

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 hanner tymor drwy e-bost. Bydd yn cynnwys newyddion iechyd a lles a diweddariadau o waith Grŵp Iechyd a Lles 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 / ar hysbysfyrddau staff.

The aim is to share this newsletter with schools and partners every half term via email. It will include health and well-being news and updates from the work of the 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 / on staff notice boards.

Tachwedd 2018

November 2018

POB YSGOL

Mae newyddion cyffredinol i bob ysgol yn y rhan cyntaf. Yn nes ymlaen, mae gwybodaeth ar wahân ar gyfer ysgolion cynradd ac uwchradd.

Cynllun Ysgolion Iach Sir Ddinbych

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

Ysgol y Parc, Gwobr Ansawdd Cenedlaethol
Ysgol Eglwys Crist, cam 5
Ysgol Pentrecelyn, cam 4
Ysgol Borthyn, cam 4
Ysgol Bryn Hedydd, cam 4
Ysgol Penmorfa, cam 3

Digwyddiad Dysgu Cyflym Iechyd a Lles

Cynhaliwyd y digwyddiad hwn ar 3 Hydref ac roedd 129 o staff ysgol ac asiantaethau partner yn bresennol. Cafwyd adborth cadarnhaol iawn ar ei ôl. Fe'i cynhaliwyd mewn dau ran: yn ystod rhan 1 fe rannwyd gwybodaeth trwy gyflwyniadau am Brofiadau Niweidiol yn Ystod Plentyndod, Maes Dysgu Iechyd a Lles newydd yn y

ALL SCHOOLS

In the first section there is generic news to all schools. Further on there is separate information for primary and secondary schools.

Denbighshire Healthy Schools Scheme

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

Ysgol y Parc, National Quality Award
Christchurch School, phase 5
Ysgol Pentrecelyn, phase 4
Ysgol Borthyn, phase 4
Ysgol Bryn Hedydd, phase 4
Ysgol Penmorfa, phase 3

Health and Wellbeing Speed Learning Event

This was held on the 3rd of October and was attended by 129 school staff and partner agencies. It has received positive feedback. It was held in two parts: part 1 was information sharing with presentations about Adverse Childhood Experiences, the new Health and Wellbeing Area of Learning in the new curriculum and the Denbighshire Early

cwricwlwm newydd a Gwasanaeth Cymorth Cynnar Sir Ddinbych. Roedd yr ail ran yn ddigwyddiad dysgu cyflym gydag 16 asiantaeth yn darparu gwybodaeth am eu gwasanaethau i blant a phobl ifanc.

Rydym yn gobeithio cynnal digwyddiadau mewn fformat tebyg bob blwyddyn er mwyn rhannu gwybodaeth am yr asiantaethau sy'n gweithio gyda'n hysgolion a'r llawer o arferion da sydd mewn ysgolion. Os oes gennych chi unrhyw awgrymiadau, mae croeso i chi gysylltu.

Paula.roberts@sirddinbych.gov.uk

Polisi Hunaniaeth Rhywedd a Chanllawiau ar Gyflawni i Ysgolion

Mae'r polisi'n cael ei lansio ar 13 Tachwedd, ac fe'i lluniwyd mewn partneriaeth gyda Viva i gefnogi pob ysgol.

I gofrestru ar gyfer y digwyddiad ewch i:

<https://www.sirddinbych.gov.uk/cy/preswyllyr/hamdden/digwyddiadau/tachwedd-2018/hyfforddiant-addysg-gweithdy-a-lansio-polisi-hunaniaeth-rhywedd.aspx>

Bydd y polisi ar gael ar y dudalen we ganlynol (o dan bolisiau anstatudol):
<https://www.sirddinbych.gov.uk/cy/eich-cyngor/strategaethau-cynlluniau-a-pholisiau/addysg-ac-ysgolion/polisiau-ysgolion-ac-addysg.aspx>

Newyddion Cenedlaethol Iechyd a Lles

Mae Iechyd a Lles yn flaenoriaeth mewn sawl agenda. Mae llawer o waith ymchwil yn cael ei gynnal, ac mae polisiau a rhaglenni newydd yn cael eu llunio a'u lansio'n aml. Dyma ychydig o ddolenni i'r newyddion ac ymchwil diweddaraf:

Adroddiad Cadernid Meddwl Cynulliad Cenedlaethol Cymru

<https://www.cynulliad.cymru/laid%20documents/cr-ld11522/cr-ld11522-w.pdf>

Cyhoeddiad Llywodraeth Cymru am grŵp

Help Service. The second part transformed in to a speed learning event where 16 agencies provided information about their services for children and young people.

We hope to host events in a similar format each year to be able to share information about the agencies that work with our schools and the vast amount of good practice in schools. If you have any suggestions, please feel free to get in touch.

Paula.roberts@denbighshire.gov.uk

Gender Identity Policy and Implementation Guidance for Schools

This policy is being launched on 13 November, and has been developed in partnership with Viva to support all schools.

