

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.

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.

YSGOLION

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

SCHOOLS

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

Mawrth 2019

March 2019

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 Esgob Morgan, Gwobr Ansawdd Cenedlaethol
Ysgol y Parc, Gwobr Ansawdd Cenedlaethol

Yr Amser a Argymhellir i Gadw Unigolion i Ffwrdd o Leoliadau oherwydd Heintiau Cyffredin

Mae'r ddogfen yn ganllaw ar gyfer penderfynu a ddylai unigolyn sydd â haint fynychu lleoliad neu beidio. Mae'n seiliedig ar y lefel/cyfnod heintio pobl eraill ac nid ar a yw'r unigolyn yn ddigon da i fynychu.

<http://www.wales.nhs.uk/sitesplus/888/open/doc/337323>

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 Esgob Morgan, National Quality Award
Ysgol y Parc, National Quality Award

Recommended Time to Keep Individuals Away from Settings because of Common Infections

The document is a guide on whether or not an individual with an infection should attend a setting. It is based on the level/period of infectiousness and not on whether the individual is well enough to attend.

<http://www.wales.nhs.uk/sitesplus/888/open/doc/337322/>

Yr haint mwyaf cyffredin yw cyfog a dolur rhydd, argymhellir y dylai'r unigolion hyn gadw i ffordd o leoliadau am 48 awr.

Efallai y byddai'n ddefnyddiol i chi rannu'r ddogfen hon â phob aelod o staff a gyda rhieni o bosibl.

Atal a rheoli heintiau

Yn dilyn ceisiadau, rydym am **ail gynnal** sesiwn y llynedd o Ymwybyddiaeth o Reoli Heintiau.

Mae'r sesiwn llawn yn rhedeg o 9.15am – 12.30pm. Fodd bynnag, sylwch mai'r wybodaeth ddiweddaraf fydd yn cael ei chyflwyno rhwng 11.30am a 12.30pm. Bydd hyn yn cynnwys trafodaeth benodol ynglŷn â glanhau teganau ac offer, a sesiwn holi ac ateb cyffredinol. Mae croeso i chi dewis i fynychu'r rhan hon yn unig.

Mae croeso i Reolwyr Busnes a Chyllid, Penaethiaid ac i unrhyw aelod arall o staff neu o'r corff llywodraethu fynychu.

Dydd Gwener 5 Ebrill 2019
9am (dechrau am 9.15am) – 12.30pm
Ystafell Gynadledda 1A, Neuadd y Sir,
Rhuthun, LL15 1YN

I archebu lle:
<https://www.denbighshire.gov.uk/cy/gweithiwr/gwybodaeth-i-weithwyr-ysgol/hyfforddiant-addysg/hyfforddiant-addysg.aspx>

The most common infection is sickness and diarrhoea, it is recommended that these individuals stay away from settings for 48 hours.

You may find it useful to share this document with all staff and possibly with parents.

Infection prevention and control

In response to requests we will be hosting a **repeat** of last years' Infection Control Awareness session.

The full session is from 9.15am – 12.30pm. However, please note that 11.30am – 12.30pm will be updated information. This will include specific discussion around toy and equipment cleaning, and a general question and answer session. You can choose to attend just this part.

Business and Finance Managers, Head Teachers and any other member of staff or governing body are welcome to attend.

Friday 5th April 2019
9am (9.15am start) – 12.30pm
Conference Room 1A, County Hall, Ruthin,
LL15 1YN

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

Polisi Llau Pen Model

Polisi llau pen ar gyfer ysgolion Sir Ddinbych (bob oedran).

Mae'r polisi'n seiliedig ar yr arweiniad diweddaraf gan Iechyd Cyhoeddus Cymru gyda mewnbwn gan ysgolion, addysg ac iechyd.

