

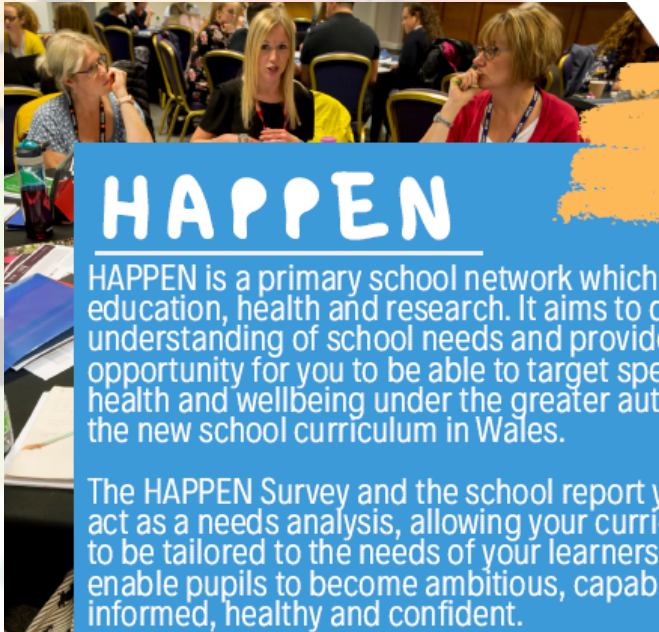


Your HAPPEN Survey Report

Carmarthenshire

Regional Collaboration Project

Academic Year 2021/2022



HAPPEN

HAPPEN is a primary school network which brings together education, health and research. It aims to develop a better understanding of school needs and provides an opportunity for you to be able to target specific areas of health and wellbeing under the greater autonomy given by the new school curriculum in Wales.

The HAPPEN Survey and the school report you receive can act as a needs analysis, allowing your curriculum delivery to be tailored to the needs of your learners. This will enable pupils to become ambitious, capable, enterprising, informed, healthy and confident.



HAPPEN presents the opportunity for pupils to learn and make informed decisions about different aspects of health and wellbeing. We encourage the use of the report in school programmes such as Pupil Voice to allow children to be ambitious and creative to improve their health.

By taking part in the HAPPEN Survey, teachers and pupils are empowered to make meaningful changes by gaining a better understanding of pupil's **physical, psychological, emotional and social health**.

Schools can take part in the survey throughout the academic year to provide snapshots, track change and evaluate practice. Having completed the survey, schools receive an individual school report aligned with the new curriculum showing the overall picture of health and wellbeing in the school.

Results from your school report will enable your pupils to become:

- ✿ Ambitious, capable learners who are ready to learn
- ✿ Enterprising, creative contributors who ready to play a full part in life
- ✿ Ethical, informed citizens who are ready to be citizens of the world
- ✿ Healthy, confident individuals who are ready to lead fulfilling lives



Prifysgol Abertawe
Swansea University

Regional Collaboration

What interventions were delivered in Carmarthenshire?

10-week programme of activities in two primary schools. Pupils, in yr 5 were identified by the school staff as they – Were non-engaged in PE, didn't take part in sport outside of school and received free school meals. The 10 week programme consisted of the following sessions:

Week 1 – Movement (Spot to Spot) Break down dodging and Side steps.

Week 2 – Dodging Game (Tails) Passing skills (Me to you to me)

Week 3 – Dodgeball / Bench ball

Week 4 – Football skills (Snake relay, 1,2,3 game, Gate way)

Week 5 – Tennis Skills

Week 6 – Dodgeball / Bench ball

Week 7 – Jumping and landing skills. Spatial awareness game.

Week 8 – Hockey Skills (Snake relay and Gate way)

Week 9 – Crazy Capers using – Netballs, Footballs, Hockey and tennis

Week 10 – Football Game / Netball Game

How well was the intervention(s) received?

The 2 schools that took part were very excited to be picked to be a part of the project, as they could see that it would give an opportunity to the children that really need it. The ones that shy away when PE lesson when be on or the ones that would play up and not take part.

The coach felt it was very rewarding, seeing the change in behaviors and improvement in the children's skills for different sports and general physical activities.

