

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.

Ebrill 2018

April 2018

POB YSGOL

Cynllun Ysgolion Iach Sir Ddinbych

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

Ysgol Carreg Emlyn, Gwobr Ansawdd Cenedlaethol
Ysgol Carrog, cam 5
Ysgol y Llys, cam 5

Tudalennau gwe Sir Ddinbych: gwybodaeth i staff ysgol

Ar y ddolen gswllt ddefnyddiol hon cewch hyd i wybodaeth ar gyfer ysgolion Sir Ddinbych:

- Adnoddau Dynol (ysgolion)
- Hyfforddiant addysg
- Gwasanaeth Seicoleg Addysg
- Lles yn y Gweithle
- Dogfennau canllaw ysgolion
- Polisiâu addysg ac ysgol (templodi)
- Digwyddiadau critigol
- Lles ysgolion:
 - ABCh

ALL SCHOOLS

Denbighshire Healthy Schools Scheme

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

Ysgol Carreg Emlyn, National Quality Award
Ysgol Carrog, phase 5
Ysgol y Llys, phase 5

Denbighshire web pages: information for school staff

On this useful link you will find information for Denbighshire schools:

- Human resources (schools)
- Education training
- Educational Psychology Service
- Workplace wellbeing
- Guidance documents for schools
- Education and school policies (templates)
- Critical incidents
- Wellbeing for schools:
 - PSE

- Newyddlenni
- Gwrthfwlio
- Cwrsela
- Llwybr Hunan-Niwed
- Ysgolion Iach
- Cefnogi lles disgyblion

<https://www.denbighshire.gov.uk/cy/gweithiwr/gwybodaeth-i-weithwyr-ysgol/gwybodaeth-i-weithwyr-ysgol.aspx>

PASS Sir Ddinbych

Fel yr adroddwyd eisoes mae'r arolwg Agweddau Disgyblion Atynt eu Hunain a'r Ysgol (PASS) wedi ei ddarparu i bob ysgol. Mae PASS yn arolwg hunan werthuso y gellir ei ddefnyddio i gael cipolwg o'r agweddau a allai amharu ar gyflawniad. Mae arolwg o agweddau pob oedran PASS yn cynorthwyo ysgolion i ganfod rhwystrau dysgu posibl gan gynnwys materion yn ymwneud a hyder, gwydnwch, ysgogiad, canolbwyntio, anfodlonrwydd ac arwahanu.

Mae ysgolion uwchradd wedi bod yn defnyddio PASS am nifer o flynyddoedd, dechreuodd ysgolion cynradd ddefnyddio'r offeryn ym mis Medi 2017; ac mae ysgolion arbennig ar fin dechrau defnyddio PASS.

YSGOLION CYNRADD

Dim ond nodyn atgoffa bod angen llenwi'r ail arolwg yn ystod tymor yr haf.

Diweddariadau Blynyddoedd Cynnar Sir Ddinbych

Mae Gwasanaethau Addysg wedi cynnal dau ddarn strategol o waith i gefnogi lleoliadau Cyn Ysgol ar draws Sir Ddinbych. Mae pob lleoliad wedi cael cynnig y cyfle i fynd i hyfforddiant diogelu 'AftaThought', sy'n anelu at uwchsgilio a datblygu dealltwriaeth staff ymhellach, o ran eu cyfrifoldebau mewn perthynas â diogelu.

Rydym hefyd yn gwneud cynllun peilot gyda

- Newsletters
- Anti-Bullying
- Counselling
- Self-harm pathway
- Healthy Schools
- Supporting pupil wellbeing

<https://www.denbighshire.gov.uk/en/employees/information-for-school-employees/information-for-school-employees.aspx>

Denbighshire PASS

As previously reported the Pupil Attitude to Self and School (PASS) survey has been provided to every school. PASS is a short self-evaluation survey that can be used to gain insight into attitudes that could be hindering achievement. The PASS all-age attitudinal survey helps schools detect possible barriers to learning, including issues around confidence, resilience, motivation, concentration, disaffection and alienation.

