

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.

Hydref, 2016

October, 2016

POB YSGOL

ALL SCHOOLS

Llwyddiant Ysgolion Iach

Llongyfarchiadau mawr i'r ysgolion canlynol ar eu llwyddiannau gyda'r asesiadau Ysgolion Iach:

Ysgol Dewi Sant, cam 3
Ysgol Uwchradd Y Rhyl, cam 4

Healthy Schools Scheme

A huge congratulations to the following schools on their successful Healthy Schools assessments:

Ysgol Dewi Sant, phase 3
Rhyl High School, phase 4

Newyddion y Grŵp Iechyd a Lles

Mae cynlluniau gofal iechyd a chanllawiau rheoli meddyginiaeth yn cael eu datblygu ar gyfer ysgolion Sir Ddinbych. Ymgynghorwyd â gweithwyr iechyd proffesiynol ac mae cyfres o weithdai ar fin cael eu cynnal ar gyfer ysgolion, llywodraethwyr a phartneriaid. Bydd gwybodaeth yn cael ei dosbarthu.

Mae polisi diogelu diweddaraf Sir Ddinbych bellach ar gael ar gyfer ysgolion. Mae hyn yn cynnwys archwiliad diogelu.

Mae'r trafodaethau a gynhaliwyd wedi

Health and Well-Being Group News

Health care plans and managing medication Guidelines are being developed for Denbighshire schools. Consultation has been undertaken with health professionals and a series of workshops are due to be held for schools, governors and partners. Information will be circulated.

The updated Denbighshire safeguarding policy is now available for schools. This includes a safeguarding audit.

Discussions held around low level mental

cynnwys lefel isel o iechyd meddwl, gwydnwch a ffyrdd o fyw anhrefnus a beth sy'n cael ei wneud ar hyn o bryd a beth fedrwn ni ddatblygu.

Mae adnoddau a darparwyr ABCh a chymorth ar gyfer lles disgyblion wedi eu mapio ar dudalen we Sir Ddinbych, gweler isod.

Adnoddau a Darparwyr ABCh

<https://www.denbighshire.gov.uk/cy/eich-cyngor/strategaethau-cynlluniau-a-pholisiau/addysg-ac-ysgolion/gwybodaeth-ar-gyfer-ysgolion/addysg-bersonol-a-chymdeithasol.aspx>

Mae tudalen we wedi ei chreu ar wefan Sir Ddinbych i gyfeirio staff ysgol at adnoddau a darparwyr ABCh. Mae'r dudalen hon wedi ei rhannu'n themâu ABCh e.e. iechyd a lles, a dinasyddiaeth weithgar. Dydi hon ddim yn rhestr lawn, a byddwn yn ychwanegu ati'n rheolaidd. Mae'r dudalen we hefyd yn cynnwys fersiwn PDF o'r rhestr y gellir ei hargraffu.

Mater i bob ysgol yw gwirio cynnwys, ansawdd ac effeithiolrwydd yr adnoddau neu'r sefydliad sy'n dod i gynnal sesiynau yn yr ysgol.

Mentrau Lles Disgyblion

<https://www.denbighshire.gov.uk/cy/eich-cyngor/strategaethau-cynlluniau-a-pholisiau/addysg-ac-ysgolion/gwybodaeth-ar-gyfer-ysgolion/Cefnogi-Lles-Disgyblion.aspx>

Mae tudalen we wedi ei chreu ar wefan Sir Ddinbych i gyfeirio staff ysgol at fentrau a all helpu disgyblion a/neu deuluoedd sydd angen cymorth ychwanegol i wella eu lles.

Mae'r mentrau wedi eu rhestru fesul thema e.e. lles emosiynol a chamddefnyddio

health, resilience and chaotic lifestyles and what is being done currently and what could be developed.

PSE resources and providers and support for pupil well-being has been mapped on to a Denbighshire web page, see below.

PSE resources and providers

<https://www.denbighshire.gov.uk/en/your-council/strategies-plans-and-policies/education-and-schools/information-for-schools/personal-and-social-education.aspx>

A page on the Denbighshire website has been created to help sign post school staff to PSE resources and providers. The page is broken down in to PSE themes such as health and well-being and active citizenship. The list is not exhaustive and will be regularly added to. On the webpage there is also a PDF version of the list which can be printed off.

Please note that it is up to school to check the content, quality and effectiveness of the resources or the organisation coming to run sessions in a school.

