

**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.

Mehefin 2017

June 2017

## POB YSGOL

### Newyddion gan Grŵp Iechyd a Lles Sir Ddinbych ar gyfer Ysgolion

Mae'r grŵp bellach wedi bod yn weithredol ers 2 flynedd. Mae aelodaeth y grŵp yn cynnwys aelodau lefel strategol a gwneuthurwyr penderfyniadau sydd â chyfrifoldeb gweithredol dros ddarparu gwasanaeth. Mae aelodaeth wedi ei rannu i hanfodol craidd a chysylltiol. Mae aelodau cysylltiol yn mynychu cyfarfodydd yn ddibynnol ar eitemau ar yr agenda. Anfonir cofnodion pob cyfarfod at bob aelod.

Mae cynrychiolydd ysgol o bob clwstwr hefyd, sy'n cael eu holi i adrodd yn ôl i'w grŵp nhw o ysgolion.

Bwriad y grŵp hwn yw'r canlynol

- Gweithio mewn partneriaeth i ddarparu dull cydlynol a chyson yn ysgolion Sir Ddinbych i wella canlyniadau iechyd a lles plant a phobl ifanc; gan ganolbwyntio'n benodol ar annibyniaeth a chadernid.
- I gael trosolwg o weithgareddau ac

## ALL SCHOOLS

### News from the Denbighshire Health and Well-Being Group for Schools

This group has now been in operation for 2 years. The group's membership consist of strategic level and decision makers with operational responsibility for service delivery. Membership is split into essential core and associate. Associate members attend meetings subject to agenda items. Minutes of every meeting are sent to every member.

There is also a school rep from each cluster who are asked to feedback to their group of schools.

The aim of this group is the following

- To work in partnership to provide a coordinated and consistent approach in Denbighshire schools to improving the health and well-being outcomes of children and young people; in particular focusing on independence and resilience.

ymyraethau iechyd a lles ar draws yr ysgolion yn Sir Ddinbych er mwyn osgoi dyblygu.

Mae rhai enghreifftiau o waith y grŵp yn cynnwys:

- Iechyd a lles emosiynol mewn ysgolion cynradd. Mae arolwg ac adroddiad wedi ei wneud ynglŷn â defnydd o fesurau ac ymyraethau gwaelodlin lles emosiynol. Mae'r grŵp yn gweithio i gael cyllid ar gyfer arolwg Agweddau Disgyblion Atynt eu Hunain A'r Ysgol (PASS) ar gyfer pob ysgol gynradd. Mae PASS eisoes yn cael ei ddefnyddio ym mhob ysgol uwchradd.
- Mae gwaith yn cael ei ddatblygu er mwyn ffurfio llwybr gofalwyr ifanc ar gyfer ysgolion.
- Mae canllawiau digwyddiadau difrifol ar gyfer ysgolion yn cael ei ddiweddarau.
- Mae'r Cynorthwydd Cymorth Llythrennedd Emosiynol wedi ei ehangu i sawl ysgol gynradd.

### Llwyddiant Ysgolion Iach

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

Ysgol Plas Brondyffryn, cam 3  
Ysgol Plas Cefndy, cam 3  
Ysgol y Castell, cam 4  
Ysgol Uwchradd Prestatyn, cam 4  
Ysgol Pen Barras, cam 4  
Ysgol Gellifor, cam 4  
Ysgol Esgob Morgan, cam 5

- To have an overview of health and well-being activities and interventions across schools in Denbighshire to avoid duplication.

Some examples of work of the group includes:

- Emotional health and well-being in primary schools. A survey and report has been done about use of emotional well-being baseline measures and interventions. The group are working to secure funding for PASS surveys for all primary schools. PASS is already used in all secondary schools.
- Work is being developed to form a young carers pathway for schools.
- Critical Incident guidance for schools is being updated.
- The Emotional Literacy Support Assistant (ELSA) has been rolled out to several primary schools.

