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THE SCHOOL
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e-Newyddion Ysgol Uwchradd SHRN SHRN Secondary School e-news



Croeso i e-Newyddion Ysgolion Uwchradd SHRN am Tachwedd 2024 / Welcome to the SHRN Secondary School e-news for November 2024

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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

Croesawu Data Newydd a Rheoliadau Anweddu Wrth i Ddefnydd Anwedd 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 »](#)



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.

Gofynnwn yn garedig am eich help, fel ysgolion uwchradd, i fynd ati i drafod buddion niferus bod yn aelod o'r **Rhwydwaith Ymchwil Iechyd mewn Ysgolion**.

Nid yn unig y mae aelodaeth yn cynnig mynediad i adnoddau ac ymchwil werthfawr, mae hefyd yn meithrin amgylchedd cydweithredol lle gall ysgolion rannu arferion gorau a strategaethau ar gyfer gwella iechyd a lles myfyrwyr. Trwy gymryd rhan yn y Rhwydwaith, gall ysgolion gyfrannu at ymdrech gyfunol sy'n gyrru newid cadarnhaol yn eu cymunedau.

Gall annog eich ysgolion clwstwr i ymuno â'r Rhwydwaith a chymryd rhan yn yr arolygon amlygu'r buddion hyn, gan sicrhau bod pob myfyriwr yn cael y cymorth y mae ei angen arnynt yn ystod yr adegau hollbwysig hyn yn eu taith addysgol, gan gynnwys pontio rhwng ysgolion.

Am fwy o wybodaeth, e-bostiwch ein **tîm SHRN cynradd**
primaryshrn@cardiff.ac.uk.



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

Mae'r blog hwn, a ysgrifennwyd gan ein Rheolwr Cyfnewid Gwybodaeth a Materion Allanol SHRN, **[Maria Boffey](#)**, yn archwilio manteision niferus cystadlu'r bot yr Arolwg Myfyrwyr SHRN a'r SEQ, gan ddangos sut y maent yn grymuso ysgolion i wneud penderfyniadau gwybodus, ymgysylltu â dysgwyr, ac yn y pen draw yn creu cymuned addysgol iachach a mwy cefnogol.

[Darllenwch Ragor »](#)

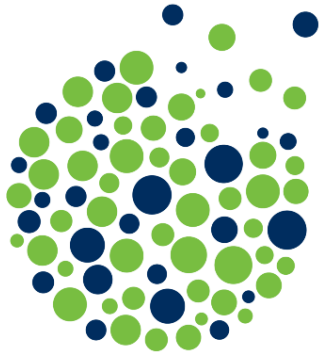
[Holiadur Amgylchedd yr Ysgol Ffeithlen »](#)



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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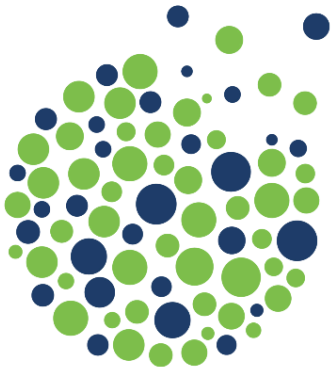
Cyfres
Gweminar

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

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.



[Read More »](#)



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 close to participating schools on 20 December.

We politely ask for your help as, secondary schools, to actively discuss the numerous benefits of being a member of The School Health Research Network (SHRN).

Membership not only provides access to valuable resources and research but also fosters a collaborative environment where schools can share best practices and strategies for enhancing student health and well-being. By engaging in the SHRN network, schools can contribute to a collective effort that drives positive change in their communities.

Encouraging your cluster schools to join SHRN and participate in surveys can amplify these benefits, ensuring that all students receive the support they need during these pivotal moments in their educational journey including school transition.

For more information please email our **Primary 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)

This blog, written by our SHRN Knowledge Exchange and External affairs Manager, Maria Boffey, explores the myriad benefits of completing the both the SHRN Student Survey and the SEQ, illustrating how they empower schools to make informed decisions, engage learners, and ultimately create a healthier, more supportive educational community.

[**Read more »**](#)

[**Access our SEQ Fact Sheet »**](#)



DECIPHer 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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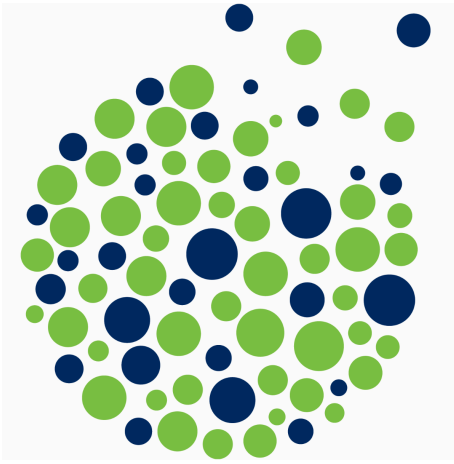
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Join us for our January 2025 SHRN Webinar

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 »](#)



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 »](#)

Access our information brochure, browse our reports, read about our successes and impacts and much more...

[Read more »](#)



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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