Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION

THE SCHOOL HEALTH RESEARCH NETWORK

shrn.org.uk

Y Rhwydwaith Ymchwil Iechyd mewn Ysgolion

Arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith: Taflen Wybodaeth i Rieni a Gofalwyr

2026



Rhwydwaith Ysgolion Cymru sy'n Hybu Iechyd a Lles
Welsh Network of Health and Well-being Promoting Schools

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Iechyd Cyhoeddus Cymru
Public Health Wales

hbsc HEALTH BEHAVIOUR IN SCHOOL-AGED CHILDREN

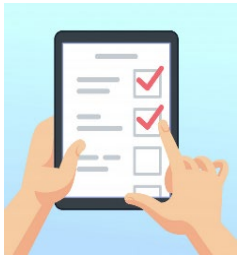
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Pwy ydym ni

Mae'r Rhwydwaith Ymchwil Iechyd mewn Ysgolion (y Rhwydwaith) yn bartneriaeth polisi-ymarfer-ymchwil a sefydlwyd yn 2013 rhwng **Llywodraeth Cymru**, **Iechyd Cyhoeddus Cymru**, a **Phrifysgol Caerdydd**. Nod y Rhwydwaith yw **gwella iechyd a lles plant a phobl ifanc yng Nghymru** trwy weithio gydag ysgolion i gynhyrchu a defnyddio tystiolaeth o ansawdd da i wella iechyd.

Beth ydym ni'n ei wneud?



Mae ysgol eich plentyn wedi cytuno i gymryd rhan yn **Arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith mewn Ysgolion Cynradd** yn nhymor yr hydref. Mae'r arolwg yn cael ei reoli gan IPSOS, contractwr yr arolwg, ar ran Prifysgol Caerdydd, ac mae'n cael ei ateb ar-lein gyda chefnogaeth gan aelod o staff yr ysgol.

Bydd dysgwyr ym mlynyddoedd 3 i 6 yn cael eu gwahodd i gymryd rhan, a hynny yn wirfoddol. Mae'r atebion yn gyfrinachol ac yn anhysbys. Mae hyn yn golygu nad ydym ni'n casglu unrhyw wybodaeth adnabyddadwy ac, felly, ni allwn ddatgelu atebion unigolyn i neb.

Beth sy'n gysylltiedig?

Yn ystod y dosbarth, gofynnir i'ch plentyn gymryd rhan mewn arolwg ar-lein byr, a fydd yn cymryd tuag 20 munud ar gyfartaledd. Bydd yn gofyn cwestiynau cyffredinol amdanyn nhw, eu teimladau, beth yw eu barn nhw am yr ysgol, a chwestiynau ar ymddygiadau a all effeithio ar eu hiechyd a'u lles (e.e. gweithgarwch corfforol, cwsg, amser sgrin, ac ati).

Datblygwyd y cwestiynau mewn ymgynghoriad ag athrawon, rhieni a gofalwyr, a phlant ar draws ysgolion yng Nghymru. Bydd plant yn cael gwybod bod eu hatebion yn breifat ac na fydd gofyn iddynt roi eu henw.

Gall dysgwyr hepgor unrhyw gwestiwn nad ydynt am ei ateb neu roi'r gorau i gymryd rhan unrhyw bryd.

Ni fydd yr arolwg yn lleihau amser dysgu oherwydd bydd yn cael ei gwblhau yn lle gwasanaeth ysgol neu fel rhan o'r cwricwlwm trwy'r Maes Dysgu Iechyd a Lles.

Ar ddiwedd yr arolwg, bydd gwybodaeth am Childline ar gael.

Gweld yr Arolwg



Bydd ysgol eich plentyn wedi rhannu copi o gwestiynau'r arolwg gyda rhieni a gofalwyr trwy ei sianeli cyfathrebu arferol o leiaf bythefnos cyn cynnal yr arolwg, ochr yn ochr â'r daflen wybodaeth hon. Bydd hyn yn rhoi cyfle i chi fwrw golwg dros y cwestiynau a phenderfynu a ydych am i'ch plentyn gymryd rhan. Os nad ydych wedi cael copi o'r arolwg neu os nad ydych wedi gallu cael ato, cysylltwch ag athro neu ysgol eich plentyn yn uniongyrchol.

Pam mae'r ymchwil hon yn bwysig

Rydym yn gweithio gydag ysgolion ar draws Cymru i lywio a gwerthuso camau i wella iechyd a lles plant a phobl ifanc. Un ffordd rydym yn gwneud hyn yw trwy gynnal yr arolwg cenedlaethol hwn bob dwy flynedd.

