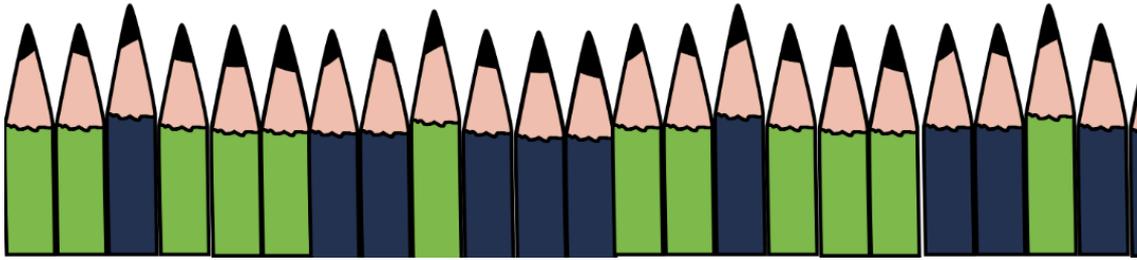


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eNewyddion Ysgolion Uwchradd SHRN SHRN Secondary School eNews



Croeso i eNewyddion Ysgolion Uwchradd SHRN am Ebrill 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 April 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. Cyhoeddiad Cyllid Newydd– y Rhwydwaith Ymchwil Iechyd mewn Ysgolion.

Rydym yn falch iawn ein bod wedi derbyn cadarnhad o gyllid gan Lywodraeth Cymru i'n helpu i adeiladu cam nesaf ein rhaglen waith gyffrous ac uchelgeisiol.

Mae'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion (y Rhwydwaith) wedi'i wreiddio erbyn hyn ar draws y system gyflwyno addysg ac iechyd a lles ar lefelau cenedlaethol, rhanbarthol a lleol. Bydd y cam nesaf hwn yn cyflwyno amrywiaeth eang o fuddion gwerth ychwanegol newydd:

- Sefydlu systemau a phrosesau ar gyfer **cychoedd bob yn ail flwyddyn o gasglu data** mewn ysgolion cynradd ac uwchradd.
- **Galluedd monitro polisi cryfach** trwy set ddata estynedig sy'n cipio data cenedlaethol gan blant 7-18 oed.
- **Allbynnau amserol, o ansawdd uchel, perthnasol i bolisi, sydd wedi'u cynhyrchu'n estynedig** ar gyfer partneriaid rhanbarthol a chenedlaethol allweddol (e.e. briffiau polisi pwrpasol) trwy ddull partneriaeth lechyd Cyhoeddus Cymru/Llywodraeth Cymru.
- **Mwy o ddadansoddiadau ac allbynnau data** a chefnogi cyfleoedd pellach am gysylltu setiau data cyffredin addysg, iechyd a lles, ac amgylcheddol.
- **Mwy o rannu data ac allbynnau data** trwy nifer uwch o ddangosyddion cenedlaethol a bod data ysgolion cynradd ar gael trwy ddangosfwrdd Arsyllfa Iechyd Cyhoeddus y Rhwydwaith.
- **Platfform cyfathrebu a chyfnewid gwybodaeth arloesol** wedi'i ddatblygu gydag ysgolion a'r cyhoedd, ac ar eu cyfer, i **wella lledaeniad ac effaith**, gan gynnwys platfform digidol newydd i gynorthwyo â recriwtio, cadw, cyd-gynhyrchu a chyfnewid gwybodaeth.

Meddai Simon Murphy, Athro Ymyriadau Cymdeithasol ac Iechyd, Cyfarwyddwr DECIPHer, ac Arweinydd y Rhwydwaith Ymchwil Iechyd mewn Ysgolion: *'Rydym yn falch o allu cychwyn ar gam nesaf y Rhwydwaith gyda'n partneriaid ac ysgolion ledled Cymru. Mae'n cynrychioli datblygiad cyffrous, sef ymgymryd ag integreiddio gwaith ysgolion uwchradd a chynradd ar draws y system addysg ac iechyd cyhoeddus cenedlaethol.'*

2. Cymryd rhan yn Arolwg Ymchwil Iechyd Myfyrwyr y Rhwydwaith - Llinell Amser i Ysgolion Cynradd.

Mae'r Rhwydwaith yn cynnig cyfleoedd cyfoethog i ysgolion cynradd gydweithredu'n bwrpasol ac yn ysbrydoledig ag ysgolion tebyg eraill, gan roi cyfle unigryw iddynt hefyd gynhyrchu eu data lefel ysgol eu hunain i lywio'u cynlluniau iechyd a lles a rhoi amrywiaeth eang o welliannau ar waith yn eu hysgol.

