

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 nwyion 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 fydddech cystal 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.

Medi, 2015

September, 2015

NEWYDDION GRŴP IECHYD A LLES

Mae hwn yn grŵp newydd sydd wedi'i sefydlu. Mae'n cynnwys partneriaid o addysg, iechyd, iechyd y cyhoedd, y trydydd sector a sefydliadau eraill sy'n gweithio mewn ysgolion. Bydd y grŵp yn canolbwyntio'n bennaf ar iechyd emosiynol a lles disgyblion, ond bydd yn cwmpasu pob agwedd o iechyd a lles. Bydd diweddariadau gan y grŵp hwn yn cael eu cynnwys yn y cylchlythyr misol hwn.

- Gweithio mewn partneriaeth i ddarparu dull cydlynol a chyson o wella canlyniadau iechyd a lles plant a phobl ifanc yn Sir Ddinbych.
- I gael trosolwg o'r gweithgareddau iechyd a lles ac ymyraethau ar draws yr ysgolion yn Sir Ddinbych er mwyn osgoi dyblygu.
- Gwneud defnydd o wybodaeth iechyd ac ymarfer yn seiliedig ar dystiolaeth i lywio darpariaeth gwasanaeth, hyfforddiant a datblygu adnoddau.
- Rhaglen hyfforddiant cydlynol.
- Datblygu strategaethau a pholisiau newydd.
- Monitro iechyd a lles e.e. bwlio.
- Llywodraethu ar gyfer y cynllun ysgolion iach.

HEALTH AND WELL-BEING GROUP NEWS

This is a new group that has been established. It is made up of partners from education, health, public health, third sector and other organisations that work in schools. The group will predominantly focus on the emotional health and well-being of pupils, but it will encompass all aspects of health and well-being. Updates from this group will be included in this monthly newsletter.

- To work in partnership to provide a coordinated and consistent approach to improving the health and well-being outcomes of children and young people in Denbighshire.
- To have an overview of health and well-being activities and interventions across schools in Denbighshire to avoid duplication.
- Make use of health intelligence and evidence based practice to inform service delivery, training and resource development.
- Coordinated training programme.
- Development of new strategies and policies.
- Monitoring of health and well-being e.g. bullying.
- Governance for the healthy schools scheme.

POB YSGOL

ALL SCHOOLS

Diogelu

Yn ystod y deuddeg mis diwethaf mae'r

Safeguarding Update

Education Services have developed in the last

Gwasanaethau Addysg wedi datblygu polisi diogelu newydd ar gyfer pob ysgol. Mae'r ddogfen hon yn darparu trosolwg cynhwysfawr o'r canllawiau a'r deddfwriaethau lleol a chenedlaethol cyfredol.

Y flwyddyn academaidd ddiwethaf, gwahoddwyd pob ysgol i fynychu gweithdai diogelu er mwyn iddyn nhw gyfrannu at y ddogfen derfynol a dylanwadu arni. Mae'r ddogfen bellach yn cael ei chymeradwyo a'i gweithredu gan gyrff llywodraethu ysgolion.

Yn ogystal â hyn bu i ddisgyblion ysgol ddatblygu fersiynau o'r polisi sy'n addas i ddisgyblion. Crëwyd fersiynau ar gyfer disgyblion cynradd, uwchradd ac arbennig. Mae ysgolion wedi derbyn copiâu ohonyn nhw i'w rhannu â'r holl ddisgyblion.

Presenoldeb

Ers 1 Medi mae proses newydd ar gyfer presenoldeb wedi ei mabwysiadu gan bob ysgol yn y sir. Diben y broses hon yw darparu dull cyson ar draws yr ysgolion a'r Gwasanaeth Gwaith Cymdeithasol Addysg. Mae staff y Gwasanaeth Gwaith Cymdeithasol Addysg wedi ymweld â phob ysgol y tymor diwethaf fel rhan o'r gwaith hwn.

Mae polisi presenoldeb newydd yn cael ei ddatblygu ar gyfer ysgolion Sir Ddinbych hefyd. Mae gweithdai yn cael eu cynnal tymor yma ar gyfer ysgolion a phartneriaid er mwyn cyfrannu at greu'r polisi newydd yma.

Mae'r drefn o gyflwyno Rhybuddion Cosb Benodedig ar gyfer absenoldeb heb awdurdod ar waith yn y sir ers 1 Medi. Mae bob rhiant/gofalwr wedi derbyn taflenni a llythyrau yn egluro'r broses. Bydd datganiadau i'r wasg pellach yn cael eu cyhoeddi i ledaenu'r neges ar draws y sir.

Mae'r Gwasanaethau Addysg wedi ymrwymo i wella presenoldeb a chyrrhaeddiad cyffredinol disgyblion drwy weithio gyda rhieni, ysgolion ac asiantaethau partner.

Newidiadau i Amserlen Imiwneiddio'r Deyrnas Unedig

twelve months a new safeguarding policy for all schools, the document provides a comprehensive overview of both current local and national guidance and legislation.

All schools were invited to the safeguarding workshops in the last school year to contribute and influence the final document which is now implemented and ratified by school governing bodies.

In addition to this school pupils have developed pupil versions of the policy. There is a primary, secondary and special version. Schools have been sent copies and these are useful for sharing with all pupils.

Attendance Update

A new Attendance process has been adopted by all schools in the county from the 1st September. This is to provide a consistent approach and application of action by schools and Education Social Work Service. All schools have received visits from the ESW service staff last term as part of the implementation process of this work.

A new attendance policy is also being developed for Denbighshire schools. Workshops are being held this term for schools and partners in order to contribute to the creation of this new policy.

The Fixed Penalty Notices for unauthorised absence from school have been implemented from the 1st September across the county. All parents /carers of pupils have received leaflets and letters explaining this process. Further press releases are also planned to widen the coverage and distribution of this action to communities across the county.

Education is committed to improving the overall attendance and attainment of pupils, working with parents, schools and partner agencies in the future.

UK Immunisation Schedule Changes

There have been some changes to the UK

Mae amserlen imiwneiddio plant y Deyrnas Unedig wedi newid ychydig. Mae copi ynghlwm. Y prif newidiadau yw:-

Llid yr Ymennydd B

Bydd brechiad llid yr ymennydd B yn cael ei roi i fabanod a anwyd ar ôl 1 Gorffennaf 2015 pan fyddan nhw'n 2, 4 a 12 mis oed. Mae yna hefyd gyfnod dal i fyny ar gyfer pob plentyn a anwyd rhwng 1 Mai a 30 Mehefin 2015. Bydd hyn fel a ganlyn:

- Os bydd apwyntiad y trydydd brechiad (4 mis oed) yn ddyledus ar neu ar ôl 1 Medi 2015, bydd dos o lid yr ymennydd B yn cael ei roi ar ôl 4 mis a 12-13 mis.
- Os bydd apwyntiad yr ail frechiad (3 mis oed) yn ddyledus ar neu ar ôl 1 Medi, bydd dos o lid yr ymennydd B yn cael ei roi pan fo'r baban yn 3, 4 a 12 mis oed (bydd ychydig o blant yn methu'r dyddiad 1 Medi oherwydd dyddiad eu hapwyntiad. Byddan nhw'n cael eu galw i gael brechiad llid yr ymennydd B ar wahân).

Mae'r brechiad hwn yn gallu achosi ychydig o dymheredd mewn babanod. O ganlyniad, dylai babanod gael paracetamol cyn gynted â phosibl ar ôl y brechiad, gyda 2 ddos arall (bob 4-6 awr). Rhoddir y cyngor hwn pan fydd brechiad llid yr ymennydd B yn cael ei roi. Mae'r daflen wybodaeth a roddir i rieni ynghlwm.