Mae canfyddiadau anhysbys yn cael eu rhannu gydag ysgolion, awdurdodau lleol, Iechyd Cyhoeddus Cymru, a Llywodraeth Cymru i gefnogi gwneud penderfyniadau wedi'u llywio gan dystiolaeth.

Yn ogystal, mae ein rhwydwaith yn cynnal digwyddiadau ymchwil a gweminarau i staff ysgol, gan roi cyfleoedd i archwilio pynciau iechyd a lles ac i gynorthwyo â chynllunio camau ymarferol i wella iechyd a lles dysgwyr.

A oes rhaid i fy mhlentyn gymryd rhan?

Er bod ysgol eich plentyn wedi cytuno i gymryd rhan, mae **cymryd rhan yn gwbl wirfoddol** a'ch penderfyniad chi a'ch plentyn fydd p'un a ydynt yn dymuno cymryd rhan. Rydym yn eich annog chi i **siarad â'ch plentyn am yr arolwg**.

Os byddwch yn cytuno, bydd athro eich plentyn yn gwirio a yw eich plentyn yn hapus i gymryd rhan ar ddiwrnod yr arolwg. Os bydd yn dewis peidio â chymryd rhan, bydd yn cael gweithgareddau eraill i'w gwneud.

Os nad ydych am i'ch plentyn gymryd rhan yn yr arolwg, mae'n bwysig eich bod chi'n cysylltu ag ysgol eich plentyn o fewn pythefnos o gael y wybodaeth hon.

A all fy mhlentyn newid ei feddwl?

Gall. Gall eich plentyn roi'r gorau iddi unrhyw bryd wrth ateb yr arolwg a bydd yr athro'n atgoffa'r plant am hyn cyn bod yr arolwg yn dechrau. Fodd bynnag, ar ôl ateb yr arolwg, ni fydd ymatebion yn gallu cael eu tynnu'n ôl am eu bod yn gwbl ddienw ac ni ellir eu cysylltu â dysgwyr unigol.

Beth fydd yn digwydd i atebion fy mhlentyn?



Mae'r holl atebion yn gyfrinachol ac yn ddienw. Mae hyn yn golygu na fydd y tîm ymchwil yn gwybod pwy sy'n cymryd rhan yn yr arolwg. Nid ydym yn casglu unrhyw wybodaeth adnabyddadwy ac ni fyddwn yn gofyn am enw eich plentyn unrhyw bryd. Felly, nid ydym yn gallu rhannu atebion unigolyn gydag unrhyw un.

Mae'r holl ddata'n cael ei storio'n ddiogel, yn unol â'r Rheoliad Cyffredinol ar Ddiogelu Data a Deddf Diogelu Data 2018. Gallwch weld ein polisi diogelu data/hysbysiad preifatrwydd data yma.

Mae data anhysbys yr arolwg yn cael ei storio am gyfnod amhenodol at ddibenion ymchwil gan fod iddo werth parhaus wrth ddeall y newid mewn iechyd a lles gydag amser.

Bydd crynodebau anhysbys o'r data wedi'i grwpio'n cael eu cynnwys mewn adroddiadau i ysgolion, Iechyd Cyhoeddus Cymru, awdurdodau lleol, a Llywodraeth Cymru, ac fe'u cyhoeddir mewn erthyglau cyfnodolion gwyddonol.

A yw'r astudiaeth wedi derbyn cymeradwyaeth foesegol?

Ydy. Mae ein casgliad data yn dilyn ymagwedd briodol a thrylwyr at gydsyniad gwybodus a diogelu. Mae holl gylchoedd yr arolwg ymchwil yn cael eu hadolygu a'u cymeradwyo gan Bwyllgor Moeseg Prifysgol Caerdydd. Os oes gennych ymholiadau, gellir cysylltu â'r pwyllgor ar SOSSS-Research@cardiff.ac.uk.

Beth mae angen i mi ei wneud nawr?

Os ydych chi'n fodlon i'ch plentyn gymryd rhan, nid oes angen i chi wneud unrhyw beth pellach.

Os **nad ydych** eisiau i'ch plentyn gymryd rhan yn yr arolwg, cysylltwch â'ch ysgol **o fewn pythefnos o gael y wybodaeth hon**. Byddant yn gwneud trefniadau i sicrhau nad yw eich plentyn yn cymryd rhan.

Os oes gennych unrhyw gwestiynau pellach am y Rhwydwaith Ymchwil Iechyd mewn Ysgolion, edrychwch ar ein gwefan neu cysylltwch â ni gan ddefnyddio'r wybodaeth isod.

