over 100,000 young people. Health and Education professionals, involved in the surveys, met their need to inform National Indicators and also gained rich data for local health programme planning.

Topics in SHEU surveys ensure there are data to satisfy ECM, OFSTED, National Indicators, Public Service Agreement and PSHE requirements.

Local, detailed, school/college data from your young people also produce a database that has depth allowing links to be matched across behaviours. This is a vital ingredient for health promotion planning and healthy school/college activity. Professionals acknowledge the added-value resulting from their survey work with SHEU.

For over 32 years...

Survey commissioners (LAs, PCTs etc.) have been helping us improve our specialist survey services to make them reliable for health planning and promotion activity with young people.

Colleagues appreciate that working with an independent Unit means they have choices. For example, you can select paper and online surveys, have flexible questions covering local issues, and develop PSHE curriculum materials related to local survey data.

Commissioners value liaising with SHEU staff, who were experienced teachers, when managing the school survey process.

Since 1977, the Schools Health Education Unit has researched young people's health-related behaviour and we continue to satisfy Authorities' need for local, detailed data.

For more details please contact Angela Balding – [email: angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

LOCAL DATA - Responsive to your needs

SHEU provides neighborhood surveys that capture a picture of young people and identifies issues relevant to individual schools and colleges. Examples are shown in the charts. Chart 1 shows that 21% of primary pupils and 40% of secondary pupils said they thought vandalism or graffiti was a problem in their area. Gender differences like these are often an interesting feature of the data.

Chart 1. Vandalism or graffiti problem in their area: responses from Yr. 4 - Yr.10 pupils

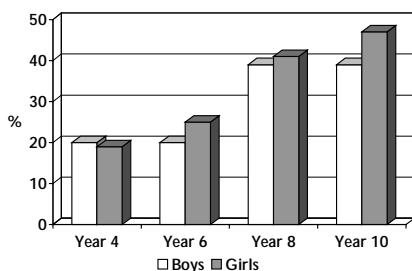
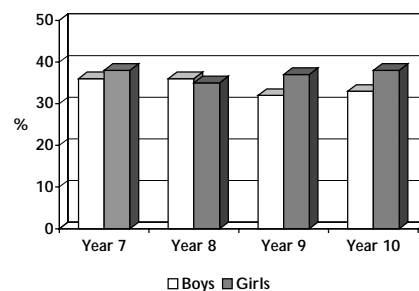


Chart 2 shows that 35% of secondary pupils in this survey said they don't see the police often enough in the area where they live. Again, there is an interesting gender difference where the older girls are asking for increased police presence in their area.

Chart 2. Do not see the police often enough in the area where they live: responses from Yr. 7 - Yr.10 pupils





Schools Health Education Unit

ESTABLISHED 1977

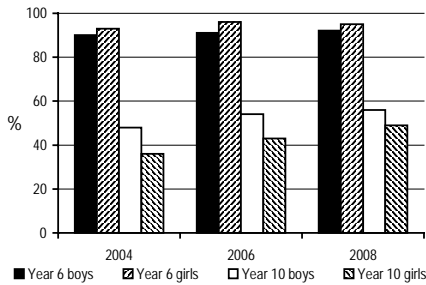
TRENDS AT AUTHORITY LEVEL

Following a survey we write reports for schools and local authorities. These charts show examples from Year 6 and 10 pupils' response to questions about smoking and '5-a-day' messages for one particular local authority.

Smoking

It has been really pleasing to be able to write reports that say more young people today tell us that they have never even tried smoking.

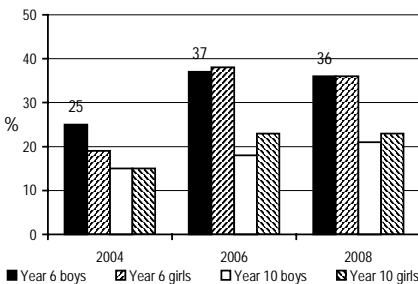
Chart 1. "Never smoked" : responses from Yr. 6 and Yr.10 pupils from 2004, 2006 and 2008



'5-a-day' message

The follow chart shows how trend data is a powerful tool for reflecting on the impact of initiatives. The '5-a-day' messages have an influence on the primary sector but are taking longer to filter through to the secondary age groups.

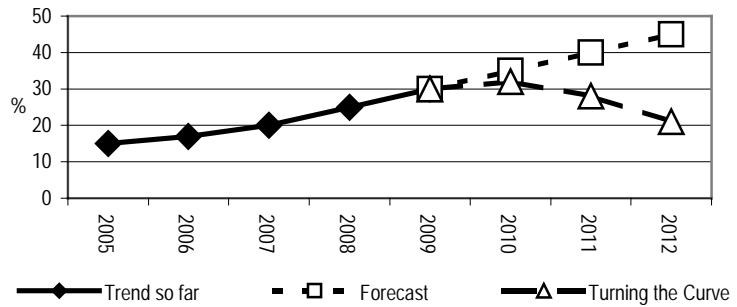
Chart 2. '5-a-day' messages : responses from Yr. 6 and Yr.10 pupils from 2004, 2006 and 2008



For details of our surveys (paper and web-based) please contact

Angela Balding
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ROUND THE BEND?

