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

Croeso i e-Newyddion Ysgolion Cynradd SHRN am Hydref 2024 / Welcome to the SHRN Primary School e-news for October 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.

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Bwletin iaith Cymraeg

Mae casgliad data 2024 SHRN mewn ysgolion cynradd ar agor bellach

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Dyma atgoffa'r ysgolion cynradd hynny a gofrestrodd i gymryd rhan yng nghasgliad data'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion (SHRN) yn ystod tymor yr hydref y bydd angen iddynt fewnbynnu'r wybodaeth ganlynol i'w dangosfyrddau SHRN erbyn diwedd tymor yr hydref:

- Cyfanswm nifer y dysgwyr ym mhob grŵp blwyddyn (blynyddoedd 3-6)
- Nifer y rhieni a optiodd allan
- Mae arnom angen y wybodaeth hon i gyfrifo'r cyfraddau ymateb yn eich ysgol.

Anogwn ysgolion i arolygu cynifer o ddysgwyr â phosibl ar draws pob grŵp blwyddyn er mwyn rhoi'r data gorau posibl iddynt i lywio cynllunio gweithredu yn eu hysgol. Gall aelod o'r Uwch Dîm Arweinyddiaeth (neu gynrychiolydd) lenwi'r Holiadur Amgylchedd Ysgol (SEQ). Mae'r arolwg hwn yn helpu i ddeall polisi ac arferion effeithiol a gellir ei ddefnyddio i ddangos tystiolaeth o gynnydd Ymagwedd Ysgol Gyfan.
Gellir disgwyl i Adroddiadau Data SHRN ysgolion gael eu rhyddhau yn ystod y Pasg 2025.

Os oes gennych unrhyw ymholiadau ynglŷn â'r arolwg, anfonwch neges e-bost at ein tîm ysgolion cynradd primarySHRN@cardiff.ac.uk.

Dileu rhwystrau rhag ymarfer corff – y mislif

Darganfu astudiaeth ddiweddar fod merched a menywod yn llai tebygol o gymryd rhan mewn gweithgarwch corfforol rheolaidd na bechgyn a dynion ar draws Cymru. Ond beth yw rôl y mislif yn hyn o beth?

Aeth Dr Kelly Morgan, Dirprwy Gyfarwyddwr y Rhwydwaith Ymchwil Iechyd mewn Ysgolion, i weithdy yn ddiweddar i ddysgu rhagor am fynd i'r afael â thlodi mislif a deall effaith y mislif ar weithgarwch corfforol merched.

Dysgu mwy

Croeso i Reolwr Ymgysylltu newydd SHRN – Charlotte Wooders

Rydym yn falch iawn o gyflwyno Charlotte Wooders, sydd wedi ymuno â thîm SHRN yn ddiweddar fel ein Rheolwr Ymgysylltu newydd. A chanddi gefndir mewn cyflwyno rhaglenni gwella cenedlaethol a chydgynhyrchu i gefnogi arferion gwell a chanlyniadau polisi ar gyfer plant sy'n derbyn gofal a'u haddysg, mae hi'n cyfrannu cyfoeth o wybodaeth ac arbenigedd at ein rhwydwaith.

Yn ei rôl newydd, bydd Charlotte yn gyfrifol am ymgysylltu gwybodaeth, gan ddwyn ynghyd tîm SHRN, rhanddeiliaid sy'n defnyddio ein hymchwil a chymunedau ehangach i gyfnewid syniadau, tystiolaeth ac arbenigedd. Mae ei brwdfrydedd ynglŷn â chynorthwyo plant a phobl ifanc yn cyd-fynd yn berffaith â'n gweledigaeth ar gyfer SHRN i wneud gwahaniaeth gwirioneddol a mesuradwy i'r ffyrdd y mae cwestiynau, profiadau a materion yn ymwneud ag iechyd y cyhoedd mewn ysgolion yn cael eu deall a'u trin ac, yn y pen draw, gwella iechyd a lles plant a phobl ifanc.

I gysylltu â Charlotte, anfonwch neges e-bost at WoodersC1@cardiff.ac.uk.

Ymchwil newydd am blant â Gorchmynion Gwarcheidiaeth Arbennig

Er nad yw plant sy'n destun Gorchmynion Gwarcheidiaeth Arbennig yn blant sy'n derbyn gofal, maen nhw'n rhannu llawer o'r un nodweddion â'r boblogaeth sy'n derbyn gofal. Bydd rhai ohonynt yn blant a fu'n derbyn gofal gynt, bydd eraill wedi bod yn agos at dderbyn gofal neu'n dod o deuluoedd sydd mewn argyfwng, a bydd llawer wedi cael profiadau niweidiol yn ystod plentyndod, yn aml yn gysylltiedig â chamdriniaeth ac esgeulustod.

Mae'r cod ymarfer ar gyfer Gorchmynion Gwarcheidiaeth Arbennig yng Nghymru (a gyhoeddwyd o dan adran 145 Deddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) 2014) yn amlygu pwysigrwydd deall a chefnogi addysg plant drwy gydol eu hamser yn yr ysgol. Mae hyn yn cydnabod y gallai profiadau cynnar plant darfu ar eu haddysg neu ei rhwystro.