Y Ffliw

Bydd brechiad rhag y fflw yn cael ei gynnig i bob plentyn 2, 3 (dyddiad geni 01/09/11 - 01/09/13) a 4 oed (dyddiad geni 01/09/10 - 31/08/11). Bydd hefyd yn cael ei gynnig mewn ysgolion i blant derbyn, blwyddyn 1 a blwyddyn 2. Bydd y brechiad fflw hwn yn cael ei roi drwy'r trwyn ac yn amddiffyn yn erbyn 4 math o firws y fflw. Bydd y brechiad hwn yn cael ei gynnig pob blwyddyn a bydd yn cael ei ymestyn yn y pen draw i bob plentyn oed ysgol. Os nad yw plentyn yn mynychu dosbarth derbyn, bydd yn cael cynnig y brechiad gan feddyg teulu.

Llid yr Ymennydd ACWY

Bydd brechiad llid yr ymennydd ACWY yn disodli brechiad llid yr ymennydd C ar gyfer plant yn eu harddegau. Mae'r brechiad hwn yn cael ei gynnig i ddisgyblion blwyddyn 9 ac i ymgeiswyr prifysgol dan 25 oed.

Bydd yna ymgyrch dal i fyny brys ar gyfer

childhood immunisation schedule. A copy is attached. The main changes are as follows:

Men B

Meningitis B vaccination is being given at 2, 4 and 12 months to all babies born after July 1st 2015. There is also a limited catch up for all children born between 1st May and 30 June 2015. This will be done as follows:

- If the 3rd immunisation appointment at 4 months is due on or after 1st September 2015, a dose of Men B will be given at 4 months and 12-13 months.
- If the 2nd immunisation appointment at 3 months is due on or after the 1st of September, a dose of Men B will be given at 3, 4 and 12 – 13 months. (A small number of children will have missed the September 1st date due to how their appointments fell. They will be called to have their Men B separately.)

Men B vaccine is known to cause a slight increase in temperature in babies. As a result, babies should be given paracetamol as soon after immunisation with Men B vaccine as possible, with 2 further doses being given at 4-6 hour intervals. *This advice is only when Men B vaccination is being given.* The information sheet given to parents is attached.

Flu

Flu vaccination will be offered to all 2, 3 (DOB 01/09/11 – 01/09/13) and 4 year olds (DOB 01/09/10 - 31/08/11), as well as a school based programme for reception, year 1 and year 2. This will be the live nasal flu vaccination which protects against 4 strains of flu virus. This vaccination will be offered annually, and will eventually be extended to all school age children. If a child does not attend reception, they will be offered vaccination at the GP.

Men ACWY

Meningitis ACWY vaccine will replace Men C vaccination for teenagers, which is offered in year 9, as well as the Men C offered to university entrants up to age 25.

There will also be an urgent catch-up campaign

myfyrwyr blwyddyn 13 a offennodd y tymor diwethaf (Medi 2014 – Awst 2015). Yn ogystal â hyn, bydd modd i'r rheiny ym mlwyddyn 11 dderbyn y brechiad o fis Medi 2015 ymlaen.

Mae'r ymgyrchoedd dal i fyny brys hyn yn ofynnol oherwydd y cynnydd pryderus yn nifer yr achosion o lid yr ymennydd W. Mae hyn wedi ei nodi'n argyfwng meddygol gan sefydliadau lechyd y Cyhoedd.

Byw gyda Phlant yn eu Harddegau

Gallai'r cwrs hwn fod o fudd i unrhyw riant/ofalwr sydd yn ei chael hi'n anodd ymdopi efo person yn ei arddegau. Mae 'Byw gyda Phlant yn eu Harddegau' yn gwrs sydd wedi ei ddatblygu gan Tony Ivens ar gyfer sefydliad *Plant yng Nghymru* ac mae wedi ei weithredu'n llwyddiannus ledled Cymru. Mae wedi ei gynllunio o amgylch cyfres o bynciau a anelwyd at fagu hyder, sgiliau a gwybodaeth rhieni/gofalwyr. Mae'n helpu i nodi camau datblygiad blaenlencyndod ac yn galluogi rhieni/gofalwyr i ddeall yr effaith a gaiff hyn ar agwedd ac ymddygiad pobl ifanc. Yn ogystal, mae'n darparu cymorth i ddelio â'r ymddygiad hwn.

Mae'r cwrs yn addas ar gyfer rhieni disgyblion blwyddyn 6 ac uwch a gall rhieni fynychu unrhyw gwrs sy'n gyfleus iddyn nhw, dim ots pa ysgol y mae eu plentyn/plant yn mynychu. Mae'r sesiynau hyn drwy gyfrwng y Saesneg yn unig.

Mae'r cyrsiau yn cael eu cynnal unwaith yr wythnos am 6 wythnos ac yn para 2 awr y tro.

Ysgol y Bendigaid Edward Jones 05/11/15
Ysgol Uwchradd y Rhyl 07/01/16
Ysgol Uwchradd y Rhyl 07/01/16
Ysgol Uwchradd Prestatyn 25/02/16
Ysgol Dinas Bran 14/04/16
Ysgol Glan Clwyd 09/06/16

Am fwy o wybodaeth neu i gadw lle ar gyfer rhieni, cysylltwch ag Ysgol Plas Cefndy ar 01745 356007.

Beic Gwneud Smwddis!

Mae Hamdden Sir Ddinbych ac Ysgolion Iach Sir Ddinbych wedi buddsoddi mewn 'beic gwneud

for the year 13 students that finished last term (Sep 2014 – Aug 20). In addition, there will be a catch up for those in year 11 from September 2015 onwards.

These urgent catch ups are due to the worrying increase in Men W cases, which has been deemed a medical emergency by the Public Health organizations.

Living With Teenagers

This course could prove beneficial to any parent/carer who is coping with the ups and downs of teenage life. 'Living with Teenagers' is a course that has been developed by Tony Ivens for the organisation *Children in Wales* and has been successfully implemented across Wales. It is designed around a series of topics aimed at building parents'/carers' confidence, skills and knowledge. It helps to identify stages of adolescent development and enables parents / carers to understand the impact that these have on young people's attitude and behaviour. In addition, it provides the help to deal with this behaviour.

The course is appropriate for parents of Year 6 pupils and above and parents can attend any course that is convenient to them regardless of the school their child/children attend. The sessions are only available in English.

The courses run for 2 hours a week, for 6 weeks.

Blessed Edward Jones, starting 05/11/15
Rhyl High School, starting 07/01/16
Denbigh High School, starting 07/01/16
Prestatyn High School, starting 25/02/16
Ysgol Dinas Bran, starting 14/04/16
Ysgol Glan Clwyd, starting 09/06/16

For more information or to book places for parents please contact Ysgol Plas Cefndy 01745 356007.

Smoothie Bike!

Denbighshire Leisure and Denbighshire Healthy Schools have invested in a 'smoothie bike'!

smwddis'! Wrth i chi bedlo mae'r cymysgydd sy'n sownd yn y beic yn troi.

Mae'r beic yn ffordd unigryw, hwyliog, difyr, a chofiadwy o wneud smwddis iach a, gorau oll, mae'n gyfeillgar i'r amgylchedd! Mae'n ddelfrydol i'w defnyddio yn ystod gwersi a diwrnodau iechyd. Gall ychwanegu rhywbeth iachach at ffeiriau ysgol yn hytrach na chacennau a melysion! Efallai yr hoffai'ch Llysgenhadon Chwaraeon neu gynghorau ysgol ei ddefnyddio ar gyfer digwyddiadau.