Mae'r polisi'n cynnwys y canlynol:

1. Polisi un dudalen
2. Gwybodaeth i ysgolion ei chynnwys yn eu prospectws neu ar eu gwefan
3. Gwybodaeth lawn/gryno i'w rhannu'n rheolaidd gyda rhieni am sut i chwilio am a thrin llau pen, yn cynnwys taflenni/posteri PDF
4. Esiimplau o lythyrau i'w hanfon at rieni/gofalwyr disgyblion sydd â llau pen / yn cael llau pen dro ar ôl tro

Bydd y polisi hefyd ar gael ar y dudalen polisiâu addysg ar wefan Sir Ddinbych.

Polisi Hunaniaeth Rhywedd a Chanllawiau ar Gyflawni i Ysgolion

Cafodd y polisi hwn ei lansio ar 13 Tachwedd, ac mae wedi ei ddatblygu mewn partneriaeth gyda Viva i gefnogi holl ysgolion Sir Ddinbych.

<https://www.denbighshire.gov.uk/en/your-council/strategies-plans-and-policies/education-and-schools/education-and-schools-policies.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 polisiâu a rhaglenni newydd yn cael eu datblygu a'u lansio'n aml. Dyma ychydig o ddolenni i'r newyddion a'r ymchwil diweddaraf:

Model Head Lice Policy

Model head lice policy for Denbighshire Schools (any age).

It is based on the current guidance from Public Health Wales, and input was provided by schools, education and health.

Please note that the policy includes the following:

1. One page policy
2. Policy information for schools to include in their prospectus/website
3. Full / short information about checking for and treating head lice to share with parents on a regular basis including PDF leaflets/posters
4. Example letters to share with parents/carers of pupils who may have head lice / repeated cases of head lice

The policy will also be made available on the Denbighshire education policies webpage.

Gender Identity Policy and Implementation Guidance for Schools

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

<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:

Beth ydym ni'n ei wybod am les plant yng

Nghymru: adroddiad wedi ei gyhoeddi gan Ystadegau Cymru a Llywodraeth Cymru.

<https://gov.wales/docs/statistics/2018/180920-well-being-wales-2017-18-what-do-we-know-about-childrens-well-being-en.pdf>

Adroddiad ACES (Cymru): Yn mesur y berthynas rhwng profiadau niweidiol yn ystod plentyndod a llwyddiant addysgol ac o ran cyflogaeth yng Nghymru a Lloegr: canfyddiadau o astudiaeth ôl-weithredol.
<https://www.sciencedirect.com/science/article/pii/S0033350618303032>

Iechyd Meddwl heddiw:

https://www.mentalhealthtoday.co.uk/news/mental-health-disorders/problems-at-home-and-online-blamed-as-one-in-eight-5-to-19-year-olds-now-living-with-a-disorder?utm_source=https%3a%2f%2fnews.pavilionpublishingandmedia.co.uk%2f&utm_medium=GatorMail&utm_campaign=MHT+Ebul+271118&utm_term=Your+Mental+Health+Today+Update&utm_content=59102&gator_td=IUY2tgQNDoZoAT3Hn3kbh9xpD%2bnuiyqLD2DQqNxHaq2ny%2fVZJh0aKtlyB1UXGYhD7p0K3io7D7mRHHo9XDZ9kBEoSbDbNA4Lf5Tg0V2kifQVEDPTh63K5dwFaiEzNLGBlueJ38iM52UATrCA231PHFg44GL3lxfwlmhqCSYhL6Q%3d

https://www.tes.com/news/new-adolescent-mental-health-stats-what-teachers-need-know?amp&_twitter_impression=true

Dangos y Cerdyn Coch i Hiliaeth

Mae Dangos Y Cerdyn Coch i Hiliaeth Cymru yn cynnal gweithdai gwrth-hiliaeth mewn ysgolion i oddeutu 18,000 o ddisgyblion pob blwyddyn. Mae'r elusen hefyd yn cynnig hyfforddiant i oedolion, i athrawon dan hyfforddiant a sefydliadau corfforaethol. Fel rhan o'r ymgyrch, rydym yn cynnal nifer o ddigwyddiadau adnabyddus blynyddol gan

What do we know about children's wellbeing in Wales: a report published by Statistics for Wales and Welsh Government.

