GIG CYMRU NHS WALES | Iechyd Cyhoeddus Cymru Public Health Wales

Ysgolion sy'n Hybu Iechyd a Lles Cwm Taf Morgannwg Health and Well-being Promoting Schools

Rhwydwaith Ysgolion Cymru sy'n Hybu Iechyd a Lles Welsh Network of Health and Well-being Promoting Schools

GIG CYMRU NHS WALES | Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg University Health Board

CWM TAF MORGANNWG HEALTH PROMOTING SCHOOL SCHEME
School Health Research Network (SHRN) report

Llwynypia Primary School
SHRN Action Plan 2025-2026

CWM TAF MORGANNWG HEALTH PROMOTING SCHOOL SCHEME
School Health Research Network (SHRN) report

School: Llwynypia Primary School

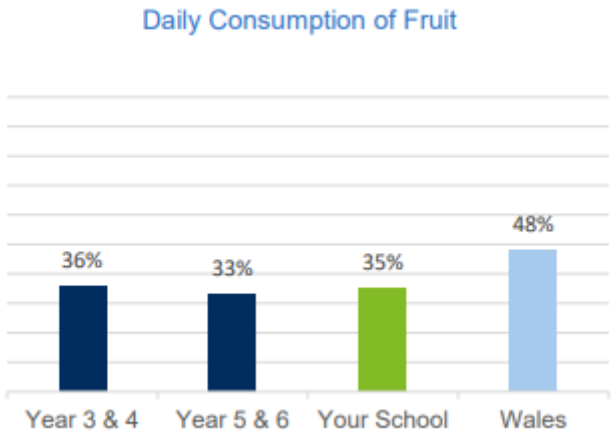
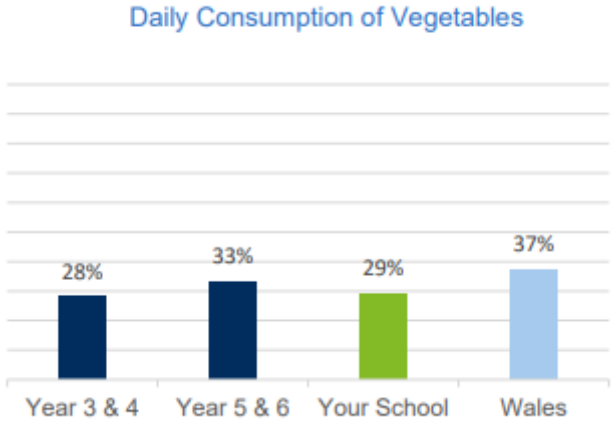
Date: June 2025

Response rates in Llwynypia

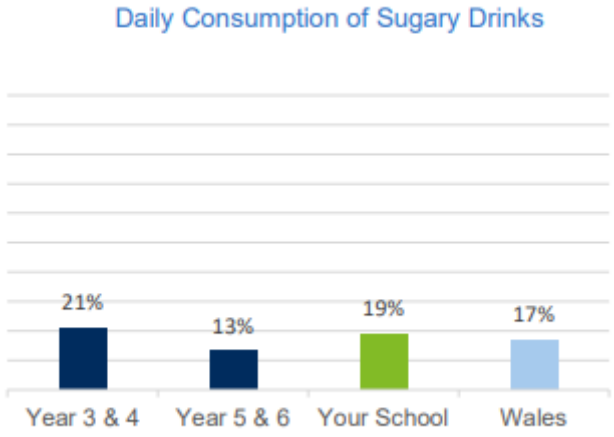
Year 3: 34
Year 4: 24
Year 5: 8
Year 6: 16
Total responses in your school: 82
Total responses in Wales: 51,662

