

**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.

**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.

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.

**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 2017

September 2017

**POB YSGOL**

**Llwyddiant Ysgolion Iach**

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

- Ysgol Pant Pastynog, Gwobr Ansawdd Cenedlaethol
- Ysgol Caer Drewyn, ail-asiad Gwobr Ansawdd Cenedlaethol
- Ysgol Llanfair DC, cam 5
- Ysgol Llywelyn, cam 5
- Ysgol y Faenol, cam 5
- Ysgol Bro Famau, cam 4
- Ysgol Henllan, cam 4
- Ysgol Llanbedr, cam 3
- Ysgol y Santes Ffraid, cam 3

**Arolwg Agwedd Disgyblion at eu Hunain a'r Ysgol (PASS)**

Mae cyllid wedi'i sicrhau ar gyfer ysgolion cynradd Sir Ddinbych, i'w ddefnyddio i gynnal arolygon gyda'u disgyblion. Mae PASS eisoes yn cael ei ddefnyddio ym mhob ysgol uwchradd. Mae e-bost wedi'i anfon at bob ysgol, yn cynnwys rhagor o wybodaeth am PASS a sut i gael mynediad at yr

**ALL SCHOOLS**

**Healthy Schools Scheme**

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

- Ysgol Pant Pastynog, National Quality Award
- Ysgol Caer Drewyn, re-assessment National Quality Award
- Ysgol Llanfair DC, phase 5
- Ysgol Llywelyn, phase 5
- Ysgol y Faenol, phase 5
- Ysgol Bro Famau, phase 4
- Ysgol Henllan, phase 4
- Ysgol Llanbedr, phase 3
- St Brigid's School, phase 3

**Pupil Attitude to Self and School (PASS) Survey**

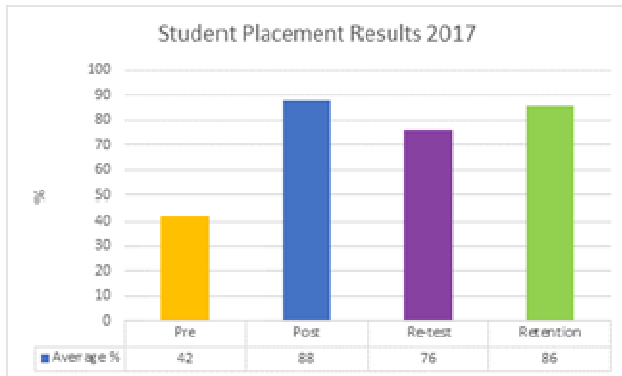
Funding has been secured for Denbighshire primary schools to use PASS with their pupils. PASS is already in use in all secondary schools. An email has been sent to all schools with more information about PASS and how to access the training.

hyfforddiant.

## PentrePeryglon

Yn ystod mis Mai 2017, croesawodd y PentrePeryglon fyfyrwyr o Brifysgol Caer, i gwblhau prosiect ymchwil blynyddol ar yr elusen. Nod y prosiect ymchwil yw dadansoddi a gwerthuso'n union pa mor effeithiol yw'r PentrePeryglon i blant. Ail-ymwelwyd â 10 ysgol ar draws gogledd Cymru yn ystod y prosiect ymchwil hwn ac fe gwblhawyd cwis PentrePeryglon, unwaith eto, gan **434 o gyfranogwyr** o Flwyddyn 2 hyd at Flwyddyn 6.

Mae'r canlyniadau'n dangos mai'r sgôr cyn ymweld, ar gyfartaledd, oedd **42%** ar gyfer pob ysgol. Roedd y canlyniadau ar ôl ymweld yn **88%**. Sgorau'r ail-brawf, ar gyfartaledd, oedd **76%** sy'n gosod sgôr gadw o **86%** (79% ym mhrosiect ymchwil 2016). Mae'r canlyniadau hyn yn profi effeithiolrwydd y PentrePeryglon a'r Ceidwaid o ran ymgysylltu ac addysgu disgyblion o bob oedran drwy addasu'r profiad yn unol â hynny.

