



## School-Level Data Dashboard User Manual

This user manual aims to guide users through the online school-level data dashboard, including the four sections: homepage, school dashboard, case studies and supportive resources.

### Logging In

1. Log into the dashboard with your username and password.

### Homepage

Navigation of Home Page

- This is your Dashboard Home Page. To return to the home screen at any time, simply click on 'Home Page' in the menu.

**Hi Sheppard Academy**

Welcome to your SHRN data dashboard.

As a member of the School Health Research Network (SHRN) in Wales, we are delighted to provide you access to data based on your students' responses to the SHRN Student Health and Wellbeing (SHW) survey. The survey asked students about a range of health behaviours and outcomes as well as their age, gender, and how they feel about school. Most questions in the survey come from the international [Health Behaviour in School-aged Children \(HBSC\) study](#), supported by the World Health Organisation.

**About the dashboard**

The dashboard was created using User Centred Tool Design, which involved multiple cycles of stakeholder involvement. This included school staff, Welsh Network of Healthy School Schemes Coordinators, and young people via research advisory groups.

Below you can find an introductory video to the dashboard that describes its key features and functionality. An accompanying user guide is also available to download.

Your schools' name will appear here

- The video located at the bottom of the Dashboard Home Page is a digital navigation guide that gives you a step-by-step tour of the dashboard, including both its content and functionality.

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## School Dashboard

In this section, your school's data is presented, based on pupils' responses to the SHRN Student Health and Wellbeing Survey.

1. Click on 'School Dashboard' on the menu. The first topic automatically comes onto the screen.
2. Toggle the horizontal tabs to select the desired health topic.

3. Toggle the vertical tabs to select the desired subordinate category for the chosen health topic.

## Navigating Health Topic Graph Number 1, 2 and 3

The first three graphs on the dashboard convey the same data but for **DIFFERENT YEARS**.

- Once you have selected your desired health topic and sub-topic, you can view the data by gender and year group. The example here is 'Wellbeing & Emotional Health', 'Life Satisfaction'.



HOME PAGE SCHOOL DASHBOARD CASE STUDIES SUPPORTIVE RESOURCES

Food Physical Activity **Wellbeing & Emotional Health** Substance Use Sex & Relationships

Bedtime

Screen Use at Ni...

**Life Satisfaction**

SDQ - Emotional...

SDQ - Conduct Pr...

SDQ - Hyperactivi...

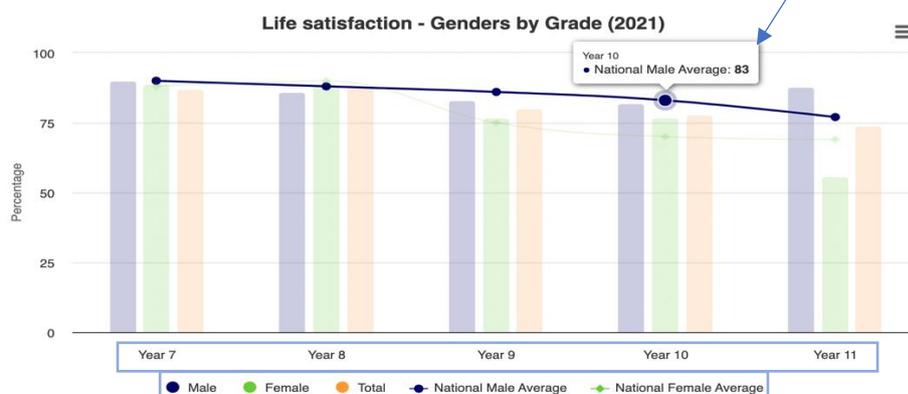
SDQ - Peer Probl...

SDQ - Prosocial B...

Cyberbullying (vic...

Cyberbullying (pe...

