

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 fydddech cystal â'i gylchredeg i **holl** staff yr ysgol, ac efallai y gallech argraffu a darparu copi mewn ystafelloedd staff / ar hysbysfyrddau 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.

Ebrill 2019

April 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 Bro Famau, phase 5
Ysgol Uwchradd Y Rhyl

Arolwg PASS

A all ysgolion cynradd gofio cwblhau eu hail arolwg PASS gyda myfyrwyr yn nhymor yr haf os gwelwch yn dda, y dyddiad cau yw 28 Mehefin 2019.

I ysgolion uwchradd dewisol yw cwblhau'r ail arolwg.

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 Bro Famau, phase 5
Rhyl High School, phase 5

PASS Survey

Please can primary schools remember to complete the second PASS survey will pupils in the summer term, deadline 28th June 2019.

Secondary schools, optional to complete the second survey.

Bwydlen Fawr Sir Ddinbych Cystadleuaeth coginio i'r HOLL ysgolion

Rydym yn cynnal cystadleuaeth goginio cyffrous ar gyfer ysgolion cynradd ac uwchradd. Mae'r thema wedi'i seilio ar Alys yng Ngwlad Hud.

Byddai'n rhaid i'r rownd gyntaf gael ei chynnal gan yr ysgol ac mae'n defnyddio rysâit sylfaenol. Yna bydd dau enillydd o bob ysgol sy'n cymryd rhan yn cael eu gwahodd i fynychu'r rownd derfynol yn Ysgol Uwchradd Dinbych ym mis Gorffennaf.

Am fwy o wybodaeth, cysylltwch â paula.roberts@denbigshire.gov.uk

Beic Gwneud Smwddis

Peidiwch ag anghofio fod y beic sy'n defnyddio pŵer y pedlau i wneud smwddis ar gael i'w logi gan ysgolion.

E-bostiwrch:
paula.roberts@denbigshire.gov.uk

Sesiynau Nofio DPP Canolfan Hamdden Dinbych

Am wybodaeth am gyrsiau nofio i athrawon / staff ysgol cysylltwch â Cheryl Cuckson Williams yng Nghanolfan Hamdden Dinbych.

Mae'r cyrsiau canlynol ar gael ar hyn o bryd:

DPP – 4 x Strôc
Nofio ar y Bol, Nofio ar y Cefn, Broga, Pili Pala

30 Mehefin 2019
09:00 – 12:00
£20 mewnol / £80 allanol

DPP – Dechrau'n Gystadleuol, Troi a Deifio
30 Mehefin
12:30 – 15:30
£20 mewnol / £80 allanol

Great Denbigshire Menu Cooking competition for ALL schools

We are hosting an exciting cooking competition for primary and secondary schools. The theme is based on Alice in Wonderland.

The first round would need to be hosted by the school and it uses a basic recipe. Two winners from each participating school are then invited to attend the final round in July at Denbigh High School.

For more information, please contact paula.roberts@denbigshire.gov.uk

Smoothie Bike

Don't forget that the pedal powered smoothie making bike is available for loan by schools.

Please email:
paula.roberts@denbigshire.gov.uk

Swimming CPD Sessions Denbigh Leisure Centre

For information about swimming courses for teachers / school staff please contact Cheryl Cuckson Williams at Denbigh Leisure Centre.

The following courses are currently available:

CPD – 4 x Strokes
Front Crawl, Back Crawl, Breaststroke, Butterfly
30th June 2019
09:00 – 12:00
£20 internal / £80 external

CPD – Competitive Starts, Turns & Diving
30th June
12:30 – 15:30
£20 Internal / £80 External

I archebu lle cysylltwch â Cheryl Cuckson Williams ar 01745 712664, <mailto:cheryl.cucksonwilliams@denbighshire.gov.uk>

Prosiect Lleisiau Bach / Little Voices

GOGLEDD CYMRU 9/5/2019:

<http://bit.ly/CARs9May>

SOUTH WALES 20/5/2019 :

<http://bit.ly/CARs20May>

Mae'r digwyddiadau hyn yn agored i gyfranogwyr sydd wedi/sydd ddim wedi ymwneud yn flaenorol â phrosiectau neu ddigwyddiadau Lleisiau Bach.

