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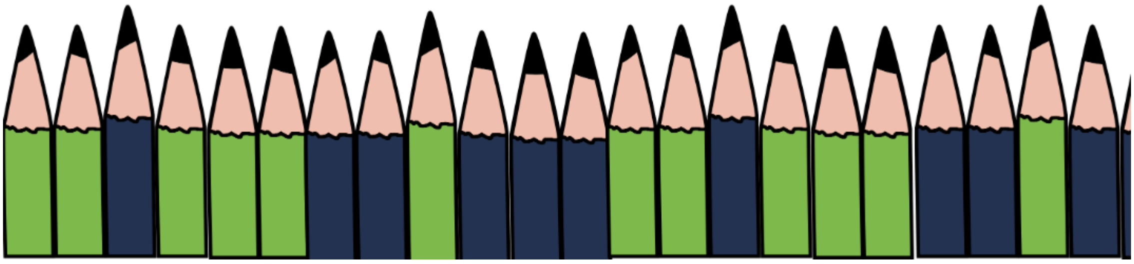
Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION
SCHOOL HEALTH RESEARCH NETWORK

eNewyddion Ysgolion Uwchradd SHRN
SHRN Secondary School eNews



Croeso i eNewyddion Ysgolion Uwchradd SHRN am Mehefin 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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Welcome to the SHRN Secondary School eNews for June 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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1. Cofrestru ar gyfer casgliad data hydref 2024 mewn ysgolion cynradd y Rhwydwaith Ymchwil Iechyd mewn Ysgolion

Ar 17 Mehefin 2024, byddwn yn gwahodd pob ysgol gynradd yng Nghymru i gymryd rhan yn Arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith a Holiadur Amgylchedd yr Ysgol y Rhwydwaith. Byddant yn ymuno â'r 100% o ysgolion uwchradd a gynhelir sydd eisoes wedi cael eu recriwtio i'n rhwydwaith.

Amserlen casglu data 2024 y Rhwydwaith:

17 Mehefin – 19 Gorffennaf 2024
Bydd ysgolion cynradd yn cofrestru er mwyn dod yn aelod o'r Rhwydwaith ac yn cofrestru ar gyfer Arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith a Holiadur Amgylchedd yr Ysgol y Rhwydwaith.

16 Medi – 20 Rhagfyr 2024
Casglu data 2024 y Rhwydwaith mewn ysgolion cynradd cofrestredig.

Edrychwn ymlaen at rannu'r holl fanylion perthnasol a diweddariadau pellach gyda chi dros yr wythnosau nesaf trwy ein sianeli cyfathrebu rheolaidd, sy'n cynnwys yr e-newyddion hwn.

Yn y cyfamser, os oes gennych ymholiadau pellach, e-bostiwch primarySHRN@cardiff.ac.uk

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2. Lansio llyfryn gwybodaeth y Rhwydwaith i ysgolion cynradd

Mae'n bleser gennym gyhoeddi lansiad ein llyfryn gwybodaeth i ysgolion cynradd.

Wrth roi sylw ar lansio'r llyfryn hwn, dywedodd Maria Boffey, Rheolwr Cyfnewid Gwybodaeth a Materion Allanol y Rhwydwaith:

'R*ydym wrth ein bodd ein bod yn gallu darparu'r adnodd digidol hwn. Bydd yn adnodd hanfodol i ysgolion cynradd sydd eisiau dysgu rhagor am y Rhwydwaith, buddion bod yn aelodau, a darganfod sut gall ysgolion ymuno â'n rhwydwaith bywiog'.*

Edrychaf ymlaen at ysgolion cynradd yn ymuno â ni i ymgysylltu â holl aelodau'r gymuned ysgolion cynradd, a'u cefnogi, i ddeall a bodloni anghenion iechyd a lles eu dysgwyr yn well. Mae'r Rhwydwaith wedi dod yn rhan unigryw ac amhrisiadwy o'r seilwaith iechyd a lles addysg yng Nghymru ac, at hynny, nid oes cost ganddo i ysgolion cynradd.

I weld copi o'r llyfryn hwn, ewch i yma

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3. Llyfryn astudiaethau achos y Rhwydwaith yn amlygu llwyddiannau ysgolion ac effaith y Rhwydwaith

Mae'n bleser gennym ddatgan bod ein llyfryn llwyddiannau ac effaith mewn ysgolion wedi cael ei gyhoeddi.