Mae'r beic ar gael i ysgolion ei logi am ddim. Mae'r beic ar hyn o bryd yn cael ei gadw yn Rhuthun a byddai'n rhaid i rywun ei ôl a'i ddychwelyd.

Os hoffech chi logi'r beic, cysylltwch â Paula Roberts ar 07500 106159 neu paula.roberts@sirddinbych.gov.uk

Teuluoedd yn Gyntaf

www.sirddinbych.gov.uk/teuluoeddyngyntaf

Mae Teuluoedd yn Gyntaf yn grŵp o bobl sy'n rhoi cymorth i deuluoedd a fydd yn cydweithio i sicrhau bod anghenion yn cael eu diwallu mewn modd cydlynol, ar yr adeg iawn pan fydd y teulu ei angen.

- Annog teuluoedd â phlant / pobl ifanc i weithio er mwyn gallu cefnogi eu hunain.
- Gwybodaeth a chyngor cyfrinachol am ddim; gwneud y mwyaf o incwm, effeithlonrwydd ynni, tai a hawliau cyflogaeth, rheoli arian.
- Boed yn blentyn bach yn strancio neu boendod blant yn eu harddegau – gall dysgu sgiliau gwahanol helpu.
- "Yma i wrando a dim dweud" - cyngor a chefnogaeth gyfrinachol ar gyfer pobl ifanc 11-25 oed a'u teuluoedd.
- Phroblemau perthynas neu gwrthdaro teuluol.
- Delio gyda colled.
- Gwrando, deall a rhoi cefnogaeth a gwybodaeth i ofalwyr ifanc a'u teuluoedd.
- Hyfforddiant anabled i rieni a gofalwyr.
- Cynyddu cyfleoedd ar gyfer plant anabl a phobl ifanc i gael mynediad i weithgareddau.
- Cefnogi rhieni / gofalwyr gyda syniadau chwarae a rheoli ymddygiad.

Peddalling powers up the blender that is attached to the bike!

The bike offers a unique, fun, entertaining, environmentally friendly and very memorable way to produce healthy smoothies! It is ideal for use in lessons and health days. It can bring a healthier twist to school fairs as opposed to cakes and sweets! Your Sports Ambassadors or school councils may also like to use it for events.

The bike is available for schools to hire at no cost. The bike is currently stored in Ruthin and someone would need to collect and return it.

If you would like to hire the bike, please contact Paula Roberts on 07500 106159 or email paula.roberts@denbighshire.gov.uk

Families First

www.denbighshire.gov.uk/familiesfirst

Families First is a group of people who provide support and who will work together to ensure that families needs are met in coordinated manner, at the right time when families need it.

- Encourage families with children/young people to work towards supporting themselves.
- Free confidential information and advice; maximise income, energy efficiency, housing and employment rights and managing money.
- Toddler tantrums or teenage torment—learning different skills can help.
- "Here to listen not to tell" - confidential advice and support for young people aged 11-25 and their families.
- Relationship problems or family conflict.
- Dealing with loss.
- Listen, understand and provide support and information to young carers and their families.
- Disability training for parents and carers.
- Increase opportunities for disabled children and young people to access activities.
- Support parents/carers with play ideas and behaviour management.

Gall partneriaid ac ysgolion wneud atgyfeiriadau (gyda chaniatâd y teulu) i'r Gwasanaeth hwn. Gwneir hyn drwy lenwi ffurflen atgyfeirio gyda'r teulu. Gellir dod o hyd i'r ffurflen atgyfeirio ar gyfer gweithwyr proffesiynol ar y wefan uchod. Mae yna system hunanatgyfeirio ar-lein hefyd.

Gall ysgolion hefyd ofyn am daflenni i hyrwyddo hunanatgyfeirio hefyd.

Am fwy o wybodaeth:

E-bost: teuluoedd.cyntaf@sirddinbych.gov.uk
Ffôn: 01824 712200

Taflenni Gwrth-fwlio

Taflenni gwybodaeth a phosteri yn darparu cyngor i rieni, gofalwyr a phlant yn nodi beth i'w wneud os yw plentyn yn cael ei fwlio.

- Ydych chi'n cael eich bwlio?
- Ydi eich plentyn yn cael eu bwlio?

Os hoffech dderbyn cyflenwad o daflenni ar gyfer eich ysgol cysylltwch â DfESenquiries@wales.gsi.gov.uk

Hawliau Plant Cymru

Taflen wybodaeth am gyfranogiad plant a phobl ifanc yng ngwaith Llywodraeth Cymru.

www.hawliauplant.cymru/images/PDF/Participation_Cy2.pdf

Gwers fwyaf y byd

Mae Gwers Fwyaf y Byd yn rhan o Brosiect Pawb, menter nid er elw gyda nod i sicrhau bod Nodau Datblygu Cynaliadwy'r Cenhedloedd Unedig yn fwy hysbys ac felly'n fwy effeithiol

www.tes.co.uk/worldslargestlesson/about-the-competition/

Ymweliadau Cynulliad Cymru

Mae Chynulliad Cenedlaethol Cymru eisiau gwahodd chi i ddod â grŵp o bobl ifanc i ymweld â nhw.

Partners and schools can make referrals (with family consent) to this Service. This is done by completing a referral form with the family. The referral form for professionals can be found on the above website. It also has an online self-referral system.

Schools can also request leaflets to promote self-referral too.

For more information:

E-mail: families.first@denbighshire.gov.uk
Tel: 01824 712200

Anti-Bullying Leaflets

Information leaflets and posters providing advice for parents, carers and children on what to do if a child is being bullied.

- Are you being bullied?
- Is your child being bullied?

If you would like a supply of leaflets for your school contact DfESenquiries@wales.gsi.gov.uk

Children's Rights Wales

Information sheet about children and young people's participation in the work of the Welsh Government.

www.childrensrights.wales/images/PDF/Participation_En2.pdf

World's Largest Lesson

The World's Largest Lesson is part of Project Everyone, a not-for-profit initiative with a mission to make the new UN Sustainable Development Goals better known and as such more effective.

www.tes.co.uk/worldslargestlesson/about-the-competition/

National Assembly Visits for Pupils

The National Assembly for Wales would like to invite you to bring a group of young people to visit them.

Maent wedi llunio rhaglen fydd yn helpu pobl ifanc i ddeall mwy am y Cynulliad a'i gyfrifoldebau, am yr Aelodau a'u gwaith ac am sut y gall pobl ifanc ddod â materion i sylw'r Cynulliad a'i Aelodau.

Mae cyfleoedd ymweld ar gael ar ddyddiau Mawrth, Mercher ac Iau gan ddechrau am 10.00, 11.00 a 13.00. Gallai ymweliad bara rhwng un a dwy awr a gallai gynnwys:

- Dadl yn ein siambr drafod bwrpasol i bobl ifanc
- Gweithgaredd
- Taith o amgylch y Senedd
- Tocynnau i'r grŵp gael gwyllo rhan o'r Cyfarfod Llawn (cyfarfod o holl Aelodau'r Cynulliad) ar brynhawniau Mawrth neu Fercher

Bydd Aelodau Cynulliad lleol yn cael eu gwahodd i gwrdd â'r grŵp yn ystod yr ymweliad.

Mae cymhorthdal o £1 y filltir yn cael ei gynnig i helpu gyda chostau cludiant ar gyfer y grwpiau hynny sydd fwy na 10 milltir o Fae Caerdydd.

Os hoffech archebu un o'r cyfleoedd ymweld hyn, y cyntaf i'r felin gaiff falu ydy hi, a gallwch gysylltwch â'r Canolfan Wybodaeth ar 0300 200 6565.

