



# The HAPPEN Survey Report

## Annual Report

Academic Year 2022/2023



## 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

## Physical Health

## Physical Activity

Children Reported:	HAPPEN Data 2022/23 (n=7175)	HAPPEN Data 2021/22 (n=6613)	HAPPEN Data 2020/21 (n=7141)	HAPPEN Data 2019/20 (n=8823)
Physically active for 1 hour or more every day	19%	21%	19%	20%

*\*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:	HAPPEN Data 2022/23 (n=7175)	HAPPEN Data 2021/22 (n=6613)	HAPPEN Data 2020/21 (n=7141)	HAPPEN Data 2019/20 (n=8823)
Can walk to school from their house	64%	66%	68%	68%
Travel to school using an active method (previous day)	35%	38%	41%	39%
Travel from school using an active method (previous day)	37%	41%	43%	41%

# Physical Health

## Physical Competency

Agree or strongly agree:	HAPPEN Data 2022/23 (n=7175)	HAPPEN Data 2021/22 (n=6613)	HAPPEN Data 2020/21 (n=7141)	HAPPEN Data 2019/20 (n=8823)
Want to take part in physical activity	91%	91%	89%	92%
Feel confident to take part in lots of different physical activities	85%	85%	85%	86%
Feel good at lots of different physical activities	83%	82%	81%	83%
Understand why taking part in physical activity is good for me	93%	94%	93%	94%

# Physical Health

## Motivation

Agree or strongly agree:	HAPPEN Data 2022/23 (n=7175)	HAPPEN Data 2021/22 (n=6613)	HAPPEN Data 2020/21 (n=7141)	HAPPEN Data 2019/20 (n=8823)
Motivated to take part in activity by enjoyment	89%	88%	-	-
Motivated to take part in activity by having fun with friends	92%	92%	-	-
Motivated to take part in activity by learning and improving skills	89%	88%	-	-
Motivated to take part in activity by competing against myself	76%	76%	-	-
Motivated to take part in activity by competing in a team	82%	81%	-	-

Children Reported:	HAPPEN Data 2022/23 (n=7175)	HAPPEN Data 2021/22 (n=6613)	HAPPEN Data 2020/21 (n=7141)	HAPPEN Data 2019/20 (n=8823)
They had someone else at home who was physically active	72%	72%	-	-

# Physical Health

## Sedentary Behaviour and Sleep

Children Reported:	HAPPEN Data 2022/23 (n=7175)	HAPPEN Data 2021/22 (n=6613)	HAPPEN Data 2020/21 (n=7141)	HAPPEN Data 2019/20 (n=8823)
Sedentary screen time for 2 hours or more every day	41%	45%	47%	36%
They had at least 9 hours of sleep	71%	67%	70%	74%

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:	HAPPEN Data 2022/23 (n=7175)	HAPPEN Data 2021/22 (n=6613)	HAPPEN Data 2020/21 (n=7141)	HAPPEN Data 2019/20 (n=8823)
They felt tired every day of the week	25%	24%	23%	21%
They felt that they could concentrate in class every day of the week	54%	55%	56%	56%

# Physical Health

## Diet and Dental Health

Children Reported:	HAPPEN Data 2022/23 (n=7175)	HAPPEN Data 2021/22 (n=6613)	HAPPEN Data 2020/21 (n=7141)	HAPPEN Data 2019/20 (n=8823)
They had 5 portions of fruit and vegetables a day (previous day)	23%	23%	22%	22%
They had a fizzy drink every day of the week	9%	10%	11%	10%
They had sugary snacks every day of the week	23%	26%	27%	21%
Brushing their teeth twice or more (previous day)	78%	77%	77%	76%

*\*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:	HAPPEN Data 2022/23 (n=7175)	HAPPEN Data 2021/22 (n=6613)	HAPPEN Data 2020/21 (n=7141)	HAPPEN Data 2019/20 (n=8823)
They were doing well in school	83%	82%	84%	85%
There were lots of things they were good at	85%	83%	84%	84%
They had lots of choice over things which were important to them	84%	84%	84%	86%
They feel part of their school community	84%	84%	83%	-



# Mental Health & Wellbeing

## Wellbeing

Children Reported:	HAPPEN Data 2022/23 (n=7175)	HAPPEN Data 2021/22 (n=6613)	HAPPEN Data 2020/21 (n=7141)	HAPPEN Data 2019/20 (n=8823)
They were very happy with their health ( $\geq 8/10$ )	69%	67%	68%	69%
They were very happy with their school * ( $\geq 8/10$ )	74%	73%	74%	69%
They were very happy with their family ** ( $\geq 8/10$ )	91%	90%	89%	89%
They were very happy with their friends *** ( $\geq 8/10$ )	81%	83%	83%	81%
They were very happy with their appearance ( $\geq 8/10$ )	61%	57%	58%	61%
They were very happy with their life as a whole ( $\geq 8/10$ )	78%	76%	77%	75%

\*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:	HAPPEN Data 2022/23 (n=7175)	HAPPEN Data 2021/22 (n=6613)	HAPPEN Data 2020/21 (n=7141)	HAPPEN Data 2019/20 (n=8823)
Emotional difficulty****	28%	29%	29%	22%
Behavioural difficulty****	15%	15%	15%	13%

*\*This represents those children who had a borderline or clinical emotional or behavioural difficulty according to the validated [Me and My Feelings Survey](#)*

# The Community

## The Local Area

Children Reported:	HAPPEN Data 2022/23 (n=7175)	HAPPEN Data 2021/22 (n=6613)	HAPPEN Data 2020/21 (n=7141)	HAPPEN Data 2019/20 (n=8823)
Happy with their area *	92%	92%	91%	88%
Feel very safe playing in local area ( $\geq 8/10$ )	68%	70%	70%	67%
Can play in all the places they would like to*	24%	26%	23%	-

## HAPPEN's Latest Research

You can read more about our work at  
HAPPEN at the links below...

Our Research



Our Collaborations



Born in Wales: Nursery Network



If you have used your HAPPEN Report, we'd love to hear  
how! Let us know by e-mailing:

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# The HAPPEN Team



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