Secondary schools have been using PASS for a number of years, primaries started using the tool in September 2017; and special schools are also about to start using PASS.

PRIMARY SCHOOLS

Just a reminder that the second survey needs to be completed during the summer term.

Denbighshire Early Years Updates

Education Services are undertaking two strategic pieces of work to support Pre-School Settings across Denbighshire. All settings have been offered the opportunity to attend the 'AftaThought' practical safeguarding training which aims to upskill and further develop the understanding of staff in settings on their responsibilities in relation to safeguarding.

We are also undertaking a pilot with four pre-school settings in the development of the

phedwar lleoliad cyn ysgol wrth ddatblygu'r Dull Solihull gyda chyfathrebu, lles ac ymddygiad. Mae'r hyfforddiant hwn yn cael ei ddarparu gan asiantaeth allanol, ac yn cael cefnogaeth y Gwasanaeth Seicoleg Addysg a'r Tîm Addysg Gynnar. Bydd yn cynnwys olrhain cynnydd grŵp o blant drwy gydol oes y cynllun corfforaethol cyfredol, ac os yw'n llwyddiannus, bydd y dull yn cael ei gyflwyno i leoliadau cyn ysgol eraill hefyd.

Am ragor o wybodaeth, cysylltwch â Richard Hatwood yng Ngwasanaethau Addysg.

richard.hatwood@denbighshire.gov.uk

Llwybr Digwyddiadau Tyngedfennol Sir Ddinbych (ysgolion)

O ran ymateb gan y Tîm Digwyddiadau Tyngedfennol, gellir diffinio digwyddiad tyngedfennol fel:

Unrhyw ddigwyddiad neu gyfres o ddigwyddiadau sy'n drech na systemau ymdopi arferol yr ysgol

Er eu bod yn brin, gall argyfyngau a digwyddiadau tyngedfennol darfu ar y diwrnod ysgol a gofyn am weithredu ar unwaith. Gall digwyddiadau trasig, fel marwolaeth sydyn aelod o gymuned yr ysgol neu achos o hunanladdiad, greu teimladau dwys o bryder, euogrwydd a gwylltineb ymysg disgyblion a staff. Bydd helpu disgyblion a staff i ymdopi â'u galar yn lleihau'r tebygolrwydd bod un digwyddiad tyngedfennol yn arwain at ddigwyddiadau anffodus eraill.

Nod y canllawiau yw amlinellu rôl yr ysgol o ran bod yn rhagweithiol:

- o ran paratoi ar gyfer digwyddiadau tyngedfennol
- o ran ymateb i ddigwyddiadau tyngedfennol

<https://www.denbighshire.gov.uk/cy/gweithiwr/gwybodaeth-i-weithwyr->

Solihull Approach to communication, well-being and behaviour. This training is being delivered by an outside agency and supported by the Educational Psychology Service and Early Education Team. It will entail tracking the progress of a group of children throughout the life of the current corporate plan, and if successful, will see the approach rolled out to other pre-school settings.

For further information please contact Richard Hatwood in Education Services

richard.hatwood@denbighshire.gov.uk

Denbighshire Critical Incident Pathway (schools)

In terms of a response by the Critical Incident Team a critical incident can be defined as:

Any event or sequence of events which overwhelms the normal coping mechanisms of the school

Emergencies and critical incidents, although infrequent, can cause disruption to the school day and require immediate action. Tragic events such as the sudden death or suicide of a member of a school community can result in intense feelings of anxiety, guilt or anger in pupils and staff. Helping pupils and staff deal with their grief reactions will reduce the likelihood that one critical incident will lead to further unfortunate events.

