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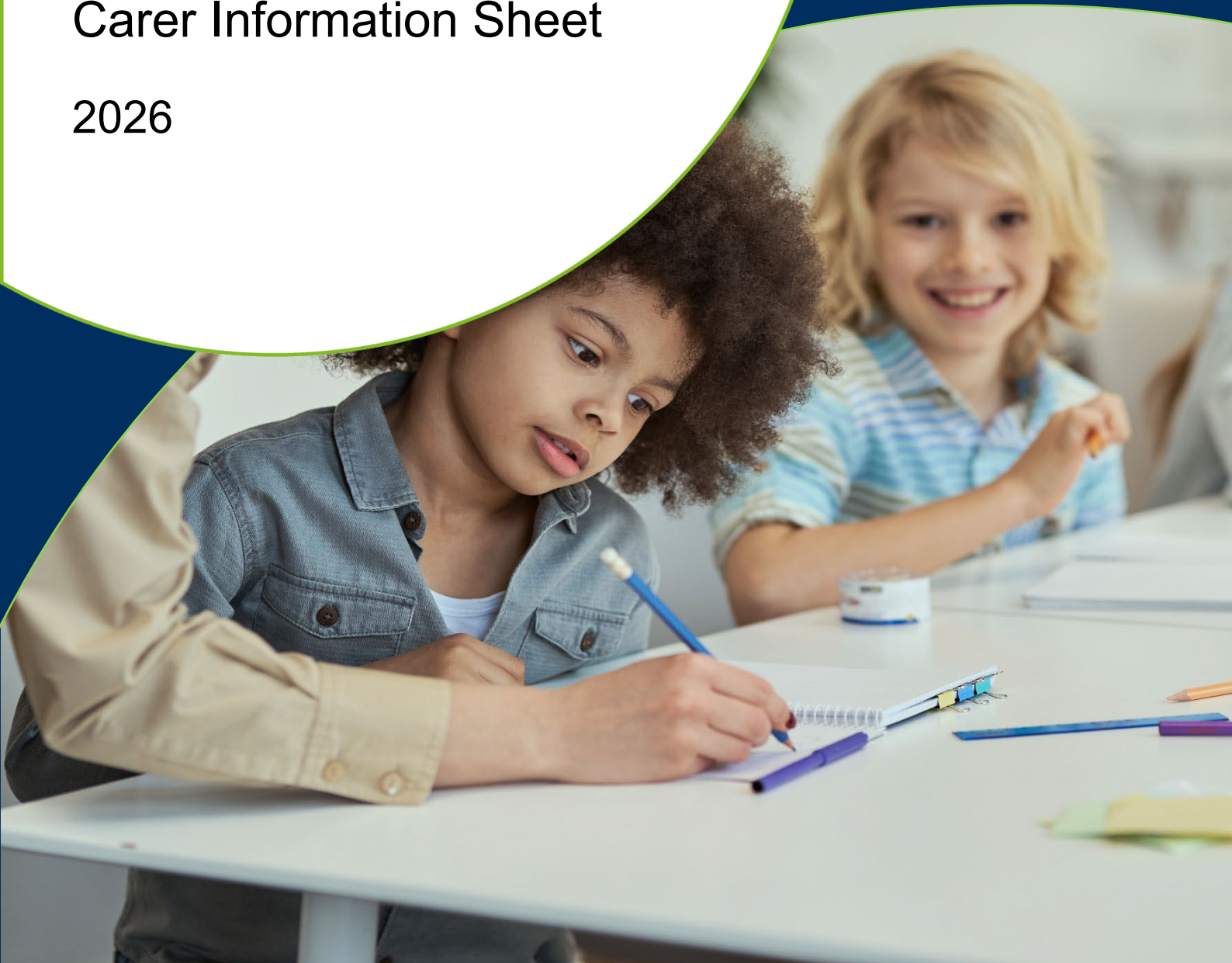
THE SCHOOL
HEALTH RESEARCH
NETWORK

shrnl.org.uk

The School Health Research Network (SHRN)

The SHRN Student Health and Well-being Survey: Parent and Carer Information Sheet

2026



Rhwydwaith Ysgolion Cymru
syn Hybu Iechyd a Lles
Welsh Network of Health and
Well-being Promoting Schools



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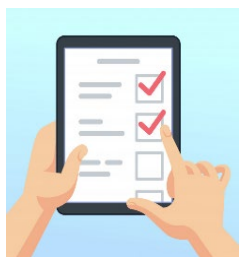
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Who We Are

The School Health Research Network (SHRN) is a policy-practice-research partnership between [Welsh Government](#), [Public Health Wales](#), and [Cardiff University](#) established in 2013. SHRN aims to **improve children and young people's health and well-being in Wales** by working with schools to generate and use good quality evidence for health improvement.

