

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

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

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

**YSGOLION**

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

**SCHOOLS**

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

Ionawr 2017

January 2017

**POB YSGOL**

**ALL SCHOOLS**

**Tudalennau gwe Ysgolion Iach**

Nodyn i Gydlynwyr Ysgolion Iach ac unrhyw staff eraill sydd â diddordeb mewn ysgolion. Mae gennym dudalen we Sir Ddinbych newydd bellach, y byddwn yn ychwanegu gwybodaeth, dogfennau a dolenni gwe Ysgolion Iach ati. Gellir dod o hyd i'r holl ddangosyddion ysgol ar gyfer wedi cam 3 hefyd o dan y themâu iechyd a restrir ar waelod y dudalen.

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

**Tudalen We Ymyraethau Lles**

NODYN ATGOFFA.

Mae mentrau ar gael i helpu disgyblion a / neu deuluoedd a allai fod angen cymorth ychwanegu i wella eu lles.

**Healthy schools web pages**

Just a note to all Healthy Schools Coordinators and any other staff with an interest in schools. We now have a new Denbighshire webpage which we will be adding Healthy Schools information, documents and web links to. All the indicators for schools on post phase 3 can also be found under the listed health themes at the bottom of the page.

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

**Well-Being Interventions Web Page**

REMINDER.

There are initiatives to help pupils and/or families who may need additional support to improve their well-being.

Mae rhestr wedi ei rhoi at ei gilydd ar y dudalen we hon gan Sir Ddinbych. Nid yw'r rhestr yn gyflawn, ond mae'n darparu sampl o beth sydd ar gael. Mae gwaith pellach yn cael ei wneud yn y sir i edrych ar y sail tystiolaeth ac effeithiolrwydd rhai ymyraethau.

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

### **Tudalen We Addysg Bersonol a Chymdeithasol**

NODYN ATGOFFA.

Mae Addysg Bersonol a Chymdeithasol (ABCh) yn rhan o'r cwricwlwm sylfaenol ym mhob ysgol yng Nghymru. Mae'r dudalen we hon yn darparu rhestr o wefannau a darparwyr sy'n gallu ymweld ag ysgolion i gefnogi darpariaeth ABCh. Nodwch nad yw'r rhestr yn gyflawn, ac mae'r cyfrifoldeb ar bob ysgol i wirio cynnwys, safon ac effeithiolrwydd yr adnoddau neu'r darparwr sy'n dod i roi sesiynau mewn ysgol.

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

### **Camfanteisio'n Rhywiol ar Blant**

Mae Barnardo's Cymru yn gweithio gyda Llywodraeth Cymru i gynnal yr ail gyfres o ddigwyddiadau hyfforddi rhanbarthol ar Gamfanteisio'n Rhywiol ar Blant ar yr [adnodd addysg ar-lein 'Cudd'](#).

Mae'r hyfforddiant ar gyfer ymarferwyr addysg mewn ysgolion, awdurdodau lleol, sefydliadau Addysg Bellach a rhanddeiliaid allweddol eraill sy'n gweithio gyda phobl

A list has been compiled on this Denbighshire web-page. The list is not exhaustive, but it provides a sample of what is available. Further work is being done in county to look at the evidence base and effectiveness of some interventions.

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

### **Personal and Social Education Web-Page**

REMINDER.

Personal and Social Education (PSE) forms part of the basic curriculum in all schools in Wales. This web page provides a list of websites and providers that can come in to school to support PSE delivery. Please note that the list is not exhaustive, and it is up to each school to check the content, quality and effectiveness of the resources or the provider coming to deliver sessions in a school.

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

### **Child Sexual Exploitation**

Barnardo's Cymru is running a second series of regional training events on Child Sexual Exploitation (CSE) with the Welsh Government on the [online 'Hidden' education resource](#).

Training is aimed at education practitioners in schools, local authorities, FE institutions and other key stakeholders working with 14 to 18 year olds. If you

ifanc 14 i 18 oed. Os hoffech chi fynychu cofrestrwch drwy'r ddolen Eventbrite isod.

<https://barnardos-cymru-training-2017.eventbrite.co.uk>

### Adroddiad Cyfranogiad Disgyblion ESTYN

Mae'r adroddiad yn archwilio pedair o nodweddion ysgolion lle mae cyfranogiad disgyblion yn gadarn ac mae'n nodi'r cyfraniad y gall cyfranogiad disgyblion ei wneud at wella ysgol, yn ogystal â'r manteision i'r disgyblion eu hunain.