### Healthy Schools Scheme

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

Ysgol Plas Brondyffryn, phase 3  
Ysgol Plas Cefndy, phase 3  
Ysgol y Castell, phase 4  
Prestatyn High School, phase 4  
Ysgol Pen Barras, phase 4  
Ysgol Gellifor, phase 4  
Ysgol Esgob Morgan, phase 5

## **GWEITHDAI – Polisi Rheoli Anghenion Gofal Iechyd**

### **GWEITHDY A**

Dydd Gwener 30 Mehefin 2017  
10.00am – hanner dydd  
Canolfan Tref Dinbych

### **NEU**

### **GWEITHDY B**

Dydd Gwener 30 Mehefin 2017  
1.00pm - 3.00pm  
Canolfan Tref Dinbych

Ym mis Mawrth 2017, cyhoeddodd Llywodraeth Cymru ganllawiau statudol oedd yn rhoi cyngor am sut i helpu dysgwyr ag anghenion gofal iechyd.

<http://learning.gov.wales/resources/browse-all/supporting-learners-with-healthcare-needs/?skip=1&lang=cy>

Bydd gan nifer o ddisgyblion angen gofal iechyd am gyfnod byr ar ryw adeg, a allai effeithio sut y maent yn cymryd rhan mewn gweithgareddau addysgol. Gallai disgyblion eraill fod ag anghenion gofal iechyd sylweddol neu hir dymor sy'n effeithio eu gallu gwybyddol neu gorfforol, eu hymddygiad neu eu cyflwr emosiynol. Mae'r canllawiau statudol yn helpu awdurdodau lleol a chyrrff llywodraethu i gyflawni eu dyletswyddau tuag at ddisgyblion ag anghenion gofal iechyd. Mae'n pwysleisio'r angen am ymagwedd gydweithredol sy'n rhoi'r dysgwr wrth wraidd y broses o wneud penderfyniadau.

Mae'r canllawiau hyn yn nodi bod **rhaidd** i ysgolion fod â '**pholisi rheoli anghenion gofal iechyd**'.

Fel y gwyddoch, rydym wedi bod yn cydweithio ag ysgolion, gweithwyr iechyd proffesiynol, partneriaid ac undebau i ddatblygu polisi enghreifftiol i helpu ein hysgolion i roi'r canllawiau statudol ar waith.

## **WORKSHOPS - Managing Healthcare Needs Policy**

### **WORKSHOP A**

Friday June 30<sup>th</sup> 2017  
10.00am – 12.00noon  
Denbigh Town Hall

### **OR**

### **WORKSHOP B**

Friday June 30<sup>th</sup> 2017  
1.00pm – 3.00pm  
Denbigh Town Hall

In March 2017, Welsh Government published statutory guidance which provides advice on supporting learners with healthcare needs.

<http://learning.gov.wales/resources/browse-all/supporting-learners-with-healthcare-needs/?lang=en>

Many pupils will have a short-term healthcare need at some point which may affect their participation in educational activities. Other pupils may have significant or long-term healthcare needs affecting their cognitive or physical abilities, their behaviour or emotional state. The statutory guidance supports local authorities and governing bodies to meet their duties towards pupils with healthcare needs. It emphasises the need for a collaborative approach, placing the learner at the centre of decision making.

This guidance states that schools **must** have a '**managing healthcare needs policy**'.

As you are aware we have been working with schools, health professionals, partners and unions to develop a model policy to support our schools in implementing the statutory guidance.

Caiff y polisi hwn ei lansio i benaethiaid yn eu cynhadledd ar 13 Mehefin. Yn dilyn ymlaen o hyn, fe hoffem wahodd pawb i fynychu dewis o ddau weithdy, lle byddwn yn mynd trwy'r polisi'n fanwl.

Er ein bod yn deall y gofynion gwaith sydd arnoch ar hyn o bryd, mae'ch cydweithrediad a'ch cyfranogiad yn y gweithdy hwn yn bwysig.

Gallwch anfon faint a fynnwch o gynrychiolwyr i'r gweithdai.

Gofynnwn i chi gadarnhau eich presenoldeb drwy anfon neges e-bost at [education.audit@sirddinbych.gov.uk](mailto:education.audit@sirddinbych.gov.uk), cyn **23 Mehefin**, gan nodi'r canlynol:

- Enw
- Swydd
- Cyfeiriad e-bost
- Pa sesiwn

### **HYFFORDDIANT YMWYBYDDIAETH SYLWEDDAU, YMWYBYDDIAETH CANABIS NEU YMWYBYDDIAETH 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

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

This policy will be launched with head teachers on 13<sup>th</sup> June at their conference. Following on from this we would like to invite everyone to attend a choice of two workshops where will go through the policy in detail.