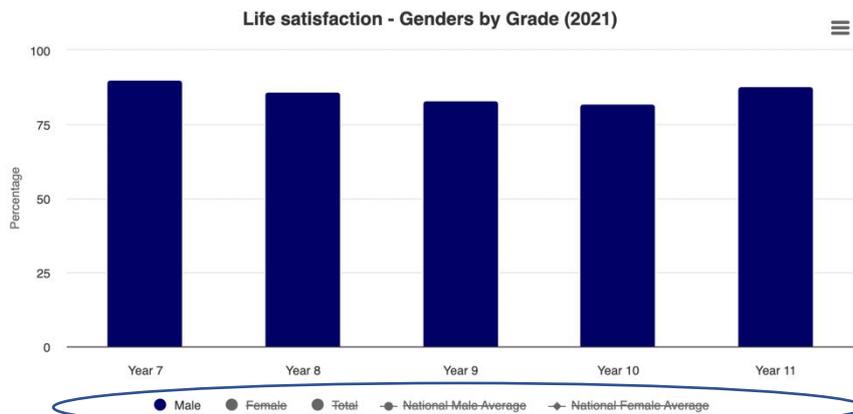
Here is a picture of a ladder. The top of the ladder '10' is the best possible life for you and the bottom '0' is the worst possible life for you. In general, where on the ladder do you feel you stand at the moment? Please select the option next to the number that best describes where you stand.



Hover over the graph to highlight National Average trends for Male or Female.

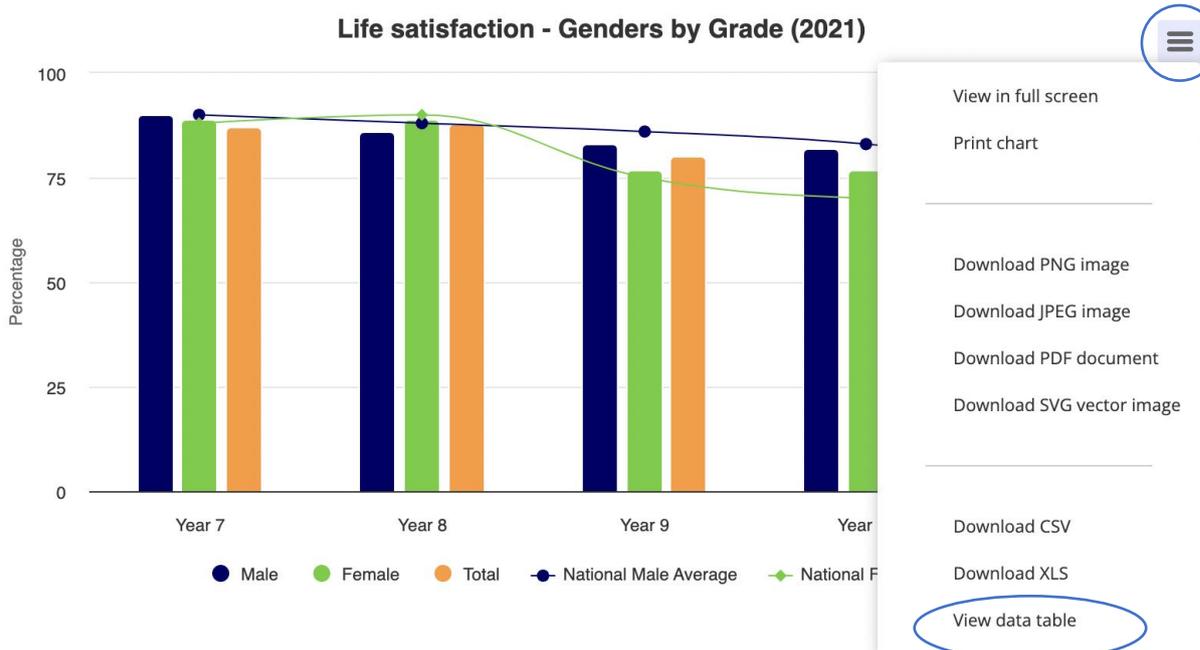
- The first three graphs are bar charts displaying responses by gender and year group on the x-axis (e.g., years 7, 8, 9...). The percentage of responses is on the y-axis. National trends for males and females are displayed as a line graph overlaid upon the school data to enable national benchmarking.
- The key at the bottom of the graph shows the colour associated with each bar and line displayed within the chart.
- If you want to isolate a category e.g., Male, you can click on the other variables to remove them. Example below.