<https://www.estyn.llyw.cymru/adroddiadau-thematig/cyfranogiad-disgyblion-canllaw-arfer-orau>

### Newyddiadurwyr Ifanc

Fe rydych yn ymwybodol gwahoddwyd ysgolion i fynegi diddordeb i grŵp o ddisgyblion i gynhyrchu '**newyddlen llais y disgybl a lles y disgybl**' rheolaidd i rannu gyda grwpiau llais y disgyblion ym mhob un o'n hysgolion.

Cafwyd nifer o geisiadau. Diolch i bawb a wnaeth ddangos diddordeb. Rydym yn falch o gyhoeddi bod yr ysgolion canlynol wedi cael eu dewis o'r het i gynhyrchu'r newyddlen am y flwyddyn nesaf:

**Cynradd: Ysgol Caer Drewyn**

**Uwchradd: Ysgol Tir Morfa**

Edrychwch allan am y newyddlen llais y disgybl a lles y disgybl a fydd yn cael eu hanfon at bob ysgol at sylw cynghorau'r ysgol a grwpiau disgyblion.

**Cynllun Llysgenhadon Gwych (cynradd)  
Cynllun Llysgenhadon Gwych (uwchradd)**

would like to attend please register via the eventbrite link below.

<https://barnardos-cymru-training-2017.eventbrite.co.uk>

### ESTYN Pupil Participation Report

This report explores four characteristics of schools with strong pupil participation and identifies the contribution pupil participation can make to school improvement as well as the benefits to pupils themselves.

<https://www.estyn.gov.wales/thematic-reports/pupil-participation-best-practice-guide>

### Young Journalists

As you are aware we invited expressions of interest from schools for a group of pupils to produce a regular '**pupil voice and pupil well-being newsletter**' to share with pupil voice groups in all of our schools.

We had a number of applications. Thank you to everyone that expressed an interest. We are delighted to announce that the following schools have been selected from the hat to produce the newsletter for the next year:

**Primary: Ysgol Caer Drewyn**

**Secondary: Ysgol Tir Morfa**

Please look out for the pupil well-being and pupil voice newsletters that will be sent to all schools for the attention of school councils and pupil groups.

**Super Ambassadors Scheme (primary)  
Student Ambassadors Scheme**

Dyma ddau gynllun cyffrous i hyrwyddo hawliau plant mewn ysgolion yng Nghymru o dan swyddfa Comisiynydd Plant Cymru.

<https://www.complantcymru.org.uk/ein-cynlluniau/cynradd/>

<https://www.complantcymru.org.uk/ein-cynlluniau/uwchradd/>

Y bwriad y tymor hwn ar gyfer ysgolion Llysgennad yw codi ymwybyddiaeth o CCUHP a Swyddfa Comisiynydd y Plant ac maent wedi lansio adnoddau newydd ar gyfer athrawon a disgyblion gan gynnwys cyflwyniadau, fideos, a chynlluniau gwersi.

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### **Gwasanaeth Addysg y Senedd**

Trefnwch ymweliadau â'r Senedd yn Llundain ar gyfer eich ysgol. Llauer iawn o adnoddau dysgu ar-lein. Adnoddau trafod. Cyrsiau addysgiadol ar-lein. Gêm AS am wythnos.

<http://www.parliament.uk/education/>

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### **Gweithdai am ddim o Maint Cymru**

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

Mae Maint Cymru yn cynnig gwasanaethau a gweithdai am ddim ar hyd a lled Cymru.

<http://sizeofwales.org.uk/cy/gwasanaethau/amddim.html>

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### **Cystadleuaeth Dangos y Cerdyn Coch i Hiliaeth**

Mae'r gystadleuaeth Dangos y Cerdyn Coch i Hiliaeth yng Nghymru yn ffordd

### **(secondary)**

These are both exciting schemes to promote children's rights in schools in Wales under the office of the Children's Commissioner for Wales.

<https://www.childcomwales.org.uk/our-schemes/primary/>

<https://www.childcomwales.org.uk/our-schemes/secondary/>

The mission this term for Ambassador schools is all about raising awareness of UNCRC and the Children's Commissioners Office and they have launched some new resources for teachers and pupils including presentations, videos and lesson plans.

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### **Parliament Education Service**

Arrange visits to Parliament in London for your school. A vast amount of online teaching resources. Debating resources. Online education courses. MP for a week game.

