Emailed to Subscribers of the
School Health Research Network (SHRN) E-list.
Don't want to receive it? Click here

View this email in your browser

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 Chwefror 2026 / Welcome to the SHRN Secondary School e-news for February 2026

Cynnwys

1. **Ymchwil y Rhwydwaith yn cael sylw ar BBC News: Sbotolau ar Lechyd a Lles Mewn Ysgolion Cynradd.**
2. **Adroddiad Lansio Holiadur Amgylchedd Ysgolion (SEQ) 2023 SHRN ar Gyfer Ysgolion Cynradd.**
3. **Cyfres Gweminarau y Rhwydwaith Ymchwil Lechyd Mewn Ysgolion (SHRN): Gwella Hinsawdd Ysgolion i Gefnogi Lechyd Meddwl Plant a Phobl Ifanc.**
4. **Cofrestrwch ar gyfer ein Gweminar: Ailystyried Ysgolion Uwchradd – Cefnogi Dysgwyr ag ADHD.**
5. **Uchafbwyntiau Cynhadledd Lechyd Meddwl mewn Ysgolion Cymru.**

Contents

1. **SHRN Research Featured by BBC News: Spotlight on Primary School Health And Well-Being.**
2. **Launch of The SHRN School Environment Questionnaire (SEQ) 2023 Report for Primary Schools.**
3. **Sign Up To Our SHRN Webinar: Improving School Climate to Support Children and Young People's Mental Health.**
4. **Sign Up To Our SHRN Webinar: Rethinking Secondary Schools-Supporting Learners with ADHD.**
5. **Highlights from the Mental Health in Schools Wales Conference.**

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

Ymchwil y Rhwydwaith yn cael sylw ar BBC News: Sbotolau ar Lechyd a Lles Mewn Ysgolion Cynradd

Mae'n bleser gennym rannu bod **ymchwil ddiweddaraf y Rhwydwaith wedi cael sylw ar *BBC News Online* ac ar BBC *Wales Today*** ym mis Ionawr, gan amlygu canfyddiadau pwysig am les emosiynol disgyblion cynradd yng Nghymru.

Mae erthygl y BBC yn canolbwyntio ar ein harolwg o blant 7-11 oed ledled Cymru, a ddatgelodd fel a ganlyn:

- Mae **1 o bob 7 disgybl** yn cael *anawsterau emosiynol arwyddocaol yn glinigol,* tua phedwar o blant ym mhob ystafell ddosbarth.
- Mae **1 o bob 3 disgybl** yn dangos lefel uwch o drallod emosiynol, gan deimlo'n bryderus, yn drist neu'n ypset yn rheolaidd.
- **Mae 70% yn cael trafferth â chwsg gwael**, ac mae **hanner ohonynt yn crybwyll bwlio**.
- Mae llai na hanner ohonynt yn bwyta ffrwythau neu lysiau yn ddyddiol.

Darllenwch yr Adroddiad Llawn

Mae'r canfyddiadau hyn yn pwysleisio pwysigrwydd **ymyrraeth gynnar**, a'r rôl mae ysgolion yn ei chwarae wrth gefnogi iechyd meddwl a lles. Mae'r erthygl hefyd yn rhannu enghreifftiau o ysgolion yn ymateb yn rhagweithiol, er enghraifft cyflwyno rhaglenni lles, sy'n helpu dysgwyr i fagu hyder, sgiliau cymdeithasol a gwydnwch.

Mae’r erthygl hefyd yn sôn am **Ysgol Gynradd Cogan**, a gyflwynodd raglen i helpu disgyblion i fagu hyder, sgiliau cymdeithasol a gwydnwch. Mae athrawon yn adrodd am newidiadau cadarnhaol mewn lles emosiynol a thalu sylw yn yr ystafell ddosbarth.

Darllenwch [Astudiaeth Achos Ysgol Gynradd Cogan.]

Adroddiad Lansio Holiadur Amgylchedd Ysgolion (SEQ) 2023 SHRN ar Gyfer Ysgolion Cynradd

Rydyn ni wrth ein bodd yn rhannu **Adroddiad Holiadur Amgylchedd Ysgolion Rhwydwaith Ymchwil Iechyd mewn Ysgolion (SHRN) 2023** sy'n rhoi cipolwg allweddol ar y cysylltiadau rhwng polisïau ysgol megis arweinyddiaeth, ethos, cwricwlwm, ac ymgysylltu cymunedol, a'u heffaith ar iechyd a lles dysgwyr.

