

**NEWYDDION IECHYD A LLES YSGOLION SIR DDINBYCH**  
**DENBIGHSHIRE SCHOOLS HEALTH AND WELL-BEING NEWS**

Y nod yw rhannu'r cylchlythyr hwn gydag ysgolion a phartneriaid bob mis drwy e-bost. Bydd yn cynnwys newyddion iechyd a lles a diweddariadau o waith Grŵp Iechyd a Lles newydd Sir Ddinbych pan yn berthnasol.

The aim is to share this newsletter with schools and partners every month via email. It will include health and well-being news and updates from the work of the new Denbighshire Health and Well-Being Group when relevant.

**YSGOLION**

A fydddechystal â'i gylchredeg i **holl** staff yr ysgol, ac efallai y gallech argraffu a darparu copi mewn ystafelloedd staff ac ar hysbysfyrddau staff.

**SCHOOLS**

Please could you circulate to **all** staff in school, and perhaps print and provide a copy in staff rooms and on staff notice boards.

Tachwedd, 2016

November, 2016

**POB YSGOL**

**ALL SCHOOLS**

**Wythnos Gwrth-Fwlio**

Peidiwch ag anghofio – wythnos gwrth fwlio yr wythnos yma 14/11/2016.

**Anti-Bullying Week**

Don't forget - anti-bullying week this week 14/11/2016.

**Prosiect Sbectrwm  
Gwersi ac Hyfforddiant AM DDIM  
Perthnasoedd Iach**

Mae'r Prosiect Sbectrwm sy'n cael ei ddarparu gan Hafan Cymru wedi derbyn cyllid i godi ymwybyddiaeth o berthnasoedd iach yn yr holl ysgolion cynradd ac uwchradd yng Nghymru.

Mae hwn yn rhan o ymgyrch gan Lywodraeth Cymru i fynd i'r afael â Chamdrin Domestig a Thrais yn Seiliedig ar Ryw / ystrydebau rhyw.

Mae'r Prosiect Sbectrwm yn cysylltu'n dda â'r Fframwaith ABCh ac yn gweithredu fframwaith Llythrennedd a Rhifedd.

Cynhelir yr holl sesiynau Sbectrwm yn RHAD

**Spectrum Project  
Lessons and Training FREE OF CHARGE  
Healthy Relationships**

The Spectrum Project by Hafan Cymru have been given funding to raise awareness of healthy relationships in all primary and secondary schools in Wales.

This is part of the drive by the Welsh Government to tackle Domestic Abuse and Gender Based Violence/gender stereotypes.

The Spectrum Project links with the PSE Framework whilst also implementing the Literacy and Numeracy framework.

All Spectrum sessions are FREE OF CHARGE

AC AM DDIM ac maent yn cael eu darparu gan athrawon cymwys a phrofiadol. Gellir darparu sesiynau yn Gymraeg neu Saesneg ac mae'r holl adnoddau'n ddwyieithog.

### **Mae'r holl sesiynau:**

- Yn hyrwyddo pwysigrwydd perthnasau iach a chodi ymwybyddiaeth plant, pobl ifanc ac oedolion ynglŷn â materion cam-drin domestig a thrais yn seiliedig ar ryw / ystrydebau rhyw.
- Yn draws gwricwlaidd ac wedi'u dylunio i hyrwyddo trafodaeth â chyfoedion, gan ddefnyddio ystod o dechnegau.
- Yn defnyddio deunydd sy'n gwneud i chi feddwl ac nid ydynt wedi'u dylunio i fod mor emosiynol fel eu bod yn achosi gofid. Mae'r sesiynau wedi'u dylunio i hyrwyddo trafodaeth nid datgeliad.
- Yn gorffen gyda gwybodaeth ar gyfer y bobl ifanc ynglŷn â sut i gael cymorth a chefnogaeth, yn yr ysgol a thu allan i'r ysgol.

Fel rhan o'r pecyn, darperir sesiwn ar gyfer staff yr ysgol a rhieni. Mae hyn yn cynnwys:

- Codi ymwybyddiaeth o gam-drin domestig
- Deall effaith cam-drin domestig ar blant
- Edrych ar ymagwedd ysgol gyfan i fynd i'r afael â cham-drin domestig, trais rhywiol a thrais yn seiliedig ar ryw.

