

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 hanner tymor drwy e-bost. Bydd yn cynnwys newyddion iechyd a lles a diweddariadau o waith Grŵp Iechyd a Lles Sir Ddinbych pan yn berthnasol.

YSGOLION

A fydddech cystal â'i gylchredeg i **holl** staff yr ysgol, ac efallai y gallech argraffu a darparu copi mewn ystafelloedd staff / ar hysbysfyrdau staff.

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

SCHOOLS

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

Gorffennaf 2019

July 2019

POB YSGOL

Mae newyddion cyffredinol i bob ysgol yn y rhan cyntaf. Yn nes ymlaen, mae gwybodaeth ar wahân ar gyfer ysgolion cynradd ac uwchradd.

Cynllun Ysgolion Iach Sir Ddinbych

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

Ysgol Bodfari, cam 5
Ysgol Borthyn, cam 5
Ysgol Llywelyn, Gwobr Ansawdd Cenedlaethol
Ysgol Pen Barras, cam 5
Ysgol Tir Morfa, cam 5

Iach a hapus – Effaith yr ysgol ar iechyd a llesiant disgyblion

https://www.estyn.llyw.cymru/adroddiadau-thematig/iach-a-hapus?_ga=2.118436235.363492148.1563374770-328301007.1556790930

Mae'r adroddiad hwn yn gwerthuso pa mor dda y mae ysgolion cynradd ac uwchradd

ALL SCHOOLS

In the first section there is generic news to all schools. Further on there is separate information for primary and secondary schools.

Denbighshire Healthy Schools Scheme

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

Ysgol Bodfari, phase 5
Ysgol Borthyn, phase 5
Ysgol Llywelyn, National Quality Award
Ysgol Pen Barras, phase 5
Ysgol Tir Morfa, phase 5

Healthy and happy – school impact on pupils' health and wellbeing

<https://www.estyn.gov.wales/thematic-reports/healthy-and-happy>

This report evaluates how well primary and secondary schools in Wales support the

yng Nghymru yn cefnogi iechyd a llesiant disgyblion. Nid yw rhai o'r ysgolion a ddefnyddir fel enghreifftiau yn yr adroddiad hwn wedi'u henwi oherwydd natur sensitif yr achos dan sylw. Nid yw'r enghreifftiau o reidwydd yn dod o'r ysgolion y gwnaethom ymweld â nhw fel rhan o'r arolwg; gallent fod wedi dod hefyd o sail dystiolaeth arolygu ehangach Estyn.

Hyfforddiant Polisi Rheoli Anghenion Gofal Iechyd

FAO: penaethiaid, Cydlynnydd ADY, arweinwyr bugeiliol, arweinwyr gofal iechyd / meddyginiaeth

Dydd Llun 23 Medi 2019
1.30pm - 3.00pm
Ystafell Gynhadledd 1B, Neuadd y Sir,
Rhuthun

Mae polisi rheoli anghenion gofal iechyd yn **statudol** i bob ysgol. Lanswyd polisi enghreifftiol Sir Ddinbych ddwy flynedd yn ôl.

Rydym yn deall y bu newidiadau staff yn yr ysgol ers hynny, ac y gallai staff sy'n arwain ar y maes allweddol hwn o ddiogelwch a lles disgyblion fod wedi symud ymlaen.

Felly rydym wedi trefnu sesiwn hyfforddi ar gyfer staff sy'n newydd i'r polisi hwn i ddod yn gyfarwydd â'r ddogfen a chyfrifoldebau ysgolion. Yn ogystal, mae croeso i unrhyw staff eraill sy'n gyfarwydd â'r polisi mynychu i gael diweddarau eu hunain.

I archebu sesiwn e-bostiwch:
education.audit@denbighshire.gov.uk

health and wellbeing of pupils. Some schools used as examples in this report have not been named because of the sensitive nature of the case concerned. The examples are not necessarily from schools visited as part of the survey and may also have been drawn from Estyn's wider inspection evidence base.