AM DDIM i unrhyw un y mae ei waith yn ymwneud â phlant neu'n effeithio ar blant, neu sy'n awyddus i gynnwys plant yn ei waith. Mae hwn yn gyfle gwyb i ddysgu, myfyrio, arbrofi, cyfnewid profiadau a rhwydweithio ag eraill.

Caiff y Diwrnod ei gynnal gan fîm o arbenigwyr ym maes Plant fel Ymchwilyr a dulliau Cyd-gynhyrchu Oed-gynhwysol mewn cydweithrediad Academi Morgan Prifysgol Abertawe. Cewch gyfle i roi cynnig ar ddulliau, dysgu am brosiectau llwyddiannus a dysgu gan y fîm, gwesteion a'ch gilydd.

Lleisiau Bach LittleVoices yw'r dull a ddefnyddir gan Arsyllfa Cymru ar Hawliau Dynol Plant a Phobl Ifanc i rymuso plant fel ymchwilyr ac fel eiriolwyr er mwyn helpu i sicrhau bod hawliau dynol yn rhan annatod o fywyd plant bob dydd ac er mwyn eu galluogi i gyd-gynhyrchu newid mewn modd oed-gynhwysol. Mae'r Arsyllfa yn fenter ym Mhrifysgol Abertawe a Phrifysgol Bangor, sy'n gweithio gydag ystod eang o bartneriaid a disgyblaethau i helpu i sicrhau bod hawliau dynol plant a phobl ifanc yn cael eu parchu, eu diogelu a'u bodloni.

Lleisiau Bach yn Cael eu Clywed yw'r prosiect presennol a gaiff ei ariannu gan y

To book please contact Cheryl Cuckson Williams on 01745 712664, [or.cheryl.cucksonwilliams@denbighshire.gov.uk](mailto:cheryl.cucksonwilliams@denbighshire.gov.uk)

Lleisiau Bach/Little Voice Project

NORTH WALES 9/5/2019:

<http://bit.ly/CARs9May>

SOUTH WALES 20/5/2019 :

<http://bit.ly/CARs20May>

This event is open to participants who have/have not previously engaged with Lleisiau Bach projects or past events.

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

Hosted by a team of experts in Children as Researchers and Age-Inclusive Co-production methods in collaboration with Swansea University's Morgan Academy, the Day includes a chance to try out methods, engage with success projects, learn from the team, featured guests and each other.

Lleisiau Bach Little Voices is the approach used by the Wales Observatory on Human Rights of Children and Young People to empower children as researchers and as advocates to help embed human rights in children's everyday places and to enable age-inclusive co-production of change. The Observatory is an initiative based at Swansea and Bangor Universities, working with a wide range of partners and disciplines to help ensure that the human rights of children and young people are respected, protected and fulfilled.

Little Voices Being Heard is the current Big Lottery funded project (2017-2020) that aims

Loteri Fawr (2017-2020) sydd â'r nod o roi'r sgiliau, y dulliau, y ddealltwriaeth a'r cyfleoedd i blant ac oedolion yng Nghymru weithio gyda'i gilydd ar sail cydraddoldeb i sicrhau newid a fydd yn gwella bywydau pobl yn eu cymunedau. Maent yn gwneud hyn drwy'r canlynol:

- cefnogi plant i gyflawni gwaith ymchwil dilynol sy'n seiliedig ar dystiolaeth;
- cefnogi plant ac oedolion i fynd ati'n effeithiol i gyd-gynhyrchu newid;
- creu cymunedau buddiant sy'n gallu ac yn ymrwymedig i normaleiddio'r gwaith o gyd-gynhyrchu penderfyniadau a newidiadau mewn modd oed-gynhwysol