I archebu sesiwn gall ysgolion gysylltu â :

Sian Griffith  
Swyddog Cyswllt Ysgolion – Conwy a Sir  
Ddinbych  
[Sian.griffith@hafancymru.co.uk](mailto:Sian.griffith@hafancymru.co.uk)  
07725 255412

### **Hyfforddiant Timian – Cwrs 3 diwrnod**

5, 6 a 7 Rhagfyr ym Mhencadlys Geidiaid y Rhyl

and are delivered by qualified and experienced teachers. Sessions can be delivered in Welsh or English and all resources are bilingual.

### **All sessions:**

- Promote the importance of healthy relationships and raise the awareness of children, young people and adults about the issues of domestic abuse and gender based violence/gender stereotypes.
- Are cross curricular and are designed to promote peer discussion, using a range of techniques.
- Use material that are thought provoking but are not designed to be so emotive as to cause distress. The sessions are designed to promote discussion not disclosure.
- Conclude with information for young people on where they can access help and support both inside and outside the school.

As part of the package, a INSET session is also provided for school staff and parents. This includes:

- Raising awareness of domestic abuse
- Understanding the implications of domestic abuse on a child
- Looking at a whole school approach to tackling domestic abuse, sexual violence and gender based violence.

To book a session schools can contact:

Sian Griffith  
Schools Liaison Officer - Conwy &  
Denbighshire  
[Sian.griffith@hafancymru.co.uk](mailto:Sian.griffith@hafancymru.co.uk)  
07725 255412

### **Timian Training – 3 day course**

5, 6 & 7 December at The Rhyl Guide Headquarters

13, 14 ac 15 Chwefror yn Stepping Stones De, Ysgol Brynhyfryd, Rhuthun

27, 28 a 29 Mawrth ym Mhencadlys Geidiaid y Rhyl

5, 6 a 7 Gorffennaf yn Stepping Stones De, Ysgol Brynhyfryd, Rhuthun

### **Hyfforddiant Timian - Cwrs Gloywi**

3 Mawrth yn Stepping Stones De, Ysgol Brynhyfryd, Rhuthun

5 Mai ym Mhencadlys Geidiaid y Rhyl

Mae system newydd yn cael ei ddefnyddio ar gyfer cyrsiau gloywi. Gofynnwn i chi gyflwyno enwau eich staff sy'n dymuno mynychu'r cwrs gloywi gan nodi'r dyddiad y maent ar gael i fynychu'r cwrs.

Mae 15 o leoedd ar gael ar yr holl gyrsiau, a bydd ar sail y cyntaf i'r felin.

I archebu lle:

[nicola.roberts@denbighshire.gov.uk](mailto:nicola.roberts@denbighshire.gov.uk)

### **Dinasyddiaeth Fyd-eang: Archwilio'r argyfwng ffoaduriaid a symudiadau pobl**

Mae Oxfam Cymru, Canolfan y Dechnoleg Amgen a Chanolfan Materion Rhyngwladol Cymru yn cynnig gweithdai athrawon a phrosiect dinasyddiaeth fyd-eang ar gyfer ysgolion uwchradd a cholegau yng Nghymru. Ariennir y prosiect hwn gan Lywodraeth Cymru trwy Raglen Addysg Ryngwladol y British Council.

### **Gweithdai datblygiad proffesiynol ar gyfer athrawon uwchradd**

Yn nhymor yr hydref eleni, bydd athrawon mewn ysgolion uwchradd a cholegau yng Nghymru yn cael y cyfle i gymryd rhan mewn gweithdai datblygiad proffesiynol yn Wrecsam, Abertawe a Chaerdydd. Byddwch yn archwilio'r argyfwng ffoaduriaid

13, 14 & 15 February at Stepping Stones South, Ysgol Brynhyfryd, Ruthin

27, 28 & 29 March at The Rhyl Guide Headquarters

5, 6 & 7 July at Stepping Stones South, Ysgol Brynhyfryd, Ruthin

### **Timian Training – Refresher course**

3 March at Stepping Stones South, Ysgol Brynhyfryd, Ruthin

5 May at The Rhyl Guide Headquarters

A new system is now being used for refresher courses. Please submit names of staff that wish to be refreshed stating which date they are able to attend.

There are 15 places available on all courses, and it will be on first come basis.

To book a place:

[nicola.roberts@denbighshire.gov.uk](mailto:nicola.roberts@denbighshire.gov.uk)

### **Global citizenship: Exploring the refugee crisis and the movement of people**

Oxfam Cymru, the Centre for Alternative Technology and the Welsh Centre for International Affairs are offering teacher workshops and a global citizenship project for secondary schools and colleges in Wales. This project is being funded by the Welsh Government through the British Council International Education Programme.

