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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-newsyddion Ysgol Uwchradd SHRN am Lonawr 2026 / Welcome to the SHRN Secondary School e-news for January 2026

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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 YMCHWIL IECHYD MEWN YSGOLION

THE SCHOOL HEALTH RESEARCH NETWORK

Casglu Data 2025 | 2025 Data Collection

Diweddariad Casglu Data'r Rhwydwaith Ymchwil Lechyd Mewn Ysgolion 2025: Arolwg Uwchradd yn Cau Gydag Ymgysylltu da ag Ysgolion

Rydyn ni'n falch o gyhoeddi bod **Arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith mewn Ysgolion** Uwchradd bellach wedi cau'n swyddogol.

Dros y pedwar mis diwethaf, mae'r arolwg ysgolion uwchradd wedi'i gyflwyno ledled Cymru, ac rydyn ni wedi cael ein synnu gan y gefnogaeth anhygoel gan ysgolion. Mae eu hymrwymiad i les dysgwyr ac arfer sy'n seiliedig ar ddata wedi helpu i sicrhau ein bod ni'n clywed yn uniongyrchol gan filoedd o bobl ifanc. Gyda dros 95% o ysgolion uwchradd yn cymryd

rhan, mae hwn yn ymateb rhagorol sy'n adlewyrchu ymroddiad y sector i wella deilliannau iechyd.

Rhannodd Dr Kelly Morgan, Cyfarwyddwr y Rhwydwaith, ei gwerthfawrogiad o ymateb ysgolion uwchradd:

"Rwy wrth fy modd bod cynifer o ysgolion uwchradd wedi cymryd rhan yn arolwg 2025, gan alluogi'r Rhwydwaith i gefnogi ymdrechion i wella iechyd y cyhoedd ledled Cymru drwy gynnig data ymarferol ar iechyd a lles dysgwyr. Un o gryfderau allweddol y Rhwydwaith yw ei allu i gyflwyno tystiolaeth ar lefelau cenedlaethol, rhanbarthol a lleol—gan roi'r wybodaeth sydd ei hangen ar ysgolion i nodi anghenion dysgwyr a chymryd camau gweithredu wedi'u targedu.

Mae'r Rhwydwaith yn cyflawni effeithiau yn y byd go iawn, ac rwy'n edrych ymlaen yn fawr at gam nesaf ein gwaith gyda'n gilydd pan fydd canfyddiadau arolwg 2025 yn cael eu cyhoeddi yn ystod tymor y Gwanwyn 2026'.

Rydyn ni'n diolch yn ddiffuant i'r holl ysgolion, staff a dysgwyr a gymerodd ran. Mae eich cyfraniadau'n helpu i greu dyfodol iachach i addysg yng Nghymru.

Cofrestrwch i dderbyn y newyddion diweddaraf wrth i ni symud ymlaen i'r cam nesaf o ddadansoddi ac adrodd. Diolch i chi am fod yn rhan o'r Rhwydwaith.

O’r Data i’r Weithred: Sut Mae Ysgolion Clwstwr Sir Fynwy yn Defnyddio Data’r Rhwydwaith Ymchwil Iechyd Mewn Ysgolion (SHRN) i Ysgogi Newid

Mae’r blog hwn, a ysgrifennwyd gan **Maria Boffey**, Rheolwr Cyfnewid Gwybodaeth a Materion Allanol SHRN, yn trin a thrafod sut mae **clwstwr ysgolion WNHWPS Sir Fynwy** yn defnyddio data’r SHRN i ysgogi newid cydweithredol ar draws y system. O gynllunio pontio i gysoni strategol, mae dull y clwstwr yn dangos beth sy’n bosibl pan mae data’r SHRN yn cael ei ddefnyddio ar y cyd i ystyried, cynllunio, a chymryd camau gweithredu.

Darllen yma»

Cofrestrwch ar Gyfer ein Gweminar y Rhwydwaith Ymchwil Iechyd Mewn Ysgolion Deall Tueddiadau Mewn Cysylltedd â’r Ysgol a Lles

Dyddiad: Dydd Mercher 28 Ionawr 2026
Amser: 15:45-16:30
Platfform: Microsoft Teams

Darganfyddwch ragor a chofrestrwch yma»

Ymunwch â ni ar gyfer gweminar am ddim lle byddwn ni'n rhannu canfyddiadau o werthusiad tair blynedd o'r dull ysgol gyfan o ymdrin â lles emosiynol a meddyliol yng Nghymru gan ddefnyddio data'r Rhwydwaith, a ariennir gan **Canolfan Wolfson ar gyfer Iechyd Meddwl Pobl Ifanc** ym **Prifysgol Caerdydd**.