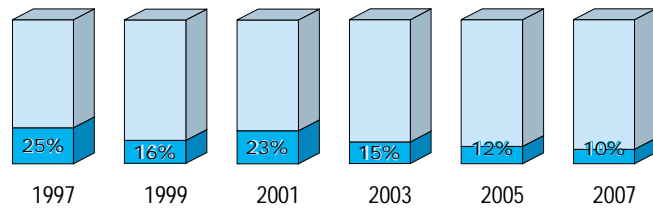


Mark Friedman, an American academic, has been promoting an approach to implementing change that he calls *Turning the Curve*. The title of Friedman's book is: *'Trying hard is not good enough'*. It is a method that focuses on results, on having discussions with people who have a stake in the outcomes, and identifying feasible actions.

If you want to read more about it, then there is a nice summary from Portsmouth City Council posted at <http://www.idea.gov.uk/idk/aio/5455262> and Friedman's own site at <http://www.raguide.org>.

Like the emphasis on "evidence-based policy", another phrase that wasn't around when we started, we believe this approach fits in very well with our own work which John Balding started in the 1970s. In some schools and authorities, we have some very robust sequences of results going back some years. Here's one from a London borough:

Percentage of Year 10 females who are regular smokers

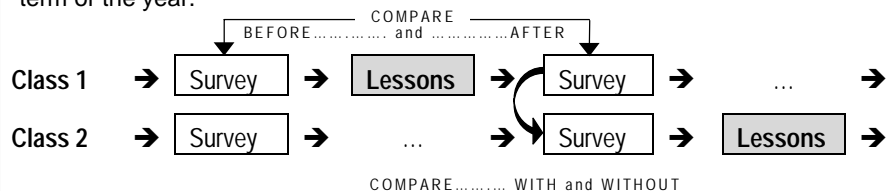


We can show trends like this for a school or a borough, and compare it with trends we see in our aggregate data sets like Young People into 2009.

We would be interested in hearing from anyone who has tried to think through their results from Exeter while using Friedman's ideas – or anyone that would like to work with us in this way. Please contact DR@sheu.org.uk

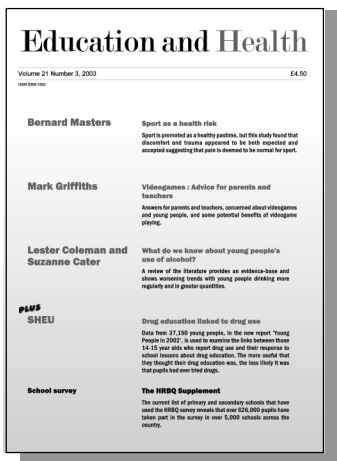
Monitoring and evaluation

Dr David Regis has just been tidying up the results from a study. We used a before-and-after design to see what changes had taken place in a class that had had some special lessons from a project worker. Now, pupils change as they get older, and they will notice that they've just had some odd survey, so it's not obvious that any changes you see later are because of the lessons. In scientific terms, we should have some other properly matched classes which don't get the lessons for comparison, but from a school's point of view, you obviously want all of your pupils to have the lessons. The best way to handle this is to compare the responses in two classes or groups of classes over time – and, because teachers can't be in two places at once (despite appearances, sometimes), we can compare pupils with and without that set of special lessons as they go through the term or the year.



Education and Health

Volume 27 Number 3. 2009



The third issue in 2009 continued the twenty seven years of successful publications by including an eclectic mix of articles from those working with young people.

Jennifer Hester, and others from Leeds Metropolitan University, wrote about an interview process aimed at uncovering experiences of obese young people during a period of post intervention lifestyle change.

Hannah Smith, and others from Staffordshire University, wrote about developing a successful physical activity intervention in Primary Schools.

Dr David Regis is the Research Manager at SHEU. His article described the social norms approach to human behaviour using examples from SHEU's survey work with young people.

Michele Sutton is Principal of Bradford College and chair of the Healthy Further Education Steering Group. Michele's article concerned the provision of a healthy, safe learning environment in FE colleges.

Dr Kate Philip, and others from the Rowan Group, University of Aberdeen, wrote about the school as a location for the promotion and support of mental health.

Liz Murray is a Sexual Health Promotion Specialist and her article described the peer activities in sexual health young people's education project.

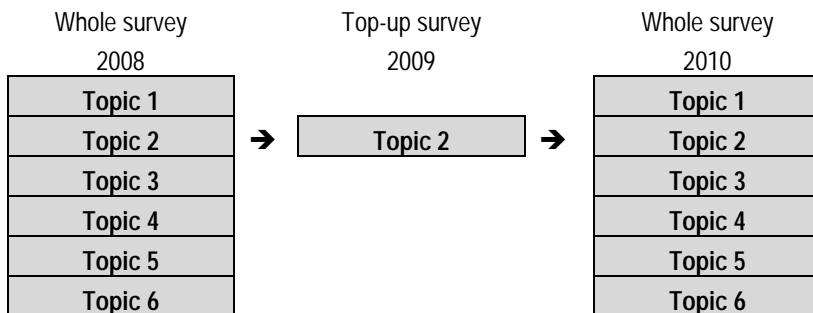
Dr. Paul Aleixo is a Senior Lecturer at De Montfort University. His article explored sports days, competition and self-esteem in primary schools.

