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

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

Cynnwys

1. **Ymunwch â ni ar Gyfer ein Gweminarau Ebrill a Mai AM DDIM!**
2. **Gwyliwch ein Gweminar: Y Cyfryngau Cymdeithasol a Lles - Archwilio Data'r Rhwydwaith i Ddeall Bywyd Digidol Plant a Phobl Ifanc yn Well.**
3. **Dod â Data'r Rhwydwaith yn Fyw Gyda Dulliau seiliedig ar Gelf.**
4. **Astudiaeth Achos y Rhwydwaith - Ysgol Uwchradd Whitmore: Lle mae'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion, Iechyd a Lles a Chysylltiadau Ystyrlon yn Llywio Cymuned yr Ysgol.**
5. **Rydym Ni'n Symud i Bluesky a LinkedIn!**

Contents

1. **Join Us For Our FREE April and May Webinars!**
2. **Watch Our Webinar: Social Media and Well-being - Exploring SHRN Data to Better Understand the Digital Lives of Children and Young People.**
3. **Bringing SHRN Data to Life With Arts-Based Methods.**
4. **SHRN Case Study - Whitmore High School: Where SHRN, Health and Well-being and Meaningful Connections Shape the School Community.**
5. **We're Moving to Bluesky and LinkedIn!**

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

Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION | Cyfres Gweminar
THE SCHOOL HEALTH RESEARCH NETWORK | Webinar Series

Ymunwch â ni ar Gyfer ein Gweminarau Ebrill a Mai AM DDIM!

Mae ein gweminarau'n cynnig cyfle rhagorol am ddatblygiad proffesiynol AM DDIM, gan ganolbwyntio ar ymchwil seiliedig ar dystiolaeth a data'r Rhwydwaith

30 Ebrill: Rôl Amgylchedd yr Ysgol yn Iechyd Meddwl a Lles Dysgwyr yn ystod y Pontio o'r Ysgol Gynradd i'r Ysgol Uwchradd. **Cadwch le nawr »**

21 Mai: Datgloi Cyfrinachau Diodydd Egni a Siwgraidd: Cipolygon Data'r Rhwydwaith i Iechyd Pobl Ifanc yng Nghymru. **Cadwch le nawr »**

Gwyliwch ein Gweminar mis Mawrth: Y Cyfryngau Cymdeithasol a Lles - Archwilio Data'r Rhwydwaith i Ddeall Bywyd Digidol Plant a Phobl Ifanc yn Well

Yn yr oes ddigidol sydd ohoni, mae'r cyfryngau cymdeithasol yn cael effaith ddwys ar fywyd plant a phobl ifanc. Er mai amser o flaen sgrin yw'r ffocws yn aml, mae'n hanfodol ystyried gyda phwy maen nhw'n rhyngweithio a sut mae'r rhyngweithiadau hyn yn effeithio ar eu lles.

Gwyliwch y weminar hon gan y Rhwydwaith i archwilio astudiaeth sy'n defnyddio data'r Rhwydwaith o ysgolion cynradd ac uwchradd, yn archwilio agweddau allweddol ar ddefnyddio'r cyfryngau cymdeithasol a'u cysylltiad â lles emosiynol. Darganfyddwch sut gall cyfathrebu ar-lein fod o fudd i bobl ifanc, yn enwedig trwy gyfeillgarwch presennol.

Cliciwch yma i wylio'r recordiad »

Cysylltiadau Creadigol: Defnyddio Dulliau Celfyddydol i Ennyn Diddordeb Dysgwyr yn Nata’r Rhwydwaith ar Les Emosiynol a Meddyliol

Darganfyddwch sut mae dulliau seiliedig ar gelf yn cael eu defnyddio i ddod â data’r Rhwydwaith yn fyw, gan gynorthwyo ysgolion i ddeall a chefnogi lles eu dysgwyr yn well. Mae’r ymagwedd flaengar hon yn helpu i greu ffyrdd mwy difyr a chraff o ddehongli data a gweithredu arno.

Darllenwch fwy »

Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION

THE SCHOOL HEALTH RESEARCH NETWORK

Ysgol Uwchradd Whitmore: Lle mae’r Rhwydwaith Ymchwil Iechyd mewn Ysgolion, Iechyd a Lles a Chysylltiadau Ystyrlon yn Llywio Cymuned yr Ysgol

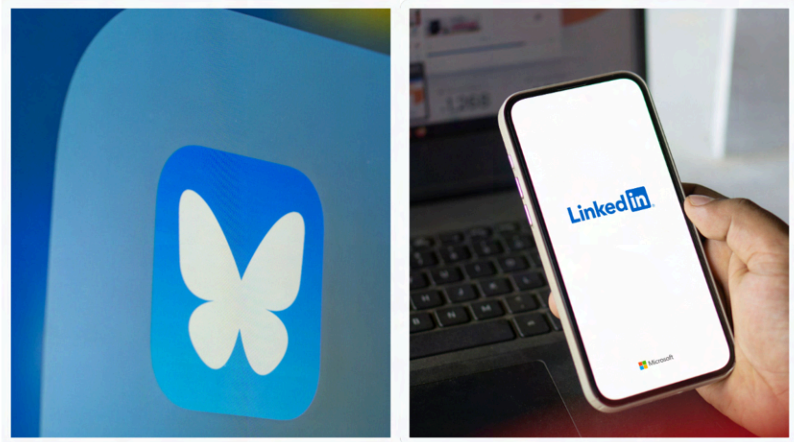
Trwy ei defnydd o’i data gan y Rhwydwaith Ymchwil Iechyd mewn Ysgolion (y Rhwydwaith) ac ymyriadau targedig, mae Ysgol Uwchradd Whitmore wedi cymryd camau cadarnhaol ymlaen wrth wella iechyd a lles dysgwyr.

