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Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION

THE SCHOOL HEALTH RESEARCH NETWORK

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

Croeso i e-newsyddion Ysgol Gynradd SHRN am Mawrth 2026 / Welcome to the SHRN Primary School e-news for March 2026

Cynnwys

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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

Dyddiadau Allweddol ar gyfer Casgliad Data 2026 y Rhwydwaith mewn Ysgolion Cynradd: Arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith a Holiadur Amgylchedd yr Ysgol y Rhwydwaith Cynradd

Rydym yn falch o rannu'r amserlen ar gyfer Casgliad Data'r Rhwydwaith dros y misoedd nesaf:

4 Mehefin: Gweminar Recriwtio a Gwybodaeth i Ysgolion Cynradd. Bydd y weminar ragarweiniol hon yn cynorthwyo ysgolion â deall proses yr arolwg, beth sy'n newydd eleni, a sut i gofrestru. Bydd gwahoddiadau i'r weminar hon yn cael eu hanfon i'ch blwch negeseuon.

8 Mehefin tan 24 Gorffennaf: Bydd ysgolion cynradd yn gallu cofrestru i gymryd rhan yn ystod y cyfnod hwn.
7 Medi: Dosbarthu Deunyddiau'r Arolwg i Ysgolion Cofrestredig i gynorthwyo â pharatoi a chynllunio.
11 Medi: Bydd ysgolion yn cael eu dolen unigryw i'r arolwg, ynghyd â chyfarwyddiadau ar gyfer gweinyddu'r arolwg.
14 Medi – 18 Rhagfyr:
Bydd yr arolwg yn aros ar agor trwy gydol tymor yr hydref.
Ebrill 2027: Dosbarthu Adroddiadau Lefel Ysgol.
Haf 2027: Cyhoeddi Adroddiad Cenedlaethol y Rhwydwaith.

Bydd pob diweddariad yn parhau i gael ei rhannu yn E-Newyddion Misol y Rhwydwaith Ymchwil Iechyd Mewn Ysgolion.

Gwyliwch Weminar Chwefror y Rhwydwaith: Gwella Hinsawdd Ysgolion i Gefnogi Iechyd Meddwl Plant a Phobl Ifanc

Mae ysgolion yn chwarae rhan bwysig mewn llywio sut mae dysgwyr yn teimlo. Ond sut olwg sydd ar hinsawdd ysgol cefnogol (e.e. perthnasoedd, trefn, gwerthoedd a 'theimlad' cyffredinol ysgol), a faint o wahaniaeth gall hynny ei wneud i iechyd meddwl a lles dysgwyr?

Gwyliwch ein gweminar, lle'r ydym yn trafod dulliau hinsawdd ysgolion ac ymyriadau, eu heffaith ar iechyd meddwl, a'u potensial i leihau neu ehangu anghydraddoldebau iechyd a lles.

Bydd y sesiwn yn manteisio ar erthygl a gyhoeddwyd yn ddiweddar yn **The Journal of Child Psychiatry and Psychology**, sy'n dwyn ynghyd gipolygon o nifer o astudiaethau, gan gynnwys nifer sy'n defnyddio data'r Rhwydwaith.

Gwyliwch y Recordiad yma»

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**.

Blog y Rhwydwaith: Beth Gall Ysgolion Uwchradd ei Ennill o Ddangosfyrddau Iechyd a Lles Rhyngweithiol a Pham Mae’r Rhwydwaith Mewn Man Perffaith i Helpu

Gofynnir i ysgolion wneud mwy nag erioed ynghylch iechyd a lles dysgwyr ac mae gan y rhan fwyaf ohonynt ymrwymiad dwfn i wneud yn barod. Mae ysgolion eisoes yn gwneud cymaint i gefnogi iechyd a lles dysgwyr, ond mae’r galwadau’n tyfu o hyd ac, yn yr un modd, faint o wybodaeth y mae angen gwneud synnwyr ohoni. Ond gydag amserlenni prysur, blaenoriaethau sy’n cystadlu, a mynyddoedd o wybodaeth, nid yw gwybod *ble* i dargedu egni bob amser yn hawdd.