Pupil well-being initiatives

<https://www.denbighshire.gov.uk/en/your-council/strategies-plans-and-policies/education-and-schools/information-for-schools/supporting-pupil-wellbeing.aspx>

A page on the Denbighshire website has been created to help sign post school staff to initiatives that could help pupils and/or families who may need additional support to improve their well-being.

The initiatives are broken down in to themes such as emotional well-being and

sylweddau. Dydi hon ddim yn rhestr lawn, a byddwn yn ychwanegu ati'n rheolaidd. Mae'r dudalen we hefyd yn cynnwys fersiwn PDF o'r rhestr y gellir ei hargraffu.

Mater i bob ysgol yw gwirio cynnwys, ansawdd ac effeithiolrwydd y mentrau neu'r sefydliad sy'n dod i gynnal sesiynau yn yr ysgol.

Dangos y Cerdyn Coch i Hiliaeth - 8 Tachwedd 2016

Hoffai Llywodraeth Cymru a Dangos y Cerdyn Coch i Hiliaeth eich gwahodd i weithdy AM DDIM a fydd yn gyffrous ac yn addysgiadol.

Mae'n bleser gennyn nhw cynnig lle AM DDIM i staff ysgol ar gyfer y digwyddiad 'Hyrwyddo Cydraddoldeb a Threchu Hiliaeth yn eich Ysgol'.

Bydd yr hyfforddiant yn darparu amgylchedd diogel ac anfeirniadol er mwyn rhoi cyfle i gynrychiolwyr ystyried:

- y rhwystrau i hyrwyddo cydraddoldeb a threchu hiliaeth
- sut i adnabod ac ymateb i ddigwyddiadau hiliol a
- dryswch ynghylch terminoleg sy'n ymwneud ag ethnigrwydd.

Bydd yr hyfforddiant yn magu hyder wrth drafod materion a allai fod yn anodd, a bydd yn darparu dulliau ymarferol i herio hiliaeth a hyrwyddo cydraddoldeb yn eich ysgol.

<https://www.eventbrite.co.uk/e/dangos-y-cerdyn-coch-i-hiliaeth-8-tachwedd-2016-show-racism-the-red-card-8-november-2016-tickets-27806437804>

Bore Coffi ASC i Rieni/Gofalwyr

Gweler y poster ar ddiwedd y newyddlen.

substances. The list is not exhaustive and will be regularly added to. On the webpage there is also a PDF version of the list which can be printed off.

Please note that it is up to school to check the content, quality and effectiveness of the initiatives or the organisation coming to run sessions in a school.

Show Racism the Red Card – 8 November 2016

Welsh Government and Show Racism the Red Card would like to invite you to an exciting and informative FREE workshop event.

They are pleased to offer school staff a FREE place at 'Promoting Equality and Tackling Racism in your School'.

The training will provide delegates with a safe, non-judgmental environment to consider:

- the barriers to promoting equality and tackling racism
- how to recognise and respond to racist incidents and
- confusion about terminology relating to ethnicity.

The training will build confidence in talking about potentially difficult issues and will provide practical ways to challenge racism and promote equality in your school.

<https://www.eventbrite.co.uk/e/dangos-y-cerdyn-coch-i-hiliaeth-8-tachwedd-2016-show-racism-the-red-card-8-november-2016-tickets-27806437804>

ASC Coffee Mornings for Parents/Carers

See poster at end of newsletter.

Sesiynau Atgoffa Timian

Byddwn yn cynnal cyrsiau atgoffa Timian ar y dyddiadau canlynol.

Dydd Gwener 7 Hydref 2016
Dydd Gwener 18 Tachwedd 2016
Dydd Mawrth 13 Rhagfyr 2016

Rydym yn defnyddio system wahanol, a gofynnwn i chi gyflwyno enwau eich staff sy'n dymuno cael sesiwn atgoffa, gan nodi pa ddyddiad y gallant fod yn bresennol.

Mae 15 o leoedd ar gael ar bob cwrs, a bydd ar sail y cyntaf i'r felin.
Rydym yn rhagweld y byddwn yn cynnig cyrsiau ychwanegol yn Rhuthun pan fydd ein hadnodd cynradd newydd ar agor.