### **Professional development workshops for secondary teachers**

This autumn term teachers in secondary schools and colleges in Wales will have the opportunity to participate in professional development workshops in Wrexham, Swansea and Cardiff. You'll explore the refugee crisis and migration, and discover

ac allfudo, ac yn canfod sut i helpu dysgwyr i ddatblygu'n ddinasyddion moesegol a hyddysg yng Nghymru a ledled y byd. Byddai'r gweithdy hwn yn ddelfrydol i athrawon Her Dinasyddiaeth Fyd-eang Bagloriaeth Cymru, yn ogystal ag athrawon sy'n awyddus i ddatblygu eu hyder wrth ymdrin â materion cymhleth yn yr ystafell ddosbarth.

Cofrestrwch ar gyfer y gweithdy nawr:  
<http://bit.ly/DPPamddim>

### **Adnoddau CA2 a CA3** **We're not so different - Let's Stand as One**

Mae adnodd newydd ar gyfer Cyfnodau Allweddol 2 a 3 bellach ar-lein. Mae 'We're not so different - Let's Stand as One' yn defnyddio ffilm i bwysleisio'r hyn sy'n debyg rhyngom ac i ddatblygu empathi. Gall dysgwyr ddefnyddio'r adnodd creadigol hwn i archwilio'r hyn sydd gennym yn gyffredin a'r hyn sydd ei angen ar bob un ohonom i fyw'n dda, ac i feddwl yn feirniadol am neges y ffilm.

[vleech@oxfam.org.uk](http://www.oxfam.org.uk/education/resources/were-not-so-different?urn=61546869&ito=214&ecid=em_YaE_5402_39313_2016GWD0010_Wales>We're not so different?urn=61546869&ito=214&ecid=em_YaE_5402_39313_2016GWD0010_Wales>We're not so different - Let's Stand as One</a><br/><a href=)

### **Diwrnod Defnyddio'r Rhyngrwyd yn fwy Diogel - Cystadleuaeth dylunio logo diogelwch ar-lein**

Bydd *Diwrnod Defnyddio'r Rhyngrwyd yn fwy Diogel* yn cael ei gynnal ar 7 Chwefror 2017 ac mae her newydd ar gyfer dysgwyr yng Nghymru.

Dyma alw ar ddysgwyr i gymryd rhan yn cystadleuaeth i greu logo newydd ynghylch diogelwch ar-lein yng Nghymru.

<http://hwb.wales.gov.uk/resources/resource>

how to help learners develop as ethical, informed citizens of Wales and the world. This workshop would be ideal for teachers of the Welsh Baccalaureate Global Citizen Challenge and teachers looking to develop their confidence in tackling complex issues in the classroom.

Sign up for a workshop now  
<http://bit.ly/FreeCPDWales>

### **KS2 and KS3 Resource** **We're not so different - Let's Stand as One**

A new resource for Key Stage 2 and 3 is now online. We're not so different - Let's Stand as One uses a film emphasise our similarities and develop empathy. With this creative resource learners can explore what we have in common, what we all need to have a good life and think critically about the film's message.

[vleech@oxfam.org.uk](http://www.oxfam.org.uk/education/resources/were-not-so-different?urn=61546869&ito=214&ecid=em_YaE_5402_39313_2016GWD0010_Wales>We're not so different?urn=61546869&ito=214&ecid=em_YaE_5402_39313_2016GWD0010_Wales>We're not so different - Let's Stand as One</a><br/><a href=)

### **Safer Internet Day 2017 – Online Safety logo competition**

Safer Internet Day will be on 7 February 2017 and there are new challenges for learners in Wales.

Learners are being asked to take part in the Safer Internet Day competition to create a new logo for online safety in Wales.

<http://hwb.wales.gov.uk/resources/resource/>

## Asesiad Digonolrwydd Plant

Fel y gwyddoch efallai, mae pob awdurdod lleol yng Nghymru â rhwymedigaeth statudol o dan Ddeddf Gofal Plant 2006, i ddarparu gwybodaeth i Lywodraeth Cymru ar ddigonolrwydd gofal plant yn eu hawdurdod a'r ffactorau sy'n effeithio arno, sef yr Asesiad Digonolrwydd Gofal Plant (ADGP).

