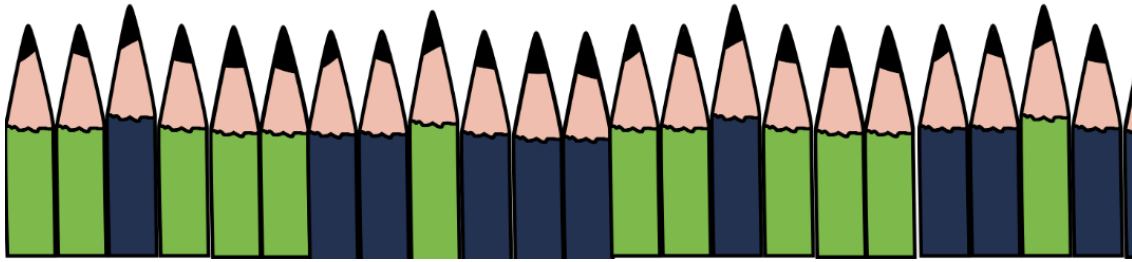


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## eNewyddion Ysgolion Uwchradd SHRN

### SHRN Secondary School eNews



#### Croeso i eNewyddion Ysgolion Uwchradd SHRN am Mawrth 2024

Mae'r eNewyddion hwn yn rhoi'r wybodaeth ddiweddaraf i chi am yr holl ddatblygiadau pwysig sy'n ymwneud â SHRN, o newyddion i wybodaeth am ddigwyddiadau sydd ar ddod a dolenni i adnoddau ac offer data perthnasol.

Mae'r [Rhwydwaith Ymchwil Iechyd Ysgolion \(SHRN\)](#) yn bartneriaeth polisi-ymarfer-ymchwil rhwng Llywodraeth Cymru, Iechyd Cyhoeddus Cymru, a Phrifysgol Caerdydd. Nod SHRN yw gwella **iechyd a lles pobl ifanc** yng Nghymru trwy weithio gydag ysgolion cynradd ac uwchradd i gynhyrchu a defnyddio **tystiolaeth o ansawdd da** ar gyfer gwella iechyd a lles.

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#### Welcome to the SHRN Secondary School eNews for March 2024

This eNews keeps you up to date with all important developments relating to SHRN, from news to information about up-and-coming events and links to relevant resources and data tools.

The [School Health Research Network \(SHRN\)](#) is a policy-practice-research partnership between Welsh Government, Public Health Wales, and Cardiff University. SHRN aims to improve **young people's health and wellbeing** in Wales by working with both primary and secondary schools to generate and use **good quality evidence** for health and wellbeing improvement.

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**\*Please note that you can find the English version of this bulletin at the end of the Welsh language version\***

## **1. Cynnal Arolwg y Rhwydwaith Ymchwil Iechyd mewn Ysgolion mewn Ysgolion Cynradd Rhwng Medi a Rhagfyr 2024 .**

Ym mis Mehefin 2024, bydd pob ysgol gynradd brif ffrwd yng Nghymru yn cael ei gwahodd i gymryd rhan yn arolwg casglu data'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion, sydd ar ddod.

Bydd y data'n cael ei gasglu rhwng Medi a Rhagfyr 2024. Bydd dysgwyr ym Mlynnyddoedd 3-6 yn cael eu gwahodd i ateb arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith. Ochr yn ochr â hynny, bydd aelod enwebedig o staff o bob ysgol gynradd yn cael ei wahodd i ateb Holiadur Amgylchedd yr Ysgol y Rhwydwaith.

Dros y misoedd nesaf, bydd rhagor o wybodaeth yn cael ei rhannu trwy ein e-newyddion. Yn y cyfamser, os bydd gennych unrhyw gwestiynau, e-bostiwch [Maria Boffey](#), Rheolwr Cyfnewid Gwybodaeth a Materion Allanol y Rhwydwaith.

## **2. Mor Ddiogel ag ... Ysgolion? Ble a Gyda Phwy mae Dysgwyr yn Teimlo'n Fwyaf Diogel?**

Yn 2023, siaradodd ymchwilwyr DECIPHer â disgyblion, gan ofyn iddynt greu posteri ar bwnc teimlo'n 'ddiogel' yn eu hysgol.