The aim of the guidance is to outline the role of the school in being proactive:

- in preparing for critical incidents
- in responding to critical incidents

<https://www.denbighshire.gov.uk/en/employee/information-for-school->

[ysgol/argyfyngau-ysgolion/digwyddiadau-tyngedfennol-ysgolion.aspx](https://www.denbighshire.gov.uk/cy/eich-cyngor/strategaethau-cynlluniau-a-pholisiau/addysg-ac-ysgolion/gwybodaeth-ar-gyfer-ysgolion/rheoli-anghenion-gofal-iechyd-disgyblion.aspx)

Polisi Rheoli Anghenion Gofal Iechyd Sir Ddinbych

Mae fersiwn terfynol o'r polisi ar wefan Sir Ddinbych. Mae hyn hefyd yn cynnwys cwestiynau cyffredin, astudiaethau achos a chysylltiadau at ganllaw cenedlaethol.

<https://www.denbighshire.gov.uk/cy/eich-cyngor/strategaethau-cynlluniau-a-pholisiau/addysg-ac-ysgolion/gwybodaeth-ar-gyfer-ysgolion/rheoli-anghenion-gofal-iechyd-disgyblion.aspx>

Mae gennym ddyletswydd statudol fel awdurdod lleol i fonitro ysgolion ac a ydynt wedi mabwysiadu polisi ac wedi'i rannu gyda rhieni, yn ddelfrydol drwy wefan eu hysgol. Yn dilyn archwiliad a adroddwyd yn ôl i Lywodraeth Cymru 1 Rhagfyr, mae pob ysgol wedi mabwysiadu, neu yn y broses o fabwysiadu polisi.

Rydym wedi cynnal arolwg anghenion hyfforddi'r tymor diwethaf, y mae'r rhan fwyaf o ysgolion wedi ymateb iddo. Rydym nawr yn gweithio gyda'r Rheolwr Nyrs Ysgol a'r Rheolwr Nyrs Arbenigol i gydlynu rhaglen hyfforddiant blynyddol i ysgolion, mewn perthynas â hyfforddiant fel asthma, epilepsi ac ati.

Polisi gofal personol a mynd i'r toiled

Crëwyd y polisi hwn yn wreiddiol yn 2009. Er ei fod yn dal yn berthnasol, mae rhai meysydd yn dal wedi dyddio. Mae gennym grŵp tasg a gorffen bach yn edrych ar ddiweddarau'r ddogfen a fydd yn cael eu cyflwyno i ysgolion, gyda rhai sesiynau ymwybyddiaeth/hyfforddiant yn ddiweddarach yn hwyrach ymlaen yn y flwyddyn academaidd.

[employees/emergencies-schools/critical-incidents-schools.aspx](https://www.denbighshire.gov.uk/en/your-council/strategies-plans-and-policies/education-and-schools/information-for-schools/managing-pupils-healthcare-needs.aspx)

Denbighshire managing healthcare needs policy

The final version of the policy is on Denbighshire website. This also includes frequently asked questions, case studies and links to national guidance.

<https://www.denbighshire.gov.uk/en/your-council/strategies-plans-and-policies/education-and-schools/information-for-schools/managing-pupils-healthcare-needs.aspx>

We have a statutory duty as a local authority to monitor schools and whether they have adopted a policy and shared it with parents, ideally via their school website. Following an audit which was reported back to Welsh Government on 1st December, all schools have adopted or are in the process of adopting a policy.

We conducted a training needs survey last term, which most schools responded to. We are now working with the School Nurse Manager and Specialist Nurse Manager to coordinate an annual training programme for schools in relation to training such as asthma, epilepsy etc.

Toileting and personal care policy

This policy was originally created in 2009. Although most of it is still relevant, some areas are out of date. We have a small task and finish group looking at updating the document which will be rolled out to schools with some awareness/training sessions later in the academic year.

Canllawiau Llywodraeth Cymru: chwistrellwr adrenalin awtomatig

O 1af Hydref 2017, bydd ysgolion yng Nghymru, yn gallu dewis cadw chwistrellwr adrenalin awtomatig (AAI) i'w ddefnyddio mewn argyfwng, heb bresgripsiwn, os byddant yn dymuno gwneud hynny (Llywodraeth Cymru).