Edrychwch ar eu gwefan
<http://www.yourassembly.org/>

Enfys Evans
Swyddog Addysg
Cyfathrebu'r Cynulliad
Cynulliad Cenedlaethol Cymru
T: 0300 200 6281
E: enfys.evans@cynulliad.cymru

Sant Ioan Cymru – Gwobr Achubwr Bywyd Ifanc

Bydd y wobwr hon yn arfogi disgyblion gyda sgiliau cymorth cyntaf i achub bywyd. Gall athrawon neu staff cefnogi sydd â chymhwyster cymorth cyntaf ddarparu'r sesiynau cymorth cyntaf. I gael rhagor o wybodaeth:
<http://yls.stjohnwales.org.uk/>

Adnoddau Teithio Cynaliadwy Sustrans

They have devised a programme which will help young people to understand more about the Assembly and its responsibilities, about the Members and their work and about how young people can bring matters to the attention of the Assembly and its Members.

Visit slots are available on Tuesdays, Wednesdays and Thursdays and begin at 10.00, 11.00 and 13.00. A visit could last between 1 and 2 hours and might consist of:

- A debate in a fully equipped youth debating chamber
- An activity
- A tour of the Senedd
- Tickets for the group to watch part of the Plenary meeting (the meeting of all the Assembly Members) on a Tuesday or a Wednesday afternoon

Local Assembly Members will be invited to meet the group during the visit.

A subsidy of £1 per mile is offered to help with transport costs for those groups based more than 10 miles from Cardiff Bay.

If you would like to book one of these visit slots, which are available on a first come first served basis, please contact the Information Centre on 0300 200 6565.

Please take a look at their website
<http://www.yourassembly.org/>

Enfys Evans
Education Officer
Assembly Communications
National Assembly for Wales
T: 0300 200 6281
E: enfys.evans@cynulliad.cymru

St John Cymru Wales - Young Lifesaver Award

This award will equip pupils with lifesaving first aid skills. The first aid sessions can be delivered by teachers or support staff with a first aid qualification. For more information:
<http://yls.stjohnwales.org.uk/>

Sustrans Sustainable Travel Resources

“Sut fydd eich myfyrwyr yn teithio yn 2045?” Amrywiaeth o adnoddau am ddim gan gynnwys ffilmiau, erthyglau, delweddau a gweithgareddau strwythuredig sy'n hwyluso pobl ifanc i fynd i'r afael â'r her wirioneddol trwy weithgareddau sy'n datblygu meddwl yn feirniadol, datrys problemau, creadigrwydd ac arloesedd. Cyfnod allweddol 2, 3 a 4. Cysylltiadau gyda'r Fframwaith Llythrennedd a Rhifedd (FfLIRh) a Bagloriaeth Cymru.

Datblygwyd yr adnodd mewn partneriaeth strategol gyda Chynghrair Cyflawniad Addysg ar gyfer De Ddwyrain Cymru a Gwasanaeth Addysg ar y Cyd Consortiwm Canolbarth y De.

<http://www.sustrans.org.uk/cy/node/7645>

Wythnos Diogelwch ar y Ffyrdd 2015

23 – 29 Tachwedd 2015
www.roadsafetyweek.org.uk/

Arwyddion 'Dim Ysmygu'

Yn ystod tymor yr hydref, bydd pecyn o arwyddion yn cael eu hanfon i BOB ysgol yn Sir Ddinbych. Nid yw'n ofyniad cyfreithiol i arddangos yr arwyddion hyn. Fodd bynnag, maent yn adlewyrchu polisi Cyngor Sir Ddinbych a pholisi ysgol na chaniateir ysmygu na'r defnydd o e-sigarennau yn adeilad yr ysgol nac ar dir yr ysgol.

Gellir arddangos y rhain dan do neu y tu allan i'r ysgol. Gellir cael copïau ychwanegol gan paula.roberts@denbighshire.gov.uk

Hyfforddiant Diogelwch Bwyd

Rydym yn parhau i gynnig hyfforddiant Diogelwch Bwyd Lefel 2 i staff ysgol yn Sir Ddinbych.

Mae'r Asiantaeth Safonau Bwyd yn draddodiadol wedi cynghori bod o leiaf un unigolyn o bob ysgol yn derbyn y wob, a bod y person hwn wedyn yn gyfrifol am sicrhau bod arferion diogel ar waith ar draws yr ysgol. Fodd bynnag, gan fod nifer cynyddol o staff yn ymwneud â pharatoi a thrin bwyd mewn ysgolion efallai y byddwch yn dymuno hyfforddi mwy o staff i sicrhau arferion bwyd diogel. Er enghraifft - staff y clwb brechwast, staff clybiau ar ôl ysgol, athrawon/staff cefnogi sy'n darparu

“How will your students travel in 2045?” A range of free resources include films, articles, images and structured activities that facilitate young people to address this real-life challenge through activities that develop critical thinking, problem solving, creativity and innovation. Key stage 2, 3 and 4. Links to the LNF and the Welsh Baccalaureate,

This resource was developed in strategic partnership with the Education Achievement Alliance for South East Wales and the Central South Consortium Joint Education Service.

<http://www.sustrans.org.uk/cy/node/7645>

Road Safety Week 2015

23rd – 29th November 2015
www.roadsafetyweek.org.uk/

No Smoking Signs

During the autumn term a pack of signs will be sent to ALL schools in Denbighshire. It is not a legal requirement to display these signs. However, they do reflect Denbighshire County Council and school policy in that smoking or use of e-cigarettes is not permitted in the school building or on the school grounds.

These can be displayed indoors or outdoors. Additional copies available from paula.roberts@denbighshire.gov.uk

Food Safety Training

We are continuing to offer Level 2 Food Safety training for school staff in Denbighshire.

The Food Standards Agency have traditionally advised that at least one person from every school has the award, and that this person is then be responsible for ensuring that safe practices are in place across the school. However, as increasing numbers of staff are involved with preparing and handling food in schools you may wish to train more staff to ensure safe food practices are used. For example - breakfast club staff, after school clubs staff, teachers/support staff delivering cooking

gwersi coginio neu glybiau, staff sy'n paratoi byrbryd bore, staff sy'n paratoi prydau ysgol ac ati.

Mae'r wobwr yn ddilys am dair blynedd (ni anfonir nodyn atgoffa). Mae'r cwrs yn achrededig gan Sefydliad Siartredig Iechyd yr Amgylchedd ac mae'n darparu cymhwyster D.U. cydnabyddedig.

Y gost yw **£35 yn unig fesul unigolyn**.

I gadw lle, cysylltwch â
Paula.roberts@denbighshire.gov.uk

Dydd Llun Ionawr 4 2016, 9am - 4pm
Canolfan y Dderwen, Ffordd Las, Y Rhyl, LL18 2DY
NEU

Dydd Llun Ionawr 4 2016, 9am - 4pm
Neuadd y Sir, Ffordd Wynnstey, Rhuthun, LL15 1YN

Dydd Llun Ebrill 11 2016, 9am - 4pm
Canolfan y Dderwen, Ffordd Las, Y Rhyl, LL18 2DY
NEU

Dydd Llun Ebrill 11 2016, 9am - 4pm
Neuadd y Sir, Ffordd Wynnstey, Rhuthun, LL15 1YN

Tafleini Gwybodaeth Bwyd mewn Ysgolion

Mae Cymdeithas Llywodraeth Leol Cymru wedi cynhyrchu poster i grynhof deddfwriaeth bwyd a diod ar gyfer ysgolion.