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5. Click on the hamburger menu  to explore different actions.

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6. To view your data in a table view, click on the hamburger menu, and select 'View data table'.

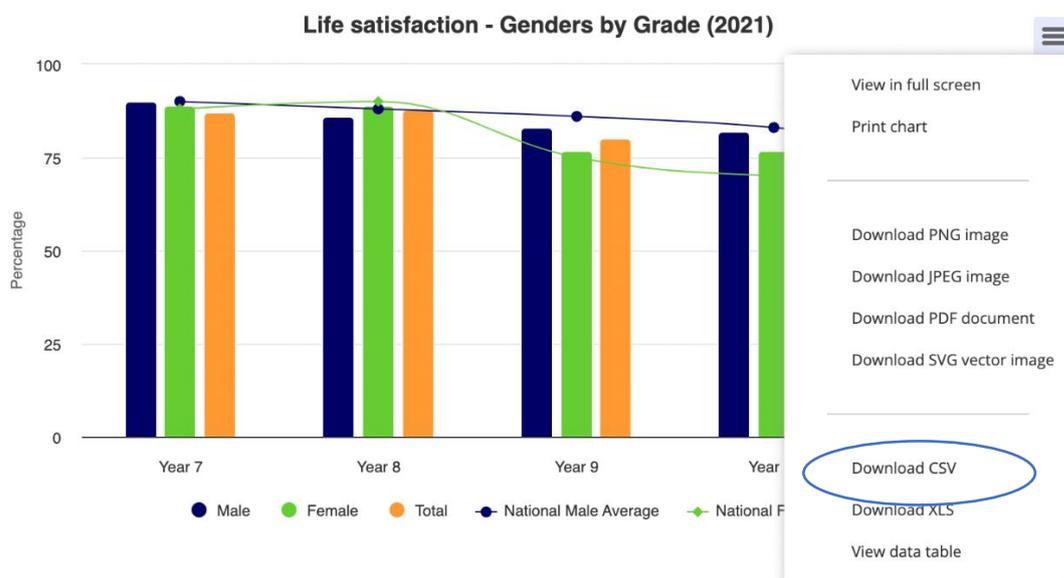
## Responses by Year and Gender (Emotions) - Genders by Grade

CATEGORY	MALE	FEMALE	TOTAL	NATIONAL MALE AVERAGE	NATIONAL FEMALE AVERAGE
YEAR 7	7	4	6	14	15
YEAR 8	13	10	12	24	28
YEAR 9	32	34	34	35	40
YEAR 10	38	34	37	47	47
YEAR 11	50	35	44	55	53
YEAR 12	41	43	42	58	55
YEAR 13	52	52	53	60	56

Chart showing year groups and gender

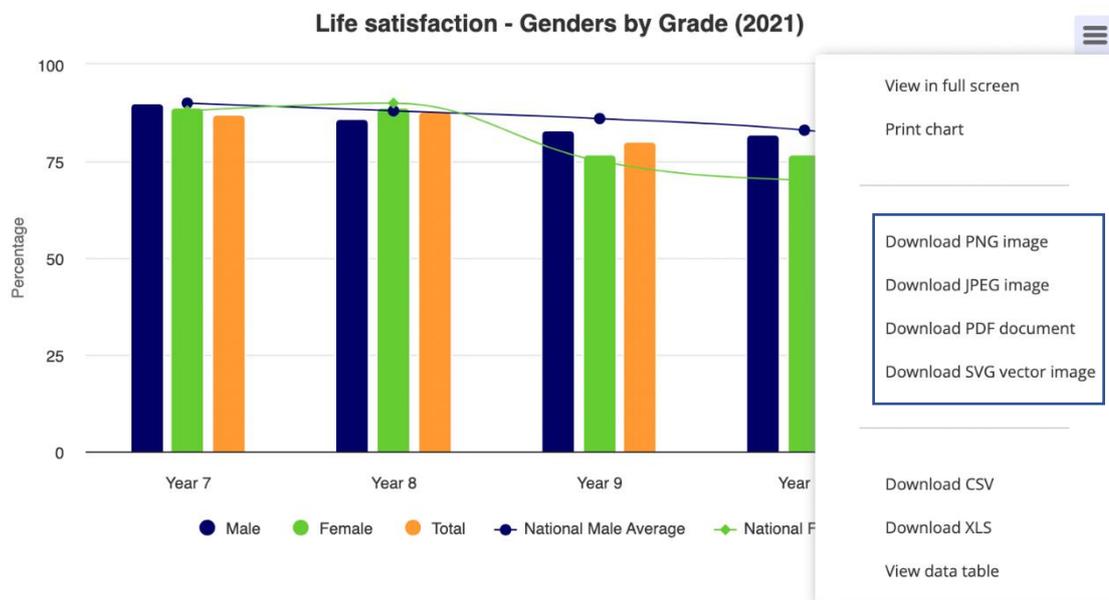
- To download and view your data as an excel format, click on the hamburger menu and select 'Download CSV'.