Whilst we understand your current work demands, your cooperation and engagement in this workshop is important.

You can send any number of representatives to the workshops.

Please can you confirm attendance by emailing [education.audit@denbighshire.gov.uk](mailto:education.audit@denbighshire.gov.uk), before **June 23<sup>rd</sup>**, stating the following:

- Name
- Role
- email address
- Which session

### **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, Denbigh, 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 Canabis

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)

## Cynhyrchion tybaco – er gwybodaeth

Ni fydd sigarêts wedi'u brandio a pheccynnau o ddeg ar werth o hyn ymlaen, wrth i gyfreithiau newydd yn rheoli gwedd a maint cynhyrchion tybaco gael eu gorfodi'n llawn.

## 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)

## Tobacco products – for info

Branded cigarettes and packs of ten will no longer be on sale as new laws controlling the look and size of tobacco products are fully enforced.

Dim ond pecynnau 'plaen', pecynnau o 20 sigarét a bagiau 30 gram o dybaco rholio y gellir eu gwerthu wrth i waharddiadau llawn ar becynnau wedi'u brandio deniadol a pheynnau bach ddod i rym ledled y Deyrnas Unedig.

Ym mis Mai 2016 daeth yn gyfraith i bob cynnyrch tybaco gael ei werthu mewn pecyn brown 'safonol'. Rhoddwyd cyfnod trosiannol o flwyddyn i fanwerthwyr werthu stoc nad oedd yn cydymffurfio â'r rheolau newydd ond daeth y cyfnod hwn i ben ar 19 Mai 2017.

Mae pecynnau plaen yn cael gwared ar y ffordd olaf oedd gan y diwydiant tybaco o hysbysebu ac yn gwneud smygu'n llai deniadol i blant a phobl ifanc. Mae pecynnau mwy yn gwneud smygu'n ddrutach ac mae'r safoni hwn yn golygu y bydd y pecyn rhataf yn costio £8.82 – gan eu gwneud yn llai fforddiadwy i bobl ifanc.

### Cyfreithiau newydd

Mae cyfreithiau newydd i amddiffyn plant a phobl ifanc rhag niwed tybaco wedi cael eu basio yn y Senedd ar 16 o Fai fel rhan o'r Bil Iechyd y Cyhoedd (Cymru).

Bydd y cyfreithiau newydd yn cyfyngu ar smygu ar feysydd chwarae plant, tiroedd ysgolion a safleoedd ysbytai ac yn braenaru'r tir ar gyfer cofrestr o'r holl fanwerthwyr tybaco.

Only 'plain' packs, packs of 20 cigarettes, and 30 gram roll-your-own tobacco pouches can be sold as full bans on branded, attractive and small size packets take effect across the UK.

In May 2016 it became law for all tobacco products to be sold in a 'standardised' brown packaging. Retailers were given a one year transitional period to sell stock which didn't comply with the new rules but this time ended on 19th May 2017.

Plain packaging removes the tobacco industry's last form of advertising and makes smoking less appealing to children and young people. Large pack sizes make smoking more costly and this standardisation means the cheapest pack will be £8.82 - making them less affordable for young people.

### New laws

New laws to protect children and young people from the harms of tobacco have been successfully passed in the Senedd on 16 May as part of the Public Health Bill (Wales).

The new laws will restrict smoking in children's playgrounds, school grounds and hospital sites and pave the way for a retail register of all tobacco sellers.



### Anti-bullying resources at Dangerpoint

DangerPoint are very proud to launch a new anti-bullying resource which has been developed in partnership with Ysgol y Llys and Llandrillo College.

DangerPoint worked in partnership with Yr 5&6 pupils at Ysgol y Llys who helped up to

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## Adnoddau a chysylltiadau ABCH

Gair i'ch atgoffa y gellir dod o hyd i adnoddau a chysylltiadau ABCH defnyddiol ar y ddolen hon.