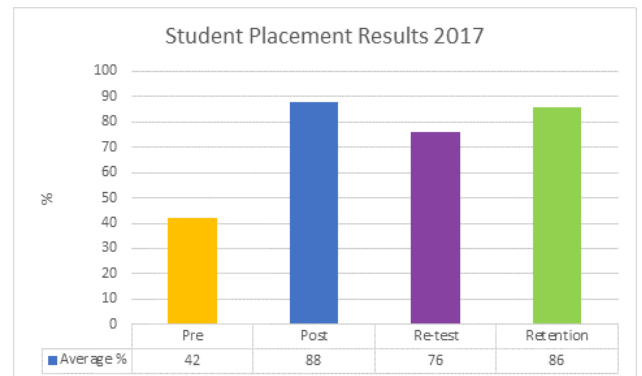


Crëwyd holiadur ac anfonwyd ef at rieni'r plant a oedd eisoes wedi ymweld â ni. Lluniwyd y cwestiynau i weld os oedd y plant wedi ailadrodd y wybodaeth neu wedi newid eu hymddygiad yn dilyn eu hymweliad. Nodwyd gan **50%** o rieni eu bod wedi gweld gwahaniaeth o ran ymddygiad eu plant yn dilyn yr ymweliad a nodwyd gan **67%** eu bod hefyd wedi newid eu hymddygiad eu hunain, gyda phob riant yn nodi eu bod bellach yn gwirio eu larymau

## DangerPoint

During May 2017, DangerPoint welcomed students from the University of Chester to complete an annual research project on the charity. The aim of the research project is to analyse and evaluate how effective DangerPoint is for children. 10 schools from across North Wales were re-visited during this research project with **434 participants** from Years 2 to 6 completing the DangerPoint quiz once again.

The results showed that the average pre visit score was **42%** for all schools. Post visit results were **88%**. The average re-test scores were **76%** which gives a retention score of **86%** (79% in 2016's research project). These results demonstrate the effectiveness of DangerPoint and its Rangers in engaging and teaching a range of ages by tailoring the experience accordingly.



A questionnaire was created and sent to parents of the children that had previously visited. The questions were designed to gain an insight as to whether the children relayed any information or changed their behaviour following their visit. **50%** of parents noted that they had seen a difference in their child's behaviour following the visit and **67%** had stated that they had changed their own behaviour, all indicating that they now check their smoke alarms because of their child's

mwg yn dilyn ymweliad eu plentyn. Nodwyd gan **100%** o rieni eu bod wedi clywed adborth cadarnhaol gan eu plant yn dilyn eu hymweliad â PhentrePeryglon.

Os hoffech gael rhagor o wybodaeth am y prosiect ymchwil neu os ydych yn dymuno trefnu ymweliad â'r ganolfan, cysylltwch â Cat Harvey-Aldcroft drwy ffonio 01745 850414.

## Tafenni Ffeithiau Cydraddoldeb

Mae Llywodraeth Cymru wedi gweithio ar y cyd â Dangos y Cerdyn Coch i Hiliaeth er mwyn creu pedair taflen ffaith sy'n trafod y canlynol:

- Deddf Cydraddoldeb 2010
- Adnabod ac ymateb i hiliaeth a stereoteipio hiliol
- Rhoi gwybod am achosion tybiedig o hiliaeth yn yr ysgol
- Terminoleg ac iaith gynhwysol

<http://learning.gov.wales/resources/browse-all/tackling-racism-in-schools-factsheets/?skip=1&lang=cyb>

## HYFFORDDIANT YMWHYBYDDIAETH SYLWEDDAU, YMWHYBYDDIAETH CANABIS NEU YMWHYBYDDIAETH SYLWEDDAU SEICOWEITHREDOL NEWYDD (LEGAL HIGHS)

Yn dilyn yr hyfforddiant diweddar a gyflwynwyd gan Wasanaeth Camddefnyddio Sylweddau Plant a Phobl Ifanc Barnardo's, rydym ni rwan yn cynnal sesiynau ychwanegol. (Nodwch: mae'r sesiynau yma YR UN FATH a'r sesiynau sydd wedi eu cynnal).

### *Ymwybyddiaeth Sylweddau Seicoweithredol Newydd*

27/11/2017  
9am – 12.30pm  
Caledfryn, Dinbych, LL16 3RJ

visit. **100%** reported hearing positive feedback from their children about their visit to DangerPoint.

If would like any further information on the research project or would like to book a visit to the centre, please contact Cat Harvey-Aldcroft on 01745 850414.

## Equalities Factsheets

Welsh Government has worked together with Show Racism the Red Card to produce four factsheets which cover the following areas:

- Equality Act 2010
- Recognising and responding to racism and racial stereotyping
- Reporting suspected racist incidents in school
- Terminology and inclusive language

<http://learning.gov.wales/resources/browse-all/tackling-racism-in-schools-factsheets/?lang=en&ert>

## SUBSTANCES AWARENESS, CANNABIS AWARENESS OR NEW PSYCHOACTIVE SUBSTANCES (LEGAL HIGHS) AWARENESS TRAINING

Further to the recent training delivered by Barnardo's Children and Young Peoples' Substance Misuse Service we are now hosting additional sessions. (Please note that these are a REPEAT of the sessions previously held).