<http://www.parliament.uk/education/>

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### **Free Workshops from Size of Wales**

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

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

[http://sizeofwales.org.uk/free\\_assemblies.html](http://sizeofwales.org.uk/free_assemblies.html)

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### **Show Racism the Red Card Competition**

The Show Racism the Red Card competition in Wales is an accessible and engaging way to encourage pupils to

hawdd a diddorol o annog disgyblion i feddwl am y materion sy'n ymwneud â hiliaeth.

Bydd ceisiadau yn cael eu rhannu i 10 categori.

- Dylunio Dillad – Grwpiau Bl. 1 a 2
- Dylunio Dillad – Grwpiau Bl. 3 a 4
- Dylunio Dillad – Grwpiau Bl. 5 a 6
- Dylunio Dillad – Grwpiau Bl. 7 a 8
- Dylunio Dillad – Grŵp Blynnyddoedd 9+
- Dylunio Poster - Addysg Cynradd
- Dylunio Poster - Addysg Uwchradd
- Ysgrifennu Creadigol
- Y cyfryngau digidol
- Categori Arbennig

Gallwch ymgeisio hyd at 3 gwaith ym mhob categori!

Bydd enillwyr gwobrau yn cael eu gwahodd i seremoni wobrwyo a swper yng ngwesty'r Marriot yng Nghaerdydd ar 2 Mai 2017. Bydd gwaith celf wedi ei ddewis hefyd yn ymddangos yn eu calendr.

<http://www.srtrc.org/educational/competitions/wales>

Dyddiad cau ar gyfer ceisiadau: 10 Mawrth 2017.

## **Dangos y Cerdyn Coch i Hiliaeth**

Mae Dangos y Cerdyn Coch i Hiliaeth yn elusen addysgiadol gwrth hiliaeth a sefydlwyd yn 1996. Mae'r elusen yn gweithio mewn ysgolion drwy Gymru yn darparu gweithdai gwrth hiliaeth i fwy na 10,000 o bobl ifanc bob blwyddyn.

Gall y tîm o addysgwyr a chyn chwaraewyr proffesiynol ymweld â'ch ysgol am ddiwrnod cyfan gan ddysgu pobl ifanc o flwyddyn 4 hyd at flwyddyn 11.

## **Amcanion y Gweithdai**

think about issues surrounding racism.

Entries will be divided into 10 categories.

- Clothing Design - Year Groups 1&2
- Clothing Design - Year Groups 3&4
- Clothing Design - Year Groups 5&6
- Clothing Design - Year Groups 7&8
- Clothing Design - Year Group 9+
- Poster Design - Primary Education
- Poster Design - Secondary Education
- Creative Writing
- Digital Media
- Special Category

You can submit up to 3 entries per category!

Prize winners will be invited to an awards ceremony and dinner at the Marriot hotel in Cardiff on the 2<sup>nd</sup> May 2017. Selected artwork will also feature in their calendar.

<http://www.srtrc.org/educational/competitions/wales>

Deadline for entries: 10<sup>th</sup> March 2017.

## **Show Racism the Red Card**

Show Racism the Red Card is an anti-racism education charity which was established in 1996. The charity works in schools throughout Wales delivering anti-racism workshops to more than 10,000 young people every year.

The team of educators and ex-professionals from sport can visit your school for a whole day educating young people from year 4 all the way up to year 11.

## **Workshop Aims**

- Addysgu pobl ifanc am achosion a chanlyniadau hiliaeth ac archwilio pa fath o beth yw hiliaeth
- Grymuso pobl ifanc i herio hiliaeth yn y cymunedau lle maent yn byw drwy eu darparu â gwybodaeth a dealltwriaeth berthnasol
- Helpu pobl ifanc i baratoi i gymryd rôl weithredol fel dinasyddion mewn cymdeithas sy'n gynyddol aml-ddiwylliannol.
- Galluogi pobl ifanc i ddatblygu cysylltiadau da a pharchu'r gwahaniaeth rhwng pobl, waeth be fo eu hethnigrwydd, ffydd, diwylliant na chenedl.

Costau – mae ymweliad diwrnod cyfan gan Dangos y Cerdyn Coch i Hiliaeth yn costio £540 a chostau teithio

Ceir rhagor o fanylion ar eu gwefan <http://www.theredcard.org/>.