Here is a picture of a ladder. The top of the ladder '10' is the best possible life for you and the bottom '0' is the worst possible life for you. In general, where on the ladder do you feel you stand at the moment? Please select the option next to the number that best describes where you stand.



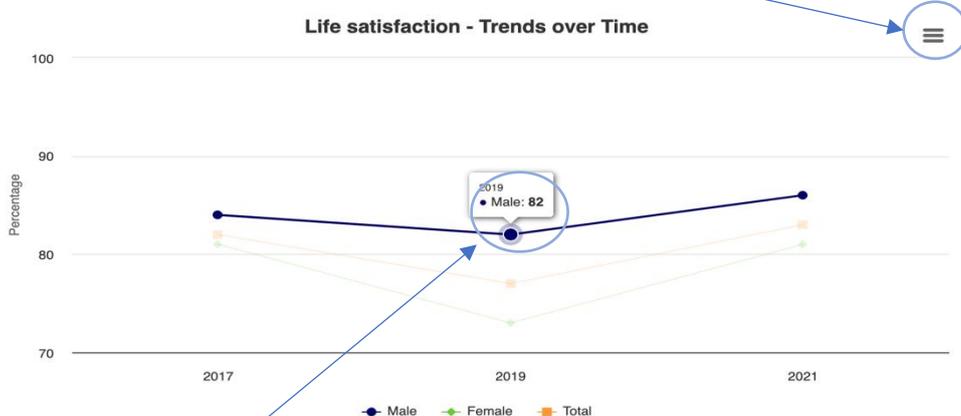
- If you want to download your image in the desired format, click one of these tabs. You can also print using the 'Print chart' function.

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## Navigating Health Topic Graph Number 4

- The fourth graph in this section is a line graph that conveys trends over time for selected health subtopics. Reminder: Toggle the subtopics to change the graph by the desired subtopic. The x-axis includes gender and total responses as percentages, represented on the y-axis.
- Click on the [hamburger menu](#) to view your data as a table and download it as an Excel sheet or image.

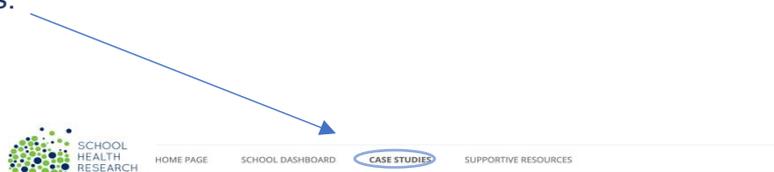


- When you hover over the lines it displays the percentage of that year in a numerical format that corresponds with the y-axis.

## Case Studies

Case studies are a useful tool to showcase how schools are using bespoke SHRN data to inform their policies and practices around student health and wellbeing. Inclusion as a case study on the dashboard is not an endorsement of best practice but simply an example of the real-world applicability of SHRN data within a school setting.