Ym mis Mawrth 2017 mae Sir Ddinbych i ddarparu i Llywodraeth Cymru adolygiad llawn o gofal plant yn y sir. Mae'r asesiad yn fesur o natur a maint yr angen a'r cyflenwad o ofal plant ym mhob ardal leol ac yn ein galluogi i nodi bylchau yn y ddarpariaeth a chynllunio sut i gefnogi'r sector i fynd i'r afael â'r materion hyn drwy ymgynghori â'i bartneriaid.

Er mwyn helpu gyda chasglu gwybodaeth, rydym wedi atodi dolenni i holiaduron a fyddai'n rhoi gwybodaeth hanfodol o amgylch anghenion gofal plant a barn rhieni a chyflogwyr. Os gwelwch yn dda gofynnwn i chi sy'n rhieni / gofalwyr i gwblhau'r holiadur. Fyddech hefyd yn helpu trwy ledaenu'r dolenni isod i unrhyw Rieni a Chyflogwyr i gymryd rhan.

<https://www.surveymonkey.co.uk/r/Holiadurrhieni>

[https://www.surveymonkey.co.uk/r/arolwgcyflogwr16\\_17](https://www.surveymonkey.co.uk/r/arolwgcyflogwr16_17)

**Catrin Roberts**  
**Gwasanaeth Gwybodaeth i Deuluoedd Sir Ddinbych**

**CYNRADD/ARBENNIG**

**UWCHRADD/ARBENNIG**

**Gwahoddiad gan Gomisiynydd Plant Cymru**

## Childcare Sufficiency Assessment

As you may be aware, all local authorities in Wales have a statutory obligation under The Childcare Act 2006, to provide information to Welsh Government on the sufficiency of Childcare within their authority and the factors affecting it, namely being the Childcare Sufficiency Assessment (CSA).

In March 2017, Denbighshire are to provide Welsh Government with a full review of childcare within the county. The assessment is a measurement of the nature and extent of the need for and supply of childcare within each local area and enables us to identify gaps in provision and plan how to support the sector to address these issues through consultation with its partners.

To help with the collation of information, there are links below to questionnaires which provide us with vital information surrounding the childcare needs and the views of both parents and employers. For those of you who are Parents / Carers would you please complete the Parent questionnaire. Would you also please help by disseminating the below links to any Parents and Employers to participate.

<https://www.surveymonkey.co.uk/r/ParentCSA>

[https://www.surveymonkey.co.uk/r/employersurvey16\\_17](https://www.surveymonkey.co.uk/r/employersurvey16_17)

**Catrin Roberts**  
**Denbighshire Family Information Service**

**PRIMARY/SPECIAL**

**SECONDARY/SPECIAL**

**Invitation from the Children's Commissioner for Wales**



Prif nod Comisiynydd Plant Cymru yw diogelu a hybu hawliau a lles plant.

Elfen ganolog wrth wireddu'r nod yma yw ei llysgenhadon – menter rydd sy'n grymuso disgyblion i fod yn llysgenhadon drosaf fi yn eu hysgolion.

The '**Llysgenhadon Gwych**' eisoes wedi ymsefydlu mewn ysgolion cynradd ledled Cymru.

Yn dilyn peilot llwyddiannus yn 2015, mae ysgolion uwchradd yn cael gwahoddiad i ymuno â'r Cynllun newydd ar gyfer Llysgenhadon Ysgol Uwchradd yn 2016/2017.

### **Sut mae'r cynllun yn gweithio?**

Mae isafswm o ddau disgybl ym mhob ysgol yn cael eu hethol gan eu cyfoedion i arwain y gwaith o hyrwyddo CCUHP a rôl y Comisiynydd Plant i eraill yn yr ysgol. Nid yw'r cynllun yn pennu'n union sut mae ysgolion i wneud hyn; mae rhai ysgolion mawr yn ethol Llysgenhadon ar gyfer pob grŵp blwyddyn, tra bod eraill yn cysylltu ein cynllun ni â gwaith sydd eisoes yn digwydd ar hybu hawliau a iechyd.

Mae hefyd yn ofynnol bod Llysgenhadon Uwchradd yn cwblhau tasgau arbennig unwaith y tymor, ac yn casglu barn eu cyfoedion ar ystod eang o faterion er mwyn i'w barn fedru llywio fy ngwaith. Dylai'r Llysgenhadon gael eu cefnogi gan athro cyswllt – y Cydlynnydd ABCh presennol o bosib, neu'r Cydlynnydd Ysgolion Iach neu athro cyswllt Cyngor yr Ysgol – a fydd yn brif bwynt cyswllt ac a fydd yn derbyn gwybodaeth i'w throsglwyddo i'ch Llysgenhadon bob tymor.

