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



Croeso i e-newsyddion Ysgol Uwchradd SHRN am Mehefin 2026 / Welcome to the SHRN Secondary School e-news for June 2026

Cynnwys

1. **Dyddiadau allweddol ar gyfer Casglu Data'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion 2026 mewn Ysgolion Cynradd: Arolwg Iechyd a Lles Myfyrwyr a Holiadur Amgylchedd Ysgol (SEQ) y Rhwydwaith Ymchwil Iechyd mewn Ysgolion (SHRN).**
2. **Astudiaeth Achos Y Rhwydwaith: Sut y Cefnogodd Data SHRN Newid Iach yn Ysgol Gynradd Llwynypia.**
3. **Iechyd Mislif mewn Ysgolion yn Lloegr: Lansiad o Newyddion Astudio.**
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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
Casglu Data'r Rhwydwaith
Ymchwil Iechyd mewn Ysgolion
2026 mewn Ysgolion Cynradd:
Arolwg Iechyd a Lles Myfyrwyr
a Holiadur Amgylchedd Ysgol
(SEQ) y Rhwydwaith Ymchwil
Iechyd mewn Ysgolion (SHRN).**



Rydyn ni'n falch o rannu amserlen gwaith Casglu Data'r Rhwydwaith mewn ysgolion cynradd sydd ar ddod:

4 Mehefin: Gweminar Recriwtio a Gwybodaeth i Ysgolion Cynradd. Bydd y weminar gyflwyniadol hon yn cefnogi ysgolion i ddeall proses yr arolwg, beth sy'n newydd eleni, a sut i gofrestru.

8 Mehefin: Cyfnod cofrestru i ymuno â'r Rhwydwaith yn dechrau, lle caiff ysgolion gofrestru eu diddordeb i gymryd rhan yn y gwaith casglu data eleni

22 Mehefin: Gwahodd ysgolion cynradd i gofrestru ar gyfer gwaith casglu data'r arolwg

24 Gorffennaf: Cyfnod cofrestru ar gyfer y gwaith casglu data'n dod i ben

7 Medi: Rhoi deunyddiau'r arolwg i ysgolion sydd wedi cofrestru i gefnogi'r broses o baratoi a chynllunio.

11 Medi: Ysgolion yn derbyn dolenni unigryw i'r arolwg ynghyd â chyfarwyddiadau ar weinyddu'r arolwg.

14 Medi – 18 Rhagfyr: Bydd yr arolwg ar agor drwy gydol tymor yr hydref.

Ebrill 2027: Adroddiadau lefel ysgol yn cael eu cyhoeddi.

Haf 2027: Cyhoeddi adroddiad cenedlaethol y Rhwydwaith.

Bydd yr holl ddiweddariadau'n parhau i gael eu rhannu yn e-newyddion misol y Rhwydwaith.



Astudiaeth Achos Y Rhwydwaith: Sut y Cefnogodd Data SHRN Newid Iach yn Ysgol Gynradd Llwynypia.

Rydym yn falch o rannu astudiaeth achos newydd am Ysgol Gynradd Llwynypia, sy'n dangos sut y gall data SHRN gyflymu newid syml a phwysig.

Ar ôl nodi isel defnydd o ffrwythau a llysiau yn y Blynnyddoedd 3–6, gwnaeth yr ysgol wneud bwyta'n iach yn flaenoriaeth ar gyfer yr holl ysgol, gan weithio gyda dysgwyr, staff a llywodraethwyr i weithredu.

Gyda chymhelliant cadarn o'r dysgwyr, cyflwynodd yr ysgol amser ffrwythau dyddiol, cynadleddau a arweinir gan ddisgyblion a phantry bwyd, gyda chefnogaeth bartneriaid gan gynnwys WNHWPS.

Mae arwyddion cynnar yn gadarnhaol, gyda mwy o ddisgyblion yn dod â ffrwythau i'r ysgol, gwell cyfranogiad, a mwy o deuluoedd yn defnyddio'r pantry.

[Darllenwch fwy »](#)



Iechyd Mislif mewn Ysgolion yn Lloegr: Lansiad o Newyddion Astudio.

Mae briff diweddar gan Brifysgol Bryste yn tynnu sylw at y ffaith y gall iechyd mislif effeithio ar fynediad, cyfranogiad a chyrhaeddiad yn yr ysgol, gyda symptomau fel poen neu waedu trwm yn gysylltiedig â mwy o absenoldeb a pherfformiad is mewn arholiadau.

