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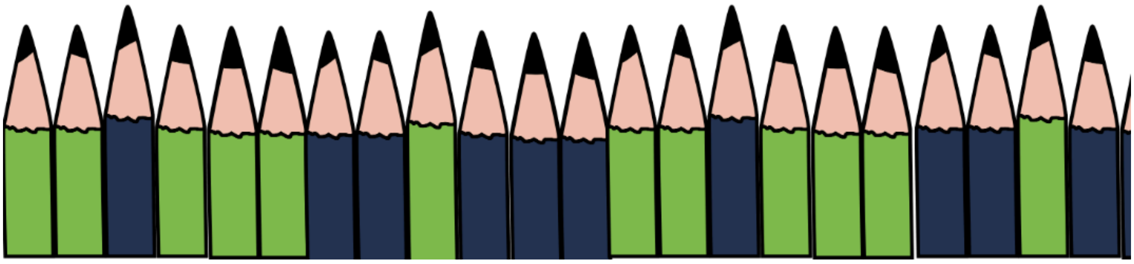
Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION
SCHOOL HEALTH RESEARCH NETWORK

eNewyddion Ysgolion Uwchradd SHRN
SHRN Secondary School eNews



Croeso i eNewyddion Ysgolion Uwchradd SHRN am Gorffennaf 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.

Cynnwys

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Sylwch y gallwch ddod o hyd i'r fersiwn Saesneg o'r diweddariad hwn ar ddiwedd y bwletin hwn

Welcome to the SHRN Secondary School eNews for July 2024

This e-news 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 children and 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 update at the end of this bulletin

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1. Cyfrif i Lawr i Ysgolion Cynradd GOFRESTRU ar gyfer Casgliad Data Hydref 2024 y Rhwydwaith

Dyma'r NEGES OLAF i'ch atgoffa mai dim ond un withnos sy'n weddill cyn bod cofrestru'n cau i ysgolion cynradd ar gyfer Arolwg Iechyd a Lles Myfyrwyr a Holiadur Amgylchedd yr Ysgol y Rhwydwaith. **Y dyddiad cau ar gyfer cofrestru yw 19 Gorffennaf.** Ni fydd ysgolion yn gallu cofrestru a chymryd rhan ar ôl y dyddiad hwn.

Meddai Simon Murphy, Athro mewn Ymyriadau Cymdeithasol ac Iechyd, Cyfarwyddwr DECIPHer ac Arweinydd y Rhwydwaith Ymchwil iechyd mewn Ysgolion:

'Arolwg Iechyd a Lles Myfyrwyr a Holiadur Amgylchedd yr Ysgol y Rhwydwaith yw'r dull mwyaf, a mwyaf cynhwysfawr, o'i fath ar gyfer casglu data ar iechyd a lles dysgwyr. Ar ran y Rhwydwaith, hoffwn ddiolch i bob ysgol sydd wedi cofrestru ar gyfer casgliad data 2024.

I osgoi colli allan ar Adroddiad Data Iechyd a Lles eich ysgol, byddwn i'n annog ysgolion i gofrestru erbyn y dyddiad cau, sef 19 Gorffennaf'.

Caiff ysgolion sydd heb gofrestru eto ac a hoffai ddysgu rhagor eu gwahodd i ddarllen llyfryn gwybodaeth y Rhwydwaith i ysgolion cynradd

Os oes gennych unrhyw gwestiynau am yr ymchwil, cysylltwch â thîm y Rhwydwaith: PrimarySHRN@cardiff.ac.uk

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2. Cyhoeddiad Ariannu Newydd - Iechyd yr Ysgol Rhwydwaith Ymchwilh)

Rydym ni wrth ein bodd ein bod wedi cael cyllid gan Lywodraeth Cymru i'n helpu i adeiladu cam nesaf ein rhaglen waith uchelgeisiol a chyffrous.

