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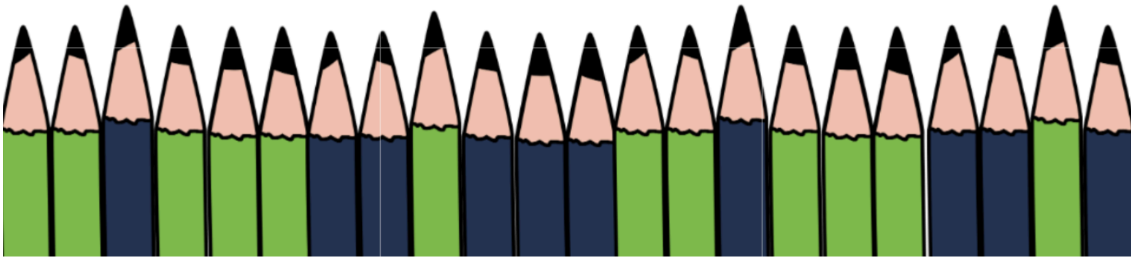
Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION
THE SCHOOL HEALTH RESEARCH NETWORK

# E-Newyddion Ysgolion Cynradd SHRN
# SHRN Primary School E-News



## Croeso i E-Newyddion Ysgolion Cynradd SHRN am Medi 2024

## Welcome to the SHRN Primary School e-news for September 2024

**Sylwch y gallwch ddod o hyd i fersiwn Saesneg y diweddariad hwn ar ddiwedd yr e-newyddion Cymraeg**

**Please note that you can find the English language version at the end of the Welsh e-news**

Mae'r E-Newyddion hwn yn rhoi'r wybodaeth ddiweddaraf i chi am yr holl ddatblygiadau pwysig sy'n ymwneud â SHRN, o newyddion i wybodaeth am ddigwyddiadau sydd ar ddod a dolenni i adnoddau ac offer data perthnasol.

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.

### Cynnwys

1. **Mae casglu data SHRN 2024 mewn ysgolion cynradd yn agor w/c 16 Medi.**
2. **Mae Taflen Ffeithiau Holiadur Amgylchedd yr Ysgol (SEQ) y Rhwydwaith Ymchwil Iechyd Mewn Ysgolion (SHRN) ar gael i'w lawrlwytho.**
3. **Sbotolau Clinigol Wolfson – Cynyddu mynediad i driniaethau seicolegol ar gyfer problemau gorbryder plant.**

This e-news keeps you up to date with all important developments relating to SHRN, from news to information about up-and-coming events and links to relevant resources and data tools.

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.

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**Jump to English**

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## Mae casglu data SHRN 2024 mewn ysgolion cynradd yn agor w/c 16 Medi

Diolch i bawb am gofrestru ar gyfer Arolwg Iechyd a Lles Myfyrwyr 2024 y Rhwydwaith mewn ysgolion cynradd. Erbyn hyn, dylech fod wedi cael pecynnau'r arolwg yr anfonom drwy'r e-bost atoch chi ar 6 Medi, a'r ddolen i'r arolwg byw gan Ipsos, a anfonwyd drwy'r e-bost yn ystod yr wythnos yn cychwyn ar 8 Medi.

**Rhowch wybod i ni os nad ydych wedi cael y naill neu'r llall o'r rhain, gan eu bod yn hanfodol i lenwi'r arolwg yn llwyddiannus.**

Mae'r arolwg yn agor i ddysgwyr am ***8am fore Llun, 16 Medi 2024 a bydd gennych tan 3.30pm brynhawn Gwener, 20 Rhagfyr 2024***, i orffen yr arolwg gyda'ch dysgwyr.

Hefyd, byddwn yn cynnal **Holiadur Amgylchedd yr Ysgol y Rhwydwaith** ochr yn ochr â'r arolwg, fel y gall ysgolion cofrestredig gwblhau holl weithgareddau'r Rhwydwaith yn ystod un 'Tymor Rhwydwaith'.

Mae Holiadur Amgylchedd yr Ysgol yn galluogi ysgolion i ystyried sut gall eu polisïau lles effeithio ar ddeilliannau eu harolwg myfyrwyr.

