

Wythnos Gwrth-Fwlio 2022 Her Celfyddydau Creadigol

Anti-Bullying Week 2022 Creative Arts Challenge

'Beth am ddod at ein gilydd ac estyn allan i stopio bwlio!'
'Let's come together and reach out to stop bullying!'



Mae Gwasanaethau Addysg a Phlant Sir Ddinbych yn falch iawn o lansio Her Gelfyddydau Creadigol arbennig eleni fel rhan o Wythnos Gwrth-Fwlio 2022 ac ni allwn aros i weld eich ceisiadau anhygoel.

Denbighshire Education and Children's Services is delighted to launch a fabulous Creative Arts challenge this year as part of Anti-Bullying Week 2022 and we can't wait to see your amazing entries.



Her yn agor

Dydd Llun 14 Tachwedd 2022

Her yn cau

4yp, Dydd Iau 17 Tachwedd 2022

Challenge opens

Monday 14 November 2022

Challenge closes

4pm, Thursday 17 November 2022



Thema

Bydd Wythnos Gwrth-Fwlio 2022 yn cael ei chynnal rhwng Dydd Llun 14 Tachwedd a Dydd Gwener 18 Tachwedd 2022. Thema Wythnos Gwrth-Fwlio 2022 yw 'Ymestyn Allan'.

Theme

Anti-Bullying Week 2022 will take place from Monday 14 November - Friday 18 November 2022. The theme of Anti-Bullying Week 2022 is 'Reach Out'.



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Mae bwlio'n effeithio ar filiynau o fywydau ac yn gallu ein gadael ni'n teimlo'n anobeithiol. Ond does dim rhaid iddo fod fel hyn. Os ydyn ni'n ei herio, gallwn ni ei newid. Ac mae'n dechrau trwy estyn allan.

P'un ai yw yn yr ysgol, gartref, yn y gymuned neu ar-lein, gadewch i ni estyn allan a dangos y gefnogaeth sydd ei hangen ar ein gilydd. Estynnwch allan at rywun rydych chi'n ymddiried ynddo os oes angen siarad. Estynnwch allan at rywun rydych chi'n ei adnabod sy'n cael ei fwlio. Estynnwch allan ac ystyried dull newydd o weithredu.

A dyw e ddim yn stopio gyda phobl ifanc. O athrawon i rieni a dylanwadwyr i wleidyddion, mae gan bob un ohonom gyfrifoldeb i helpu ein gilydd i estyn allan. Gyda'n gilydd, gadewch i ni fod y newid rydyn ni am ei weld. Myfyriwch ar ein hymddygiad ein hunain, gosodwch enghreifftiau cadarnhaol a chreu cymunedau mwy caredig.

Mae'n cymryd dewrder, ond mae'n gallu newid bywydau.

Felly, yr Wythnos Gwrth-Fwlio hon, gadewch i ni ddod at ei gilydd yn Sir Ddinbych ac estyn allan i roi'r gorau i fwlio.



Bullying affects millions of lives and can leave us feeling hopeless. But it doesn't have to be this way. If we challenge it, we can change it. And it starts by reaching out.

Whether it's in school, at home, in the community or online, let's reach out and show each other the support we need. Reach out to someone you trust if you need to talk. Reach out to someone you know is being bullied. Reach out and consider a new approach.

And it doesn't stop with young people. From teachers to parents and influencers to politicians, we all have a responsibility to help each other reach out. Together, let's be the change we want to see. Reflect on our own behaviour, set positive examples and create kinder communities.

It takes courage, but it can change lives.

So, this Anti-Bullying Week, let's come together in Denbighshire and reach out to stop bullying.



Ymestyn Allan 🖐️ Reach Out

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'YR HER'

Categoriâu Oedran

Mae'r her yn agored i blant a phobl ifanc rhwng 3 ac 16 oed o fewn Sir Ddinbych.