Bydd y sesiwn yn trin a thrafod sut mae iechyd meddwl dysgwyr a'u hymdeimlad o gysylltedd â'r ysgol wedi newid dros amser, gan gynnwys effaith pandemig Covid-19 a'r dull ysgol gyfan. Byddwn ni'n edrych ar dueddiadau yn ôl oedran, rhywedd, a statws economaidd-gymdeithasol, ac yn rhannu cipolwg ar gyfweliadau â staff a dysgwyr.

Am unrhyw ymholiadau pellach, e-bostiwch Reolwr Ymgysylltu'r Rhwydwaith, Charlotte Wooders.

Gwella Hinsawdd Ysgolion i Gefnogi Lechyd Meddwl Plant a Phobl Ifanc

Dyddiad: Dydd Iau 26 Chwefror 2026
Amser: 15:45-16:30
Platfform: Microsoft Teams

Darganfyddwch ragor a chofrestrwch yma»

Cyflwynir gan: Yr Athro Graham Moore, Cyfarwyddwr **DECIPHer**, Ysgol y Gwyddorau Cymdeithasol, **Prifysgol Caerdydd**.

Beth i'w Disgwyl:
Mae ysgolion yn chwarae rhan bwysig wrth lywio sut mae dysgwyr yn teimlo. Ond sut olwg sydd ar hinsawdd ysgol gefnogol (e.e. perthnasoedd, arferion, gwerthoedd, a 'theimlad' cyffredinol ysgol) a faint o wahaniaeth y gall ei wneud i iechyd meddwl a lles dysgwyr?

Ymunwch â ni ar gyfer ein gweminar AM DDIM, lle byddwn yn trafod dulliau ac ymyriadau hinsawdd ysgolion; eu heffaith ar iechyd meddwl; a'u potensial i leihau neu ehangu anghydraddoldebau iechyd a lles.

Yr Hyn y Byddwn Ni'n Trafod:

- Beth mae hinsawdd ysgol yn ei olygu yn ymarferol.
- Pam mae hinsawdd ysgol yn bwysig, a'r heriau o'i ddiffinio a'i fesur.
- Y rôl y gall ysgolion ei chwarae wrth gefnogi iechyd meddwl dysgwyr.
- Sut y gall mentrau mewn ysgolion, hyd yn oed pan fyddant â bwriadau da, arwain at ganlyniadau anfwriadol.
- Mewnwelediadau o raglenni ysgol–hinsawdd, gan gynnwys dulliau sy'n gweithio'n dda ar draws yr ysgol gyfan.
- Sut mae dulliau ysgol–hinsawdd yn effeithio ar grwpiau nad ydynt yn cael eu gwasanaethu'n ddigonol neu grwpiau wedi'u hymyleiddio.
- Beth mae ymchwil yn ei ddweud wrthym am gynnal newidiadau cadarnhaol i hinsawdd ysgolion dros amser.

Bydd y sesiwn yn tynnu ar erthygl a gyhoeddwyd yn ddiweddar yn y **Journal of Child Psychiatry and Psychology**, sy'n dod â mewnwelediadau o sawl astudiaeth at ei gilydd, gan gynnwys sawl un sy'n defnyddio data SHRN.

Os oes gennych chi unrhyw gwestiynau neu ymholiadau, anfonwch e-bost at Reolwr Ymgysylltu SHRN, Charlotte Wooders.

Gwyliwch y Recordiad Dathlu Pum Mlynedd o Effaith DECIPHer

Mae tîm y Rhwydwaith yn falch o fod yn rhan o ddatblygiad **DECIPHer**, fel yr amlygwyd yn ei **Adroddiad Effaith Pum Mlynedd** sydd newydd ei gyhoeddi. Wedi'i ariannu gan **Ymchwil Iechyd a Gofal Cymru**, mae'r adroddiad yn cyflwyno arweinyddiaeth DECIPHer mewn gwyddoniaeth ymyrraeth iechyd cyhoeddus, gyda dros **£70 miliwn mewn ymchwil** a ariennir a rhwydwaith cynyddol o weithio ar y cyd ledled Cymru a thu hwnt.