Mae tîm ym Mhrifysgol Caerdydd yn ceisio helpu i wella canlyniadau addysgol ar gyfer plant ysgol gynradd sy'n destun Gorchmynion Gwarcheidiaeth Arbennig, trwy eu gwahodd nhw a'u gwarcheidwaid arbennig i'r brifysgol i gymryd rhan mewn ymchwil yn yr uned Asesu Niwroddatblygiadol. Yno, bydd y plant yn cymryd rhan mewn gweithgareddau i brofi eu sgiliau gwybyddol, datblygiadol, a gweithredu emosiynol. Bydd seicolegydd addysg yn trosi'r canlyniadau hyn yn adroddiad ar gyfer athro'r plentyn gydag ymyriadau awgrymedig i weithio gyda'r plentyn.

Gall athrawon wneud yr atgyfeiriad ar gyfer y plentyn gyda chaniatâd y gofalwr. I fod yn gymwys ar gyfer yr astudiaeth, bydd angen i blentyn fod rhwng 4 a 7 oed a bod yn destun Gorchymyn Gwarcheidiaeth Arbennig. **Nid oes angen iddo fod wedi cael unrhyw anawsterau blaenorol na diagnosis.**

Mae atgyfeiriadau gan **athrawon** yn cael eu derbyn yn awr hyd at fis Ebrill 2025. I wneud atgyfeiriad, anfonwch neges e-bost at **SGO@caerdydd.ac.uk.**

English Language version

The SHRN 2024 data collection in primary schools is now open

This is a reminder for those primary schools who registered to take part in SHRN data collection this autumn term that they will need to input the following information into their SHRN dashboards by the end of the Autumn term:

- Total number of learners in each year group (years 3-6)
- Number of parental and carer opt-outs received
- We require this information in order to calculate response rates at your school.

We encourage schools to survey as many learners as possible across all year groups, to give them the best data possible to inform action planning at their school. The School Environment Questionnaire (SEQ) can be completed by a member of the school's leadership team (SLT) (or representative). This survey helps understanding of effective policy and practices and can be used to evidence progress for the Whole School Approach.

The release of School SHRN Data Reports can be expected for Easter 2025.

If you have any queries regarding the survey, please email our primary schools team primarySHRN@cardiff.ac.uk.

Removing barriers to exercise – period

A recent study found that girls and women are less likely to engage in regular physical activity than boys and men across Wales. But what role does menstruation play in this?

Dr Kelly Morgan, Deputy Director of The School Health Research Network, attended a recent workshop to find out more abouts tackling period poverty and understanding mensuration's impact on girls' physical activity.

Read More

Welcome to our new SHRN Engagement Manager - Charlotte Wooders

We are thrilled to introduce Charlotte Wooders, who has recently joined the SHRN team as our new Engagement Manager. With a background in delivering national improvement programmes and co production to support improved practice and policy outcomes for looked after children and their education, she brings a wealth of knowledge and expertise to our network.

In her new role, Charlotte will be responsible for knowledge engagement bringing together the SHRN team, stakeholders who use our research and wider communities to exchange ideas, evidence and expertise. Her passion for supporting children and young people aligns perfectly with our vision for SHRN for making a real and

measurable difference to the ways in which questions, experiences and issues around public health in schools are understood and addressed.

To contact Charlotte, please email woodersc1@cardiff.ac.uk.

New research about children with Special Guardianship Orders (SGOs)

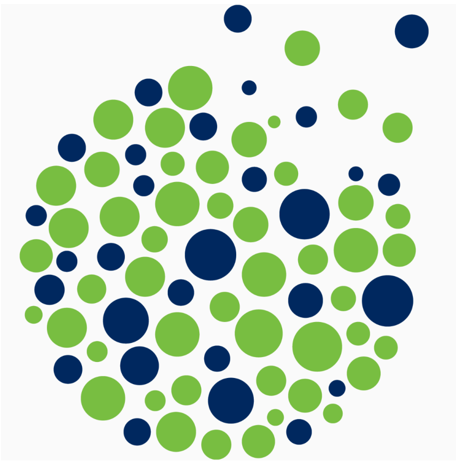
Children subject to Special Guardianship Orders, although not looked after children, share many of the same characteristics as the looked after population. Some will be former looked after children, others will have been on the edge of care or come from families in crisis, and many will have experienced adverse childhood experiences, often related to abuse or neglect.

The code of practice for Special Guardianship Orders in Wales (issued under section 145 of the Social Services and Well-being (Wales) Act 2014) highlights the importance of understanding and supporting children's education throughout their time at school. This recognises that children might have disruptions or barriers to their education due to their early experiences.

A team at Cardiff University are trying to help improve educational outcomes for primary school children on SGOs, by inviting them and their Special Guardians to the university to take part in research at the Neurodevelopmental Assessment unit. There children will engage in activities to test their cognitive, developmental, and emotional functioning skills. An educational psychologist will translate these results into a report for the child's teacher with suggested interventions to work with the child.

Teachers can make the referral for the child with the carer's permission. To be eligible for the study a child needs to be 4-7 years old and have a Special Guardianship Order. **They do not need to have had any prior difficulties or have a diagnosis.**

Referrals from **teachers** are being taken from now until April 2025. To make a referral, email **SGO@cardiff.ac.uk**.



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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

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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