### *New Psychoactive Substances Awareness*

27/11/2017  
9am – 12.30pm  
Caledfryn, Denbigh, LL16 3RJ

19/03/2018  
9am – 12.30pm  
Caledfryn, Dinbych, LL16 3RJ

### **Ymwybyddiaeth Sylweddau**

19/06/2017  
9am – 12.30pm  
Caledfryn, Dinbych, LL16 3RJ

16/10/2017  
9am – 12.30pm  
Caledfryn, Dinbych, LL16 3RJ

19/02/2018  
9am – 12.30pm  
Caledfryn, Dinbych, LL16 3RJ

### **Ymwybyddiaeth Cannabis**

15/01/2018  
9am – 12.30pm  
Caledfryn, Dinbych, LL16 3RJ

14/05/2018  
9am – 12.30pm  
Caledfryn, Dinbych, LL16 3RJ

### **Pwy:**

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

### **Costau Llanw:**

Ni ddarperir costau llanw.

### **Archebu Lle:**

Mae'n hanfodol archebu. 07500 106159 neu [paula.roberts@denbighshire.gov.uk](mailto:paula.roberts@denbighshire.gov.uk)

19/03/2018  
9am – 12.30pm  
Caledfryn, Denbigh, LL16 3RJ

### **Substances Awareness**

19/06/2017  
9am – 12.30pm  
Caledfryn, Denbigh, LL16 3RJ

16/10/2017  
9am – 12.30pm  
Caledfryn, Denbigh, LL16 3RJ

19/02/2018  
9am – 12.30pm  
Caledfryn, Denbigh, LL16 3RJ

### **Cannabis Awareness**

15/01/2018  
9am – 12.30pm  
Caledfryn, Denbigh, LL16 3RJ

14/05/2018  
9am – 12.30pm  
Caledfryn, Denbigh, LL16 3RJ

### **Who:**

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

### **Supply costs:**

Supply costs are not provided.

### **Bookings:**

Booking is essential. 07500 106159 or [paula.roberts@denbighshire.gov.uk](mailto:paula.roberts@denbighshire.gov.uk)

## Adolygiad o addysg perthnasoedd iach

Mae adroddiad Estyn ar addysg perthnasoedd iach yn arfarnu pa mor dda y mae ysgolion yn cefnogi disgyblion i ddatblygu perthnasoedd personol diogel a pharchus. Mae'n cynnwys astudiaethau achos arfer orau hefyd i gynorthwyo ysgolion i wella darpariaeth.

[https://www.estyn.llyw.cymru/adroddiadau-thematig/adolygiad-o-addysg-perthnasoedd-iach?\\_ga=2.53811496.1610352171.1499095055-1402057499.1483610833](https://www.estyn.llyw.cymru/adroddiadau-thematig/adolygiad-o-addysg-perthnasoedd-iach?_ga=2.53811496.1610352171.1499095055-1402057499.1483610833)

## Canllawiau Gweithgarwch Corfforol Clicwch y ddolen isod i weld y ffeithluniau:

<http://gov.wales/topics/health/improvement/physical/?skip=1&lang=cy>

### Oedolion

Dylai oedolion anelu i fod yn egnïol bob diwrnod. Dylai oedolion gymryd rhan mewn gweithgarwch corfforol am 150 munud neu fwy'r wythnos, gellir gwneud hyn drwy gymryd rhan mewn gweithgarwch corfforol o ddwyser cymedrol am o leiaf 30 munud, 5 diwrnod yr wythnos, neu drwy gyflawni sesiynau byrrach o 10 munud neu fwy. Byddai buddion o'r fath hefyd i'w cael drwy gymryd rhan mewn gweithgarwch egnïol am 75 munud yr wythnos, neu gymysgedd o weithgarwch cymedrol ac egnïol. Dylai oedolion hefyd gymryd rhan mewn gweithgarwch corfforol i wella cryfder eu cyhyrau, o leiaf ddwywaith yr wythnos. Dylai pob oedolyn hefyd geisio lleihau'r amser y maent ar eu heistedd.

### Plant a Phobl Ifanc (5-18 mlwydd oed)

Mae mwy o bwyslais ar annog plant a phobl ifanc i dreulio rhwng 60 munud a sawl awr y diwrnod yn cymryd rhan mewn gweithgarwch corfforol o ddwyser cymedrol i egnïol. Dylai tri diwrnod yr wythnos gynnwys gweithgareddau egnïol sy'n cryfhau cyhyrau ac esgyrn. Dylai'r grŵp

## Review of healthy relationships education

This Estyn report on healthy relationships education evaluates how well schools support pupils to develop safe, respectful personal relationships. It also includes best practice case studies to support schools in improving provision.

