

# Bwletin Lles

## Cefnogaeth Lles

Ar adegau bydd pawb angen cymorth gyda'u gwaith, perthnasau a iechyd. Er bod Boded yna i bawb, mae'n rhaid cael y cyngor cywir gan arbenigwyr i helpu a chefnogi. Felly, rydym yn falch iawn o groesawu aelod newydd i'r tîm Lles, Ms Sonia Hughes. Ms Hughes fydd ein nyrs ysgol. Mae ar gael i drafod a chynghori ar nifer o faterion, o berthnasau iach i iechyd meddwl. Pob amser cinio dydd Llun bydd Ms Hughes ar gael am sgwrs gyfrinachol yn ystafell y nyrs. Bydd hi hefyd yn cefnogi unigolion yn yr ysgol gyda sesiynau un i un.

Cofiwch hefyd am y gefnogaeth mae'r ysgol yn ei gynnis i unrhyw un sy'n dymuno cymorth - o diwtor dosbarth i asiantaethau allanol. Mae'r help i gyd ar gael i chi yn ystod unrhyw her fyddwch chi yn ei wynebu, yn arbennig yn ystod cyfnod arholiadau.



## Mis Hanes LGBT+

Mae Ysgol Uwchradd Bodedern yn gynhwysol ac agored. Fel rhan o'r arlwy clybiau eang sydd yma, mae'r clwb LGBTQ+ yn cwrdd pob amser cinio dydd lau. Bydd y grwp yn cael cyfle i ymuno â rhaglen genedlaethol, Brook's Big RSE live lesson i ddysgu mwy am hanes y mudiad LGBTQ+ ym Mhrydain.

## 5 Ffordd Tuag at Les

Bob bore mae gwasanaethau ar yr aelwyd yn talu sylw dyledus i ddulliau gwahanol o gadw'n iach yn feddyliol a chorfforol.

Un o'r agweddau pwysicaf yw bod yn garedig. Mae gwaith ymchwil yn dangos bod caredigrwydd yn sylfaen i hapusrwydd wrth ryddhau yr hormon cortisol.

Be' am wneud un peth clên y diwrnod?

<https://www.youtube.com/watch?v+O9UByLyOjBM>



# Welfare Bulletin

## Welfare Support

Sometimes, everyone needs a little help with their work, relationships and health. Boded has always been there for everyone, however you must have the right advice to help and support you. Therefore, we are very happy to welcome Ms Sonia Hughes to the welfare team. Ms Hughes will be our school nurse. She will be available to support and advise on a range of matters, from healthy relationships to mental health. Every Monday lunchtime, she will be available for a confidential drop-in in the nurse's room. She'll also be supporting individuals on a one to one basis at school.

The school also offers all sort of support to anyone ranging from registration tutors to outside agencies. It's all available to you during any challenge you may face, especially during the exam season.



## LGBT+ History Month

As a school, Ysgol Uwchradd Bodedern prides itself on being an open and inclusive school.

One of the clubs available to pupils is the LGBTQ+ Club on Thursday lunchtime. The group will join a national programme

Brook's Big RSE live lesson to learn more about the history of the LGBTQ+ movement in Britain.

## 5 Steps to Wellbeing

During morning assemblies, we have been discussing different aspects of the 5 steps to wellbeing project. One aspect is keeping healthy, both mentally and physically. Research shows that acts of kindness are the foundation to happiness, and releases the hormone cortisol.

Why not do one kind act a day?

<https://www.youtube.com/watch?v+O9UByLyOjBM>