Er bod y tystiolaeth hon yn dod o Loegr, mae'n berthnasol i bolisi a gweithredu yma yng Nghymru. Trwy SHRN, mae ysgolion eisoes yn casglu data am fynediad, lles a gwahaniaethau rhywedd, sy'n golygu eu bod mewn sefyllfa dda i archwilio a yw iechyd mislif yn cyfrannu at y patrymau a welir yn eu data eu hunain ac i gymryd camau ymarferol ar lefel ysgol.

[**Darllenwch fwy »**](#)

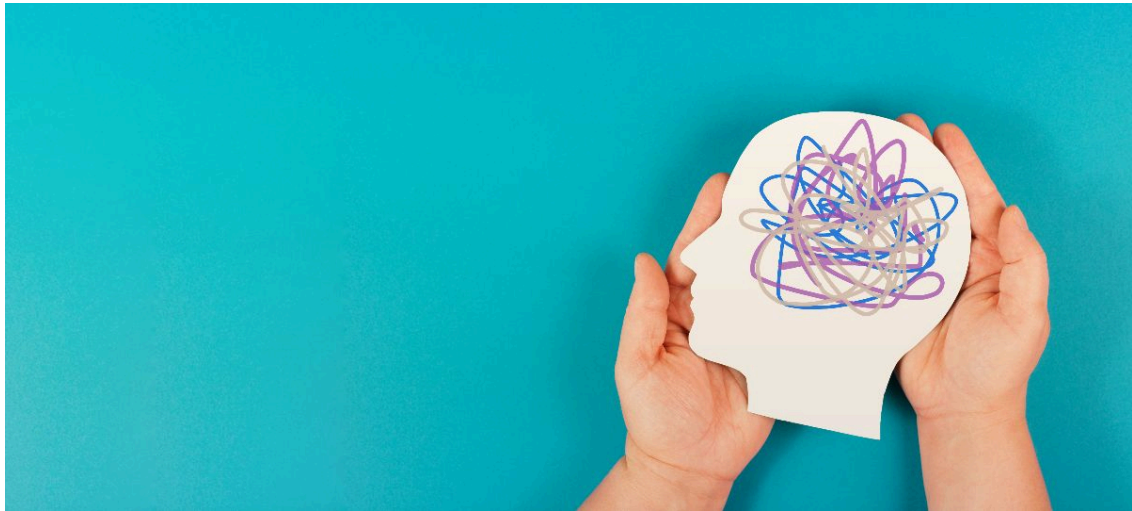


Botolau ar Fyfyriwr PhD: Nicole Gelfert – Ymchwil Newydd ar Ymddygiad Dysgwyr ac Iechyd Meddwl

Rydyn ni'n falch o gael rhannu ein blog diweddaraf gan Nicole Gelfert, myfyriwr PhD DECIPHer, sy'n myfyrio ynghylch ei thaith o ugain mlynedd yn yr Unol Daleithiau i ddilyn ymchwil ddoethurol yma yng Nghymru – a sut mae'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion wedi dylanwadu ar y daith honno.

Yn y darn personol a meddylgar hwn, mae Nicole yn cyflwyno ei hastudiaeth PhD ar ymddygiad dysgwyr ac iechyd meddwl, gan egluro pam bod y maes hwn yn bwysicach nag erioed i ysgolion, staff a phobl ifanc.

[Darllenwch ragor »](#)



Blog SHRN: Cefnogi Iechyd Meddwl Dysgwyr gyda ADHD - Beth Gall Ysgolion Ei Wneud Nawr

Yn y blog hwn, mae Dr Abbey Rowe, DECIPHer yn rhannu canfyddiadau allweddol o'i hymchwil doctorol ar sut mae ysgolion uwchradd yn siapio iechyd meddwl dysgwyr gyda ADHD, ynghyd ag argymhellion wedi'u hysbrydoli gan ymchwil ar gyfer camau y gall ysgolion eu cymryd i leihau anghydraddoldebau iechyd meddwl i'r dysgwyr hyn ac i'w cefnogi'n well.