Yn rhan o'r llwyddiant hwn, mae SHRN wedi cyfrannu at:

- **Llais a chydraddoldeb disgyblion uwch** drwy sicrhau bod pobl ifanc yn dylanwadu ar ddyluniad a chyflwyniad rhaglenni iechyd yn yr ysgol.
- **Cydweithrediadau rhyngwladol estynedig**, gan rannu model y Rhwydwaith â rhwydweithiau yn Ewrop, Awstralia a Gogledd America.
- **Effaith polisi**, gan gynnwys dylanwadu ar strategaethau Llywodraeth Cymru ar iechyd meddwl, lles a chydraddoldeb mewn ysgolion.

Rydyn ni'n edrych ymlaen at barhau â'r momentwm hwn), gyda ffocws newydd ar ecwiti, newid systemau, lleisiau plant a phobl ifanc.

Darllenwch yr adroddiad llawn ar wefan DECIPHer.

Cofrestrwch ar gyfer ein Gweminar: Ailystyried Ysgolion Uwchradd – Cefnogi Dysgwyr ag ADHD

Dyddiad: Dydd Mercher 25 Mawrth 2026
Amser: 15:45-16:30
Platfform: Microsoft Teams

Darganfyddwch ragor a chofrestrwch yma!

Cyflwynir gan: Abbey Rowe, Cydymaith Ymchwil, Canolfan Wolfson er Iechyd Meddwl Pobl Ifanc a DECIPHer, Prifysgol Caerdydd.

Beth i'w ddisgwyl yn y weminar hon:
Ymunwch â ni wrth i ni ddechrau ar astudiaeth ymchwil wedi'i llywio gan SHRN sy'n ystyried sut mae arferion ac amgylcheddau ysgol yn effeithio ar iechyd meddwl a lles dysgwyr ag anhwylder diffyg canolbwyntio a gorfywiogrwydd (ADHD).

Gan ddefnyddio data o'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion (SHRN), sydd wedi dod o dros 21,000 o ddysgwyr 13–14 oed ledled Cymru yn 2019, mae'r astudiaeth hon yn ymchwilio i'r cysylltiadau rhwng symptomau ADHD hunan-gofnodedig a lles meddyliol, symptomau iselder ac anawsterau emosiynol, tra hefyd yn canfod sut mae'r canlyniadau hyn yn amrywio rhwng ysgolion.

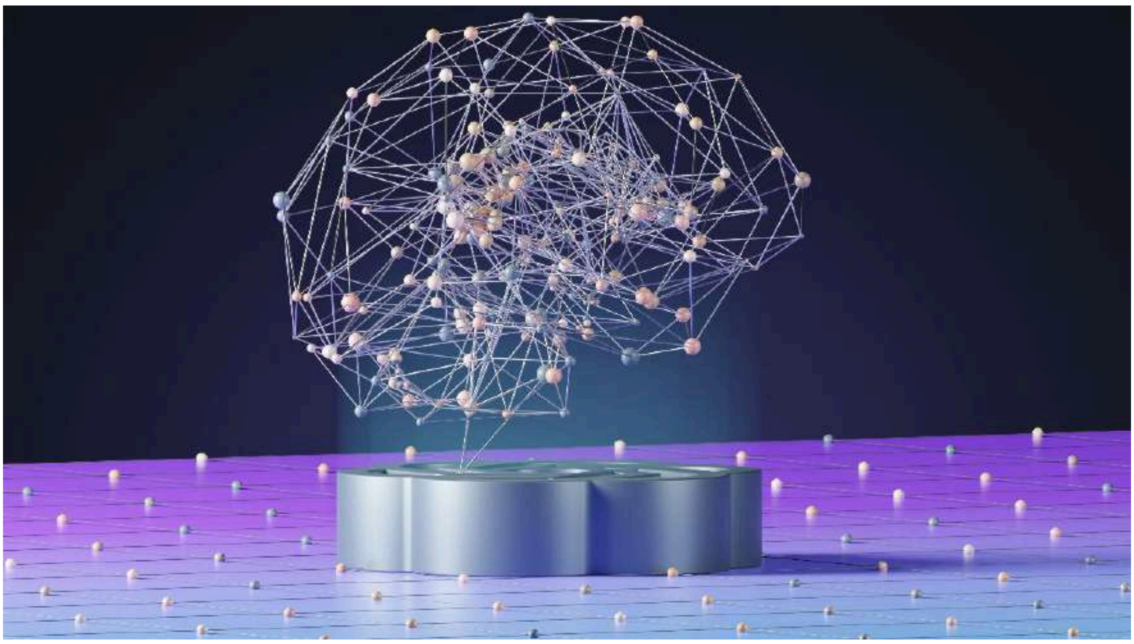
Ar sail y canfyddiadau hyn, rydyn ni'n edrych yn fanylach trwy gyfweliadau manwl gyda dysgwyr a staff mewn tair ysgol uwchradd. Mae'r ymchwil ansoddol hwn yn dangos sut mae elfennau o hinsawdd yr ysgol, e.e. perthyn, gwerthoedd cyffredin a pherthnasau, ochr yn ochr ag arferion bob dydd, yn llunio lles pobl ag ADHD.