Poster i Crynhof

Poster i gwybodaeth gryno ynghylch gofynion bwyd a diod ar gyfer ysgolion cynradd ac uwchradd. www.wlga.gov.uk/publications-lifelong-learning-leisure-and-information/healthy-eating-in-schools-posters-black-and-white

Llywodraethwyr

Mae'r llyfryn hwn yn darparu gwybodaeth ar gyfer llywodraethwyr ysgol a phenaethiaid ynglŷn â gofynion bwyd mewn ysgolion a'u cyfrifoldebau. www.wlga.gov.uk/publications-lifelong-learning-leisure-and-information/governors-responsibilities-for-school-food-a-guide-for-headteachers-and-governors

Clybiau ar ôl ysgol

Mae'n rhaid i fwyd sy'n cael ei ddarparu gan glybiau ar ôl ysgol ar eiddo'r ysgol (hyd at 6pm) ddiwallu'r gofynion bwyta'n iach mewn ysgolion. Mae hyn yn sicrhau bod negeseuon bwyta'n iach a sefydlwyd yn yr ysgol yn parhau. Mae'r

lessons or clubs, staff preparing morning snack, school meals staff etc.

The award is valid for three years (reminders are not sent). The course is accredited by the Chartered Institute of Environmental Health and provides a recognised UK qualification.

The cost is only **£35 per person**.

To book please contact
Paula.roberts@denbighshire.gov.uk

Monday January 4th 2016, 9am - 4pm
Oaktree Centre, Ffordd Las, Rhyl, LL18 2DY
OR

Monday January 4th 2016, 9am - 4pm
County Hall, Wynnstey Road, Ruthin, LL15 1YN

Monday April 11th 2016, 9am - 4pm
Oaktree Centre, Ffordd Las, Rhyl, LL18 2DY
OR

Monday April 11th 2016, 9am - 4pm
County Hall, Wynnstey Road, Ruthin, LL15 1YN

Food in Schools Information Sheets

The Welsh Local Government Association has produced posters to summarise the food and drink legislation for schools.

Summary posters

Summary information posters regarding food and drink requirements for primary and secondary schools. www.wlga.gov.uk/publications-lifelong-learning-leisure-and-information/healthy-eating-in-schools-posters-black-and-white

Governors

This booklet provides information for school governors and head teachers on the requirements for school food and their responsibilities. www.wlga.gov.uk/publications-lifelong-learning-leisure-and-information/governors-responsibilities-for-school-food-a-guide-for-headteachers-and-governors

After-school clubs

Food provided by after school clubs that are held on the schools premises (up until 6pm) are required to meet the healthy eating in school standards. This ensures that the healthy eating messages established at school are continued.

llyfryn hwn yn egluro'r safonau a'r pwyntiau bwyd sy'n cael eu hannog, eu cyfyngu, ac nad ydynt yn cael eu caniatáu mewn clybiau ar ôl ysgol. www.wlga.gov.uk/publications-lifelong-learning-leisure-and-information/healthy-eating-in-schools-l-afterschool-clubs-information

CYNRADD/ARBENNIG

Rheol Dillad Isaf

Mae'r Rheol Dillad Isaf yn gymorth i gadw plant yn ddiogel rhag camdriniaeth rhywiol. Mae'n ddull syml o addysgu plant ysgolion cynradd am y pwnc heb siarad yn amlwg nac adrodd straeon brawychus.

http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/underwear-rule-resources?utm_source=Adestra&utm_medium=email&utm_content=Download%20the%20pack&utm_campaign=150522-coms-pants

Tyfu Organig

Pam na wnewch chi dyfu llysiau, perlysiâu a ffrwythau yn yr ysgol, gan ddefnyddio egwyddorion organig? Mae'n ddull gwyb o ddysgu sut y mae planhigion yn tyfu ac o ble y mae bwyd yn dod.

www.organiccentrewales.org.uk/schools-gardens.php

UWCHRADD/ARBENNIG

Cefnogwyr Addysg Sylweddau

Y tymor hwn rydym yn lansio ein syniad newydd, 'Cefnogwyr Addysg Sylweddau'.

Y nod yw cefnogi ein polisi sylweddau a phenodi cefnogwyr addysg sylweddau mewn ysgolion uwchradd ac arbennig. Gall y person hwn fod yn gydlynnydd ABCh neu'n berson arall yn yr ysgol sy'n gallu arwain gwaith addysg sylweddau. Bydd hyfforddiant a chefnogaeth barhaus ar gyfer darparu addysg sylweddau fel rhan o ABCh a grwpiau llai.

Mae rhagor o wybodaeth am y sesiwn gychwynnol ar gael isod. Os hoffech chi enwebu rhywun i fod yn 'gefnogwr' a mynychu'r sesiwn

This booklet explains the standards and pin points foods that are encouraged, restricted and not allowed in after school clubs. www.wlga.gov.uk/publications-lifelong-learning-leisure-and-information/healthy-eating-in-schools-l-afterschool-clubs-information

PRIMARY/SPECIAL

The Underwear Rule

The Underwear Rule helps keep children safe from sexual abuse. It's a simple way of educating primary school children about this topic without talking explicitly or telling scary stories.

http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/underwear-rule-resources?utm_source=Adestra&utm_medium=email&utm_content=Download%20the%20pack&utm_campaign=150522-coms-pants

Organic Growing

Why not grow vegetables, herbs and fruit in school, using organic principles? It is an excellent way to learn how plants grow and where food comes from.

www.organiccentrewales.org.uk/schools-gardens.php

SECONDARY/SPECIAL

Substances Education Champions.

This term we are launching our new concept, 'Substances education Champions'.

The aim is to support our substances policy and have a 'substances education champion' in secondary and special schools. This person could be the PSE coordinator or anyone else in the school that could take on a lead for substances education. There will be training and ongoing support for the delivery of substances education as part of PSE and smaller groups.

More information about the initial session is below. If you would like to nominate someone to become a 'champion' and attend this session,

hon, anfonwch e-bost at paula.roberts@sirddinbych.gov.uk cyn **dydd Gwener 30 Medi**.

Dyddiad: Dydd Llun 12 Hydref 2015
Amser: 8.45am (dechrau am 9am) – 3.30pm
Lleoliad: Ystafell Gynadledda 1A, Neuadd y Sir, Ffordd Wynnstay, Rhuthun, LL15 1YN

Bydd y sesiwn yn un rhyngweithiol ac yn llawn gwybodaeth gyda digon o gyfleoedd i rwydweithio a rhannu syniadau. Bydd yn cael ei chyflwyno gan Sarah Barnett o Wasanaeth Camddefnyddio Sylweddau Pobl Ifanc Barnardos.

Amlinelliad o rhaglen y diwrnod:

- Sesiwn hyfforddi fer am sylweddau, tueddiadau cyfredol a materion sy'n effeithio ar bobl ifanc.
- Gweithdai i ddechrau'r broses ddylunio ar gyfer rhaglen o sesiynau ar gyfer pob ysgol.
- Cyfle i archwilio rhai o sesiynau enghreifftiol Barnardos.
- Trafodaeth ar ddatblygu addysg sylweddau ymhob ysgol a sut y gall Barnardos barhau i gefnogi'r cefnogwyr yn eu rolau.

HYFFORDDIANT SYLWEDDAU ac HYFFORDDIANT CYFFURIAU CYFREITHLON

Yn dilyn yr hyfforddiant diweddar a gyflwynwyd gan Wasanaeth Camddefnyddio Sylweddau Plant a Phobl Ifanc Barnardo's, rydym ni rwan yn cynnal sesiynau ychwanegol ar gyfer staff ysgolion uwchradd ac ysgolion arbennig ar draws 2015-16 (mae'r sesiynau yma YR UN FATH â'r sesiynau sydd wedi eu cynnal).