Managing Healthcare Needs Policy Training

FAO: heads, ALNCo, pastoral leads, healthcare/medication leads

Monday September 23rd 2019
1.30pm - 3.00pm
Conference Room 1B, County Hall, Ruthin

A managing healthcare needs policy is **statutory** for all schools. The Denbighshire model policy was launched two-years ago.

We appreciate that there have been staff changes in school since then, and that staff leading on this key area of pupil safety and wellbeing may have moved on.

We have therefore arranged a training session for staff that are new to this policy to become familiar with the document and the responsibilities of schools. In addition any other staff that are familiar with the policy are welcome to attend as a refresher.

To book a session please email:
education.audit@denbighshire.gov.uk

Atal a rheoli heintiau

Mewn ymateb i geisiadau byddwn nawr yn cynnal y sesiwn Ymwybyddiaeth Rheoli Heintiau yn flynyddol. NODIR: mae'r sesiwn yn ailadrodd sesiynau blaenorol, fodd bynnag, bydd yr awr olaf (11.30am - 12.30pm) yn canolbwyntio ar ddarparu diweddariadau a chwestiynau ac atebion.

Mae croeso i Reolwyr Busnes a Chyllid, Penaethiaid, Gofalwyr ac i unrhyw aelod arall o staff neu o'r corff llywodraethu fynychu.

Dydd Mawrth 22 Hydref 2019
9am (dechrau am 9.15am) – 12.30pm
Ystafell Gynadledda 1A, Neuadd y Sir,
Rhuthun, LL15 1YN

DIOGELWCH BWYD MEWN YSGOLION

Mae sawl ysgol wedi holi am y canlynol:

Cofrestru clybiau brecwast / clybiau ar ôl ysgol sy'n gweini bwyd

Dylai pob ysgol sydd â chlwb brecwast neu glwb ar ôl ysgol sy'n paratoi a gweini bwyd gael eu cofrestru gyda Thîm Diogelwch Bwyd Sir Ddinbych. (Mae'r cofrestriad ar gyfer ffreutur yr ysgol yn cael ei wneud ar wahân). Mae'r ffurflen gofrestru ar gael yma:

<https://www.denbighshire.gov.uk/en/business/licences-and-permits/business-and-street-trading-licences/food-businesses.aspx>

Hyfforddiant Diogelwch Bwyd Lefel 2

Mae hyfforddiant diogelwch bwyd Lefel 2 ar gael gan Dîm Diogelwch Bwyd Sir Ddinbych. Mae'r cwrs yn cael ei gynnal dros un diwrnod ac mae'r wobr yn ddilys am 3 blynedd.

Yn ddelfrydol dylai staff sydd yn paratoi ac

Infection prevention and control

In response to requests we will now be hosting the Infection Control Awareness session on an annual basis. NOTE: the session is a repeat of previous sessions, however the last hour (11.30am - 12.30pm) will be dedicated to providing updates and questions and answers.

Business and Finance Managers, Head Teachers, Caretakers and any other member of staff or governing body are welcome to attend.

Friday 5th April 2019
9am (9.15am start) – 12.30pm
Conference Room 1A, County Hall, Ruthin,
LL15 1YN

FOOD SAFETY IN SCHOOLS

Several schools have enquired about the following:

Registration of breakfast clubs / afterschool clubs serving food

All schools with breakfast clubs or afterschool clubs preparing and serving food should be registered with the Denbighshire Food Safety Team. (The registration for the school canteen is done separately). The registration form can be found here:

<https://www.denbighshire.gov.uk/en/business/licences-and-permits/business-and-street-trading-licences/food-businesses.aspx>

Level 2 Food Safety Training

Level 2 food safety training is available from the Denbighshire Food Safety Team. The course takes place over one day and the award is valid for three years.

Staff preparing and serving food in school should ideally have this award e.g. breakfast

yn gweini bwyd yn yr ysgol gael y wobr hon e.e. staff clybiau brecwast a staff clybiau ar ôl ysgol.