Yn y llyfryn hwn, mae ysgolion yn rhannu sut maen nhw wedi defnyddio'u data eu hunain i wneud newidiadau cadarnhaol trwy gyfrwng hunanwerthuso, yn ogystal â llywio a monitro gwaith gwella iechyd a lles yr ysgol.

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

'*Mae'r Rhwydwaith wedi arwain y ffordd o ran galluogi tystiolaeth ymchwil iechyd a lles ysgolion i gael ei throsi'n ymarfer. Mae ysgolion o bob cwr o Gymru wedi gwreiddio'r Rhwydwaith yng nghynllun datblygu'u hysgol ac maent wedi rhoi amrywiaeth o fentrau gwella iechyd a lles ar waith.*

Rydym ni'n hynod ddiolchgar i'r ysgolion sydd wedi rhannu eu profiad gyda ni ac edrychwn ymlaen at ddatblygu ein partneriaethau rhwydwaith gydag ymchwilwyr, llunwyr polisi, ymarferwyr, rhieni/gofalwyr a disgyblion wrth i ni weithio ar draws ysgolion uwchradd ac, erbyn hyn, ysgolion cynradd yng Nghymru.'

Darllenwch ein **llyfryn astudiaethau achos** i ddysgu rhagor am sut mae'r Rhwydwaith yn cyfoethogi dulliau wedi'u llywio gan dystiolaeth ar gyfer gwella iechyd a lles plant a phobl ifanc mewn lleoliadau ysgol.

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4. Gwyliwch ein gweminar Mehefin: Gwybodaeth am gasgliad data 2024 y Rhwydwaith

Diolch i bawb a wyliodd ein gweminar gwybodaeth am gasgliad data 2024 y Rhwydwaith ar 11 Mehefin.

Fe wnaeth y gweminar, a gyflwynwyd gan dîm y Rhwydwaith a Liz Western, Arweinydd Darpariaeth Cyn Ysgol ac Ysgolion Hybu Iechyd, Sir Benfro, amlinellu:

- Buddion ymuno â'r rhwydwaith a bod yn rhan o gasgliad data 2024.
- Sut gall ysgolion gofrestru i gymryd rhan.
- Y gwahaniaeth y mae'r Rhwydwaith yn ei wneud wrth helpu ysgolion i ddeall tystiolaeth ymchwil iechyd a sut y gellir ei ddefnyddio ar gyfer gwelliannau i iechyd a lles eu hysgol.

Gallwch wylio neu lawrlwytho'r gweminar yma.

5. Newidiadau a heriau: Sut brofiad o les sydd gan athrawon mewn ysgolion?

Yn 2023, fel rhan o'u gwerthusiad 2022-26 o'r Fframwaith ar sefydlu dull ysgol gyfan ar gyfer llesiant emosiynol a meddyliol, gofynnodd ymchwilwyr DECIPHer sy'n gweithio yng Nghanolfan Wolfson ar gyfer Iechyd Meddwl Pobl Ifanc i athrawon am les mewn ysgolion.

Siaradodd ymchwilwyr â disgyblion, gan ofyn iddynt greu posteri ar deimlo'n 'ddiogel' yn eu hysgol. Cyhoeddwyd y posteri ym mis Chwefror 2024 a gallwch eu gweld yma:
Yn ddiogel fel… ysgolion? Ble a gyda phwy mae disgyblion yn teimlo'n fwyaf diogel?

Nesaf ar y rhestr oedd cyfweliadau ag athrawon. Yn 2023, cyfwelodd ymchwilwyr â 36 o staff ysgolion cynradd ac uwchradd, gan ofyn iddynt sut roedd anghenion lles eu disgyblion wedi newid ers Covid. Er bod y rhan fwyaf o'r disgyblion yn gweithredu'n dda, roedd rhai heriau clir.

Darllenwch y pwyntiau allweddol o'r cyfweliadau ysgol cynradd hyn a mwy yma

6. A ydych yn fodlon rhannu cynlluniau pontio eich clwstwr ysgolion gyda ni?

Mae ymchwilwyr ym Mhrifysgol Caerdydd yn dechrau prosiect i ddeall y themâu a'r blaenoriaethau cyffredin yng nghynlluniau pontio gwahanol glystyrau. Bydd hyn yn ein helpu i ddeall yn well sut mae ysgolion yn cefnogi pobl ifanc wrth iddynt symud o'r ysgol gynradd i'r ysgol uwchradd. Bydd enwau'n cael eu dileu o'r holl gynlluniau cyn iddynt gael eu dadansoddi. Mae'r prosiect wedi'i gymeradwyo gan Bwyllgor Moeseg Ymchwil y Brifysgol. Os hoffech gymryd rhan neu gael rhagor o wybodaeth, rhowch eich manylion yn y ffurflen ganlynol https://cardiffuni.welcomesyourfeedback.net/6ykckl a byddwn yn cysylltu â chi.

