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e-newyddion Ysgol Gynradd SHRN SHRN Primary School e-news



Croeso i e-newyddion Ysgol Gynradd SHRN am Chwefror 2025 / Welcome to the SHRN Primary School e-news for February 2025

Cynnwys

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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



Archwilio Ffactorau Ysgol sy'n Effeithio ar Gyflwyno'r Dull Ysgol Gyfan ar gyfer Llesiant Emosiynol a Meddyliol

Mae erthygl newydd gael ei chyhoeddi mewn cyfnodolyn. Mae'r erthygl hon yn archwilio argymhellion hanfodol i lunwyr polisi er mwyn helpu i weithredu Fframwaith y Dull Ysgol Gyfan ar gyfer Llesiant Emosiynol a Meddyliol. Mae'n amlygu pwysigrwydd integreiddio gwasanaethau a mentrau, mabwysiadu systemau cymorth aml-haen, gwella mynediad i wasanaethau iechyd meddwl yn yr ysgol a gweithredu arferion disgyblu effeithiol. Mae'r strategaethau hyn yn hanfodol ar gyfer creu amgylchedd cefnogol ac effeithiol er llwyddiant y Fframwaith

[I gael rhagor o wybodaeth, darllenwch »](#)



lechyd Cyhoeddus Cymru yn lansio Canllaw ar Fepio i Rieni a Gofalwyr

Mae **'Pobl Ifanc a Fêpio - Gwybodaeth i rieni a gofalwyr'** ar gyfer rhieni a gofalwyr i'w helpu i gael dealltwriaeth glir sy'n seiliedig ar dystiolaeth o fêpio ymhlith plant a phobl ifanc yng Nghymru. Mae'r arweiniad yn cynnwys yr wybodaeth ddiweddaraf am effeithiau fêpio ar ieuchyd a faint o blant a phobl ifanc sy'n fêpio ar hyn o bryd yng Nghymru, yn ogystal â chynghor ymarferol ar sut i adnabod arwyddion posibl fêpio, a sut i gael sgwrs amdano.

[I gael rhagor o fanylion, ewch i wefan lechyd Cyhoeddus Cymru »](#)



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Cyfes
Gweminar

Webinar
Series

Ymunwch â ni ar gyfer ein gweminarau RHAD AC AM DDIM ym mis Chwefror a mis Mawrth!

Mae'r sesiynau hyn yn cynnig cyfle gwyb, rhad ac am ddim i chi ddatblygu'n broffesiynol, gan ganolbwyntio ar ymchwil sy'n seiliedig ar dystiolaeth.

19 Chwefror: Datgloi'r Ddealltwriaeth y tu ôl i Ddata'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion (SHRN): Beth yw Barn Plant am Gwsg, y Cyfryngau Cymdeithasol, a Gweithgarwch Corfforol?

[Cadwch eich lle nawr »](#)

26 Mawrth: Y Cyfryngau Cymdeithasol a Lles: Ystyried Data'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion (SHRN) i Gael Gwell Dealltwriaeth o Fywydau Digidol Plant a Phobl Ifanc.

[Cadwch eich lle »](#)

Gwylwch ein Gweminar mis Ionawr: Hyrwyddo Iechyd Meddwl a Lles i Ddysgwyr â Phrofiad o Fod Mewn Gofal!



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Cyfes
Gweminar

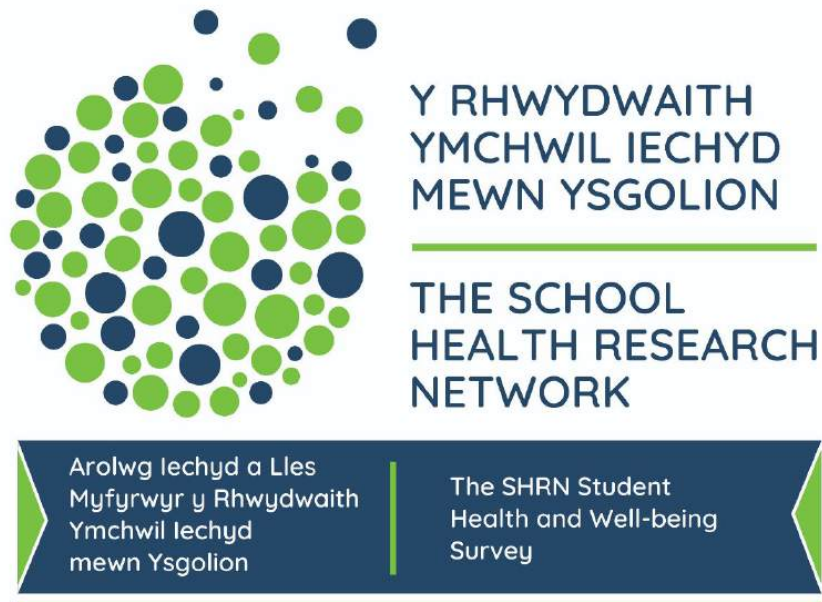
Webinar
Series

Diolch i bawb a ddaeth i'n gweminar ym mis Ionawr. Os golloch chi'r sesiwn fyw hon, gallwch elwa o hyd o'r cyfle gwerthfawr hwn am DPP trwy wylïo'r

recordiad hwn.