Mae astudiaeth ddiweddar gan ymchwilwyr o’r Alban a Chymru yn amlygu rhywbeth sy’n gwneud y gwaith cymaint yn haws: dangosfyrddau lles rhyngweithiol. Mae’r adnoddau hyn yn rhoi ffordd syml a gweladwy i ysgolion archwilio’u data eu hunain a gwneud penderfyniadau ar sail beth sy’n digwydd mewn gwirionedd yn eu hystafelloedd dosbarth a’u cymunedau.

Darllenwch yma»

Blog y Rhwydwaith: Dwyn Data i Ddysgu Iechyd a Lles mewn Ysgolion

Mae'r blog hwn gan Maria Boffey yn archwilio sut mae ysgolion yn archwilio ffyrdd newydd ac ymarferol o ddwyn tystiolaeth data'r Rhwydwaith i ABCh ac i ddysgu ehangach. Mae defnyddio data go iawn yn rhoi ffordd syml i athrawon seilio gwersi'n fwy ar brofiad gwirioneddol eu dysgwyr. Mae'r blog hwn yn rhannu enghreifftiau o sut mae ysgolion yn cysylltu themâu'r Rhwydwaith e.e. iechyd meddwl, cwsg, neu ddewisiadau iach, â chynnwys presennol gwersi mewn ffyrdd ystyrlon ac ymarferol.

Darllenwch fwy»

Data’r Rhwydwaith yn Cyd-fynd â Fframwaith Monitro Newydd y Strategaeth Tlodi Plant

Mae Llywodraeth Cymru wedi cyhoeddi ei **Fframwaith monitro y Strategaeth Tlodi Plant: 2025**, sy’n amlinellu dangosyddion lefel genedlaethol ar draws pedwar maes: Safonau Byw, Addysg a Sgiliau, Llesiant, a Chymunedau Cynhwysol. Mae canfyddiadau allweddol yn cynnwys bod 31.2% o blant yng Nghymru’n byw mewn tlodi incwm cymharol, ochr yn ochr â bwlch cyrhaeddiad o 29.4 pwynt canran TGAU rhwng disgyblion sy’n gymwys i gael prydau ysgol am ddim a’r disgyblion nad ydynt yn gymwys.

Mae’r themâu hyn yn adlewyrchu’r materion a gipiwyd trwy setiau data lefel ysgol y Rhwydwaith ar iechyd a lles, sy’n defnyddio mewnbwn gan 100% o ysgolion uwchradd a thros hanner yr ysgolion cynradd yng Nghymru trwy raglen ein harolwg. Felly, mae data’r Rhwydwaith yn darparu cyd-destun lleol gwerthfawr i’r dangosyddion lefel poblogaeth sydd wedi cael eu hamlygu yn y Fframwaith Monitro.

Cymerwch Ran Mewn Ymchwil: Sut Gall Ysgolion Lunio Iechyd a Lles Dysgwyr Traws, Anneuaidd a Rhyngrywiol

Mewn astudiaeth newydd dan arweiniad DECIPHer ym Mhrifysgol Caerdydd, mae'r myfyrwraig PhD Sophie yn gwahodd ysgolion uwchradd a phobl sy'n gweithio ym maes iechyd a/neu addysg i gymryd rhan mewn ymchwil sy'n archwilio sut y gall polisïau ac arferion ysgolion uwchradd effeithio ar iechyd a lles dysgwyr traws, anneuaidd a rhyngrywiol.