Bydd y canllawiau yn helpu ysgolion i ysgrifennu'r ddogfen polisi angenrheidiol ynghylch y defnydd o chwistrellwr adrenalin awtomatig, gan gynnwys:

- caniatâd i roi'r AAI brys
- ystyriaethau ar gyfer ddisgyblion sydd ag alergeddau
- cynnal cofrestr gyfredol o ddisgyblion sydd mewn perygl o anaffylacsis
- ymateb i symptomau alergedd ac anaffylacsis
- storio, gofalu a chael gwared ar yr AAI
- awgrymiadau ar gyfer gwybodaeth i'w ysgolion rhannu â rhieni/gofalwyr.

Am ragor o wybodaeth:

<http://learning.gov.wales/resources/browse-all/use-of-emergency-aais-in-schools-in-wales/?skip=1&lang=cy>

CWRICWLWM NEWYDD

Profiad Dysgu Maes Iechyd a Lles (AOLE)

Bydd y cwricwlwm newydd yn cynnwys maes iechyd a diogelwch o brofiad dysgu. Dyma ddolen gswllt i ddatblygiad yr AOLE:

<http://gov.wales/docs/dcells/publications/180131-health-and-well-being-en.pdf>

Mae'r pum teitl drafft cychwynnol ar gyfer yr elfennau o beth sy'n bwysig neu Gysyniadau Allweddol yn cynnwys:

1. Mae hyder corfforol a chymhwysedd

Welsh Government guidance: emergency adrenaline auto-injectors

From October 1st, schools in Wales can choose to hold adrenaline auto-injectors (AAIs) for use in emergencies, without a prescription (Welsh Government).

The guidance will assist schools in writing the policy document needed around the use of the adrenaline auto-injector, including:

- consent to administer the emergency AAI
- considerations for learners with allergies
- maintaining an up to date register of pupils at risk of anaphylaxis
- responding to allergy and anaphylaxis symptoms
- storage, care and disposal of the emergency AAI
- suggested information for schools to share with parents/carers.

For more information:

<http://learning.gov.wales/resources/browse-all/use-of-emergency-aais-in-schools-in-wales/?skip=1&lang=en>

NEW CURRICULUM

Health and Wellbeing Area of Learning Experience (AOLE)

The new curriculum will include a health and wellbeing area of learning experience. This is a link to the development of this AOLE:

<http://gov.wales/docs/dcells/publications/180131-health-and-well-being-en.pdf>

The five initial draft of titles for the strands of what matters or Key Concepts are:

1. Physical confidence and competence has considerable lifelong benefits to

gyda buddion gydol oes sylweddol
gydag iechyd neu les neu Rydym yn
profi'r byd drwy ein corff

2. Mae profiadau bywyd yn effeithio ar ein teimladau, meddyliau a chyflwr corfforol
3. Mae ein penderfyniadau a gweithredoedd dilynol yn effeithio ar ansawdd ein bywydau ac eraill
4. Mae ein hamgylcheddau corfforol, cymdeithasol a diwylliannol yn cael eu cysylltu â'n iechyd a lles
5. Mae perthnasau'n ein cysylltu â'n hunain, ein gilydd a'r byd

<http://gov.wales/topics/educationandskills/schoolshome/curriculuminwales/curriculum-for-wales-curriculum-for-life/?skip=1&lang=cy>

<https://curriculumforwales.gov.wales/>

Tymhorau Twf

Mae Tymhorau Twf yn ymyriad sy'n seiliedig ar grŵp ar gyfer plant a phobl ifanc sydd wedi profi colled sylweddol yn eu bywydau, fel arfer trwy farwolaeth, ysgariad neu berthynas yn chwalu.

Mae CAMHS yn rhedeg digwyddiad hyfforddi blynyddol i weithwyr proffesiynol sy'n dymuno dod yn hwyluswyr achrededig o'r rhaglen, sy'n cael ei gyflwyno dros 2 ½ diwrnod. Y dyddiadau hyfforddi ar gyfer eleni yw:

12 ac 13 Gorffennaf 2018
13 Medi 2018 (bore)

Cost yr hyfforddiant yw £250 fesul unigolyn.