To register for the event:

<https://www.denbighshire.gov.uk/en/resident/leisure/events/November-2018/education-training-workshop-and-gender-identity-policy-launch.aspx>

The policy will be made available on this webpage (under non-statutory policies):
<https://www.denbighshire.gov.uk/en/your-council/strategies-plans-and-policies/education-and-schools/education-and-schools-policies.aspx>

Health and Wellbeing National News

Health and wellbeing is at the forefront of many agendas. A wealth of research is being carried out, and new policies and programmes are frequently being developed and launched. Here are some links to some of the latest news and research:

Mind Over Matter report, National Assembly for Wales

<https://www.assembly.wales/laid%20documents/cr-ld11522/cr-ld11522-e.pdf>

tasg a gorffen ar gyfer dull ysgol gyfan tuag at iechyd meddwl a lles

<https://gov.wales/newsroom/educationandskills/2018/work-begins-on-step-change-in-emotional-and-mental-health-support-in-schools/?skip=1&lang=cy>

Ysgolion Iach yn Feddylol

<https://www.mentallyhealthyschools.org.uk/whole-school-approach/>

Gwefan Young Minds

<https://youngminds.org.uk/resources/school-resources/caring-for-the-wellbeing-of-teachers-and-school-staff/>

Canllawiau arferion gorau Ymyriadau yng Nghymru i wella iechyd meddwl a lles plant a phobl ifanc. Crynodeb o Raglenni a Thystiolaeth o'u Heffeithiolrwydd - 2017

<http://www.goodpractice.wales/SharedFiles/Download.aspx?pageid=185&mid=326&fileid=750>

Rhaglen Gefnogi Mewngymorth Ysgolion

Gyda'r rhaglen hon, bydd ymarferwyr CAMHS o'r bwrdd iechyd lleol yn gweithio'n uniongyrchol gyda staff ysgol yn Wrecsam a Sir Ddinbych i gryfhau'r gefnogaeth arbenigol y mae athrawon, plant a phobl ifanc yn ei dderbyn.

Bydd ymarferwyr yn rhoi hyfforddiant, cymorth a chyngor i athrawon, gan sicrhau bod disgyblion sydd â phryder, iselder, ac anhwylderau hunan-niweidio neu ymddygiad yn derbyn cymorth yn gynnar yn yr ysgolion gan staff sydd wedi'u hyfforddi'n briodol, gan atal problemau mwy difrifol rhag digwydd yn nes ymlaen yn eu bywydau.

Bydd y rhaglen peilot dwy flynedd o hyd yn cynnwys disgyblion o flwyddyn 6 i fyny ym mhob ysgol. Bydd yn cynnwys hyfforddiant 'Cymorth Cyntaf Iechyd Meddwl Ieuenctid' a '5 Awgrym Llesol'.

Welsh Government announcement on a task and finish group for a whole school approach to mental health and wellbeing

<https://gov.wales/newsroom/educationandskills/2018/work-begins-on-step-change-in-emotional-and-mental-health-support-in-schools/?lang=en>

Mentally Healthy Schools

<https://www.mentallyhealthyschools.org.uk/whole-school-approach/>

Young Minds website

<https://youngminds.org.uk/resources/school-resources/caring-for-the-wellbeing-of-teachers-and-school-staff/>

Best Practice Guide of Interventions to improve the mental health and wellbeing of children and young people. A Summary of Programmes and the Evidence of their Effectiveness – 2017

<http://www.goodpractice.wales/SharedFiles/Download.aspx?pageid=185&mid=326&fileid=750>

Schools In Reach Programme

This programme will see CAMHS practitioners from the local health board work directly with school staff in Wrexham and Denbighshire to strengthen the specialist support teachers, children and young people receive.

Practitioners will provide teachers with training, help and advice, ensuring pupils experiencing difficulties such as anxiety, low mood, and self-harm or conduct disorders receive early help in schools from suitably trained staff, preventing more serious problems occurring later in life.

The two year pilot programme will cover year 6 pupils upwards across all schools. It will involve training in 'Youth Mental Health First Aid' and the 5 Ways to Wellbeing.

I gael rhagor o wybodaeth cysylltwch â:
Sophie Gorst
Sophie.gorst@wales.nhs.uk, 01978 725885

<http://www.wales.nhs.uk/sitesplus/861/news/49534>

DIOGELU A DIOGELWCH ARLEIN

Bwrdd Diogelu Gogledd Cymru Fideos Briffio 7 Munud

Gweler y ddolen isod i fideos Briffio 7 munud Bwrdd Diogelu Gogledd Cymru, sef gwybodaeth/cyflwyniadau amrywiol a briffiau a allai fod o ddiddordeb i ysgolion.

<http://www.bwrddiogelugogleddcymru.cymru/adnoddau/briffiau-7-munud/>

Diwrnod Rhyngrywyd Ddiogelach Dydd Mawrth 5 Chwefror 2019

<https://www.saferinternet.org.uk/safer-internet-day/2019>

Apiau sydd ar gael ar hyn o bryd ac a allai fod yn beryglus i bobl ifanc.

