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e-newyddion Ysgol Uwchradd SHRN SHRN Secondary School e-news



Croeso i e-newyddion Ysgolion Uwchradd SHRN am Hydref 2024 / Welcome to the SHRN Secondary School e-news for October 2024

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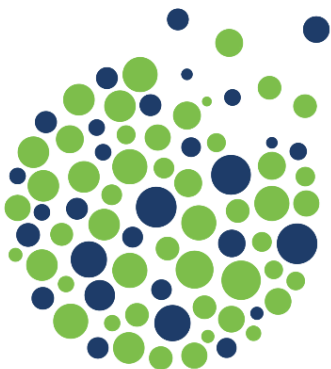
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[Mae'r Rhwydwaith Ymchwil Iechyd Ysgolion \(SHRN\)](#) yn bartneriaeth polisi-ymarfer-ymchwil rhwng Llywodraeth Cymru, Iechyd Cyhoeddus

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.

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.

[Jump to English](#)



Bwletin iaith Cymraeg



1. Cynnydd mewn gweithgarwch corfforol ymhlith disgyblion ysgolion uwchradd yng Nghymru, ond cynnydd mewn bwlio hefyd

Mae'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion, sef cydweithrediad rhwng Iechyd Cyhoeddus Cymru, Prifysgol Caerdydd a Llywodraeth Cymru, yn cyflawni un o'r arolygon mwyaf o ddisgyblion ysgol yn y DU. Bob dwy flynedd, mae'n gofyn cwestiynau i ddisgyblion ysgolion uwchradd ar amrywiaeth o bynciau, gan gynnwys lles meddyliol, defnyddio sylweddau a bywyd ysgol. Atebwyd yr arolwg diweddaraf gan bron i 130,000 o ddysgwyr ym mlynnyddoedd saith i 11, o fewn 200 o ysgolion uwchradd a gynhelir ledled Cymru.

Yn ôl y canfyddiadau, fe wnaeth bron i chwarter o fechgyn (23%) gyrraedd [Canllawiau](#) cenedlaethol y Prif Swyddogion Meddygol o 60 munud o leiaf o weithgarwch corfforol bob dydd, sef cynnydd o gymharu â 21% yn 2019 a 2021. Ymhlith merched, fe wnaeth 14% gyrraedd y canllawiau presennol, sydd wedi gwella o 12% yn 2021, er ei fod yn isel.

Hefyd, edrychodd yr arolwg ar brofiadau pobl ifanc o fwlio. Dywedodd bron i 38% o bobl ifanc eu bod wedi cael eu bwlio yn ystod yr ychydig fisoedd blaenorol, sef cynnydd o gymharu â 32% yn 2021. Mae canlyniadau'n uwch nag yr adroddwyd erioed o'r blaen yn yr arolwg, gyda thros 40% o ferched yn cael eu bwlio o gymharu â thros 30% o fechgyn.

Dywedodd Lorna Bennett, Ymgynghorydd Gwella Iechyd ar gyfer Iechyd Cyhoeddus Cymru: 'Mae'n wirioneddol galonogol gweld y cynnydd drwyddi draw mewn gweithgarwch corfforol ymhlith pobl ifanc oed uwchradd. Rydym yn gwybod bod gan weithgarwch corfforol fuddion sylweddol i iechyd corfforol a meddyliol, felly mae'n wych gweld bod pobl ifanc yn gwrthdroi'r dirywiad rydym ni wedi'i weld ers 2017. Mae'r data'n dangos bod pobl ifanc yn fwy gweithgar yn yr ysgol a'r tu hwnt i'r ysgol,

sy'n dda ei weld.'

Ychwanegodd: 'Mae'n glir bod grŵp sylweddol o bobl ifanc yn gorfod delio â chael eu bwlio ac rydym yn gwybod bod hyn yn gallu cael effaith ar iechyd meddwl. Mae Iechyd Cyhoeddus Cymru yn gweithio gydag ysgolion i wreiddio'r Dull Ysgol Gyfan ar gyfer Llesiant Emosiynol a Meddyliol, sydd wedi'i lunio i helpu ysgolion i gefnogi iechyd meddwl a lles plant a phobl ifanc, gan gynnwys atal a mynd i'r afael â bwlio.'

