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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 Mai 2025 / Welcome to the SHRN Primary School e-news for May 2025

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2. **Gweminar ar Ddod: Dadbacio Diodydd Ynni a Siwgraidd - Cipolygon o Ddata'r Rhwydwaith i Lefelau Yfed ac Iechyd Pobl Ifanc ar draws Cymru.**
3. **Gwyliwch ein Gweminar: Rôl Amgylchedd yr Ysgol yn Iechyd Meddwl Dysgwyr yn ystod y Pontio o'r Ysgol Gynradd i'r Ysgol Uwchradd.**
4. **Astudiaeth Achos y Rhwydwaith: Meithrin Dyfodol Mwy Disglair: Sut mae Ysgol Gynradd Cogan yn Defnyddio Data'r Rhwydwaith i Rymuso Ymadawyr Blwyddyn 6.**
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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

Y Rhwydwaith yn Croesawu Cyfarwyddwr Newydd wrth i'r Athro Simon Murphy Gamu i Lawr

Mae’r Rhwydwaith yn ffarwelio â’r Athro Simon Murphy ar ôl 12 mlynedd o arweinyddiaeth drawsnewidiol, pan ddaeth y Rhwydwaith yn fodel byd-eang ar gyfer ymchwil iechyd mewn ysgolion. O dan ei ofal, dylanwadodd y Rhwydwaith ar 30 a mwy o bolisïau cenedlaethol, lansio rhwydweithiau partner ar draws y DU, ac arwain mentrau rhyngwladol yn Namibia a Saudi Arabia.

Nawr, mae **Dr Kelly Morgan** yn arwain y Rhwydwaith i bennod newydd, gyffrous. Bydd ei ffocws yn cynnwys lansio **dangosfwrdd arloesol lefel ysgol**, cryfhau partneriaethau ac ehangu cydweithrediadau byd-eang i yrru ymchwil llawn effaith ar iechyd a lles ysgolion. Mae’r Rhwydwaith yn ymroi i wella iechyd dysgwyr trwy ddulliau a chydweithredu seiliedig ar dystiolaeth.

Darllenwch fwy »

Darllenwch am **weledigaeth Dr Kelly Morgan ar gyfer pennod nesaf SHRN a'r dyfodol cyffrous sydd i ddod.**

Ymunwch â'n Gweminar Fyw: Dadbacio Diodydd Ynni a Siwgraidd - Cipolygon o Ddata’r Rhwydwaith i Lefelau Yfed ac Iechyd Pobl Ifanc ar Draws Cymru

Ymunwch â ni ar gyfer ein gweminar AM DDIM, lle byddwn yn rhannu canfyddiadau allweddol ynghylch faint mae pobl ifanc yn yfed diodydd ynni a diodydd siwgraidd ar draws Cymru. Byddwn yn cyflwyno canlyniadau ein dadansoddiad o ddata arolwg iechyd a lles myfyrwyr y **Rhwydwaith Ymchwil Iechyd mewn Ysgolion** **a gasglwyd yn 2023 oddi wrth ddysgwyr 9 i 16 oed ledled Cymru.**

Bydd y sesiwn hon yn archwilio’r tueddiadau o ran yfed y diodydd hyn a’r goblygiadau ehangach i iechyd pobl ifanc, polisïau ysgol a mentrau lles.

Cadwch le yma »

Gwyliwch ein Gweminar: Rôl Amgylchedd yr Ysgol yn Iechyd Meddwl Dysgwyr yn Ystod y Pontio o'r Ysgol Gynradd i'r Ysgol Uwchradd

Gwyliwch ein gweminar, lle byddwn yn bwrw golwg fanylach ar ymchwil ddiweddar sy'n dadansoddi data cysylltiedig y Rhwydwaith gan ysgolion cynradd ac ysgolion uwchradd ledled Cymru. Mae'r canfyddiadau'n dangos sut mae iechyd meddwl y dysgwr yn esblygu yn ystod y pontio hwn a sut mae amgyffredion y disgybl o amgylchedd yr ysgol yn chwarae rhan hanfodol yn ei addasiad emosiynol.

Gwyliwch yma »

COGAN PRIMARY SCHOOL 1884

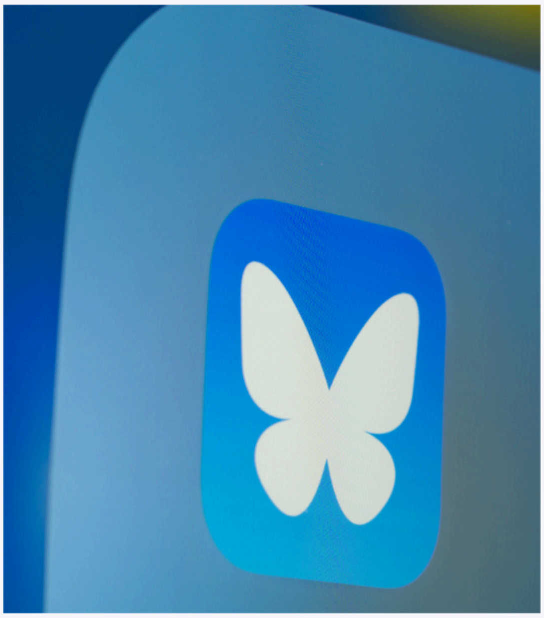
Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION
THE SCHOOL HEALTH RESEARCH NETWORK

Astudiaeth Achos y Rhwydwaith: Meithrin Dyfodol Mwy Disglair: Sut mae Ysgol Gynradd Cogan yn Defnyddio Data’r Rhwydwaith i Rymuso Ymadawyr Blwyddyn 6

Mae’r astudiaeth achos hon yn arddangos sut defnyddiodd Ysgol Gynradd Cogan ddata’r Rhwydwaith yn effeithiol i nodi a mynd i’r afael â’r heriau allweddol yr oedd disgyblion Blwyddyn 6 yn eu hwynebu, gan gynnwys diffyg hunan-barch ac anawsterau mewn perthnasoedd â chyfoedion.