Diolch am roi o'ch amser i ddarllen y wybodaeth hon ac am gefnogi ymchwil sy'n anelu at wella iechyd a lles plant yng Nghymru. Rydym yn ddiolchgar iawn i ddysgwyr, rhieni, gofalwyr ac ysgolion sy'n dewis cymryd rhan.

Cofion gorau

Tîm y Rhwydwaith

Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION

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The School Health Research Network

School Health Research Network

Cedwir pob hawl. I amddiffyn cyfrinachedd, modelau sy'n ymddangos ym mhob ffotograff.

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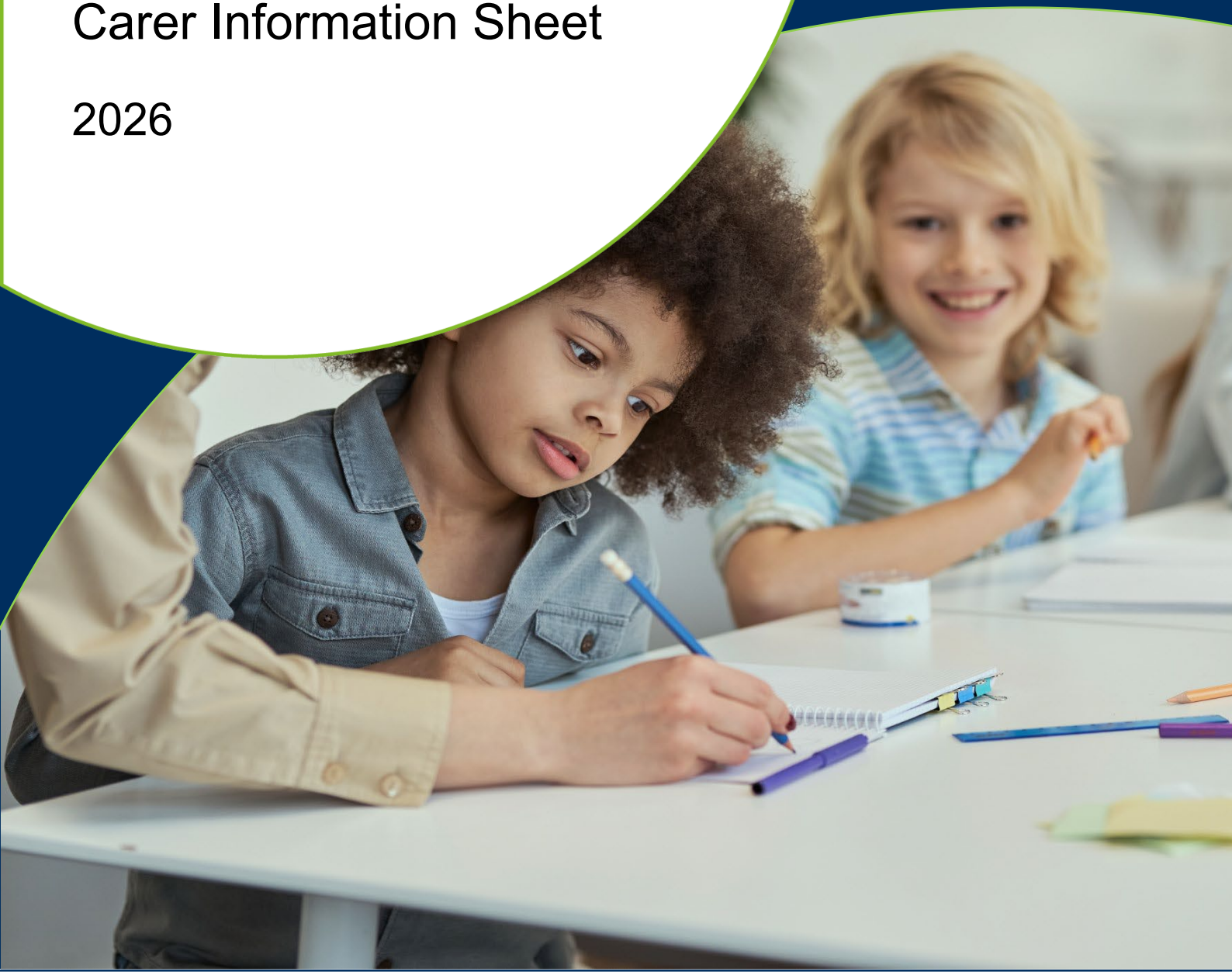
THE SCHOOL HEALTH RESEARCH NETWORK

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The School Health Research Network (SHRN)

The SHRN Student Health and Well-being Survey: Parent and Carer Information Sheet

2026



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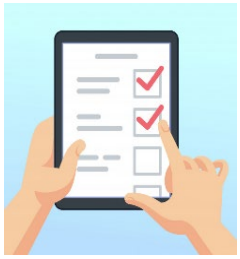
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Who We Are

The School Health Research Network (SHRN) is a policy-practice-research partnership between **Welsh Government**, **Public Health Wales**, and **Cardiff University** established in 2013. SHRN aims to **improve children and young people's health and well-being in Wales** by working with schools to generate and use good quality evidence for health improvement.

