

SHEU [Schools Health Education Unit] provide a free resource that links to research on the Internet about children and young people's health and wellbeing.

For communication, please email: david.mcgeorge@sheu.org.uk

SHEU

Recent additions to the free research resource that supports those concerned with the health and wellbeing of children and young people

In January 2006, The Schools Health Education Unit [SHEU] began sending out a monthly email with links to research. The links were to information, chosen from the SHEU's databanks and the Internet, about the health and behaviour of young people aged 16+. The links were mainly to research papers and, where possible, to the complete paper or at least an abstract.

The development of the resource grew out of the SHEU's research work with schools and colleges across the country. It was clear that those working with children and young people did not have much time to search for relevant research that could support their work.

To join colleagues who work with children and young people and who receive this free resource please contact [David McGeorge](#). To find more research please click on the following [link](#).

The resource is regularly updated and recent additions include:

[Does Mindfulness Have a Place in a Christian School? One School's Experience and Reflections](#)

"It is a typical classroom in an Australian primary school. The children are not at their desks. They are lying on the floor with their eyes closed. Their teacher is guiding them through a Christian mindfulness exercise... Among the findings we observed that attention refocus and class calmness improved. This was similar to the findings in secular mindfulness investigations."

[Development of 'MyTeen' Text Messaging Program to Support Parents of Adolescents](#)

"Mobile health interventions have great potential for supporting parents at a population level because of their broad reach and

convenience. This study reports on the formative work conducted with parents/primary caregivers to identify their needs and preferences for the development of 'MyTeen' on promoting parental competence and mental health literacy for parents of adolescents (aged 10-15 years) in New Zealand... Among the findings were the need to support parents, participants lacked competence on initiating discussion about mental health with their child and parents were unaware of existing services."

[Exploring Parents' and Teachers' Perspectives about School-Based Sexuality Education in a Multicultural Context: A Case Study in Mauritius](#)

"The aim of the study was to explore parents' and teachers' perspectives of sociocultural factors that can act as enabling factors or potential barriers... enabling factors were perceived as the importance of school-based SE by parents and teachers, contribution of external organizations, and a two-way communication process with adolescents. The potential barriers were perceived as a resistance from some teachers and students, the gender of the parent, and religion. Generation gap and ICT were found to be both enablers and barriers."

[Cost-Effectiveness of Water Promotion Strategies in US Schools for Preventing Childhood Obesity and Increasing Water Intake](#)

"Installing water dispensers on school lunch lines could save almost half of the dollars needed for implementation via a reduction in obesity-related health care costs.... Although installing cup dispensers next to existing water fountains was the least costly it also had the lowest population reach. Overall school-based interventions to promote drinking water may be relatively inexpensive strategies for improving child health.