Helen Dale
Ffôn +44 (0)1792 604439
Ebost h.dale@swansea.ac.uk

to provide children and adults in Wales with the skills, methods, understanding and opportunities to work together on a basis of equality to bring about change which will improve the lives of people in their communities. They do this by:

- supporting children to carry out and follow up evidence-based research;
- supporting children and adults to engage effectively in co-production of change;
- creating communities of interest able and committed to normalise age-inclusive co-production of decisions and changes

Helen Dale
Phone: +44 (0)1792 604439
Email: h.dale@swansea.ac.uk

DIOGELU A DIOGELWCH ARLEIN

Prosiect Sbectwm – sesiynau am ddim i rieni

Gweithdai am ddim i bobl ifanc 18+ oed neu rieni ar ddiogelwch ar-lein.

Cysylltwch â Sian Griffiths:
Sian.Griffith@hafancymru.co.uk
07725 255412

SAFEGUARDING AND ONLINE SAFETY

Spectrum Project – free sessions for parents

Free workshops for young people aged 18+ or parents on online safety.

Please contact Sian Griffiths:
Sian.Griffith@hafancymru.co.uk
07725 255412

CYNRADD/ARBENNIG

Betty for Schools – Adnoddau Addysgu am y Mislif

Adnoddau o ansawdd uchel iawn all gael eu defnyddio fel rhan o wersi yn ymwneud â thyfu i fyny i fechgyn a genethod i gael gwared ar y tabŵ yn ymwneud â'r mislif.

Delfrydol i ysgolion cynradd a blwyddyn 7 ysgolion uwchradd.

<https://bettyforschools.co.uk/>

PRIMARY/SPECIAL

Betty for Schools – Period Education Resources

Very high quality resources that can be used as part of growing up lessons for boys and girls to break down the taboo of periods.

Ideal for primary schools and year 7 secondary schools.

<https://bettyforschools.co.uk/>

Adnoddau Tyfu i Fyny ar lein

Mae'r rhan fwyaf o'n hysgolion cynradd wedi bod yn gwneud defnydd gwych o **CD Sense** a'r adnoddau ar-lein **Tyfu i Fyny** i addysgu **perthnasoedd ac addysg rhyw**.

Diweddariadau:

Mae adnodd Tyfu i Fyny wedi'i ddiweddaru bellach ac mae'n cynnwys rhagor o wybodaeth i ddisgyblion:

- Mae adran newydd am fislif – Adran 5.
- Llyfryn Gwybodaeth gefndir i Athrawon yn Adran 15, Rhif 1 - sgriptiau newydd i athrawon i helpu i egluro rhai pynciau, e.e. mislifoedd, IVF, Benthg Croth, teuluoedd gwahanol ac ati.
- Yn Adran 15 (Cymraeg yn unig), mae 7 adnodd ychwanegol, e.e. Cerddi am gyffwrdd priodol ac amhriodol, oed aeddfedrwydd, cenhedlu, genedigaeth, enwi'r babi yn ogystal â straeon byrion. Mae'r adnoddau Cymraeg newydd wedi'u hysgrifennu gan feirdd/awduron Cymraeg enwog, Myrddin ap Dafydd a Haf Llewelyn ar gyfer ysgolion Gwynedd.

Ffordd newydd o gael mynediad i Tyfu i Fyny

Mae Tyfu i Fyny wedi'i osod ar Hwb bellach. Ar ôl mewngofnodi, teipiwch – Tyfu i Fyny yn y blwch chwilio ar yr ochr Gymraeg, neu Growing up ar yr ochr Saesneg.

Sicrhewch eich bod yn dileu'r hen fersiynau o Tyfu i Fyny rydych wedi'u lawrlwytho o bosibl.

Paid Cyffwrdd, Dweud

Mae'r sioeau Paid Cyffwrdd, Dweud yn parhau i fod ar gael i'r holl ysgolion cynradd fel rhan o raglen dreigl. Maent yn cael eu rheoli gan CAIS.

