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Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION
THE SCHOOL HEALTH RESEARCH NETWORK
shrn.org.uk

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

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

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2. **Cyfarwyddwr y Rhwydwaith, Dr. Kelly Morgan, yn Rhoi Cyflwyniad yn y Gynhadledd Teithiau Llesol ac Iach i'r Ysgol.**
3. **Ydych Chi'n Chwilfrydig am Sut Mae Diodydd Ynni a Siwgraidd yn Effeithio ar Iechyd Pobl Ifanc? Gwyliwch ein Gweminar.**
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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

Newyddion Cyffrous gan y Rhwydwaith: Rhyddhau Adroddiadau Ysgolion Cynradd ar 18 Mehefin.

Rydym yn falch o gadarnhau y bydd ein Hadroddiadau Lefel Ysgol Gynradd yn cael eu hanfon, drwy'r e-bost, i ysgolion ddydd Mercher, 18 Mehefin. Mae'r adroddiadau teilwredig hyn yn darparu cipolygon i les dysgwyr, ymddygiadau iechyd a meysydd penodol i ysgolion weithredu arnynt, ar sail ymatebion i'r arolwg.

Os oes gennych unrhyw ymholiadau, e-bostiwch shrn@cardiff.ac.uk.

Cyfarwyddwr y Rhwydwaith, Dr. Kelly Morgan, yn Rhoi Cyflwyniad yn y Gynhadledd Teithiau Llesol ac Iach i'r Ysgol.

Yn ddiweddar, fe wnaeth **Dr Kelly Morgan** o'r Rhwydwaith gamu i'r llwyfan yn y Gynhadledd Teithiau Llesol ac Iach i'r Ysgol, gan bwysleisio polisïau wedi'u gyrru gan ddata ar gyfer teithio cynaliadwy, mwy diogel, i'r ysgol. Pwysleisiodd Ken Skates, Ysgrifennydd y Cabinet dros Drafnidiaeth a Gogledd Cymru, ymrwymiad Llywodraeth Cymru i gerdded, olwyno a beicio, sy'n allweddol i hygyrchedd mewn addysg. Roedd Bws Beiciau Ysgol Gynradd Radnor yn sefyll allan fel enghraifft ddisglair o arloesi creadigol, dan arweiniad y gymuned, ym maes teithio llesol.

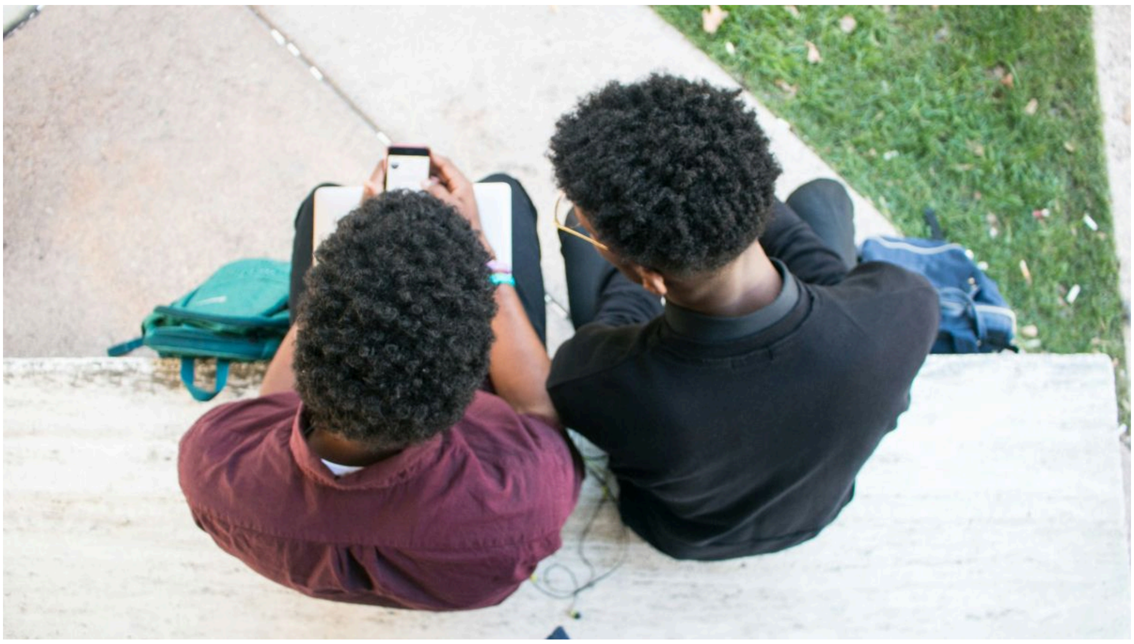
Darllenwch fwy »

Ydych Chi'n Chwilfrydig am Sut Mae Diodydd Ynni a Siwgraidd yn Effeithio ar Iechyd Pobl Ifanc?

