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## e-Newyddion Ysgol Uwchradd SHRN SHRN Secondary School e-news



# Croeso i e-Newyddion Ysgolion Uwchradd SHRN am Rhagfyr 2024 / Welcome to the SHRN Secondary School e-news for December 2024

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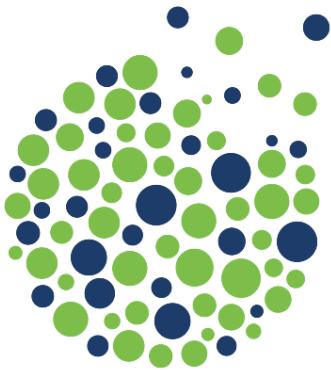
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**[Mae'r Rhwydwaith Ymchwil Iechyd Ysgolion \(SHRN\)](#)** yn bartneriaeth

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



## Cefnogi Eich Ysgolion Cynradd Clwstwr: Cwblhau Arolwg 2024 y Rhwydwaith

Y dyddiad cau ar gyfer ateb Arolwg Iechyd a Lles Myfyrwyr a Holiadur Amgylchedd yr Ysgol y Rhwydwaith mewn ysgolion cynradd yw **20 Rhagfyr 2024**.

Mae'r arolygon hyn yn hanfodol ar gyfer casglu cipolygon sy'n llywio mentrau iechyd a lles. Trwy annog dysgwyr cynradd i gymryd rhan, rydym yn sicrhau bod eu lleisiau'n cael eu clywed, gan arwain at gymorth ac adnoddau gwell, yn enwedig yn ystod pontio rhwng ysgolion.

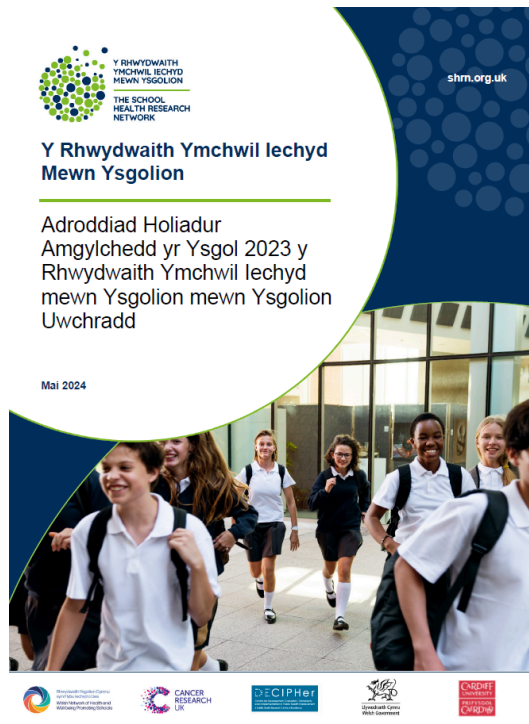
Rydym yn eich annog i gefnogi eich ysgolion cynradd clwstwr wrth ateb yr arolygon hanfodol hyn. [Helpwch trwy rannu adnoddau'r Rhwydwaith](#) i arddangos buddion y Rhwydwaith a sut mae'r Rhwydwaith yn effeithio'n gadarnhaol ar eich ysgol.

Os oes gennych unrhyw ymholiadau, e-bostiwch [Dîm y Rhwydwaith](#).

## Lansio Adroddiad Holiadur Amgylchedd yr Ysgol y Rhwydwaith Mewn Ysgolion Uwchradd 2023

Mae'n bleser gennym gyhoeddi lansiad **Adroddiad Amgylchedd yr Ysgol y Rhwydwaith 2023**. Mae'r adroddiad hwn yn cynnig cipolygon gwerthfawr i sut mae polisiau ysgolion – fel arweinyddiaeth, ethos ac ymgysylltu â'r gymuned – yn effeithio ar iechyd a lles myfyrwyr.

[Darllenwch Fwy »](#)



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## 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 »](#)



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

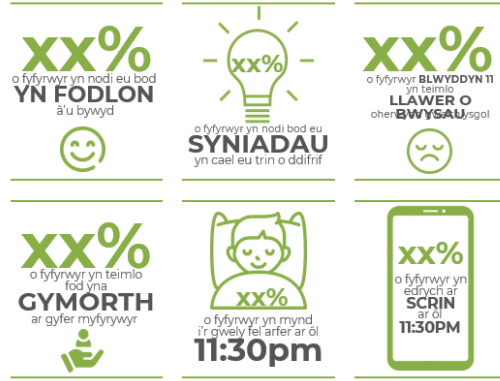
Mae canfyddiadau diweddaraf y Rhwydwaith Ymchwil Iechyd Mewn Ysgolion (SHRN) wedi taflu goleuni ar arferion ysmegu ymhlith dysgwyr yng Nghymru, gan ddatgelu mewnwelediadau beirniadol i iechyd a lles pobl ifanc. Mae'r dadansoddiad cynhwysfawr, sy'n deillio o Arolwg Iechyd a Lles Myfyrwyr SHRN 2023, yn nodi tuedd sy'n peri pryder mewn nifer yr achosion o ysmegu ymhlith pobl ifanc.

Cyflwynir gan yr Athro Graham Moore, Cyfarwyddwr Y [Ganolfan Datblygu a Gwerthuso Ymyriadau Cymhleth er Gwella Iechyd y Cyhoedd \(DECIPHer\)](#), [Prifysgol Caerdydd](#).