Cynhelir yr holl gyrsiau ym Mhencadlys Guides y Rhyl, Tynewydd Rd, y Rhyl.
Os gwelwch yn dda anfonwch ateb at Nicola.roberts@denbighshire.gov.uk

Cyflwyniad i Golled a Galar (wedi'i trefnu gan GWE)

30 Ionawr 2017, Venue Cymru Llandudno NEU
31 Ionawr 2017, Canolfan Catrin Finch, Wrecasm

Bydd yr hyfforddiant yn rhoi cyflwyniad i Golled a Galar ac yn arwain at gwrs e-ddysgu ysgol gyfan.

<http://www.gwegogledd.cymru/cy/canolfa-n-wybodaeth/pmg-a-dysgwyr-bregus>

Hyfforddiant Stonewall (wedi'i trefnu gan GWE)

22nd Tachwedd 2016 – ysgolion cynradd
23rd Tachwedd 2016 – ysgolion uwchradd
Canolfan Fusnes Conwy, Cyffordd Llandudno

Mae cyrsiau Hyfforddi'r Hyfforddwyr Stonewall Cymru yn darparu arweinwyr bugeiliol, ABCh a gwrth-fwllo gyda'r holl

Timian Refresher

The following are dates when we will be holding Timian refresher courses.

Friday 7th October 2016
Friday 18th November 2016
Tuesday 13th December 2016

We are using a different system, and ask that you submit names of your staff that wish to be refreshed stating which date they are able to attend.

There are 15 places available on each course, and it will be on first come basis. We anticipate offering additional courses in Ruthin when our new primary resource is open.

All courses will be held at Rhyl Guide Headquarters, Tynewydd Rd Rhyl.
Please reply to Nicola.roberts@denbighshire.gov.uk

An Introduction to Loss and Bereavement (organised by GWE)

30 January 2017, Venue Cymru Llandudno OR
31 January 2017, Catrin Finch Centre, Wrexham

The training will provide an introduction to Loss and Bereavement followed by a whole school e-learning course.

<http://www.gwegogledd.cymru/information-centre/lac-and-vulnerable-learners>

Stonewall Training (organised by GWE)

22nd November 2016 – primary schools
23rd November 2016 – secondary schools
Conwy Business Centre, Llandudno Junction

Stonewall Cymru's Train the Trainer courses provide pastoral, PSE and anti-bullying leads with all the tools and techniques needed to

adnoddau a thechnegau sydd eu hangen i hyfforddi staff eraill i fynd i'r afael a bwlio homoffobaidd a dathlu gwahaniaeth mewn ffordd sy'n briodol i oedran; fydd yr hyfforddiant yma yn eich helpu chi i fodloni gofynion fframwaith arolygu Estyn. Mae ysgolion sy'n cymryd rhan yn dod yn rhan o'r rhaglen Hyrwyddwyr Ysgolion. Cynigir hyfforddiant i 1 aelod o staff o bob ysgol yng Ngogledd Cymru.

Stonewall yw'r elusen Cymru gyfan sy'n anelu i gael cydraddoldeb a chyfiawnder cymdeithasol i bobl lesbiaidd, hoyw, deurywiol a thraws yng Nghymru.

<http://www.gwegogledd.cymru/cy/canolfa-n-wybodaeth/pmg-a-dysgwyr-bregus>

Hyfforddiant Yellow Kite (wedi'trefnu gan GWE)

31/10/2016 a 23/01/2017, Beaufort Park, Yr Wyddgrug
NEU
05/12/2016 a 27/02/2017 Ty Menai, Bangor

Diwrnod 1: 'Mae'n Brifo Tu Mewn'

Cefnogi disgyblion sydd wedi dioddef trawma perthynas sylweddol neu sydd wedi colli rhywun agos.

Mae'r diwrnod hyfforddiant hwn yn addas ar gyfer amrywiaeth fawr o weithwyr proffesiynol a rhieni / gofawyr sy'n awyddus i ddeall sut mae gwneud i blentyn gofidus deimlo'n gartrefol yn y byd addysg. Diben y cwrs ydy ysbrydoli a dangos bod modd i bawb gyfrannu a gwneud gwahaniaeth yn y maes hwn waeth beth fo'u swyddogaeth neu gyfrifoldebau. Bydd y diwrnod hefyd yn annog pobl i wneud pethau mewn ffordd ychydig yn wahanol yn yr ysgol gan ddefnyddio fframwaith ymlyniad er mwyn deall ymddygiad fel ffordd o gyfathrebu.

Diwrnod 2: 'Beth Amdana i?'