Neu cysylltwch â 01492 575337 neu anfonwch e-bost at [wales@theredcard.org](mailto:wales@theredcard.org)

- To educate young people about the causes and consequences of racism and to explore what forms racism can take.
- To empower young people to challenge racism in the communities in which they live by providing them with relevant knowledge and information
- To help young people prepare to play an active role as citizens in an increasingly multi-cultural society.
- To enable young people to develop good relationships and respect the differences between people, regardless of their ethnicity, faith, culture or nationality.

Costs - a full-day visit from Show Racism the Red Card costs £540 + travel,

Further details can be found at their website <http://www.theredcard.org/>

Or please contact 02920 236057 or email [wales@theredcard.org](mailto:wales@theredcard.org)

## CYNRADD/ARBENNIG

### Y Filltir Ddyddiol

#### Beth am annog eich disgyblion i gymryd rhan?

Bwriad y 'Filltir Ddyddiol' yw annog ysgolion cynradd i greu 15 munud yn ystod y diwrnod ysgol i bob disgybl redeg, loncian neu gerdded o amgylch cwrs sydd wedi ei gytuno arno a'i asesu o ran risg, ar dir yr ysgol. Bwriad y Filltir Ddyddiol yw gwella iechyd a lles corfforol, emosiynol, a chymdeithasol plant - waeth be fo eu hoedran na'u hamgylchiadau personol.

Y 'Filltir Ddyddiol':

- Digwydd mewn 15 munud yn unig, gyda phlant yn teithio milltir y diwrnod ar gyfartaledd.

## PRIMARY/SPECIAL

### Daily Mile

#### Why not get your pupils involved?

The premise of the 'Daily Mile' is to encourage primary schools to create 15 minutes during the school day for all pupils to run, jog or walk around an agreed, risk assessed course within the school grounds. The aim of the Daily Mile is to improve the physical, emotional and social health and wellbeing of children – regardless of age or personal circumstances.

The 'Daily Mile':

- Takes place over just 15 minutes, with children averaging a mile each day.
- Children run outside in the fresh air –

- Mae plant yn rhedeg yn yr awyr agored - ac mae'r tywydd yn fantais yn hytrach nac yn rhwystr.
- Does dim angen gosod, tacluso, nac unrhyw fath o offer.
- Mae plant yn rhedeg yn eu gwisg ysgol felly does dim angen amser i newid.
- Mae'n gymdeithasol, yn anghystadleuol ac yn hwyl.
- Mae'n cynnwys pawb; mae pob plentyn yn llwyddo, beth bynnag fo eu hamgylchiadau, eu hoedran neu eu gallu

Mae'r holl ddeunyddiau sydd eu hangen ar ysgolion i gymryd rhan wedi eu cynnwys ar y wefan [www.thedailymile.cymru/](http://www.thedailymile.cymru/)

### 'The BIG Pedal'

Big Pedal yw her beicio a sgwtera rhyng-ysgolion mwyaf y DU sy'n ysbrydoli disgyblion, staff a rhieni i ddewis dwy olwyn ar gyfer eu taith i'r ysgol.

Cynhelir yr her rhwng 20 a 31 Mawrth a gall dosbarthiadau unigol yn ogystal ag ysgolion cyfan gymryd rhan.

Ar bob diwrnod o'r her bydd ysgolion yn cystadlu i weld pwy all gofnodi'r nifer mwyaf o ddisgyblion, staff a rhieni yn beicio neu'n sgwtera i'r ysgol.

Caiff ysgolion eu cynnwys mewn cystadlaethau dyddiol, gyda gwobrau'n cynnwys sioeau campau beic a sgwter, offer a chyfarpar storio, os bydd dros 15% o'ch ysgol yn beicio neu sgwtera ar y diwrnod hwnnw. Cyhoeddir manylion y gwobrau ar wefan Big Pedal.

<http://bigpedal.org.uk/cym>

and the weather is a benefit, not a barrier.

- There's no set up, tidy up, or equipment required.
- Children run in their uniforms so no kit or changing time is needed.
- It's social, non-competitive and fun.
- It's fully inclusive; every child succeeds, whatever their circumstances, age or ability.

All the materials required by schools to participate are included on the website [www.thedailymile.cymru/](http://www.thedailymile.cymru/).

### The BIG Pedal

The Big Pedal is the UK's largest inter-school cycling and scooting challenge that inspires pupils, staff and parents to choose two wheels for their journey to school.