<https://gov.wales/docs/statistics/2018/180920-well-being-wales-2017-18-what-do-we-know-about-childrens-well-being-en.pdf>

ACES report (Wales): Measuring the relationships between adverse childhood experiences and educational and employment success in England and Wales: findings from a retrospective study
<https://www.sciencedirect.com/science/article/pii/S0033350618303032>

Mental health today:

https://www.mentalhealthtoday.co.uk/news/mental-health-disorders/problems-at-home-and-online-blamed-as-one-in-eight-5-to-19-year-olds-now-living-with-a-disorder?utm_source=https%3a%2f%2fnews.pavilionpublishingandmedia.co.uk%2f&utm_medium=GatorMail&utm_campaign=MHT+Ebul+271118&utm_term=Your+Mental+Health+Today+Update&utm_content=59102&gator_td=IUY2tgQNDoZoAT3Hn3kbh9xpD%2bnuiyqLD2DQqNxHaq2ny%2fVZJh0aKtlyB1UXGYhD7p0K3io7D7mRHHo9XDZ9kBEoSbDbNA4Lf5Tg0V2kifQVEDPTh63K5dwFaiEzNLGBlueJ38iM52UATrCA231PHFg44GL3lxfwlmhqCSYhL6Q%3d

https://www.tes.com/news/new-adolescent-mental-health-stats-what-teachers-need-know?amp&_twitter_impression=true

Show Racism the Red Card

Show Racism the Red Card Wales delivers anti-racism workshops in schools to approximately 18,000 pupils per year as well as delivering adult training to trainee teachers and corporate establishments. The campaign also holds a number of annual high profile events including a National Schools' Competition, Wear Red Day and

gynnwys Cystadleuaeth Genedlaethol i Ysgolion, Diwrnod Gwisgo Coch a mentrau codi arian eraill.

Ein gwaith mewn ysgolion

Mae Dangos Y Cerdyn Coch i Hiliaeth Cymru yn cynnig gweithdai gwrth-hiliaeth rhyngweithiol i ysgolion ledled y wlad. Mae'r tîm yn cydweithio'n bennaf gyda disgyblion o flynyddoedd 5 a 6 mewn Ysgolion Cynradd a blynyddoedd 7,8 a 9 mewn Ysgolion Uwchradd (mae modd addasu'r gweithdai i fodloni anghenion unrhyw grŵp oed os oes angen). Fel rhan o'r sesiynau bydd cyflwyniad llawn gwybodaeth, gweithgareddau rhyngweithiol a gemau a sbort (ar gyfer disgyblion Ysgolion Cynradd). Mae'r gweithdai yn annog pobl ifanc i feddwl yn feirniadol am a herio'r hynny maen nhw'n ei glywed a'i weld gan ffynonellau allanol fel y cyfryngau. Mi fydd cost.

Hyfforddiant i Athrawon

Yn y flwyddyn academaidd 2017/2018 bu i'r tîm addysgu dros 500 o athrawon dan hyfforddiant yn eu blwyddyn olaf. Bu iddyn nhw gynnal amrywiaeth o weithdai yn ymwneud â'r canlynol; sut i drin digwyddiadau hiliol, adnoddau addysgiadol i'w defnyddio mewn sefydliadau addysg a theminoleg.

Gallen nhw hefyd gynnal y sesiynau hyfforddiant hyn i athrawon presennol yn eu hysgol, neu gynnal sesiynau fin nos ar ddiwedd y diwrnod ysgol. Cysylltwch â nhw i wybod mwy neu lawr lwythwch eu pecyn gwybodaeth i Athrawon dan hyfforddiant ar eu gwefan.

Cysylltwch gyda Eryl Jones (Gweithiwr Gogledd Cymru yr elusen) am ragor o wybodaeth neu i drafod prisiau a.y.b. eryl@theredcardwales.org

other fundraising initiatives.

