The School Health Research Network (SHRN):
Student Health and Wellbeing Survey

Dear Parent / Carer,

Who we are

We are an established policy-practice-research partnership between Cardiff University, Welsh Government departments and Public Health Wales. Our strategic partnership with Public Health Wales and integration with The Welsh Network of Health and Well-being Promoting Schools (WNHWPS), along with substantive investment from Welsh Government, has enabled SHRN to grow into a national network of research and evaluation.

What we are doing?

Your child's school has agreed to take part in the **SHRN Student Health and Well-being Survey** this autumn term. The survey is being managed by IPSOS, on behalf of Cardiff University, and is completed online with support from a member of school staff. Learners in year groups 3-6 will be invited to take part. Participation is voluntary, and learners' answers are confidential and anonymous. This means we do not collect any identifiable information and therefore cannot disclose individual's answers to school staff or parent/carers.

What is 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 some general questions about themselves, their feelings, what they think about school, and behaviours which can affect children's health (e.g. physical activity, sleep, screentime etc). These questions have been developed in consultation with teachers, parents/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 completing at any time. The survey will not adversely affect learning time as it will be administered during assemblies or as part of the curriculum through the new health and well-being area of learning. Learners will be supported by school staff throughout, and the telephone number for ChildLine will be visible at the end of the survey.

If you want to see a copy of the SHRN Student Survey you can either:

a) click to view here, or
b) visit our website page: https://www.shrn.org.uk/?page_id=8851

Why are we doing it?

We work with schools in Wales to inform and evaluate actions to improve children and young people's health. We do this, in part, through conducting surveys every two years. Anonymised findings are reported back to schools, local authorities and Welsh Government. Our network holds research events and webinars for school staff to discuss well-being topics and plan ways to improve learners' health and well-being.

Does my child have to take part?

Although your child's school has agreed to take part, it is up to you and your child whether they participate. Please talk to your child about our 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 the **next two weeks.**

Can my child change their mind if they decide they want to stop taking part?

Yes, your child can withdraw at any time during the survey, their teacher will remind them of this before the survey starts. However, once completed, responses are anonymous, so individual's answers can't be identified to be deleted.

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 do not share individual's answers with the school or parents/carers. 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 data will be included in reports to schools, local authorities and Welsh Government, and will be published in scientific journal articles.

Has the study received ethical approval?

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 socsi-ethics@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 the next two weeks**, who will make arrangements to ensure that 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.

Yours Sincerely,

The SHRN Team

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Y RHWYDWAITH YMCHWIL IECHYD MEWN YSGOLION · SCHOOL HEALTH RESEARCH NETWORK · DECIPHer · Llywodraeth Cymru Welsh Government · Ymchwil Iechyd a Gofal Cymru Health and Care Research Wales · CARDIFF UNIVERSITY PRIFYSGOL CAERDYDD

Y Rhwydwaith Ymchwil Iechyd mewn Ysgolion (y Rhwydwaith): Arolwg Iechyd a Lles Myfyrwyr

Annwyl Riant / Gofalwr,

Pwy ydym ni

Rydym ni'n bartneriaeth polisi-ymarfer-ymchwil sefydledig rhwng Prifysgol Caerdydd, adrannau Llywodraeth Cymru ac Iechyd Cyhoeddus Cymru. Mae ein partneriaeth strategol gydag Iechyd Cyhoeddus Cymru ac integreiddio â Rhwydwaith Ysgolion Cymru sy'n Hybu Iechyd a Lles, ynghyd â buddsoddiad sylweddol gan Lywodraeth Cymru, wedi galluogi'r Rhwydwaith i dyfu'n rhwydwaith cenedlaethol o ymchwil a gwerthuso.

Beth rydym ni'n ei wneud?

Mae ysgol eich plentyn wedi cytuno i gymryd rhan yn **Arolwg Iechyd a Lles Myfyrwyr y Rhwydwaith** yn nhymor yr hydref. Mae'r arolwg yn cael ei rheoli gan IPSOS, ar ran Prifysgol Caerdydd, ac mae'n cael ei ateb ar-lein gyda chefnogaeth gan aelod o staff yr ysgol. Bydd dysgwyr yng ngrwpiau blwyddyn 3-6 yn cael eu gwahodd i gymryd rhan. Mae Cymryd rhan yn wirfoddol ac mae atebion dysgwyr yn gyfrinachol ac yn ddienw. Mae hyn yn golygu nad ydym ni'n casglu unrhyw wybodaeth adnabyddadwy ac, felly, ni allwn ddatgelu atebion unigolyn i staff ysgol neu rieni/gofalwyr.

Beth sy'n gysylltiedig?