The challenge will run from 20 to 31 March and is open to individual classes as well as whole schools.

On each day of the challenge schools compete to see who can record the greatest number of pupils, staff and parents cycling or scooting to school.

All schools will be entered into daily prize draws for rewards including bike and scooter stunt shows, equipment and storage if over 15% of your school cycle or scoot on each day of the challenge. Prize details will be announced on The Big Pedal website.

<http://bigpedal.org.uk/>

## Pencampwyr Sustrans Cymru

- Syniadau ar gyfer Gwasanaethau
- Gwefan y Nod Ysgol
- Big Pedal

Sesiwn pnawn  
16/02/2017, Y Rhyl

Cofrestrwch erbyn 13/02/2017

Mae llefydd am ddim i ysgolion Teithiau Iach neu ysgolion Bike It gynt, fel arall bydd cost o £25 yr un

Ysgolion i gysylltu â Gwen Thomas  
[gwen.thomas@sustrans.org.uk](mailto:gwen.thomas@sustrans.org.uk)  
07825 018 445

## Pori Drwy Stori

Mae Pori Drwy Stori yn rhaglen ddwyieithog gyffrous sy'n ceisio cefnogi llythrennedd a rhifedd plant wrth iddynt ddechrau yn y dosbarth Derbyn ymhob ysgol a gynhelir yng Nghymru. Mae'r rhaglen yn darparu adnoddau i'w defnyddio yn yr ystafell ddosbarth a gartref gan annog rhieni i barhau â'u rôl hanfodol fel partneriaid wrth ddysgu eu plant.

<http://poridrwystori.booktrust.org.uk/>

## Sustrans Cymru Champions

- Assembly ideas
- School Mark Website
- Big Pedal

Afternoon session  
16/02/2017, Rhyl

Register by 13/02/2017

Attendance is free for Active Journeys or former Bike It schools, otherwise £25 per person

Schools to contact Gwen Thomas  
[gwen.thomas@sustrans.org.uk](mailto:gwen.thomas@sustrans.org.uk)  
07825 018 445

## Pori Drwy Stori

Pori Drwy Stori is an exciting bilingual programme aimed at supporting children's literacy and numeracy as they start Reception class in all maintained schools in Wales. The programme provides resources to use in the classroom and at home encouraging parents to continue in their vital role as partners in their children's learning.

<http://poridrwystori.booktrust.org.uk/>

## UWCHRADD/ARBENNIG

### Llwybr Hunan-Niweidio Sir Ddinbych

Mae pobl ifanc sydd wedi cyflawni gweithred o hunan-niwed ac wedi cyflwyno gyntaf yn y Gwasanaethau Addysg yn achosi mwy a mwy o bryder. Mae llwybr asiantaethau ar y cyd wedi ei ddatblygu a'i weithredu rhwng Bwrdd Iechyd Prifysgol Betsi Cadwaladr (BIPBC), Gwasanaeth Iechyd Meddwl Plant a'r Glasoed (CAMHS) arbenigol ac adran Gwasanaethau Addysg Awdurdod Lleol Sir Ddinbych, y nod yw darparu ymateb diogel a gefnogir i helpu pobl ifanc sy'n hunan-niweidio ac sy'n dod i

## SECONDARY/SPECIAL

### Denbighshire Self-Harm Pathway

Young people who have carried out an act of self-harm and first present in Education Services are an increasing cause for concern. A joint agency pathway has been developed and implemented between Betsi Cadwaladr University Health Board (BCUHB) specialist CAMHS and Denbighshire Local Authority Education Services department, the goal of which is to provide a safe and supported response to helping young people who self-harm and first come to



syllw staff yn gyntaf mewn lleoliadau ysgol.

<https://www.denbighshire.gov.uk/cy/eich-cyngor/strategaethau-cynlluniau-a-pholisiau/addysg-ac-ysgolion/gwybodaeth-ar-gyfer-ysgolion/self-harm-pathway/llwybr-atal-hunan-anaf.aspx>

### **Erthygl Cyfnodolyn - Effaith Egwyl Cinio Fyrrach ar Ddewis Bwyd Disgyblion**

Mae egwyl cinio fyrrach yn arwain disgyblion ysgolion uwchradd i wneud dewisiadau dietegol llai iachus

<https://www.cambridge.org/core/journals/public-health-nutrition/article/div-classtitleshorter-lunch-breaks-lead-secondary-school-students-to-make-less-healthy-dietary-choices-multilevel-analysis-of-cross-sectional-national-survey-datadiv/E762A2BE221B8479C21C20477014EDDB#>

