

# BWLETIN LLES



## ACTION FOR CHILDREN



Diolch i Miss Elena Campbell am drefnu cefnogaeth gan yr elusen 'Action for Children'. Y tro hwn bydd y gefnogaeth yn cael ei gynnegi i flwyddyn 8 drwy wersi byw. Bydd sesiynau ar y 3ydd a'r 10fed o Fawrth. Mae manylion wedi eu rhannu efo'r flwyddyn gyfan eisoes. Mae'n bwysig iawn bod pawb yn mynychu. Mae'r elusen yn cynnig cefnogaeth i bobl ifanc a'u rhieni/gofalwyr. Mae mwy o wybodaeth ar <https://www.actionforchildren.org.uk>

## GWASANAETH IEUENCTID



Mae'r gwaith di-flino o gefnogi ein disgyblion yn parhau gan ddim lles Boded. Un o'r hoelion wyth yw Mrs Lola Owen-Griffiths. Diolch iddi hi, mae gan yr ysgol y nifer uchaf o ddisgyblion sy'n cyflawni gwobrau Dug Caeredin. Mae sesiynau byw yn cael eu cynnal drwy'r dosbarth MEET yn wythnosol ac mae cynlluniau ar y gweill i gynnal gweithgareddau Covid-ddiogel. Cofiwch gysylltu efo ni os oes gennych ddi-ddordeb mewn cwblhau'r wob, sy'n cael ei chynnig ar bob lefel (efydd i aur)

# LLES

# Y 5 CAM

Mae meddylgarwch yn cael ei drafod yn aml ar gyfryngau cymdeithasol y dyddiau hyn. Mae gwefan BBC yn llawn adnoddau i'ch cynorthwyo i gael cyfle i fod yn fwy meddylgar. Enw'r adnodd yw "headspace".

<https://www.bbc.co.uk/programmes/articles/38RhbBzQSb1LK8phgnQx8lw/making-mindful-escapes>

Tasg yr wythnos

Defnyddio techneg 5, 4, 3, 2, 1 i lonyddu a chanolbwyntio ar eich amgylchedd.

- 5: canolbwyntio ar eich corff
- 4: canolbwyntio ar eich anadlu
- 3: canolbwyntio ar yr hyn yr ydych yn ei weld
- 2: canolbwyntio ar synnau
- 1: canolbwyntio ar yr hyn allwch ei aroglu



# WELFARE BULLETIN



## ACTION FOR CHILDREN



Thank you to Miss Elena Campbell for organising support from the charity "Action for Children" for year 8. The support will be offered through a series of live lessons on the 3rd and the 10th of March. Details have been passed to the whole year group. It's really important that everyone attends. The charity offer support to young people and their parents/carers. More information on:  
<https://www.actionforchildren.org.uk>

## YOUTH SERVICES



The continuous work of supporting our pupils at Bodedean strives on. One key member of the team is Mrs Lola Owen-Griffiths. Thanks to Mrs Owen-Griffiths the school currently has the highest number of pupils completing the Duke of Edinburgh awards. Live sessions are offered weekly through MEET and plans are under way to carry out Covid-safe expeditions. Remember to contact the school if you have an interest in completing the award, which is offered from bronze to gold.

## WELFARE THE 5 STEPS

### Task of the Week

Mindfulness is discussed often on social media these days. The BBC website is full of meditative resources to help you to be more "in the moment". The name of the resource is 'head space'

Use the 5, 4, 3, 2, 1 to become calm and more attentive of your environment. Sit in a quiet place, then:

<https://www.bbc.co.uk/programmes/articles/38RhBzQSb1LK8phgnQx8lw/making-mindfulness-escapes>

- 5: take notice of your body
- 4: notice your breathing
- 3: notice what you see
- 2: notice on what you can hear
- 1: notice what you can smell