Mae'r ymchwil yn cynnig syniadau ymarferol i helpu ysgolion i greu amgylcheddau sy'n fwy cynhwysol, gan gefnogi dysgwyr ag ADHD tra hefyd yn hybu lles pob myfyriwr.

Byddwn ni'n trin a thrafod y canlynol:

- **Beth mae data SHRN yn ei ddatgelu:** Sut mae data SHRN ar lefel genedlaethol yn tynnu sylw at wahaniaethau mewn canlyniadau iechyd meddwl i ddysgwyr ag ADHD ar draws ysgolion.
- **Materion yn ymwneud ag amgylchedd yr ysgol:** Agweddau allweddol ar hinsawdd yr ysgol ac arferion sy'n dylanwadu ar les dysgwyr ag ADHD.
- **Trawsnewid tystiolaeth yn weithred:** Camau ymarferol y gall ysgolion eu cymryd i greu amgylcheddau mwy cefnogol a mwy cynhwysol.

Os oes gennych chi unrhyw gwestiynau neu ymholiadau, anfonwch e-bost at Reolwr Ymgysylltu SHRN, [Charlotte Wooders].



Deallusrwydd Artiffisial(AI) yn y Gweithle: Gweithdy am Ddim i'r Sector Cyhoeddus Yng Nghymru

Dyddiad: 22 neu 29 Lonawr.
Amser: 09:30-13:30
Lleoliad: Sbarc, Prifysgol Caerdydd
Cost: Am ddim (wedi'i ariannu gan Lywodraeth Cymru)

Mae ein cydweithwyr AI yma ym Mhrifysgol Caerdydd yn estyn gwahoddiad i staff y sector cyhoeddus ymuno â nhw ar gyfer **gweithdy ymarferol** ar ddefnyddio **AI cynhyrchiol yn y gweithle**, a gyflwynir mewn cydweithrediad â'r **Ganolfan Gwasanaethau Cyhoeddus Digidol**. Mae'r sesiwn hon wedi'i llunio i helpu staff y sector cyhoeddus yng Nghymru i symud o amheuaeth i **arloesi'n ymarferol**, gan ganolbwyntio ar **ddefnydd cyfrifol o AI sy'n canolbwyntio ar bobl**.

Beth i'w ddisgwyl

- Dysgu sut i weithio ochr yn ochr ag AI fel **cynorthwyydd cydweithredol**.
- Archwilio **diogelwch data** ac ystyriaethau moesegol.
- Cael **profiad ymarferol gyda Microsoft Copilot**.
- Deall **ffyrdd craff o integreiddio AI mewn gwaith bob dydd**.

Pynciau a fydd yn cael eu trafod

- Meithrin meddylfryd AI ar gyfer arloesi'n ymarferol.
- Llunio anogwyr: pum egwyddor allweddol.
- Defnydd cyfrifol o AI a diogelu data.
- Cynhyrchiant y gweithle gydag AI.
- Ystyriaethau amgylcheddol a moesegol.

Manteision

- Magu hyder gydag offer AI trwy ymarfer yn y byd go iawn.
- Dysgu trwy wneud, yn hytrach na theori yn unig.
- Deall risgiau ac arferion gorau o ran diogelwch data.
- Rhwydweithio â chymheiriaid ar draws y sector cyhoeddus yng Nghymru.

Pwy all fod yn bresennol?

Mae'r cwrs hwn **yn rhad ac am ddim i staff sy'n gweithio yn y sector cyhoeddus yng Nghymru sy'n darparu gwasanaethau datganoledig**. Os nad ydych yn siŵr, gwiriwch gofrestr y gwasanaethau cyhoeddus datganoledig.

Sylwer: Gellir canslo archebion nad ydynt yn bodloni'r maen prawf hwn.

