

SHEU NEWS

An occasional newsletter – March 2014

SHEU SURVEYS YOUR YOUNG PEOPLE

nationally-recognised, since 1977,
as the specialist provider of reliable local survey data about young people's health and wellbeing

SHEU, with 37 years experience,

support Local Authorities who are faced with difficult decisions to achieve effective public health spending for their young people.

The SHEU surveys, which are wide ranging and take in the views of thousands of children and young people, cover topics such as attitudes towards learning, bullying, sexual health and sex education and online safety.

They give the local authority, schools and other partners, a wealth of invaluable information to improve services for young people, particularly vulnerable groups.

Obesity **SMOKING** *Running eating crisps*
DRINKING WATER *problems with friends*
worried about the **WAY YOU LOOK**
Homework DRUGS *2-3 going for a walk*
RUGBY *When you cycle out of breath*
Never Hardly Ever Sometimes *1-2 pints*
Picked on **BETTER WORSE** *violence between*
CHIPS *money problems feel sad at school*
I smoke and I would like to give up **4-5**
About a litre **ANY SPORTS AT ALL** *fighting*

Ealing LAMBETH Wolverhampton
 Lewisham SOLIHULL Greenwich
 Swindon Guernsey
 WILTS idgeshire
 BRIST Bath &
 NE S KSHIRE
 Wakefield t Sussex
 Newcastle UMBRIA
 Milton Keynes chdale DUDLEY
 Hertfordshire STOKE Haringey Essex



"As a Deputy Head in a large second-ary school I was involved in taking part in a city wide health and wellbeing survey over a period of six years. Completing the survey every two years grew in importance year on year, with the final cycle having a major impact on our SDP, PHSE curriculum, Ofsted outcomes and governor understanding. The surveys helped Governors make a positive informed decision to allow Brook Advisory Clinic nurses on site to support students. As a result of taking part and using the evidence provided we were able to offer more support for students which had a direct impact on improved attendance and outcomes."
 Deputy Head Secondary School

Please contact Angela Balding for more details.
 Telephone 01392 667272 or [email: angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

THE SHEU WEBSITE

<http://sheu.org.uk>

Free resources for those involved with the health and wellbeing of young people

"I know of no other similar way of quickly accessing research about young people across disciplines and sectors."



Authorities we work with include: BaNES, Bristol, Cambridgeshire, Cornwall, Croydon, Devon, Dudley, Ealing, Essex, Gateshead, Greenwich, Guernsey, Haringey, Hertfordshire, Isle of Wight, Kingston, Knowsley, Lambeth, Lewisham, Newcastle, North Yorkshire, Oldham, Plymouth, Richmond, Rochdale, Somerset, Southwark, Stoke, Sunderland, Suffolk, Swindon, Warrington, Wiltshire and Wolverhampton.

PUPIL PREMIUM ALLOCATION

We have responded to requests from teachers to provide evidence, from the Health Related Behaviour Questionnaire, to support spending their 'Pupil Premium' allocations. We are sure many schools share our belief that the wellbeing of pupils is strongly linked to their academic progress. You can examine the wellbeing and lifestyle of Pupil Premium students through a special analysis using our standard questionnaire (follow the link).

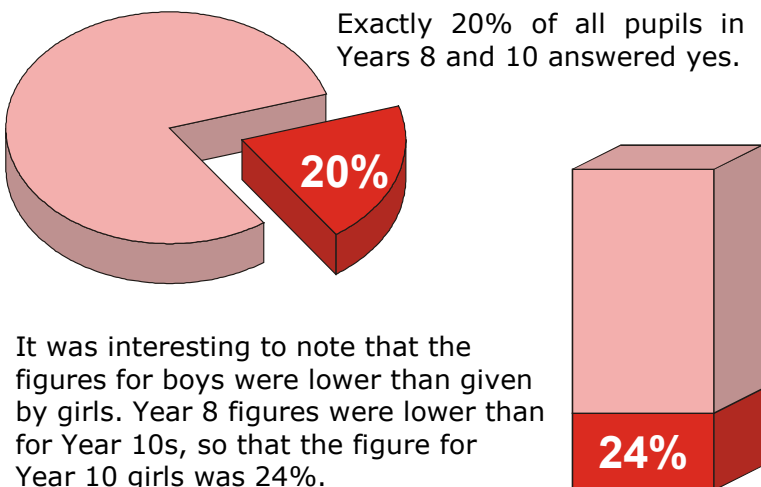
<http://sheu.org.uk/content/page/pupil-premium-and-better-outcomes>