[Darllenwch fwy »](#)



Dangosfwrdd Data Ysgolion Cynradd SHRN Newydd i'w Lansio 18 Mehefin 2026

Rydym yn gyffrous i rannu y bydd Dangosfwrdd Ysgolion Cynradd newydd SHRN yn cael ei ryddhau ar 18 Mehefin 2026. Bydd yr offeryn ar ei newydd wedd yn cynnig mewnwelediadau mwy hygyrch i lesiant dysgwyr, gan alw ar ddata SHRN cynrychioliadol yn genedlaethol gyda'r gallu i weld canfyddiadau ar lefelau cenedlaethol a rhanbarthol.

Mae'r gwaith hwn yn adlewyrchu'r bartneriaeth gref a pharhaus rhwng SHRN ac Iechyd Cyhoeddus Cymru. Drwy ddod â data cynrychioliadol cenedlaethol SHRN ac arbenigedd iechyd y boblogaeth Iechyd Cyhoeddus Cymru at ei gilydd, rydym yn cryfhau'r sylfaen dystiolaeth ar y cyd i gefnogi cynllunio a gwneud penderfyniadau gwybodus yn well ledled Cymru.

Pam dangosfyrddau?

- Mae dangosfyrddau'n cyflwyno data cymhleth mewn ffordd glir, weledol sy'n hawdd ei ddeall.
- Yn darparu data cyson, cymharol ar draws lefelau cenedlaethol a rhanbarthol.
- Yn cynnig platform hawdd ei ddefnyddio i archwilio canfyddiadau.
- Yn helpu i amlygu blaenoriaethau – gan ddangos ble mae pethau'n mynd yn dda a ble mae angen cefnogaeth.
- Yn arbed amser – maent yn dod â mewnwelediadau allweddol at ei gilydd yn yr un lle, gan leihau'r angen am chwilio ar draws gwahanol adroddiadau neu fformatau.

Rhowch nodyn yn eich calendrau - mae'r dangosfwrdd yn mynd yn fyw ar 18 Mehefin! Rydym yn annog ysgolion a phartneriaid i archwilio'r dangosfwrdd a defnyddio'r mewnwelediadau i lywio eu gwaith.



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 for primary schools:

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.

8 June: Registration to Join the Network where schools can register their interest to take part in this year's data collection

22 June: Primary Schools Invited to Sign Up to Survey Data Collection

24 July: Registration for Data Collection Closes

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 our [SHRN monthly](#) e-news.



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SHRN Case Study: How Llwynypia Primary School Is Using SHRN Data To Drive Healthy Change

We're pleased to share a new case study about Llwynypia Primary School, showing how SHRN data can drive simple, meaningful change.

After identifying low fruit and vegetable intake in Years 3–6, the school made healthy eating a whole-school priority, working with learners, staff and governors to take action.

With strong learner involvement, the school introduced daily fruit time, learner-led assemblies and a food pantry, supported by partners including WNHWPS.

Early signs are positive, with more learners bringing fruit to school, improved engagement, and increased family use of the pantry.

[Read here »](#)



Menstrual Health in English Schools: Launch of a New Study Briefing

A recent University of Bristol briefing highlights that menstrual health can affect attendance, participation and attainment in school, with symptoms like pain or heavy bleeding linked to increased absence and lower exam performance.

While this evidence comes from England, it has relevance for policy and practice here in Wales. Through SHRN, schools already collect data on attendance, well-being and gender differences, meaning they are well placed to explore whether menstrual health is contributing to patterns seen in their own data and to take practical, school-level action

[Read more »](#)



PhD Student Spotlight: Nicole Gelfert – New Research on Learner Conduct and Mental Health

We're pleased to share our latest blog from [DECIPHer](#) PhD student Nicole Gelfert, who reflects on her journey from two decades in higher education in the United States to pursuing doctoral research here in Wales - and how

SHRN helped shape that path.

In this thoughtful and personal piece, Nicole introduces her PhD study on learner conduct and mental health, explaining why this area matters now more than ever for schools, staff, and young people.

[Read more »](#)



SHRN Blog: Supporting The Mental Health Of Learners With ADHD - What Schools Can Do Now

In this blog, Dr [Abbey Rowe](#), [DECIPHer](#) shares key findings from her doctoral research on how secondary schools shape the mental health of learners with ADHD, along with research-informed recommendations for actions schools can take to reduce mental health inequalities for these learners and better support them.

