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Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION

THE SCHOOL HEALTH RESEARCH NETWORK

shrn.org.uk

e-newyddion Ysgol Uwchradd SHRN
SHRN Secondary School e-news

Croeso i e-newyddion Ysgol Uwchradd SHRN am Gorffennaf 2025 / Welcome to the SHRN Secondary 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

Ar Ddod Cyn Hir: Cofrestrwch Nawr ar Gyfer y Rhwydwaith yn Hydref 2025!

Dyma eich neges atgoffa olaf – Mae 16 diwrnod ar ôl sy'n weddill i gofrestru eich ysgol uwchradd ar gyfer **Arolwg Iechyd a Lles Myfyrwyr ac Arolwg Amgylchedd yr Ysgol y Rhwydwaith**

Mae cofrestru'n cau ar 18 Gorffennaf 2025.

Ar ôl y dyddiad hwn, ni fydd ysgolion yn gallu cofrestru mwyach i gymryd rhan. Peidiwch â cholli'r cyfle i fanteisio ar ddata gwerthfawr sy'n cefnogi iechyd a lles dysgwyr, yn llywio cynllunio'r ysgol ac yn cyfrannu at gipolygon cenedlaethol ar draws Cymru.

Angen trosolwg cyflym?
Gwyliwch **recordiad ein gweminar** am grynodeb o'r dyddiadau cofrestru allweddol a beth sydd ynghlwm wrth gymryd rhan.

Yn galw ar holl Arweinwyr Iechyd a Lles Ysgolion!... Os nad ydych wedi cael gwahoddiad eich ysgol i gofrestru, e-bostiwch ni ar frys ar **shrn@cardiff.ac.uk**

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

Dysgwch sut mae'r Rhwydwaith yn helpu ysgolion ar draws Cymru i roi iechyd a lles yn ganolog i addysg. Yn y blog hwn, mae **Maria Boffey**, Rheolwr Materion Allanol a Chyfnewid 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 **wylio** 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 cydlynydd 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, bwlio ar-lein ac ymddygiad eisteddog. Mae'r astudiaeth achos hon yn amlinellu eu taith, o ddadansoddi i weithredu, ac effaith eu hymdrechion.

Gwyliwch recordiad o'r astudiaeth achos hon.

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

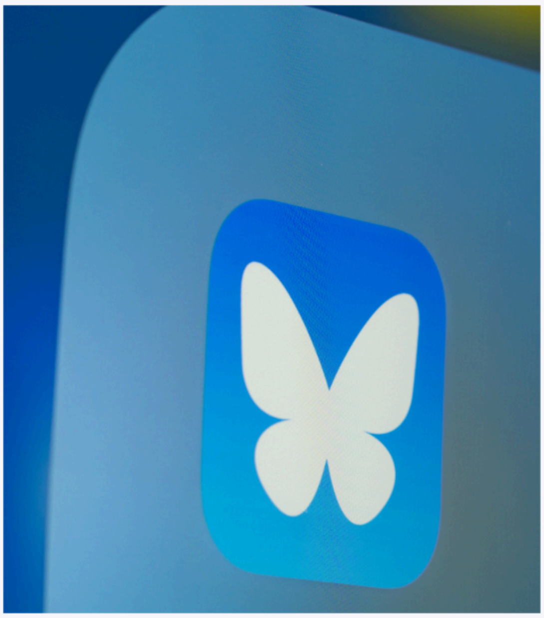
Ym Mai 2025, ymunodd aelodau o dîm y Rhwydwaith â chydweithwyr rhyngwladol yng Nghynhadledd **HBSC**, yn Athen – digwyddiad allweddol yn y calendr ymchwil byd-eang i iechyd y glasoed. Cynigiodd y gynhadledd, oedd yn cynnwys cynrychiolwyr o 39 o wledydd, gyfle i rannu mewnwelediadau, rhannu arloesiadau 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 academaidd 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 sgyrsiau ystyrlon.

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

Dilynwch ni ar:

Bluesky
LinkedIn

English Language Version

Final Countdown: Register Now for SHRN Autumn 2025!

This is your final reminder—there are 16 days left to register your secondary school for **The SHRN Student Health and Well-being Survey and The School Environment Questionnaire (SEQ)**

Registration closes on 18 July 2025.

After this date, schools will no longer be able to sign up to take part.

Don't miss the opportunity to access valuable data that supports learner health and well-being, informs school planning, and contributes to national insights across Wales.

Need a quick overview?
Watch **our webinar recording** for a summary of key registration dates and what's involved in taking part .

Calling all School Health and Well-being Leads!... If you haven't received your school's invitation to register, please urgently email us at shrn@cardiff.ac.uk.

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 WNHWPS 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.

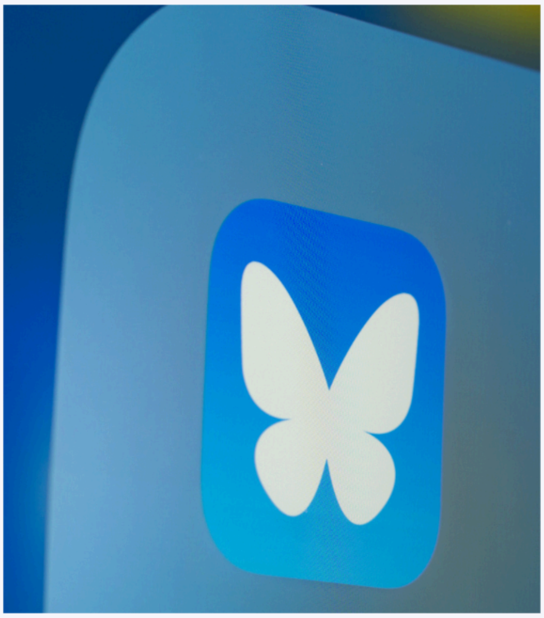
Read more »

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!

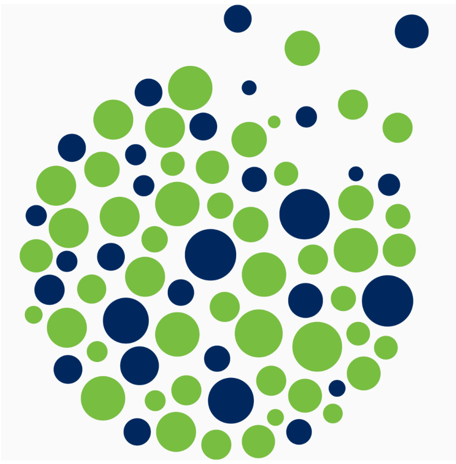
We are excited to announce that SHRN is transitioning from Twitter/X to Bluesky and LinkedIn for our social media updates and engagement.

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...

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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