Yn ystod dosbarth, gofynnir i'ch plentyn gymryd rhan mewn arolwg ar-lein byr, a fydd yn cymryd rhyw 20 munud ar gyfartaledd. Bydd yn gofyn ychydig o gwestiynau cyffredinol amdanynt eu hunain, eu teimladau, beth maen nhw'n ei feddwl am yr ysgol ac ymddygiadau a all effeithio ar iechyd plant (e.e. gweithgarwch corfforol, cwsg, amser sgrin ac ati). Datblygwyd y cwestiynau hyn trwy ymgynghori ag athrawon, rhieni/gofalwyr, a phlant ar draws ysgolion yng Nghymru. Bydd plant yn cael gwybod bod eu hatebion yn breifat ac na fydd angen iddynt roi eu henw. Gall dysgwyr neidio heibio i unrhyw gwestiwn y maen well ganddynt beidio â'i ateb neu roi'r gorau i ateb unrhyw bryd. Ni fydd yr arolwg yn effeithio ar amser dysgu yn andwyol oherwydd bydd yn cael ei weinyddu yn ystod gwasanaethau neu fel rhan o'r cwricwlwm trwy'r maes dysgu iechyd a lles newydd. Bydd dysgwyr yn cael cefnogaeth staff ysgol, a bydd rhif ffôn ChildLine i'w weld ar ddiwedd yr arolwg.

Os hoffech weld copi o Arolwg Myfyrwyr y Rhwydwaith, gallwch:

a) cliciwch i weld yma, neu
b) ymweld â'n gwefan: https://www.shrn.org.uk/?page_id=8851

Pam rydym ni'n ei wneud?

Rydym ni'n gweithio gydag ysgolion yng Nghymru i hysbysu a gwerthuso camau gweithredu i wella iechyd plant a phobl ifanc. Gwnawn hyn, yn rhannol, trwy gynnal arolygon bob dwy flynedd. Rydym yn adrodd canfyddiadau anhysbys yn ôl i ysgolion, awdurdodau lleol ac i Lywodraeth Cymru. Mae ein rhwydwaith yn cynnal digwyddiadau a gweminarau ymchwil i staff ysgol drafod pynciau lles a chynllunio ffyrdd o wella iechyd a lles dysgwyr.

Y Rhwydwaith Ymchwil Iechyd mewn Ysgolion | School Health Research Network | DECIPHer | Llywodraeth Cymru Welsh Government | Ymchwil Iechyd a Gofal Cymru Health and Care Research Wales | Cardiff University Prifysgol Caerdydd

A oes rhaid i fi mhlentyn gymryd rhan?

Er bod ysgol eich plentyn wedi cytuno i gymryd rhan, chi a'ch plentyn sy'n penderfynu p'un a fyddan nhw'n cymryd rhan. Siaradwch â'ch plentyn am ein harolwg. Os byddwch chi'n cytuno, bydd athro/athrawes 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, caiff weithgareddau eraill i'w gwneud. Os nad ydych chi am i'ch plentyn gymryd rhan yn yr arolwg, mae'n bwysig i chi gysylltu ag ysgol eich plentyn o fewn **y pythefnos nesaf**.

A all fy mhlentyn newid ei feddwl os bydd yn penderfynu ei fod am roi'r gorau i gymryd rhan?

Gall, gall eich plentyn dynnu'n ôl unrhyw bryd yn ystod yr arolwg, a bydd yr athro/athrawes yn atgoffa'r disgyblion am hyn cyn i'r arolwg ddechrau. Ond, ar ôl ei ateb, bydd ymatebion yn ddienw, felly ni fydd modd adnabod atebion unigolyn er mwyn eu dileu.

Beth fydd yn digwydd i atebion fy mhlentyn?

Mae pob ateb 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 rhannu atebion unigolyn gyda'r ysgol neu rieni/gofalwyr. Mae'r holl ddata'n cael ei gadw'n ddiogel yn unol â'r GDPR a Deddf Diogelu Data 2018. Mae ein polisi ar ddiogelu data/hysbysiad preifatrwydd data i'w weld yma.

Mae data anhysbys yr arolwg yn cael ei storio am gyfnod amhenodol at ddibenion ymchwil gan fod gwerth parhaus ganddo o ran deall newid mewn iechyd a lles gydag amser. Bydd crynodebau anhysbys o'r data yn cael eu cynnwys mewn adroddiadau i ysgolion, awdurdodau lleol a Llywodraeth Cymru, ac yn cael eu cyhoeddi mewn erthyglau cyfnodolion gwyddonol.

A yw'r astudiaeth wedi cael cymeradwyaeth foesegol?

Mae casglu data gennym yn dilyn ymagwedd drylwyr a phriodol at gydsyniad gwybodus a diogelu. Mae pob cylch yr arolwg ymchwil yn cael ei adolygu a'i gymeradwyo gan Bwyllgor Moeseg Prifysgol Caerdydd. Gallwch gysylltu â'r pwyllgor gydag unrhyw ymholiadau ar socsi-ethics@cardiff.ac.uk

Beth mae angen i mi ei wneud nawr?

Os ydych chi'n hapus i'ch plentyn gymryd rhan, nid oes angen i chi wneud unrhyw beth arall. Os nad ydych chi am i'ch plentyn gymryd rhan yn yr arolwg, cysylltwch â'ch ysgol **o fewn y pythefnos nesaf**, a fydd yn trefnu nad yw eich plentyn yn cymryd rhan.

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

Yn gywir,

Tîm y Rhwydwaith

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