Mae'r Holiadur Amgylchedd Ysgolion yn cael ei gwblhau gan aelod o dîm arweinyddiaeth yr ysgol bob dwy flynedd, ochr yn ochr ag [Arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith]. Gyda'i gilydd, mae'r offer hyn yn cynhyrchu set ddata unigryw sy'n cysylltu polisïau ac arferion ysgolion â chanlyniadau iechyd a lles dysgwyr. Mae'r ddau arolwg yn cael eu cydnabod fel ffynonellau data allweddol ar gyfer ymgorffori **Dull Ysgol Gyfan o ymdrin â Lles Emosiynol a Meddyliol** ac fe'u hargymhellir i'w defnyddio mewn arolygiadau Estyn.

Nid yn unig mae data Holiadur Amgylchedd Ysgolion y Rhwydwaith yn helpu ysgolion i asesu eu harferion eu hunain, mae hefyd yn dylanwadu ar ddatblygiad polisi ar lefel genedlaethol a lleol. Mae'n offeryn monitro i **olrhain cynnydd** o fewn **Rhwydwaith Ysgolion Cymru sy’n Hybu Iechyd a Lles (WNHWPS)**, gan arwain ysgolion wrth weithredu a gwerthuso eu mentrau iechyd. Drwy nodi meysydd i wella a meithrin cydweithio, mae Holiadur Amgylchedd Ysgolion yn helpu ysgolion i fyfyrio ar eu dulliau a

chyfnewid strategaethau arloesol.

Ar lefel ehangach, mae data Holiadur Amgylchedd Ysgolion yn cefnogi blaenoriaethau Llywodraeth Cymru gan gynnwys y **Dull Ysgol Gyfan o ymdrin â Lles Emosiynol a Meddyliol**, **Ysgolion sy'n Canolbwyntio ar y Gymuned, Hawliau Plant**, a **Balch o'r Mislif.** Mae hefyd yn cyfrannu at ddiwygio'r cwricwlwm a phrosesau sicrhau ansawdd, gan helpu i lunio polisi ac arfer ledled Cymru.

Dywedodd Dr Kelly Morgan, Cyfarwyddwr y Rhwydwaith:
"Mae Holiadur Amgylchedd Ysgolion yn mynd y tu hwnt i gasglu data—mae'n gatalydd ar gyfer newid. Drwy ddeall sut mae amgylcheddau ysgol yn dylanwadu ar iechyd a lles dysgwyr, rydyn ni'n galluogi ysgolion ac awdurdodau lleol i wneud penderfyniadau gwybodus sy'n sbarduno gwelliant. Mae'r adroddiad hwn yn canolbwyntio ar drawsnewid tystiolaeth yn weithred, meithrin cydweithio, a sicrhau bod gan bob plentyn y cyfle i ffynnu mewn amgylchedd ysgol gefnogol ac iach."

Darllenwch yr adroddiad yma»
Mae modd darllen Taflen Ffeithiau Holiadur Amgylchedd Ysgolion yn llawn yma»

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.

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**.

Uchafbwyntiau Cynhadledd Iechyd Meddwl mewn Ysgolion Cymru

Dan gadeiryddiaeth Chris Parry, Llywydd NAHT Cymru, daeth y gynhadledd ddigidol hon ag arweinwyr addysg ac iechyd ynghyd i archwilio strategaethau ymarferol ar gyfer cefnogi iechyd meddwl a lles dysgwyr ar draws Cymru.

Wrth fanteisio ar sylfaen dystiolaeth gynyddol o'r hyn sy'n gweithio, fe wnaeth siaradwyr arbenigol arddangos dulliau ysgol gyfan o wella iechyd meddwl trwy ymyriadau effeithiol yn yr ysgol. Fe wnaeth y rhaglen gynnwys prif anerchiad gan **Yr Athro Graham Moore**, Cyfarwyddwr **DECIPHer** ym **Prifysgol Caerdydd**, gan archwilio trafodaethau cyfoes a mentrau sy'n dod i'r amlwg sy'n llywio cymorth iechyd meddwl mewn ysgolion.