SHEU DATA : Children exposed to smoke in cars

Recent attention was drawn to plans to ban smoking in cars and was discussed in the House of Lords. James Cant, head of the British Lung Foundation Scotland, was quoted, by the BBC, referring to a 2010 NHS study in England which found that about 18% of children aged 11 to 15 were exposed to smoke in cars.

We thought we'd check of our own statistics on this issue and found a question used in four local authority studies in 2012 with over 12,000 pupils from Eastern Region, the West Midlands and the North East.

Does anyone smoke in a car when you are in it too?



Please contact Angela Balding for more details -
[email: angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

SHEU STAFF

We get asked about our staff at various times, including when new surveys begin and when repeat surveys occur so here is some information, about current members.

Caroline and Jim head-up the data preparation part of the Unit. Among their tasks, they make sure that paper questionnaires are efficiently entered into the SHEU system to enable the team to sort through each answer and prepare the data for analysis.

The data-prep team: Jane, Marta, Val and Jon, provide a unique coding and punching service that has enabled SHEU to work with local authorities since 1977.

Nigel designs the online survey service to make sure it meets your needs. Nick works on the paper and online questionnaires so that everything fits into our electronic system. This ensures that you get the questionnaires you want and once your youngsters have filled them in, our system can analyse the answers and produce reports for your schools and authority. Jon helps Nick to keep everything on-time and up-to-date.

Charleigh administers everything for the Unit and is often your initial point of contact. David M. keeps those, concerned with young people's health and wellbeing, informed about SHEU's work, research and services.

Angela and David R. direct the Unit and manage the surveys and research. They deal directly with local authorities and schools. Data analysis and report writing is part of their work and when they are not in Exeter that can be found talking to health and education staff and young people all over the country.

To contact us please telephone 01392 667272 email: sheu@sheu.org.uk and visit our website <http://sheu.org.uk>

SURVEYS DATA RESULTS

NEW SHOOTS

A new crop of surveys this Spring has allowed us to renew our relationships with several local authorities who we haven't worked with for a while. It has also led us once more to review and refresh the questionnaire content in each area. New and recent items include questions about:

e-cigarettes
self-harm
caffeinated ('energy') drinks
social norms
e-safety
bullying by boyfriend/girlfriend
second-hand smoke in cars
barriers to participation
persistence and
resilience.

We have also tweaked the combination of items now needed to identify Pupil Premium candidates. If you are interested in seeing how these new items might fit into a survey for your area, do get in touch with Angela.Balding@sheu.org.uk

CHILDREN IN CARE

We've been looking again at children in care, using a combined online and paper survey. We like our questionnaires to be anonymous, but we would like to be able to follow up known non-responders and see if we can get them to respond after all. How can we square that circle?

The answer is a cunning FreePost postcard: a mini-survey which discovers if a young person is worth chasing for completion.

Dear SHEU

- I have now completed this questionnaire
- I am not going to complete the survey, so please don't contact me again about this

If a postcard seems rather too twentieth-century, the young people can use an email or a free text (SMS) service to let us know.

ENHANCE YOUR ONLINE EXPERIENCE

Since a bit of EU ruling, websites here are supposed to let you know that they are setting 'cookies' (little files with information) on your computer and you consent to this because it will "enhance your online experience" or some such phrase. I suspect that cookies are usually of little benefit to me, but help the website owner discover more about what adverts to show me... However, SHEU genuinely do use cookies to benefit the website user.

