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e-Newyddion Ysgol Gynradd SHRN SHRN Primary School E-News



Croeso i e-Newyddion Ysgolion Cynradd SHRN am Tachwedd 2024 / Welcome to the SHRN Primary School E-News for November 2024

Cynnwys

1. Nesáu at Gau Arolwg Iechyd a Lles Myfyrwyr a Holiadur Amgylchedd yr Ysgol 2024 y Rhwydwaith Mewn Ysgolion Cynradd
2. Dyblu'r Weledigaeth, Dwbl yr Effaith: Arolwg Iechyd a Lles Myfyrwyr SHRN a Holiadur Amgylchedd Ysgolion SHRN (SEQ)
3. Croesawu Rheoliadau Newydd ar Fepio Wrth i Ddefnyddio Fêps Gynyddu Ymhlith Pobl Ifanc
4. Cyhoeddi Adroddiad Blynyddol 2024 DECIPHer
5. Ymunwch â ni ar Gyfer ein Gweminar SHRN Ionawr 2025!

Contents

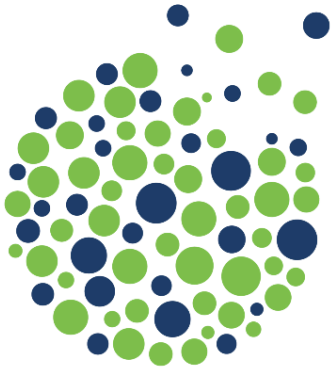
1. Countdown to Closing The 2024 SHRN Student Health and Well-being Survey and The SHRN School Environment Questionnaire (SEQ) in Primary Schools
2. Double the Insight, Double the Impact: The SHRN Student Health and Well-Being Survey and The SHRN School Environment Questionnaire (SEQ)
3. New vaping regulations welcomed as vape use rises among young people
4. DECIPHer's 2024 Annual Report Published
5. Join us for our January 2025 SHRN Webinar!

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



Nesáu at gau Arolwg Iechyd a Lles Myfyrwyr a Holiadur Amgylchedd yr Ysgol 2024 y Rhwydwaith Mewn Ysgolion Cynradd

Dyma'ch atgoffa mai dim ond 4 wythnos sy'n weddill cyn bod Arolwg Iechyd a Lles Myfyrwyr a Holiadur Amgylchedd yr Ysgol 2024 y Rhwydwaith i ysgolion cynradd yn cau ar 20 Rhagfyr.

Rydym yn annog ysgolion cynradd i holi gymaint o ddysgwyr â phosibl ar draws bob grŵp blwyddyn, i roi'r data gorau posibl iddynt i lywio cynllunio gweithredu yn eu hysgol. Gall Arolwg Amgylchedd yr Ysgol gael ei ateb gan aelod o'r uwch dîm arwain (neu gynrychiolydd). Mae'r arolwg hwn yn helpu i ddeall polisi ac arferion effeithiol a gellir ei ddefnyddio i ddarparu tystiolaeth o gynnydd y Dull Ysgol Gyfan.

Atgoffir ysgolion i gwblhau cyfanswm niferoedd eu grwpiau blwyddyn a rhoi unrhyw wybodaeth am rieni a gofalwyr sydd wedi tynnu'u myfyrwyr yn ôl o'r arolwg ar Ddangosfwrdd Ysgol y Rhwydwaith erbyn 13 Rhagfyr 2024 er mwyn osgoi effeithio ar ryddhau Adroddiadau Data'r Rhwydwaith.

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

'Rydym yn edrych ymlaen at wrando ar leisiau pobl ifanc ar draws Cymru. bydd yr adborth sy'n cael ei rannu yn ychwanegu pwys i'r drafodaeth am eu lles, gan lywio sut rydym ni'n gweithredu gyda'n gilydd i gyflawni gwelliant a deall mwy am beth sy'n cefnogi eu hiechyd a'u lles.'

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



Dyblu'r Weledigaeth, Dwbl yr Effaith: Arolwg Iechyd a Lles Myfyrwyr SHRN a Holiadur Amgylchedd Ysgolion SHRN (SEQ)

Mae'n bleser gennym adrodd bod dros hanner ein hysgolion cynradd cofrestredig SHRN wedi cwblhau'r SEQ. Ar gyfer ysgolion cynradd cofrestredig nad ydynt eto wedi cwblhau'r SEQ ac Arolwg Iechyd a Lles Myfyrwyr SHRN, dyma nodyn atgoffa o rai buddion allweddol i chi wneud hynny.

[**Darllenwch Ragor »**](#)

[**Holiadur Amgylchedd yr Ysgol Ffeithlen »**](#)

Croesawu Data Newydd a Rheoliadau Anweddu Wrth i Ddefnydd Anweddu Godi Ymhlith Pobl Ifanc

Mae bron i un o bob chwe myfyriwr blwyddyn 11 yng Nghymru (15.9 y cant) yn defnyddio fêps yn rheolaidd, yn ôl data newydd. Dywed dros 45 y cant o fyfyrwyr ym mlwyddyn 11 eu bod wedi rhoi cynnig ar fêp.