Am ragor o wybodaeth a manylion am ddyddiadau a chostau, anfonwch e-bost at Ddiogelwch Bwyd Sir Ddinbych food.safety@denbighshire.gov.uk

Newyddion gan Gomisiynydd Plant Cymru

Beth Nawr

yn dilyn ymarfer ymgynghori, mae'r comisiynydd wedi cyhoeddi cynllun newydd gyda 4 uchelgais o ran sut mae'r comisiynydd yn dymuno i Gymru edrych i blant a phobl ifanc yn 2022.

<https://www.childcomwales.org.uk/what-now/>

Gwefan

Ar y wefan mae llwyth o adnoddau y gall ysgolion eu defnyddio i ddarparu a chefnogi ABCh.

<https://www.childcomwales.org.uk/>

Recriwtio ar gyfer Panel Cynghori

Rydym yn recriwtio unwaith eto i bobl ifanc (11 – 18 oed) ymuno â'r Panel Cynghori Comisiynydd Plant. Gallwch gyfrannu at waith y Comisiynydd Plant, ennill sgiliau newydd a chael hwyl yn rhan o grŵp cyffrous.

<https://www.childcomwales.org.uk/about-us/recruitment/>

AGENDA

Adnoddau ar-lein AM DDIM

Rhaglen Cynradd: cefnogi disgyblion i wneud i berthynas gadarnhaol fod o bwys.

Mae'r adnodd hwn wedi'i anelu at ymarferwyr sydd eisiau rhoi grym i blant (7 – 11) oed i wneud i berthnasoedd cadarnhaol

club and after-school club staff.

Please email Food Safety Denbighshire for further information about course dates and costs food.safety@denbighshire.gov.uk

News from the Children's Commissioner for Wales

Beth Nawr

following on from a consultation exercise the commissioner has published a new plan which has 4 ambitions for what the commissioner wants Wales to look like for children and young people in 2022.

<https://www.childcomwales.org.uk/what-now/>

Website

On the website there is a wealth of resources that schools can use to deliver and support PSE.

<https://www.childcomwales.org.uk/>

Advisory Panel Recruitment

We are recruiting once again for young people (age 11-18) to join the Children's Commissioner's Advisory Panel. You will be able to contribute to the work of the Children's Commissioner, gain new skills and have fun being part of an exciting group.

<https://www.childcomwales.org.uk/about-us/recruitment/>

AGENDA

FREE Online Resources

Primary Agenda: supporting pupils in making positive relationships matter. This resource is aimed at practitioners who want to empower children (age 7-11) to make positive relationships matter in their schools and

fod o bwys yn eu hysgolion a'u cymunedau. Gellir ei ddefnyddio i ddatblygu perthnasoedd cynhwysol, perthnasol a pharchu hawliau ac addysg rhywioldeb.

Rhaglen uwchradd; mae'r adnodd hwn wedi'i ddatblygu gan bobl ifanc i bobl ifanc.

Mae'n cefnogi hawliau pobl ifanc i siarad am a newid pethau sydd o bwys iddyn nhw. Mae'n eu cysylltu â'r ffyrdd creadigol mae pobl ifanc yng Nghymru a thu hwnt yn herio trais rhywiol ac ar sail rhyw.

<http://agenda.wales/>



Mae MEIC yn llinell gymorth eirioli i blant a phobl ifanc yng Nghymru. Mae ar gael rhwng 8am a hanner nos, 365 diwrnod y flwyddyn.

Gall plant, pobl ifanc a gweithwyr proffesiynol gysylltu â Meic:

Ffôn: 080 880 23456
Testun: 84001
Sgwrs ar lein

Am fwy o wybodaeth ar sut y gallant helpu plant, pobl ifanc a chi, ewch i'w gwefan.

www.meic.cymru

Pentreperyglon – Diwrnod Agored Medi 6ed 2019 o 10am

Oeddech chi'n gwybod bod PentrePeryglon wedi'i gynllunio i gysylltu gyda'r cwricwlwmABCh a rhaglen Ysgolion Iach?