Gwyliwch ein recordiad o weminar ddiweddar y Rhwydwaith, lle'r ydym ni'n datgelu canfyddiadau allweddol o Arolwg Iechyd a Lles Myfyrwyr 2023 y Rhwydwaith ar draws Cymru.

Mae arbenigwyr, gan gynnwys **Dr. Kelly Morgan**, Cyfarwyddwr y Rhwydwaith, yn archwilio tueddiadau o ran yfed diodydd, eu heffeithiau ar les meddyliol, a'u rôl wrth lunio polisïau'r ysgol. Darganfyddwch sut gall ysgolion gefnogi dewisiadau iachach a'r goblygiadau ehangach i iechyd cyhoeddus.

Gwyliwch yma »

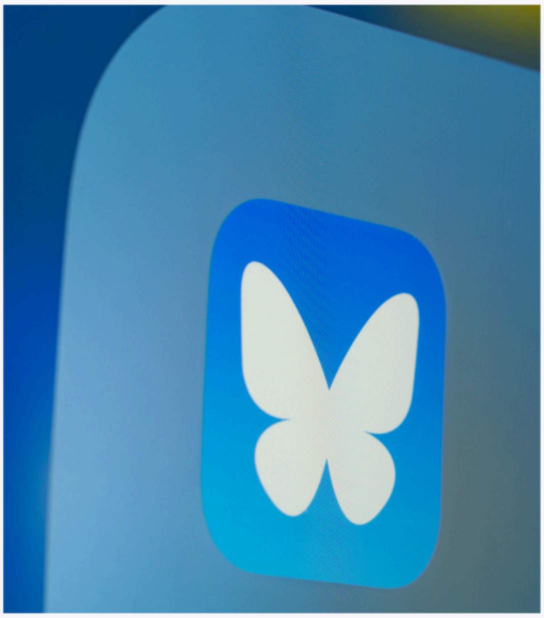


Darllenwch ein Blog: Cipolygon Data'r Rhwydwaith i Effaith y Cyfryngau Cymdeithasol ar Les Plant a Phobl Ifanc.

Mae effaith y cyfryngau cymdeithasol ar les pobl ifanc wedi tanio trafodaeth eang. Mae ymchwilwyr yn **DECIPHer**, **Prifysgol Caerdydd**, dan arweiniad

Dr. Rebecca Anthony, wedi darparu cipolygon gwerthfawr i'r cysylltiad hwn. Mae eu hastudiaeth, sy'n defnyddio data'r Rhwydwaith, yn archwilio'r berthynas fanwl rhwng y cyfryngau cymdeithasol ac iechyd meddwl.

Darllenwch Fwy »



Rydym 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 gweithgarwch ar y cyfryngau cymdeithasol.

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

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

Dilynwch ni ar:

Bluesky
LinkedIn

English Language Version

Exciting Update from SHRN: Primary School Reports Set for June 18 Release.

We are pleased confirmed that our school level Primary School Reports will be delivered via email to schools on Wednesday, June 18. These tailored reports provide insights into learner well-being, health behaviours, and areas for school-specific action based on survey responses.

For any queries, please email shrn@cardiff.ac.uk.

SHRN Director, Dr. Kelly Morgan, Presents at Healthy and Active School Journeys Conference.

SHRN's **Dr Kelly Morgan** recently took the stage at the Healthy and Active School Journeys Conference, emphasising data-driven policies for safer, sustainable school travel. Ken Skates, Cabinet Secretary for Transport and North Wales, reinforced the Welsh Government's commitment to walking, wheeling, and cycling as key to accessibility in education. Radnor Primary School's Bike Bus stood out as a shining example of creative, community-led active travel innovation.