Highlights from report

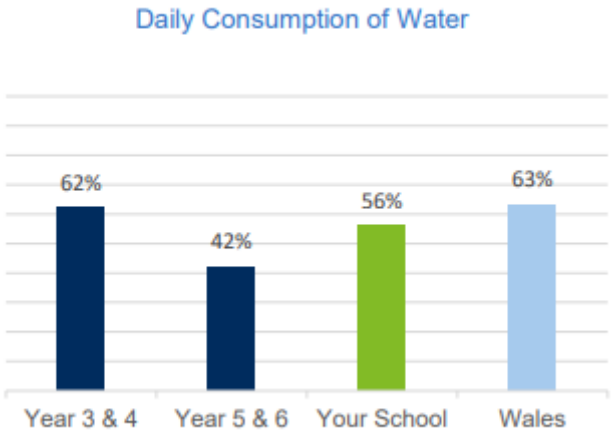
- Percentage of Year 3 and 4 learners reporting that they have problems sleeping (Year 3/4 56%, national average 68%)
- Percentage of Year 5 and 6 learners reporting that they have difficulty getting to sleep (Year 5/6 24%, national average 40%)
- Percentage of learners saying that they walk or cycle to school (Yr 3/4 48%, Yr 5/6 63%, national average 40%)
- Percentage of Year 5 and 6 learners saying that they have ever tried a vape (0%, national average 6%)
- Percentage of Year 5 and 6 learners reporting they felt low, felt irritable or felt nervous at least weekly in the last 6 months (Yr 5/6 feeling low 14%, national average 22% and Yr 5/6 feeling irritable 10%, national average 22% and Yr 5/6 feeling nervous 10%, national average 27%)
- Percentage of learners saying they 'agree or strongly agree' that;
  - I Feel Like I Belong At This School (school average 96%, national average 79%)
  - My Teachers Care About Me As A Person (school average 97%, national average 89%)
  - My Teacher Accepts Me As I Am (Yr 5/6 95%, national average 90%)
  - I Trust My Teachers (Yr 5/6 95%, national average 84%)
  - Most Children Are Kind and Helpful (Yr 5/6 81%, national average 74%)
  - Children Have a Say in Planning School Activities (Yr 5/6 84%, national average 73%)
  - Children Have a Chance to Help Plan School Projects (Yr 5/6 90%, national average 75%)
- Percentage of Year 6 learners who are worried about going to Secondary School (27%, national average 45%)
- Percentage of learner who had taken part in cyberbullying (cyberbullying 7%, national average 12%)
- Percentage of learners in Year 5 and 6 who had been bullied at school (Yr 5/6 21%, national average 51%)
- Percentage of learners in Year 6 who had been cyberbullied (Year 6 13%, national average 29%)

Possible areas for development	Possible actions / discussion points from meeting
Food and Drink Consumption Percentage of learners saying they eat fruit ‘at least once a day’.  Percentage of learners saying they eat vegetables ‘at least once a day’.  	• **School dinner – menu tasting session.** • **School Council researching and establishing a food pantry in our new community room.** • **Mrs Chinnock to contact PIPYN to arrange future parent/child workshops.** • **Miss Price and School Council to contact Tesco – stronger starts regarding free fruit and veg.** • **Healthy School Council to lead whole school assemblies to promote healthy eating.** • **Healthy School Council to make a new leaflet for ‘Snack Time’ to encourage more children to bring fruit.** • **Mrs Chinnock to attend '*Food, Nutrition and Physical Activity: Creating Healthy Schools*' facilitated by Health Promoting Schools, to explore the role of food, nutrition and physical activity in their school setting.** • **Dedicated ‘fruit snack’ time in class for PS3 pupils.**

Percentage of learners in Year 3 and 4 saying they drink sugary drinks 'at least once a day'. *link to toothbrushing data

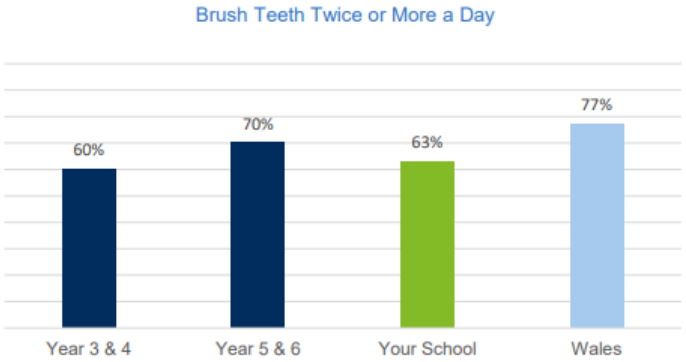
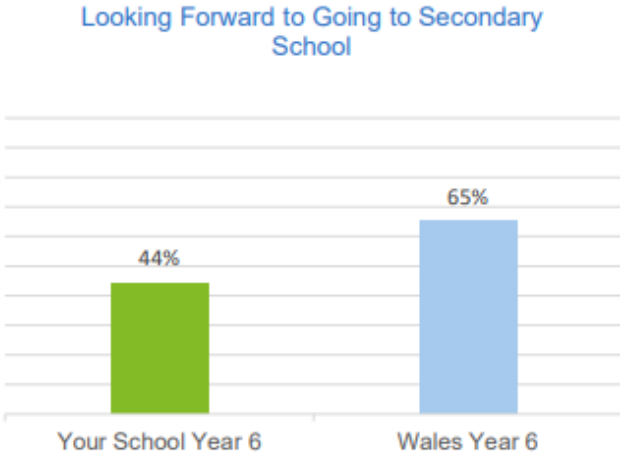