Sut allai cefnogaeth ymlyniad ymddangos yn ystod diwrnod ysgol?

train other staff to tackle homophobic bullying, gender stereotypes and celebrate difference in an age-appropriate way; helping you to meet the requirements under the Estyn inspection framework. Participating schools become part of their School Champions programme. Training is offered for one member of staff from each school.

Stonewall is an all-Wales charity which aims to achieve legal equality and social justice for LGBT (lesbian, gay, bisexual and trans) people across Wales.

<http://www.gwegogledd.cymru/information-centre/lac-and-vulnerable-learners>

Yellow Kite Training (organised by GWE)

31/10/2016 and 23/01/2017, Beaufort Park, Mold
OR
05/12/2016 and 27/02/2017 Ty Menai, Bangor

Day 1: 'Inside I'm Hurting'

Supporting the pupil who has experienced significant relational traumas and losses

This day of training is suitable for a wide range of professionals and parents/carers who are interested in understanding how to settle a troubled pupil to learn within the education context. It is intended to inspire those who attend, enabling them to realize that they can all contribute and make a difference whatever their role or responsibility. The day will also encourage alternative practices in schools by using an attachment framework to understand behavior as communication.

Day 2: 'What About Me?'

What might attachment support look like during a school day?

Bwriedir y diwrnod hwn ar gyfer staff a rhieni / gofalwyr maeth sydd eisoes wedi mynychu hyfforddiant Diwrnod 1. Mae'r diwrnod hwn yn fwy rhyngweithio na Diwrnod 1 felly fe gyfyngir y niferoedd all fynychu. Bydd ymarferwyr yn cael mwy allan o'r diwrnod os ydynt wedi bod trwy nodiadau Diwrnod 1 ac yn mynychu yn barod i gyfrannu. Mae Diwrnod 2 yn ystyried bod y wybodaeth o'r ymarferion a'r egwyddorion o Ddiwrnod 1. Trwy gydol y diwrnod ystyrir sut fyddai'n bosibl ymestyn ymwybyddiaeth am ymlyniad drwy ymarfer yn yr ysgol.

<http://www.gwegogledd.cymru/cy/canolfa-n-wybodaeth/pmg-a-dysgwyr-bregus>

Datgelu (Unearthing) - Hope Mountain (wedi'i trefnu gan GWE)

Adnodd yw'r blychau Datgelu a ddatblygwyd yng Ngogledd Cymru yn 2008 i'w defnyddio ar gyfer ymyriad 1:1 â grŵp bychan gyda phobl ifanc. Bellach maent yn cael eu defnyddio mewn nifer o fudiadau cyhoeddus a thrydydd sector yng Nghymru a Lloegr. Maent yn seiliedig ar yr egwyddorion syml canlynol:

1. Lluniwyd y bwlch Datgelu i helpu pob person ifanc i deimlo'u bod yn cael eu gwerthfawrogi a'u clywed. Mae hyn yn adeiladu hunan-barch.
2. Mae'r blwch Datgelu yn gyflym ac yn naturiol yn creu lle tawel i bobl ifanc feddwl yn greadigol ac yn bositif. Maent yn darganfod eu doethineb eu hunain ac yn gweithio allan drostynt eu hunain ffyrdd newydd o symud ymlaen. Mae hyn yn eu grymus.
3. Mae'r blwch Datgelu yn helpu i adeiladu hunan-ddealltwriaeth ac empathi mewn modd hwyliog a phleserucs. Mae hyn yn creu sylfaen ar gyfer adeiladu sgiliau cymdeithasol a hunan-reoli emosiynau.

Crëwyd a chyhoeddwyd y blychau Datgelu a Siwrne gan Hope Mountain ac maent yn

This day is intended for education staff and parents/carers who have completed Day 1. This day is much more interactive than Day 1 and therefore a smaller audience is best. Delegates will get more out of the day if they read back over their notes from Day 1 and come willing to contribute. Day 2 assumes knowledge of the principles and practices covered in Day 1. Throughout the day participants will have opportunity to reflect upon how to extend Attachment Awareness in everyday practices within school.

<http://www.gwegogledd.cymru/information-centre/lac-and-vulnerable-learners>

Unearthing - Hope Mountain (organised by GWE)

The Unearthing box is a resource developed in North Wales in 2008 to be used for 1:1 and small group intervention with young people. By now they are used in many public and third sector organisations in Wales and England. They are based on the following simple principles:

1. The Unearthing box was designed to help each young person feel that they are appreciated and heard. This builds self-respect.
2. The unearthing box is a quick and natural way of creating a quiet space for young people to think creatively and positively. They can unearth their own wisdom and work out new ways of moving forwards for themselves. This strengthens them.
3. The Unearthing box helps build self-understanding and empathy in a pleasant and enjoyable way. This lays the foundation for building social skills and controlling one's own emotions.

