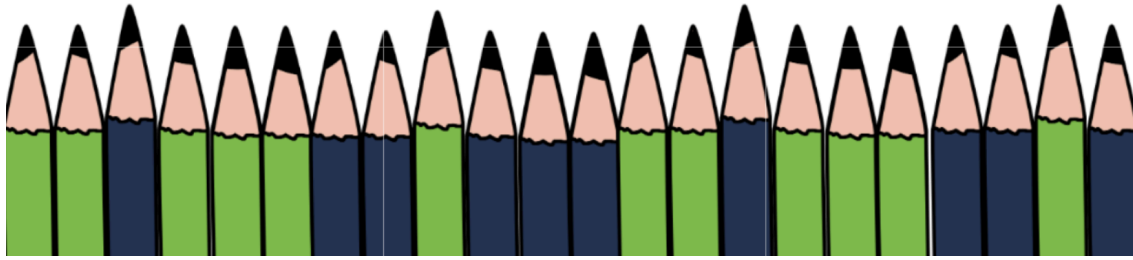


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## E-Newyddion Ysgolion Uwchradd SHRN SHRN Secondary School E-News



### Croeso i E-Newyddion Ysgolion Uwchradd SHRN am Medi 2024

### Welcome to the SHRN Secondary School E-News for September 2024

*\*Sylwch y gallwch ddod o hyd i fersiwn Saesneg y diweddariad hwn ar ddiwedd yr e-newyddion Cymraeg\**

*\*Please note that you can find the English language version at the end of the Welsh e-news\**

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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5. **Helpwch hyrwyddo astudiaeth newydd gyffrous sy'n rhoi cymorth iechyd meddwl i deuluoedd.**

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 well-being in Wales by working with both primary and secondary schools to generate and use good quality evidence for health and well-being improvement.

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## Jump to English

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### **Arolwg lechyd a Lles SHRN mewn ysgolion cynradd: eich help chi sydd ei angen wrth hyrwyddo casglu data 2024 i'ch ysgolion cynradd bwydo**

Mae'n bleser gennym roi gwybod bod dros 50% o ysgolion cynradd prif ffrwd yng Nghymru wedi cofrestru i gymryd rhan yn Arolwg lechyd a Lles Myfyrwyr y Rhwydwaith yng nghasgliad data 2024 ysgolion cynradd.

**Mae ehangu'r Rhwydwaith i ysgolion cynradd yn cynnig platfform unigryw i ddeall effeithiau pontio o'r ysgol gynradd i'r ysgol uwchradd yn well.** Bydd y data hwn yn rhoi cipolygon gweithredadwy i effeithiau pontio ysgolion ar ddeilliannau disgyblion, a bydd yn cefnogi polisïau i wella cyrhaeddiad a deilliannau lles.

Bydd data ysgolion cynradd sydd wedi cofrestru gyda'r Rhwydwaith yn cael ei gasglu rhwng 16 Medi ac 20 Rhagfyr 2024.

Byddem yn ddiolchgar am eich cefnogaeth i hyrwyddo'r arolwg hwn ymhlith eich ysgolion bwydo sydd wedi cofrestru gyda'r Rhwydwaith trwy anfon recordiadau'r Gweminarau Gwybodaeth canlynol i Athrawon Ysgolion Cynradd atynt:

- **Cyflwyniad i'r Rhwydwaith Ymchwil lechyd mewn Ysgolion.**

Maria Boffey, Rheolwr Cyfnewid Gwybodaeth a Materion Allanol y Rhwydwaith.

- **Casgliad Data 2024 y Rhwydwaith i Ysgolion Cynradd.**

Lianna Angel, Rheolwr Arolygon y Rhwydwaith.

- **Defnyddio'r Rhwydwaith ar gyfer Gwelliannau i Iechyd a Lles Ysgolion.**

Liz Western, Uwch Swyddog Iechyd y Cyhoedd, Arweinydd Darpariaeth Cyn Ysgol ac Ysgolion Hybu Iechyd, Sir Benfro.

I ddarllen ein llyfryn gwybodaeth i ysgolion cynradd, cliciwch [yma](#)  
I gael rhagor o wybodaeth.

anfonwch e-bost at ein Rheolwr Cyfnewid Gwybodaeth a Materion Allanol, [Maria Boffey](#).

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## Holiadur Amgylchedd Ysgol SHRN (SEQ) Taflen wybodaeth bellach ar gael

Mae'n bleser gennym gyhoeddi bod ffeithlen newydd ar gyfer Holiadur Amgylchedd yr Ysgol y Rhwydwaith ar gael nawr.