Rydym yn falch iawn o gyhoeddi y byddwn, ar ddechrau Mehefin 2024, yn gwahodd pob ysgol gynradd yng Nghymru i gymryd rhan yn arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith a Holiadur Amgylchedd yr Ysgol. Byddant yn ymuno â'r 100% o ysgolion uwchradd a gynhelir sydd eisoes wedi cael eu recriwtio i'n rhwydwaith.

Bydd y llinell amser fel a ganlyn:

Mehefin-Gorffennaf 2024

Recriwtio i'r Arolwg:

Bydd ysgolion cynradd yn cofrestru i gymryd rhan yn Arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith.

Medi – Rhagfyr 2024

Casglu Data:

Bydd ysgolion cynradd sydd wedi cofrestru:

- Yn cael pecyn cymorth arolwg y Rhwydwaith.
- Yn anfon gwybodaeth at rieni a gofawyr.
- Yn gweinyddu'r arolwg gyda'u dysgwyr.
- Yn llenwi Holiadur Amgylchedd yr Ysgol.

Ebrill 2025

Dosbarthu Adroddiadau:

- Bydd ysgolion cynradd yn cael Adroddiad Data Iechyd a Lles Myfyrwyr pwrpasol eu hysgol.
- Bydd adroddiad Holiadur Amgylchedd yr Ysgol y Rhwydwaith ar gael ar ein gwefan.

Edrychwn ymlaen at rannu'r holl fanylion perthnasol a diweddariadau pellach gyda chi dros y misoedd nesaf trwy ein sianeli cyfathrebu arferol, gan gynnwys e-newyddion a bwletinau rhanbarthol.

Yn y cyfamser, os oes gennych unrhyw ymholiadau pellach, e-bostiwch ein Rheolwr Cyfnewid Gwybodaeth a Materion Allanol, Maria Boffey, boffeym1@cardiff.ac.uk

3. Galw am gyfranogwyr mewn astudiaeth: Deall a phrofiadau o gwsg, y cyfryngau cymdeithasol a gweithgarwch corfforol i ddysgwyr Blwyddyn 5 a 6.

Ar hyn o bryd, mae'r Rhwydwaith yn recriwtio 10 o ysgolion cynradd ledled sir Pen-y-bont ar Ogwr a gymerodd ran yn arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith hydref diwethaf. Yn yr ysgolion hyn, hoffem ofyn i grŵp bach o ddysgwyr Blwyddyn 5 a/neu Flwyddyn 6 am eu dealltwriaeth a'u profiadau o bynciau cwsg, y cyfryngau cymdeithasol a gweithgarwch corfforol.

Am ragor o wybodaeth, cysylltwch ag arweinydd yr astudiaeth, Dr Kelly Morgan morgank22@cardiff.ac.uk

4. Gweminar y Rhwydwaith i Ddod ym Mai 2024.

Hoffem estyn gwahoddiad i chi i'n Gweminar byw – gallwch ymuno yn rhad ac am ddim, ond mae angen i chi gofrestru ymlaen llaw: ***Cyfathrebu Ar-lein Pobl Ifanc a'i Gysylltiad â Lles Meddyliol: Canlyniadau o Arolwg Iechyd a Lles Myfyrwyr 2019.***

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 i bobl ifanc. Bach iawn o ymchwil sydd wedi archwilio a yw'r cysylltiad rhwng defnyddio'r cyfryngau cymdeithasol a lles yn dibynnu ar bwy mae pobl ifanc yn ymgysylltu â nhw (h.y. cyfeillgarwch go iawn neu gyfeillgarwch rhithwir).

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' ar-lein yn uwch. Hefyd, darganfu fod cyfeillgarwch rhithwir – sef ffrindiau a wnaed ar-lein yn unig – yn gysylltiedig ag iechyd meddwl a lles meddyliol is, gyda'r effaith yn amlycach ymhlith merched na bechgyn. Yn hytrach na gorbwysleisio faint o amser sy'n cael ei dreulio ar-lein a beirniadu cyfathrebu ar-lein yn gyffredinol fel rhywbeth y mae 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 â grwpiau ffrindiau presennol.

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

5. Gwyllo Recordiadau o Weminarau'r Rhwydwaith

Diolch i'r sawl ohonoch a ddaeth i'n gweminar mis Mawrth: '*Pontio rhwng Ysgolion, Statws Economaidd Gymdeithasol ac Iechyd Meddwl Pobl Ifanc*'.

Fe wnaeth y gweminar hwn, a gyflwynwyd gan Dr Caitlyn Donaldson, Cydymaith Ymchwil yn DECIPHer, Prifysgol Caerdydd, gyflwyno canfyddiadau ymchwil i'r gwahaniaethau mewn iechyd meddwl a deilliannau bwlio ym mlwyddyn 7 ymhlith pobl ifanc mewn ysgolion pob oed o gymharu â phobl ifanc mewn ysgolion uwchradd, a sut gall statws economaidd gymdeithasol esbonio rhai o'r gwahaniaethau hyn.