Our work in schools

Show Racism the Red Card Wales delivers interactive anti-racism workshops to schools up and down the country. The team works predominantly with pupils from years 5 & 6 in Primary Schools and years 7,8 and 9 in Comprehensive Schools (workshops can be tailored to suit any age group if required). Sessions are made up of an informative presentation, interactive activities and some fun and games (for Primary School pupils). The workshops encourage young people to critically think about and challenge what they hear, and see, from outside sources such as the media. Cost applies.

Teacher Training

In the 2017/2018 academic year the team educated over 500 final year trainee teachers. Various workshops were delivered which included; how to deal with racist incidents, educational resources to be used in educational institutes and terminology.

They can also deliver these training sessions to current teachers at their school, or deliver twilight sessions at the end of the school day. Please get in touch for more information or download their Teacher training information pack on their website.

Please contact Eryl Jones (Show Racism the Red Card's North Wales Educational Worker) for more information or to discuss pricing, etc. eryl@theredcardwales.org

SHOW
RACISM
THE
RED
CARD

SBECTRWM – PERTNASOEDD IACH GWERSI RHAD AC AM DDIM Cyfnod Sylfaen a Chyfnod Allweddol 2, 3 a 4

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; a gall gyfrannu at ennill Gwobr Ysgolion Iach.

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

Mae dewis o wersi ar gael ym mhob cyfnod allweddol. Mae rhaglen addysg cyfoedion hefyd ar gael.

Mae'r holl sesiynau:

- Yn hyrwyddo pwysigrwydd **perthnasoedd iach** a chodi ymwybyddiaeth plant, pobl ifanc ac oedolion ynglŷn â materion cam-drin domestig, trais rhyw a thrais yn seiliedig ar ryw / ystrydebau rhyw.
- Yn draws gwricwlaidd ac wedi'u dylunio i hyrwyddo trafodaeth â chyfoedion, gan ddefnyddio ystod o dechnegau.
- Yn defnyddio deunydd sy'n gwneud i chi feddwl ac nid ydynt wedi'u dylunio i fod mor emosynol fel eu bod yn achosi gofid. Mae'r sesiynau wedi'u dylunio i hyrwyddo trafodaeth nid datgeliad.
- Yn gorffen gyda gwybodaeth ar gyfer y bobl ifanc ynglŷn â sut i gael cymorth a chefnogaeth, yn yr ysgol a thu allan i'r ysgol.

SPECTRUM – HEALTHY RELATIONSHIPS FREE LESSONS Foundation phase, key stage 2, 3 and 4

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; and can contribute towards achieving the Healthy Schools Award.

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

All sessions:

- Promote the importance of **healthy relationships** and raise the awareness of children, young people and adults about the issues of domestic abuse and gender based violence/gender stereotypes.
- Are cross curricular and are designed to promote peer discussion, using a range of techniques.
- Use material that are thought provoking but are not designed to be so emotive as to cause distress. The sessions are designed to promote discussion not disclosure.
- Conclude with information for young people on where they can access help and support both inside and outside the school.

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 NEU 01267 266924

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 OR 01267 266924

DIOGELU A DIOGELWCH ARLEIN

Canllawiau diogelwch ar-lein Net Aware

Mae'r NSPCC wedi dewis 10 o'r safleoedd, apiau a gemau mwyaf poblogaidd oddi ar Net Aware i greu cyfres o restrau chwarae ar Hwb.

<https://hwb.gov.wales/news/article/31c4f4b3-c9ed-435e-b899-7bd224ab9b2e>

Canllaw i rieni a gofalwyr am effaith bosibl y rhyngwyd ar les eu plentyn.

Mae'r canllaw hwn yn darparu gwybodaeth ar rai o'r effeithiau cadarnhaol a negyddol y gall y rhyngwyd a thechnoleg ei gael ar blant a phobl ifanc.