[Dysgu mwy...](#)



2. Rhyddhau diweddariadau cyffrous i Ddangosfwrdd Iechyd a Lles Plant Uwchradd

Rhyddhawyd diweddariad i Ddangosfwrdd Iechyd a Lles Plant Uwchradd ar 17 Hydref. Darparodd y gwaith cydweithredol hwn rhwng y Rhwydwaith Ymchwil Iechyd mewn Ysgolion ac Iechyd Cyhoeddus Cymru mwy o gipolygon i iechyd a lles plant uwchradd ar draws Cymru, gan helpu defnyddwyr i ddeall y sefyllfa bresennol a gwneud penderfyniadau gwybodus i effeithio'n gadarnhaol ar bobl ifanc.

I ddatlu'r lansiad, cynhaliwyd gweminar ar y diwrnod lansio i arddangos y nodweddion sydd wedi'u diweddarau a rhoi arddangosiad byw o lywio'r dangosfwrdd wedi'i ddiweddarau.

Mae'r dangosfwrdd wedi'i ddiweddarau yn cynnwys nifer o nodweddion newydd:

- Ychwanegu data arolwg uwchradd 2023: Roedd data wedi'i ddiweddarau ar gyfer pynciau ar gael ar draws y dangosfwrdd.
- Pynciau a dadansoddiadau newydd: Ychwanegwyd pynciau 'lles ac iechyd emosiynol' newydd, ynghyd â dadansoddiadau pellach yn ôl grŵp blwyddyn a'r opsiwn rhywedd 'Nid yw'r un gair yn fy nisgrifio i'.
- Profiad gwell i'r defnyddiwr: Roedd gwelliannau i'r llywio wedi'i gwneud hi'n haws cael gafael ar wybodaeth yn gyflym, gyda darluniadau a hidlyddion newydd.

Meddai Dr Kelly Morgan, dirprwy gyfarwyddwr y Rhwydwaith yn y Ganolfan Datblygu a Gwerthuso Ymyriadau Cymhleth er mwyn Gwella Iechyd y Cyhoedd (DECIPHer) ym Mhrifysgol Caerdydd, sy'n goruchwyllo casglu'r data: "Mae'r Rhwydwaith bellach yn ei 11eg flwyddyn ac mae'n cynnwys pob ysgol uwchradd yng Nghymru, gan ofyn cwestiynau ar amrywiaeth eang o feysydd sy'n bwysig i bobl ifanc. Ein nod yw darparu data cadarn ac eang fel bod gan y sawl sy'n gwneud penderfyniadau yn y sectorau iechyd ac addysg yr adnoddau i ddatblygu datrysiadau penodol a pharhaus. Rydym yn ddiolchgar i'r holl ysgolion a myfyrwyr sydd wedi cymryd rhan."

Gwyllo recordiad o'r [gweminar](#) hwn.

Gweld [Dangosfwrdd Iechyd a Lles Plant Uwchradd](#).



3. Rhwydwaith Ymchwil Iechyd Mewn Ysgolion: yr Arolwg Iechyd a Lles Myfyrwyr mewn ysgolion cynradd Helpwch ni drwy roi gwybod i'ch ysgolion bwydo leol am gyfnod casglu data 2024

Mae'n bleser gennym roi gwybod bod dros 54% o ysgolion cynradd prif ffrwd yng Nghymru wedi cofrestru i gymryd rhan yn Arolwg Iechyd 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 polisiau 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 Iechyd 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](#).

4. Dileu rhwystrau rhag ymarfer corff – y mislif

Darganfu astudiaeth ddiweddar fod merched a menywod yn llai tebygol o gymryd rhan mewn gweithgarwch corfforol rheolaidd na bechgyn a dynion ar draws Cymru. Ond beth yw rôl y mislif yn hyn o beth?