Wrth roi sylwadau am y ffeithlen hon, dywedodd Maria Boffey, Rheolwr Cyfnewid Gwybodaeth a Materion Allanol y Rhwydwaith:

*'Rydym wrth ein bodd ein bod yn gallu ychwanegu'r ffeithlen hon at ein portffolio. Mae'n adnodd hanfodol i unrhyw un sydd eisiau dysgu rhagor am Holiadur Amgylchedd yr Ysgol y Rhwydwaith. Mae'r ffeithlen yn cynnwys gwybodaeth am beth yw'r Holiadur, ei fuddion i ysgolion a rhanddeiliaid ehangach, ac mae'n darparu manylion am gasgliad data 2024 i ysgolion cynradd.*

*Mae'r Holiadur, o'i ddefnyddio ar y cyd ag Arolwg Iechyd a Lles Myfyrwyr dwyflynyddol y Rhwydwaith, yn creu set ddata unigryw a chynhwysfawr i archwilio cysylltiadau rhwng polisiau ac arferion yr ysgol (e.e. arweinyddiaeth yr ysgol; ethos yr ysgol; amgylchedd yr ysgol; dysgu'r cwricwlwm; ymgysylltu â theluoedd a'r gymuned) a deiliannau iechyd a lles dysgwyr.*

*Nodwyd bod yr Arolwg a'r Holiadur yn ffynonellau data allweddol sy'n cynorthwyo ysgolion i wreiddio'r Dull Ysgol Gyfan ar gyfer Llesiant Emosiynol a Meddyliol, a chaiff data'r Holiadur ei ddefnyddio gan ysgolion sy'n cymryd rhan ynddo fel dull o baratoi ar gyfer arolygiadau ysgol Estyn, a darparu tystiolaeth ar gyfer yr arolygiad.'*

I ddysgu rhagor, ewch i: <https://www.shrn.org.uk/cy/ffeithlenni/>

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## Ar ddod cyn hir... Diweddariadau cyffrous i Ddangosfwrdd Iechyd a Lles Plant Ysgol Uwchradd – Data Arolwg y Rhwydwaith

Rydym wrth ein bodd i gyhoeddi y bydd diweddariad i **Ddangosfwrdd Iechyd a Lles Plant Ysgol Uwchradd** yn cael ei ryddhau ar **17 Hydref**. Dyma ddarn o waith cydweithredol rhwng y Rhwydwaith Ymchwil Iechyd mewn Ysgolion ac Iechyd Cyhoeddus Cymru. Bydd y diweddariad hwn yn cynnig mwy fyth o gipolygon i iechyd a lles plant ysgol uwchradd ar draws Cymru, gan helpu defnyddwyr i ddeall y sefyllfa bresennol yng Nghymru a gallu gwneud penderfyniadau gwybodus sy'n effeithio'n gadarnhaol ar bobl ifanc.

I ddathlu'r lansiad, bydd lechyd Cyhoeddus Cymru yn cynnal gweminar ar **17 Hydref** i arddangos y nodweddion sydd wedi'u diweddarau ac arddangos sut i ddefnyddio'r dangosfwrdd ar ei newydd wedd yn fyw. Ymunwch â ni i ddysgu sut i wneud y mwyaf o'r adnodd grymus hwn trwy gofrestru gan ddefnyddio'r ddolen isod.

Bydd y dangosfwrdd wedi'i ddiweddarau yn cynnwys nifer o nodweddion newydd:

- **Ychwanegu data arolwg ysgolion uwchradd SHRN 2023:** Bydd data wedi'i ddiweddarau ar gyfer pynciau ar gael ar draws y dangosfwrdd.
- **Pynciau a dadansoddiadau newydd ar gael:** Bydd ychydig o bynciau 'lles ac iechyd emosiynol' newydd yn cael eu hychwanegu, ynghyd â dadansoddiadau pellach yn ôl grŵp blwyddyn neu'r opsiwn rhywedd: "Nid yw'r un gair yn fy nisgrifio i".
- **Profiad gwell i ddefnyddwyr:** Bydd gwelliant i'r dull llywio yn ei gwneud hi'n haws cael gafael ar y wybodaeth sydd ei hangen arnoch yn gyflym, gyda darluniadau a hidlyddion newydd.

"Trwy'r diweddariad hwn, bydd y dangosfwrdd yn adnodd mwy defnyddiol fyth ar gyfer deall y ffactorau sy'n effeithio ar les ein pobl ifanc trwy roi cipolwg i ni i ddata arolygon diweddaraf ysgolion uwchradd" – meddai Zoe Strawbridge, Uwch Ddadansoddwr Dealluswydd lechyd Cyhoeddus yn lechyd Cyhoeddus Cymru.