Pryd:

Hyfforddiant Sylweddau

Dyddiad: Dydd Mercher 7 Hydref 2015
Amser: 9.00am - 12.30pm
Lleoliad: Dinbych

Dyddiad: Dydd Mercher 20 Ebrill 2016
Amser: 9.00am - 12.30pm
Lleoliad: Dinbych

Hyfforddiant Cyffuriau Cyfreithlon

please could you please email paula.roberts@denbighshire.gov.uk before **Friday 30 September**.

Date: Monday October 12th 2015
Time: 8.45am (9am start) – 3.30pm
Venue: Conference Room 1A, County Hall, Wynnstay Road, Ruthin, LL151YN

The session will be interactive and informative with plenty of opportunities for networking and sharing ideas. It will be delivered by Sarah Barnett from Barnardos Young Persons Substance Misuse Service.

The outline of the day is as follows:

- Brief training session about substances, current trends and issues concerning young people.
- Workshops to start the design process for a programme of sessions for each school.
- Opportunity to explore some of Barnardos' exemplar sessions.
- Discussions around moving substances education forward in each school and how Barnardos can continue to support the champions with their role.

SUBSTANCES TRAINING and LEGAL HIGH TRAINING

Further to the recent training delivered by Barnardo's Children and Young Peoples Substance Misuse Service we are now hosting additional sessions for secondary and special school staff across 2015-16. (Please note that these are a REPEAT of the sessions previously held).

When:

Substances Training

Date: Wednesday 7th October 2015
Time: 9.00am - 12.30pm
Venue: Denbigh

Date: Wednesday 20 April 2016
Time: 9.00am - 12.30pm
Venue: Denbigh

Legal High Training

Dyddiad: Dydd Mercher 13 Ionawr 2016
Amser: 9.00am - 12.30pm
Lleoliad: Dinbych

Dyddiad: Dydd Mercher 29 Mehefin 2016
Amser: 9.00am - 12.30pm
Lleoliad: Dinbych

Nodau / Cynnwys:

Hyfforddiant Sylweddau

Bydd y sesiwn yn rhoi trosolwg cyffredinol o sylweddau ac enghreifftiau o weithgareddau i'w defnyddio mewn ysgolion.

Hyfforddiant Cyffuriau Cyfreithlon

Bydd y sesiwn yn canolbwyntio ar dueddiadau cymryd cyffuriau, y defnydd o gyffuriau newydd, sut maent yn cael eu prynu, y risgiau a'r problemau yn sgil eu defnyddio ac o ble gall pobl gael help.

Pwy:

Mae'r sesiynau'n addas ar gyfer athrawon, cymhorthwyr dysgu, hyfforddwyr dysgu neu unrhyw aelod o staff sy'n gweithio hefo pobl ifanc. Gallwch anfon faint bynnag o staff ag y dymunwch.

Archebu Lle:

Mae'n hanfodol archebu. Cysylltwch â Paula Roberts ar 07500 106159 neu paula.roberts@denbighshire.gov.uk

Adnoddau Gwersi Alcohol (Saesneg yn unig)

<http://www.alcoholeducationtrust.org/teacher-area/>

Ysgolion Di-Fwg – Gwersi a Gweithgareddau i Ddefnyddio hefo Disgyblion

Dyddiad: Dydd Mercher 3 Chwefror 2016
Amser: 9.00am - 3.30pm
Lleoliad: Neuadd y Sir, Ffordd Wynnstay, Rhuthun, LL15 1YN
Lluniaeth: Darperir lluniaeth, dim cinio

Nodau/cynnwys:

Nod y diwrnod yw darparu gwybodaeth am ysmegu ymhlith pobl ifanc i staff addysgu a chynorthwyol a chynnig gweithgareddau ac

Date: Wednesday 13th January 2016
Time: 9.00am - 12.30pm
Venue: Denbigh

Date: Wednesday 29 June 2016
Time: 9.00am - 12.30pm
Venue: Denbigh

Aims / content:

Substances Training

The session will provide a general overview about substances and some example activities for use in schools.

Legal High Training

The session will focus on drug use trends, the use of new and emerging drugs (NED's), how they are purchased, the risks and problems associated with their use and where to get help.

Who:

The sessions are suitable for teachers, teaching assistants, learning coaches or any member of staff working with young people. You can send as many staff as you like.

Bookings:

Booking is essential. Please contact Paula Roberts on 07500 106159 or paula.roberts@denbighshire.gov.uk

Alcohol Lesson Resources (English only)

<http://www.alcoholeducationtrust.org/teacher-area/>

Smokefree Schools – Lessons and Activities to use with Pupils

Date: Wednesday February 3 2016
Time: 9.00am - 3.30pm
Venue: County Hall, Wynnstay Road, Ruthin, LL15 1YN

Refreshments: Refreshments provided, no lunch

Aims/content:

The aim of the day is to provide teaching or support staff with information about smoking amongst adolescents and provide activities and

adnoddau i gynorthwyo wrth drefnu gwersi a gweithgareddau / addysg ataliad yn yr ysgol.

NODWCH: Mae'r sesiwn yma'r un fath a'r sesiwn a chynhaliwyd ym mis February 2013, 14 a 15.

Pwy:

Mae'r sesiwn yn addas ar gyfer athrawon, cymorthwyr dysgu, anogwyr dysgu neu unrhyw aelod o staff sydd â diddordeb.

Gallwch anfon gymaint o staff a ddymunwch i'r sesiwn, yn athrawon neu staff cynorthwyl.

Costau llanw:

Ni ellir talu costau ar gyfer athrawon cyflenwi.

Bookings:

Booking is essential. Please contact Paula Roberts on 07500 106159 or paula.roberts@denbighshire.gov.uk to book a place.

Tystysgrif Lefel II mewn Diogelwch a Hylendid Bwyd (am ddim)

Unwaith eto ar gyfer blwyddyn academaidd 2015/16, mae'r Asiantaeth Safonau Bwyd yn hyrwyddo Tystysgrif Lefel II mewn Diogelwch a Hylendid Bwyd (Arlwyo) a chwrs dysgu am ddim. Mae'r modiwl ar gyfer ysgolion cyfun yng Nghymru ac mae'n arwain at gymhwyster City and Guilds achrededig. Mae'r modiwl e-ddysgu ar-lein yn addas ar gyfer myfyrwyr 14 oed a throsodd yn benodol, ac mae'n cynnwys y meysydd canlynol:

- Pwysigrwydd diogelwch a hylendid bwyd;
- Effaith salwch a gludir gan fwyd;
- Deall cyfraith bwyd;
- Peryglon diogelwch bwyd a heintio;
- Cadw bwyd;
- Storio bwyd a rheoli'r tymheredd;
- Hylendid personol;
- Safleoedd a chyfarpar hylan;
- System dadansoddi peryglon a man rheoli critigol

Mae'r ASB hefyd yn awyddus i ehangu ystod y disgyblion sy'n cymryd rhan er mwyn cynnwys y boblogaeth ysgol gyffredinol yn ogystal â'r rhai

resources to aid in the delivery of lessons and prevention education / activities in school.

PLEASE NOTE: This session is the same as the session held in February 2013, 14 and 15.

Who:

The session is suitable for teachers, teaching assistants, learning coaches or any member of staff with an interest in this subject.

You can send as many staff as you like to the session, teaching or support.

Supply costs:

Supply costs are not provided.

Bookings:

Booking is essential. Please contact Paula Roberts on 07500 106159 or paula.roberts@denbighshire.gov.uk to book a place.