Gyda chymorth Cydlynydd Ysgolion Iach WNHWPS a sefydliad allanol, cyflwynodd yr ysgol ymyrraeth dargedig i hybu hyder, gwell ymwybyddiaeth emosiynol a meithrin cysylltiadau cadarnhaol rhwng cyfoedion. Mae eu hymagwedd gydweithredol a defnyddio adnoddau allanol wedi arwain at fuddion sy’n para i’w dysgwyr.

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

SHRN Welcomes New Director as Professor Simon Murphy Steps Down

SHRN bids farewell to Professor Simon Murphy after 12 years of transformative leadership, during which it became a global model for school health research.

Under his tenure, SHRN influenced over 30 national policies, launched partner networks across the UK, and guided international initiatives in Namibia and Saudi Arabia.

Dr Kelly Morgan now leads SHRN into an exciting new chapter. Her focus will include launching **an innovative school-level dashboard**, strengthening partnerships, and expanding global collaborations to drive impactful research on school health and well-being. SHRN remains dedicated to improving learner health through evidence-based approaches and collaboration.

Read More »

Read about **Dr Kelly Morgan's vision for the next chapter of**

SHRN and the exciting future ahead.

Join Our Live Webinar: Energy and Sugary Drinks Unpacked - Insights from SHRN Data on Young People's Consumption and Health Across Wales

Join us for our FREE webinar, where we will share key findings regarding young people's consumption of energy drinks and sugary drinks across Wales. We'll present the results from our analysis of the **School Health Research Network (SHRN)** student health and well-being survey data gathered in 2023, from learners aged 9 -16 years across Wales.

This session will explore the trends in drink consumption and the broader implications for young people's health, school policies, and well-being initiatives.

Book More »

Watch Our Webinar: The Role of School Environment in Learners' Mental Health During the Transition from Primary to Secondary School

Watch our webinar in which we will delve into recent research that analyses linked SHRN data from primary schools and secondary schools across Wales. The findings illuminate how learner's mental health evolves during this transition and how their perceptions of the school environment play a vital role in their emotional adjustment.

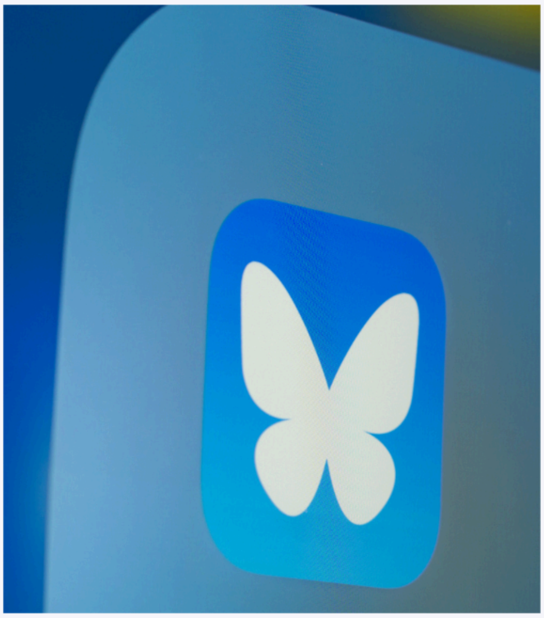
Watch here »

SHRN Case Study: Building Brighter Futures: How Cogan Primary School Uses SHRN Data to Empower Year 6 School Leavers

This case study show cases how Cogan Primary School effectively used SHRN data to identify and address key challenges faced by Year 6 pupils, including low self-esteem and difficulties in peer relationships.

With the support of their WNHWPS Healthy Schools Co-ordinator and an external organisation, the school introduced a targeted intervention to boost confidence, improve emotional awareness, and foster positive peer connections. Their collaborative approach and use of external resources have led to lasting benefits for their learners.

Read More »



We're Moving to Bluesky and LinkedIn!

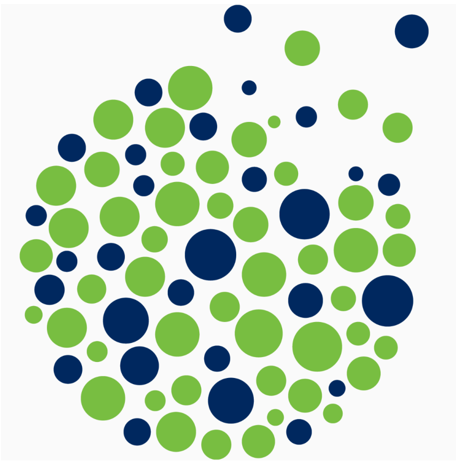
We are excited to announce that SHRN is transitioning from Twitter/X to Bluesky and LinkedIn for our social media updates and engagement.

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:

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