I chi ddod i wybod mwy am y rhaglen a'r hyfforddiant – byddwn yn rhedeg sesiwn wybodaeth. Caiff hyn ei chynnal yn:

Yr Ystafell Seminar
Ysbyty Gyffredinol Llandudno
Ffordd yr Ysbyty
Llandudno

health and well-being or We
experience the world through our body

2. Life experiences impact on our feelings, thoughts and physical state
3. Our decision making and subsequent actions impact on the quality of our lives and others
4. Our physical, social and cultural environments are connected to our health and well-being
5. Relationships connect us with each other and the world

<http://gov.wales/topics/educationandskills/schoolshome/curriculuminwales/curriculum-for-wales-curriculum-for-life/?lang=en>

<https://curriculumforwales.gov.wales/>

Seasons for Growth

Seasons for Growth is a group based intervention for children and young people who have experienced significant loss in their lives, typically through death, divorce or relationship breakdown.

CAMHS run an annual training event for professionals who wish to become accredited facilitators of the programme, which is delivered over 2 ½ days. The training dates for this year are:

12th and 13th July 2018
13th September 2018 (morning)

The cost for the training is £250 per person.

For you to find out more information about the programme and the training – we will be running an information session. This will be held at:

The Seminar Room
Llandudno General Hospital
Hospital Road
Llandudno

LL30 1LB

Dyddiad: 13 Mehefin 2018

Amser: 4.00 - 5.00pm

Pwy ddylai ddod i'r sesiwn wybodaeth:

Rheolwyr/uwch staff sy'n gyfrifol am wasanaethau a gyflwynir yn eich ysgol/sefydliad. Croesawir staff y gall rheolwyr ddymuno eu cyflwyno hefyd.

I ddiogelu lle ar unrhyw un o'r dyddiadau a fanylir uchod, anfonwch e-bost ar Bernadette Pittendreigh – Emma.massey@wales.nhs.uk, rhif ffôn: 01492 863377

Diwrnodau Rhwydweithio a Hyfforddiant Plant fel Ymchwilwyr AM DDIM

Mae fîm Lleisiau Bach yn eich gwahodd i Ddiwrnod Rhwydweithio a Hyfforddiant 2018 AM DDIM fel rhan o Brosiect Lleisiau Bach yn Cael eu Clywed.

Bydd unrhyw un y mae ei waith yn cynnwys ymgysylltu â phlant neu'n effeithio ar blant, neu sy'n dymuno i blant ymgysylltu â'i waith, yn elwa o'r cyfle hwn i ddysgu, myfyr, arbrofi, cyfnewid profiadau a rhwydweithio ag eraill.

Wedi'i gynnal gan ein fîm o arbenigwyr clodfawr ym maes dulliau Plant fel Ymchwilwyr a Chyd-gynhyrchu sy'n Oed-gynhwysol, bydd y diwrnod yn cynnwys cyfle i roi cynnig ar ein dulliau a dysgu gan y fîm, siaradwyr gwadd a'i gilydd.

11 Mai, Prifysgol Bangor

<https://www.eventbrite.co.uk/e/gogledd-cymru-diwrnod-rhwydweithio-a-hyfforddiant-plant-fel-ymchwilwyr-north-wales-children-as-tickets-42671589874>

LL30 1LB

Date: 13th June 2018

Time: 4.00 – 5.00pm

Who should attend the information session:

Managers/senior staff responsible for services delivered in your school/organisation. Staff managers may wish to put forward are also welcome.

To secure a place on either of the dates detailed above please email Bernadette Pittendreigh – Emma.massey@wales.nhs.uk
Tel no: 01492 863377

FREE Children as Researchers Networking and Training Days

The Lleisiau Bach Little Voices team invites you to their FREE 2018 Networking and Training Day, part of the Little Voices Being Heard Project.

Anyone whose work engages with or affects children, or who wants to engage children in their work, will benefit from this opportunity to learn, reflect, experiment, exchange experience and network with others.

Hosted by our highly acclaimed team of experts in Children as Researchers and Age-Inclusive Co-production methods, the Day includes a chance to try out methods and learn from the team, featured guests and each other.

