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[shrn.org.uk](http://shrn.org.uk)

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



# Croeso i e-Newyddion Ysgolion Cynradd SHRN am Rhagfyr 2024 / Welcome to the SHRN Primary School e-News for December 2024

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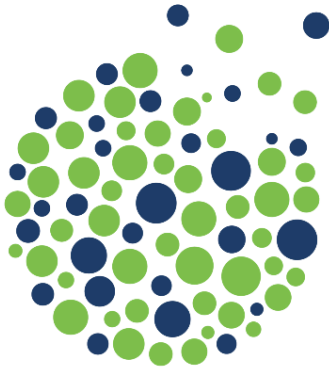
### [Mae'r Rhwydwaith Ymchwil Iechyd Ysgolion \(SHRN\)](#) yn

bartneriaeth ymchwil-polisi-ymarfer 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 research-policy-practice 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.

### English Language Version



Fersiwn Gymraeg



## Cyfrif i lawr tan gau'r Arolwg lechyd a Lles Myfyrwyr mewn Ysgolion Cynradd a Holiadur Amgylchedd yr Ysgol y Rhwydwaith

**Gwrandewch, Ysgolion!** Mae amser yn dirwyn i ben! **Dim ond 1 wythnos sy'n weddill** i gymryd rhan yng Nghasgliad Data 2023 y Rhwydwaith, sy'n cau ar 20 Rhagfyr.

Rydym ni'n annog pob ysgol gynradd gofrestrdig i annog cynifer o fyfyrwyr â phosibl ar draws pob grŵp blwyddyn. Dyma'ch cyfle i gasglu data hanfodol a fydd yn llywio cynllunio ar gyfer gweithredu ac yn gwella amgylchedd eich ysgol. Cofiwch, gall holiadur amgylchedd yr ysgol gael ei ateb gan aelod o'r Uwch Dîm Arwain (neu gynrychiolydd dynodedig). Mae'r arolwg hwn yn hanfodol ar gyfer deall polisïau ac arferion effeithiol, gan ddarparu tystiolaeth o gynnydd ar gyfer y Dull Ysgol Gyfan.

**Nodyn Atgoffa Pwysig:** Sicrhewch eich bod yn llenwi cyfanswm niferoedd eich grwpiau blwyddyn a gwybodaeth am rieni/gofalwyr sy'n tynnu myfyrwyr yn ôl o'r arolwg ar Ddangosfwrdd Ysgol y Rhwydwaith erbyn **13 Rhagfyr 2024**. Mae'r cam hwn yn hanfodol i sicrhau bod Adroddiadau Data'r Rhwydwaith yn cael eu rhyddhau'n amserol.

Os oes gennych unrhyw ymholiadau, e-bostiwch [primaryshrn@cardiff.ac.uk](mailto:primaryshrn@cardiff.ac.uk).



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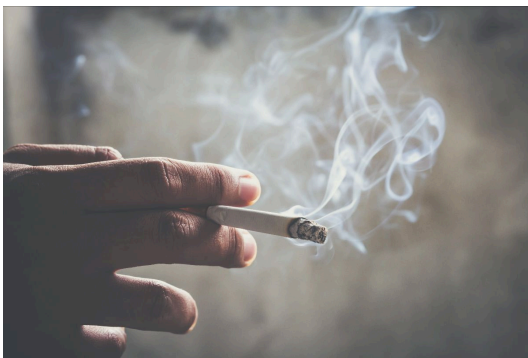
Cyfres  
Gweminar

Webinar  
Series

## Ymunwch â ni ar Gyfer Gweminar mis Ionawr y Rhwydwaith: Mynd i'r Afael ag Anghenion Iechyd a Lles Dysgwyr Sydd Wedi Cael Profiad o Ofal

Ymunwch â ni am gyfle cyffrous i wella'ch datblygiad proffesiynol trwy ymuno â'n **gweminar rhad ac am ddim**, sy'n canolbwyntio ar ymchwil seiliedig ar dystiolaeth sy'n mynd i'r afael ag anghenion iechyd a lles dysgwyr sydd wedi cael profiad o ofal.