Ynghlwm y mae rhestr o Apiau gan Heddlu Sir Gaer sydd yn cynnwys diweddiariad/syniad o rai o'r Apiau a allai adael plant mewn perygl o gam-fanteisio.

Fe allai'r rhestr fod yn ddefnyddiol i ysgolion gan ei fod yn cynnwys amlinelliad o bob Ap, gan gynnwys dealltwriaeth o'r grŵp targed bwriedig a phroblemau a materion posibl sy'n gysylltiedig â'r Apiau hyn ar gyfer pobl ifanc.

Mae pobl ifanc yn sôn yn aml am y math yma o gyfathrebu ac yn aml does gan staff ddim syniad o'r problemau posibl a chamau diogelu ar gyfer plant a phobl ifanc.

For more information contact: Sophie Gorst
Sophie.gorst@wales.nhs.uk, 01978 725885

<http://www.wales.nhs.uk/sitesplus/861/news/49534>

SAFEGUARDING AND ONLINE SAFETY

North Wales Safeguarding Board 7 Minute Briefing Videos

Please see below a link to North Wales Safeguarding Boards' 7 minute briefings which are various information/presentations and briefings which may be of interest to schools.

<http://www.northwalessafeguardingboard.wales/resources/7-minute-briefings/>

Safer Internet Day Tuesday 5th February 2019

<https://www.saferinternet.org.uk/safer-internet-day/2019>

App's that are currently available and potentially pose a risk to young people.

Please find attached a list of Apps from Cheshire Police that provide some update/insight into some Apps that may leave children at risk of exploitation.

Schools may find this list useful as it outlines in brief notes on each App including an understanding of the intended target group and the potential issues and risks associated with these App's for young people.

Young people regularly talk about this type of communication with staff who may not have had insight in to the potential issues and safeguards of use for children and young people.



App fact
sheet.cleaned.pdf

Hyfforddiant Diogelwch Ar-lein am Ddim trwy HWB

<https://hwb.gov.wales/onlinesafety/events/all?startDate=2018-04-24T00:00:00Z>

Adnoddau Diogelwch Ar-lein ar CEOP

Digonedd o adnoddau ar gyfer grwpiau o bob oedran y gelir eu denfyddo mewn dosbarthiadau ar ddiogelwch ar-lein, perthnasau a rhyw a chamfanteisio. Mae gemau rhyngweithiol hefyd ar gael.

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

Adnoddau Diogelwch Ar-lein ar HWB

<https://hwb.gov.wales/resources/publishers/66e8e1dc-32f3-40cf-8f93-5b07641bdd66>

Cynllun Gweithredu Diogelwch Ar-lein

Cynllun gweithredu diogelwch ar-lein ar gyfer plant a phobl ifanc yng Nghymru.

<https://beta.llyw.cymru/cynllun-gweithredu-diogelwch-ar-lein-ar-gyfer-plant-phobl-ifanc>

IECHYD

Polisi Rheoli Anghenion Gofal Iechyd

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

Am ei fod yn bolisi statudol ar gyfer pob ysgol, mae Sue Davidson a Paula Roberts o'r Gwasanaethau Addysg wedi bod yn ymweld ag ysgolion i weld sut mae'n gweithio iddynt nhw. Mae chwe ysgol yn



App fact
sheet.cleaned.pdf

Free Online Safety Training via HWB

<https://hwb.gov.wales/onlinesafety/events/all?startDate=2018-04-24T00:00:00Z>

Online safety resources on CEOP

Wealth of resources for all age groups that can be used in class on online safety, relationships and sex and exploitation. Interactive games are also available.

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

Online safety resources on HWB

<https://hwb.gov.wales/resources/publishers/66e8e1dc-32f3-40cf-8f93-5b07641bdd66>

Online Safety Action Plan

An online safety action plan for children and young people in Wales

<https://beta.gov.wales/online-safety-action-plan-children-and-young-people>

HEALTH

Managing Healthcare Needs Policy

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

As this is a statutory policy for all schools, Sue Davidson and Paula Roberts from Education Services have been carrying out visits to schools to see how it is working for them. Six schools are being randomly selected every

cael eu dewis ar hap bob tymor ar gyfer ymweliad. Fodd bynnag, os ydych chi'n teimlo y byddai eich ysgol yn elwa o gael ymweliad, mae croeso i chi gysylltu â paula.roberts@sirddinbych.gov.uk

Hyfforddiant Anghenion Gofal Iechyd

Mae'r Gwasanaethau Addysg yn gweithio gyda'r adran Iechyd i lunio rhaglen i gefnogi ysgolion gyda hyfforddiant ymwybyddiaeth ar gyfer cyflyrau iechyd pwysig megis asthma, anaffylaxis (eip-pen), epilepsi, diabetes ac ymataliaeth.