The Unearthing and Journey boxes were designed and released by Hope Mountain

eu gwerthu'n uniongyrchol i fudiadau, gan dorri allan elw'r cyfanwerthwr. Maent yn fudiad dielw ac yn ymfalchïo mewn cyflenwi adnoddau a hyfforddiant ar gyfer yr hyn rydych ei angen. Maent yn cyflwyno hyfforddiant uchel ei barch i staff ar sut i ddefnyddio'r adnoddau fel bod eich pobl ifanc yn cael y budd mwyaf ohonynt. Caiff yr hyfforddiant ei werthfawrogi hefyd fel offeryn datblygu staff

Cysylltwch gyda'r cydlynnydd Plant Mewn Gofal lleol i drefnu cwrs hyfforddi.

Deall plant sydd wedi'u heffeithio gan drawma datblygiadol a gweithio gyda hwy gan Jane Evans (wedi'i trefnu gan GWE)

7 Chwefror 2017, Sywddfeydd GWE, Bae Colwyn NEU

8 Chwefror 2017, Beaufort Park, Yr Wyddgrug

Bydd hyfforddiant Jane Evans yn archwilio sut y mae trawma cynnar yn llywio tyfiant a datblygiad ymennydd a chorff plentyn, a'r effaith gaiff hyn ar ei allu i:

- Ganolbwyntio ac ymlacio
- Cynnal a chadw perthnasau ystyrlon
- Mwynhau iechyd a lles emosiynol
- Bod aga argraff gadarnhaol ohono'i hunan
- Lleihau ymddygiad cymhleth a heriol
- Teimlo chwilfrydedd a llawenydd
- Gallu ymroi i ddysgu a chofio'r hyn a ddysgwyd

<http://www.gwegogledd.cymru/cy/canolfa-n-wybodaeth/pmg-a-dysgwyr-bregus>

Dangos Cerdyn Coch i Hiliaeth - Diwrnod Gwisgo Coch - 21 Hydref 2016

Bydd yr arian a gesglir yn ystod Diwrnod Gwisgo Coch yn helpu Dangos Cerdyn Coch i Hiliaeth i barhau i gefnogi ac addysgu pobl ifanc ac athrawon ledled Cymru.

<http://www.srtrc.org/news/news-and->

and are sold directly to organisations, thus eliminating the wholesaler's profit. They are a non-profit organisation and take pride in providing resources and training which satisfy your needs. They provide a highly regarded training course for staff on how to use these resources to maximise the benefits for young people. The training is also valued as a tool for developing staff.

Contact the Looked After Children Coordinators to arrange a training course.

Understanding and Working with Children Impacted by Developmental Trauma (organised by GWE)

7th February 2017, GWE Offices, Colwyn Bay OR

8th February 2017, Beaufort Park, Mold

Jane Evans' training will enable an exploration of how early trauma shapes the growth and development of a child's brain and body, and the impact this has on their ability to:

- Concentrate and relax
- Form and sustain meaningful relationships
- Enjoy good mental and physical well-being
- Have a positive sense of themselves
- Reduce complex and challenging behaviours
- Accessing curiosity and joy
- Be able to commit to and retain learning

<http://www.gwegogledd.cymru/information-centre/lac-and-vulnerable-learners>

Show Racism the Red Card - Wear Red Day 21st October 2016

The funds raised during Wear Red Day will help Show Racism the Red Card to continue to support and educate young people and teachers throughout Wales.

<http://www.srtrc.org/news/news-and-events?news=6568>

[events?news=6568](#)

Gweithdai am ddim o Maint Cymru

Ydych chi'n astudio coedwigoedd glaw neu newid hinsawdd gyda'ch disgyblion y tymor hwn? A yw eich Clwb Eco yn chwilio am her i helpu i ofalu am y blaned?

