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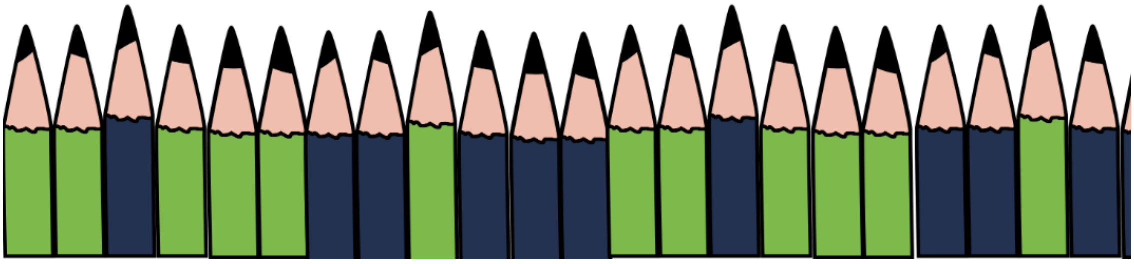
Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION
SCHOOL HEALTH RESEARCH NETWORK

eNewyddion Ysgolion Uwchradd SHRN
SHRN Secondary School eNews



Croeso i eNewyddion Ysgolion Uwchradd SHRN am Mai 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 May 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 **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 bulletin at the end of the Welsh language version

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1. Recriwtio ysgolion cynradd i Arolygon Ymchwil Iechyd 2024 y Rhwydwaith

O 3 Mehefin 2024 ymlaen, byddwn yn gwahodd pob ysgol gynradd a gynhelir gan y wladwriaeth 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 ac sy'n ein galluogi i ddarparu cyfleoedd seiliedig ar dystiolaeth am weithio unedig ar draws plentyndod a'r glasoed, a phontio i'r ysgol uwchradd.

Yr amserlen casglu data:

Ganol Mehefin - 19 Gorffennaf 2024
Bydd ysgolion cynradd yn cofrestru i gymryd rhan yn Arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith a Holiadur Amgylchedd yr Ysgol y Rhwydwaith.

16 Medi – 22 Rhagfyr 2024
Casglu data ysgolion cynradd cofrestredig.

Byddem yn ddiolchgar am eich cefnogaeth i hyrwyddo SHRN i'ch ysgolion cynradd bwydo drwy anfon y manylion hyn ymlaen a rhannu eich profiadau o ddefnyddio data SHRN.

Edrychwn ymlaen at rannu'r holl fanylion perthnasol a diweddariadau pellach gyda chi yn ystod y misoedd i ddod trwy ein sianeli cyfathrebu rheolaidd, gan gynnwys ein e-fwletinau newyddion a'n bwletinau rhanbarthol.

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

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2. SHRN 2023 adroddiadau data lefel ysgol uwchradd a gyhoeddwyd i ysgolion sy'n cymryd rhan

Rydym yn falch o allu rhannu eich adroddiadau lefel ysgol diweddaraf y Rhwydwaith gyda chi. Rydym yn falch o ddarparu eich adroddiad lefel ysgol personoledig i chi a gobeithio y bydd o werth i chi, ac o ddefnydd i gynllunio gweithredu, datblygu ac ymarfer ehangach eich ysgol ynghylch iechyd a lles. Os nad ydych wedi cael eich copi, cysylltwch â shrn@cardiff.ac.uk

Ochr yn ochr â'ch data pwrpasol, mae adroddiad y Rhwydwaith yn rhestru ystod eang o adnoddau a sefydliadau posibl sydd ar gael. Byddem yn eich annog yn gryf i fanteisio ar y cyfle hwn i weithio'n agos gyda'ch Cydlynydd Ysgolion Iach lleol i nodi adnoddau a sefydliadau addas sydd wedi'u teilwra i anghenion a blaenoriaethau penodol cymuned eich ysgol. Hefyd, gallant nodi a chynghori ar adnoddau sy'n ddibynadwy, yn briodol yn ddatblygiadol ac yn sensitif i angen pob plentyn. Caiff ysgolion eu hannog hefyd i droi at eu darparwr dysgu proffesiynol, yn eu hawdurdod lleol neu gonsortiwm rhanbarthol, sy'n gallu cynnig cymorth ac arweiniad ar ddisgwyliadau'r Cod Addysg Cydberthynas a Rhywioldeb, os bydd angen hyn arnynt.

Edrychwn ymlaen at glywed gennych yn ystod ein rhaglen o ddigwyddiadau yn yr hydref. Byddai gwybod sut mae eich adroddiad gan y Rhwydwaith wedi'ch cynorthwyo i ymateb i flaenoriaethau iechyd a lles cymuned eich ysgol o ddiddordeb arbennig i ni. Am ragor o wybodaeth, ewch i'n gwefan www.shrn.org.uk

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3. Dyddiad lansio arddangos data ysgolion uwchradd agregedig y Rhwydwaith 2023 ar Ddangosfwrdd Data'r Rhwydwaith Iechyd Cyhoeddus Cymru
Mae Iechyd Cyhoeddus Cymru yn falch o gyhoeddi y bydd data agregedig y Rhwydwaith o Arolwg Iechyd a Lles Myfyrwyr 2023 ar gael ar eu dangosfwrdd cyhoeddus ym mis Medi 2024.

Mae'r dangosfwrdd yn cynnwys 32 o bynciau gwahanol ar lefelau awdurdod lleol, bwrdd iechyd a chenedlaethol, ar gyfer pob blwyddyn yr arolwg (2017, 2019 a 2021) ac mae'n bosibl gweld yn ôl rhywedd, oedran, cyfoeth teuluol a gwahanol lefelau daearyddol. Gallwch weld y dangosfwrdd yma.