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

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## Tudalennau Gwe Ysgolion Iach

Nodyn i unrhyw Gydlynwyr Ysgolion Iach ac unrhyw staff eraill sydd â diddordeb o fewn ysgolion. Bellach mae gennym dudalen we newydd Sir Ddinbych y byddwn yn ychwanegu gwybodaeth, dogfennau a dolenni Ysgolion Iach ati. Gellir dod o hyd i'r holl ddangosyddion i ysgolion ar ôl 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->

create a script to ensure that the film was relevant to young people and discussed issues that they are facing with bullying – not what we think they are. They also teamed up with Llandrillo College and one of their BA Hons students who took the lead on all of the filming and editing of the film and did an excellent job!

Cat Harvey, Deputy Manager said, *"It was a great experience to be able to work in partnership with both Ysgol y Llys and Llandrillo College and we believe that the resource created is excellent and we are extremely proud to be sharing it with our visitors. We want to say a massive thank you to all those that took part in the project – we are very grateful for the support."*

To watch the full version, please click here:  
English: <http://bit.ly/DPAntiBullying2017>  
Cymraeg: <http://bit.ly/DPGwrthfwl17>

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## PSE resources and contacts

A reminder that some useful PSE resources and contacts can be found on this link.

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

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## 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->

[pholisiau/addysg-ac-ysgolion/gwybodaeth-ar-gyfer-ysgolion/cynllun-ysgolion-iach.aspx](http://pholisiau/addysg-ac-ysgolion/gwybodaeth-ar-gyfer-ysgolion/cynllun-ysgolion-iach.aspx)

[policies/education-and-schools/information-for-schools/healthy-schools-scheme.aspx](http://policies/education-and-schools/information-for-schools/healthy-schools-scheme.aspx)

## CYNRADD/ARBENNIG

### Gweithdy diogelwch ar-lein 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 ddiogel ar-lein yn y DU. Gyda'i gilydd, maent yn cynnig offer defnyddiol, cyngor a chymorth i helpu rhieni a gofalwyr i sgwrsio gyda'u plant am eu bywydau ar-lein. Bydd y gweithdy awr o hyd o gymorth i rieni a gofalwyr ddeall byd ar-lein eu plentyn a magu hyder i gael y sgysiau pwysig hynny fydd yn gallu cadw plant yn ddiogel ar-lein.

### A wnewch chi ymuno â'r NSPCC ac O2 a chadw plant yn ddiogel ar-lein?

Beth am drefnu gweithdy am ddim i rieni a gofalwyr yn eich ysgol chi. Os oes gennych ddiddordeb cynnal gweithdy cysylltwch â Rebecca Allen.

Gall hi hefyd siarad gyda chi am y ffyrdd eraill y gall yr NSPCC helpu drwy eu Gwasanaeth Ysgolion. O adnoddau dysgu a chynlluniau gwersi sydd wedi eu cymeradwyo gan y Gymdeithas ABGI i offer a hyfforddiant, maent wedi ymrwmo i ddarparu gwasanaeth cynhwysol er mwyn helpu ysgolion i gadw plant yn ddiogel.

Ewch i [www.nspcc.org.uk/schools](http://www.nspcc.org.uk/schools), neu cysylltwch â Rebecca Allen i ddarganfod mwy.

Os oes arnoch angen unrhyw gymorth neu gyfarwyddwyd, gwiriwch [www.nspcc.org.uk/preventing-abuse/keeping-children-safe-onlin-safety](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe-onlin-safety) a [www.o2.co.uk/NSPCC](http://www.o2.co.uk/NSPCC), ffoniwch Linell Gymorth Diogelwch Ar-lein O2 a NSPCC ar 0808 800 5002, neu galwch heibio eich siop O2 leol am gymorth.

## PRIMARY/SPECIAL

### O2 and NSPCC 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. Together, they are offering useful tools, support and guidance to help parents and carers have conversations with their children about their online lives. The hour-long workshop will help parents and carers understand their child's online world and build confidence to have those important conversations that can help keep children safe online.

### Will you join the NSPCC and O2 and help keep all children safe online?

Why not set up a free workshop for parents and carers at your school. If you are interested in hosting a workshop contact Rebecca Allen.