Yn 2021, cyhoeddodd Llywodraeth Cymru [Fframwaith ar sefydlu dull ysgol gyfan ar gyfer llesiant emosiynol a meddyliol](#), sef canllawiau statudol i ysgolion. Mae gweithwyr DECIPHer, sy'n gweithio yng [Nghanolfan Wolfson ar gyfer Iechyd Meddwl Pobl Ifanc](#), yn gwerthuso'r Fframwaith hwn. Y posteri, sydd i'w gweld trwy glicio [yma](#), yw'r cyntaf mewn cyfres barhaus o ganfyddiadau cryno a gasglwyd fel rhan o'r gwerthusiad hwn.

## **3. Dewis 'Arweinydd Ymchwil y Dyfodol', Dr. Rebecca Anthony, ar gyfer Crucible 2024 GW4**

Dr. Anthony, sy'n gweithio yn DECIPHer, sef cartref y Rhwydwaith Ymchwil Iechyd mewn Ysgolion, oedd un o'r 30 o ymchwilwyr a ddewiswyd i gymryd rhan yn rhaglen datblygu arweinyddiaeth ymchwilwyr gyrfa gynnar.

Y thema eleni oedd *Mynd i'r afael ag anghydraddoldebau iechyd a gyrru cyfiawnder cymdeithasol trwy ryngddisgyblaetholdeb radical*. Mae ymchwil Dr. Anthony wedi dangos tystiolaeth o anghydraddoldebau cynyddol yn iechyd meddwl pobl ifanc, gydag [erthygl ddiweddar](#) yn The Conversation yn amlygu bod problemau emosiynol pobl ifanc yn gwaethygu hyd yn oed cyn 2020.

'Mae hyn yn duedd arbennig o bryderus gan ei fod yn dyddio cyn COVID, ac mae'n hysbys bod COVID wedi [gwaethygu](#) problemau iechyd meddwl. Cafodd merched a'r rhai o deuluoedd tlotaif gynnydd mwy sylweddol mewn problemau emosiynol,' esbonia Dr. Anthony. 'Yn ogystal ag iechyd y boblogaeth, mae gennyf ddi-ddordeb arbennig yn iechyd meddwl a lles meddyliol plant a phobl ifanc sydd wedi bod mewn gofal.' Mae [Cymrodoriaeth](#) Dr. Anthony, a ariannwyd gan Ymchwil Iechyd a Gofal Cymru, yn archwilio cymorth cymdeithasol plant a phobl ifanc sydd wedi cael profiad o ofal, eu hamgyffredion o berthnasod a'r cysylltiad â'u hiechyd a'u lles meddyliol.

Dewch i gyfarfod â'r [ymchwilyr sy'n cymryd rhan yn Crucible 2024](#) a dilynwch ddiweddariadau am y rhaglen ar [GW4 LinkedIn](#).

#### 4. Gweminarau Sydd ar Ddod

Hoffem ymestyn gwahoddiad i chi i'n gweminarau byw – gallwch ymuno yn rhad ac am ddim, ond mae angen i chi gofrestru ymlaen llaw:

**Teitl: Iechyd Meddwl a Lles Dysgwyr mewn Ysgolion Uwchradd yng Nghymru sydd wedi cael profiad o ofal: Canfyddiadau allweddol ac argymhellion o Astudiaeth Lles mewn Ysgolion a Cholegau (WiSC).**

**Pryd: Dydd Mercher 10 Ebrill 2024 3.45 - 4.30pm.**

Mae [Astudiaeth Lles mewn Ysgolion a Cholegau \(WiSC\)](#), DECIPHer wedi archwilio anghenion iechyd meddwl a lles dysgwyr mewn ysgolion uwchradd a cholegau addysg bellach sydd wedi cael profiad o ofal maeth, gofal gan berthynas, gwarcheidwaeth arbennig, gofal preswyl neu ddysgwyr sydd wedi'u mabwysiadu. Mae'r astudiaeth wedi defnyddio data o arolygon y Rhwydwaith ochr yn ochr â chyfweliadau gyda phlant a phobl ifanc, rhieni a gofalwyr sy'n mabwysiadu, staff ysgol a choleg, gweithwyr cymdeithasol a staff CAMHS.

Bydd y gweminar hwn yn cyflwyno canfyddiadau allweddol o'r astudiaeth am anghenion a phrofiadau dysgwyr o gymorth yn yr ysgol, a'n hargymhellion ar gyfer sut y gellir gwneud y mwyaf o gymorth yn y dyfodol. Rydym yn falch o groesawu Prif Ymchwilyr Astudiaeth WiSC, Dr Sarah MacDonald a Dr Gillian Hewitt, DECIPHer, fel cyflwynwyr.

Gallwch gofrestru ar gyfer y gweminar hwn am ddim [yma](#).