Peidiwch â cholli'r cyfle i archwilio'r nodweddion newydd yn uniongyrchol trwy ddod i'r gweminar hwn am 2pm ar 17 Hydref. [Dilynwch y ddolen hon i gofrestru eich diddordeb.](#)

Yn y cyfamser, gallwch weld y dangosfwrdd presennol yma.

Ni allwn aros i rannu'r diweddariad cyffrous hwn gyda chi ac edrychwn ymlaen at eich gweld chi yn y gweminar!

Os oes gennych unrhyw gwestiynau neu os oes angen rhagor o wybodaeth arnoch, mae croeso i chi gysylltu â ni yn lechyd Cyhoeddus Cymru ar [Publichealthwalesobservatory@wales.nhs.uk](mailto:Publichealthwalesobservatory@wales.nhs.uk).

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## Sbotolau Clinigol Wolfson – Cynyddu mynediad i driniaethau seicolegol ar gyfer problemau gorbryder plant

Yn ddiweddar, fe wnaeth ein cydweithwyr yng [Nghanolfan Iechyd Pobl Ifanc Wolfson](#) recordio gweminar yn canolbwyntio ar y triniaethau seicolegol ar gyfer gorbryder ymhlith plant.

Mae problemau gorbryder yn gyffredin ac yn aml yn dechrau'n gynnar mewn bywyd. Fodd bynnag, bach iawn o deuluoedd sy'n troi at gymorth seiliedig ar dystiolaeth pan fyddent yn gallu elw arno yn y lle cyntaf. Yn dilyn archwiliadau manwl o'r hyn sydd ei eisiau a'i angen ar deuluoedd i oresgyn rhwystrau rhag cael cymorth i blant cyn y glasoed, mae Wolfson wedi canolbwyntio'n ddiweddar ar ddefnyddio dulliau digidol gyda chymorth therapydd i helpu rhieni a gofawyr i helpu eu plant. Bydd y gweminar hwn yn rhoi trosolwg o rywfaint o'r cefndir hwn, ynghyd â chanfyddiadau o dreialon diweddar sy'n amlygu addewid y dull hwn ar gyfer triniaeth ac atal.

Mae'r gweminar yn berthnasol i amrywiaeth o ymarferwyr sydd â diddordeb yn iechyd meddwl a gorbryder pobl ifanc yn benodol.

I wyllo recordiad, cliciwch [yma](#).

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## Helpwch hyrwyddo astudiaeth newydd gyffrous sy'n rhoi cymorth iechyd meddwl i deuluoedd

Mae [Canolfan Wolfson ar gyfer Iechyd Meddwl Pobl Ifanc](#) ym Mhrifysgol Caerdydd yn chwilio am help i hyrwyddo a hysbysebu astudiaeth newydd bwysig i bobl ifanc 13-19 oed, a'u rhieni a'u gofalwyr.

Bydd yr Astudiaeth Sgiliau er Lles y Glasoed (SWELL) yn profi a all rhaglen therapi gwybyddol ymddygiadol (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.

Mae'r astudiaeth yn chwilio am gymorth ysgolion a cholegau i roi gwybod i rieni/gofalwyr/myfyrwyr a allai fod yn gymwys ac a allai elwa o'r cymorth hwn. Gellid gwneud hyn trwy anfon llythyron neu negeseuon testun i rieni/gofalwyr neu rannu gwybodaeth am yr astudiaeth ar borth gwybodaeth i rieni.

Bydd teuluoedd yn derbyn £160 o dalebau am gymryd rhan.

Gallwch ymweld â [bit.ly/wcSWELL](http://bit.ly/wcSWELL) i gael mwy o wybodaeth am yr astudiaeth.

Cysylltwch â [swell@cardiff.ac.uk](mailto:swell@cardiff.ac.uk) os ydych o'r farn y gallai eich ysgol helpu.

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## 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:

 [@SHRNWales](#).



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



YouTube: [SHRN Wales](#).

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## The SHRN Health and Well-being Survey in primary schools: your help is needed in promoting the 2024 data collection to your feeder primary schools

We are delighted to report that over 50% of mainstream primary schools in Wales have registered to take part in The SHRN Student Health and Well-being Survey in primary schools 2024 data collection.

**The expansion of SHRN into primary schools offers a unique platform to better understand primary to secondary school transition effects.** This data will provide actionable insights into school transition effects on learner outcomes and support policies to improve attainment and well-being outcomes.

Data collection for primary schools that have registered with SHRN will take place between 16 September and 20 December 2024.

We would be grateful for your support in promoting this survey to your feeder schools that have registered with SHRN by forwarding them the following Primary School Teacher Information [Webinar recordings](#):

- **An Introduction to The School Health Research Network (SHRN).**

Maria Boffey, SHRN Knowledge Exchange & External Affairs Manager.