Dyma cyfle i chi edrcyh o gwmpas y safle i weld yr holl weithgareddau a rhaglenni sydd ar gael i'ch ysgolion. Mae llawer o bethau newydd a chyffrous i rannu!

communities. It can be used to develop inclusive, relevant and rights-respecting relationships and sexuality education.

Secondary agenda: this resource has been developed by young people for young people. It supports young peoples rights to speak out about and change things that matter to them. It connects them to the creative ways young people in Wales and beyond are challenging gender-based and sexual violence.

<http://agenda.wales/>



MEIC is a national information, advice and advocacy helpline for children and young people in Wales. It is open from 8 am to Midnight, 365 days a year.

Children, young people and professionals can contact Meic:

Phone: 080 880 23456
Text: 84001
Online chat

For more information on how they can help children, young people and you, please visit their website.

www.meic.cymru

Dangerpoint – Open Day September 6th 2019 from 10am

Did you know that DangerPoint is designed to connect with the PSE curriculum and the Healthy Schools Programme?

This is an opportunity for you to look around the site and see the activities and programmes that are available for your schools. There are a lot of new and exciting things to share!

Teithiau'n dechrau o 10am a dylent para dim mwy nag awr.

01745 850414

<http://bit.ly/DPSchOD19>

The next 3 seconds could save your life...

Ataliad ar y galon yw pan mae'r galon yn stopio'n sydyn ac yn annisgwyl ac yn rhoi'r gorau i guro. Defnyddio CPR ydy'r unig ffordd i aildechrau rhythm naturiol y galon. Mae'r niferoedd sy'n goresgyn ataliad y galon yng Ngogledd Cymru ymysg y niferoedd isaf yn Ewrop ac mae ymchwil yn dangos bod dysgu plant sut i ddefnyddio CPR yn gallu achub llawer o fywydau.

Byddai Bwrdd Iechyd Prifysgol Betsi Cadwaladr mewn cydweithrediad gydag Elusen Awyr Gogledd Cymru yn hoffi rhoi modelau corff I bob ysgol gynradd yng Ngogledd Cymru er mwyn galluogi pob ysgol I gymryd rhan yn y cynlluniau Heart Start a Shocober . Bydd fideo newydd sbon dwyieithog yn cynnig hyfforddiant CPR I blant, hefyd yn cael ei ddarparu (bydd ysgolion uwchradd yn gallu gwneud cais am fodelau corff drwy lenwi ffurflen syml drwy glicio ar y cyfeiriad sy'n yr e-bost hwn).

Mae sawl claf o Ogledd Cymru yn fyw heddiw oherwydd I blentyn gyflwyno CPR neu oherwydd I ddefnibriliwr ysgol achub eu bywydau. Mae'n anhebygol y bydd rhaid I chi wneud CPR ar blentyn ond yn hynod bosib I blentyn orfod gwneud CPR ar un maent yn ei garu, ar ffrind neu gymydog <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/cpr-kits/cpr-training-for-schools>

Os gwelwch yn dda rhowch funud o'ch amser i ateb y 4 cwestiwn syml hwn yn y 'Survey' I wneud gwahaniaeth mawr I gymuned Gogledd Cymru.

<https://forms.office.com/Pages/ResponsePa>

Tours starting from 10am and they should last no longer than one hour.

01745 850414

<http://bit.ly/DPSchOD19>

The next 3 seconds could save your life

A cardiac arrest is when the heart suddenly and unexpectedly stops beating, early CPR and defibrillation is the only way to re start the hearts natural rhythm. North Wales has one of the lowest cardiac arrest survival rates in Europe and research has shown that teaching children the life skill of CPR, can help save many lives.

Betsi Calwaladr University Health Board (BCUHB) with the help of the North Wales NHS charity Awyr Ias, would like to help equip every primary school in North Wales with mannequins, allowing every school the opportunity to take part in Heart Start and Shocober, as well as a brand new bilingual CPR training video made especially for the children of North Wales, by BCUHB (secondary schools can get free BHF mannequins by filling in a simple form at this address <https://www.bhf.org.uk/how-you-can-help/how-to-save-a-life/cpr-kits/cpr-training-for-schools>

Many patients in North Wales are only alive today because a child performed CPR on them or a school defibrillator was used to save their life. It's unlikely that you will have to do CPR on a child, but highly likely that one day the children of North Wales will have to do CPR on a loved one, friend or neighbour.