She can also talk to you about the wider ways the NSPCC can help through their Schools Service. From PSHE Association approved teaching resources and lesson plans through to tools and training, they are committed to providing a comprehensive service to help schools keep children safe.

Please visit [www.nspcc.org.uk/schools](http://www.nspcc.org.uk/schools) or contact Rebecca Allen to find out more.

If you need any support or guidance, check their [www.nspcc.org.uk/preventing-abuse/keeping-children-safe-onlin-safety](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe-onlin-safety) a [www.o2.co.uk/NSPCC](http://www.o2.co.uk/NSPCC), call the O2 and NSPCC Online Safety Helpline on 0808 800 5002, or pop into your local O2 store for help from a Guru.



[Rebecca.allen@nspcc.org.uk](mailto:Rebecca.allen@nspcc.org.uk)

## Canolfan Brenig Ymweliadau AM DDIM!

Mae Canolfan Darganfod Dŵr Cymru bellach wedi sefydlu cartref newydd yng nghanol golygfeydd godidog Llyn Brenig. Estynnir gwahoddiad i blant o flwyddyn 2 i 6, ysgolion y Gogledd, i ymweld ac i lenwi'r safle adnabyddus gyda bwrlwm a chyffro! Cynhelir amrywiaeth o weithgareddau ysgogol, diddorol ac ymestynnol i ddysgwyr yn y Ganolfan Ddarganfod a hynny i gyd AM DDIM! Gellir trochi yn ein pwll, chwilio am greaduriaid yn yr ardal *Bwystfilod Bach* a chynnal arbrawf yn yr yatafell ddosbarth pwrpasol i ddatblygu eu dealltwriaeth o'r Gylchred Ddŵr.

Yn wythnosol, mae cyfle i ymweld â ysgolion ar hyd y Gogledd. Yn cynnal gwasanaeth bywiog a gweithdai ymarferol gyda'r disgyblion i rannu negesuon, megis *Effeithlonrwydd Dŵr*. Mewn rhai ardaloedd, ble mae gwaith cynnal a chadw sylweddol yn digwydd, byddaf yn ymweld â ysgolion cyfagos i ddatblygu dealltwriaeth o waith y cwmni.

Os am fwy o wybodaeth neu am drefnu ymweliad i'r Ganolfan Ddarganfod, cysylltwch drwy:

Ffôn: 01490 420208

E-bost: [arfona.evans@dwrcymru.com](mailto:arfona.evans@dwrcymru.com)

## Diwrnodau 'BEEP BEEP'!

Dydd Mercher 27 Medi 2017

Dydd Mercher 22 Tachwedd 2017

Mae Diwrnodau 'Beep beep!' yn gyfle gwych i addysgwyr blynyddoedd cynnar gyflwyno plant i hanfodion diogelwch ar y ffyrdd, gyda gweithgareddau hwyliog ac adnoddau gan Brake. Bydd pawb sy'n

[Rebecca.allen@nspcc.org.uk](mailto:Rebecca.allen@nspcc.org.uk)

## Canolfan Brenig FREE educational visits!

Welsh Water's Discovery Centre now has a new home among the amazing views of Llyn Brenig. Children between years 2 – 6 from North Wales schools are invited to visit to fill the well known place with excitement! A variety of motivational, interesting and extensive activities for learners are held in the Discovery Centre, FREE OF CHARGE! There's an opportunity to paddle in our pool, to look for bugs in the *Small Beasts* area and to experiment in our purpose built classroom to develop the children's understanding of the Water Cycle.

There is a weekly opportunity for schools from across North Wales to visit. Lively and practical workshops will be held with pupils to share messages, such as *Water Efficiency*. In some areas, where significant maintenance work has been carried out, I will visit nearby schools to develop an understanding of the company's work.

If you would like more information or to arrange a visit to the Discovery Centre, contact me via:

Phone: 01490 420208

E-mail: [arfona.evans@dwrcymru.com](mailto:arfona.evans@dwrcymru.com)

## BEEP BEEP Days!

Wednesday 27 September 2017

Wednesday 22 November 2017

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. Everyone that registers will receive a free e resource pack

cofrestru yn derbyn pecyn o e adnoddau am ddim yn llawn gweithgareddau, posteri a thystysgrifau, neu gallant dderbyn pecyn mawr am £12.60 fesul 50 o blant!