What Are We Doing?



Your child's school has agreed to take part in [The SHRN Student Health and Well-being Survey in Primary Schools](#) this autumn term. The survey is being managed by IPSOS, our survey contractor, on behalf of Cardiff University, and is completed online with support from a member of school staff.

Learners in years 3 to 6 will be invited to take part. Participation is voluntary, and the answers are confidential and anonymous. This means we do not collect any identifiable information and therefore cannot disclose individual's answers to anyone.

What's Involved?

During class, your child will be asked to take part in a brief online survey, which will take about 20 minutes on average. It will ask general questions about themselves, their feelings, what they think about school, and behaviours which can affect their health and well-being (e.g. physical activity, sleep, screentime etc.).



Questions have been developed in consultation with teachers, parents and carers, and children across schools in Wales. Children will be told that their answers are private and won't be asked to give their names.

Learners can skip any question they prefer not to answer or stop taking part at any time.

The survey will not reduce learning time, as it will be completed in place of school assemblies or as part of the curriculum through the Health and Well-being Area of Learning.

At the end of the survey, information about [Childline](#), will be available at the end of the survey

Viewing the Survey



Your child's school will have shared a copy of the survey questions with parents and carers through its usual communication channels at least two weeks before the survey takes place, alongside this information sheet. This gives you the opportunity to review the questions and decide whether you wish your child to take part. If you have not received or been able to access a copy of the survey, please contact your child's teacher or school directly.

Why This Research Matters

We work with schools across Wales to inform and evaluate actions to improve children and young people's health and well-being. One way we do this is by conducting this national survey every two years.

Anonymised findings are shared with schools, local authorities, Public Health Wales, and the Welsh Government to support evidence-informed decision-making.

In addition, our network hosts research events and webinars for school staff, providing opportunities to explore health and well-being topics and to support the planning of practical actions to improve learners' health and well-being.

Does My Child Have to Take Part?

Although your child's school has agreed to take part, **participation is entirely voluntary** and it is up to you and your child whether they wish to take part. We encourage you to **talk to your child about the survey**.

If you agree, your child's teacher will check whether your child is happy to take part on the day of the survey. If they choose not to take part, they will be provided with alternative activities.

If you do not want your child to take part in the survey, it is important you contact your child's school within two weeks of receiving this information.

Can My Child Change Their Mind?

Yes. Your child can withdraw at any point while completing the survey, and their teacher will remind them of this before the survey begins. However, once the survey has been completed, responses cannot be withdrawn because they are fully anonymous and cannot be linked to individual learners.

What Will Happen to My Child's Answers?



All answers are confidential and anonymous. This means the research team will not know who takes part in the survey. We do not collect any identifiable information and will not ask for your child's name at any point. Therefore, we are unable to share individual's answers with anyone.

All data are stored securely in accordance with GDPR & the Data Protection Act 2018. View our data protection policy/data privacy notice, [here](#).

Anonymised survey data are stored indefinitely for research purposes as it has continued value in understanding health and well-being change over time.

Anonymous summaries of the grouped data will be included in reports to schools, Public Health Wales, local authorities, and Welsh Government, and will be published in Scientific Journal Articles.

Has the Study Received Ethical Approval?

Yes. Our data collection follows an appropriate and robust approach to informed consent

and safeguarding. Each research survey cycle is reviewed and approved by Cardiff University Ethics Committee. The committee can be contacted with any queries at SOSSS-Research@cardiff.ac.uk.

What Do I Need to Do Now?

If you are happy for your child to take part, then you don't need to do anything further.

If you **do not want** your child to take part in the survey, please contact your school **within two weeks of receiving this information**. They will make arrangements to ensure your child does not participate.

If you have any further questions about SHRN, please take a look at our website or contact us using the information below.

Thank you for taking the time to read this information and for supporting research that aims to improve children's health and well-being in Wales. We are very grateful to learners, parents, carers, and schools who choose to take part.

Best wishes

The SHRN Team

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