Please take a moment to answer the 4 simple questions asked in this survey and help us to make a difference to our North Wales Community.

<https://forms.office.com/Pages/ResponsePage.aspx?id=DQSIkWdsW0yxEjajBLZtrQAAAAA>

[ge.aspx?id=DQSIKWdsW0yxEjajBLZtrQAAAAA
AAAAAAAO_R5vzZ9UNEdIOUs2MTVaMEtQO
U5IR1AwUDFKN05TRi4u](http://www.wales.nhs.uk/ge.aspx?id=DQSIKWdsW0yxEjajBLZtrQAAAAA
AAAAAAAO_R5vzZ9UNEdIOUs2MTVaMEtQO
U5IR1AwUDFKN05TRi4u)

Julie Starling

Arrhythmia Advanced clinical nurse specialist
Julie.starling@wales.nhs.uk

Gwybodaeth CPR gan y bwrdd iechyd lleol

Fel rhan o brosiect ataliad y galon, mae tudalen gwefan llawn o wybodaeth ddefnyddiol am CPR a diffibrilyddion cymuned, fideos CPR ac ati wedi eu sefydlu (cael ei gyfieithu ar hyn o bryd).

www.awyrlas.org.uk/keepthebeats

Sant Ioan

Sesiynau cymorth cyntaf am ddim i ddisgyblion

Hyfforddiant cymorth cyntaf sylfaenol hanfodol am ddim i ddisgyblion ysgol a chymunedau. Mae'r sesiynau am ddim i ddisgyblion ysgol gynradd (blwyddyn 3+) ac ysgol uwchradd. Nid oes unrhyw derfyn ar gyfer y nifer o sesiynau a gall archebion gynnwys un dosbarth neu ysgol gyfan.

Y 2 gwrs mwyaf poblogaidd yw Ymwybyddiaeth Cymorth Cyntaf a Diffibrilwyr i'r Cyhoedd eu defnyddio, sy'n 2 awr gyda thestunau wedi eu rhestru isod:

Ymwybyddiaeth Cymorth Cyntaf

- Arolwg Cynradd
- Ffonio am ambiwlans
- Ystum adfer
- Tagu
- CPR

Ymwybyddiaeth Diffibrilydd i'r Cyhoedd ei Ddefnyddio

- Asesu digwyddiad
- Claf ddim yn ymateb
- CPR
- lleoli pad AED
- gweithrediad AED

[AAAAAAO_R5vzZ9UNEdIOUs2MTVaMEtQOU
5IR1AwUDFKN05TRi4u](http://www.wales.nhs.uk/AAAAAAO_R5vzZ9UNEdIOUs2MTVaMEtQOU
5IR1AwUDFKN05TRi4u)

Julie Starling

Arrhythmia Advanced clinical nurse specialist
Julie.starling@wales.nhs.uk

CPR information from the local health board

As part of the Out of Hospital Cardiac Arrest project, a web page full of useful information about CPR and community defibrillators, CPR videos etc has been set up (this is currently being translated).

www.awyrlas.org.uk/keepthebeats

St. John's

Free first aid sessions for pupils

Free vital basic first aid training to school pupils and communities. The sessions are free of charge for primary (year 3+) and secondary school pupils. There is no limit for the number of sessions, and bookings can accommodate one class or a whole school.

The 2 most popular courses are First Aid Awareness and Public Access Defibrillators, which are 2 hours with topics listed below:

First Aid Awareness

- Primary Survey
- Calling for an ambulance
- Recovery position
- Choking
- CPR

Public Access Defib Awareness

- Assessing an incident
- Unresponsive Casualty
- CPR
- AED pad placement
- AED operation

Shorter sessions or assemblies can be designed to fit around school timetables and

Gellir trefnu sesiynau byrrach i gyd-fynd ag amserlenni ysgol a dyddiau ABCh. Maent yn cynnig sesiynau hirach 4 awr a 6 awr, ond codir tâl fesul unigolyn am y rhain.