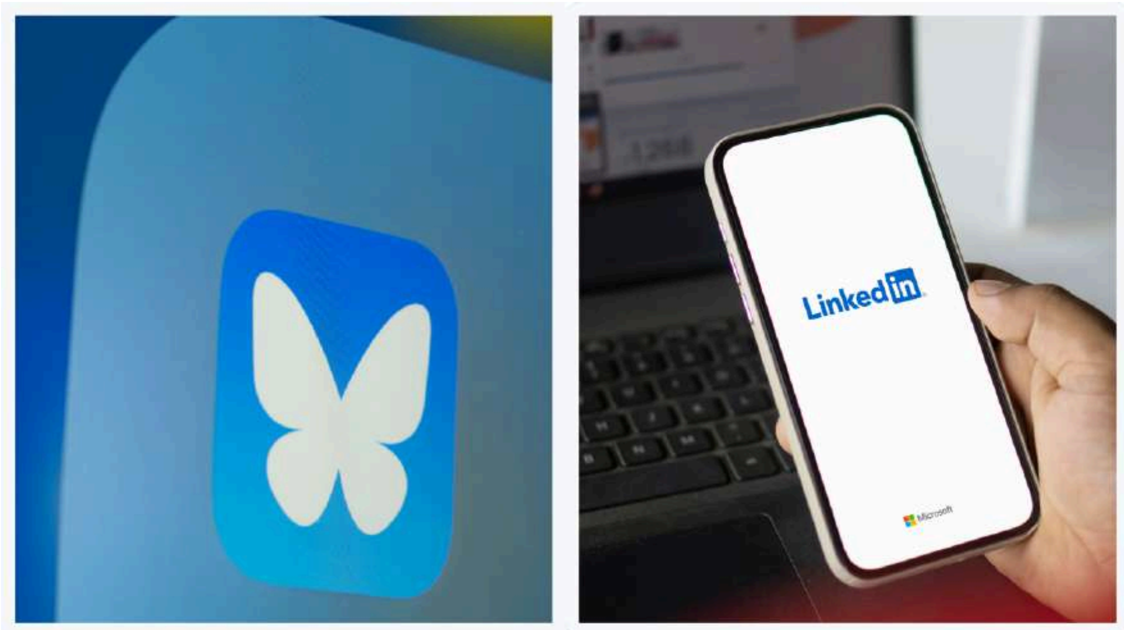
Roeddem yn falch hefyd fod Dr. Kelly Morgan, Cyfarwyddwr y Rhwydwaith, wedi rhoi cyflwyniad i'r gynhadledd, gan rannu gwybodaeth am sut gall data lefel ysgol y Rhwydwaith ar iechyd a lles yrru ymagweddau ysgol gyfan at iechyd meddwl a lles.

"Mae ysgolion yn chwarae rôl hanfodol wrth lywio iechyd meddwl pobl ifanc. Trwy ddefnyddio data'r Rhwydwaith, gallwn helpu ysgolion i amlygu blaenoriaethau a rhoi strategaethau seiliedig ar dystiolaeth ar waith, sy'n gwneud gwir wahaniaeth i les dysgwyr. Mae'n ymwneud â throi data yn weithredu, gan gefnogi ysgolion i greu amgylcheddau lle mae pob myfyriwr yn teimlo'n ddiogel, bod cymorth iddynt a'u bod yn gallu ffynnu. Mae cydweithredu yn allweddol a, gyda'n gilydd, gallwn adeiladu diwylliant lles sy'n para," meddai

[Dr Kelly Morgan](#).

Fe wnaeth y digwyddiad hefyd gynnwys sesiynau ar integreiddio lles ar draws y Cwricwlwm i Gymru, adeiladu ysgolion sy'n canolbwyntio ar y gymuned, a mentrau newydd i roi mynediad at gymorth therapiwtig a gwasanaethau cwnsela, gan gynnwys modelau Mewngymorth CAHMS. Clywodd mynychwyr yn uniongyrchol gan bobl ifanc, gan gynnwys cyn-aelodau o Senedd Ieuenctid Cymru, am heriau go iawn, fel straen arholiadau a phwysau'r cyfryngau cymdeithasol.

Dysgwch ragor am y gynhadledd a Policy Insight Wales yma»



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 Research Featured by BBC News: Spotlight on Primary School Health And Well-Being

We're delighted to share that **SHRN's latest research has been featured by *BBC News Online* and BBC *Wales Today*** in January, highlighting important findings on the emotional well-being of primary school pupils in Wales.

The BBC article focused on our all-Wales survey of children aged 7–11, which revealed:

- **1 in 7 pupils** are experiencing *clinically significant emotional difficulties,* that's around four children in every classroom.
- **1 in 3 pupils** show elevated emotional distress, regularly feeling worried, sad, or upset.
- **70% struggle with poor sleep**, and **half report bullying**.
- Fewer than half eat fruit or vegetables daily.

Read the full Report

These findings underline the importance of **early intervention,** and the role schools play in supporting mental health and well-being. The article also shares examples of schools responding proactively, such as introducing well-being programmes which help learners build confidence, social skills, and resilience.
The article also features **Cogan Primary School**, which introduced a programme to help learners build confidence, social skills, and resilience. Teachers report positive changes in emotional well-being and classroom engagement.