11 May, Bangor University

<https://www.eventbrite.co.uk/e/gogledd-cymru-diwrnod-rhwydweithio-a-hyfforddiant-plant-fel-ymchwilwyr-north-wales-children-as-tickets-42671589874>

Gofalwyr ifanc

Roedd diwrnod ymwybyddiaeth Gofalwyr Ifanc 25 Ionawr 2018. Roedd adnoddau ar gael i gefnogi ysgolion i godi ymwybyddiaeth am ofalwyr ifanc.

<https://carers.org/young-carers-awareness-day-2018-wales>

THIS IS ME

Mae THIS IS ME yn ymgyrch a fydd yn herio stereoteipiau rhywedd mewn ffordd gadarnhaol, sy'n anelu at ddechrau sgysiau am rywedd ac i annog pobl i 'fyw heb ofn' rhag cyfyngiadau rhywedd a normau rhywedd.

<http://livefearfree.gov.wales/campaigns/this-is-me?lang=en>

Gwybodaeth imiwnedd

Mae'r arwyddbyst canlynol yn amrediad o wybodaeth ac adnoddau imiwneddio, i hyrwyddo imiwnedd yng Nghymru.

<https://www.nhsdirect.wales.nhs.uk/LiveWell/Vaccinations/default.aspx?locale=cy>

CYNRADD/ARBENNIG

Gweithdai diogelwch ar-lein am ddim i rieni gan O2 a'r NSPCC

Mae O2 a'r NSPCC wedi cydweithio er mwyn ceisio cynorthwyo plant a'u teuluoedd i aros yn sâff ar-lein yn y DU. Bydd y gweithdy awr o hyd o gymorth i rieni a gofalwyr ddeall byd ar-lein eu plentyn, magu hyder a chynnig offer defnyddiol, cefnogaeth ac arweiniad, i gael y sgysiau pwysig hynny fydd yn gallu cadw plant yn ddiogel ar-lein.

Os oes gennych ddiddordeb cynnal gweithdy cysylltwch â Rebecca Allen. Mae croeso i staff ddod i'r gweithdy hefyd. Gall

Young Carers

Young Carers awareness day was on the 25th January 2018. Resources were made available to support schools in raising awareness about young carers.

<https://carers.org/young-carers-awareness-day-2018-wales>

THIS IS ME

THIS IS ME is a campaign that will challenge gender stereotypes in a positive way aiming to start conversations about gender and to encourage people to 'live fear free' from gender constraints and gender norms.

<http://livefearfree.gov.wales/campaigns/this-is-me?lang=en>

Immunisation information

The following signposts a range of immunisation information and resources to promote immunisation in Wales.

<https://www.nhsdirect.wales.nhs.uk/LiveWell/Vaccinations/>

PRIMARY/SPECIAL

O2 and NSPCC free online safety workshops for parents

O2 and the NSPCC have joined forces on a mission to help all children and their families in the UK stay safe online. Hour-long workshops will help parents and carers understand their child's online world, build their confidence and offer useful tools, support and guidance to have those important conversations that can help keep children safe online.

If you are interested in hosting a workshop please contact Rebecca Allen. Staff are also welcome to attend this workshop. Rebecca can also talk to you about the wider ways the

Rebecca hefyd siarad gyda chi am y ffyrdd eraill y gall yr NSPCC helpu drwy eu Gwasanaeth Ysgolion.

Rebecca Allen
Cydlynnydd Ardal Gogledd Cymru,
Gwasanaeth Ysgolion NSPCC
Rhif ffôn: 07970780955

Her Big Pedal Sustrans 23 Ebrill – 4 Mai 2018

Yn 2017, gwnaeth dros 1,300 o ysgolion 1,063,536 o siwrneiau i'r ysgol ar feic a sgwter.

Mae cymryd rhan yn y Big Pedal yn **rhad ac am ddim**.

Ysbrydolwyd y thema ar gyfer 2018 gan y beiciwr Mark Beaumont, a dorrodd record drwy feicio rownd y byd mewn 78 diwrnod.