[**Darllenwch Ragor »**](#)



Cyhoeddi Adroddiad Blynyddol 2024 DECIPHer

Mae DECIPHer yn falch o gyhoeddi bod eu pedwerydd adroddiad blynyddol gan gynnwys diweddariad SHRN fel canolfan ymchwil a ariennir gan Ymchwil Iechyd a Gofal Cymru bellach ar gael i chi ei ddarllen.

[Darllenwch yr adroddiad »](#)



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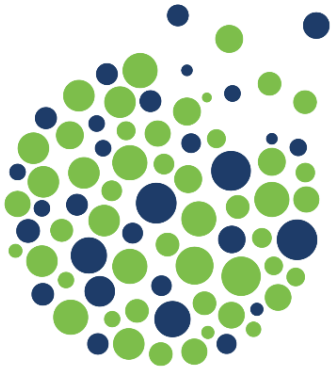
Cyfres
Gweminar

Webinar
Series

Ymunwch â ni ar Gyfer ein Gweminar SHRN Ionawr 2025

Ymunwch â ni am gyfle cyffrous i wella eich sgiliau proffesiynol gyda'n gweminar AM DDIM, gan ganolbwyntio ar ymchwil sy'n seiliedig ar dystiolaeth sy'n mynd i'r afael ag anghenion iechyd a lles dysgwyr sydd â phrofiad o ofal.

[Darganfyddwch fwy »](#)



English Language version



Countdown to Closing The 2024 SHRN Student Health and Well-Being Survey and The SHRN School Environment Questionnaire (SEQ) in Primary Schools

This is a reminder that there are just 4 weeks left before both The SHRN Student Health and Well-being Survey and The SHRN school Environment Questionnaire (SEQ) in primary schools closes to participating schools on 20 December.

We encourage registered primary schools to survey as many of their learners as possible across all year groups, to give the best data possible to inform action planning at their school.

The SEQ can be completed by a member of the SLT (or representative). This survey helps understanding of effective policy and practices and can be

used to evidence progress for the Whole- School Approach.

Primary Schools are also reminded to complete their total year group numbers and submit any parent and carer withdrawal information on their SHRN School Dashboards by 13 December 2024 to avoid impacting the release of the SHRN Data Reports.

Simon Murphy, Professor of Social and Health Interventions, Director of DECIPHer and the School Health Research Network, said:

'We are excited to listen to young people's voices across Wales. The feedback shared will give weight to the debate about their well-being, informing how we collectively act to deliver improvement and understand more about what supports their health and well-being.'

If you have any questions regarding the 2024 SHRN data collection, please email the **SHRN team** at primaryshrn@cardiff.ac.uk.



Double the Insight, Double the Impact: The SHRN Student Health and Well-Being Survey and the SHRN School Environment Questionnaire (SEQ)

We are delighted to report that over half of our SHRN registered primary schools have completed the SEQ. For registered primary schools that have not yet completed both the SEQ and The SHRN Student Health and Well-Being Survey, here's a reminder of some key benefits of you doing so.

[**Read more »**](#)

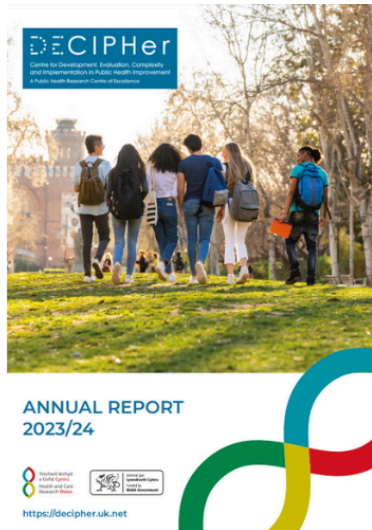
[**Access our SEQ Fact Sheet »**](#)

New data published and vaping regulations welcomed as vape use rises among young people

Almost one-in-six year 11 students in Wales (15.9 per cent) are regularly using vapes, according to new data. Over 45 per cent of students in year 11 say they have tried a vape.



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DECIPHER's 2024 Annual Report Published

DECIPHER is excited to announce that their fourth annual report including a SHRN update as a Health and Care Research Wales-funded research centre is now available for you to read.

[Read the report »](#)



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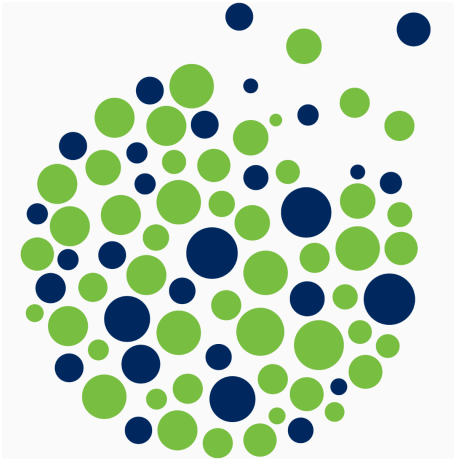
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Join us for our January 2025 SHRN webinar

Join us for an exciting opportunity to enhance your professional skills with our FREE webinar, focusing on evidence-based research that addresses the health and well-being needs of care-experienced learners.

[Find out more »](#)



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Cyrchwch ein llyfryn gwybodaeth, porwch drwy ein hadroddiadau, darllenwch am ein llwyddiannau a'n heffeithiau a llawer mwy...

[Dysgu mwy »](#)

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Cysylltwch â ni/ Contact us

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:

BoffeyM1@cardiff.ac.uk

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