<https://hwb.gov.wales/repository/resource/ea191c6e-fa2b-426b-b8ce-bfed2f388510/cy>

Adnoddau Diogelwch Arlein (CEOP) 4 – 7 mlwydd oed

Wedi'i seilio ar gyfres o dri animeiddiad hwyliog, addas i'r oedran, mae *Jessie & Friends yn dilyn Jessie, Mo a Tia wrth iddynt wyllo, rhannu a chwarae gemau ar y llwybr tuag ar ddyfodol mwy diogel ar-lein.*

I gyd-fynd â'r animeiddiadau mae cân fachog, llyfrau stori a phosteri, pecyn adnoddau manwl gyda gweithgareddau dysgu ar bynciau fel cydsyniad, ymddygiad iach ar-lein, cyngor i rieni/gofalwyr.

SAFEGUARDING AND ONLINE SAFETY

Net Aware online safety guides

The NSPCC have picked out 10 of the most popular sites, apps and games from Net Aware and created a series of playlists on Hwb.

<https://hwb.gov.wales/news/article/31c4f4b3-c9ed-435e-b899-7bd224ab9b2e>

A parent and carer's guide to the potential impact of the internet on their children's well-being

This guide provides information on some of the positive and negative effects the internet and technology may have on children and young people.

<https://hwb.gov.wales/repository/resource/ea191c6e-fa2b-426b-b8ce-bfed2f388510/en>

Online Safety Resources (CEOP) 4 – 7 Year Olds

Based on a series of three fun, age-appropriate animations, *Jessie & Friends* follows Jessie, Mo and Tia as they view, share and game their way towards a safer future online.

The animations are accompanied by a catchy song, storybooks and posters; detailed resource pack with engaging learning activities on topics such as consent, health/nhealthy online behaviours, advice for

<https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/>

Bwrdd Diogelu Gogledd Cymru Sesiynau briffio fideo 7 munud

Amrywiaeth o fideos ar bynciau fel Camfanteisio'n rhywiol ar blant, esgeulustod, camdriniaeth, llinellau sirol, cam-drin cyffuriau a llawer mwy.

<https://www.bwrdddiogelugogleddcymru.cymru/adnoddau/briffiau-7-munud/>

parents/carers.

<https://www.thinkuknow.co.uk/parents/jessie-and-friends-videos/>

North Wales Safeguarding Board 7 minute video briefings

A variety of videos on a topics such as CSE, neglect, abuse, county lines, drug abuse and many more.

<https://www.northwalesafeguardingboard.wales/resources/7-minute-briefings/>

CYNRADD

Syniadau ar gyfer Pecynnau Bwyd Iach – Taflen

Mae Llywodraeth Cymru wedi datblygu taflen newydd y gellir ei rannu gyda rhieni/gofalwyr. Mae'n cynnwys **syniadau** ar gyfer paratoi pecynnau bwyd iachach.

<https://llyw.cymru/pecynnau-cinio-iach-taflen>

Rygbi

Mae Undeb Rygbi Cymru yn lansio prosiect ar gyfer ysgolion cynradd Cymraeg a Saesneg mewn digwyddiad i bennaethiaid a dirpwy penaethiaid:

Cofrestrwch i fynychu wrth ddilyn <http://wruprimaryprogramme.eventbrite.com>

Eich Tiroedd Ysgol – Digwyddiad gan Techniquet

Cwrs 2 ddiwrnod i athrawon cynradd fydd yn:

- Datblygu gwybodaeth a sgiliau er mwyn gwella bioamrywiaeth eich tiroedd drwy reoli cynaliadwy
- Eich galluogi i ddefnyddio tiroedd eich ysgol ar gyfer creu'r effaith addysgu a

PRIMARY

Healthy Lunchbox Ideas – Leaflet

Welsh Government have developed a new leaflet that can be shared with parents/carers. It includes **ideas** for preparing healthier packed lunches.

<https://beta.gov.wales/healthy-lunchboxes-leaflet>

Rugby

WRU are launching a new project for Welsh and English Medium Primary Schools at an event for head teachers and deputies:

Register to attend by following the link: <http://wruprimaryprogramme.eventbrite.com>

Your School Grounds – An event held by Techniquet

A 2 day course for primary teachers that will:

- Develop knowledge and skills to improve the biodiversity of your grounds through sustainable management
- Enable use of your school grounds for optimum teaching and learning

dysgu gorau posibl.