Wrth gofrestru, byddwch yn derbyn siart wal ac adnoddau dosbarth 2018 am ddim. Mae'r rhain yn dilyn ôl troed (ôl teiars!) Mark, gan alw heibio lleoliad newydd rownd y byd bob diwrnod yn ystod yr her.

Mae'r Big Pedal yn agored i ddosbarthiadau unigol yn ogystal ag ysgolion cyfan. Ar bob diwrnod o'r her, bydd ysgolion yn cystadlu i weld pwy all gofnodi'r gyfradd fwyaf o'u disgyblion, staff a rhieni yn beicio neu'n sgwtera i'r ysgol.

Mae yna wobrau ardderchog i'w hennill bob diwrnod o'r digwyddiad, yn amrywio o sioeau stÿnt i sgwteri rhad ac am ddim.

Am ragor o wybodaeth ac i gofrestru eich dosbarth, ewch i wefan y Big Pedal:

<http://bigpedal.org.uk>

Kidswalk

Ar ddydd Mercher 13 Mehefin, bydd miloedd o blant ar draws y wlad yn rhoi un

NSPCC can help through their Schools Service.

Rebecca Allen
Area Coordinator North Wales, NSPCC
Schools Service
Tel: 07970780955

Sustrans' Big Pedal Challenge 23 April – 4 May 2018

In 2017, over 1,300 schools made 1,063,536 journeys to school by bike and scooter.

The Big Pedal is **free** to enter and registration is now open for 2018.

The theme for 2018 is inspired by cyclist Mark Beaumont's record-breaking trip 'Cycling around the world in 78 days'.

By entering, you'll receive a free 2018 wallchart and classroom resources that follow in Mark's footsteps (tyre tracks!) stopping off in a different location around the world on each day of the challenge.

The Big Pedal 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 proportion of their pupils, staff and parents cycling or scooting to school.

There are fantastic prizes up for grabs on every day of the event ranging from stunt shows to free scooters.

For more information and to register your class, please visit the Big Pedal website:

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

Kidswalk

On Wednesday 13 June, thousands of children across the country will put their best

troed o flaen y llall er mwyn cymryd rhan yn nhaith Gerdded Brake. Bydd y daith, sy'n cael ei chyd-lynu gan Brake, sef yr elusen ar gyfer diogelwch y ffordd a noddir gan Yswiriant Coop yn hyrwyddo diogelwch y ffordd a'r buddion i'r ddaear wrth gerdded tra'n codi ymwybyddiaeth plant o faterion diogelwch yn eu cymunedau:

1. Llwybrau troed
2. Llwybrau beiciau
3. Mannau diogel i groesi
4. Traffig araf
5. Traffig glân

Gall addysgwyr gofrestru i dderbyn eu pecyn llawn poster, cynlluniau gwersi a gweithgareddau er mwyn helpu eu hysgol i gymryd rhan yn yr ymgyrch.

Am fwy o wybodaeth ewch i brake.org.uk/kidswalk neu ebostiwch kidswalk@brake.org.uk

Beep Beep! Days

Mae Beep Beep! Days yn gyfle gwych er mwyn cyflwyno plant i reolau sylfaenol diogelwch y ffordd trwy ddefnyddio'r gweithgareddau a'r adnoddau hwyliog a ddarperir gan Brake.

Gallwch gofrestru ar gyfer eich e-pecyn sy'n rhad ac am ddim neu brynu pecyn mawr am £12.60 (ar gyfer 50 plentyn)! Mae'r pecyn yn cynnwys taflenni lliwio, poster, cardiau gweithgareddau wedi eu lamineiddio, map y ffordd a phoster gweithgaredd A2, tystysgrifau, sticeri, balwnau a'n hadnoddau thematig newydd.

Am fwy o wybodaeth ewch i: www.brake.org.uk/beepbeepday

feet forward to take part in Brake's Kids Walk. The walk, co-ordinated by Brake, the road safety charity and sponsored by Coop Insurance, promotes road safety and the health and planet-saving benefits of walking whilst getting the children to raise awareness of important road safety messages in their community:

1. Foot paths
2. Cycle Paths
3. Safe places to cross the road
4. Slow traffic
5. Clean air

Educators can register to receive their free action pack full of posters, lesson plans and activities to help their school get involved.