What Are We Doing?



Your child's school has agreed to take part in **The SHRN Student Health and Well-being Survey in Primary Schools** this autumn term. The survey is being managed by IPSOS, our survey contractor, on behalf of Cardiff University, and is completed online with support from a member of school staff.

Learners in years 3 to 6 will be invited to take part. Participation is voluntary, and the answers are confidential and anonymous. This means we do not collect any identifiable information and therefore cannot disclose individual's answers to anyone.

What's Involved?

During class, your child will be asked to take part in a brief online survey, which will take about 20 minutes on average. It will ask general questions about themselves, their feelings, what they think about school, and behaviours which can affect their health and well-being (e.g. physical activity, sleep, screentime etc.).

Questions have been developed in consultation with teachers, parents and carers, and children across schools in Wales. Children will be told that their answers are private and won't be asked to give their names.

Learners can skip any question they prefer not to answer or stop taking part at any time.

The survey will not reduce learning time, as it will be completed in place of school assemblies or as part of the curriculum through the Health and Well-being Area of Learning.

At the end of the survey, information about Childline, will be available at the end of the survey

Viewing the Survey



Your child's school will have shared a copy of the survey questions with parents and carers through its usual communication channels at least two weeks before the survey takes place, alongside this information sheet. This gives you the opportunity to review the questions and decide whether you wish your child to take part. If you have not received or been able to access a copy of the survey, please contact your child's teacher or school directly.

Why This Research Matters

We work with schools across Wales to inform and evaluate actions to improve children and young people's health and well-being. One way we do this is by conducting this national survey every two years.

Anonymised findings are shared with schools, local authorities, Public Health Wales, and the Welsh Government to support evidence-informed decision-making**.**

In addition, our network hosts research events and webinars for school staff**,** providing opportunities to explore health and well-being topics and to support the planning of practical actions to improve learners' health and well-being**.**

Does My Child Have to Take Part?

Although your child's school has agreed to take part, **participation is entirely voluntary** and it is up to you and your child whether they wish to take part. We encourage you to **talk to your child about the survey**.

If you agree, your child's teacher will check whether your child is happy to take part on the day of the survey. If they choose not to take part, they will be provided with alternative activities.

If you do not want your child to take part in the survey, it is important you contact your child's school within two weeks of receiving this information.

Can My Child Change Their Mind?

Yes. Your child can withdraw at any point while completing the survey, and their teacher will remind them of this before the survey begins. However, once the survey has been completed, responses cannot be withdrawn because they are fully anonymous and cannot be linked to individual learners.

What Will Happen to My Child's Answers?



All answers are confidential and anonymous. This means the research team will not know who takes part in the survey. We do not collect any identifiable information and will not ask for your child's name at any point. Therefore, we are unable to share individual's answers with anyone.

All data are stored securely in accordance with GDPR & the Data Protection Act 2018. View our data protection policy/data privacy notice, here.

Anonymised survey data are stored indefinitely for research purposes as it has continued value in understanding health and well-being change over time.

Anonymous summaries of the grouped data will be included in reports to schools, Public Health Wales, local authorities, and Welsh Government, and will be published in Scientific Journal Articles.

Has the Study Received Ethical Approval?

Yes. Our data collection follows an appropriate and robust approach to informed consent

and safeguarding. Each research survey cycle is reviewed and approved by Cardiff University Ethics Committee. The committee can be contacted with any queries at SOSSS-Research@cardiff.ac.uk.

What Do I Need to Do Now?

If you are happy for your child to take part, then you don't need to do anything further.

If you **do not want** your child to take part in the survey, please contact your school **within two weeks of receiving this information.** They will make arrangements to ensure your child does not participate.

If you have any further questions about SHRN, please take a look at our website or contact us using the information below.

Thank you for taking the time to read this information and for supporting research that aims to improve children's health and well-being in Wales. We are very grateful to learners, parents, carers, and schools who choose to take part.

Best wishes
The SHRN Team

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