Y RHWYDWAITH YMCHWIL
IECHYD MEWN YSGOLION
SCHOOL HEALTH
RESEARCH NETWORK

Medi 2021

Annwyl Riant,

Arolwg Iechyd a Lles Myfyrwyr

Caiff y Rhwydwaith Ymchwil Iechyd mewn Ysgolion ei arwain gan 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 pob ysgol, sy'n cefnogi eu gwaith i wella 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, ysmygu, 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.

Ar ddiwedd yr arolwg gofynnir i fyfyrwyr ddarparu eu henwau, eu dyddiad geni a'u cod post. Mae hyn yn galluogi ymchwilwyr i gysylltu ymatebion myfyrwyr ar draws rowndiau gwahanol o'r arolwg a gynhelir bob dwy flynedd, er mwyn ymchwilio i sut a pham mae iechyd a lles yn newid yn ystod y llencyndod. Rhoddir gwybod i'r myfyrwyr nad oes rhaid iddyn nhw ddarparu'r wybodaeth hon os nad ydynt yn dymuno ac, os byddant yn ei rhoi, nifer fach o ymchwilwyr yn unig ym Mhrifysgol Caerdydd ac Ipsos MORI fydd yn ei gweld.

Bydd yr holl ddata'n cael ei drin yn unol â'r Data Protection Act (2018) ac Rheolai Cyffredinol am Ddiogelu Data, a gallwch ddarllen ein hysbysiad preifatrwydd data yma: **www.shrn.org.uk/cy/gdpr/** neu cysylltwch â Matt Davies ar shrn@cardiff.ac.uk neu 029 2087 4433 i wneud cais am gopi. Mae'r arolwg yn hollol gyfrinachol, oni bai bod ymateb myfyriwr yn codi pryderon ynghylch ei les. Yn yr achos hwn, byddwn ni'n hysbysu swyddog diogelu'r ysgol os oes gennym enw'r myfyriwr. 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 hapus i'ch plentyn gymryd rhan. Os ydych yn bryderus am unrhyw beth, os ydych am weld cwestiynau'r arolwg neu dynnu eich plentyn yn ôl o'r arolwg, rhowch wybod i dderbynfa'r ysgol cyn gynted â phosibl.

Yn gywir,

Yr Athro Simon Murphy

Partneriaeth yw Rhydwaith Ymchwil Ysgolion Iach rhwng Llywodraeth Cymru, Ymchwil Canser y DU, Iechyd Cyhoeddus Cymru, Prifysgol Caerdydd, DECIPHer ac WISERD

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

@SHRNWales
www.shrn.org.uk
DECIPHer, Prifysgol Caerdydd, 1-3 Plas yr Amgueddfa, Caerdydd, CF10 3BD
DECIPHer, Cardiff University, 1-3 Museum Place, Cardiff, CF10 3BD
+44 (0) 2920 874 433

Dear Parent, September 2021

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, which supports their work to 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.

At the end of the survey students are asked to give their name, date of birth and postcode. This enables researchers to connect students' responses across different rounds of the two-yearly survey, in order to investigate how and why health and wellbeing change through adolescence. It is made clear to students that they do not have to provide this information if they do not want to and, if given, it will only be seen by a small number of researchers at Cardiff University and Ipsos MORI.

All data will be treated in accordance with the Data Protection Act (2018) and the General Data Protection Regulations, and you can read our data privacy notice here: **www.shrn.org.uk/gdpr/** or contact Matt Davies at shrn@cardiff.ac.uk or 029 2087 4433 to request a copy. The survey is strictly confidential unless a student response raises concerns about their welfare, in which case we will notify the school's safeguarding officer if we have the student's name. 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 daily.

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

Yours sincerely,

Professor Simon Murphy

@SHRNWales
www.shrn.org.uk
DECIPHer, Prifysgol Caerdydd, 1-3 Plas yr Amgueddfa, Caerdydd, CF10 3BD
DECIPHer, Cardiff University, 1-3 Museum Place, Cardiff, CF10 3BD
+44 (0) 2920 874 433