Meddai Zoe Strawbridge, Uwch Ddadansoddydd Deallusrwydd Iechyd Cyhoeddus, Iechyd Cyhoeddus Cymru:

'Nod y dangosfwrdd hwn yw caniatáu mynediad haws at ddata'r rhwydwaith sydd ar gael, a dealltwriaeth haws ohono, gan gynnig golwg fanwl ar y cwestiynau a ofynnwyd i holl fyfyrwyr ysgol uwchradd yn arolwg 2023. Gall defnyddwyr y dangosfwrdd gymharu'r canlyniadau gydag amser, gan ddarparu dealltwriaeth hydredol o'r ffordd y gall canrannau fod wedi newid dros y blynyddoedd.

Edrychwn ymlaen at weithio gyda'r Rhwydwaith yn y dyfodol i barhau i ddatblygu cynnyrch, rhannu data a gwybodaeth, ac adeiladu rhwydweithiau cadarn rhwng ein sefydliadau. Trwy gydweithio, gallwn ddarparu gwybodaeth a thystiolaeth i ategu polisi a deddfwriaeth ar gyfer newid, tuag at iechyd a lles plant a phobl ifanc yng Nghymru yn y dyfodol.'

Gallwch ymuno â'n gweminarau yn rhad ac am ddim, ond mae angen i chi gofrestru ymlaen llaw.

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4. A fyddwch chi'n rhannu cynlluniau pontio eich clwstwr ysgolion gyda DECIPHer? Mae ymchwilwyr yn DECIPHer, Prifysgol Caerdydd, yn dechrau prosiect i ddeall y themâu a'r blaenoriaethau cyffredin ar draws cynlluniau pontio ysgolion o wahanol glystyrau. Bydd hyn yn ein helpu ni i ddeall yn well sut mae ysgolion yn cefnogi pobl ifanc wrth iddynt symud o'r ysgol gynradd i'r ysgol uwchradd.

Bydd gwybodaeth adnabod yn cael ei thynnu o'r holl gynlluniau cyn dadansoddi, ac mae Pwyllgor Moeseg Ymchwil y Brifysgol wedi cymeradwyo'r prosiect.

Os hoffech gymryd rhan neu os byddai gennych ddiddordeb mewn gwybod rhagor, llenwch eich manylion ar y ffurflen ganlynol I a bydd tîm DECIPHer yn cysylltu â chi.

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5. 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.

* English Language Bulletin Below *

1. SHRN 2024 Data collection: primary school recruitment update

From mid-June 2024, we will be inviting 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 and enable us to provide evidence-based opportunities for joined up working across childhood and adolescence, and transition to secondary school.

The data collection timeline:

Mid June to 19 July 2024
Primary Schools register to take part in The SHRN Student Health and Well-being Survey and The SHRN School Environment Questionnaire (SEQ).

16 September – 22 December 2024
Data collection for registered primary schools.

We would be grateful for your support in promoting SHRN to your feeder primary schools by forwarding on these details and also sharing your experiences of using SHRN data.

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

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

2. 2023 SHRN school-level data reports issued to participating secondary schools

We are delighted to be able to share your latest SHRN school-level reports with you. We are proud to provide you with your personalised school-level report and hope that you have found this of value, and of use for your wider school health and wellbeing action planning, development and practice. If you haven't received your copy, please get in touch at SHRN@cardiff.ac.uk

Along with your bespoke data, the SHRN report lists a broad range of potential resources and organisations that are available. We would strongly encourage you to take this opportunity to work closely with your local Healthy Schools Co-ordinator to identify suitable resources and organisations that are tailored to your specific school community's needs and priorities. They can also advise and identify resources that are reputable, developmentally appropriate, and sensitive to every child's need. Schools are also encouraged to consult their professional learning provider, based in the local authority or regional consortium, who are able to provide support and guidance on the expectations of the RSE Code should they require this.

We look forward to hearing from you during our Autumn programme of events. We are especially interested in learning how your SHRN report has supported you in responding to the health and wellbeing priorities of your school community.

For further information please visit www.shrn.org.uk

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3. Launch date for 2023 SHRN aggregated secondary school data to be displayed on the Public Health Wales SHRN Data Dashboard

Public Health Wales are pleased to announce that aggregated SHRN data from the 2023 Student Health and Well-being Survey in secondary schools will be available on their interactive and publicly accessible dashboard in September 2024.

The dashboard contains 32 different topics at local authority, heath board and national levels, for each year of the survey (2017, 2019, and 2021) with views available for gender, age, family affluence and different geographic levels. View the dashboard here.

Zoe Strawbridge, Advanced Public Health Intelligence Analyst, Public Health Wales said:

'This dashboard aims to allow easier access to, and understanding of, the available SHRN data providing a detailed view of the questions that were asked of all secondary school students in the 2023 survey. Dashboard users can compare the results over time, providing a longitudinal understanding of how percentages may have changed over the years.

We look forward to working with SHRN in the future to continue to develop products, share data and knowledge, and build strong networks between our organisations. In working together, we can provide knowledge and evidence to support policy and legislation for change, towards the future health and wellbeing of children and young people in Wales.'

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4. Will you share your school cluster transition plans with DECIPHer?

Researchers at DECIPHer, Cardiff University are beginning a project to understand the common themes and priorities across school transition plans from different school 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 and the DECIPHer team we will be in touch.

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5. 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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