Mae sesiynau yn Saesneg yn unig ar hyn o bryd, fodd bynnag mae'r hyfforddwr yn dysgu Cymraeg.

Stephen More
Hyfforddwr Cymunedol
stephen.more@stjohnwales.org.uk
www.stjohnwales.org.uk

Newyddion Eco-Sgolion

<https://sway.office.com/Lt09D5LjeafuCYEG?ref=email>

PSE days. They do offer longer 4 hour and 6 hour sessions, but there is a charge per person for these.

Sessions are currently only in English, however the trainer is currently learning Welsh.

Stephen More
Community Trainer
stephen.more@stjohnwales.org.uk
www.stjohnwales.org.uk

Eco-Schools Newsletter

<https://sway.office.com/oehmCDQw51wP08gf?ref=email>

CYNRADD

HYFFORDDIANT AM DDIM A CHYFRANIAD TUAG AT COSTAU LLANW

Paratowch eich dosbarth ar gyfer y dyfodol gyda chynlluniau gwersi e-Bug

Mae Bwrdd Iechyd Prifysgol Betsi Cadwaladr, ynghyd â'ch Tîm Ysgolion Iach yn cynnig hyfforddiant unigryw i alluogi athrawon i ddarparu gwersi e-Bug i blant ysgol gynradd sydd ym mlwyddyn pump a chwech (CA2).

Mae e-Bug yn offer dysgu ar-lein achrededig sydd am ddim sydd wedi'i lunio ar gyfer cwricwlwm cenedlaethol Cymru. Mae'n helpu i wneud dysgu am ficrobau, lledaenu heintiau ac ymwithiant wrthfotigau yn hwyl a byddwch yn barod am Wythnos Ymwybyddiaeth Gwrthfotigau'r Byd, a gynhelir rhwng 11 a 18 Tachwedd 2019.

Gall athrawon gofrestru ar gyfer un o'r sesiynau a gynhelir mewn lleoliadau cyfleus fis Hydref hwn. I hwyluso presenoldeb yn y sesiynau hyn byddwn yn rhoi **cyfraniad tuag at costau llanw o £95** i'r ysgol wrth ddarparu'r sesiwn ddosbarth cyntaf yn yr ysgol.

PRIMARY

FREE TRAINING WITH CONTRIBUTION TOWARDS SUPPLY COSTS

Prepare your classrooms for the future with e-Bug lesson Plans

Betsi Cadwaladr University Health Board, together with your Healthy Schools Team are offering unique training to enable teachers to deliver E-Bug lessons to primary school children in years five and six (KS2).

e-Bug is an accredited online free learning tool mapped to the Welsh national curriculum. It makes teaching about microbes, the spread of infection and antibiotic resistance fun and you will be ready for World Antibiotic Awareness Week, 11 to 18 November 2019.

Teachers can register for one of the sessions taking place at convenient locations this coming October. To facilitate attendance at these sessions a **£95 supply cost contribution** will be paid to the school on delivery of their first classroom session following the training.

Mae adnoddau e-Bug yn cynnwys pecyn i athrawon, cynlluniau gwersi manwl, taflenni gwaith ac astudiaethau rhyngweithiol. Mae pob pecyn i athrawon yn cael ei gefnogi ymhellach gan wefan pwrpasol sydd wedi'i anelu at yr athro a'r plant, yn cynnwys gemau, cwisiau a chanllawiau adolygu ar-lein i barhau â'r dysgu.