Mae nhw'n gofyn bod rhaid i bob athro cyswllt ymrwymo i gefnogi'r bobl ifanc i gyrchu gwybodaeth a llenwi gwerthusiad

The principal aim of the Children's Commissioner for Wales is to safeguard and promote the rights and welfare of children.

Playing a central role in the delivery of this aim are her ambassadors – a free initiative that empowers pupils to become ambassadors for me in their schools.

The '**Super Ambassador**' scheme is already established in primary schools across Wales.

Following a successful pilot in 2015, secondary schools are being invited to sign up to the new Secondary Student Ambassadors scheme for 2016/2017.

### **How does the scheme work?**

A minimum of two pupils per school are elected by their peers to take a lead role in promoting the UNCRC and the role of the Children's Commissioner to others within the school. The scheme is not prescriptive of how schools engage; some large schools elect Ambassadors for each year group others link our scheme to existing work on promoting rights and health.

Student Ambassadors are also required to complete special missions once a term, gathering opinions from their peers on a wide range of issues so their views can inform my work. Ambassadors should be supported by a link teacher - who could be the existing PSE Co-ordinator, Healthy School Co-ordinator or School Council Link teacher - who will be the main point of contact and who will receive information to pass on to your Ambassadors termly.

They ask that all link teachers must commit to supporting the young people to access information and to fill in a short evaluation in

byr ym mis Gorffennaf 2017, gyda'r nod o grisialu'r gwaith mae eich Llysgenhadon wedi ymwneud ag ef i hyrwyddo hawliau plant ac ymgysylltu â'r tair tasg. Bydden nhw'n ymdrechu i arddangos arfer da mewn ysgolion, a gallent ddefnyddio'r gwybodaeth i wneud hynny yn ei adroddiadau, ar ei gwefan ac ar draws ei llwyfannau cyfryngau cymdeithasol. Bydd pob Llysgennad Ysgol yn derbyn tystysgrif o ddiolch gan y Comisiynydd ar ddiwedd y flwyddyn ysgol.

### **Beth nesa?**

Os oes gennych chi ddiddordeb mewn cofrestru eich ysgol am ddim, gofynnwch i athro cyswllt ymuno ar gwefan [www.complantcymru.org.uk](http://www.complantcymru.org.uk) dderbyn pecyn ymuno a fydd yn cynnwys gwybodaeth, bathodynau a phosteri hawliau dwyieithog.

July 2017, with the aim of capturing the work your Ambassadors have been involved in to promote children's rights and to engage with the three missions. They will endeavour to showcase good practice within schools and may use information you provide in order to do this in their reports, on their website and across their social media platforms. All School Ambassadors will receive a certificate of thanks from the commissioner at the end of the school year.

### **What next?**

If you are interest in registering your school for free, please ask a link teacher to sign up on [www.childcomwales.org.uk](http://www.childcomwales.org.uk) to receive a joining pack which includes information, badges and bilingual rights posters.

## **DYDDIAU/WYTHNOSAU IECHYD**

### **Wythnosau / Dyddiau Iechyd i ddod**

Mae manylion sawl diwrnod ymwybyddiaeth cenedlaethol a rhyngwladol ar y ddolen hon

[www2.nphs.wales.nhs.uk:8080/calendartemplate.nsf](http://www2.nphs.wales.nhs.uk:8080/calendartemplate.nsf)

Wythnos Ymwybyddiaeth Alcohol  
14/11/2016

Wythnos Gwrth-Fwlio  
14/11/2016

Wythnos Diogelwch ar y Ffyrdd  
21/11/2016

Diwrnod Clefyd AIDS y Byd  
01/12/2016

Diwrnod Hawliau Dynol y Byd  
10/12/2016

Diwnord 'Bug Busting'

## **HEALTH THEMED DAYS / WEEKS**

### **Upcoming Themed Health Weeks / Days**

Several national and international awareness days can be found on this link

[www2.nphs.wales.nhs.uk:8080/calendartemplate.nsf](http://www2.nphs.wales.nhs.uk:8080/calendartemplate.nsf)

Alcohol Awareness Week  
14/11/2016

Anti-Bullying Week  
14/11/2016

Road Safety Week  
21/11/2016

World AIDS Day  
01/12/2016

World Human Rights Day  
10/12/2016

Bug Busting Day

21/01/2017

Diwrnod Dim Ysmygu  
08/03/2017

31/01/2017

No Smoking Day  
08/03/2017