Mae'r cynnig yn amrwyio ar draws y sir ar hyn o bryd. Ym mis Medi, fe wnaethom dreialu diwrnod hyfforddiant lle roedd sesiynau ar gyflyrau iechyd yn cael eu cylchdroi. Er mai ychydig a fynychodd, roedd yr adborth yn gadarnhaol iawn.

Rydym bellach yn gobeithio ymweld â phob cyfarfod clwstwr penaeithiaid i ganfod sut gallai'r hyfforddiant gael ei roi ar waith ar gyfer ysgolion.

Os oes gennych chi unrhyw awgrymiadau, e-bostiwch paula.roberts@sirddinbych.gov.uk

Polisi Gofal Personol a Mynd i'r Toiled

Mae'r canllaw gofal personol a mynd i'r toiled a'r polisi enghreifftiol wedi cael eu llunio er mwyn i ysgolion gefnogi disgyblion gyda gofal personol a/neu anghenion toiled, i sicrhau cyn lleied o amhariad â phosibl i'w haddysg.

Fe'i lanswyd ym mis Mehefin 2018 gyda hyfforddiant gan Abbi Pye, Nyrs Ymataliaeth Conwy a Sir Ddinbych.

www.sirddinbych.gov.uk/cy/gweithiwr/gwybodaeth-i-weithwyr-ysgol/gofal-personol-a-mynd-ir-toiled.aspx

Imiwneiddio

term for a visit. However, if you feel that your school would benefit from a visit, please do not hesitate to contact paula.roberts@denbighshire.gov.uk

Healthcare Needs Training

Education Services are working with Health to develop a programme to support schools with awareness training for key health conditions such as: asthma, anaphylaxis (eip-pen), epilepsy, diabetes and continence.

At present the offer varies across the county. In September we piloted a training day where sessions on all health conditions were offered on a rotation. Although the uptake was low, the feedback was very positive.

We are now hoping to visit each head teacher cluster meeting to see how the training could best be put into practice for schools.

If you do have any suggestions, please email paula.roberts@denbighshire.gov.uk

Intimate Care and Toileting Policy

The intimate care and toileting guidance and model policy has been developed for schools to support pupils with intimate care and/or toileting needs, to ensure minimal disruption to their education.

This was launched with training by Abbi Pye, the Continence Nurse for Conwy and Denbighshire in June 2018.

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

Immunisation

Taflen ffeithiau am sesiynau imiwneiddio yn yr ysgol.

<https://www.sirddinbych.gov.uk/cy/gweithiwr/dogfennau/dogfennau-canllaw-ysgolion/hylendid-a-rheoli-heintiau/arfer-gorau-i-gefnogir-rhaglen-imiwneiddio-nyrs-ysgol-pdf-v2.pdf>

Factsheet about school based immunisation sessions.

<https://www.denbighshire.gov.uk/en/employee/documents/guidance-documents-for-schools/hygiene-and-infection-control/best-practice-to-support-the-school-nurse-immunisation-programme-pdf-v2.pdf>

Darllen yn Well – Llyfrau ar Bresgripsiwn

Mae'r cynllun yma'n helpu oedolion i ddeall a rheoli eu hiechyd a lles gan ddefnyddio deunydd darllen hunan-gymorth. Mae'r cynllun yn cael ei gymeradwyo gan weithwyr iechyd proffesiynol a'i gefnogi gan lyfrgelloedd cyhoeddus, gan gynnwys Sir Ddinbych.

Mae amrywiaeth o lyfrau dementia ar gael. Er bod y cynllun wedi'i dargedu tuag at oedolion, mae yna un teitl sydd wedi'i anelu at blant o'r enw 'Grandma', a llyfrau yn y gyfres 'Pictures to Share', a allai fod o ddiddordeb penodol os ydi'ch ysgol yn gweitho gyda chartrefi gofal.

(Sylwch: mae rhai llyfrau eisoes wedi cael eu cyfieithu i'r Gymraeg, ac mae rhai wrthi'n cael eu cyfieithu).

https://wales.ent.sirsidynix.net.uk/client/cy_GB/denbighshire_cy/



RW_for_dementia_Ov_Final_WELSH_ONLY_B_Final_BOP_Dementia_Review_of_the_titles.pdf
OP_Dementia_A5_leaflet_English_18.pdf

Reading Well – Books on Prescription

This scheme helps adults to understand and manage their health and wellbeing using self-help reading. The scheme is endorsed by health professionals and supported by public libraries, including Denbighshire.

A range of dementia books are available. Although the scheme is targeted at adults, there is one title aimed at children called 'Grandma', and books in the series 'Pictures to Share', which might be of particular interest if your school is working with care homes.