Read the Cogan Primary School Case Study.

Launch of The SHRN School Environment Questionnaire (SEQ) 2023 Report for Primary Schools

We are delighted to announce the release of **The SHRN School Environment Questionnaire (SEQ) 2023 Report**, offering valuable insights into how school policies, such as leadership, ethos, and community engagement, affect student health and well-being.

The SEQ is completed by a member of the school leadership team every two years, alongside **The SHRN Student Health and Well-being Survey.**

Together, these tools create a unique dataset linking school policies and practices with learner health and well-being outcomes. Both surveys are recognised as key data sources for embedding a **Whole-School Approach to Emotional and Mental Well-being** and are recommended for Estyn inspections.

SHRN SEQ data not only helps schools assess their own practices but also informs policy development at national and local levels. It serves as a tool for **tracking progress** within the **Welsh Network of Health and Well-being Promoting Schools (WNHWPS)**, guiding schools in implementing and evaluating health initiatives. By identifying areas for improvement and fostering collaboration, SEQ supports schools to reflect on their approaches and share innovative strategies.

At a wider level, SEQ data supports Welsh Government priorities including the **Whole-School Approach to Emotional and Mental Well-being**, **Community Focused Schools**, **Children's Rights**, and **Period Proud Wales**. It also contributes to curriculum reform and quality assurance processes, helping to shape policy and practice across Wales.

Dr. Kelly Morgan, SHRN Director, SHRN said:
"The SEQ is more than a data collection tool, it's a catalyst for change. By understanding how school environments influence learner health and wellbeing, we empower schools to make informed decisions that drive improvement. This report is about turning evidence into action, fostering collaboration, and ensuring every child has the opportunity to thrive in a supportive, healthy school environment."

Access the Report here»
Read the full SEQ Fact Sheet here»

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.

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.

Highlights from the Mental Health in Schools Wales Conference

Chaired by Chris Parry, President of NAHT Cymru, this digital conference brought together education and health leaders to explore practical strategies for supporting the mental health and well-being of learners across Wales.

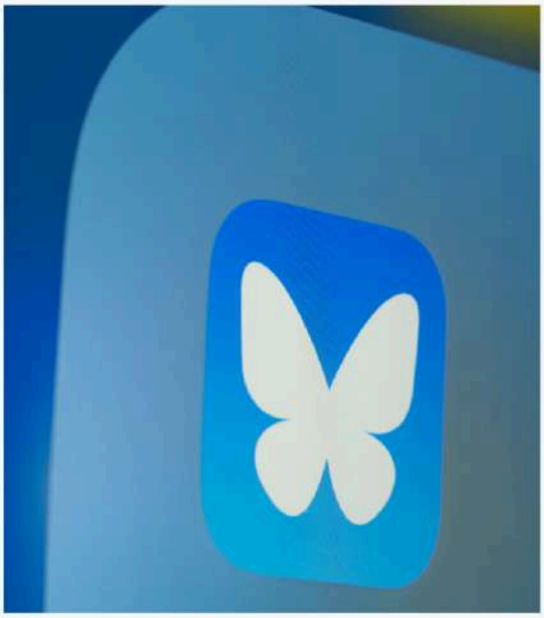
Drawing on a growing evidence base of what works, expert speakers showcased whole-school approaches to improving mental health through effective school-based interventions. The programme included a keynote address from **Professor Graham Moore**, Director of **DECIPHer** at **Cardiff University**, exploring contemporary debates and emerging initiatives shaping school-based mental health support.

We were also proud that Dr. Kelly Morgan, Director of SHRN, presented at the conference, sharing insights on how school-level SHRN health and well-being data can drive whole-school approaches to mental health and well-being.

"Schools play a vital role in shaping young people's mental health. By using SHRN data, we can help schools identify priorities and implement evidence-based strategies that make a real difference to learners' well-being. It's about turning data into action, supporting schools to create environments where every student feels safe, supported, and able to thrive. Collaboration is key, and together we can build a culture of well-being that lasts," said **Dr. Kelly Morgan**.

The event also featured sessions on integrating wellbeing across the Curriculum for Wales, building community-focused schools, and new initiatives to provide access to therapeutic support and counselling services, including CAMHS In-Reach models. Attendees heard directly from young people, including former Welsh Youth Parliament members, about real challenges such as exam stress and social media pressures.

Find out more about the conference and Policy Insight Wales [here»]



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

Copyright © 2026 School Health Research Network, All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.