



The HAPPEN Survey Report

Annual Report

Academic Year 2024/2025



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

Physical Health

Physical Activity

Children Reported:	HAPPEN Data 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
Physically active for 1 hour or more every day	22%	23%	19%

**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 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
Can walk to school from their house	66%	66%	64%
Travel to school using an active method (previous day)	38%	38%	35%
Travel from school using an active method (previous day)	41%	40%	37%

Physical Health

Physical Competency

Agree or strongly agree:	HAPPEN Data 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
Want to take part in physical activity	91%	91%	91%
Feel confident to take part in lots of different physical activities	85%	87%	85%
Feel good at lots of different physical activities	85%	84%	83%
Understand why taking part in physical activity is good for me	93%	84%	93%

Physical Health

Motivation

Agree or strongly agree:	HAPPEN Data 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
Motivated to take part in activity by enjoyment	89%	89%	89%
Motivated to take part in activity by having fun with friends	93%	93%	92%
Motivated to take part in activity by learning and improving skills	88%	89%	89%
Motivated to take part in activity by competing against myself	78%	77%	76%
Motivated to take part in activity by competing in a team	82%	84%	82%

Children Reported:	HAPPEN Data 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
They had someone else at home who was physically active	79%	80%	72%

Physical Health

Sedentary Behaviour and Sleep

Children Reported:	HAPPEN Data 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
Sedentary screen time for 2 hours or more every day	40%	40%	41%
They had at least 9 hours of sleep	67%	70%	71%

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 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
They felt tired every day of the week	25%	24%	25%
They felt that they could concentrate in class every day of the week	51%	53%	54%

Physical Health

Diet and Dental Health

Children Reported:	HAPPEN Data 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
They had 5 portions of fruit and vegetables a day (previous day)	22%	25%	23%
They had a fizzy drink every day of the week	10%	8%	9%
They had sugary snacks every day of the week	24%	23%	23%
Brushing their teeth twice or more (previous day)	78%	78%	78%

**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](#).*

Children Reported:	HAPPEN Data 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
They had breakfast (previous day)	89%	-	-
They had fruit and veg available to them at break and lunchtime (previous day)	79%	-	-
They were happy with their food choices in school	90%	-	-
They felt full after eating lunch	56%	-	-

Mental Health & Wellbeing

Autonomy and Competency

Agree or strongly agree:	HAPPEN Data 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
They were doing well in school	83%	83%	83%
There were lots of things they were good at	87%	86%	85%
They had lots of choice over things which were important to them	85%	85%	84%
They feel part of their school community	83%	84%	84%
Have someone to talk to at home	90%	66%	-

Were true or quite true:	HAPPEN Data 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
They have good knowledge about their health	23%	-	-
They can compare health-related information from different places	36%	-	-
They can judge how their own actions affect their surroundings	25%	-	-
They can find information about their health that is easy to understand	31%	-	-
They can give reasons for the choices they make about their health	26%	-	-

Mental Health & Wellbeing

Wellbeing

Children Reported:	HAPPEN Data 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
They were very happy with their health ($\geq 8/10$)	70%	70%	69%
They were very happy with their school * ($\geq 8/10$)	66%	69%	74%
They were very happy with their family ** ($\geq 8/10$)	89%	90%	91%
They were very happy with their friends *** ($\geq 8/10$)	80%	80%	81%
They were very happy with their appearance ($\geq 8/10$)	61%	61%	61%
They were very happy with their life as a whole ($\geq 8/10$)	76%	77%	78%

*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

Children's Rights

Children agreed:	HAPPEN Data 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
They learn about their rights at school	96%	-	-
They enjoy being at school	82%	-	-
They feel safe at school	94%	-	-
They like the way they are treated at school	94%	-	-
They think other pupils are kind and helpful	94%	-	-
If they felt unsafe, they could tell an adult	88%	-	-
They think teachers listen to them	95%	-	-
They think their school listens to them about their ideas	87%	-	-
They know what they need to do to make progress	93%	-	-
They like the way they are	91%	-	-
They can do things to help others in their communities	94%	-	-
They can do things to help others around the world	90%	-	-

Mental Health & Wellbeing

Mental Health

Children Reported:	HAPPEN Data 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
Emotional difficulty*	29%	29%	28%
Behavioural difficulty*	18%	17%	15%

**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 2024 – 2025 (n=5178)	HAPPEN Data 2023 – 2024 (n=7016)	HAPPEN Data 2022 – 2023 (n=7175)
Happy with their area *	92%	92%	92%
Feel very safe playing in local area ($\geq 8/10$)	70%	70%	68%
Can play in all the places they would like to*	31%	29%	24%

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

Our latest HAPPEN easy to read factsheets can be downloaded here

All our research can be found at our website here

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