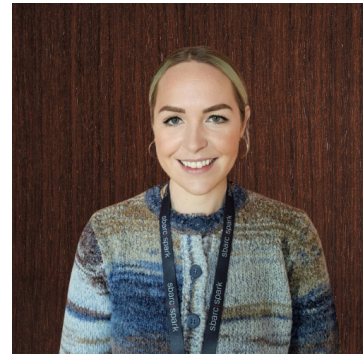


Aeth Dr Kelly Morgan, Dirprwy Gyfarwyddwr y Rhwydwaith Ymchwil Iechyd mewn Ysgolion, i weithdy yn ddiweddar i ddysgu rhagor am fynd i'r afael â thlodi mislif a deall effaith y mislif ar weithgarwch corfforol merched.

Dysgu mwy

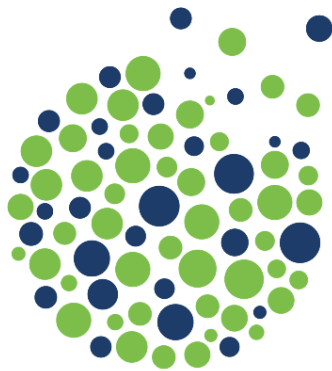
5. Croeso i Reolwr Ymgysylltu newydd SHRN – Charlotte Wooders

Rydym yn falch iawn o gyflwyno Charlotte Wooders, sydd wedi ymuno â thîm SHRN yn ddiweddar fel ein Rheolwr Ymgysylltu newydd. A chanddi gefndir mewn cyflwyno rhaglenni gwella cenedlaethol a chydgyhyrchu i gefnogi arferion gwell a chanlyniadau polisi ar gyfer plant sy'n derbyn gofal a'u haddysg, mae hi'n cyfrannu cyfoeth o wybodaeth ac arbenigedd at ein rhwydwaith.



Yn ei rôl newydd, bydd Charlotte yn gyfrifol am ymgysylltu gwybodaeth, gan ddwyn ynghyd tîm SHRN, rhanddeiliaid sy'n defnyddio ein hymchwil a chymunedau ehangach i gyfnewid syniadau, tystiolaeth ac arbenigedd. Mae ei brwdfrydedd ynglŷn â chynorthwyo plant a phobl ifanc yn cyd-fynd yn berffaith â'n gweledigaeth ar gyfer SHRN i wneud gwahaniaeth gwirioneddol a mesuradwy i'r ffyrdd y mae cwestiynau, profiadau a materion yn ymwneud ag iechyd y cyhoedd mewn ysgolion yn cael eu deall a'u trin ac, yn y pen draw, gwella iechyd a lles plant a phobl ifanc.

I gysylltu â Charlotte, anfonwch neges e-bost at WoodersC1@cardiff.ac.uk.



English Language version



1. Physical activity up among secondary school pupils in Wales, but bullying also increases

The Schools Health Research Network (SHRN), a collaboration between Public Health Wales, Cardiff University and Welsh Government, carries out one of the biggest surveys of school pupils in the UK. Every two years it asks secondary school pupils questions on a range of topics including mental well-being, substance use and school life. The latest survey was completed by nearly 130,000 learners in years seven to 11, within 200 maintained secondary schools across Wales.

According to the findings, nearly a quarter of boys (23%) met the Chief Medical Officers' national [guideline](#) of at least 60 minutes of physical activity every day, an

increase from 21% in 2019 and 2021. Among girls, 14% met the current guidelines, which although low, has improved from 12% in 2021.

The survey also looked at young people's experiences of bullying. Almost 38% of young people said that they had been bullied in the previous couple of months, up from 32% in 2021. Results are higher than ever previously reported in the survey with more than 40% of girls being bullied compared to over 30% of boys.

Lorna Bennett, Consultant in Health Improvement for Public Health Wales said: 'It is really encouraging to see the increase across the board in physical activity in secondary school aged young people. We know that physical activity has significant benefits for both physical and mental health, so it's great to see that young people are reversing the decline that we've seen since 2017. The data show that young people are more active both in and outside school, which is pleasing to see.'

She added: 'It's clear that a significant group of young people are having to deal with being bullied, which we know can have impacts on mental health. Public Health Wales is working with schools in Wales to embed the Whole School Approach to Emotional and Mental Well-being, which is designed to help schools support the mental health and well-being of children and young people, including preventing and tackling bullying.'