**Gallwch fynd at yr holiadur trwy'r ddolen ar-lein a anfonwyd gennym ni o'r Rhwydwaith rhwng** 16 Medi a 20 Rhagfyr**. Os oes gennych unrhyw ymholiadau am hyn, e-bostiwch** primaryshrn@cardiff.ac.uk**.**

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## Ffeithlen Holiadur Amgylchedd yr Ysgol y Rhwydwaith ar gael nawr

Mae'n bleser gennym gyhoeddi bod ffeithlen newydd ar gyfer Holiadur Amgylchedd yr

Ysgol y Rhwydwaith ar gael nawr.

Wrth roi sylwadau am y ffeithlen hon, dywedodd Maria Boffey, Rheolwr Cyfnewid Gwybodaeth a Materion Allanol y Rhwydwaith:

*'Rydym wrth ein bodd ein bod yn gallu ychwanegu'r ffeithlen hon at ein portffolio. Mae'n adnodd hanfodol i unrhyw un sydd eisiau dysgu rhagor am Holiadur Amgylchedd yr Ysgol y Rhwydwaith. Mae'r ffeithlen yn cynnwys gwybodaeth am beth yw'r Holiadur, ei fuddion i ysgolion a rhanddeiliaid ehangach, ac mae'n darparu manylion am gasgliad data 2024 i ysgolion cynradd.*

*Mae'r Holiadur, o'i ddefnyddio ar y cyd ag Arolwg Iechyd a Lles Myfyrwyr dwyflynyddol y Rhwydwaith, yn creu set ddata unigryw a chynhwysfawr i archwilio cysylltiadau rhwng polisïau ac arferion yr ysgol (e.e. arweinyddiaeth yr ysgol; ethos yr ysgol; amgylchedd yr ysgol; dysgu'r cwricwlwm; ymgysylltu â theuluoedd a'r gymuned) a deiliannau iechyd a lles dysgwyr.*

*Nodwyd bod yr Arolwg a'r Holiadur yn ffynonellau data allweddol sy'n cynorthwyo ysgolion i wreiddio'r Dull Ysgol Gyfan ar gyfer Llesiant Emosiynol a Meddyliol, a chaiff data'r Holiadur ei ddefnyddio gan ysgolion sy'n cymryd rhan ynddo fel dull o baratoi ar gyfer arolygiadau ysgol Estyn, a darparu tystiolaeth ar gyfer yr arolygiad.'*

**I ddysgu rhagor, ewch i:** https://www.shrn.org.uk/cy/ffeithlenni/

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## Sbotolau Clinigol Wolfson – Cynyddu mynediad i driniaethau seicolegol ar gyfer problemau gorbryder plant

Yn ddiweddar, fe wnaeth ein cydweithwyr yng Nghanolfan Iechyd Pobl Ifanc Wolfson recordio gweminar yn canolbwyntio ar y triniaethau seicolegol ar gyfer gorbryder ymhlith plant.

Mae problemau gorbryder yn gyffredin ac yn aml yn dechrau'n gynnar mewn bywyd. Fodd bynnag, bach iawn o deuluoedd sy'n troi at gymorth seiliedig ar dystiolaeth pan fyddent yn gallu elw arno yn y lle cyntaf. Yn dilyn archwiliadau manwl o'r hyn sydd ei eisiau a'i angen ar deuluoedd i oresgyn rhwystrau rhag cael cymorth i blant cyn y glasoed, mae Wolfson wedi canolbwyntio'n ddiweddar ar ddefnyddio dulliau digidol gyda chymorth therapydd i helpu rhieni a gofalwyr i helpu eu plant. Bydd y gweminar hwn yn rhoi trosolwg o rywfaint o'r cefndir hwn, ynghyd â chanfyddiadau o dreialon diweddar sy'n amlygu addewid y dull hwn ar gyfer triniaeth ac atal.

Mae'r gweminar yn berthnasol i amrywiaeth o ymarferwyr sydd â diddordeb yn iechyd meddwl a gorbryder pobl ifanc yn benodol.