Free Level II Food Safety and Hygiene Certificate

For the 2015/16 academic year the Food Standards Agency is again promoting a free Level II Food Safety and Hygiene Certificate (Catering) and learning course. The module is targeted at comprehensive schools in Wales and provides a City and Guilds accredited qualification. The online e-learning module is most suitable for students aged 14 plus and covers the following areas:

- The importance of food safety and hygiene
- Impact of food-borne illness
- Understanding food law
- Food safety hazards and contamination
- Food preservation
- Storage and Temperature control
- Personal hygiene
- Hygienic premises and equipment
- Hazard analysis critical control point system

The FSA is also keen to broaden the range of pupils taking part to not only include those studying a catering qualification but the general

sy'n astudio cymhwyster arlwyo.

Mae'n rhaid cynnal yr hyfforddiant mewn amgylchedd sy'n cael ei oruchwylio gan athro, ac mae'n cynnig nifer o fanteision sy'n ychwanegol i'r rhai a geir o gael hyfforddiant arferol mewn ystafell ddosbarth:

- gall pob myfyriwr fewngofnodi a chwblhau'r hyfforddiant yn ei amser ei hun;
- gall myfyrwyr fewngofnodi ac allgofnodi mor aml ag y dymunant a bydd eu gwaith yn cael ei gadw;
- ar ôl cwblhau'r hyfforddiant, gall myfyrwyr sefyll prawf aml-ddewis ar hap; a
- bob tro mae myfyriwr yn mewngofnodi mae'n cael tri chyfle i ennill yr achrediad

Bydd yr hyfforddiant yn cael ei ariannu gan yr ASB, felly yn dilyn ceisiadau byddent yn ceisio sicrwydd gan yr ysgol, y bydd y cwrs yn cael ei gwblhau'n llawn gan bob myfyriwr sy'n cofrestru.

Dylid nodi hefyd y bydd disgwyl i unrhyw ysgol neu goleg sy'n cymryd rhan gyfrannu at werthusiad yr ASB o'r cwrs.

Am ragor o fanylion, cysylltwch â:

E: vicki.reilly@foodstandards.gsi.gov.uk
Ffôn: 029 2067 8904
Ffacs: 029 2067 8919

school population as well.

The training, which must take place in a teacher supervised environment, offers a number of advantages over ordinary classroom based training;

- each student is able to log into their own record and work through the training in their own time;
- students are able to log in and out as often as they wish and their work be saved so they can continue from where they left off;
- upon completion of the training, students are able to allocate to take a random multi-choice test; and
- each log in provides three attempts to obtain the accreditation

This resource is funded by the FSA therefore they require assurance from schools that following an application, that the course will be completed fully by each pupil registering.

It should also be noted that any participating school or college would be expected to contribute to the FSA's evaluation of the course.

For more details please contact:

E: vicki.reilly@foodstandards.gsi.gov.uk
Tel: 029 2067 8904
Fax: 029 2067 8919

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

Wythnos Genedlaethol Iechyd Llygaid
21 Medi 2015

Diwrnod Calon y Byd
29 Medi 2015

Stoptober
Hydref 2015

Mis Rhyngwladol Cerdded i'r Ysgol

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

National Eye Health Week
21 September 2015

World Heart Day
29 September 2015

Stoptober
October 2015

International Walk to School Month

Hydref 2015

Diwrnod Gwenu y Byd
2 Hydref 2015

Diwrnod Cenedlaethol Diogelwch Personol
7 Hydref 2015

Diwrnod Golwg y Byd
8 Hydref 2015

Diwrnod Iechyd Meddwl y Byd
10 Hydref 2015

Diwrnod Golchi Dwylo Byd-eang
15 Hydref 2015

Diwrnod Bwyd y Byd
16 Hydref 2015

Diwrnod Byd-eang Chwilio am Chwilod
31 Hydref 2015

Wythnos Genedlaethol Prydau Ysgol
2 Tachwedd 2015

Diwrnod Cenedlaethol Ymwybyddiaeth o Straen
4 Tachwedd 2015

Wythnos Ymwybyddiaeth Alcohol
16 Tachwedd 2015

Wythnos Genedlaethol Gwrth-fwlio
16 Tachwedd 2015

Diwrnod Byd-Eang y Plant
20 Tachwedd 2015

Wythnos Diogelwch ar y Ffyrdd
23 Tachwedd 2015

Diwrnod Aids y Byd
1 Rhagfyr 2015

Diwrnod Hawliau Dynol
10 Rhagfyr 2015

October 2015

World Smile Day
2 October 2015

National Personal Safety Day
7 October 2015

World Sight Day
8 October 2015

World Mental Health Day
10 October 2015

Global Hand Washing Day
15 October 2015

World Food Day
16 October 2015

National Bug Busting Day
31 October 2015

National School Meals Week
2 November 2015

National Stress Awareness Day
4 November 2015

Alcohol Awareness Week
16 November 2015

National Anti-Bullying Week
16 November 2015

Universal Children's Day
20 November 2015

Road Safety Week
23 November 2015

World Aids Day
1 December 2015

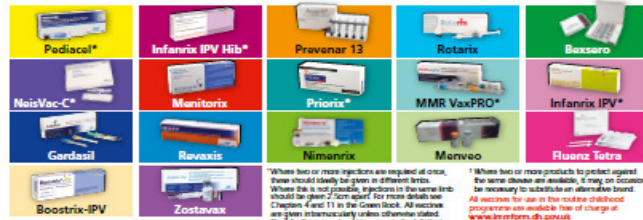
Human Rights Day
10 December 2015

Routine childhood immunisations from summer 2015 in Wales

When	Diseases protected against	Vaccine given	Site*
Two months old	Diphtheria, tetanus, pertussis, polio and <i>Haemophilus influenzae</i> type b (Hib)	DTaP/IPvHib (Pediacel or Infanrix IPV Hib) ¹	Thigh
	Pneumococcal disease	PCV (Prevenar 13)	Thigh
	Rotavirus	Rotarix (Rotarix)	By mouth
	Meningococcal group B disease (MenB)	MenB (Bexsero) (from 1 September 2015)	Left thigh
Three months old	Diphtheria, tetanus, pertussis, polio and Hib	DTaP/IPvHib (Pediacel or Infanrix IPV Hib) ¹	Thigh
	Meningococcal group C disease (MenC)	Men C (NexVax-C)	Thigh
	Rotavirus	Rotarix (Rotarix)	By mouth
Four months old	Diphtheria, tetanus, pertussis, polio and Hib	DTaP/IPvHib (Pediacel or Infanrix IPV Hib) ¹	Thigh
	Pneumococcal disease	PCV (Prevenar 13)	Thigh
	MenB	MenB (Bexsero)	Left thigh
Between 12 and 13 months old – within a month of the first birthday	Hib/MenC	Hib/MenC (Menitorix)	Upper arm/thigh
	Pneumococcal disease	PCV (Prevenar 13)	Upper arm/thigh
	Measles, mumps and rubella (German measles)	MMR (Priorix or MMR VaxPRO) ²	Upper arm/thigh
	MenB	MenB (Bexsero) booster	Left thigh
Two and three years old and children in reception class, year 1 and 2 in school	Influenza (from September)	Flu nasal spray (Fluenz Tetra) (annual) (if Fluenz is clinically contraindicated use inactivated flu vaccine)	Nostrils (Upper arm)
	Diphtheria, tetanus, pertussis and polio	DTaP/IPv (Repevax) or DTaP/IPv (Infanrix IPV) ¹	Upper arm
Three years four months old or soon after	Measles, mumps and rubella	MMR (Priorix or MMR VaxPRO) ² (check first dose has been given)	Upper arm
Girls aged 12 to 13 years	Cervical cancer caused by human papillomavirus types 16 and 18 (and genital warts caused by types 6 and 11)	HPV (Gardasil)	Upper arm
	Tetanus, diphtheria and polio	Td/IPV (Repevax), and check MMR status	Upper arm
Around 14 years old	MenC and Meningococcal group W disease (MenW), and groups A and Y	MenACWY (Nimenrix or Menveo) ³	Upper arm

Immunisations for at-risk children

At birth, 1 month old, 2 months old and 12 months old	Hepatitis B	Hep B	Thigh
At birth	Tuberculosis	BCG	Upper arm (intradermal)
Six months up to two years	Influenza	Inactivated flu vaccine	Upper arm/thigh
Over two up to less than 18 years	Influenza	Flu nasal spray (Fluenz Tetra) (annual) (if Fluenz is contraindicated, use inactivated flu vaccine)	Nostrils (Upper arm)



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Using paracetamol

to prevent and treat fever after MenB vaccination

My baby has just had the MenB vaccine, what should I expect now?