Journal articles can be from 500 words and longer, research based papers up to 2000 words. Subscription is for £20 for four issues per. year.

TOP-UP SURVEYS

We often work with PCTs and Authorities every other year. Budgets aren't unlimited and it sometimes takes the best part of a year to work through all the rich data that comes from a SHEU survey.

We are occasionally approached by schools who ask if they can do the survey again in the 'off' years. Schools see their pupils change quickly and if they have done some work with a year group on a particular topic they might want to see if their has been any change in that group. You have to do the long survey to see what you need to work on, but it would be uneconomic to do the whole thing again. So we are very happy to offer a mid-cycle survey to a school, if it will help them evaluate their work as a result of the previous survey.



FREE WEB ISSUE

A unique contemporary archive of young people, *Young People into 2008 web-edition* provides answers to over 100 health-related behaviour questions. The latest in our annual series of publications based from the aggregated results of our survey work.

32,162 young people, between the ages of 10 and 15, tell us about what they do at home, at school, and with their friends. These data have been collected in 2007 from surveys in 361 primary and secondary schools across the United Kingdom.

To access the 9 chapters please visit:
<http://www.sheu.org.uk/publications/yp08.htm>



HRB NEWS 5-11

A monthly email with Internet links to information about 5-11 year olds health related behaviour chosen from our databanks and the Internet. Recent links have included: "The effect of the consumption of water on the memory and attention of children".

HRB NEWS 11-16

Internet links to information about 11-16 year olds health related behaviour. Recent links have included: "Saints not sinners? Young people bucking the trend of binge drinking. An analysis of the drinking trends of school age children in Sunderland".

HRB NEWS 16+

Internet links to information about 16+ year olds health related behaviour. Recent links have included: "Exploring the potential of computer and video games for health and physical education: A literature review."

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FREE FREE FREE FREE FREE

Working with special needs

Let us know if we can do something for you!

The survey year starts up again for us in Autumn, and we are reminded that our questionnaires may be a challenge for pupils with special need or with English as an Additional Language.

We are very used to tackling these problems in Exeter, so please don't look at our standard questionnaires and assume that the exercise is not suitable for your pupils. We have often produced translated versions of the questionnaire and similarly frequently work with schools and authorities to develop a style of questionnaire that their pupils can manage. We have just put online a set of questions with video clips in British Sign Language, courtesy of Eyegaze.

Let us know if we can do something for you!

Every Child Matters Survey (Secondary) 2009

Page 1 Back to Survey FAQs List Analysis Contact Us/Feedback/Check SPSS Job (SPSS18000) View All

(Move your cursor over the black box and click on the PLAY symbol)

EVERY CHILD MATTERS in Bristol Secondary Schools

The purpose of this questionnaire is to help your health authority to plan health care for young people, and to help teachers plan work in schools. To do this, they need some information about yourself. These questionnaires are confidential and will not be read by anyone connected with your school. You will not be identified.

1) Please answer all questions honestly.

Komputer (np. gry, sprzęt)..... Tak Nie

Zabawki..... Tak Nie

Telefony komórkowe (cokolwiek z nimi związanego)..... Tak Nie

Cos innego (napisz) Tak Nie

71 Czy w zeszłym tygodniu zaoszczędziłeś/aś jakieś pieniądze?
Zakreśl JEDNĄ odpowiedź..... Tak Nie Nie wiem

Dziękujemy za wypełnienie kwestionariusza! ▼85 ▲5

AN INSPECTOR CALLS

OFSTED are keen that schools have some insight into the perceptions that pupils and parents have about the school (perception data).

SHEU have been developing a suite of questionnaires for some years now designed to explore exactly that. Sets of questions are arranged under the *Every Child Matters* headings and there are versions for

- Younger pupils (KS1-KS2)
- Older pupils (KS2-KS4)
- Parents and Carers

The questionnaires can be branded with your school logo if desired.

Let us know if you would like to obtain results like these before you get the call!

These questions are about STAYING SAFE

Please circle one answer on each line

7 I feel safe at school No Sometimes Yes

8 My teacher tells me about dangers and what I must do No Sometimes Yes

9 If children are naughty then my teacher does something about it quickly No Sometimes Yes

10 At school I can talk to a grown up if I am scored No Sometimes Yes

www.sheu.org.uk

Please do not write in any of the shaded boxes

St. Joan of Arc Catholic School

Every Child Matters at

A SURVEY FOR PARENTS AND CARERS

We would like you to answer some questions for us. We are doing this survey because we want to know how to plan things in the school that are right for your child and everyone else at the school.

If there are any questions you do not want to answer you may leave them out. Please do not write your name on this questionnaire.

Are you male or female? Please tick one answer

Male

Female