Gwylwch recordiad o'r gweminar hwn trwy ein [sianel YouTube](#)

Am fwy o recordiadau o weminarau blaenorol y Rhwydwaith, ewch i:

<https://www.shrn.org.uk/cy/gwebinarau/>

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.

Ymunwch â'r sgwrs:



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



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



YouTube: [SHRN Wales](#).

* English Language Bulletin Below *

1. New Funding Announcement – The School Health Research Network.

We are delighted to have received confirmation of funding from the Welsh Government to help us build the next phase of our ambitious and exciting programme of work.

The School Health Research Network (SHRN) is now embedded across the education and health and wellbeing delivery system at national, regional and local levels. This next phase will deliver a wide range of value-added new benefits:

- Established systems and processes for **alternate biennial cycles of data collection** in primary and secondary schools.
- **Heightened policy monitoring capabilities** through an expanded dataset which captures national data from children ages 7-18 years.
- **Enhanced production of high-quality and timely policy relevant outputs** for key national and regional partners (e.g., bespoke policy briefings) through a Public Health Wales and Welsh Government partnership approach.

- **Increased data analysis and outputs** and supporting further data linkage opportunities of education, health and wellbeing and environmental routine datasets.
- **Enhanced data sharing and outputs** through an increased number of national indicators and the availability of primary school data via the Public Health Observatory SHRN dashboard.
- **An innovative knowledge exchange and communications platform** developed with and for schools and the public **to enhance dissemination and impact**, including a new digital platform to support recruitment, retention, coproduction, and knowledge exchange.

Simon Murphy, Professor in Social Interventions and Health, Director DECIPHer, and Lead for the Schools Health Research Network said : *'We are pleased to be able to embark on this next phase of SHRN with our partners and schools across Wales. It represents an exciting development, undertaking the integration of secondary and primary school work across the national education and public health system'*.

2. Taking part in The SHRN Student Health Research Survey and The School Environment Questionnaire (SEQ) - A timeline for Primary Schools

SHRN offers primary schools rich opportunities for inspiring and purposeful collaboration with other like-minded schools, whilst also giving them the unique opportunity to generate their own school level data to inform their health and well-being plans and implement a wide range of improvements in their school.

We are delighted to announce that at the beginning of June 2024, we will be inviting all primary schools in Wales to take part in The SHRN Student Health & Well-being survey and The School Environment Questionnaire (SEQ). They will join the 100% of maintained secondary schools already recruited to our network.

The timeline will be as follows:

June-July 2024

Survey Recruitment:

Primary Schools register to take part in The SHRN Student Health and Well-being Survey and the SHRN School Environment Questionnaire (SEQ).

September - December 2024

Data Collection:

Registered primary schools will:

- Receive their SHRN supporting survey pack.
- Send information to parents and carers.
- Administer the survey to their learners.
- Complete the SEQ.

April 2025

Report Dissemination:

- Primary schools receive their bespoke Student Health and Well-being Data Reports.
- SEQ Report will be available on our website.

We look forward to sharing all relevant details and further updates with you in the coming months via our regular communication channels including enews and regional bulletins.

In the meantime, if you do have any further queries, please email our Knowledge Exchange and External Affairs Manager, Maria Boffey, boffeym1@cardiff.ac.uk

3. Call for Study Participants: Understanding and the experiences on the topics of sleep, social media and physical activity for Year 5 and 6 learners.

SHRN is currently recruiting ten primary schools across Bridgend county who took part in the SHRN Student Health and Wellbeing student survey last Autumn. At these schools, we would like to ask a small group of Year 5 and/or Year 6 learners about their understanding and experiences on the topics of sleep, social media and physical activity.

For more information, please contact study lead Dr Kelly Morgan morgank22@cardiff.ac.uk

4. Up and Coming May 2024 SHRN Webinar.

We would like to extend you an invitation to our live May webinar: ***Young People's Online Communication and its Association with Mental Wellbeing: Results from the 2019 Student Health and Wellbeing Survey.***

Tuesday 14 May 2024 3.45 - 4.30pm.

It is free to join, you just need to register in advance:

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 our March webinar: '*School Transition, Socioeconomic Status and Young People's Mental Health*'.

This webinar, delivered Dr Caitlyn Donaldson, Research Associate at DECIPHer, Cardiff University present research findings on the differences in mental health and bullying outcomes in year 7 in young people in all-age schools compared to those in secondary schools, and how socioeconomic status might explain some of these differences.

View a recording of this webinar via our [YouTube channel](#)

For more recordings of previous SHRN webinars visit: <https://www.shrn.org.uk/webinars/>

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.

Join the conversation:

 Twitter / X: [@SHRNWales](https://twitter.com/SHRNWales).

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

 YouTube: [SHRN Wales](https://www.youtube.com/SHRNWales).



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