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SHEU ONLINE SURVEYS

Some pupils get on fine with a standard website design, but some find black-text-on-white-background on a bright screen altogether too glaring to read comfortably. So, if a school requests it, we can offer each pupil the option to choose a text size and a background colour that they prefer to use – for example, big letters on a soft green ground. Every pupil could have a different colour if they wished, and once chosen for the first page, the computer will keep those choices for the whole survey. And it knows what you prefer, because it sets a 'cookie'.

E&H

EDUCATION&HEALTH

Published since 1983, Education and Health (E&H) is now available as an **open access online journal**.

<http://sheu.org.uk/eh>

Recent articles:

An evaluation in UK schools of a classroom-based physical activity programme - TAKE 10! ®: A qualitative analysis of the teachers' perspective

SHAHRP: School Health and Alcohol Harm Reduction Project – Developments in Australia and the UK

Adolescent gambling via social networking sites: A brief overview

Charlton Manor's Food Journey

Teaching cooking at Ashton Vale Primary

SRE - Not yet good enough: Can scripts bridge the training gap?

E&H regularly attracts contributions from around the world and we welcome new contributors.

To submit an article, up to 3000 words, please email the Editor: david.mcgeorge@sheu.org.uk

Published quarterly, we look forward to your company in the next issue.



Schools and Students Health Education Unit

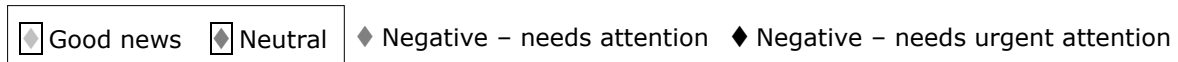
SHEU surveys support schools and colleges promoting health and wellbeing through behaviour change
 For more information about our work go to <http://sheu.org.uk/>

School report : Spine chart

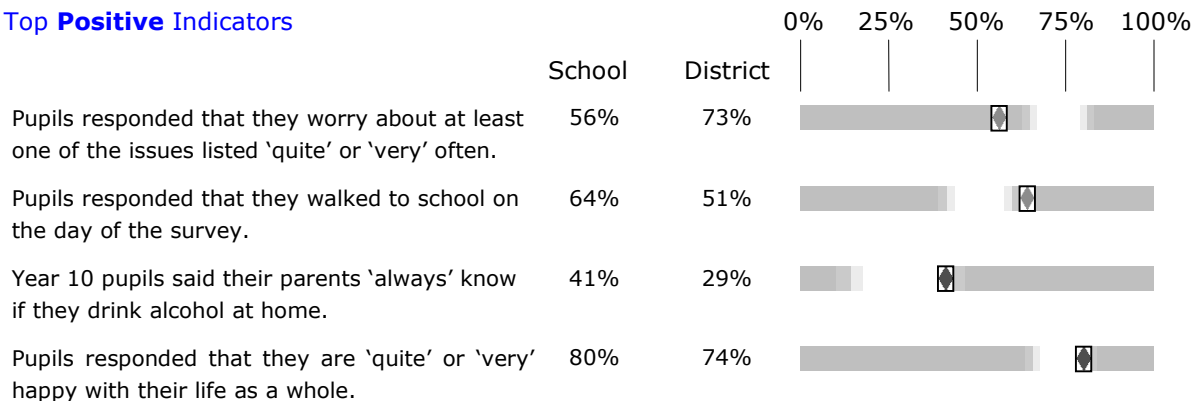
Spine charts have been produced comparing each school with the wider Authority data to look for positive and negative indicators:

Interpretation

The position of the diamond along the grey scale indicates your school's figure. The white space along the grey scale indicates the range for all Authority schools. The 'inter-quartile range' is also shown in lighter tone.



Top Positive Indicators



Top Negative (or less positive) Indicators

