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Y RHWYDWAITH  
YMCHWIL IECHYD  
MEWN YSGOLION

THE SCHOOL  
HEALTH RESEARCH  
NETWORK

[shrn.org.uk](https://shrn.org.uk)

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



# Croeso i e-newyddion Ysgol Gynradd SHRN am Gorffennaf 2025 / Welcome to the SHRN Primary School e-news for July 2025

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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



## Mae Adroddiad y Rhwydwaith ar eich Ysgol Gynradd wedi Cyrraedd!

Rydym yn falch o roi gwybod bod adroddiadau ysgol bellach wedi cael eu hanfon i bob ysgol gynradd gofrestredig fel rhan o'n cyflwyniad cenedlaethol cyntaf.

Mae'r adroddiadau hyn yn cynnig mewnwelediadau gwerthfawr i ieuchyd a lles dysgwyr, gan helpu i ategu cynllunio hirdymor a dulliau ysgol gyfan. I lawer o ysgolion, mae data'r Rhwydwaith yn arbennig o ddefnyddiol i olrhain cynnydd gydag amser, gweld tueddiadau sy'n dod i'r amlwg, a llywio penderfyniadau strategol —gan gynnwys paratoi ar gyfer arolygiadau Estyn.

**Os nad ydych wedi derbyn adroddiad eich ysgol, e-bostiwch ni ar [shrn@cardiff.ac.uk](mailto:shrn@cardiff.ac.uk). a byddwn yn hapus i helpu.**



## Adeiladu Ysgolion Cryfach a Dysgwyr Iachach: Rôl y Rhwydwaith yng Nghymru.

Dysgwch sut mae'r Rhwydwaith yn helpu ysgolion ar draws Cymru i roi ieuchyd a lles yn ganolog i addysg. Yn y blog hwn, mae [Maria Boffey](#), Rheolwr Materion Allanol a Chyfnawid Gwybodaeth y Rhwydwaith, yn rhannu sut mae ysgolion yn defnyddio data'r Rhwydwaith i lywio strategaethau, cefnogi dysgwyr a chreu newid parhaus, wedi'i lywio gan dystiolaeth.

[Darllenwch fwy](#) neu [wyllo](#) recordiad.

## **Manteisio ar Ddata'r Rhwydwaith i Yrru Gwelliannau Cydweithredol i Iechyd a Lles ar Draws Clwstwr Ysgolion.**



I ymateb i'r pryderon cynyddol am les dysgwyr, mae clwstwr o ysgolion cynradd ac uwchradd yn Sir Fynwy, dan arweiniad y cydlynnydd WNHWPS lleol, Emma Taylor ac Sally Amos, wedi datblygu dull cadarn, wedi'i lywio gan ddata, o wella deilliannau iechyd a lles. Mae'r clwstwr, a ddefnyddiodd ddull cydweithredol, wedi dylunio a gweithredu ymyriadau i dargedu materion allweddol fel defnyddio sgriniau, bwllo ar-lein ac ymddygiad eisteddog. Mae'r astudiaeth achos hon yn amlinellu eu taith, o ddadansoddi i weithredu, ac effaith eu hymdrechion.

**Gwylwch recordiad o'r astudiaeth achos hon.**



## Mewnwelediadau o Athen: y Rhwydwaith yn Ganolog i Ymchwil Byd-eang i Iechyd y Glasoed

Ym Mai 2025, ymunodd aelodau o dîm y Rhwydwaith â chydweithwyr rhyngwladol yng Nghynhadledd [HBSC](#), yn Athen – digwyddiad allweddol yn y calendr ymchwil byd-eang i iechyd y glasod. Cynigiodd y gynhadledd, oedd yn cynnwys cynrychiolwyr o 39 o wledydd, gyfle i rannu mewnwelediadau, rhannu arloesiadau a chryfhau partneriaethau. Yn y blog hwn, [Dr Honor Young](#), Dirprwy Gyfarwyddwr y Rhwydwaith, yn myfyrio ar yr uchafbwyntiau, y prif negeseuon a rôl gynyddol Cymru mewn llywio dyfodol ymchwil i iechyd mewn ysgolion.