Read more »

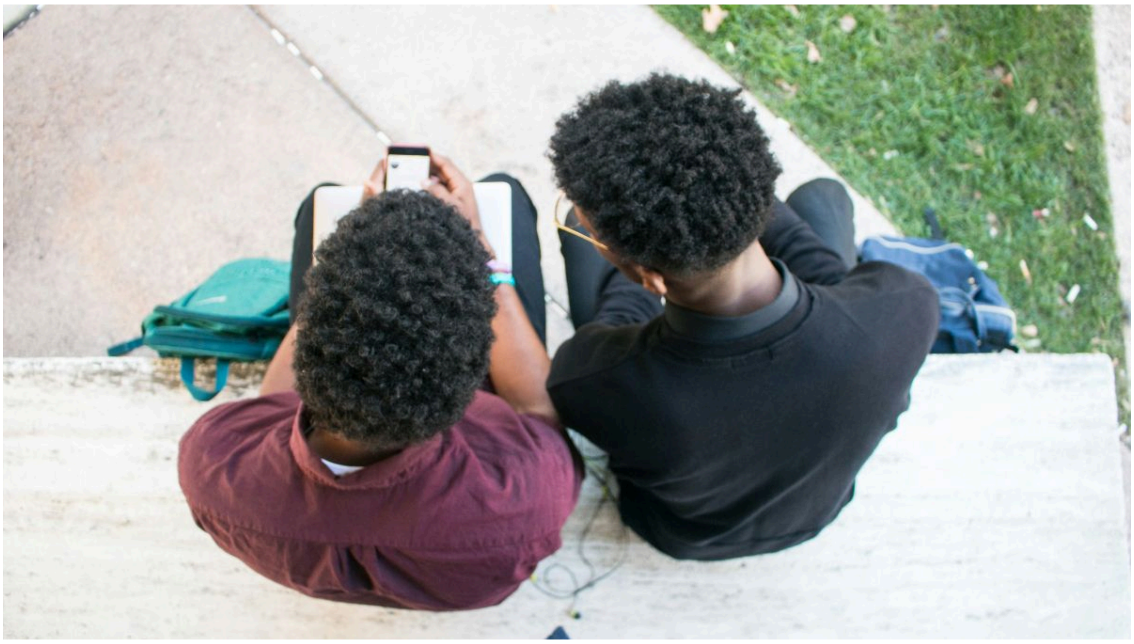
Curious About How Energy And Sugary Drinks Impact Young People's Health?

Watch our recording of our recent SHRN webinar, where we reveal key findings from our 2023 SHRN Student Health and Well-being Survey across Wales.

Experts, including **Dr Kelly Morgan**, Director of SHRN, explore trends in drink consumption, their effects on mental well-being, and their role in

shaping school policies. Discover how schools can support healthier choices and the broader implications for public health.

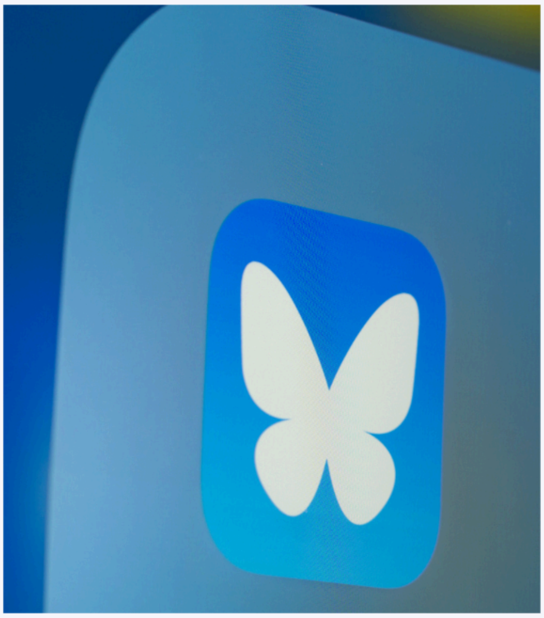
Watch here »



Read Our Blog: SHRN Data Insights on the Impact of Social Media on Children and Young People's Well-being.

The impact of social media on young people's well-being has sparked widespread debate. Researchers at **DECIPHer**, **Cardiff University**, led by **Dr. Rebecca Anthony**, have provided valuable insights into this connection. Their study, utilising SHRN data, explores the nuanced relationship between social media and mental health.

Read More »



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:

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, SHRN Knowledge Exchange and External Affairs Manager:

BoffeyM1@cardiff.ac.uk

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