<https://www.gwegogledd.cymru/index.php/eich-tiroedd-ysgol-digwyddiad-gan-techniquest/>

'Sport for Schools'

Mae 'SPORTS for SCHOOLS' yn annog pobl ifanc i fyw bywyd iach: maent yn herio, cyffroi a pheri syndod i blant.

Mae 'Sports for Schools' yn rhedeg digwyddiadau corfforol a arweinir gan athletwyr i ysbrydoli plant i wneud mwy o chwaraeon, codi arian ar gyfer offer Addysg Gorfforol mewn ysgolion a chefnogi athletwyr Olympaidd, Paralympaidd ac Invictus Prydain ar Iwerddon yn ariannol. Maent yn ymweld â dros 1,300 o ysgolion cynradd yn flynyddol. Mae athletwyr blaenllaw law yn llaw â chynhaliwr digwyddiad i redeg cylched ffithrwydd ar gyfer y disgyblion ochr yn ochr â'r athletwr.

<http://www.sportsforschools.org>

Addysg Gynhwysol o ran Rhywedd Cais am Arfer Da

Mae Chwarae Teg (sefydliad cydraddoldeb rhywedd blaenllaw Cymru) yn llunio adroddiad ar arferion addysg gynhwysol o ran rhywedd yng Nghymru gan ganolbwyntio'n benodol ar ysgolion cynradd. Os oes gan eich ysgolion unrhyw d dulliau arfer gorau neu adnoddau sy'n cael eu defnyddio ac y gellid eu cynnwys yn yr adroddiad, cysylltwch os gwelwch yn dda gyda: amy.kordiak@chwaraeteg.com.

Dyma rai o'r mathau o bethau a fyddai o ddiddordeb:

impact.

<https://www.gwegogledd.cymru/index.php/your-school-grounds-an-event-held-by-techniquest/?lang=en>

Sport for Schools

SPORTS for SCHOOLS encourage young people to live a healthy life: they challenge, surprise and excite children.

Sports for Schools run athlete-led physical activities events to inspire children to do more sport, raise money for PE equipment in schools, and support GB and Irish Olympic, Paralympic and Invictus athletes financially. They visit over 1,300 primary schools annually. Top athletes accompanied by an event host to run a fitness circuit for the pupils alongside the athlete.

<http://www.sportsforschools.org>

Gender Inclusive Education Request for Good Practice

Chwarae Teg (Wales' leading gender equality organisation) is compiling a report on gender inclusive education practices in Wales with a particular focus on primary schools. If your school has any best practice methods or resources which are in use and could be featured in the report, please could you contact: amy.kordiak@chwaraeteg.com.

Here are some of the types of things that would be of interest:

- Educating staff to ensure they are aware of

- Addysgu staff i sicrhau eu bod yn ymwybodol o sensitifrwydd rhywedd yn ymwneud â bwlio, tynnu coes ayb. Sut i roi cefnogaeth gyda'r misglwyf, tlodi misglwyf ac amser allan o ddosbarthiadau.
- Sicrhau fod polisiâu mewn grym yn ymwneud ag ymwybyddiaeth rhywedd e.e. sensitifrwydd rhywedd o ran iaith tuag at fechgyn a merched, peidio atgyfnerthu ystrydebau e.e. "mi fydd bechgyn yn fechgyn"
- Dewisiadau o ran dillad sy'n gynhwysol i'r ddau ryw
- Defnyddio iaith gynhwysol a dyddiau byd gwaith sy'n dewis merched a dynion yn gweithio mewn gyrfaedd nad ydynt yn ystrydebol.
- Cynlluniau gwersi lle rhoir negeseuon cadarnhaol o gylch bod yn gynhwysol o ran rhywedd neu lle caiff ystrydebau o ran rhywedd eu herio

'Ready Set Ride'

Mae Seiclo Prydain wedi creu 'Ready Set Ride' HSBC gyda gemau hawdd a chyflym yn rhad ac am ddim i'ch helpu i ddysgu eich plentyn sut i bedlo - gan gael llawer o hwyl ar hyd y daith.