[Read now »](#)



New Primary School SHRN Data Dashboard Launching 18 June 2026

We're excited to share that the new SHRN Primary School Dashboard will be released on 18 June 2026. The updated tool will offer more accessible insights into learner well-being, drawing on nationally representative SHRN data with the ability to view findings at national and regional levels.

This work reflects the strong and ongoing partnership between SHRN and Public Health Wales. By bringing together SHRN's nationally representative data with Public Health Wales' population health expertise, we are jointly strengthening the evidence base to support better-informed planning and decision-making across Wales.

Why dashboards?

- Dashboards present complex data in a clear, visual way that's easy to understand.
- Provide consistent, comparable data across national and regional levels.
- Offers a user-friendly platform to explore findings.
- Helps highlights priorities – showing where things are going well and where support is needed.
- Saves time – brings key insights together in one place, reducing the need to search across different reports or format.

Mark your calendars- the dashboard goes live on 18 June! We encourage schools and partners to explore the dashboard and use the insights to inform their work.

Cardiff Metropolitan University and Cardiff University are inviting secondary schools to get involved in a new project exploring menstrual health education—and, importantly, how it can be made more inclusive and supportive for all learners, including boys.

Funded by the National Institute for Health and Care Research (NIHR), the work alongside Welsh Government priorities around Period Dignity, Relationships and Sexuality Education (RSE), well-being, equality and inclusion.

Why this matters

There's been real progress in recent years through the Period Proud Wales agenda, helping to normalise conversations around menstruation and reduce stigma. Schools are at the heart of that shift, particularly through the Curriculum for Wales and statutory RSE. That said, we know many young people still experience embarrassment, mixed messages, or simply don't get the chance to talk openly about periods. Boys and young men are often left out of the conversation altogether. A whole-school approach makes a big difference to well-being, relationships and school culture.

What the project will explore

The study will explore what boys and young men want to know about menstruation, as well as what girls and young women think they should be learning. It will also look at how learners feel menstrual health education should be delivered, and what factors help, or sometimes make it more challenging, or schools to take a more inclusive approach.

Why take part?

Schools that take part will be contributing to work that supports key priorities in Wales, helping to reduce stigma around periods, strengthen inclusive and rights-based RSE, support learner well-being, and promote equality and inclusion, while creating a more open and supportive culture for young people. It also fits well with existing school priorities, linking with Estyn evidence and self-evaluation, WNHWPS work, equality objectives and safeguarding, and supporting progress against your School Development Plan.

Taking part is also an opportunity to connect with and learn from other organisations working in this space. Many find that being involved brings fresh perspective to their own practice, while contributing to wider learning across Wales. It's a chance to highlight and build on your existing work around health and wellbeing, with clear links to CPD, self-evaluation and

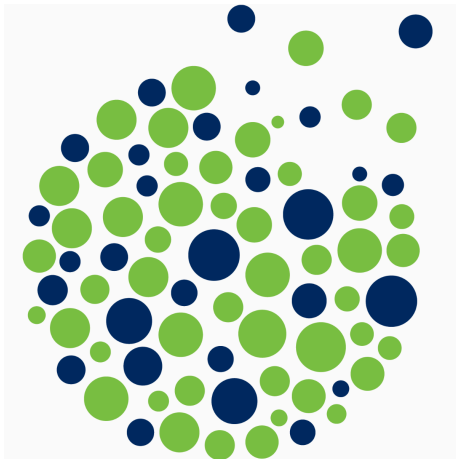
sharing positive practice with staff, learners and the wider school community.

What would taking part involve?

We've designed participation to be as straightforward and manageable as possible. We'll work with you to fit around the school day and minimise disruption. It involves a small number of focus groups with learners aged 11-16 years (typically 3-4 sessions), both those who have periods and those who don't, alongside informal interviews with parents/carers and school staff to explore experiences of teaching and supporting menstrual health education. Whether you're already doing a lot in this area or just starting to explore it, your input is really valuable.

By hearing directly from learners, families and staff, the research aims to develop practical, realistic ways to reduce embarrassment, build understanding and support young people more effectively.

If your school is interested in getting involved, or just finding out a bit more, with no obligation to commit, we'd really welcome a conversation with you. For an informal chat or further information, please contact [Dr Lauren Copeland](#) at Cardiff Metropolitan University.



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...



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

[Dysgu mwy »](#)

Access our information brochure, browse our reports, read about our successes and impacts and much more...

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

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