Bydd yr astudiaeth yn cael ei chynnal rhwng **Mawrth a Gorffennaf 2026**, ac yn cynnwys:

- **Grwpiau ffocws byr** gyda staff o ysgolion uwchradd yng Nghymru (gan gynnwys arweinyddiaeth uwch, addysgu a rôl bugeiliol)
- **Grwpiau ffocws creadigol** gyda dysgwyr mewn ysgolion uwchradd yng Nghymru
- **Cyfweliadau un-i-un** gyda phobl eraill sy'n gweithio ym meysydd iechyd ac addysg

Mae'r ymchwil hon yn ceisio darparu mewnwelediadau ymarferol ar gyfer staff ysgolion a llunwyr polisïau i helpu ysgolion i fod yn amgylcheddau mwy cefnogol ar gyfer iechyd a lles dysgwyr traws, anneuaidd a rhyngrywiol, ac i ddeall yr heriau y gall ysgolion eu hwynebu wrth wneud hyn.
Gallwch ddysgu mwy yn blog Sophie ar gyfer SHRN **yma.**

Pwy all gymryd rhan?

- **Ysgolion uwchradd yng Nghymru**
- **Pobl sy’n gweithio mewn rolau sy’n ymwneud â pholisi ac ymarfer iechyd yn system addysg uwchradd Cymru**, megis:
  - rolau addysg Llywodraeth Cymru ac awdurdodau lleol
  - cydlynwyr ysgolion sy’n hyrwyddo iechyd a lles
  - rolau iechyd cyhoeddus eraill sy’n ymwneud â lleoliadau addysg uwchradd

Bydd ysgolion uwchradd sy’n dymuno cymryd rhan yn gweithio gyda Sophie i recriwtio aelodau staff ysgol ar gyfer grŵp ffocws. Gall ysgolion hefyd ddewis recriwtio dysgwyr traws, anneuaidd neu rhyngrywiol ar gyfer grŵp ffocws creadigol ar wahân.

Diddordeb?
Cysylltwch â Sophie: **schoolhealth_phd@cardiff.ac.uk**

Mae Grŵp Cynghori Pobl Ifanc ALPHA Bellach yn Recriwtio – Cyfle i’ch Dysgwyr chi Ddatblygu Sgiliau

Mae **ALPHA**, y grŵp cynghori pobl ifanc sydd wedi'i leoli yng **Nghanolfan Ymchwil DECIPHer**, **cartref** **SHRN**, bellach yn recriwtio aelodau newydd 14–18 oed. Mae ALPHA yn gweithio gydag ymchwilwyr ar astudiaethau iechyd y cyhoedd, gan sicrhau bod lleisiau pobl ifanc yn llywio’r pynciau sy'n effeithio ar eu bywydau, fel ysmygu a E-sigarétau, iechyd meddwl a maeth.

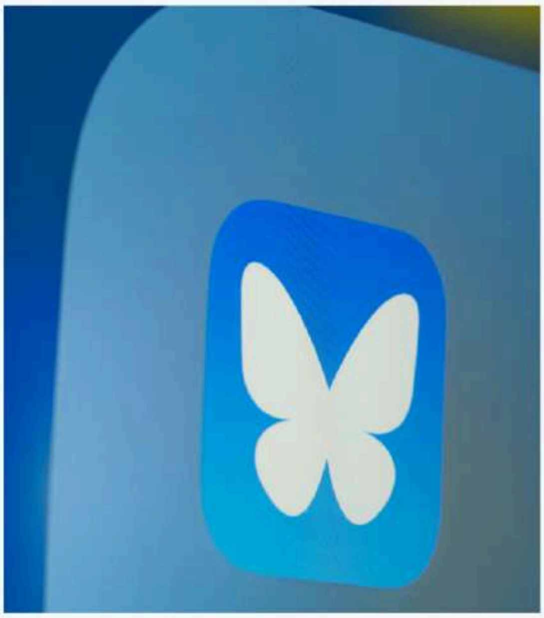
Mae ALPHA yn dod â phobl ifanc o bob rhan o Dde Cymru ynghyd i rannu eu profiadau a'u safbwyntiau. Cynhelir cyfarfodydd **bedair gwaith y flwyddyn** yn **SBARC, Caerdydd,** ar ddyddiau **Sadwrn (12–4pm)**, gyda sesiynau ychwanegol achlysurol yn ôl yr angen.