(Note: some books have already been translated to Welsh and some are in the process of being translated).

https://wales.ent.sirsidynix.net.uk/client/en_GB/denbighshire_en/



RW_for_dementia_Ov_Final_WELSH_ONLY_B_Final_BOP_Dementia_Review_of_the_titles.pdf
OP_Dementia_A5_leaflet_English_18.pdf

GWRTH-FWLIO

Wythnos Gwrth-Fwllo 12 - 16 Tachwedd 2018

Mae Bwllo yn fusnes i bawb.

<https://gov.wales/topics/educationandskills/schoolshome/wellbeing/antibullying/anti-bullying-week/?skip=1&lang=cy>

Newyddion Sir Ddinbych

Ar 22 a 24 Hydref fe wnaethom gynnal gweithdai ar gyfer hyd at 4 disgybl ac aelod o staff o 16 ysgol gynradd a 4 ysgol uwchradd.

Pwrpas y gweithdai oedd rhoi syniadau ymarferol i ddisgyblion i redeg eu

ANTI-BULLYING

Anti-Bullying week 12 – 16 November 2018

Bullying is everyone's business.

<https://gov.wales/topics/educationandskills/schoolshome/wellbeing/antibullying/anti-bullying-week/?lang=en>

Denbighshire News

On October 22 and 24 we hosted workshops for up to 4 pupils and a member of staff from 16 primary and 4 secondary schools.

The purpose of the workshops were to provide pupils with practical ideas to run their

gweithgareddau eu hunain yn yr ysgol yn ystod Wythnos Gwrth-fwlio, gyda'r nod o hyrwyddo diwylliant o barch.

Roedd yr adborth yn gadarnhaol, ac roedd disgyblion yn teimlo fod ganddynt ddigonedd o syniadau i'w defnyddio i gynllunio eu digwyddiadau yn ystod Wythnos Gwrth-fwlio - ac i'w defnyddio trwy gydol y flwyddyn.

Cafodd rhywfaint o'r syniadau eu datblygu o'r wefan yma:

<https://www.anti-bullyingalliance.org.uk/>

own school based activities during Anti Bullying Week, with the aim of promoting a culture of respect.

The feedback was positive, and pupils felt that they had plenty of ideas to use to plan their Anti-Bullying week events – and to use across the year.

Some of the ideas were developed from this website:

<https://www.anti-bullyingalliance.org.uk/>

CARCHAR

Teuluoedd sy'n cael eu Heffeithio gan Garchariad

Mae newyddlen 'The Link' wedi cael ei pharatoi ar ran Bwrdd Cymunedau Mwy Diogel Gogledd Cymru, Bwrdd Cynllunio Ardal ar gyfer Camddefnyddio Sylweddau Gogledd Cymru a Charchar EM Berwyn. Ei nod yw codi ymwybyddiaeth o faterion ac anghenion penodol plant a theuluoedd Gogledd Cymru sy'n cael eu heffeithio pan fydd aelod o'r teulu yn y carchar.



FABI 'Y Ddolen' - Medi 2018.pdf

IMPRISONMENT

Families Affected By Imprisonment

'The Link' newsletter has been prepared on behalf of the North Wales Safer Communities Board, the North Wales Substance Misuse Area Planning Board and HMP Berwyn. It aims to raise awareness of the specific issues and needs of the children and families of North Wales affected by the imprisonment of a family member.



FABI 'The Link' - September 2018.pdf

LLAIS Y DYSGWR

Rhowch gyfle i'ch disgyblion i lywio gwaith Comisiynydd Plant Cymru

Sally Holland yw Comisiynydd Plant Cymru. Ei swydd yw i warchod ac hyrwyddo hawliau a lles plant ac i siarad fyny dros blant a phobl ifanc Cymru. Er mwyn iddi fod yn bencampwraig effeithiol, mae angen iddi glywed wrth blant a phobl ifanc, a'r rheiny sy'n gweithio gyda nhw, am bynciau llosg ddylai gael eu cynnwys yng nghynllun gwaith y Comisiynydd.

Beth Nawr? | What now?

LEARNER VOICE

Give pupils the opportunity to steer the work of the Children's Commissioner for Wales

Sally Holland is the Children's Commissioner for Wales. Her role is to protect and promote the rights and welfare of children and to be the voice of children and young people in Wales. To do this effectively, she needs to know from children and young people, as well as those who work with them, what key areas of work she should focus on.

What Now? | Beth Nawr?

Dyma beth mae nhw'n galw'r arolwg, fydd yn hysbysu cynllun gwaith y Comisiynydd dros y dair blynedd nesa'. Drwy'r arolwg yma, ry'n ni'n galluogi lleisiau plant a phobl ifanc ddylanwadu ar yr hyn fydd y Comisiynydd Plant yn gwneud dros y blynedd nesa'.

Mae'r arolwg yn fyw

Mae'r arolwg ar gael [yma](#).

11 o Dachwedd 2018 yw'r dyddiad cau.

This is what they are calling the survey, which will inform the Commissioner's 3 year plan. This means that the voices of children and young people will directly affect the work carried out by the Children's Commissioner for Wales over the next few years.

The survey is live now.