Mae'r pecyn hwn wedi ei dargedu at rieni/gofalwyr. Mae croeso i chi ei rannu.

Gall plant ddechrau ar unrhyw oedran ac nid oes yna unrhyw bwysau i ddechrau pedlo y tro cyntaf. Yn wir does dim angen beic nac unrhyw wybodaeth am seiclo er mwyn dechrau. Hefyd mae yna lawer o wybodaeth ddefnyddiol am feiciau, gwybod pryd mae eich plentyn yn barod i feicio a sut y gallwch ddefnyddio eitemau yn y cartref i chwarae unrhyw rai o'r gemau yn eich cartref eich hun.

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

'Big Pedal'

'Big Pedal' yw'r her feicio, cerdded a mynd ar sgwteri rhyng-ysgol fwyaf yn y DU. Mae'n

- gender sensitivity around bullying, teasing etc. how to support with periods, period poverty and time out of classes
- Having policies in place about gender awareness i.e. gender sensitivity in language towards boys and girls, not reinforcing stereotypes i.e. "boys will be boys"
- Clothing options that are inclusive to both sexes
- Using inclusive language and world of work days that choose women and men working in non stereotypical careers.
- Lesson plans where positive messages around gender inclusivity are given or gender stereotypes are challenged

Ready Set Ride

British Cycling have created HSBC UK Ready Set Ride, with free, quick and easy games to help you teach your child how to pedal – having lots of fun along the way.

The pack is targeted at parents/carers. Please feel free to share.

Children can start at any age and there is no pressure to start pedalling on the first go. In fact, you don't need a bike or any cycling knowledge to get started. Plus there is lots of helpful information about bikes, knowing when your child is ready to ride and how you can use household items to play any of the games in your own home.

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

Big Pedal

Big Pedal is the UK's largest inter-school cycling, walking and scooting challenge. It

ysbrydoli disgyblion, staff a rhieni i ddewis pŵer y corff ar gyfer eu taith i'r ysgol.

<https://www.sustrans.org.uk/cy/node/17025>

UWCHRADD

Mynd i'r afael â Phornograffi

Mae pum rhestr chwarae newydd wedi eu cyhoeddi sy'n archwilio'r materion a'r risgiau y gall plant a phobl ifanc eu hwynebu wrth ddod i gysylltiad â phornograffi arlein.

<https://hwb.gov.wales/onlinesafety/news/article/7ec6926a-7a64-40c4-9001-a1f6ac1a280f>

Hyfforddiant Ymwybyddiaeth Cyffuriau ac Alcohol AM DDIM

Mewn cydweithrediad â Grŵp Hyfforddi Datblygu'r Gweithle Camddefnyddio Sylweddau Gogledd Cymru

Dyddiadau	Tref	Amseroedd
1 a 2 Ebrill 2019	Wrecsam	9.30am - 4pm
2 a 3 Mai 2019	Llangefni	9.30am - 4pm
16 a 17 Mai 2019	Bae Colwyn	9.30 am - 4pm
6 a 7 Mehefin 2019	Caernarfon	9.30am - 4 pm
10 a 11 Mehefin 2019	Shotton	9.30 am - 4 pm
19 a 20 Mehefin 2019	Rhuthun	9.30 am - 4pm

Mae'r hyfforddiant hwn ar gyfer y rhai sy'n gweithio yn y sector camddefnyddio sylweddau ar draws chwe sir Gogledd Cymru, gan gynnwys y rhai sy'n ymwneud yn mymlol neu'n anuniongyrchol, er enghraifft athrawon, yr heddlu a gweithwyr tai.

Mae pob cwrs wedi ei gynllunio i fod yn gynhwysol a rhwng asiantaethau a byddant yn diwallu anghenion y cyfranogwyr ar bob

inspires pupils, staff and parents to choose human power for their journey to school.