Mae'r sesiwn yn trafod dwy astudiaeth ymchwil allweddol: cyflwyniad i Orchymnion Gwarcheidwaeth Arbennig (SGO), a gyflwynwyd gan [Lorna Stabler](#) a Daisy Chaudhuri, ac iechyd meddwl a lles dysgwyr â phrofiad o fod mewn gofal mewn ysgolion uwchradd yng Nghymru, a gyflwynwyd gan [Dr Sarah MacDonald](#) a Dr Gillian Hewitt. Mae'r astudiaethau hyn yn cynnig cipolygon ac argymhellion ar gyfer cefnogi dysgwyr â phrofiad o fod mewn gofal.

[Gwyllo nawr »](#)



BLOG: Amlygu Rôl Hanfodol Ymchwil y Rhwydwaith yn Iechyd y Glasoed: Cipolygon Arolwg y Rhwydwaith

Mewn cyfnod pan mae lles meddyliol a chorfforol pobl ifanc yn bwysicach nag erioed, mae ymchwil y Rhwydwaith ar flaen y gad. Mae'r Dr. Nick Page, Uwch Ddadansoddwr Data'r Rhwydwaith, yn esbonio sut mae [Arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith](#) yn cynnig cipolygon amhrisiadwy i iechyd y glasoed yng Nghymru.

[I archwilio'r cipolygon hyn yn fanwl, darllenwch flog Nick »](#)



Rhannu eich Llwyddiant a'ch Effaith: Cyfrannu Astudiaeth Achos Eich Ysgol i'r Rhwydwaith

Mae'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion yn gwahodd ysgolion i rannu'u llwyddiannau a'r effaith gadarnhaol ar iechyd a lles dysgwyr.

Trwy gyfrannu eich astudiaeth achos, gallwch ysbrydoli eraill, gwella'u proffil proffesiynol a dylanwadu ar arferion addysgol. Ewch i'n [tudalen astudiaeth achos](#) i ddysgu mwy a chyflwyno'ch stori heddiw!



English Language version



Exploring School Factors Affecting the Introduction of the Whole School Approach to Emotional and Mental Well-being

A new journal article has just been published. This article delves into essential recommendations for policymakers to effectively support the implementation of the Whole School Approach to Emotional and Mental Well-being Framework. It highlights the importance of integrating services and initiatives, adopting multitiered systems of support, enhancing access to school-based mental health services, and implementing effective discipline practices. These strategies are crucial for creating a supportive and effective environment for the Framework's success.

[More information here »](#)



Public Health Wales Launches Vaping Guidance for Parents and Carers

'Young People and Vaping - Information for parents and carers' is for parents and carers to help them get a clear and evidence-based understanding of vaping amongst children and young people in Wales. The guidance includes up-to-date information on the health impacts of vaping and how many children and young people are currently vaping in Wales, as well as practical advice on how to spot the potential signs of vaping, and how to approach a conversation about it.

[For more details, visit the Public Health Wales website »](#)



Join us for our FREE February and March Webinars!

These sessions offers a fantastic opportunity for FREE continuing professional development, focusing on evidence-based research.

19 February: Unlocking the Insights Behind SHRN Data: What Do Children Really Think About Sleep, Social Media, and Physical Activity?

[Book now »](#)

26 March: Social Media and Well-being: Exploring SHRN Data to Better understand the Digital Lives of Children and Young People.

[Book your place »](#)

Watch our January Webinar: Promoting Mental Health and Well-Being for Care-Experienced Learners!



Thank you to everyone who attended our January webinar. If you missed this live session, you can still benefit from this valuable continuing professional development opportunity by watching this recording.

The session covers two key research studies: an introduction to Special Guardianship Orders (SGOs) presented by [Lorna Stabler](#) and Daisy Chaudhuri, and the mental health and well-being of care-experienced learners in secondary schools in Wales, presented by [Dr. Sarah MacDonald](#) and Dr. Gillian Hewitt. These studies provide key insights and recommendations for supporting care-experienced learners.

[Watch now »](#)



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Arolwg Iechyd a Lles
Myfyrwyr y Rhwydwaith
Ymchwil Iechyd
mewn Ysgolion

The SHRN Student
Health and Well-being
Survey

BLOG: Highlighting the Crucial Role of SHRN's Research in Young People's Health: SHRN Survey Insights

In an era where the mental and physical well-being of young people is more critical than ever, SHRN stands at the forefront of research. [Dr Nick Page](#), Senior Data Analyst for SHRN, explains how [The SHRN Student Health and Well-being survey](#) offers invaluable insights into young people's health in Wales.

[To explore these insights in detail, read Nick's blog »](#)



Share Your Success and Impact: Contribute Your School Case Study to SHRN

The School Health Research Network (SHRN) invites schools to share their success stories and the positive impact on learner health and well-being.

By contributing your case study, you can inspire others, enhance your professional profile, and influence educational practices. Visit our [case study page](#) to learn more and submit your story today!



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,



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

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

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

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