Am fwy o wybodaeth, cliciwch yma»

Data SHRN wedi'i gynnwys yn Adroddiad Blynyddol Prif Swyddog Meddygol Cymru 2024–25

Mae Prif Swyddog Meddygol Cymru, yr Athro Isabel Oliver, wedi cyhoeddi ei hadroddiad blynyddol "*Myfyrio ar ein Hiechyd*" ym mis Rhagfyr 2025, gan gydnabod mai SHRN yw'r brif ffynhonnell data ar ymddygiadau iechyd a lles plant a phobl ifanc.

Mae arolygon SHRN yn cwmpasu pob ysgol uwchradd a bron i hanner yr ysgolion cynradd yng Nghymru, gyda chyfraddau ymateb dysgwyr tua 75%. Mae'n parhau i fod y brif ffynhonnell yng Nghymru o ddata o ansawdd uchel, seiliedig ar ysgolion, ar ymddygiadau iechyd a lles ymhlith plant a phobl ifanc. Drwy gyfranogiad gan 100% o ysgolion uwchradd a bron i 50% o ysgolion cynradd, mae SHRN yn galluogi monitro parhaus o ffactorau fel iechyd meddwl a lles, arferion deietegol a gweithgarwch corfforol.

Dyma a ddywedodd Dr. Kelly Morgan, Cyfarwyddwr SHRN:

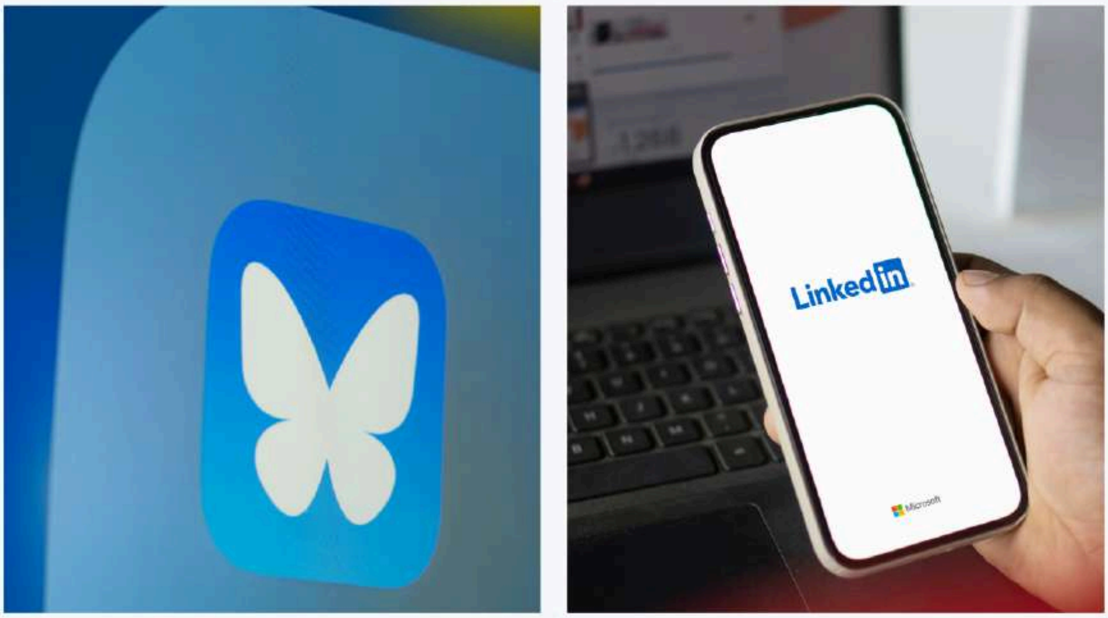
'Mae'r gydnabyddiaeth o SHRN yn adroddiad blynyddol y Prif Swyddog Meddygol wir yn dilysu ein cenhadaeth: sef bod y ffynhonnell flaenllaw ar gyfer data ar ymddygiadau iechyd a lles plant a phobl ifanc ledled Cymru. Drwy

ddarparu syniadau cynhwysfawr a dibynadwy, mae SHRN yn galluogi llunio polisïau ar anghydraddoldebau iechyd a lles sy'n seiliedig ar dystiolaeth, yn helpu ysgolion ac awdurdodau lleol i weithredu ymyriadau wedi'u targedu, ac yn cefnogi strategaethau atal cenedlaethol, gyda'r nod o greu gwelliannau parhaol yn iechyd a lles dysgwyr.