Mae'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion (y Rhwydwaith) bellach wedi'i wreiddio ar draws y system cyflwyno addysg ac iechyd a lles ar lefelau lleol, rhanbarthol a chenedlaethol. Mae cam nesaf y Rhwydwaith yn cynrychioli datblygiad cyffrous, gan ymgymryd ag integreiddio gwaith ysgolion cynradd ac uwchradd ar draws y system addysg ac iechyd cyhoeddus cenedlaethol. Bydd y cam nesaf hwn yn cyflwyno amrywiaeth eang o fuddion newydd â gwerth ychwanegol:

- Systemau a phrosesau sefydledig ar gyfer **cylchoedd casglu data bob yn ail** mewn ysgolion cynradd (blynyddoedd 2024 a 2026) ac ysgolion uwchradd (blynyddoedd 2025 a 2027).
- **Gwell galluoedd monitro polisi** trwy set ddata estynedig sy'n cipio data cenedlaethol gan blant 7-18 oed.
- **Gwell cynhyrchu allbynnau amserol, o ansawdd uchel, sy'n berthnasol i bolisi** ar gyfer partneriaid cenedlaethol a rhanbarthol allweddol trwy ddull partneriaeth Iechyd Cyhoeddus Cymru a Llywodraeth Cymru.
- **Mwy o ddadansoddi data ac allbynnau data** trwy weithio tuag at storfa fynediad agored o ddata'r Rhwydwaith ac ategu cyfleoedd cysylltedd data pellach ar gyfer setiau data cyffredin addysg, iechyd a lles, a'r amgylchedd.
- **Rhannu data a dadansoddi data yn well** trwy gynnydd yn nifer y dangosyddion cenedlaethol a'r data ysgolion cynradd sydd ar gael trwy ddangosfwrdd Arsyllfa Iechyd Cyhoeddus y Rhwydwaith.

- **Cyflwyno dangosfyrddau data ysgolion rhyngweithiol, dynamig,** sy'n darparu data ar dueddiadau i ysgolion y Rhwydwaith yng Nghymru, i lywio cynllunio gweithredu ynghylch iechyd.
- **Platfform cyfnewid gwybodaeth a chyfathrebu arloesol** a ddatblygwyd gydag ysgolion a'r cyhoedd, ac ar eu cyfer, **i wella lledaeniad ac effaith**, gan gynnwys platfform digidol newydd i ategu recriwtio, cadw, cyd-gynhyrchu a chyfnewid gwybodaeth.

Simon Murphy, Athro Ymyriadau Cymdeithasol ac Iechyd, Cyfarwyddwr DECIPHer, ac Arweinydd y Rhwydwaith Ymchwil Iechyd mewn Ysgolion:

'Mae hwn yn gam newydd cyffrous i'r Rhwydwaith. Rydym ni bellach yn cwmpasu ysgolion cynradd ac uwchradd ac yn edrych ymlaen at gyflwyno arloesiadau cyffrous sy'n gwella mynediad ysgolion at eu data ac yn gwella'r ffordd rydym ni'n rhannu gwybodaeth ac arweiniad ar ddulliau seiliedig ar dystiolaeth o wella iechyd a lles'.

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3. Beth yw'r manteision penodol o gasglu a defnyddio data dienw SHRN?

Cafodd Maria Boffey, rheolwr Cyfnewid Gwybodaeth a Materion Allanol SHRN ei chyfweld yn ddiweddar i ddarganfod y manteision i ysgolion cynradd wrth gasglu a defnyddio data SHRN dienw.

Yn y cyfweliad hwn â Maria, clywn sut mae'r dull data SHRN dienw yn grymuso ysgolion i wella iechyd a lles eu dysgwr wrth ddiogelu preifatrwydd a meithrin cymuned ehangach yr ysgol.

Cliciwch yma i ddarllen y cyfweliad a chael gwybod mwy am sut mae SHRN yn rhoi cyfle unigryw i ysgolion asesu iechyd a lles eu dysgwyr yng nghyd-destun polisïau ac arferion eu hysgolion, a sut mae'n ymdrin ag ystod o bynciau iechyd emosiynol a chorfforol i adlewyrchu Dull Ysgol Gyfan o ymdrin ag Iechyd Meddwl a Llesiant, a'r Cwricwlwm i Gymru.

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4. Helpu i hyrwyddo astudiaeth newydd gyffrous sy'n darparu cymorth iechyd meddwl i deuluoedd

Rydym ni'n dîm ymchwil o Ganolfan Wolfson ar gyfer Iechyd Meddwl Pobl Ifanc ym Mhrifysgol Caerdydd. Rydym ni'n chwilio am help â hyrwyddo a hysbysebu astudiaeth newydd, bwysig i bobl ifanc 13-19 oed a'u rhieni.

Bydd Astudiaeth Sgiliau er Lles y Glasoed (SWELL) yn profi p'un a all rhaglen therapi ymddygiadol gwybyddol (CBT) grŵp, sy'n addysgu sgiliau er lles, amddiffyn pobl ifanc rhag hwyliau isel ac iselder. Hefyd, mae'n cynnig cymorth ychwanegol ar gyfer iechyd meddwl y rhieni/gofalwyr eu hunain.