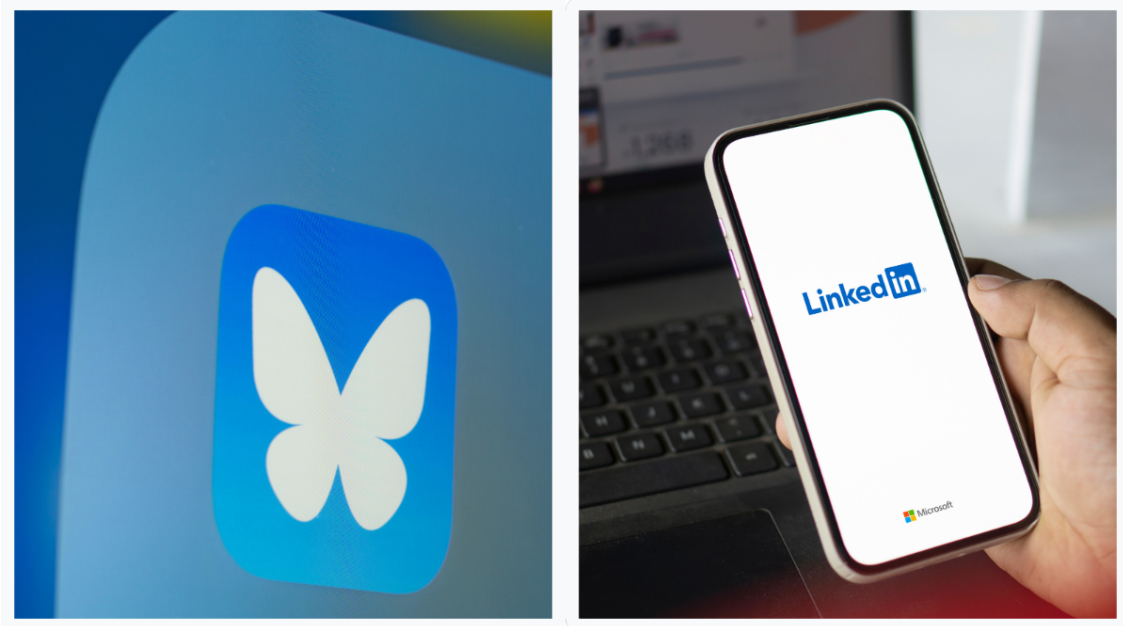
[Darllenwch fwy »](#)



## Cartref y Rhwydwaith yn ennill Gwobr y Gweithle Gorau!

Rydym ni'n falch o rannu bod cartref y Rhwydwaith – adeiladu arobryn sbarc|spark Prifysgol Caerdydd – wedi cael ei enwi'n 'Weithle Corfforaethol Gorau' De Lloegr a De Cymru gan y British Council for Offices (BCO)! Cafodd sbarc|spark, a agorwyd yn 2022, ei ganmol gan feirniaid BCO am osod "safon newydd ar gyfer cydweithredu academiaidd a mentrau," gyda'i gyfleusterau arloesol, mannau cyhoeddus bywiog, a chyfuniad unigryw o ymchwil ac arloesi.

[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 sgysiau ystyrlon.

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

**Dilynwch ni ar:**

[Bluesky](#)  
[LinkedIn](#)



English  
Language  
Version



## **Your Primary School SHRN Report Has Arrived!**

We're delighted to report that school reports have now been sent to all registered primary schools as part of our first national rollout.

These reports offer valuable insights into learner health and well-being, helping to support long-term planning and whole-school approaches. Many schools find SHRN data especially useful for tracking progress over time, spotting emerging trends, and informing strategic decisions—including preparation for Estyn inspections.

**If you haven't received your school's report, please email us at [shrn@cardiff.ac.uk](mailto:shrn@cardiff.ac.uk) and we'll be happy to help.**



## Building Stronger Schools and Healthier Learners: SHRN's Role in Wales

Discover how SHRN is helping schools across Wales put health and well-being at the heart of education. In this blog, [Maria Boffey](#), SHRN's External Affairs and Knowledge Exchange Manager, shares how schools are using SHRN data to shape strategies, support learners, and create lasting, evidence-informed change.

[Read more](#) or [watch](#) a recording.

## Leveraging SHRN Data to Drive Collaborative Health and Well-being Improvements Across a School Cluster.



In response to growing concerns around learner well-being, a cluster of primary and secondary schools based in Monmouthshire led by local WNHWP coordinator's Emma Taylor and Sally Amos have developed a robust, data-informed approach to improving health and well-being outcomes.

Using a collaborative approach, the cluster has designed and implemented interventions to target key issues such as screen use, online bullying, and

sedentary behaviour. This case study outlines their journey, from analysis to action, and the impact of their efforts.

[Watch a recording of this case study »](#)



## Insights from Athens: SHRN at the Heart of Global Adolescent Health Research

In May 2025, members of our SHRN team joined international colleagues at the [HBSC](#) Conference in Athens - a key event in the global adolescent health research calendar. With delegates from 39 countries, the conference offered a unique opportunity to share insights, celebrate innovation, and strengthen partnerships. In this blog, [Dr Honor Young](#), Deputy Director of SHRN, reflects on the highlights, key takeaways, and Wales' growing role in shaping the future of school health research.

[Read more »](#)



## Home of SHRN Wins Top Workplace Award!

We're proud to share that the home of SHRN—Cardiff University's award-winning sbarc | spark building—has been named 'Best Corporate Workplace' in the South of England and South Wales by the British Council for Offices (BCO)!

Opened in 2022, sbarc | spark was praised by BCO judges for setting "a new standard for academic and enterprise collaboration," with its cutting-edge facilities, vibrant public spaces, and unique blend of research and innovation.

[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...



### **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  
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