1. To arrive at the Case Studies page, using the tabs along the top, click Case Studies.



**How are schools using their SHRN data?**

Case studies are a useful tool to showcase how schools are using their SHRN data to inform school policies and practices around student health and wellbeing. The short summaries provided below are not an endorsement of best practice but simply examples of the ways in which SHRN data can be applied within a school setting.

**Bro Idris**

Bro Idris used their SHRN data to explore physical literacy in less active lessons. They identified opportunities to increase physical literacy on a whole school level, including sports clubs, staff training on physical literacy in lessons, and classroom activities in 'seated' lessons, and advertising weekend clubs.

**Cantonian High School**

Cantonian High School used their SHRN data to create resources and design lessons around topics that were identified as concerns for their students, such as vaping, physical activity, sexual health, energy drinks, and mental health and wellbeing support. Well-being lessons were created within the curriculum and lunchtime clubs were set up to support pupils.

**Willows High School**

Willows High School used their SHRN data to identify areas to prioritize action, such as providing better opportunities for physical activity. The school increased the breadth of sports available to students, created additional opportunities for competitive sport, and sourced more gym equipment. The school also encouraged physical activity within enrichment sessions, allowing students a break from academic study in an attempt to increase motivation and focus.

Further examples are available to access via the [SHRN website](#).



## Supportive Resources

1. To arrive at the Supportive Resources page, using the tabs along the top, click Supportive Resources.



**SHRN Local Authority Dashboard**

A collaboration between SHRN and Public Health Wales means users can now access Student Health and Wellbeing data at local authority level. The dashboard, created by Public Health Wales analysts, contains data for 32 different topic areas across three waves of the SHRN survey (2017, 2019 and 2021). Additional breakdowns are available by student gender, age, and family affluence.

[SHRN Data Dashboard – Public Health Wales \(nhs.wales\)](#)



**Welsh Network of Healthy School Schemes**

The Welsh Network of Healthy School Schemes (WNHSS) aims to facilitate building and sustaining the physical, social-emotional and psychological conditions for health and well-being within schools in Wales through a whole school approach to health and well-being. It does so through affecting change in school environment, policy and practice, guided by national criteria for health promoting schools and in line with the WHO Health Promoting Schools principles. Support via the scheme is offered to all levels in Wales (nursery, primary, secondary, middle and special and independent). Public Health Wales grant fund a network of 22 local schemes (one per local authority area). Each scheme is responsible for supporting the development of health promoting schools within their geographical area.

[Welsh Network of Healthy School Schemes – Public Health Wales \(nhs.wales\)](#)



**Whole School Approach to Emotional and Mental Well-being: What Works Toolkit**

- The page will appear this way, with the blue hyperlinks taking you to the desired website. For example, select the hyperlink to bring up the SHRN Data Dashboard to compare your school's data with local authority averages.

### School Health Research Network (SHRN) Data Dashboard

Last updated 29/05/23

This dashboard presents findings of the School Health Research Network's (SHRN) Student Health and Wellbeing Surveys in Wales from 2017/18, 2019/20, and 2021/22. Undertaken every two years, the survey provides a regular snapshot of 11 to 16 year olds' health behaviours. This enables ongoing assessment of young people's health in Wales, both nationally and regionally, and opportunities for international comparisons of trends in adolescent health and wellbeing.

[View this site](#)

View by Topic | View by Geography

2022 Survey Results - survey table view

Food and Fitness: Food | Food and Fitness: Physical Activity | Wellbeing and Emotional Health | Substance Use and Misuse | Sex and Relationships | School Life | Friendship and Bullying

7 | Diet Type | Screen Time at Night | Life Satisfaction | Mental Wellbeing | Mental Healthing Scores

**Select a chart view**

- 2017 data, all local authorities
- 2019 data, all local authorities
- 2021 data, all local authorities
- Custom view

**Select Gender**

- Female
- Male
- Male and female

**Sort by value?**

- On
- Off

Reported going to bed at 11.30pm or later when have school the next day, percentage, persons, aged 11-16, local authorities, Wales, 2021

