



22 Mawrth 2021 / 22 March 2021

Dear Headteacher,

In response to concerns about COVID-19 for the health and well-being of Wales, the Welsh Government released a Sêr Cymru COVID-19 response grant, funding a study conducted by Swansea University.

The specific objectives of this study are as follows:

- to determine the current physical activity levels and mental health and wellbeing of children and young people in Wales;
- to track whether/how these parameters change as we progress through the phases of the pandemic;
- to identify factors that underpin any changes, and that mediate, both positively and negatively, pathways between physical activity and mental health and wellbeing; and
- to provide guidance on what strategies are needed, and where, to minimise the impact of COVID-19 on physical activity, mental health and wellbeing, among children and young people in Wales.

We ask that you please assist with the request from Dr Liezel Hurter, by forwarding her message to all parents of children eligible for our study. The results from the study will provide government with important information on how to deal with the effects of COVID-19 in children going forward.

If you have any questions, please do not hesitate to contact me.

Kind regards on behalf of the Sêr Cymru team.

Claire Stephens

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WG Project No: 099. Round 2
Tackling Covid-19 Award

Annwyl Bennaeth,

Mewn ymateb i bryderon am COVID-19 er iechyd a lles Cymru, mae Llywodraeth Cymru wedi rhyddhau grant ymateb i COVID-19 Sêr Cymru, gan ariannu astudiaeth a gynhelir gan Brifysgol Abertawe.

Mae'r amcanion penodol ar gyfer yr astudiaeth hon fel a ganlyn:

- pennu lefelau gweithgarwch corfforol presennol ac iechyd meddwl a lles plant a phobl ifanc yng Nghymru;
- olrhain a yw/sut bydd y paramedrau hyn yn newid wrth i ni symud drwy gamau'r pandemig;
- nodi ffactorau sy'n ategu newidiadau, ac sy'n cyfyngu, yn gadarnhaol ac yn negyddol, lwybrau rhwng gweithgarwch corfforol ac iechyd meddwl a lles; a
- rhoi arweiniad ar ba strategaethau sydd eu hangen a ble, i leihau effaith COVID-19 ar weithgarwch corffol, iechyd meddwl a lles, ymhlith plant a phobl ifanc yng Nghymru.

Rydym yn gofyn i chi gynorthwyo gyda chais Dr Liezel Hurter, drwy anfon ei neges at holl rieni plant sy'n gymwys ar gyfer ein hastudiaeth. Bydd canlyniadau'r astudiaeth hon yn rhoi gwybodaeth bwysig i'r llywodraeth ar sut i ddelio ag effeithiau COVID-19 mewn plant wrth fynd ymlaen.

Os oes gennych gwestiynau, mae croeso i chi gysylltu â mi.

Cofion cynnes ar ran tîm Sêr Cymru.