[Gwylio Nawr »](#)

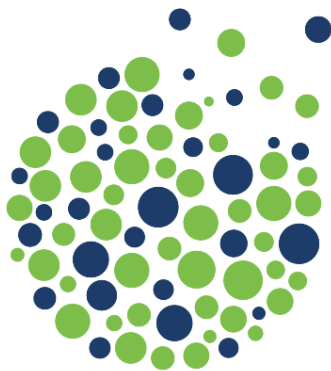
## Ffeithluniau: Gwneud Data'r Rhwydwaith yn Hygyrch ac yn Ddiddorol i Gynulleidfa Ehangach

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 a gofalgwyr 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



## Supporting Your Cluster Primary Schools: SHRN 2024 Survey Completion

The deadline for The SHRN Student Health and Well-being Survey and The School Environment Questionnaire (SEQ) 2024 in primary schools is **20 December 2024**.

These surveys are essential for gathering insights that shape health and well-being initiatives. By encouraging primary learners to participate, we ensure their voices are heard, leading to better support and resources, especially during school transitions.

We encourage you to support your cluster primaries in completing these vital surveys. Please help by sharing [SHRN resources](#) to showcase SHRN benefits and how SHRN positively impacts your school.

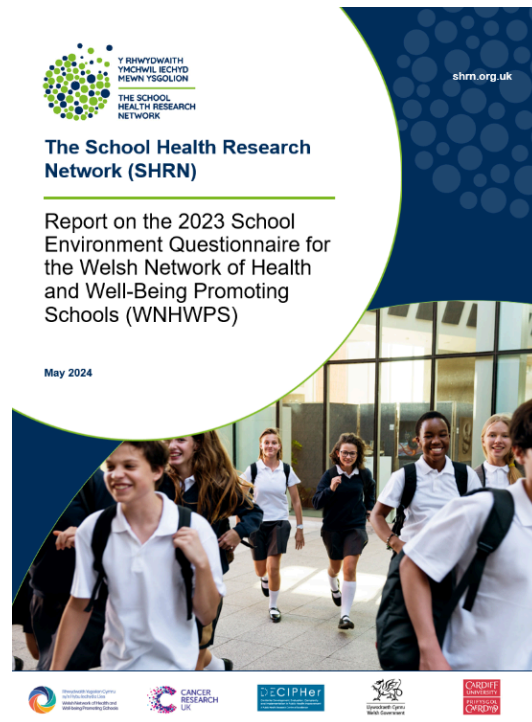
For any queries information, please email the [SHRN Team](#).



## Launch of The SHRN School Environment Questionnaire (SEQ) in secondary schools 2023 Report

We are thrilled to announce the launch of **The SHRN School Environment Questionnaire (SEQ) 2023 Report**. This report offers valuable insights into how school policies—such as leadership, ethos, and community engagement—affect student health and well-being.

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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.

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

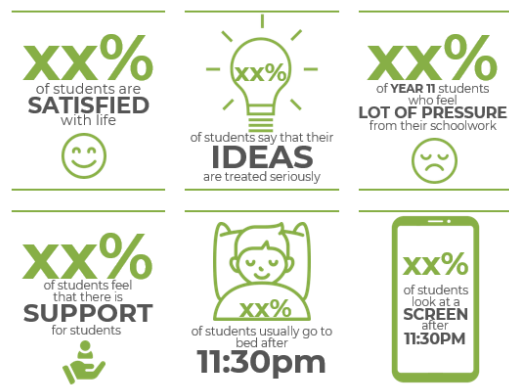
The latest findings from The School Health Research Network (SHRN) have shed light on smoking habits among learners in Wales, revealing critical insights into young people's health and well-being. The comprehensive analysis, derived from The SHRN Student Health and Well-being Survey 2023, indicates a concerning trend in smoking prevalence among young people.

Presented by Professor Graham Moore, Director of [DECIPHer, Cardiff University](#).

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## Infographics: Making SHRN Data Accessible and Engaging For Wider Audiences

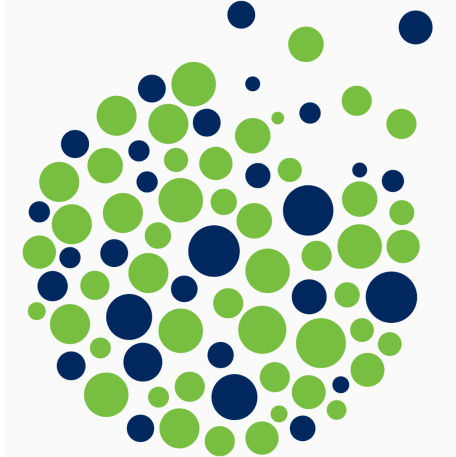
In this SHRN blog, Huw Eifion Evans, Healthy School Co-ordinator for Conwy, shares his Top Ten Tips for using infographics to bring insights from The School Health Research Network (SHRN) data to life.



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

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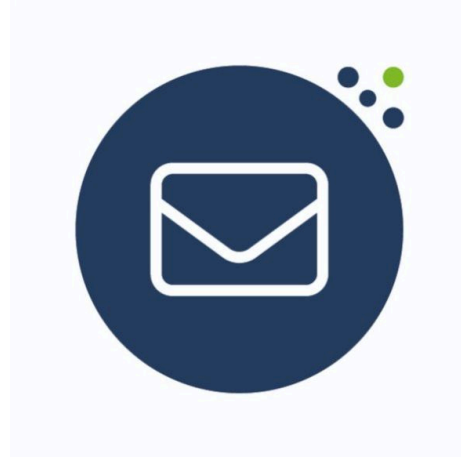
### **Dysgwch fwy am ein gwaith / Learn more about our work**

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...

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

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

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