Tyfu i Fyny Resources

Most of our primary schools have been making excellent use of the **Sense CD** and online resources **Tyfu i Fyny** to teach **relationships and sex education**.

Updates:

The Tyfu i Fyny resource has now been updated and includes more information for pupils:

- There is a new section on periods - Section 5.
- Background Information for Teachers booklet in Section 15, No 1 - new scripts for teachers to help explain some topics e.g. periods, IVF, Surrogacy, different families etc.
- In Section 15 (Welsh only) there are 7 additional resources e.g. Poems on appropriate and inappropriate touching, puberty, conception, birth, naming the baby as well as short stories. The new Welsh resources have been written by acclaimed Welsh poets/authors, Myrddin ap Dafydd and Haf Llewelyn for Gwynedd schools.

New way to access Tyfu i Fyny

Tyfu i Fyny has now been installed on Hwb. After logging on, type - Growing up in the search box on the English side OR Tyfu i Fyny in Welsh side.

Please make sure you delete the old versions of Tyfu i Fyny that you may have downloaded.

Don't Touch Tell

The Don't Touch Tell shows are still available to all primary schools as part of a rolling programme. They are managed by CAIS.

Ynglwm mae rhestr o'r performwyr a all gysylltu â'ch ysgol i drefnu sioe.

Os oes gennych unrhyw gwestiynau cysylltwch â Claire Jones, Rheolwr Prosiect gyda CAIS.
Claire.jones@cais.org.uk / 01492 523045 neu Samantha Jones, Gweinyddwr Prosiect samantha.jones@cais.org.uk / 01492 523821.



DTT WHO's who
2019-2020.pdf

Sesiynau diogelwch yr haul AM DDIM – Tenovus

Gyda'r haf ar ei ffordd, mae'n amser i ymgynghorwyr diogelwch yr haul Tenovus i ddechrau ymweld ag ysgolion i ledaenu negeseuon yn ymwneud â diogelwch yn yr haul!

Mae cyfraddau cancr y croen yn parhau i gynyddu yng Nghymru, er bod modd ei atal yn y rhan fwyaf o achosion.

Mae Ymgynghorwyr Diogelwch yn yr Haul sydd wedi'u hyfforddi yn darparu gweithdai dosbarth rhyngweithiol sy'n cael eu cysylltu â'r cwricwlwm cenedlaethol. Mae arolygon gwerthuso o 2018 yn dangos fod 97% o athrawon o'r farn fod y sesiynau yn addas i'r oedran a dywedodd 94% eu bod wedi eu cynllunio'n dda.

Gweithgaredd dosbarth enghreifftiol yw'r sesiwn 'cellfie' lle caiff disgyblion weld cell eu boch o dan ficrosgop ac mae disgyblion yn dysgu sut i edrych ar ôl eu celloedd drwy osgoi dod i gysylltiad ag uwch fioled. Caiff disgyblion wybodaeth am gadw'n ddiogel yn yr haul a phecyn bychan o eli haul. Caiff llythyr i rieni a gwybodaeth am ddiogelwch yn yr haul eu darparu i'w rhoi yn y bagiau ysgol ar ddiwedd y diwrnod.

Mae gan yr ysgol y dewis o gwblhau arolwg cyn ac ar ôl hynny gyda'r plant a fydd yn darparu adborth ar effeithiolrwydd

Attached is a list of the performers that may approach your school to arrange a show.

If you have any questions please contact Claire Jones, Project Manager at CAIS
Claire.jones@cais.org.uk / 01492 523045 or Project Administrator Samantha Jones
samantha.jones@cais.org.uk / 01492 523821.



DTT WHO's who
2019-2020.pdf

FREE sun safety sessions – Tenovus

With summer on its way, it's time for the Tenovus sun safety advisors to start visiting schools to spread sun safety messages!

Skin cancer rates continue to rise in Wales, even though it's preventable in most cases.

Trained Sun Safety Advisers deliver interactive class workshops which are linked to the national curriculum. Evaluation surveys from 2018 show that 97% of teachers found the sessions age appropriate and 94% said they were well designed.