[https://www.estyn.gov.wales/thematic-reports/review-healthy-relationships-education?utm\\_source=Report+link+Eng&utm\\_medium=email&utm\\_campaign=Healthy+rel+launch](https://www.estyn.gov.wales/thematic-reports/review-healthy-relationships-education?utm_source=Report+link+Eng&utm_medium=email&utm_campaign=Healthy+rel+launch)

## Physical Activity Guidelines Please see the link for infographics:

<http://gov.wales/topics/health/improvement/physical/?skip=1&lang=en>

### Adults

Adults should aim to be active daily. Activity should add up to over 150 minutes per week by participating in at least 30 minutes of moderate intensity physical activity on 5 or more days a week, or in multiple bouts of 10 minutes or more. Comparable benefits can be achieved through vigorous activity of 75 minutes a week, or in a combination of moderate and vigorous activity. Adults should also undertake physical activity to improve muscle strength on at least two days a week. All adults should minimize extended sedentary (sitting) periods.

### Children and young people (5-18 year olds)

There is a greater emphasis on encouraging at least 60 minutes a day and up to several hours every day of moderate to vigorous intensity physical activity. Three days a week should include vigorous intensity activities that strengthen muscle and bone. This age group should also minimize the amount of time

oedran hwn hefyd leihau'r amser y maent yn ei dreulio ar eu heistedd

### **Canllawiau i Blant o Dan Bump**

Dylid annog gweithgarwch corfforol o'r dechrau cyntaf wedi iddynt gael eu geni, yn enwedig drwy chwarae ar lawr a chymryd rhan mewn gweithgareddau dŵr mewn amgylcheddau diogel. Dylai pob plentyn o dan 5 oed leihau'r amser y mae'n yn ei dreulio ar eu heistedd (wedi'u cyfyngu neu'n eistedd) ac ni ddylid gwneud hyn am gyfnodau hir (ac eithrio cysgu).

180 munud (tair awr) - y diwrnod, unwaith y bydd y plentyn yn gallu cerdded.

### **Y Filltir Ddyddiol**

Beth am gynorthwyo staff a disgyblion i gyrraedd eu targedau gweithgarwch corfforol dyddiol a sefydlu'r Filltir Ddyddiol yn eich ysgol chi. Mae'n hawdd iawn i'w sefydlu ac mae modd i chi gorfrestru eich ysgol ar-lein ac am ddim.

<http://thedailymile.cymru/cy/>

### **Wythnos Ymwybyddiaeth Poen Cefn**

2 – 6 Hydref 2017

Y thema eleni yw 'poen cefn mewn addysg'.

<http://www.backcare.org.uk/news/back-care-awareness-week-2-6-october-2017/>

### **Diogelwch Ar-Lein**

#### **Canllaw i rieni a gofalwyr ar sgoriau oedran mewn apiau a gemau**

<https://hwb.gov.wales/onlinesafety/resources/resource/5b661675-b0bc-48cf-92e3-fe8d6c8c6ca9/cy>

#### **Canllaw i athrawon aros yn ddiogel ar gyfryngau cymdeithasol**

spent being sedentary (sitting) for extended periods.

### **Guidelines for under-fives**

Physical activity should be encouraged from birth, particularly through floor based play and water based activities in safe environments. All under 5s should minimize the time spent being sedentary (restrained or sitting) for extended periods (except sleeping).

180 minutes (three hours) – each day, once a child is able to walk.

### **The Daily Mile**

Why not help pupils and staff achieve their daily physical activity targets, and set up The Daily Mile in your school. It is very simple to set it up and you can register your school online for free.

<http://thedailymile.cymru/>

### **Back Care Awareness Week**

2 - 6 October 2017

The theme this year is "Back Pain in Education".