The survey can be found [here](#).

11 November is the closing date.

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 Gwrth-Fwlio

12 - 16 Tachwedd 2018

<https://gov.wales/topics/educationandskills/schoolhome/wellbeing/antibullying/anti-bullying-week/?skip=1&lang=cy>

Wythnos Genedlaethol Diogelu

12 - 16 Tachwedd 2018

Wythnos Diogelwch ar y Ffyrdd

19 - 25 Tachwedd 2018

www.roadsafetyweek.org.uk/educators

19 - 25 Tachwedd 2018

Wythnos Ymwybyddiaeth Alcohol

Diwrnod Amser i Siarad

4 Chwefror 2019

<https://www.time-to-change.org.uk/about-us/about-our-campaign/time-to-talk>

Wythnos Maeth a Hydradiad

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>

Anti-Bullying Week

12 – 16 November 2018

<https://gov.wales/topics/educationandskills/schoolhome/wellbeing/antibullying/anti-bullying-week/?lang=en>

National Safeguarding Week

12 – 16 November 2018

Road Safety Week

19 – 25 November 2018

www.roadsafetyweek.org.uk/educators

19 – 25 November 2018

Alcohol Awareness Week

Time to Talk Day

4 February 2019

<https://www.time-to-change.org.uk/about-us/about-our-campaign/time-to-talk>

Nutrition and Hydration Week

11 - 17 Mawrth 2019	11 – 17 March 2019
Diwrnod Cenedlaethol Dim Ysmygu 13 Mawrth 2019	National No Smoking Day 13 March 2019
Diwrnod Cysgu'r Byd 15 Mawrth 2019	World Sleep Day 15 March 2019
Diwrnod Iechyd y Geg Y Byd 19 Mawrth 2019	World Oral Health Day 19 March 2019
Mis Ymwybyddiaeth Straen 1 – 30 Ebrill 2019	Stress Awareness Month 1 – 30 April 2019
Mis Awtistiaeth y Byd 1 – 30 Ebrill 2019	World Autism Month 1 – 30 April 2019
Diwrnod Iechyd y Byd 7 Ebrill 2019	World Health Day 7 April 2019
Wythnos Ymwybyddiaeth O'r Haul Mai 2019	Sun Awareness Week May 2019
Wythnos Ymwybyddiaeth Iechyd Meddwl Mai 2019	Mental Health Awareness Week May 2019
Wythnos Cerdded i'r Ysgol 20 - 25 Mai 2019 https://www.livingstreets.org.uk/what-we-do/projects/walk-to-school-week	Walk to School Week 20 – 25 May 2019 https://www.livingstreets.org.uk/what-we-do/projects/walk-to-school-week
Mis Cerdded Cenedlaethol 1 - 31 Mai 2019	National Walking Month 1 – 31 May 2019
Achubwch Fywydau, Golchwch Eich Dwylo 5 Mai 2019	Save Lives, Clean Your Hands 5 May 2019
Wythnos Bwyta'n Iach Mehefin 2019	Healthy Eating Week June 2019
Diwrnod Cenedlaethol Aer Glân Mehefin 2019	National Clean Air Day June 2019

CYNRADD/ARBENNIG

**Sbectrw m - Perthnasoedd Iach
Gwersi Rhad Ac Am Ddim**

PRIMARY/SPECIAL

**Spectrum – Healthy Relationships
Free Lessons**

Cyfnod Sylfaen a Chyfnod Allweddol 2

Mae'r Prosiect Sbectrwm yn rhaglen RHAD AC AM DDIM yn darparu gwersi ar berthnasoedd iach. Mae'r gwersi'n gysylltiedig â'r Fframwaith ABCh sydd hefyd yn gweithredu'r Fframwaith Llythrennedd a Rhifedd Cenedlaethol.

Darperir holl sesiynau Sbectrwm gan athrawon cymwys a phrofiadol. Gellir darparu sesiynau yn **Gymraeg** neu **Saesneg** ac mae'r holl adnoddau'n ddwyieithog.

Mae cynnwys y 3 gwerau ar gael ym mhob cyfnod allweddol. Mae rhaglen addysg cyfoedion hefyd ar gael.

Fel rhan o'r pecyn, darperir sesiwn ar gyfer staff yr ysgol a rhieni.

Am fwy o wybodaeth NEU i archebu sesiwn, gall ysgolion gysylltu â:

Sian Griffith
Swyddog Cyswllt Ag Ysgolion - Conwy a Sir Ddinbych
Sian.griffith@hafancymru.co.uk
07725 255412 / 01267 266924

NSPCC – Rhaglen 'Cofia Ddweud, Cadwa'n Ddiogel'

Mae'r fenter yn darparu gwasanaethau a gweithdai rhyngweithiol sy'n addas i blant ac sy'n cael eu cyflwyno gan staff a gwirfoddolwyr cymwys i helpu plant:

- ddeall beth yw cam-drin a'r mathau gwahanol, ac adnabod yr arwyddion;
- ddysgu sut i ddiogelu eu hunain rhag camdriniaeth o bob math; a
- dysgu sut i gael help a pha gymorth sydd ar gael, gan gynnwys y gwasanaeth Childline.