Fever can be expected after any vaccination, but is more common when the MenB vaccine (Bexsero) is given with the other routine vaccines at two and four months. Without paracetamol, more than half of infants will develop a temperature after these vaccines. The fever tends to peak around six hours after vaccination and is nearly always gone completely within two days. The fever shows the baby's immune system is responding to the vaccine, although the level of fever will depend on each child and does not show how well the vaccine will protect your baby.

How can I reduce the risk of fever?

Giving paracetamol soon after vaccination – and not waiting for a fever to develop – will reduce the risk of your child having a fever. With paracetamol, fewer than one in five children will get a fever and nearly all of these are mild (below 39°C). The paracetamol will also reduce the chance of your baby being irritable or suffering discomfort (such as pain at the site of the injection).

Which paracetamol product should I use?

You should use oral infant paracetamol suspension. This kind of paracetamol comes in liquid form for use in babies and young children. It has a strength of 120mg/5ml.

If you do not have paracetamol at home when you come for the first vaccination, your immunisation nurse may offer you a sachet of paracetamol and a syringe. The instructions on how to give this to your child are overleaf. You should

then get some oral paracetamol suspension for infants from your local pharmacy or supermarket on your way home. There are various products to choose from (including bottles and sachets) but the type needed is infant paracetamol suspension 120mg/5ml.

(Note: Junior paracetamol (6x plus) is stronger than infant paracetamol (250mg/5ml) and must not be used in babies.)

After which vaccinations should I give my baby paracetamol?

Paracetamol is advised for your baby following the MenB vaccinations. The MenB vaccine is usually given at your baby's first and third immunisation appointments at two months and four months of age.

Paracetamol is not routinely needed after the Men B booster vaccine given at 12 months of age. By this age the baby's risk of fever is the same as after other vaccines.

How much paracetamol should I give?

A total of three doses of 2.5ml (60mg) of paracetamol are recommended following MenB vaccination. You should give the first dose at the time of vaccination or as soon as possible afterwards. You should then give the second dose of paracetamol around four to six hours later and a third dose four to six hours after that (see table).

Dosage and timing of Infant paracetamol suspension (120mg/5ml) for use after primary MenB vaccinations (usually at two and four months of age)

Age of baby	Up to 6 months (usually at 2 and 4 months)
Dose 1	One 2.5ml (60mg) dose as soon as possible after vaccination
Dose 2	One 2.5ml (60mg) dose 4-6 hours after first dose
Dose 3	One 2.5ml (60mg) dose 4-6 hours after second dose

The 2.5ml dose should be measured and given either using a syringe or with a 2.5ml spoon (this is usually the small end of the spoon that comes in the pack).

For very premature babies (born before 32 weeks gestation), paracetamol should be prescribed by your doctor according to the infant's weight at the time of vaccination. You should check with your doctor and follow the instructions on the prescription.

What if my baby still has a fever after having had the three doses of paracetamol?

Some babies may still develop fever after vaccination, even after having three doses of paracetamol. In the 48 hours after vaccination, if your baby still has a fever but is otherwise well, you can continue to give your baby the same 2.5 ml dose (60mg) of infant paracetamol (120mg/5ml) suspension.

- You should always leave at least four hours between doses and never give more than four doses in any 24 hour period.

You should also keep your baby cool by making sure they don't have too many layers of clothes or blankets, and give them lots of fluids. If your baby is breast-fed, the best fluid to give is breast milk.

- If you are concerned about your baby's health at any time, then trust your instincts and speak to your GP or call NHS 111 in England and 0845 46 47 11 in Wales for advice.
- If your baby still has a fever more than 48 hours after vaccination you should speak to your GP or call NHS 111 in England and 0845 46 47 11 in Wales for advice.

The advice in this leaflet only applies if your baby has had the MenB vaccine. If your baby has a fever at any other time you should follow the instructions and dose advice on the product packaging and patient information leaflet.

If a sachet of paracetamol is provided during your baby's immunisation visit, a manufacturer's patient information leaflet will be made available to you on request www.medicines.org.uk/smp/PL_71912_latest.pdf

Other common questions:

Should I wake my baby to give paracetamol?

You should always try and give the first dose of paracetamol as soon as possible after the MenB vaccine. However if your baby is sleeping when the next doses are due, don't wake them up. You can give it when the baby next wakes as long as there is at least four hours between each dose.

Is it OK for small babies to have paracetamol?

Paracetamol is approved for managing fever in children from the age of two months. The patient information leaflet that comes with the pack may say that children aged two to three months should only be given two doses before talking to a doctor or pharmacist.

Although paracetamol is safe in very young children, the advice on the packaging is there to avoid parents giving paracetamol to a child with an unexplained fever. Such a fever could be a sign of a serious infection and treating this for too long may delay a parent seeking medical help.

As fever after vaccination is common, however, experts have advised that it is OK to give paracetamol for up to 48 hours after the MenB vaccine without seeking medical advice. Fever in this time period is much more likely to be caused by the vaccine than by an infection. The paracetamol will also make your child feel better, and there is no risk of an over-dose provided you give no more than four 2.5ml doses in any 24 hour period.

The advice to give more than two doses of paracetamol to babies aged two to three months only applies after the baby has had the MenB vaccine. If your baby has a fever at any other time, you should follow the instructions and dose advice on the product packaging and patient information leaflet.

Why does the manufacturer's patient information leaflet (PIL) contain different information?

You will find a patient information leaflet (PIL) in the supply of paracetamol you purchase. The PIL with the infant paracetamol suspension 120mg/5ml may provide different dosing instructions from the experts' recommendations for use following MenB vaccination. Here, in this leaflet, we give the details of the specific recommendations for the use of paracetamol following a MenB vaccination. For full information about the paracetamol product, please see the manufacturer's PIL.

Does my baby need paracetamol with the booster vaccinations at 12 months?

By the age of 12 months your baby's risk of fever after MenB vaccine is the same as with the other vaccines. So, your baby does not need to take three doses of paracetamol with their routine 12 month vaccinations. However, if your baby does get fever at home or appears to be in discomfort, you can give your baby infant paracetamol using the dosing schedule for a child of that age as outlined on the instructions in the packet.

HOW TO USE THE INFANT PARACETAMOL SACHET THAT MAY BE PROVIDED BY YOUR PRACTICE NURSE



- **Step 1**
Cut or tear the top off the sachet
- **Step 2**
Put the syringe into the sachet and pull the plunger up to draw up the paracetamol to the 2.5ml mark
- **Step 3**
Give all the paracetamol in the syringe by placing the syringe inside baby's mouth against the cheek and press the plunger slowly to gently release the medicine