<http://www.backcare.org.uk/news/back-care-awareness-week-2-6-october-2017/>

### **Online Safety**

#### **A parent and carer's guide to age ratings of apps and games**

<https://hwb.gov.wales/onlinesafety/resources/resource/5b661675-b0bc-48cf-92e3-fe8d6c8c6ca9>

#### **A teacher's guide to staying safe on social media**

<https://hwb.gov.wales/resources/resource/bf4c4e6b-9173-4494-9eff-2bdb44fcd18e/cy>

### **Rhannu Delweddau**

Rhannu delweddau – rhestr chwarae ar gyfer plant oed cynradd

<https://dysgu.hwb.gov.wales/playlists/view/c90a540d-6b4c-443d-9256-94a4a3ec33d4/cy#page1>

Rhannu Delweddau – Rhestr Chwarae ar gyfer pobl ifanc oed uwchradd

<https://dysgu.hwb.gov.wales/playlists/view/0d0309e9-8a46-439c-ab58-869e3f5377d2/cy#page1>

Rhannu Delweddau – Rhestr Chwarae ar gyfer Llywodraethwyr

<https://dysgu.hwb.gov.wales/playlists/view/a50d4f80-db5e-4eb6-a62e-fb121522bfe3/cy#page1>

Rhannu Delweddau – Rhestr Chwarae ar gyfer rhieni a gofalwyr

<https://dysgu.hwb.gov.wales/playlists/view/35344ca4-5a8d-48e4-9176-8c824fc0a3b3/cy#page1>

### **Gofalwyr Ifanc yng Nghymru**

Mae'r rhaglen Gofalwyr Ifanc yn Ysgolion Cymru yn seiliedig ar y cynllun gwobrwyo hynod lwyddiannus a ddatblygwyd mewn partneriaeth â Chymdeithas y Plant a'r Ymddiriedolaeth Gofalwyr ar gyfer ysgolion yn Lloegr

Pwrpas mabwysiadu'r rhaglen hon yng Nghymru yw i:

- Sicrhau nad yw eraill yn edrych heibio gofalwyr ifanc mewn ysgolion.
- Darparu dull cenedlaethol i gefnogi addysgu, dysgu a chodi ymwybyddiaeth mewn ysgolion.
- Gweithio ochr yn ochr â datblygiad y cwricwlwm Dyfodol Llwyddiannus, gan

<https://hwb.gov.wales/resources/resource/bf4c4e6b-9173-4494-9eff-2bdb44fcd18e/en>

### **Sharing images**

Sharing Images – A Playlist for primary aged children

<https://dysgu.hwb.gov.wales/playlists/view/c90a540d-6b4c-443d-9256-94a4a3ec33d4/en#page1>

Sharing Images – A Playlist for secondary aged young people

<https://dysgu.hwb.gov.wales/playlists/view/0d0309e9-8a46-439c-ab58-869e3f5377d2/en>

Sharing Images – A Playlist for governors

<https://dysgu.hwb.gov.wales/playlists/view/a50d4f80-db5e-4eb6-a62e-fb121522bfe3/en#page1>

Sharing Images – A Playlist for parents and carers

<https://dysgu.hwb.gov.wales/playlists/view/35344ca4-5a8d-48e4-9176-8c824fc0a3b3/en>

### **Young Carers in Wales**

The Young Carers in Schools Wales programme is based on the hugely successful awards scheme developed in partnership with The Children's Society and Carers Trust for schools in England.

The purpose of adopting the programme in Wales is to:

- Ensure young carers aren't being missed in schools.
- Provide a national approach to support teaching, learning and awareness raising in schools.
- Work alongside the development of the Successful Futures curriculum, ensuring the

sicrhau bod y rhaglen yn darparu dull annatod o gefnogi dysgwyr sydd yn ddiameddiffyn, ac mae gofalwyr ifanc yn ganran mawr o'r dysgwyr hyn.

- Darparu cyfle ar gyfer cydweithio gydag iechyd, awdurdodau lleol, gofalwyr ifanc, eu teuluoedd a gwasanaethau ar gyfer gofalwyr ifanc.
- Mae cydnabod ac ymateb i anghenion y gofalwyr ifanc yn rhan hanfodol o Ddeddf Gwasanaethau Cymdeithasol a Llesiant, ac felly fe fydd yn alluogwr er mwyn cwrdd â chanlyniadau lles ar gyfer Byrddau Iechyd Lleol ac Awdurdodau Lleol.

Ar hyn o bryd, mae'r Rhaglen Gofalwyr Ifanc yn Ysgolion Cymru yn cael ei threialu gan sawl ysgol ar draws Gymru. Gan gynnwys Gwynedd, Sir Ddinbych, Conwy, Sir Benfro, Merthyr Tudful, Caerffili, Caerdydd a Gwent Fwyaf.

<https://carers.org/young-carers-schools-wales>

I weld deunyddiau ac adnoddau dwyieithog, ewch i [professionals.carers.org](https://professionals.carers.org).