Categoriâu Creadigol

Dylid cyflwyno pob cais gydag **un** o'r teitlau canlynol:

Estyn Allan
Bod y Newid
Torri'r Cylch

Gellir cyflwyno ceisiadau yn **unrhyw** un o'r cyfryngau canlynol:

- 1. Ysgrifenedig** (Cymraeg/Saesneg)
 - Traethawd/stori fer (terfyn 500 gair)
 - Cerdd/ar lafar (uchafswm 40 llinell ar 1 dudalen A4)
 - Sgript ar gyfer drama/ffilm/bwrdd stori hyd at 60 eiliad
- 2. Celf Weledol**
 - Arlunio/paentio/poster/collage
 - Modelau cerflun/3D
 - Ffotograffiaeth
 - Tecstilau/Gwneud Printiau
- 3. Fideo** (Cymraeg/Saesneg)
 - Ffilm fer (rhaglen ddogfen; vlog) hyd at 60 eiliad
 - Perfformiad o waith gwreiddiol (drama; dawn; cân; llafar) hyd at 60 eiliad



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'THE CHALLENGE'

Age Categories

The challenge is open to Denbighshire children and young people aged 3-16 years.

Creative Categories


All entries should be submitted with **one** of the following titles:

Reach Out

Be the Change

Break the Cycle

Submissions can be made in **any** of the following media:

- 1. Written Word** (Welsh/English)
 - Essay/short story (500-word limit)
 - Poem/spoken word (max 40 lines on 1 A4 page)
 - Script for up to 60 second drama/film/story board
 - 2. Visual Art**
 - Drawing/painting/poster/collage
 - Sculpture/3D models
 - Photography
 - Textiles/Printmaking
 - 3. Video** (Welsh/English)
 - Up to 60 second short film (documentary; vlog)
 - Up to 60 second performance of original work (drama; dance; song; spoken word)
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SUT I ROI CAIS I MEWN

BEIRNIADU

Gwahoddir Pencampwyr Gwrth-Fwlio eich Ysgol i ddewis **un cais cyffredinol** i gynrychioli eich ysgol ac i'w gyflwyno ar-lein erbyn **4yp Ddydd Iau 17 Tachwedd 2022** i sarah.dixon@sirddinbych.gov.uk

RHOI CAIS I MEWN AR-LEIN

Ar gyfer y categori ysgrifenedig, atodwch neu sganiwch y gweithiau gwreiddiol, gan sicrhau bod yr holl destun i'w weld - byddwch yn ofalus gyda gweithiau dwyochrog!

Ar gyfer adran ffotograffiaeth y categori celfyddydau gweledol, atodwch neu sganiwch gweithiau gwreiddiol.

Ar gyfer pob cyflwyniad gweledol arall, e.e. cerfluniau; posteri, atodwch uchafswm o 3 llun sy'n dangos yn glir y gwaith a grëwyd.

Ar gyfer y categori fideo, dylech atodi ffeil fideo neu linc lle mae modd gweld y fideo.

Beth Sy'n Digwydd i'ch Cais?

Gwahoddir Pencampwyr Gwrth-Fwlio eich ysgol arddangos '**Dewis eu Hysgolion**' i Banel, yn cynnwys swyddogion Addysg a Gwasanaethau Plant Sir Ddinbych, **Ddydd Gwener 18 Tachwedd 2022** (i'w gadarnhau).

Bydd gwobrau'n cael eu dyfarnu i geisiadau a fernir yn rhagorol.

Os oes gennych unrhyw gwestynnau nad ydynt yn cael eu hateb gan y wybodaeth a ddarperir yma, neu os oes gennych broblem wrth uwchlwytho eich ceisiadau, cysylltwch â sarah.dixon@sirddinbych.gov.uk

Edrychwn ymlaen at gweld eich holl waith anhygoel! 

Ymestyn Allan 🤝 Reach Out

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HOW TO ENTER

JUDGING

Your School's Anti-Bullying Champions are invited to choose **one overall entry** to represent your school and to submit it online by **4pm** on **Thursday 17 November 2022** to sarah.dixon@denbighshire.gov.uk

ENTERING ONLINE

For the written word category, please attach or scan the original works, making sure all text is visible - be careful of double-sided works!

For the photography section of the visual arts category, please attach or scan the original works.

For all other visual submissions, e.g. sculptures; posters, please attach a maximum of 3 photographs which clearly show the work created.

For the video category, please attach video file or link where the video can be viewed.

What Happens to Your Entry?

Your school's Anti-Bullying Champions will be invited to showcase their **Schools' Choice** to a Panel, including Denbighshire Education and Children's Services officers, on **Friday 18 November 2022 (tbc)**.

Prizes will be awarded to outstanding entries.

If you have any queries which aren't answered by the information provided here, or have an issue with uploading your entries, please contact sarah.dixon@denbighshire.gov.uk

We look forward to seeing all your amazing work! 