Bydd pawb sy'n cymryd rhan yn cael cyfle i:

- **Ddysgu'r wyddoniaeth y tu ôl i'r e-Bug**
- **Ymarfer y gweithgareddau rhyngweithiol**
- **Mynd â'ch pecyn gwersi eich hun adra gyda chi**
- **Rhwydweithio â chydweithwyr**
- **Mynd a bathodynau a thystysgrifau adra gyda chi**

Bydd bob diwrnod astudio yn cael ei gynnal gan Kailey Sassi-Jones, Fferyllydd Gwrthficrobaidd Arweiniol Bwrdd Iechyd Prifysgol Betsi Cadwaladr, ac yn cael ei gefnogi gan Arweinwyr Ysgolion Iach Conwy a Sir Ddinbych.

Dewiswch sesiwn o'r dyddiau canlynol

7 Hydref, Neuadd y Sir, Rhuthun (trwy gyfrwng y Gymraeg)

NEU

8 Hydref, Yr Optig, Llanelwy (trwy gyfrwng y Saesneg)

Bydd bob sesiwn yn dechrau am 8.45am (cychwyn am 9am) ac yn gorffen am 12.15pm. Darperir lluniaeth ond dewch â'ch cinio eich hun gyda chi.

Mae llefydd yn gyfyngedig ac rydym yn cynghori eich bod yn cofrestru'n gynnar i osgoi cael eich siomi. Y dyddiad cau ar gyfer cofrestru yw 12 Gorffennaf 2019.

Am fwy o wybodaeth cysylltwch â paula.Roberts@denbighshire.gov.uk

I neilltuo eich lle:

e-Bug resources include teachers pack, detailed lesson plans, work sheets and interactive studies. Each teacher pack is further supported by a dedicated website aimed at both the teacher and the student, containing online games, quizzes and revision guides to continue the learning.

Each participant will be given the opportunity to:

- **Learn the science behind e-Bug**
- **Practice the interactive activities**
- **Take away your own lesson pack**
- **Network with colleagues**
- **Take away badges and certificates**

Each study day will be delivered by Betsi Cadwaladr University Health Board Lead Antimicrobial Pharmacist Kailey Sassi-Jones and supported by Conwy and Denbighshire Healthy School Leads.

Choose a session from the following dates

7th October, County Hall, Ruthin (Welsh Medium)

OR

8th October, The Optic, St Asaph (English Medium)

All sessions begin at 8.45am (9.00am start) and finish at 12.15pm. Refreshments will be provided but please bring your own lunch.

Spaces are limited and early registration is advised to avoid disappointment. Deadline for registration is 12th July 2019.

For more information, contact paula.Roberts@denbighshire.gov.uk

To book a place:

www.sirddinbych.gov.uk/hyfforddiant-addysg

Arolwg Cenedlaethol - Gweithredu Mentrau Gweithgarwch Corfforol

Mae'r ymchwil hwn yn cael ei wneud ar ran Iechyd Cyhoeddus Cymru a Llywodraeth Cymru. Nod yr arolwg hwn yw archwilio'r ffactorau sy'n dylanwadu ar weithredu ymyriadau gweithgaredd corfforol nad ydynt yn seiliedig ar y cwricwlwm mewn ysgolion cynradd, fel The Daily Mile.

Bydd adroddiad terfynol yn cael ei lunio yn seiliedig ar ganlyniadau'r arolwg, a rhoddir argymhellion i gynghori ysgolion ar sut i weithredu gweithgaredd corfforol all-gwricwlwm yn llwyddiannus.

https://docs.google.com/forms/d/e/1FAIpQLSd27VipLnHsYCULerHZYqgmU4aX1JUDLVF6zTjY5FJ8PFTmzg/viewform?usp=sf_link

Y Cynllun Gwên

Mae'r Cynllun Gwên yn rhaglen genedlaethol i wella iechyd y geg plant yng Nghymru.

Mae gwybodaeth ac adnoddau ar iechyd y geg ar gael i rieni/gofalwyr ac ysgolion ar eu gwefan:

<https://www.designedtosmile.org/welcome-croeso/croeso/?lang=cy>

Maent hefyd wedi llunio fideo ar 'gadw dannedd eich plentyn yn iach'. Mae'n bosibl y byddwch yn dymuno rhannu'r fideo hwn gyda rhieni yn eich newyddlenni, ar eich gwefan ac ati, efallai y byddai gwers ar iechyd y geg yn ddefnyddiol hefyd.