Mae hwn yn gyfle i bobl ifanc gael dylanwad uniongyrchol ar ymchwil DECIPHer. Caiff aelodau eu **gwobrwyo am roi o'u hamser.** Byddant yn cael profiadau newydd, a gall eu cyfranogiad gyfrif tuag at **Wobr Dug Caeredin (adran Sgiliau)**. Mae hyn yn cynnwys datblygu gwaith tîm, cyfathrebu, datrys problemau a hyder, pob un yn allu craidd sy'n cael ei gydnabod gan Wobr Dug Caeredin.

Sut i gymryd rhan
Gall pobl ifanc (neu rieni/gofalwyr ar eu rhan) gael sgwrs efo ni i weld beth mae ALPHA yn ei olygu a phenderfynu a yw'n addas.

- **E-bost:** Decipherpublicinvolvement@caerdydd.ac.uk
- **Ffôn:** 02922 510483 neu 07751 729429
- **Instagram:** @Alpha_Decipher
- **Neu gallwch chi lenwi'r** ffurflen gofrestru os ydych chi'n barod i ymuno.

Rhannwch gydag unrhyw bobl ifanc neu sefydliadau a allai fod â diddordeb.



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

Key Dates for SHRN 2026 Data Collection in Primary Schools: The SHRN Student Health and Well-being Survey and The SHRN School Environment Questionnaire (SEQ)

We’re pleased to share the timeline for the upcoming SHRN Data Collection:

4 June: Primary School Recruitment and Information Webinar.
This introductory webinar will support schools to understand the survey process, what’s new this year, and how to register. Invites to this webinar will be sent to your inbox.
8 June to 24 July: Primary schools will be able to register to take part during this period.
7 September: Survey materials Issued to Registered Schools to support preparation and planning.
11 September: Schools will receive their unique survey links along with instructions for administering the survey.
14 September – 18 December: The survey will remain open throughout the autumn term.
April 2027: School Level Reports issued.
Summer 2027: SHRN National Report published.

All updates will continue to be shared in SHRN Monthly E-News.

Watch Our SHRN February Webinar: Improving School Climate to Support Children and Young People's Mental Health

Schools play an important part in shaping how learners feel. But what does a supportive school climate looks 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?

Watch our webinar where we discuss school climate approaches and interventions; their impact on mental health; and their potential to reduce or widen health and well-being inequalities.

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.

Watch the Recording here»

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.

SHRN Blog: What Secondary Schools Can Gain from Interactive Health and Well-Being Dashboards and Why SHRN Is Perfectly Placed to Help

Schools are being asked to do more than ever around learner health and well-being, and most are already deeply committed to it. Schools already do

a huge amount to support learners' health and well-being, but the demands keep growing, and so does the volume of information to make sense of. But with busy timetables, competing priorities, and mountains of information, it's not always easy to know *where* to focus energy.

A recent study from researchers in Scotland and Wales highlights something that makes that job a whole lot easier: interactive well-being dashboards. These tools give schools a simple, visual way to explore their own data and make decisions based on what's happening in their classrooms and communities.

Read here»

SHRN Blog: Bringing Data Into Health and Well-Being Learning in Schools

This blog by Maria Boffey explores schools are exploring new and practical ways to bring SHRN data evidence into PSE and wider learning. Using real data gives teachers a straightforward way to make lessons more grounded in what their learners are experiencing. This blog shares examples of how schools are connecting SHRN themes e.g. mental health, sleep, or healthy choices, with existing lesson content in meaningful and practical ways.

Read [more»](#)

SHRN Data Aligns With New Child Poverty Strategy Monitoring Framework

The Welsh Government has published its **Child Poverty Strategy monitoring framework: 2025,** outlining national-level indicators across four domains: Standard of Living, Education & Skills, Wellbeing, and Inclusive Communities. Key findings include that 31.2% of children in Wales are living in relative income poverty, alongside a 29.4-percentage-point GCSE attainment gap between pupils eligible for free school meals and those who are not.