Mae'r fenter yn cynnwys y Cyfnod Sylfaen (Blwyddyn 1 a 2) a phob cyfnod allweddol 2. Mae'n cynnwys gwasanaeth 25 munud ar

Foundation phase and Key Stage 2

The Spectrum Project is a FREE of CHARGE programme delivering lessons on healthy relationships. The lessons link to the PSE Framework whilst also implementing the Literacy and Numeracy framework.

All Spectrum sessions are delivered by qualified and experienced teachers. Sessions can be delivered in **Welsh or English** and all resources are bilingual.

A menu of 3 lessons are available in each key stage. A peer education programme is also available.

As part of the package, a session is also provided for school staff and parents.

For more information OR to book a session schools can contact:

Sian Griffith
Schools Liaison Officer - Conwy & Denbighshire
Sian.griffith@hafancymru.co.uk
07725 255412 / 01267 266924

NSPCC – 'Speak Out, Stay Safe' programme

The programme provides child-friendly, interactive assemblies and workshops delivered by specially trained staff and volunteers to help children:

- understand abuse in all its forms and recognise the signs of abuse;
- know how to protect themselves from all forms of abuse;
- know how to get help, and the sources of help available to them, including the Childline service.

The programme has includes the Foundation Phase (Year 1 and 2) and all of key stage 2. It consists of a 25 minute

gyfer Blwyddyn 1 a 2, gwasanaeth 35 munud ar gyfer cyfnod allweddol 2, a gweithdai un awr ar gyfer blynyddoedd 5 a 6.

Mae pob ysgol cynradd yn Sir Ddinbych yn cael ymweliad bob yn ail flwyddyn. Am fwy o fanylion cysylltwch â: Rebecca Allen, 07970780955 neu rebecca.allen@nspcc.org.uk

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

Am fwy o fanylion cysylltwch â: Rebecca Allen, 07970780955 neu rebecca.allen@nspcc.org.uk

Wythnos Diogelwch y Ffordd 19 – 25 Tachwedd 2018

Gall Addysgwyr gofrestru ar gyfer Wythnos Diogelwch Ffyrdd 2018 drwy fynd i

www.roadsafetyweek.org.uk/educators.

Wedi ei chyd-lynu gan yr elusen Brake, mae'r wythnos hon yn gyfle i ymgysylltu plant o bob oed gyda diogelwch y ffordd trwy ddefnyddio adnoddau dwyieithog rhad ac am ddim ar thema eleni sef *Bike Smart*. Mae'r rhain yn cynnwys sleidiau gwasanaethau a gweithdai, taflenni arweiniad, taflenni gweithgaredd, poster a

assembly for Year 1/2, a 35 minute assembly for key stage 2, and one-hour workshops for years 5/6.

All Denbighshire schools receive a visit every two years. For more information contact: Rebecca Allen, 07970780955 or rebecca.allen@nspcc.org.uk

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 NSPCC can help through their Schools Service.

For more information contact: Rebecca Allen, 07970780955 or rebecca.allen@nspcc.org.uk

Road Safety Week 19 – 25 November 2018

Educators can now register for UK Road Safety Week 2018 at

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 bilingual resources on this year's theme of Bike Smart. These include assembly and workshop slides, guidance sheets, activity sheets, posters and digital content such as videos and games.

chynnwys digidol megis fideos a gemau.

Nod thema eleni 'Bike Smart' yw codi ymwybyddiaeth ynglyn â phwysigrwydd bod yn ddiogel tra'n seiclo a'r y peryglon mae seiclwyr yn wynebu ar y ffordd.

Lle bo Mwg oes Tân? Canfyddiadau plant ysgol gynradd yng Nghymru am sigarêts electronig

Comisiynwyd yr adroddiad gan Lechyd Cyhoeddus Cymru i ddeall beth yw ymwybyddiaeth a barn plant am e-sigarets, o'i gymharu ag ysmegu tybaco.

Mae manylion pellach i'w gweld yn [Gymraeg](#) ac yn [Saesneg](#) yma, ac mae dolenni uniongyrchol i'r adroddiad a ffeithlun i'w gweld isod:

This year's theme of *Bike Safe* aims to raise awareness about the importance of being safe while cycling and the dangers cyclists face on the road.

Is It All Smoke Without Fire? Welsh primary school children's perceptions of electronic cigarettes

This report was commissioned by Public Health Wales to help understand children's awareness and views about e-cigarettes, compared with smoking tobacco.