### **Iechyd Cyhoeddus Cymru – Newyddion Rheoli Heintiau i Rannu gyda Rhieni/Gofalwyr**

<http://www.wales.nhs.uk/sitesplus/documents/888/Bug%20Club%20Summer%202017%20primary%20%28W%291.pdf>

<http://www.wales.nhs.uk/sitesplus/documents/888/Bug%20Club%20Summer%202017%20Secondary%20%28W%291.pdf>

#### **CYNRADD/ARBENNIG**

#### **UWCHRADD/ARBENNIG**

**Hyfforddiant ar Ryw a Pherthnasau (Cynhaliwyd gan Gymdeithas Cynllunio Teulu – Prosiect JIWSI)**

Comisiynwyd y cwrs hwn gan Fwrdd Iechyd

programme provides an integral approach to supporting vulnerable learners, of which young carers make up a large majority.

- Provide a real opportunity for joint working with health, local authorities, young carers, their families and young carers services.
- Recognising and responding to the needs of the young carers is a fundamental part of the Social Services and Well-being Act and as such, will be an enabler for meeting well-being outcomes for local health boards and local authorities.

The Young Carers in Schools programme is currently being piloted by a number of schools across Wales including, Gwynedd, Denbighshire, Conwy, Pembrokeshire, Merthyr Tydfil, Caerphilly, Cardiff and Greater Gwent.

<https://carers.org/young-carers-schools-wales>

For bilingual materials and resources, visit [professionals.carers.org](https://professionals.carers.org).

### **Public Health Wales Infection Control News – to share with parent/carers**

<http://www.wales.nhs.uk/sitesplus/documents/888/Bug%20Club%20Summer%202017%20primary%20%28W%291.pdf>

<http://www.wales.nhs.uk/sitesplus/documents/888/Bug%20Club%20Summer%202017%20Secondary%20%28E%29.pdf>

#### **PRIMARY/SPECIAL**

#### **SECONDARY/SPECIAL**

**Sex and Relationships Training (Delivered by the Family Planning Association – Project JIWSI)**

This course was commissioned by BCUHB to



Prifysgol Betsi Cadwaladr er mwyn gwella gwybodaeth, sgiliau a hyder ymarferwyr wrth drafod rhyw a pherthnasau gyda phobl ifanc diamddiffyn. Mae'r cwrs hwn ar gael i staff sy'n gweithio yng Ngogledd Cymru'n unig.

Maent yn cynnig hyfforddiant **undydd** i staff o'r gwasanaethau hyn: Gwasanaethau Iechyd Rhywiol, Gwasanaethau Iechyd Meddwl Plant a Phobl Ifanc, sefydliadau Partner. Maent hefyd yn cynnig hyfforddiant deuddydd ychwanegol i staff sy'n darparu sesiynau addysgu sy'n trafod iechyd rhywiol a pherthnasau (megis Nyrsys Ysgol, Cydgysylltwyr Ysgolion Iach, Nyrsys i Blant sy'n Derbyn Gofal, Nyrsys i blant ag Anableddau Dysgu, Gweithwyr Ieuencid, Athrawon, Sefydliadau Gwirfoddol ac ati).

#### Diwrnod Un

- Agweddau a gwerthoedd mewn perthynas ag arfer a chleientiaid diamddiffyn.
- Y gyfraith ac iechyd rhywiol, cyfrinachedd a diogelu
- Materion iechyd rhywiol allweddol
- Cyfathrebu ac iechyd rhywiol
- Adnoddau perthnasol

#### Diwrnod Dau

Ail ddiwrnod / modiwl ychwanegol ar gyfer darparu'r sesiwn

- Asesu anghenion dysgu
- Datblygu pwrpas a chanlyniadau
- Rheoli diogelwch a materion yn ymwneud â ffiniau
- Cynllunio, cyflwyno a gwerthuso sesiynau

Dewis o dri lleoliad:

#### Y Gorllewin – Ystafell John Platt, Ysbyty Bryn y Neuadd, Llanfairfechan

7 ac 8 Chwefror 2018, 9am - 4.30pm  
NEU

6 a 7 Mehefin 2018, 9am - 4.30pm

I gofrestru ar gyfer unrhyw un o'r cyrsiau hyn, cliciwch ar y ddolen isod:

increase practitioners' knowledge, skills and confidence when working with sex and relationships and vulnerable young people. This course is available to staff working in North Wales only.

They are offering a day **one** training to staff from these services: Sexual Health Services, CAMHS staff, Partner organisations. An additional day **two** training to staff who deliver sexual health & relationships education sessions (such as School Nurses, Healthy Schools Co-ordinators, LAC Nurses, Learning Disability Nurses, Youth Workers, Teachers, Voluntary Organisations, etc) .

