



# Health & Well-Being NEWSLETTER

Autumn Term 2025



**Dear Parents and Carers,**

We are delighted to share some information and news about what has been happening in school this term within Health and Well-being. Our pupils have been busy developing their physical health, emotional well-being, decision-making skills and understanding of healthy relationships through a range of engaging activities and experiences

## SHRN (School Health Research Network)

Last term, Years 3 to 6 took part in the national SHRN survey to help us understand how best to support pupil well-being.

The results showed that 81% of learners reported problems with sleep, higher than the Wales average of 68%, so promoting healthy sleep will be a key focus. A small number of older pupils reported experimenting with vaping, highlighting the need for continued age-appropriate education around making safe choices.

While 53% of learners drink water regularly (below the national average of 63%), areas for development include reducing sugary drinks, with 20% of learners consuming these daily (above the 17% national average).

These priorities will guide our ongoing Health and Well-being work, and we look forward to working in partnership with families to support positive, healthy habits.

**Thank you as always for your continued support.  
Together, we can ensure our school remains a  
nurturing, inclusive, and supportive environment for  
all.**

**Warm regards,**

*Sarah Hulbert*

**Health & Well-Being Lead**

## Water Challenge

Following the results of the recent SHRN survey, which highlighted that water consumption in our school (53%) is slightly below the national average (63%), children will be taking part in an exciting Water Challenge.

We will also be working alongside other schools in our local area to encourage and increase healthy water consumption among our learners. This fun and positive initiative aims to support good hydration habits and overall well-being.

We look forward to sharing how the children get on!

## Pupil Voice group

Our Pupil Voice group has been meeting regularly this term and have been working incredibly hard. They are currently creating a special Well-being Box for children to use on the yard, helping to support positive play and emotional well-being during break times.

The group have also taken the initiative to carry out a survey across the school to find out how many children have a snack at playtime. They are carefully reviewing the results and thinking about how this information can help us continue to improve our school environment.

We are very proud of their commitment, teamwork and leadership!