**Teitl: Cyfathrebu Ar-lein gan Bobl Ifanc a'i Gysylltiad â Lles Meddyliol: Canlyniadau o Arolwg Iechyd a Lles Myfyrwyr 2019.**

**Pryd: Dydd Mawrth 14 Mai 2024 3.45 - 4.30pm.**

Cyflwynir y gweminar hwn gan Dr. Rebecca Anthony, Cydymaith Ymchwil yn DECIPHer.

Mae cyfathrebu ar-lein wedi dod yn rhan annatod o fywyd bob dydd pobl ifanc. Bach iawn o ymchwil sydd wedi archwilio a yw'r cysylltiad rhwng y defnydd o'r cyfryngau cymdeithasol a lles yn dibynnu ar *bwy* y mae pobl ifanc yn ymwneud â nhw (h.y. cyfeillgarwch real neu rithwir).

Darganfu'r astudiaeth hon, sy'n defnyddio data o Arolwg Iechyd a Lles Myfyrwyr 2019 y Rhwydwaith, fod lefelau lles bechgyn a merched sy'n cyfathrebu â ffrindiau 'go iawn' yn uwch. Hefyd, darganfu fod cyfeillgarwch rithwir – sef cyfeillgarwch ar-lein yn unig – yn gysylltiedig â lefel is o iechyd meddwl a lles, gyda'r effaith yn amlycach mewn merched na bechgyn. Yn hytrach na gorbwysleisio'r amser sy'n cael ei dreulio ar-lein a cheryddu cyfathrebu ar-lein yn gyffredinol ar sail bod angen ei fonitro a'i reoli'n gaeth, mae'r astudiaeth yn argymhell y dylai addysg llythrennedd digidol i bobl ifanc gydnabod buddion posibl cyfathrebu ar-lein gyda grwpiau cyfeillgarwch presennol.

Gallwch gofrestru ar gyfer y gweminar hwn am ddim [yma](#).

#### 5. Gwylio Recordiadau Gweminarau Blaenorol

Diolch i'r rhai ohonoch a ddaeth i weminar Astudiaeth SAMA ym mis Mawrth 2024, lle y gwnaeth [Dr Hayley Reed](#), o DECIPHer ym Mhrifysgol Caerdydd, gyflwyno canfyddiadau ei chymrodoriaeth – *'Ymchwilio i'r angen am nodi ac addasu rhaglenni iechyd meddwl byd-eang i Gymru er mwyn mynd i'r afael â phroblemau iechyd meddwl y glasoed'*.

Gallwch wyllo neu lawrlwytho'r gweminar [yma](#)

I gael rhagor o recordiadau o weminarau SHRN blaenorol, ewch i'r rhestr chwarae '[Gweminarau](#)' ar ein sianel YouTube.

## 6. Cysylltu a Ni

Os oes gennych unrhyw gwestiynau neu adborth am unrhyw ran o'r cynnwys yn yr e-newyddion hwn, neu am SHRN, anfonwch e-bost at Dîm SHRN [Ysgolion Uwchradd](#) neu [Ysgolion Cynradd](#).

Anfonwch yr e-newyddion hwn ymlaen at unrhyw un y credwch a allai fod â diddordeb. Gallant danysgrifio i dderbyn yr e-newyddion a diweddariadau diweddaraf trwy e-bostio Maria Boffey, Rheolwr Cyfnewid Gwybodaeth a Materion Allanol SHRN: [boffeym1@cardiff.ac.uk](mailto:boffeym1@cardiff.ac.uk).

Ymunwch â'r sgwrs:



Twitter / X: [@SHRNWales](#).



Wefan: [School Health Research Network \(shrn.org.uk/cy\)](http://shrn.org.uk/cy).



YouTube: [SHRN Wales](#).

## \* English Language Bulletin Below \*

### 1. The School Health Research Network Survey in Primary Schools to Take Place During September to December 2024

In June 2024, all mainstream primary schools in Wales will be invited to participate in the upcoming School Health Research Network survey data collection.

Data collection will take place during September to December 2024. Learners in Years 3-6 will be invited to complete The SHRN Student Health and Well-being survey. Alongside, a nominated member of staff will be invited to complete The SHRN School Environment Questionnaire from each primary school.

In the oncoming months further information will be Shared via our enews. If the meantime, you do have any questions please email [Maria Boffey](#), SHRN Knowledge Exchange and External Affairs Manager.

### 2. Safe as... Schools? Where and With Whom do Pupils Feel Most Secure?

In 2023, DECIPHer researchers spoke with pupils and asked them to create posters around the topic of feeling 'safe' in their schools.