Mae data SHRN yn helpu i lunio dyfodol iachach i blant a phobl ifanc yng Nghymru, gan rymuso ysgolion, arwain llunwyr polisïau, a sicrhau bod atal yn cael lle canolog ym maes iechyd y cyhoedd.'

Cliciwch yma i ddarllen yr adroddiad.

Am ragor o wybodaeth ac i edrych ar ddata SHRN, ewch i Data ac Adroddiadau Cenedlaethol SHRNneu. Dangosfwrdd Iechyd Cyhoeddus Cymru SHRN.



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

Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION

THE SCHOOL HEALTH RESEARCH NETWORK

Casglu Data 2025 | 2025 Data Collection

2025 SHRN Data Collection Update: Secondary Survey Closes with Strong School Engagement

We're pleased to announce that **The SHRN Student Health And Wellbeing Survey In Secondary Schools** is now officially closed.

Over the past four months, the secondary school survey has been rolled out across Wales, and we've been overwhelmed by the incredible support from schools. Their commitment to learner well-being and data-informed practice has helped ensure we hear directly from thousands of young people. With over 95% of secondary schools taking part, this is an outstanding response that reflects the sector's dedication to improving health outcomes.

Dr. Kelly Morgan, Director of SHRN, shared her appreciation for the secondary school response:

"I'm delighted that so many secondary schools took part in our 2025 survey, enabling SHRN to support public health improvement efforts across Wales by providing actionable data about learners' health and well-being. One of SHRN's key strengths is its ability to deliver evidence at national, regional, and local levels—giving schools the insight they need to identify learner needs and take targeted action.
SHRN is delivering real-world impacts, and I very much look forward to the next phase of our work together when the findings from the 2025 survey are released in Spring 2026".

We extend our sincere thanks to all participating schools, staff, and learners. Your contributions are helping shape a healthier future for education in Wales.

Sign-Up for the latest updates as we move into the next phase of analysis and reporting and thank you for being part of the SHRN network.

From Data to Action: How a Monmouthshire Schools Cluster Are Using SHRN Data to Drive Change

This blog, written by **Maria Boffey**, SHRN Knowledge Exchange and External Affairs Manager, explores how a **Monmouthshire WNHWPS school cluster** is using SHRN data to drive collaborative and system-wide change. From transition planning to strategic alignment, the cluster's approach shows what's possible when SHRN data becomes a shared foundation for reflection, planning, and action. Read how schools are embedding SHRN insights into everyday practice and what other regions can learn from their journey.

Read more here»

Sign Up to Our SHRN Webinar: Understanding Trends in Learner School Connectedness and Well-being

Date: Wednesday 28 January 2026
Time: 3.45pm – 4.30pm
Platform: Microsoft Teams

Find out more and register here»

Join us for a free webinar sharing insights from a three-year evaluation of the Whole School Approach to Emotional and Mental Well-being in Wales using SHRN data and funded by the **Wolfson Centre for Young People's Mental Health** at **Cardiff University**.

The session will explore how learners' mental health and sense of school connectedness have changed over time, including the impact of the Covid-19 pandemic and the Whole School Approach. We'll look at trends by age, gender, and socio-economic status, and share insights from interviews with staff and learners.

For any further queries, please email our SHRN Engagement Manager, Charlotte Wooders.

Sign Up To Our SHRN Webinar: Improving School Climate to Support Children and Young People's Mental Health

Date: Thursday 26 February 2026
Time: 3.45pm – 4.30pm
Platform: Microsoft Teams

Find out more and register here»

Presented by: Professor Graham Moore, Director of **DECIPHer**, School of Social Sciences, **Cardiff University**.

What To Expect:
Schools play an important part in shaping how learners feel. But what does a supportive school climate look like (e.g. relationships, routines, values, and the general 'feel' of a school) and how much difference can it make to the mental health and well-being of learners?

Join us for our FREE webinar, where we will discuss school climate approaches and interventions; their impact on mental health; and their potential to reduce or widen health and well-being inequalities.

What We Will Explore:

- What school climate means in practice.
- Why school climate matters, and the challenges of defining and measuring it.
- The role schools can play in supporting learners' mental health.
- How school-based initiatives, even when well-intentioned, may lead to unintended outcomes.
- Insights from school-climate programmes, including approaches that work well across whole-school populations.
- How school-climate approaches may impact underserved or marginalised groups.
- What research tells us about sustaining positive changes to school climate over time.

The session will draw on a recently published article in **The Journal of Child Psychiatry and Psychology**, which brings together insights from multiple studies, including several using SHRN data.