[Dysgwch ragor »](#)



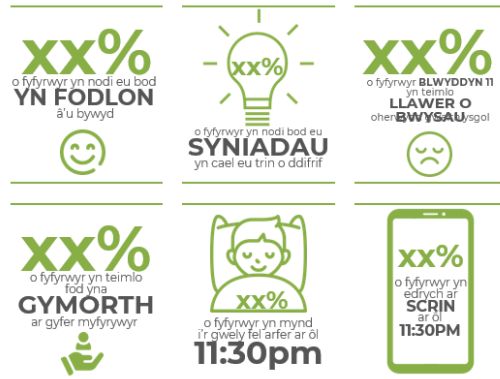
## Gwylwch: Ysmygu Yng Nghymru - Canfyddiadau o Arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith 2023

Mae canfyddiadau diweddaraf y Rhwydwaith Ymchwil Iechyd mewn Ysgolion (SHRN) wedi taflu goleuni ar arferion ysmegu ymhlith disgyblion yng Nghymru, gan gynnig dealltwriaeth hollbwysig o iechyd a lles pobl ifanc.

[Gwylwch Nawr »](#)

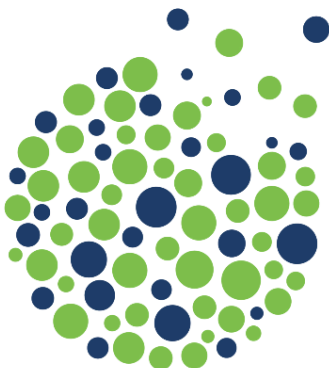
## Ffeithluniau: Gwneud Data'r Rhwydwaith yn Hygyrch ac yn Ddiddorol i Gynulleidfa Ehangach

Yn y blog hwn ar gyfer y Rhwydwaith, mae Huw Eifion Evans, Cydlynnydd Ysgolion Iach Conwy, yn rhannu ei Ddeg Prif Syniad ar gyfer defnyddio ffeithluniau i ddod â data'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion yn fyw.



P'un a ydych chi'n anelu at gyfleu canfyddiadau allweddol i ddysgwyr, staff, rhieni/gofalwyr neu lywodraethwyr ysgol, gall y syniadau hyn helpu i sicrhau bod data'r Rhwydwaith yn cael effaith ac yn hawdd ei ddeall.

[Darllenwch fwy »](#)



English Language version





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

**Attention Schools!** Time is running out! There are only 1 week left to participate in the SHRN 2024 Data collection, closing on December 20.

We urge all registered primary schools to engage as many learners as possible across every year group. This is your chance to gather vital data that will shape action planning and enhance your school environment. Remember, the SEQ can be completed by a member of the Senior Leadership Team (or a designated representative). This survey is crucial for understanding effective policies and practices, providing evidence of progress for the Whole-school Approach.

Important Reminder: Please ensure you complete your total year group numbers and submit any parent/carer withdrawal information on your SHRN School Dashboards by December 13, 2024. This step is essential to ensure the timely release of the SHRN Data Reports.

For any queries, please email the [primaryshrn@cardiff.ac.uk](mailto:primaryshrn@cardiff.ac.uk).



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## Join us for our January Webinar: Addressing the Health and Well-being Needs of Care-Experienced Learners

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

[Find out more »](#)



## Watch Our Recording: Smoking in Wales – Findings from the SHRN 2023 Student Health and Well-being Survey

The latest findings from The School Health Research Network (SHRN) have shed light on smoking habits among learners in Wales, revealing critical insights into young people's health and well-being.

[Watch now »](#)



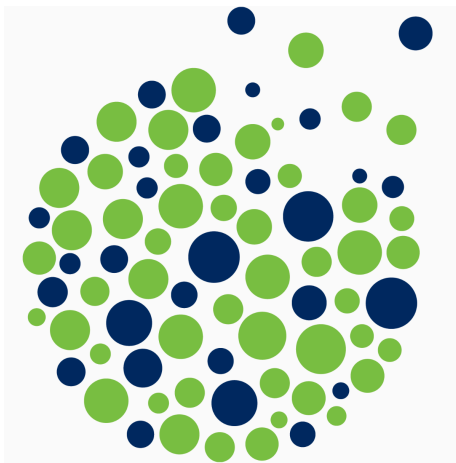
## Infographics: Making SHRN Data More Accessible and Engaging for Wider Audiences

In this SHRN blog, Huw Eifion Evans, Healthy School Co-ordinator for Conwy, shares his Top Ten Tips for using infographics to bring insights from The School Health Research Network (SHRN) data to life.



Whether you're aiming to communicate key findings with learners, staff, parents/carers or school governors, these tips can help ensure your SHRN data is both impactful and easy to understand.

[Read More »](#)



### Dysgwch fwy am ein gwaith / Learn more about our work

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](mailto:BoffeyM1@cardiff.ac.uk)

If you have any questions or feedback about any of the content

our successes and impacts and  
much more...

in this e-news, or SHRN itself,  
please email Maria Boffey:

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[BoffeyM1@cardiff.ac.uk](mailto:BoffeyM1@cardiff.ac.uk)

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