



Y RHWYDWAITH YMCHWIL
IECHYD MEWN YSGOLION

SCHOOL HEALTH
RESEARCH NETWORK

Medi 2017

Annwyl Riant,

Arolwg Iechyd a Lles Myfyrwyr

Caiff y Rhwydwaith Ymchwil Iechyd mewn Ysgolion ei arwain dan Brifysgol Caerdydd, mewn partneriaeth â Llywodraeth Cymru, Iechyd Cyhoeddus Cymru a Cancer Research UK. Bob dwy flynedd, gwahoddir ysgolion y Rhwydwaith i gymryd rhan mewn Arolwg Iechyd a Lles Myfyrwyr. Caiff y wybodaeth a gesglir yn yr arolwg ei defnyddio i lunio Adroddiad Iechyd a Lles Myfyrwyr ar gyfer pobl ysgol. Mae'r adroddiadau hyn yn adnodd gwerthfawr i ysgolion ac yn ategu'r gwaith y maen nhw'n ei wneud i ddiogelu a gwella iechyd a lles eu myfyrwyr.

Mae ysgol eich plentyn yn cymryd rhan yn yr Arolwg Iechyd a Lles Myfyrwyr y tymor hwn. Caiff yr arolwg ei reoli gan Ipsos MORI ar ran Prifysgol Caerdydd a chaiff ei gwblhau ar-lein dan oruchwyliaeth aelod o staff yr ysgol. Mae'n cynnwys cwestiynau am ymddygiad iechyd, gweithgarwch corfforol, ysmegu, alcohol, cyffuriau, bywyd ysgol a pherthnasoedd. Gofynnir nifer fach o gwestiynau i fyfyrwyr Blwyddyn 9 ac uwch ynghylch ymddygiad rhywiol. Gall pob myfyriwr ddewis a ydyn nhw eisiau cwblhau'r arolwg ai peidio, a gallan nhw beidio ag ateb unrhyw gwestiwn nad ydyn nhw eisiau ei ateb.

Caiff yr arolwg ei gwblhau'n ddiennw. Bydd Prifysgol Caerdydd yn defnyddio data'r arolwg i lunio Adroddiadau Iechyd a Lles Myfyrwyr, ac ar gyfer ymchwil i iechyd pobl ifanc. Mae'r Adroddiadau Iechyd a Lles Myfyrwyr yn cynnwys data cyfansymiol yn unig e.e. canran bechgyn blwyddyn 7 sy'n bwyta brecwast bob dydd.

Gobeithiaf y byddwch yn fodlon i'ch plentyn gymryd rhan yn yr arolwg. Os oes gennych chi unrhyw bryderon, os hoffech weld cwestiynau'r arolwg neu dynnu eich plentyn yn ôl, rhowch wybod i dderbynfa'r ysgol cyn gynted â phosibl.

Yn gywir,

Yr Athro Simon Murphy
Prifysgol Caerdydd

Partneriaeth yw Rhwydwaith Ymchwil Ysgolion Iach rhwng Llywodraeth Cymru, Ymchwil Canser y DU, Iechyd Cyhoeddus Cymru, Tîm Ymgysylltu Cymunedol Prifysgol Caerdydd, DECIPHer a WISERD.

The School Health Research Network is a partnership between Welsh Government, Cancer Research UK, Public Health Wales, Cardiff University Community Engagement Team, DECIPHer and WISERD.



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IECHYD MEWN YSGOLION

SCHOOL HEALTH
RESEARCH NETWORK

September 2017

Dear Parent,

Student Health and Wellbeing Survey

The School Health Research Network is led by Cardiff University in partnership with Welsh Government, Public Health Wales and Cancer Research UK. Every two years, schools in the Network are invited to take part in the Student Health And Wellbeing Survey. The information collected in the survey is used to compile a Student Health and Wellbeing Report for each school. These reports are a valuable resource for schools and support the work they do to protect and improve their students' health and wellbeing.

Your child's school is taking part in the Student Health and Wellbeing Survey this term. The survey is being managed by Ipsos MORI on behalf of Cardiff University and is completed on-line under the supervision of a member of school staff. It contains questions on health behaviours, including diet, physical activity, smoking, alcohol, drugs, school life and relationships. Students in Year 9 and above only will be asked a small number of questions relating to sexual behaviour. Each student chooses whether or not they want to complete the survey and they can omit any question they do not want to answer.

The survey is completed anonymously. Cardiff University use the survey data to compile the Student Health and Wellbeing Reports and for research into adolescent health. The Student Health and Wellbeing Reports contain only aggregated data, e.g. the percentage of Year 7 boys who eat breakfast every day.

I hope that you will be happy for your child to participate in the survey. If you have any concerns, wish to see the survey questions or withdraw your child, please notify school reception as soon as possible.

Yours sincerely,

Professor Simon Murphy
Cardiff University

Partneriaeth yw Rhwydwaith Ymchwil Ysgolion Iach rhwng Llywodraeth Cymru, Ymchwil Cancer y DU, Iechyd Cyhoeddus Cymru, Tîm Ymgysylltu Cymunedol Prifysgol Caerdydd, DECIPHer a WISERD.

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