For any further queries, please email our SHRN Engagement Manager, Charlotte Wooders.

Celebrating Five Years of Impact with DECIPHer

The SHRN team is proud to be part of DECIPHer's journey, as highlighted in their newly released **Five-Year Impact Report**. Funded by Health and Care Research Wales, the report showcases DECIPHer's leadership in public health intervention science, with over **£70 million in funded research** and a growing network of collaborations across Wales and beyond.

As part of this success, SHRN has contributed to:

- **Advanced pupil voice and equity** by ensuring young people shape the design and delivery of school-based health programmes.
- **Expanded international collaborations**, sharing SHRN's model with networks in Europe, Australia, and North America.
- **Contributed to policy impact**, including informing Welsh Government strategies on mental health, wellbeing, and equity in schools.

We're excited to continue this momentum with a renewed focus on equity, systems change, children and young peoples' voices.

Read the full report on DECIPHer's website.

Sign Up To Our SHRN Webinar: Rethinking Secondary Schools- Supporting Learners with ADHD

Date: Wednesday 25 March 2026
Time: 3.45pm – 4.30pm
Platform: Microsoft Teams

Find out more and register here!

Presented by: **Abbey Rowe**, Research Associate, **Wolfson Centre for Young People's Mental Health** and **DECIPHer**, **Cardiff University**.

What to Expect in This Webinar:
Join us as we dive into a SHRN-informed research study exploring how school practices and environments impact the mental health and well-being of learners with attention deficit hyperactivity disorder (ADHD).

Using data from **The School Health Research Network**, drawn from over 21,000 learners aged 13 - 14 years across Wales in 2019, this study investigates the links between self-reported ADHD symptoms and mental well-being, depressive symptoms, and emotional difficulties, while also uncovering how these outcomes differ between schools.

Building on these findings, we take a closer look through in-depth

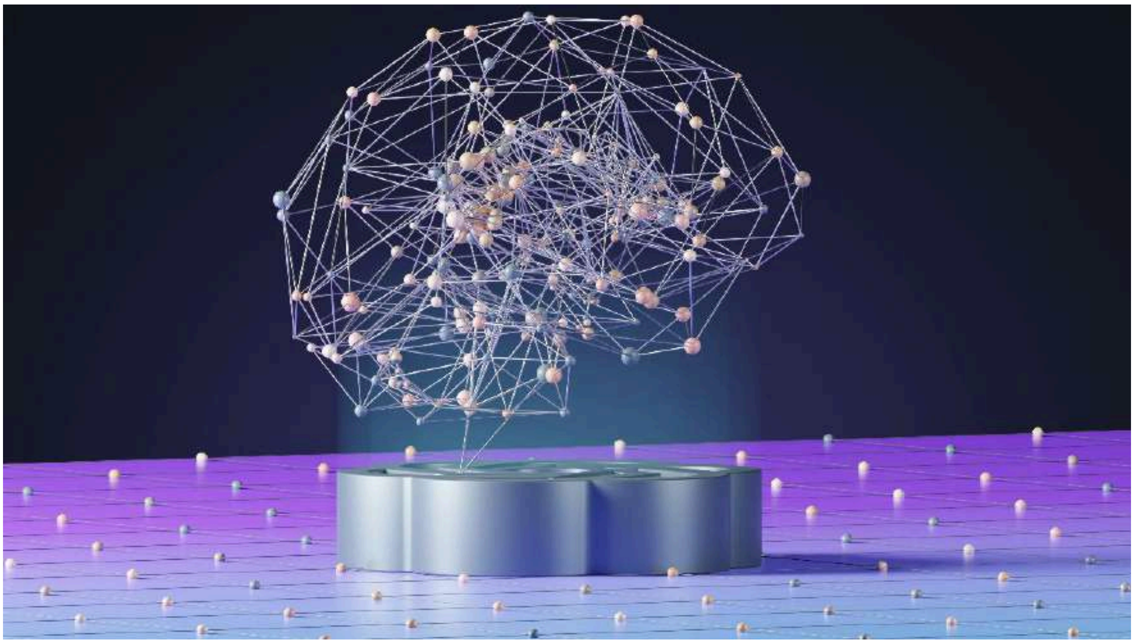
interviews with leaners and staff in three secondary schools. This qualitative research reveals how elements of school climate e.g. belonging, shared values and relationships, alongside everyday practices, shape the well-being of learners with ADHD.

The research provides practical insights to help schools create more inclusive environments, supporting learners with ADHD while also boosting well-being for every learner.