Trwy ddadansoddi data’r Rhwydwaith, nododd yr ysgol feysydd allweddol i’w gwella a rhoddodd strategaethau penodol ar waith i fynd i’r afael â nhw. Mae’r ymyriadau targedig wedi arwain at welliannau yn iechyd a lles

dysgwyr, gan ddangos ymrwymiad yr ysgol i roi lle blaenllaw i iechyd a lles yn ei chenhadaeth. O ganlyniad, mae dysgwyr mewn sefyllfa well i ffynnu yn yr ysgol a’r tu hwnt, gan sicrhau eu bod yn cael y cyfle gorau posibl i lwyddo.

Darllenwch fwy »

Darllenwch fwy am sut gallwch chi rannu eich astudiaeth achos am y Rhwydwaith **yma.**



Rydyn Ni'n Symud i Bluesky a LinkedIn!

Rydym yn falch o gyhoeddi bod y Rhwydwaith yn symud o Twitter/X i Bluesky a LinkedIn ar gyfer ein diweddariadau a’n hymwneud ar y cyfryngau cymdeithasol.

Bydd y cam hwn yn ein helpu i gysylltu’n well â’n cymuned, rhannu cynnwys manylach a chymryd rhan mewn sgyrsiau ystyrlon.

Edrychwn ymlaen at ymgysylltu â chi mewn ffyrdd newydd a chyffrous.

Dilynwch ni ar:

Bluesky
LinkedIn

English Language Version

Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION — Cyfres Gweminar

THE SCHOOL HEALTH RESEARCH NETWORK — Webinar Series

Join Us for Our FREE April and May Webinars!

Our webinars offer a fantastic opportunity for FREE professional development, focusing on evidence-based research and SHRN data.

30 April: The Role of The School Environment in Learners' Mental Health and Well-being During the Transition from Primary to Secondary School. **Book now »**

21 May: Unlocking the Secrets of Energy and Sugary Drinks: SHRN Data Insights on Youth People's Health in Wales. **Book now »**

Watch Our March Webinar: Social Media and Well-being - Exploring SHRN Data to Better Understand the Digital Lives of Children and Young People

In today's digital age, social media profoundly impacts the lives of children and young people. While screen time is often the focus, it's crucial to consider who they interact with and how these interactions affect their well-being.

Watch this SHRN webinar to explore a study using SHRN data from primary and secondary schools, examining key aspects of social media use and its link to emotional well-being. Discover how online communication can benefit children and young people, especially through existing friendships.

Click here to watch the recording »

Creative Connections: Using Arts-Based Methods to Engage Learners with SHRN Data on Emotional and Mental Well-being

Discover how arts-based methods are being utilised to bring SHRN data to life, aiding schools in better understanding and supporting the health and well-being of their learners. This innovative approach is helping to create more engaging and insightful ways to interpret and act on data.

Read More »

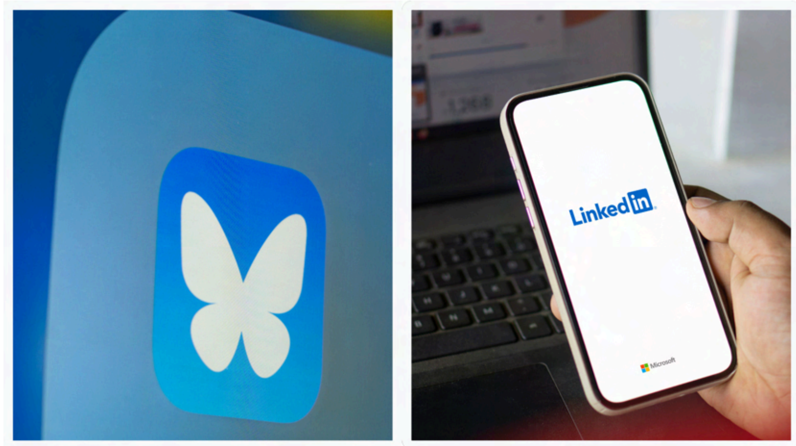
SHRN Case Study - Whitmore High School: Where SHRN, Health and Well-being and Meaningful Connections Shape the School Community

Through the use of their School Health Research Network (SHRN) data and targeted interventions, Whitmore High School has made positive strides in enhancing learner health and well-being.

By analysing their SHRN data, the school identified key areas for improvement and implemented specific strategies to address them. These targeted interventions have led to improvements in learner health and well-being, demonstrating the school's commitment to placing health and well-being at the forefront of its mission. As a result, learners are better equipped to thrive both in school and beyond, ensuring they have the best possible opportunity for success.

Read More »

Read more about how you can share your SHRN case study **here.**



We're Moving to Bluesky and LinkedIn!

We are excited to announce that SHRN is transitioning from Twitter/X to Bluesky and LinkedIn for our social media updates and engagement.

This move will help us better connect with our community, share more in-depth content, and engage in meaningful conversations.

We look forward to engaging with you in new and exciting ways.

Follow us on:

Bluesky
LinkedIn

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, Rheolwr Cyfnewid Gwybodaeth a Materion Allanol SHRN:

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If you have any questions or feedback about any of the content in this e-news, or SHRN itself, please email Maria Boffey, SHRN Knowledge Exchange and External Affairs Manager:

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