An example class activity is the 'cellfie session', where pupils get to see their cheek cell under the microscope and pupils learn about how to look after their cells by avoiding risky UV exposure. Pupils are given sun safety information and a sachet of sun cream. A parent letter and sun safety information is provided to go in the school bags at the end of the day.

The school has an option to complete a pre and post survey with the children, which will provide feedback on the effectiveness of the

yr ymyrraeth yn eu hysgol.

I gael rhagor o wybodaeth neu i archebu:
02920 768 850
health@tenovuscancercare.org.uk

<https://www.denbighshire.gov.uk/cy/ymwelydd/pethau-iw-gwneud/be-symlaen/ffurflen-ymaelodi-twristiaeth-sir-ddinbych.aspx>



SSS PROMO
LEAFLET TENOVUS2.leaflet A4 duplex.pdf



Schools proposal
LEAFLET TENOVUS2.leaflet A4 duplex.pdf

Blwch Addysg Tybaco

Peidiwch ag anghofio fod gennym flwch addysg tybaco ar gael i'w logi. Addas ar gyfer CA2 ac yn gysylltiedig â gwrs wyddoniaeth ar effaith sylweddau ar y corff. Mae'r pecyn yn cynnwys gweithgaredd yn ymwneud â chawl cemegol, jar o dar, jar o fflem, model o geg fudr ysmygwr ac arddangosfa'n ymwneud ag effaith amgylcheddol ysmegu.

I archebu'r adnodd e-bostiwch
paula.roberts@denbighshire.gov.uk

intervention in their school.

For further information or to book:
02920 768 850
health@tenovuscancercare.org.uk

www.tenovuscancercare.org.uk/herecomesthesunschools



SSS PROMO
LEAFLET TENOVUS2.leaflet A4 duplex.pdf



Schools proposal
LEAFLET TENOVUS2.leaflet A4 duplex.pdf

Tobacco Education Box

Don't forget that we have got a tobacco education box available for loan. Suitable for KS2 and linked to science lesson on the effect of substances on the body, the pack includes a chemical soup activity, jar of tar, jar of phlegm, smokers foul mouth model and a display about the environmental impact of smoking.

To book the resource please email
paula.roberts@denbighshire.gov.uk

UWCHRADD/ARBENNIG

Betty for Schools – Adnoddau Addysgu am y Mislif

Adnoddau o ansawdd uchel iawn all gael eu defnyddio fel rhan o wersi yn ymwneud â thyfu i fyny i fechgyn a genethod i gael gwared ar y tabŵ yn ymwneud â'r mislif.

Delfrydol i ysgolion cynradd a blwyddyn 7 ysgolion uwchradd.

<https://bettyforschools.co.uk/>

Blwch addysgu am alcohol, addysgu am dybaco ac addysgu am ryw a pherthnasoedd

Os ydych chi'n cynnal gwrsi ABCCh mewn ysgolion yn ymwneud ag alcohol, tybaco neu ryw a pherthnasoedd, mae gan bob

SECONDARY/SPECIAL

Betty for Schools – Period Education Resources

Very high quality resources that can be used as part of growing up lessons for boys and girls to break down the taboo of periods.

Ideal for primary schools and year 7 secondary schools.

<https://bettyforschools.co.uk/>

Alcohol education, tobacco education and sex and relationships education box

If you are delivering PSE lessons in schools related to alcohol tobacco or sex and relationships, every secondary school has two

ysgol uwchradd ddau flwch addysg yn eu hysgol. Gall hwn fod wedi ei leoli gyda chydlynedd ABCh yr ysgol NEU gyda'r nyrs ysgol.

education boxes in their school. This might be located with the school PSE coordinator OR with the school nurse.

DYDDIAU/WYTHNOSAU IECHYD

HEALTH THEMED DAYS / WEEKS

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 Ymwybyddiaeth O'r Haul
Mai 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

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>

Sun Awareness Week
May 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