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 Below *

1. Primary Schools register for The School Health Research Network's 2024 Autumn data collection

On 17 June 2024, we invited all primary schools in Wales to take part in The SHRN Student Health and Well-being survey and The SHRN School Environment Questionnaire (SEQ). They will join the 100% of maintained secondary schools already recruited to our network.

The SHRN 2024 data collection timeline:

17 June – 19 July 2024
Primary Schools register to become a SHRN member and sign-up to The SHRN Student Health and Well-being Survey and The SHRN School Environment Questionnaire (SEQ).

16 September - 20 December 2024
SHRN 2024 data collection for registered primary schools.

We look forward to sharing all relevant details and further updates with you in the coming weeks via our regular communication channels that includes this e-news.

In the meantime, if you do have any further queries, please email primarySHRN@cardiff.ac.uk

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2. Launch of SHRN primary school information brochure

We are delighted to announce the launch of our information brochure for primary schools.

Commenting on the launch of this brochure, Maria Boffey, SHRN Knowledge Exchange and External Affairs manager said:

'*We are really excited to be able to provide this digital resource. It is a vital product to primary schools wanting to find out more about SHRN, the benefits of being members, and to find out how schools can join our vibrant network.*

I look forward to primary schools joining us in engaging with and supporting all members of the primary school community to better understand and meet the health and well-being needs of their learners. SHRN, has become a unique and invaluable part of the education health and well-being infrastructure in Wales, and what is more- it is of no cost to primary schools'.

Read our primary school information brochure.

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3. SHRN case study brochure highlights school success stories and SHRN impact

We are excited to announce the publication of our school success stories and impact brochure.
In this brochure, schools share with us how they have used their own data to make positive changes by way of self- evaluation as well as informing and monitoring school health and wellbeing improvement work.

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

'SHRN has led the way in enabling the translation of school health and well-being research evidence into practice. Schools from across Wales have embedded SHRN into their school development plans and implemented a range of health and well-being improvements initiatives.

We are extremely grateful to the schools that shared their experience with us, and we look forward to developing our network partnerships with researchers, policy makers, practitioners, parents/carers and pupils as we work across secondary and now primary schools in Wales.'

Read our **case studies brochure** to learn more about how SHRN is enriching evidence informed approaches to improving children's and young people's health and well-being in school settings.

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4. Watch our June Webinar: SHRN 2024 Data collection

Thank you to those of you who attended our 2024 SHRN data collection information webinar on June 11.

The webinar, presented the SHRN team and Liz Western, Lead for Health Promoting Schools and Pre-schools, Pembrokeshire, outlined:

- The benefits of joining SHRN and being part of the 2024 data collection.
- How primary schools can register to take part.
- The difference SHRN makes in helping schools to understand health research evidence, and how it can be used for their school health and well-being improvements.

You can watch or download the webinar here.

5. Changes and challenges: How are teachers experiencing wellbeing in schools?

In 2023, as part of their 2022-26 evaluation of Framework embedding a whole-school approach to emotional and mental wellbeing, DECIPHer researchers working in the Wolfson Centre for Young People's Mental Health asked teachers about wellbeing in schools.

Researchers spoke with pupils and asked them to create posters around the topic of feeling 'safe' in their schools. The posters were published in February 2024 and can be viewed here:
Safe as… schools? Where and with whom do pupils feel most secure?

Next on the list were interviews with teachers. In 2023, researchers interviewed 36 primary and secondary school staff and asked them how pupil wellbeing needs had changed since Covid. While most pupils were functioning well, there were some clear challenges.
Read the key points from these primary school interviews and more here

6. Will you share your school cluster transition plans with us?

Researchers at Cardiff University are beginning a project to understand the common themes and priorities across transition plans from different clusters. This will help us to better understand how schools are supporting young people as they move from primary to secondary school. All plans will be anonymised prior to analysis, and the project has been approved by the University Research Ethics committee. If you would like to participate or would be interested in finding out more, could you please fill in your details in the following form https://cardiffuni.welcomesyourfeedback.net/6ykckl and we will be in touch.

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 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.

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

YouTube: SHRN Wales.

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