#### Day One

- Attitudes and values in relation to practice & vulnerable clients
- The law and sexual health, confidentiality and safeguarding
- Key sexual health issues
- Communication and sexual health
- Relevant resources

#### Day two

Additional second day/module for session delivery.

- Assessing learning needs
- Developing purpose and outcomes
- Managing safety and boundary issues
- Planning, delivering and evaluating sessions

Choice of three locations:

#### West – John Platt Room, Bryn y Neuadd Hospital, Llanfairfechan

7 & 8 February 2018, 9am to 4.30pm  
OR

6 & 7 June 2018, 9am to 4.30pm

To register on either course please follow this link: <https://www.eventbrite.co.uk/e/fpa-sex->

<https://www.eventbrite.co.uk/e/fpa-sex-and-relationships-work-training-west-201718-tickets-35233449195>

**Y Canol – Ystafell Gyfarfod 2 (Bloc Preswyl),  
Ysbyty Abergele, Abergele**

29 a 30 Tachwedd 2017, 9am - 4.30pm

I gofrestru, cliciwch ar y ddolen isod:

<https://www.eventbrite.co.uk/e/fpa-sex-and-relationships-work-training-central-201718-tickets-35233815290>

**Y Dwyrain - Ystafell A, yr Adain Hyfforddiant,  
Pencadlys yr Hen Ymddiriedolaeth, Ysbyty  
Maelor, Wrecsam**

25 a 26 Hydref 2017, 9am- 4.30pm

NEU

14 a 15 Mawrth 2018, 9am- 4.30pm

I gofrestru ar gyfer unrhyw un o'r cyrsiau hyn,  
cliciwch ar y ddolen isod:

<https://www.eventbrite.co.uk/e/fpa-sex-and-relationships-work-training-east-tickets-35397737586>

Mae Prosiect JIWSI y Gymdeithas Cynllunio Teulu yn brosiect profiadol a chreffftus sy'n canolbwyntio ar iechyd rhywiol ac yn gweithio gyda phobl ifanc diamddiffyn yng Ngogledd Cymru, yn ogystal â hyfforddi a chefnogi gweithwyr proffesiynol. I gael rhagor o wybodaeth ewch i:  
<http://www.fpa.org.uk/specialist-sexual-health-services-young-people/jiwsj-sre-vulnerable-young-people>

**Y SAFONAU MASNACH YN EISIAU  
GWIRFODDOLWYR**

Mae'r gwasanaeth Safonau Masnach yn gyfrifol am orfodi cyfreithiau sy'n ymwneud â gwerthu nwyddau â chyfyngiad oedran. Mae nwyddau â chyfyngiad oedran yn cynnwys alcohol, cyllyll, sigarennau ac, yn fwy diweddar, e-sigarennau. Ymarferion profion prynu yw'r ffordd fwyaf effeithiol i'r gwasanaeth Safonau Masnach sicrhau fod manwerthwyr yn cadw at y gyfraith. Maent

[and-relationships-work-training-west-201718-tickets-35233449195](https://www.eventbrite.co.uk/e/fpa-sex-and-relationships-work-training-west-201718-tickets-35233449195)

**Central – Meeting Room 2 (Residential Block),  
Abergele Hospital, Abergele**

29 & 30 November 2017, 9am to 4.30pm

To register please follow this link:

<https://www.eventbrite.co.uk/e/fpa-sex-and-relationships-work-training-central-201718-tickets-35233815290>

**East – Room A, Training Dept, Old Trust HQ,  
Ysbyty Maelor, Wrexham**

25 & 26 October 2017, 9am to 4.30pm

OR

14 & 15 March 2018, 9am to 4.30pm

To register on either course please follow this link: <https://www.eventbrite.co.uk/e/fpa-sex-and-relationships-work-training-east-tickets-35397737586>

FPA Project Jiwsj is an experienced and skilled sexual health project working with vulnerable young people in North Wales, as well as training and supporting professionals. More information can be found here:  
<http://www.fpa.org.uk/specialist-sexual-health-services-young-people/jiwsj-sre-vulnerable-young-people>

**VOLUNTEERS WANTED FOR TRADING  
STANDARDS**

Trading Standards are responsible for enforcing laws in relation to age restricted sales. Age restricted products include alcohol, knives, cigarettes and more recently e-cigarettes. Test purchase exercises are the most effective way for Trading Standards to ensure retailers are complying with the law. They are looking for volunteers to assist with programmed test purchasing operations.

yn chwilio am wirfoddolwyr i gynorthwyo â'n rhaglen profion prynu.