Mae'r erthygl gyfan ar gael gan Paula Roberts

### **Erthygl Cyfnodolyn - Rhagolygon Gweithgarwch Corfforol ac ymddygiad segur ymysg plant 11 – 16 oed**

Dadansoddiad aml-lefel o astudiaeth 2013 Ymddygiad Iechyd mewn Plant Oedran Ysgol yng Nghymru oedd hwn

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4946284/>

Mae'r erthygl gyfan ar gael gan Paula Roberts

### **AGENDA: Canllaw i bobl ifanc ar wneud i berthnasoedd cadarnhaol gyfri.**

Pecyn cymorth ar-lein sydd wedi cael ei ddatblygu gyda phobl ifanc ar gyfer pobl ifanc. Bwriad y canllaw yw cefnogi pobl ifanc i godi ymwybyddiaeth yn ddiogel a chreadigol mewn ysgolion a chymunedau o

the attention of staff in school settings.

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

### **Journal Article – Impact of Shorter Lunch Breaks on Pupils Food Choices**

Shorter lunch breaks lead secondary-school students to make **less** healthy dietary choices.

<https://www.cambridge.org/core/journal/public-health-nutrition/article/div-classtitleshorter-lunch-breaks-lead-secondary-school-students-to-make-less-healthy-dietary-choices-multilevel-analysis-of-cross-sectional-national-survey-datadiv/E762A2BE221B8479C21C20477014EDDB#>

Full article is available from Paula Roberts

### **Journal Article - Predictors of Physical Activity and Sedentary behaviours among 11-16 year olds**

This was a multilevel analysis of the 2013 Health Behaviour in School-aged Children (HBSC) study in Wales

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4946284/>

Full article is available from Paula Roberts

### **AGENDA: A Young People's Guide to Making Positive Relationships Matter,**

This is an online tool-kit produced with young people for young people. It aims to support young people to safely and creatively raise awareness of gender inequalities, sexual harassment and

anghydraddoldebau rhwng y rhywiau, trais ar sail rhywedd a thrais rhywiol.

Mae AGENDA yn rhannu enghreifftiau o waith pobl ifanc sydd eisoes yn mynd yn ei flaen, sy'n ysbrydoli a chefnogi eraill i godi llais am beth sy'n bwysig iddyn nhw. Mae e'n cynnwys ystod eang o weithgareddau ac adnoddau ar faterion yn cynnwys: ymateb i wahaniaethu ar sail rhyw, cydsynio, hawliau LGBT+, bwllo, aflonyddu ar y stryd, anffurfio organau cenhedlu benywod (FGM), cam-fanteisio'n rhywiol, perthynas dreisiol a llawer mwy.

Mae'r adnodd a'r ystod o adnoddau ar gael i'w lawrlwytho am ddim [www.agenda.cymru](http://www.agenda.cymru)

violence in schools and communities.

Agenda showcases examples of the work young people are already doing in order to inspire and support others to speak out about what matters to them. It includes a wide range of activities and resources. Issues covered include: addressing gender discrimination, consent, LGBT+ rights, bullying, street harassment, FGM, sexual exploitation, relationship violence and many more.

The guide and supporting resources are free to download [www.agenda.wales](http://www.agenda.wales)

## DYDDIAU/WYTHNOSAU IECHYD

### Wythnosau / Dyddiau Iechyd i ddod

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

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

Diwrnod Dim Ysmygu  
08/03/2017

Diwrnod Iechyd y Byd  
07/04/2017

Wythnos Imiwneiddio Ewropeaidd  
23/04/2017

Mis Cenedlaethol Cerdded  
Mai 2017

Wythnos Ymwybyddiaeth O'r Haul  
08/05/2017

Wythnos Ymwybyddiaeth Iechyd Meddwl  
08/05/2017

Diwrnod Dim Tybaco Y Byd  
31/05/2017

## HEALTH THEMED DAYS / WEEKS

### Upcoming Themed Health Weeks / Days

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

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

No Smoking Day  
08/03/2017

World Health Day  
07/04/2017

European Immunisation Week  
23/04/2017

National Walking Month  
May 2017

Sun Awareness Week  
08/05/2017

Mental Health Awareness Week  
08/05/2017

World No Tobacco Day  
31/05/2017