- **SHRN 2024 Data Collection for Primary Schools.**

Lianna Angel, SHRN Survey Manager.

- **Using SHRN for School Health and well-being Improvements.**

Liz Western, Senior Public Health Officer, Health and Well-being Promoting Schools and Pre-Schools Lead, Pembrokeshire.

To read our primary school information brochure click [here](#)

For further information please email our Knowledge Exchange and External Affairs Manager, [Maria Boffey](#).

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## The SHRN School Environment Questionnaire (SEQ) information Sheet now available

We are pleased to announce a new SHRN School Environment Questionnaire (SEQ) fact sheet is now available.

Commenting on this fact sheet, Maria Boffey, SHRN Knowledge Exchange and External Affairs manager said:

'We really thrilled to be adding this fact sheet to our portfolio. It is a vital product to for anyone wanting to find out more about The SHRN School Environment Questionnaire (SEQ). The fact sheet contains information about what the SEQ is, its benefits for schools

and wider stakeholders, and provides details about the 2024 data collection for primary schools.

The SEQ, used in combination with the biennial SHRN Student Health and well-being survey creates a unique and comprehensive dataset to explore links between school policies and practices (e.g. school leadership; school ethos; school environment; curriculum learning; family and community engagement) and learner health and well-being outcomes.

Both the SHW and the SEQ survey have been identified as key data sources that support schools in embedding a Whole-school Approach to Emotional and Mental Well-being, as well as SEQ data is used by participating schools as an auditing mechanism to prepare for and evidence practice for [Estyn](#) school inspections.'

To find out more please visit: <https://www.shrn.org.uk/fact-sheets/>

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## Coming Soon: Exciting Updates to the Secondary School Children's Health and Well-being Dashboard

We are excited to announce that an update to **The Secondary School Children's Health and Well-being Dashboard - SHRN survey data** will be released on **October 17**. This is a collaborative piece of work between The School Health Research Network and Public Health Wales. This update will provide even more insights into the health and well-being of secondary school children across Wales, helping users to understand the current situation in Wales and be able to make informed decisions that positively impact young people.

To celebrate the launch, Public Health Wales will be hosting a **webinar on October 17** to showcase the updated features and provide a live demo on how to navigate the updated dashboard. Be sure to join us to learn how to make the most of this powerful tool by registering using the link below.

The updated dashboard will include several new features:

- **Addition of 2023 secondary school SHRN survey data:** Updated data for topics will be available across the dashboard.
- **New topics and breakdowns available:** A number of new 'well-being and emotional health' topics will be added as well as further breakdowns by year group or by the gender option; "*Neither word describes me*".
- **Improved user experience:** An improvement to the navigation will make it easier to access the information you need quickly, with new visualisations and filters.

This update will make the dashboard an even more useful tool for understanding the factors that impact our young people's well-being by giving us an insight into the most recent secondary school survey data" said Zoe Strawbridge, Advanced Public Health Intelligence Analyst at Public Health Wales.

Don't miss the chance to explore the new features first hand by attending this webinar on October 17 at 2pm. Please follow [this link to register your interest](#).

In the meantime, you can view the current dashboard [here](#).

We can't wait to share this exciting update with you and look forward to seeing you at the

webinar!

*If you have any questions or need further information, feel free to reach out to us at [Publichealthwalesobservatory@wales.nhs.uk](mailto:Publichealthwalesobservatory@wales.nhs.uk)*

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## **A Wolfson Clinical Spotlight - Increasing access to psychological treatments for child anxiety problems**

Our colleagues in [The Wolfson Centre for Young People's Health](#) recently recorded a webinar focusing on the psychological treatments for anxiety in children.

Anxiety problems are common and often start early in life. However, few families access evidence based support when they could first benefit from it. Following detailed explorations of what families want and need to overcome barriers to support for preadolescent children, Wolfson have recently focused on using therapist-supported digital approaches to help parents and carers to help their children. This webinar will give an overview of some of this background as well as findings from recent trials that highlight the promise of this approach for treatment and prevention.

The webinar is relevant to a range of practitioners interested in young people's mental health and anxiety in particular.

**The webinar recording is [available here](#).**

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## **Help promote exciting new study that provides mental health support for families**

The [Wolfson Centre for Young People's Mental Health](#) at Cardiff University 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](https://bit.ly/wcSWELL) for more information about the study.

Please contact [swell@cardiff.ac.uk](mailto: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](mailto:boffeym1@cardiff.ac.uk).

Join the conversation:

 [@SHRNWales](#).

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

 YouTube: [SHRN Wales](#).



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