In 2021, Welsh Government issued the [Framework embedding a whole-school approach to emotional and mental well-being](#) as statutory guidance for schools. The evaluation of this Framework is being carried out by DECIPHer researchers working in the [Wolfson Centre for Young People's Mental Health](#). The posters, which can be viewed by clicking [here](#), are the first in an ongoing series of summary findings collected as

part of this evaluation.

### 3. Future Research Leader Dr. Rebecca Anthony Selected for GW4 Crucible 2024

Dr. Anthony, based at DECIPHer, from which SHRN is based, was one of 30 researchers chosen to take part in the early career researcher leadership development programme.

This year's theme is *Tackling health inequalities and driving social justice through radical interdisciplinarity*. Dr. Anthony's research has evidenced growing inequalities in young people's mental health, with a [recent article](#) in The Conversation highlighting that young people's emotional problems were getting worse even before 2020.

'This is a particularly concerning trend as it predates COVID, which is known to have [exacerbated](#) mental health problems. Girls and those from poorer families experienced steeper increases in emotional problems,' Dr. Anthony explains. 'In addition to population health, I have a particular interest in the mental health and well-being of children and young people who have been in care.'

Dr. Anthony's [Health and Care Research Wales-funded Fellowship](#) examines care-experienced children and young people's social support, perceptions of relationships and the association with their mental health and wellbeing.

Meet the [researchers taking part in Crucible 2024](#) and follow programme updates on [GW4 LinkedIn](#).

### 4. Upcoming SHRN Webinars

We would like to extend you an invitation to our live webinars - they are free to join, you just need to register in advance:

**Title: The Mental Health and Wellbeing of Care-Experienced Learners in Secondary Schools in Wales: Key findings and recommendations from the Wellbeing in Schools and Colleges (WiSC) Study.**

**When: Wednesday 10 April 2024 3.45 - 4.30pm.**

DECIPHer's [Wellbeing in Schools and Colleges \(WiSC\) Study](#) has explored the mental health and wellbeing needs of learners in secondary schools and FE colleges who have experience of foster care, kinship care, special guardianship, residential care or who are adopted. The study has used data from the SHRN surveys alongside interviews with children and young people, adoptive parents and carers, school and college staff, social workers and CAMHS staff.

This webinar will present key findings from the study about learners' needs and experiences of support in school, and our recommendations for how support might be optimised in the future. We are pleased to welcome the WiSC Study Principle Investigators, Dr Sarah MacDonald and Dr Gillian Hewitt, DECIPHer, as presenters.

You can register for the free webinar [here](#).

**Title: Young People's Online Communication and its Association with Mental Wellbeing: Results from the 2019 Student Health and Wellbeing Survey.**

**When: Tuesday 14 May 2024 3.45 - 4.30pm.**

This webinar will be presented by Dr. Rebecca Anthony, Research Associate at DECIPHer.

Online communication has become an integral aspect of daily life for young people. Very little research has examined whether the association between social media use and well-being depends on *who* young people engage with (i.e. real, or virtual friendships).

This study, using data from the SHRN 2019 Student Health and Well-being survey, found that boys and girls communicating with 'real life' friends online had higher levels of wellbeing. It also found that virtual friendships – those made only online – were linked with lower mental health and wellbeing, with the effect being more pronounced in girls than boys. The study recommends that rather than overemphasising the significance of time spent online and uniformly castigating online communication as something that needs to be heavily monitored and controlled, digital literacy education for young people should acknowledge the possible benefits of online communication with existing friendship groups.

You can register for the free webinar [here](#).

## 5. Watch SHRN Webinar Recordings

Thank you to those of you who attended the SAMA Study webinar in March 2024 where [Dr Hayley Reed](#), DECIPHer at Cardiff University, presented the findings of her fellowship – *'Investigating the need to identify and adapt global mental health programmes to Wales to address*

For more recordings of previous SHRN webinars visit the ['Webinars'](#) playlist on our YouTube channel.

## 6. Contacts Us

If you have any questions or feedback about any of the content in this e-news, or about SHRN, please email the [Secondary School](#) or [Primary School](#) SHRN Team.

Please forward this e-news to anyone you think may be interested. They can subscribe to receive the latest e-news and updates by emailing Maria Boffey, SHRN Knowledge Exchange and External Affairs Manager: [boffeym1@cardiff.ac.uk](mailto:boffeym1@cardiff.ac.uk).

Join the conversation:

 Twitter / X: [@SHRNWales](#).

 Website: [School Health Research Network \(shrn.org.uk\)](http://shrn.org.uk).

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