<https://www.sustrans.org.uk/bigpedal>

SECONDARY

Addressing Pornography

Five new playlists have been published exploring the issues and risks that children and young people may encounter when accessing pornography online.

<https://hwb.gov.wales/onlinesafety/news/article/7ec6926a-7a64-40c4-9001-a1f6ac1a280f>

FREE Drug and Alcohol Awareness Training

In collaboration with the North Wales Substance Misuse Workforce Development Training Group

Dates	Town	Times
1 st and 2 nd April 2019	Wrexham	9.30am - 4pm
2 nd and 3 rd May 2019	Llangefni	9.30am - 4pm
16 th and 17 th May 2019	Colwyn Bay	9.30 am - 4pm
6 th and 7 th June 2019	Caernarfon	9.30am - 4 pm
10 th and 11 th June 2019	Shotton	9.30 am - 4 pm
19 th and 20 th June 2019	Ruthin	9.30 am - 4pm

This training is for those who work within the substance misuse sector across the six counties of North Wales, including those that are peripherally or indirectly involved, for example teachers, the police force, and housing workers.

Each course is designed to be inclusive and interagency and will meet the combined needs of participants at all levels from a variety of organisations.

lefel o amrywiaeth o sefydliadau.

Amcanion y Cwrs: cynyddu ymwybyddiaeth o'r egwyddorion sylfaenol sy'n gysylltiedig ag adnabod a rheoli camddefnydd o gyffuriau ac alcohol.

Amcanion Dysgu: ar ôl cwblhau bydd gan gyfranogwyr ymwybyddiaeth gynyddol o:

- Effaith gorfforol a seicolegol cyffuriau ac alcohol a'r cyfuniad o effeithiau o gymysgu
- Yr opsiynau sydd ar gael i ddefnyddwyr cyffuriau ac alcohol o ran triniaeth
- Cyfreithiau cyffuriau ac alcohol y DU
- Yr asiantaethau cymorth priodol sydd ar gael ar gyfer defnyddwyr cyffuriau ac alcohol
- Cynnwys defnyddwyr gwasanaeth

Ffôn: 01492 523827

E-bost bookings@cais.org.uk

Course Aims: to increase awareness of the fundamental principles associated with the recognition and management of drug and alcohol misuse.

Learning Objectives: on completion, participants will have an increased awareness of:

- The physical and psychological impact of drugs and alcohol and combination effects of mixing
- The treatment options available to drug and alcohol users
- UK drug and alcohol laws
- The appropriate support agencies available for drug and alcohol users
- Service user involvement

Tel. 01492 523827

Email. bookings@cais.org.uk

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>

Mis Ymwybyddiaeth Straen
1 – 30 Ebrill 2019

Mis Awfistiaeth y Byd
1 – 30 Ebrill 2019

Diwrnod Iechyd y Byd
7 Ebrill 2019

Wythnos Ymwybyddiaeth O'r Haul
Mai 2019

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>

Stress Awareness Month
1 – 30 April 2019

World Autism Month
1 – 30 April 2019

World Health Day
7 April 2019

Sun Awareness Week
May 2019

Wythnos Ymwybyddiaeth Iechyd Meddwl
Mai 2019

Wythnos Cerdded i'r Ysgol

20 - 25 Mai 2019

<https://www.livingstreets.org.uk/what-we-do/projects/walk-to-school-week>

Mis Cerdded Cenedlaethol

1 - 31 Mai 2019

Achubwch Fywydau, Golchwch Eich Dwylo

5 Mai 2019

Wythnos Bwyta'n Iach

Mehefin 2019

Diwrnod Cenedlaethol Aer Glân

Mehefin 2019

Mental Health Awareness Week
May 2019

Walk to School Week

20 – 25 May 2019

<https://www.livingstreets.org.uk/what-we-do/projects/walk-to-school-week>

National Walking Month

1 – 31 May 2019

Save Lives, Clean Your Hands

5 May 2019

Healthy Eating Week

June 2019

National Clean Air Day

June 2019