**Beth fydd yn digwydd?** Gofynnir i wirfoddolwyr fynd i mewn i siopau a cheisio prynu nwyddau â chyfyngiad oedran. Byddant yn ymddwyn fel cwsmeriaid arferol dan oruchwyliaeth swyddogion safonau masnach. Nid ydynt yn gofyn i wirfoddolwyr geisio prynu nwyddau â chyfyngiad oedran mewn lleoliadau y maent yn debygol o gael eu hadnabod, er enghraifft siopau'n agos at eu cartref neu ysgol.

**Pwy all wirfoddoli?** Mae canllawiau llym ynghlwm wrth brofion prynu felly bydd y gwasanaeth safonau masnach yn chwilio am wirfoddolwyr rhwng 14 ac 16 oed (dim hŷn na 16 oed a 6 mis). Maent yn chwilio am wirfoddolwyr sy'n cynrychioli'r grŵp oedran penodol. Caiff gwirfoddolwyr eu dewis ar sail eu hoedran a'u hymddangosiad a pha mor addas ydynt ar gyfer y math o safle yr ymwelir ag o. Maent yn cael gwisgo dillad y byddai unigolyn ifanc arferol yn eu gwisgo ac maent yn cael gwisgo colur/gemwaith y byddent fel arfer yn ei wisgo.

**Beth yw rôl y rhiant/gwarcheidwad?** Gofynnir i rieni/gwarcheidwaid unrhyw wirfoddolwyr gwblhau ffurflen caniatâd a darparu tystysgrif geni'r plentyn. Bydd y rhieni'n cael pennu pryd a ble y gall y plentyn fynd a hefyd rhoi gwybod am unrhyw ofynion anghenion dietegol gan y bydd lluniaeth addas yn cael ei darparu yn ystod unrhyw brofion prynu. Mewn achosion lle caiff nwyddau â chyfyngiad oedran eu gwerthu, mae'n bosibl y bydd angen i'r rhiant ddarparu datganiad tyst i brofi hunaniaeth ac oedran y plentyn. Mae siawns bychan y bydd gofyn i'r rhiant a/neu wirfoddolwr roi tystiolaeth mewn llys, fodd bynnag byddem yn gwneud pob ymdrech i osgoi hyn.

Yn dibynnu ar lefel y diddordeb, sylwch na allwn dderbyn pawb sy'n gwneud cais i

**What is involved?** Volunteers will be asked to enter shops and attempt to purchase age restricted products. They behave as ordinary customers, under the supervision of a trading standards officer. They do not ask volunteers to attempt test purchases in areas where they are likely to be recognised, for example shops close to home or school.

**Who can volunteer?** There are strict guidelines that govern test purchasing and they would therefore be looking for volunteers aged between 14 and 16 years (not older than 16 years and 6 months). They are looking for volunteers who are representative of the specified age group. Volunteers are selected with regard to age and appearance, and suitability for the type of premises to be visited. They are allowed to dress as a young person normally would, and can wear make-up/jewellery that they would usually wear.

**What is the role of the parent/guardian?** Parent/Guardians of any volunteers will be asked to complete a consent form and provide the child's birth certificate. Parents stipulate when and where the child can attend and also advise of any dietary requirements, as suitable refreshments will be provided during any test purchasing exercise. In circumstances where a sale is made it may be necessary for the parent to provide a witness statement identifying the child and verifying the age. There is a small chance that a parent and/or volunteer will be required to give evidence in court, however we would make every effort to avoid this.

Please note that depending upon uptake we cannot accommodate all applicants for

wirfoddoli. Os oes angen mwy o wybodaeth arnoch, cysylltwch â Nicola Sutton ar 01824 706 497. Dylid anfon pob datganiad o ddiddordeb trwy e-bost at: [Nicola.sutton@denbighshire.gov.uk](mailto:Nicola.sutton@denbighshire.gov.uk)

volunteering. If you need further information, please contact Nicola Sutton 01824 706 497. All expressions of interest to be emailed to: [Nicola.sutton@denbighshire.gov.uk](mailto:Nicola.sutton@denbighshire.gov.uk)

## DYDDIAU/WYTHNOSAU IECHYD

## HEALTH THEMED DAYS / WEEKS

### 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>

Wythnos Iechyd Llygaid  
18 – 24 Medi 2017

Diwrnod Ffitrwydd Cenedlaethol  
28 Medi 2017

Diwrnod Diogelwch Personol  
Hydref 2017

Diwrnod Iechyd Meddwl Y Byd  
10 Hydref 2017

### 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>

Eye Health Week  
18 – 24 September 2017

National Fitness Day  
28 September 2017

Personal Safety Day  
October 2017

World Mental Health Day  
10 October 2017