For more information visit brake.org.uk/kidswalk or email kidswalk@brake.org.uk

Beep Beep! Days

Beep Beep! Days are a great opportunity for early year's educators to introduce children to road safety basics, with fun activities and resources provided by Brake.

You can [register](#) for your free e-pack or purchase a [bumper pack](#) for just £12.60 (per 50 children)! The pack includes colouring sheets, posters, laminated activity cards, road map and A2 activity poster, certificates, stickers, balloons and our new themed resources.

For more information visit www.brake.org.uk/beepbeepday

UWCHRADD/ARBENNIG

Samplau cynnyrch misglwyf am ddim

Cofrestrwch i gael pecynnau sampl o

SECONDARY/SPECIAL

Free sanitary product samples

Register to receive free feminine protection

gynnyrch misglwyf i ferched am ddim i'ch dosbarth, fel rhan o

<https://nationalschoolpartnership.com/initiatives/always-about-you/>

“About You” Rhaglen Addysg Glasoed Always & Tampax

Mae'r adnoddau hyn hefyd wedi'u dylunio i helpu ysgolion gyda'u haddysg bersonol, gymdeithasol ac iechyd, gan ganolbwyntio ar newidiadau corfforol ac emosiynol, sy'n digwydd yn ystod y glasgoed, yn cynnwys y gostyngiad mewn hyder a'r diffyg hunanbarch sy'n digwydd yn aml. Maent hefyd yn cynnwys agweddau ar Wyddoniaeth a Saesneg. Mae'r cynllun gwaith hwn wedi'i greu ar gyfer pobl ifanc 11-14 oed. Mae yna bedwar modiwl wedi'u creu y gellir eu defnyddio fel cynllun gwaith neu wersi annibynnol.

Mae'r canllaw addysgu hwn yn rhoi trosolwg i chi o'r gwersi ym mhob modiwl, yn ogystal â rhoi gwybodaeth ychwanegol lle bo angen.

<https://www.always.co.uk/en-gb/puberty-teaching-resources>

sample packs for your class as a part of the

<https://nationalschoolpartnership.com/initiatives/always-about-you/>

“About You” the Always & Tampax Puberty Education Programme

These resources have been designed to help schools with their personal, social and health education, focusing on the physical and emotional changes that occur during puberty, including the drop in confidence and lack of self-esteem that so often occurs. They also touch upon aspects of Science and English. This scheme of work has been created for young people aged 11-14. There are four modules which can be used as a scheme of work or as standalone lessons. This teaching guide gives you an overview of the lessons in each module, as well as providing additional information where needed.

<https://www.always.co.uk/en-gb/puberty-teaching-resources>

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>

Wythnos Imiwneiddio Ewropeaidd
23 - 29 Ebrill 2018

Mis Cerdded Cenedlaethol
1 - 31 Mai 2018

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>

European Immunisation Week
23 – 29 April 2018

National Walking Month
1 – 31 May 2018

Diwrnod Asthma'r Byd
2 Mai 2018

Wythnos Ymwybyddiaeth O'r Haul
9 - 15 Mai 2018

Wythnos Ymwybyddiaeth Iechyd Meddwl
14 - 20 Mai 2018

Diwrnod Dim Tybaco Y Byd
31 Mai 2018

Wythnos Bwyta'n Iach
11 - 15 Mehefin 2018

Wythnos Diabetes
11 - 17 Mehefin 2018

Calendr digwyddiadau 'Action for Children'



North Wales Events
Calendar 2018.pptx

World Asthma Day
2 May 2018

Sun Awareness Week
9 – 15 May 2018

Mental Health Awareness Week
14 – 20 May 2018

World No Tobacco Day
31 May 2018

Healthy Eating Week
11 – 15 June 2018

Diabetes Week
11 – 17 June 2018

Action for Children Events Calendar



North Wales Events
Calendar 2018.pptx