[Read more...](#)



2. Exciting Updates to the Secondary School Children's Health and Wellbeing Dashboard Released

An update to the Secondary School Children's Health and Well-being Dashboard was released on October 17. This collaborative work between The School Health Research Network and Public Health Wales provided more insights into the health and well-being of secondary school children across Wales, helping users understand the current situation and make informed decisions to positively impact young people.

To celebrate the launch, a webinar was hosted on the launch date to showcase the updated features and provide a live demo on navigating the updated dashboard. The updated dashboard included several new features:

- Addition of 2023 secondary school survey data: Updated data for topics became available across the dashboard.
- New topics and breakdowns: New 'well-being and emotional health' topics were added, along with further breakdowns by year group and the gender option 'Neither word describes me.'
- Improved user experience: Navigation improvements made it easier to access information quickly, with new visualisations and filters.

Dr Kelly Morgan, Deputy Director of SHRN, said: "SHRN is now in its 11th year and involves every secondary school in Wales, asking questions on a wide range of areas that matter to young people. Our aim is to provide robust and widespread data so that decision-makers in the health and education sector have the tools to develop tangible and long-lasting solutions. We are grateful to all the schools and students who have participated."

View a recording of this [webinar](#).

View the [Secondary School Children's Health and Wellbeing Dashboard](#).



3. The SHRN Health and Well-being Survey in primary schools: Help us by promoting the 2024 data collection to your feeder schools

We are thrilled to announce that over 54% of mainstream primary schools in Wales have registered to participate in the 2024 SHRN Student Health and Well-being Survey. The data collection period will run from 16 September to 20 December in 2024.

Expanding SHRN into primary schools provides a unique opportunity to gain deeper insights into the effects of learners transitioning from primary to secondary education. Since 2017, SHRN has achieved near population coverage in secondary schools and has now successfully expanded into primary schools. These data will provide actionable insights into school transition effects on pupil outcomes and support policies to improve attainment and wellbeing outcomes.

We would be grateful for your continued support in promoting this survey to SHRN registered feeder schools by forwarding them the following SHRN 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 SHRN secondary school team shrn@cardiff.ac.uk.

4. Removing barriers to exercise – period

A recent study found that girls and women are less likely to engage in regular physical activity than boys and men across Wales. But what role does menstruation play in this?



Dr Kelly Morgan, Deputy Director of The School Health Research Network, attended a recent workshop to find out more about tackling period poverty and understanding menstruation's impact on girls' physical activity.

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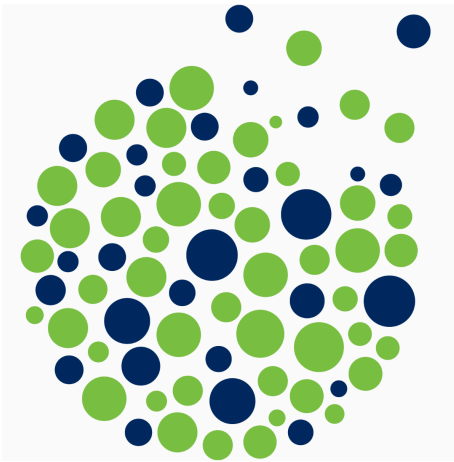
5. Welcome to our new SHRN Engagement Manager - Charlotte Wooders

We are thrilled to introduce Charlotte Wooders, who has recently joined the SHRN team as our new Engagement Manager. With a background in delivering national improvement programmes and co production to support improved practice and policy outcomes for looked after children and their education, she brings a wealth of knowledge and expertise to our network.



In her new role, Charlotte will be responsible for knowledge engagement bringing together the SHRN team, stakeholders who use our research and wider communities to exchange ideas, evidence and expertise. Her passion for supporting children and young people aligns perfectly with our vision for SHRN for making a real and measurable difference to the ways in which questions, experiences and issues around public health in schools are understood and addressed.

To contact Charlotte, please email woodersc1@cardiff.ac.uk.



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Os oes gennych unrhyw gwestiynau neu adborth am unrhyw beth yn yr e-newyddion hwn, neu SHRN ei hun, anfonwch neges e-bost at Maria Boffey:

BoffeyM1@cardiff.ac.uk

If you have any questions or feedback about any of the content in this e-news, or SHRN itself, please email Maria Boffey:

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