Further details can be found here [in English](#) and [in Welsh](#), and direct links to the report and infographic are below:

UWCHRADD/ARBENNIG

Arweinwr Clinigol Gwasanaeth Cwnsela Pobl Ifanc Sir Ddinbych wedi'i gyflwyno gyda Medal Churchill ar gyfer gwaith ymchwil i arloesiadau mewn Therapi Ymddygiad Dialegol

Cyflwynwyd Medal Churchill i Dan Trevor, Cyngorydd / Seicotherapydd gyda Gwasanaeth Cwnsela Pobl Ifanc Sir Ddinbych mewn seremoni fawreddog yn gynharach ym mis Mehefin. Dyfarnwyd y fedal i Dan i nodi cwblhad o'i waith ymchwil llwyddiannus tramor fel Cymrawd Churchill. Ymchwiliodd Dan arloesiadau wrth ddefnyddio hyfforddiant sgiliau Therapi Ymddygiad Dialegol (Dialectical Behaviour Therapy) ar gyfer pobl ifanc mewn ysgolion.

Ers hynny mae Dan wedi gweithio gyda Phrifysgol Bangor i beilotia DBT gyda grwpiau o bobl ifanc yn ysgolion uwchradd Sir Ddinbych. Bydd y gwaith hwn yn parhau mewn mwy o ysgolion eleni.

SECONDARY/SPECIAL

Denbighshire Young Persons' Counselling Service Clinical Lead presented with prestigious Churchill Medal for Investigating Innovations in Dialectical Behaviour Therapy

Dan Trevor a counsellor/psychotherapist with Denbighshire Young Persons' Counselling Service was presented with a Churchill Medal at a prestigious ceremony in June. The medal was awarded to Dan to mark the successful completion of his overseas research as a Churchill Fellow. Dan investigated innovations in using Dialectical Behavioural Therapy skills training for young people in schools.

Dan has since worked with Bangor University to pilot DBT with groups of young people in Denbighshire secondary schools. This work will now continue in more schools this year.

Am fwy o wybodaeth, cysylltwch â Dan Trevor: dan.trevor@denbighshire.gov.uk

Tyweli Mislif am Ddim i Ysgolion Uwchradd

Mae ymgyrch #EndPeriodPoverty Always wedi cyfrannu miliynau o dyweli mislif i helpu'r merched sydd mewn angen.

Mae'r tyweli ar gael i ysgolion uwchradd gwladol y DU gydag o leiaf 1% o'r merched yn gymwys ar gyfer prydau ysgol am ddim yn unig. Yna bydd ysgolion yn cael dyraniad o focsys tyweli glanweithiol yn seiliedig ar y nifer o ferched ifanc sy'n derbyn prydau ysgol am ddim.

Cynghorwn yn gryf i chi gofrestru cyn gynted â phosib er mwyn derbyn cyflenwad ar gyfer eich hysgol.

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

"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 glasoed, yn cynnwys y gostyngiad mewn hyder a'r diffyg hunan-barch 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>

For more information please contact Dan Trevor: dan.trevor@denbighshire.gov.uk

Free Sanitary Pads for Secondary Schools

The Always #EndPeriodPoverty campaign has donated millions of sanitary pads to help girls most in need.

The pads are only available to UK state secondary schools with at least 1% of girls eligible for free school meals. Schools will then be allocated boxes of sanitary pads based on the numbers of young girls on FSM.

It is strongly advised to register as early as possible to receive a supply for your school.

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

"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>

Hyfforddiant Perthnasoedd ac Addysg Rhyw Am Ddim

Comisiynwyd Cymdeithas Cynllunio Teulu (CCT) i gyflwyno hyfforddiant yn y gwaith am rhyw a pherthnasoedd i staff BIPBC a sefydliadau partner.

Nod yr hyfforddiant ydi magu hyder a gwella sgiliau i weithio'n fwy effeithiol gyda materion sy'n ymwneud ag iechyd rhywiol a phobl ifanc diamddiffyn.

Dwyrain/Wreccsam

<https://www.eventbrite.co.uk/e/fpa-sex-and-relationships-work-training-wrexhameast-tickets-47293990599>

Canol/Abergele

<https://www.eventbrite.co.uk/e/fpa-sex-and-relationships-work-training-abergelecentral-tickets-47294147067>

Gorllewin/Llanfairfechan

<https://www.eventbrite.co.uk/e/fpa-sex-and-relationships-work-training-llanfairfechanwest-tickets-47294240346>

Free Relationships and Sex Education Training

FPA (Family Planning Association) has been commissioned to deliver sex and relationships work training to BCUHB staff and partner organisations.

The aim of this training is to increase confidence and skills to work more effectively with issues concerning sexual health and vulnerable young people.

East/Wrexham

<https://www.eventbrite.co.uk/e/fpa-sex-and-relationships-work-training-wrexhameast-tickets-47293990599>

Central/Abergele

<https://www.eventbrite.co.uk/e/fpa-sex-and-relationships-work-training-abergelecentral-tickets-47294147067>

West/Llanfairfechan

<https://www.eventbrite.co.uk/e/fpa-sex-and-relationships-work-training-llanfairfechanwest-tickets-47294240346>