We Will Explore:

- **What SHRN Data Reveals:** How national-level SHRN data highlights differences in mental health outcomes for learners with ADHD across schools.
- **School Environment Matters:** Key aspects of school climate and practices that influence well-being for learners with ADHD.
- **Turning Evidence into Action:** Practical steps schools can take to create more supportive and inclusive environments.

For any further queries, please email our SHRN Engagement Manager, Charlotte Wooders.



Artificial Intelligence in the Workplace: Free Workshop for Welsh Public Sector

Date: 22 or 29 January
Time: 09:30 – 13:30

Location: Sbarc, Cardiff University
Cost: Free (funded by Welsh Government)

Our AI Colleagues here at Cardiff University extend an invite to public sector staff to join them for a **practical, hands-on workshop** on using **generative AI in the workplace**, delivered in collaboration with the **Centre for Digital Public Services**. This session is designed to help Welsh public sector staff move from scepticism to **practical innovation**, focusing on **responsible, human-centric AI use**.

What to Expect

- Learn how to work alongside AI as a **collaborative assistant**.
- Explore **data safety** and ethical considerations.
- Gain **hands-on experience with Microsoft Copilot**.
- Understand **smart ways to integrate AI into daily work**.

Topics Covered

- Building an AI mindset for practical innovation.
- Prompt engineering: five key principles.
- Responsible AI use and data protection.
- Workplace productivity with AI.
- Environmental and ethical considerations.

Benefits

- Build confidence with AI tools through real-world practice.
- Learn by doing, not just theory.
- Understand risks and best practices for data safety.
- Network with peers across the Welsh public sector.

Who Can Attend?

This course is **free for staff working in the Welsh public sector delivering devolved services**. If unsure, check the register of devolved public bodies.

Please note: Bookings that do not meet this criterion may be cancelled.

For more information click here»

SHRN Data Featured in the Wales Chief Medical Officer's 2024–25 Annual Report

The Chief Medical Officer for Wales, Professor Isabel Oliver, has published her annual report *"Reflecting on Our Health"* in December 2025, recognising SHRN as the primary source of data on children and young people's health and well-being behaviours.

SHRN surveys cover all secondary schools and nearly half of primary schools in Wales, with learner response rates around 75%. It continues to serve as Wales's primary source of high-quality, school-based data on health and well-being behaviours among children and young people. Through participation from 100% of secondary schools and nearly 50% of primary schools, SHRN enables ongoing monitoring of factors such as mental health and well-being, dietary habits and physical activity.

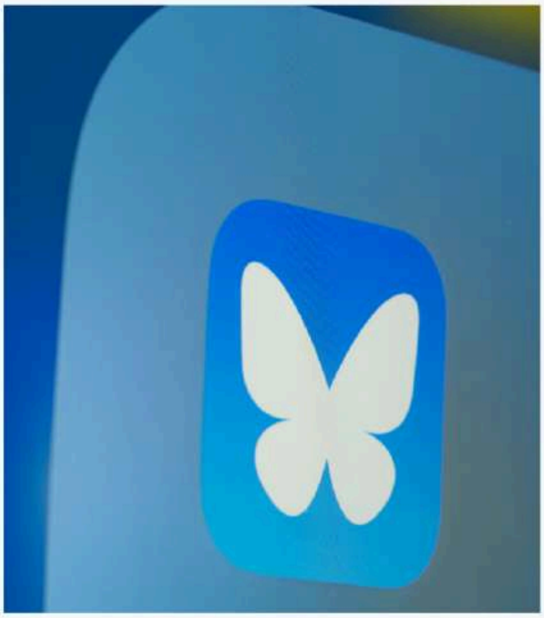
Dr. Kelly Morgan, SHRN Director said:

'The recognition of SHRN in the Chief Medical Officer's annual report powerfully validates our mission: to be the leading source for data on children and young people's health and well-being behaviours across Wales. By providing comprehensive, trustworthy insights, SHRN enables evidence-based policymaking on health and well-being inequalities, equips schools and local authorities to implement targeted interventions, and supports national prevention strategies, aiming for lasting improvements in learners' health and well-being.

SHRN data is helping to shape a healthier future for children and young people in Wales, empowering schools, guiding policymakers, and ensuring prevention takes centre stage in public health.'

To read the report click here.

For more information and to explore SHRN Data, visit SHRN National Data and Reports or the SHRN Public Health Wales Dashboard.



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

YouTube Website Email LinkedIn

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