<https://vimeo.com/329063680>

Wythnos Genedlaethol Cynllun Gwên 2019

Mae Cynllun Gwên yn 10 oed ac ym mis

www.denbighshire.gov.uk/education-training

National Survey - Implementation of non-curriculum physical activity initiatives

This research is being undertaken on behalf of Public Health Wales and the Welsh Government. This survey aims to explore the factors that influence the implementation of non-curriculum based physical activity interventions in primary schools, such as The Daily Mile.

A final report will be produced based on the results of the survey, and recommendations will be made to advise schools on how to successfully implement extra-curricular physical activity.

https://docs.google.com/forms/d/e/1FAIpQLSdhZdsyPWKxeUq0VFIDp_BrWrhbs_II-SAjMkSljFcugl2Pgg/viewform?vc=0&c=0&w=1

Designed to Smile

Designed to Smile is a national programme to improve the oral health of children in Wales.

Information and resources on oral health are available for parents/carers and schools is available on their website:

<https://www.designedtosmile.org/welcome-croeso/welcome/>

They have also produced a video on 'keeping your child's teeth healthy'. You may want to share this video with parents in your newsletters, website etc. you may also find it useful for lesson on oral health.

<https://vimeo.com/329063680>

National Designed to Smile Week 2019

Designed to Smile is turning 10 and in

Medi 2019, maent yn dathlu wythnos genedlaethol Cynllun Gwên 16-20 Medi.

Mae ysgolion a meithrinfeydd yn cael eu hannog i ddefnyddio'r wythnos i ganolbwyntio ar ofalu am eu dannedd a dathlu cymryd rhan yn y Cynllun Gwên. Mae'r pecyn syniadau hwn yn rhoi gwybodaeth i ysgolion a meithrinfeydd i ganolbwyntio gweithgareddau ar iechyd y geg a dathlu Cynllun Gwên <http://www.designedtosmile.org/designed-to-smile-10th-anniversary-week-16th-20th-september-2019/>

Cystadleuaeth Dylunio Cerdyn Pen blwydd
Gofynnir i blant ar draws Cymru ddylunio cerdyn pen blwydd i Dewi, masgot Cynllun Gwên i ddathlu ei ben blwydd yn 10 oed. Y dyddiad cau yw 04/10/2019.

Darllenwch y dogfennau ynghlwm am y gystadleuaeth a sut y gall dosbarthiadau gymryd rhan. <http://www.designedtosmile.org/designed-to-smile-10th-anniversary-week-16th-20th-september-2019/>

DYDDIAU/WYTHNOSAU IECHYD

Wythnosau / Dyddiau Iechyd i ddod

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

<http://www.nhsemployers.org/your-workforce/retain-and-improve/staff-experience/health-work-and-wellbeing/sustaining-the-momentum/calendar-of-national-campaigns-2016>

September 2019, they are celebrating with a National Designed to Smile week 16th-20th September.

Schools and nurseries are encouraged to use the week to focus on looking after teeth and to celebrate their involvement in D2S. This ideas pack provides information for schools and nurseries to focus activities around oral health and celebrate Designed to Smile <http://www.designedtosmile.org/designed-to-smile-10th-anniversary-week-16th-20th-september-2019/>

Design a Birthday Card Competition

Children across Wales are asked to design a birthday card for Dewi, Designed to Smile's mascot, to celebrate his 10th birthday. Deadline 04/10/2019.

Please read the accompanying documents about the competition and how classes can enter.

<http://www.designedtosmile.org/designed-to-smile-10th-anniversary-week-16th-20th-september-2019/>

HEALTH THEMED DAYS / WEEKS

Upcoming Themed Health Weeks / Days

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

<http://www.nhsemployers.org/your-workforce/retain-and-improve/staff-experience/health-work-and-wellbeing/sustaining-the-momentum/calendar-of-national-campaigns-2016>