Benefits/Barriers

Having funding to be able to have a coach deliver the programme was of great benefit as they were in the schools on a weekly basis and were able to build a relationship with the pupils taking part. The coach was able to see the progression from week 1 to week 10 and observed the following:

- Start of the programme, the pupils did not want to be in the session, that it was too much for them and they just wanted to sit down and do nothing.
- After the first session, the coach was able to adapt the sessions to ensure everyone took part. They would do a Fun fitness session, skills session and then a dodgeball session as all the children enjoyed doing dodgeball and wanted to do this each week. So, if they took part in the fitness and skills session the third session would also be dodgeball.
- By week 4 the sessions were really benefiting the children as they were excited for the session and each week their skills and fitness were slowly improving.



- By the week 10 we had 3 fun fitness, 3 skills session and 3 dodgeball session and you could really see the improvement in all the children behavior towards taking part in physical activities.

Restricted by access to an indoor facility if the weather was raining/cold to be outside. If no funding, the intervention would not have taken place as we don't have the workforce to deliver weekly sessions within the same setting. As our role would be to upskill the teacher/school staff to then deliver activities, however, school staff were not able to attend the weekly sessions due to having a teaching role.

Recommendations and learning from the interventions...

As we had the coach, they did the survey with the children and found that, as the children were not familiar with the coach, then they may not have answered truthfully. So having a teacher, or a familiar person to do the survey with the children would be the best way to conduct the survey.

Future work...

We would sit down with the school to look at the results of the survey to make further intervention programmes/improvements that would be of benefit to the children.

Case studies

One of the boys that was in the project did not want to take part within the first 3 session and then when he started taking part, he loved it and is now joining a football club outside of school.

Please note: The Regional Average refers to the average from all data collected as part of the regional collaboration project. The HAPPEN Average refers to the average from all data collected across Wales as part of the annual HAPPEN Survey.

**The % in brackets refers to the baseline findings.*



Physical Health

Physical Activity

Children Reported:	Trimsaran Primary (n=19)	Furnace Primary (n=22)	Regional Average (n=448)	HAPPEN Average (n=6613)
Physically active for 1 hour or more every day	(40%) 25%	(0%) 18%	20%	21%

**It is recommended that children aged 5-18 should take part in moderate to vigorous activity for an average of at least 60 minutes per day across the week. Click [here](#) to see these guidelines and what counts as moderate to vigorous physical activity*

Active Travel

Children Reported:	Trimsaran Primary (n=19)	Furnace Primary (n=22)	Regional Average (n=448)	HAPPEN Average (n=6613)
Can walk to school from their house	(70%) 67%	(73%) 55%	67%	66%
Travel to school using an active method (previous day)	(50%) 22%	(27%) 27%	39%	38%
Travel from school using an active method (previous day)	(50%) 22%	(27%) 36%	43%	41%

Physical Health

Physical Competency

Agree or strongly agree:	Trimsaran Primary (n=19)	Ffwrnes Primary (n=22)	Regional Average (n=448)	HAPPEN Average (n=6613)
Want to take part in physical activity	(80%) 89%	(64%) 91%	88%	91%
Feel confident to take part in lots of different physical activities	(100%) 78%	(73%) 82%	79%	85%
Feel good at lots of different physical activities	(100%) 78%	(82%) 55%	73%	82%
Understand why taking part in physical activity is good for me	(89%) 78%	(90%) 91%	91%	94%

Physical Health

Motivation

Agree or strongly agree:	Trimsaran Primary (n=19)	Ffwrnnes Primary (n=22)	Regional Average (n=448)	HAPPEN Average (n=6613)
Motivated to take part in activity by enjoyment	(67%) 67%	(82%) 73%	84%	88%
Motivated to take part in activity by having fun with friends	(78%) 100%	(91%) 100%	93%	92%
Motivated to take part in activity by learning and improving skills	(67%) 100%	(100%) 64%	83%	88%
Motivated to take part in activity by competing against myself	(67%) 89%	(55%) 55%	73%	76%
Motivated to take part in activity by competing in a team	(67%) 89%	(64%) 73%	78%	81%
Children Reported:	Trimsaran Primary (n=19)	Ffwrnnes Primary (n=22)	Regional Average (n=448)	HAPPEN Average (n=6613)
They had someone else at home who was physically active	(80%) 67%	(27%) 55%	69%	72%

Physical Health

Sedentary Behaviour and Sleep

Children Reported:	Trimsaran Primary (n=19)	Ffwrnes Primary (n=22)	Regional Average (n=448)	HAPPEN Average (n=6613)
Sedentary screen time for 2 hours or more every day	(30%) 56%	(60%) 55%	50%	45%
They had at least 9 hours of sleep	(90%) 89%	(90%) 91%	53%	67%

Having enough sleep is crucial for good health, good quality of life and performing well throughout the day. As a guideline, children between 9 and 11 are recommended to have 9.5-10 hours sleep per night 12.