Mae'r astudiaeth yn ceisio cefnogaeth ysgolion a cholegau i roi'r gair ar led i rieni/gofalwyr/myfyrwyr a allai fod yn gymwys ac a allai elwa o'r gefnogaeth hon. Gallai hyn fod trwy anfon llythyron neu negeseuon testun i rieni/gofalwyr a rhannu gwybodaeth am yr astudiaeth ar borth gwybodaeth i rieni.

Bydd teuluoedd yn cael £160 mewn talebau am gymryd rhan.

Gallwch ymweld â bit.ly/wcSWELL i gael mwy o wybodaeth am yr astudiaeth.

Cysylltwch â swell@cardiff.ac.uk os ydych chi'n meddwl y gallai eich ysgol helpu.

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).

YouTube: SHRN Wales.

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* English Language Bulletin *

1. Countdown for Primary Schools to REGISTER for The SHRN Autumn Data Collection 2024

This is a **FINAL REMINDER** that there is just **one week** left before registration closes to primary schools for The SHRN Student Health & Well-being Survey and The School Environment Questionnaire (SEQ). **The registration deadline is 19 July 2024.** Schools will be unable to register to take part after this date.

Simon Murphy, Professor in Social Interventions and Health, Director DECIPHer and Lead for the Schools Health Research Network said:

'The SHRN Student Health and Wellbeing Survey, and The School Environment Questionnaire (SEQ) is the largest and most comprehensive method for collecting learner health and well-being data of its kind.

On behalf of SHRN, I want to thank all schools who have registered for the 2024 data collection. To avoid missing out on your school's Health & Well-being Data Report, I urge schools to register by the closing date of 19 July'.

Primary Schools who have not yet registered and would like to find out more are invited to read the SHRN primary school information brochure

If you have any queries regarding the research, please contact the SHRN team:
PrimarySHRN@cardiff.ac.uk

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2. New Funding Announcement – The School Health Research Network (SHRN)

We are delighted to have received 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

well-being delivery system at national, regional and local levels. The next phase of SHRN represents an exciting development, undertaking the integration of secondary and primary school work across the national education and public health system. 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 (years 2024 and 2026) and secondary (years 2025 and 2027) 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 through a Public Health Wales and Welsh Government partnership approach.
- **Increased data analysis and outputs** by working towards an open access depository of SHRN data and supporting further data linkage opportunities of education, health and well-being 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.
- **Dynamic interactive school data dashboards** to be phased in that provide trend data for SHRN schools in Wales to inform health action planning.
- **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 :

'This is an exciting new phase for SHRN. We are now covering both primary and secondary schools and we are looking forward to introducing exciting innovations that enhance schools access to their data and improve the way we share information and guidance on evidence-based approaches to improving health and well-being'.

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3. What are the benefits of collecting and using SHRN anonymised data?

Maria Boffey, SHRN Knowledge Exchange and External Affairs manager was recently interviewed to find out the benefits for primary schools in collecting and using anonymised SHRN data.

In this interview with Maria, we hear how the SHRN anonymised data approach empowers schools to enhance their learner's health and well-being whilst protecting privacy and nurturing the wider school community.

Click here to read the interview and find out more about how SHRN provides schools with the unique opportunity to assess the health and well-being of their learners in the context of their school policies and practices, and how it covers a range of emotional and physical health topics to reflect a Whole-School Approach to Mental Health and Well-being, and the Curriculum for Wales.

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4. Help promote exciting new study that provides mental health support for families

We are a research team from the Wolfson Centre for Young People's Mental Health at Cardiff University. We are looking for help with promoting and advertising an important new study to young people aged 13-19 years, and their parents and carers.

The Skills for Adolescent Well-being (SWELL) Study will test whether a group cognitive behavioural therapy (CBT) program, that teaches skills for well-being, can protect young people against low mood and depression. It also offers extra support for the parents'/carers' own mental health.

The study is seeking the support of schools and colleges to get the word out to parents/carers/students who might be eligible and could benefit from this support. This could be via sending letters or texts out to parents/carers or sharing information about the study on a parent information portal.

Families will receive £160 in vouchers for taking part.

You can visit bit.ly/wcSWELL for more information about the study.

Please contact swell@cardiff.ac.uk if you think your school could help.

Contact 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 Teams.

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.

Website: School Health Research Network (shrn.org.uk).

YouTube: SHRN Wales.

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