These themes closely reflect the issues captured through SHRN's school-level health and well-being datasets, which draw on input from 100% of secondary schools and over half of primary schools in Wales through our survey programme. SHRN data therefore provides valuable local context to the population-level indicators highlighted in the Monitoring Framework.

Take Part in Research: How Schools Can Shape Health and Well-Being for Transgender, Non-Binary and Gender Diverse Learners

In a new study led by DECIPHer at Cardiff University, PhD student Sophie is inviting secondary schools and people working in health and/or education to take part in research investigating how secondary school policies and practices can influence the health and well-being of transgender, non-binary and gender diverse learners.

The study will be conducted in **March to July 2026** and includes short:

- Focus groups with staff from secondary schools in Wales (including senior leadership, teaching and pastoral roles)
- Creative focus groups with learners at secondary schools in Wales
- One-to-one interviews with other people working in health and education

This research aims to provide practical insights for **school staff and policymakers** to help make schools more supportive environments for the health and well-being of transgender, non-binary, and gender diverse learners, and to understand barriers that schools face in doing this.
You can learn more in Sophie's blog for SHRN **here.**

Who can take part?

- Secondary schools in Wales
- People working in roles related to health policy and practice in the Welsh secondary education system, such as Welsh government and local authority education roles, health and well-being promoting schools' co-ordinators, and other public health roles related to secondary education settings.

Secondary schools who want to take part will work with Sophie to recruit their school staff members for a focus group. Schools can also choose to recruit transgender, non-binary or gender diverse learners for a separate creative focus group.

Interested?
Contact Sophie at **schoolhealth_phd@cardiff.ac.uk**

ALPHA Young People's Advisory Group is Now Recruiting – A Skills Building Opportunity for Your Learners

ALPHA, the young people's advisory group based at the **DECIPHer Research Centre** , the home of **SHRN**, is now recruiting new members aged 14-18. ALPHA works with researchers on public-health studies, ensuring young people's voices shape the topics that affect their lives such as smoking and vaping, mental health and nutrition.

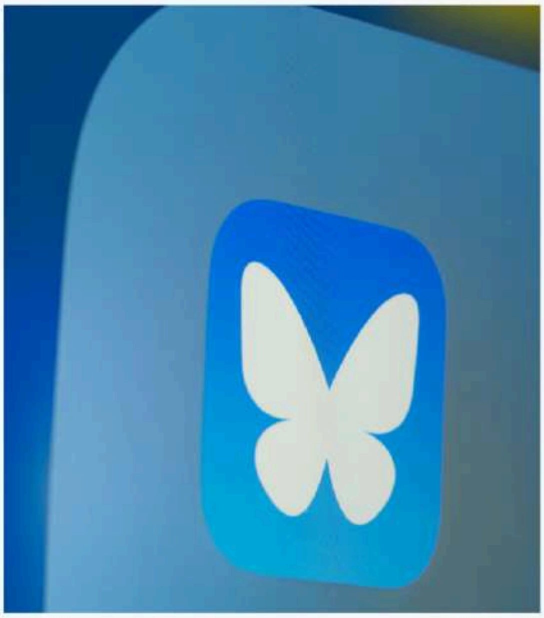
ALPHA brings together young people from across South Wales to share their experiences and perspectives. Meetings take place four times a year at SPARK, Cardiff, on Saturdays (12–4pm), with occasional extra sessions when needed.

This is an opportunity for young people to have a direct influence on DECIPHer research. Members are rewarded for their time, gain new experiences, and can use their involvement towards the Duke of Edinburgh's Award (Skills section). This includes developing teamwork, communication, problem-solving and confidence, all core competencies recognised by DofE.

How to get involved
Young people (or parents/carers on their behalf) chat with us to see what ALPHA involves and see whether it's the right fit.

- **Email: Decipherpublicinvolvement@cardiff.ac.uk**
- **Phone:** 02922 510483 or 07751 729429
- **Instagram: @Alpha_Decipher**
- **or complete the sign-up form** if you're ready to join.

Please share with any young people or organisations who may be interested.



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 »

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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:

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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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