Concentration

Children Reported:	Trimsaran Primary (n=19)	Ffwrnes Primary (n=22)	Regional Average (n=448)	HAPPEN Average (n=6613)
They felt tired every day of the week	(20%) 25%	(30%) 9%	31%	24%
They felt that they could concentrate in class every day of the week	(50%) 50%	(55%) 55%	24%	55%



Physical Health

Diet and Dental Health

Children Reported:	Trimsaran Primary (n=19)	Ffwrnes Primary (n=22)	Regional Average (n=448)	HAPPEN Average (n=6613)
They had 5 portions of fruit and vegetables a day (previous day)	(22%) 0%	(0%) 9%	19%	23%
They had a fizzy drink every day of the week	(11%) 13%	(36%) 27%	14%	10%
They had sugary snacks every day of the week	(0%) 22%	(36%) 27%	23%	26%
Brushing their teeth twice or more (previous day)	(70%) 89%	(55%) 27%	73%	77%

*Guidelines suggest eating a minimum of 5 portions of fruit and vegetables per day. Suggestions to help children achieve their 5 a day can be found [here](#).



Mental Health & Wellbeing

Autonomy and Competency

Agree or strongly agree:	Trimsaran Primary (n=19)	Ffwrnes Primary (n=22)	Regional Average (n=448)	HAPPEN Average (n=6613)
They were doing well in school	(80%) 67%	(73%) 55%	73%	82%
There were lots of things they were good at	(90%) 75%	(73%) 64%	74%	83%
They had lots of choice over things which were important to them	(100%) 78%	(64%) 55%	77%	84%
They feel part of their school community	(90%) 56%	(45%) 83%	76%	84%

Mental Health & Wellbeing

Wellbeing

Children Reported:	Trimsaran Primary (n=19)	Ffwrnes Primary (n=22)	Regional Average (n=448)	HAPPEN Average (n=6613)
They were very happy with their health ($\geq 8/10$)	(90%) 50%	(55%) 45%	58%	67%
They were very happy with their school * ($\geq 8/10$)	(67%) 67%	(27%) 45%	60%	73%
They were very happy with their family ** ($\geq 8/10$)	(80%) 100%	(91%) 82%	87%	90%
They were very happy with their friends *** ($\geq 8/10$)	(80%) 75%	(64%) 91%	80%	83%
They were very happy with their appearance ($\geq 8/10$)	(70%) 56%	(27%) 64%	51%	57%
They were very happy with their life as a whole ($\geq 8/10$)	(80%) 100%	(50%) 73%	67%	76%

*The above questions are based on questions from The Children's Society [Good Childhood Index](#) and are based on areas identified as important by children and strongly linked to their overall wellbeing

Mental Health & Wellbeing

Mental Health

Children Reported:	Trimsaran Primary (n=19)	Ffwrnes Primary (n=22)	Regional Average (n=448)	HAPPEN Average (n=6613)
Emotional difficulty****	(22%) 33%	(60%) 18%	34%	29%
Behavioural difficulty****	(22%) 14%	(9%) 0%	22%	15%

**This represents those children who had a borderline or clinical emotional or behavioural difficulty according to the validated Me and My Feelings Survey*



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The Community

The Local Area

Children Reported:	Trimsaran Primary (n=19)	Ffwrnes Primary (n=22)	Regional Average (n=448)	HAPPEN Average (n=6613)
Happy with their area*	(100%) 100%	(100%) 91%	90%	92%
Feel very safe playing in local area ($\geq 8/10$)	(40%) 56%	(64%) 64%	69%	70%
Can play in all the places they would like to*	(40%) 13%	(18%) 27%	32%	26%



HAPPEN's Latest Research

You can read more about our research by clicking the following links...



Our school closures and Covid-19 measures research



Our Daily Mile research: Recommendations for implementation



Our outdoor learning research: headteacher's, teacher's and pupil's views



You can also read our latest news from the HAPPEN team here!



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