Mae Maint Cymru yn cynnig gwasanaethau a gweithdai am ddim ar hyd a lled Cymru. Gweler isod am fanylion <https://sizeofwales.createsend.com/campaigns/reports/viewCampaign.aspx?d=r&c=F98EEC90948552EC&ID=5B0D9C31D4A30A762540EF23F30FEDED&temp=False&tx=0>

Diwrnod Defnyddio'r Rhyngwyd yn Fwy Diogel 2017

<https://hwb.wales.gov.uk/Safer-Internet-Day>

CYNRADD/ARBENNIG

Ffeithlun Canllawiau Gweithgarwch Corfforol ar gyfer y Blynyddoedd Cynnar (at 5 oed)

Mae ffeithlun i weithwyr iechyd proffesiynol ynghylch canllawiau gweithgarwch corfforol ar gyfer plant dan 5 oed wedi ei lansio.

Diffyg gweithgarwch corfforol yw'r pedwerydd achos mwyaf o salwch y gellir ei atal yn genedlaethol. Mae'n gyfrifol am un o bob chwe marwolaeth yn y Deyrnas Unedig a hyd at 40% o gyflyrau iechyd hirdymor. Yn ôl cyngor Prif Swyddogion Meddygol y Deyrnas Unedig dylai plant dan 5 oed fod yn egniol yn gorfforol am o leiaf 180 munud bob dydd a dylid hefyd beidio â gadael iddyn nhw dreulio gormod o amser yn eistedd.

Gall athrawon y blynyddoedd cynnar, ysgolion meithrin, ymwelwyr iechyd a meddygon ddefnyddio'r ffeithlun yma i siarad am bwysigrwydd plant ifanc egniol

Cynllun Llysgenhadon Gwych ar gyfer

Free Workshops from Size of Wales

Are you studying rainforests or climate change with your pupils this term? Is your Eco Club looking for a challenge to help look after the planet?

Size of Wales is offering free assemblies and workshops throughout Wales.

See below for details

<https://sizeofwales.createsend.com/campaigns/reports/viewCampaign.aspx?d=r&c=F98EEC90948552EC&ID=5B0D9C31D4A30A762540EF23F30FEDED&temp=False&tx=0>

Safer Internet Day 2017

<https://hwb.wales.gov.uk/Safer-Internet-Day>

PRIMARY/SPECIAL

Physical Activity Guidelines Infographic For Early Years (Birth – 5 Years)

An infographic for health professionals regarding physical activity guidelines for under 5's has been launched.

Physical inactivity is the fourth greatest cause of preventable ill health nationally. It is responsible for one in six UK deaths and up to 40% of many long term health conditions. The UK Chief Medical Officers advise children under the age of 5 to be physically active for at least 180 minutes everyday and to reduce sedentary behaviour.

This new infographic can be used by early years teachers, nursery schools, health visitors and doctors to talk about the importance of young children being active.

Super Ambassador Scheme for Primary

Ysgolion Cynradd

<http://www.complantcymru.org.uk/amdan-on-ni/llysgenhadon-gwych/>

Prif nod Comisiynydd Plant Cymru yw diogelu a hyrwyddo hawliau a lles plant. Mae gan y Comisiynydd gynllun o'r enw 'Llysgenhadon Gwych'.

Mae o leiaf dau o ddisgyblion o bob ysgol yn cael eu hethol gan eu cyfoedion i ymgymryd â rôl arweiniol wrth hyrwyddo Confensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn a rôl Comisiynydd Plant i eraill o fewn eu hysgol. Mae hefyd yn ofynnol i lysgenhadon gwblhau tasgau arbennig unwaith y tymor.

Digwyddiadau AM DDIM!

Gall aelod o staff a dau lysgennad fynychu un o dri digwyddiad yng Nghymru i ddysgu mwy am y cynllun, CCUHP a'r Comisiynydd Plant.

4 Hydref, Gorllewin Cymru: Canolfan Halliwell, Caerfyrddin
10 Hydref, De Cymru: Canolfan Mileniwm Cymru, Caerdydd
18 Hydref, Gogledd Cymru: Canolfan Optic, Llanelwy.

Cliciwch yma i gofrestru ac i dderbyn gwybodaeth am y digwyddiadau:
<http://childcomwales.us7.list-manage1.com/subscribe?u=fa7d2d975e4121030eb2ba19e&id=6b2421ec88>

Gwersi Sylweddau

www.healthyschools.wales

Mae'r adnodd yn darparu ystod o gynlluniau gwersi ar gyfer ysgolion cynradd ac adnoddau addysgu ac adnoddau i'w defnyddio yn yr ystafell ddosbarth i gefnogi'r ddarpariaeth addysg yn gysylltiedig â Defnyddio a Chamddefnyddio Sylweddau.