<http://www.brake.org.uk/beepbeepday>

### **Wythnos Diogelwch ar y Ffordd - 20-26 Tachwedd 2017**

Gall addysgwyr gofrestru ar gyfer Wythnos Diogelwch ar y Ffordd y DU 2017 (20-26 Tachwedd) ar [www.roadsafetyweek.org.uk/educators](http://www.roadsafetyweek.org.uk/educators).

Wedi ei gydlynu gan yr elusen Brake, mae'r wythnos hon yn gyfle i greu gweithgareddau yn ymwneud â diogelwch ar y ffordd ar gyfer plant o unrhyw oed trwy ddefnyddio adnoddau rhad ac am ddim (ar gael ym mis Medi) , gan gynnwys sleidiau ar gyfer gwasanaethau boreol a gweithdai, taflenni arweiniad, taflenni gweithgareddau, posteri a chynnwys digidol fel fideos a gemau. Mae thema eleni o Arafwch ac Arbedwch Fwyd yn anelu at godi ymwybyddiaeth o beryglon gor-yrru, yn enwedig o gwmpas ysgolion, cartrefi a siopau , gan ganolbwyntio ar bwysigrwydd Arafu fel bo plant yn cerdded a beicio yn ddiogel.

filled with fun activities, posters and certificates, or can receive a bumper pack for just £12.60, per 50 children!

<http://www.brake.org.uk/beepbeepday>.

### **Road Safety Week – 20-26 November 2017**

Educators can now register for UK Road Safety Week 2017 (20-26 November) at [www.roadsafetyweek.org.uk/educators](http://www.roadsafetyweek.org.uk/educators).

Coordinated by charity Brake, the Week is a great opportunity to engage children of all ages with road safety by using free resources (available from September), including assembly and workshop slides, guidance sheets, activity sheets, posters and digital content such as videos and games. This year's theme of Speed Down Save Lives aims to raise awareness about the dangers of driving too fast, especially around schools, homes and shops, and focus on the positives of keeping your Speed Down so kids can walk and cycle safely.

## **UWCHRADD/ARBENNIG**

### **Gwersi / Gweithgareddau Camfanteisio'n Rhywiol Ar Blant:**

<https://hwb.wales.gov.uk/resources/resource/9a96a74b-c215-402d-b314-3e5accf2d0f0/en> )

<https://www.thinkuknow.co.uk/>

### **Posteri / Taflenni Camfanteisio'n Rhywiol ar Blant**

<https://www.north-wales.police.uk/news-and-appeals/cse-new-leaflets-for-pupils-and-professionals-who-work-with-young-people>

## **SECONDARY/SPECIAL**

### **Child Sexual Exploitation (CSE) lessons / activities:**

<https://hwb.wales.gov.uk/resources/resource/9a96a74b-c215-402d-b314-3e5accf2d0f0/en>

<https://www.thinkuknow.co.uk/>

### **CSE posters / flyers:**

<https://www.north-wales.police.uk/news-and-appeals/cse-new-leaflets-for-pupils-and-professionals-who-work-with-young-people>

**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 Diogelwch Plant  
5 - 11 Mehefin 2017

Diwrnod Difa Bygiau  
15 Mehefin 2017

Wythnos Diabetes  
12 - 18 Mehefin 2017

Wythnos Bwyta'n Iach  
12 - 16 Mehefin 2017

Wythnos Gofalwyr  
12 - 18 Mehefin 2017

Wythnos Iechyd Dynion  
12 - 18 Mehefin 2017

Wythnos Iechyd Rhywiol  
11 - 17 Medi 2017

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>

Child Safety Week  
5 - 11 June 2017

Bug Busting Day  
15 June 2017

Diabetes Week  
12 - 18 June 2017

Healthy Eating Week  
12 - 16 June 2017

Carers Week  
12 - 18 June 2017

Men's Health Week  
12 - 18 June 2017

Sexual Health Week  
11 - 17 September 2017

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