**I wylio recordiad, cliciwch** yma**.**

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## Cysylltu a Ni

Os oes gennych unrhyw gwestiynau neu adborth am unrhyw ran o'r cynnwys yn yr e-newyddion hwn, neu am SHRN, anfonwch e-bost at Dîm SHRN Ysgolion Uwchradd neu Ysgolion Cynradd.

Anfonwch yr e-newyddion hwn ymlaen at unrhyw un y credwch a allai fod â diddordeb. Gallant danysgrifio i dderbyn yr e-newyddion a diweddariadau diweddaraf trwy e-bostio Maria Boffey, Rheolwr Cyfnewid Gwybodaeth a Materion Allanol SHRN: boffeym1@cardiff.ac.uk.

Ymunwch â'r sgwrs:

@SHRNWales.

Wefan: School Health Research Network (shrn.org.uk/cy).

YouTube: SHRN Wales.

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## The 2024 SHRN data collection in primary schools opens w/c 16 September

Thank you to everyone for registering for The 2024 SHRN Student Health and Well-being Survey in primary schools. You should by now have received the survey packs that we emailed to you on 6 September, and the live survey link from Ipsos, emailed w/c 8 September 2024.

**If you haven't received either of these, please contact** primaryshrn@cardiff.ac.uk **as soon as possible, as they are essential for completing the survey successfully.**

The survey opens for learners at **8am on Monday 16 September 2024 , and you will have until 3.30pm on Friday 20 December 2024** to finish surveying your learners.

We will also be running The SHRN **School Environment Questionnaire (SEQ)** alongside to enable registered schools to complete all SHRN activities during one ‘SHRN Term’.

The SEQ enables schools to look at how their well-being policies can affect the outcomes of their student survey.

**You can access it via an online link sent by us at SHRN from** 16th September to 20th December**. If you have any queries about this, please email** primaryshrn@cardiff.ac.uk.

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## The SHRN School Environment Questionnaire (SEQ) Fact Sheet is now available

We are pleased to announce a new The SHRN School Environment Questionnaire (SEQ) fact sheet is now available.

Commenting on this fact sheet, Maria Boffey, SHRN Knowledge Exchange and External Affairs manager said:

*We're really excited to be adding this fact sheet to our portfolio. It is a vital product to for anyone wanting to find out more about The SHRN School Environment Questionnaire (SEQ). The fact sheet contains information about what the SEQ is, its benefits for schools and wider stakeholders, and provides details about the 2024 data collection for primary schools.*

*The SEQ, used in combination with the biennial SHRN Student Health and well-being survey creates a unique and comprehensive dataset to explore links between school policies and practices (e.g. school leadership; school ethos; school environment; curriculum learning; family and community engagement) and learner health and well-being outcomes.*

*Both the SHW and the SEQ survey have been identified as key data sources that support schools in embedding a Whole-school Approach to Emotional and Mental Well-being, and SEQ data is used by participating schools as an auditing mechanism to prepare for and evidence practice for Estyn school inspections.'*

**To find out more please visit:** https://www.shrn.org.uk/fact-sheets/

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## A Wolfson Clinical Spotlight - Increasing access to psychological treatments for child anxiety problems

Our colleagues in **The Wolfson Centre for Young People's Health** recently recorded a webinar focusing on the psychological treatments for anxiety in children.

Anxiety problems are common and often start early in life. However, few families access evidence based support when they could first benefit from it. Following detailed explorations of what families want and need to overcome barriers to support for preadolescent children, Wolfson have recently focused on using therapist-supported digital approaches to help parents and carers to help their children. This webinar will give an overview of some of this background as well as findings from recent trials that highlight the promise of this approach for treatment and prevention.

The webinar is relevant to a range of practitioners interested in young people's mental health and anxiety in particular.

**The webinar recording is available** here**.**

## Contact Us

If you have any questions or feedback about any of the content in this e-news, or about SHRN, please email the Secondary School or Primary School SHRN Teams.

Please forward this e-news to anyone you think may be interested. They can subscribe to receive the latest e-news and updates by emailing Maria Boffey, SHRN Knowledge Exchange and External Affairs Manager: boffeym1@cardiff.ac.uk.

Join the conversation:

@SHRNWales.

Website: School Health Research Network (shrn.org.uk).

YouTube: SHRN Wales.

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