Schools

<http://www.childcomwales.org.uk/about-us/super-ambassadors/>

The principal aim of the Children's Commissioner for Wales is to safeguard and promote the rights and welfare of children. The Commissioner has a scheme called 'Super Ambassadors'.

A minimum of two pupils per school are elected by their peers to take a lead role in promoting the UN Convention on the Rights of the Child (UNCRC) and the role of the Children's Commissioner to others within the school. Ambassadors are also required to complete special missions once a term.

FREE events!

There are three events across Wales which a member of staff and two ambassadors can attend to learn more about the scheme, the UNCRC and the Children's Commissioner.

4th October, West Wales: Halliwell Centre, Carmarthen
10th October, South Wales: Wales Millennium Centre, Cardiff
18th October, North Wales: The Optic Centre, St Asaph

Click here to sign up and to receive event information: <http://childcomwales.us7.list-manage1.com/subscribe?u=fa7d2d975e4121030eb2ba19e&id=6b2421ec88>

Substances Lessons

www.healthyschools.wales

This resource provides a range of primary school lesson plans and classroom & teaching resources to support the delivery of Substance Use and Misuse Education.

Gall y gwersi cynorthwyo disgyblion i:

- Ddatblygu dealltwriaeth am y peryglon yn y cartref a'r amgylchedd y tu allan, ac i ddeall bod meddyginiaethau'n cael eu cymryd i wneud iddynt deimlo'n well a bod rhai cyffuriau'n beryglus.
- Ddatblygu dealltwriaeth well o'r modd yr ydym yn cadw ein cyrff yn iach, a bod rhai pethau'n beryglus neu'n niweidiol.
- Gymryd cyfrifoldeb cynyddol am gadw eu hunain yn ddiogel ac yn iach.

Mae'r pynciau yr ymdrinnir â nhw'n cynnwys y canlynol:

- Cadw'n iach
- Meddyginiaethau a sylweddau peryglus
- Ysmygu
- Alcohol
- Cyffuriau
- Pwysau gan gyfoedion

NSPCC Ysgolion

Mae'r NSPCC wedi anfon llythyr i bob ysgol yn y gogledd er mwyn darparu'r wybodaeth ddiweddaraf iddyn nhw am Wasanaeth Ysgolion yr NSPCC. Mae'r fenter wedi bod ar waith yn ein hysgolion ers ychydig o flynyddoedd bellach. Cafodd ei hadolygu'n ddiweddar a'i ehangu, ac enw'r fenter bellach yw 'Cofia Ddweud, Cadwa'n Ddiogel'.

Mae'r fenter yn darparu gwasanaethau a gweithdai rhyngweithiol sy'n addas i blant ac sy'n cael eu cyflwyno gan staff a gwirfoddolwyr cymwys i helpu plant:

- ddeall beth yw cam-drin a'r mathau gwahanol, ac adnabod yr arwyddion;
- ddysgu sut i ddiogelu eu hunain rhag camdriniaeth o bob math; a
- dysgu sut i gael help a pha gymorth sydd ar gael, gan gynnwys y

The lessons can help pupils to:

- Develop an understanding about the dangers in the home and outside environment, and to understand that medicines are taken to make them feel better and that some drugs are dangerous.
- Develop a better understanding about the ways we keep our bodies healthy and that some things would be dangerous or harmful.
- Take increasing responsibility for keeping themselves safe and healthy.

Topics covered include:

- Staying healthy
- Medicines and hazardous substances
- Smoking
- Alcohol
- Drugs
- Peer Pressure

NSPCC Schools

The NSPCC have sent a letter to all schools in North Wales to update them about the NSPCC School Service. This has been operating in our schools for a few years now. It has recently reviewed and expanded its delivery, and is now known as 'Speak Out, Stay Safe'.

The programme provides child-friendly, interactive assemblies and workshops delivered by specially trained staff and volunteers to help children:

- understand abuse in all its forms and recognise the signs of abuse;
- know how to protect themselves from all forms of abuse;
- know how to get help, and the sources of help available to them, including the Childline service.

gwasanaeth Childline.

Mae'r fenter wedi cael ei ehangu i gynnwys y Cyfnod Sylfaen (Blwyddyn 1 a 2) a phob cyfnod allweddol 2. Mae'n cynnwys gwasanaeth 25 munud ar gyfer Blwyddyn 1 a 2, gwasanaeth 35 munud ar gyfer cyfnod allweddol 2, a gweithdai un awr ar gyfer blynyddoedd 5 a 6.