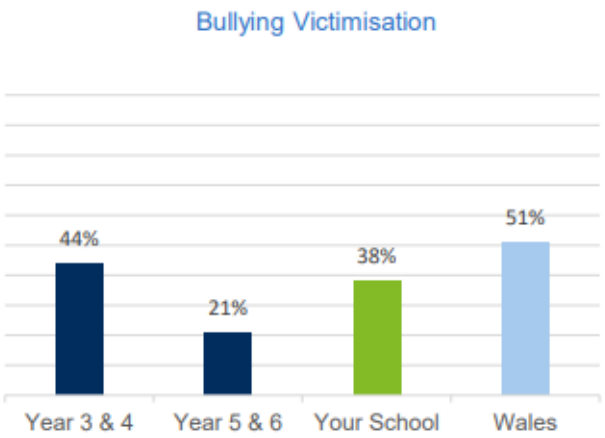
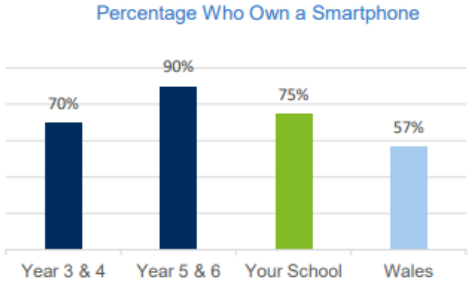
Percentage of learners in Year 5 and 6 saying they drink water 'at least once a day'.



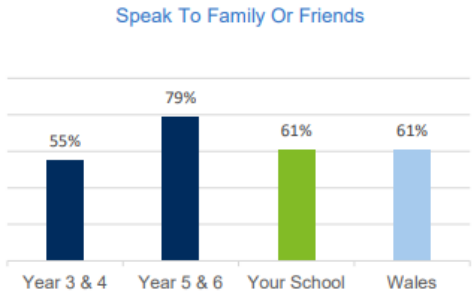
- **Healthy School Council to make a 'Think Before You Drink' display in communal area.**
- **Links to science curriculum – experiment with PH levels and different liquids**

- **Healthy School Council to introduce Hydration Tracker for years 5 and 6: Give each learner a chart to tick every time they drink water.**
- **Teachers to educate on the benefits of drinking water - 20 Videos About the Importance of Water for Kids**

Toothbrushing Percentage of learners in Year 3 and 4 saying they brush their teeth twice or more per day.  	• **Tooth brushing in school started in Year 3 class.** • **Class talk arranged with Oral Health Improvement Practitioner from Designed to Smile.**
Transition Percentage of learners in Year 6 who reported looking forward to going to Secondary School 'quite a bit or very much' *in contrast with low percentage worried  	• **Transition Thursday events promoted and shared with parents.** • **Extra transition sessions for pupils with ALN.** • **Staff from Ysgol Nantgwyn visit and work with Year 6 pupils.**

Bullying Percentage of learners in Year 3 and 4 who reported being bullied at school in the previous couple of months. 	*lower than national average but as it is being reports 'at school' it may be an area of concern • **Take part in Anti Bullying Week.** • **Odd Sock Day** • **Class lessons addressing 'What is Bullying?' and how/where to seek help and advice.** • **Buddy training – use of games and reporting to staff.**
Social media Percentage of learners who own a smartphone 	*Not necessarily an area for development but the school may want to consider what measures are in play regarding internet safety • **Work with PCSO and Mini Police to educate pupils** • **PCSO Mumford to work with Dosbarth Aur and Dosbarth Arian - social media and Online Safety Lessons** • **Take part in Safer Internet Day** • **Share Wake Up Wednesday posts on school social media.** • **Podcast Club to make an episode focussing on Online Safety and social media to be shared with pupils and our wider school community.** • **Year 6 trip – NDEC Cyber security trip and workshop.**

Percentage of learner in Year 5 and 6 who use portable devices at least a few times a week to speak with friends or family.



Percentage of learner in Year 5 and 6 who use portable devices at least a few times a week to access social media sites or apps.