Bydd ysgolion Sir Ddinbych yn derbyn y sesiynau ar raglen dreigl ddwy flynedd (hanner y sesiynau yn y flwyddyn gyntaf a'r hanner arall yn yr ail flwyddyn). Eich cydlynnydd NSPCC lleol ar gyfer y sesiynau yw Rebecca Allen. Ei manylion cyswllt yw 07970780955 neu rebecca.allen@nspcc.org.uk

Mae croeso i chi gysylltu â Rebecca am fwy o wybodaeth neu i gael gwybod pryd y bydd eich ysgol chi'n cael ymweliad.

The programme has been extended to include the Foundation Phase (Year 1 and 2) and all of key stage 2. It consists of a 25 minute assembly for Year 1/2, a 35 minute assembly for key stage 2, and one-hour workshops for years 5/6.

Denbighshire schools have been set up to receive the sessions on a two year rolling programme (50% of them in year 1, and 50% of them in year 2). Our local coordinator with the NSPCC for the sessions is Rebecca Allen. 07970780955 or rebecca.allen@nspcc.org.uk

Please feel free to contact Rebecca for more information or to find out when your school visit is planned.

UWCHRADD/ARBENNIG

Posterï

Posterï defnyddiol sydd ar gael i lawrlwytho, ac i ddefnyddio ar arddangosefydd ABCH.

<http://www.healthchallengewales.org/mental-health-posters>

<http://www.timetochangewales.org.uk/en/get-involved/resources/>

<http://www.stopsmokingwales.com/sitesplus/documents/1006/Smoking%20A3%20Poster%20inc%20new%20PHW%20logo.pdf>

<https://www.nspcc.org.uk/services-and-resources/research-and-resources/childline-posters-wallet-cards/>

<http://www.foodafactoflife.org.uk/sheet.aspx?siteId=20§ionId=85&contentId=318>

SECONDARY/SPECIAL

Posters

Useful posters that can be downloaded, they could be used on PSE displays.

<http://www.healthchallengewales.org/mental-health-posters>

<http://www.timetochangewales.org.uk/en/get-involved/resources/>

<http://www.stopsmokingwales.com/sitesplus/documents/1006/Smoking%20A3%20Poster%20inc%20new%20PHW%20logo.pdf>

<https://www.nspcc.org.uk/services-and-resources/research-and-resources/childline-posters-wallet-cards/>

<http://www.foodafactoflife.org.uk/sheet.aspx?siteId=20§ionId=85&contentId=318>

DYDDIAU/WYTHNOSAU IECHYD

HEALTH THEMED DAYS / WEEKS

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

Diwrnod Gwenu'r Byd
07/10/2016

Diwrnod Iechyd Meddwl y Byd
10/10/2016

Diwrnod Golchi Dwylo Byd-eang
15/10/2016

Diwrnod Bwyd y Byd
16/10/2016

Wythnos Prydau Ysgol
31/10/2016

Diwrnod Cenedlaethol Ymwybyddiaeth o Straen
02/11/2016

Wythnos Ymwybyddiaeth Alcohol
14/11/2016

Wythnos Gwrth-Fwlio
14/11/2016

Wythnos Diogelwch ar y Ffyrdd
21/11/2016

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

World Smile Day
07/10/2016

World Mental Health Day
10/10/2016

Global Hand Washing Day
15/10/2016

World Food Day
16/10/2016

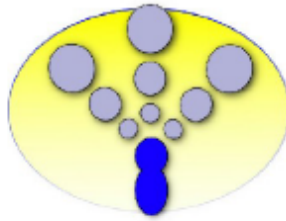
School Meals Week
31/10/2016

Stress Awareness Day
02/11/2016

Alcohol Awareness Week
14/11/2016

Anti-Bullying Week
14/11/2016

Road Safety Week
21/11/2016



ASC Coffee Morning

We would love to see you at our
Parent Support Coffee Mornings!

Come along for a chat and to share your experiences
with other parents/carers of children and young
people with autism.

Training for Boardmaker Studio is also available during
these sessions.

10.30—12.00

Friday 4th November Wednesday 1st February
Thursday 16th March Friday 12th May
Wednesday 14th June

**Ysgol Plas
Brondyffryn
Primary Department
Rhyl Road, Denbigh
LL16 3DP
01745 815385**

