

Bwletin Lles

Adolygu ... Adolygu ... Adolygu

T Mae'r cyfnod arholiadau ar fin cychwyn ac mae pwysau gwaith yn gallu bod yn enfawr. Ar adegau bydd teimlad bod pethau'n ormod i ni allu ymdopi. Mae'r ysgol yma i helpu drwy gynnig sesiynau adolygu, cyfleoedd i drafod pryderon a chefnogi'n gyffredinol ond mae yna bethau bach allwch chi eu gwneud. 3 peth a allai helpu ydy:

1. Olrhain a gwobrwy eich llwyddiannau

Creu amserlen arholiadau ac adolygu. Yn yr amserlen nodwch gyfleoedd i wobrwy eich hun er mwyn adnabod cynnydd a llwyddiant. Gallai fod yn baned, mynd am dro neu gael teisen.

2. Dydy hi byth rhy hwyr i ddechrau

Yn aml, pan mae pethau'n mynd yn ormod, rydym yn eu hanwybyddu. Nid oes tasg na ellir ei thorri yn ddarnau llai. Ysgrifennwch restr o beth sydd angen ei wneud ar gyfer pob pwnc. Dechreuwch gyda'r tasgau rydych chi'n gallu eu cyflawni e.e.

Eistedd wrth ddesg mewn lle tawel

Darllen nodiadau

Ysgrifennu cardiau adolygu

Cwblhau hen bapurau arholiad

3. Mae angen perspectif

Mae'n beryg cael eich tynny mewn i'r straen, poeni a cholli golwg ar y darlun mawr. Cofiwch mai cyfnod byr yw'r amser yma, mae'r haf yn disgwyl amdanoch ar ddiwedd y daith. Pan fyddwch yn deffro, ysgrifennwch ddau beth yr ydych yn falch ohono ac 1 peth yr ydych yn edrych ymlaen ato heddiw. Gallai hyn fod yn gwyliau'r teledu efo'ch teulu neu fynd efo ffrind am dro.

Cefnogaeth i Rieni

Mae'r cyfnod arholiadau yn gallu bod yn gyfnod o straen nid yn unig i'r disgyblion ond i deuluoedd hefyd wrth i rieni geisio cefnogi eu plant. Mae cyngor a syniadau i chi yn y bennod o "All in the Mind" ar Radio 4, drwy ddilyn y linc isod.

<https://www.bbc.co.uk/sounds/play/m0016pr0>

Welfare Bulletin

Revise ... Revise ... Revise

The exam period is on its way and workload pressures are increasing which can be overwhelming at times causing pupils to be unable to cope. The school is here to support you by providing revision sessions, opportunities to discuss concerns and general support. 3 small things that could help are:

1. Track and Reward Success

Create a revision timetable. On the timetable, include opportunities to reward yourself, to recognise your success. It could be a cup of tea, going for a walk or treating yourself to a piece of cake!

2. It's never too late to start

Sometimes a task seems so huge that it's difficult to know where to start and it's easy to ignore. No task is so large it can't be broken down into smaller pieces. Write a list of what needs doing in each subject. To feel better you could start the list with tasks you find easy to achieve e.g.

- Sit by a quiet desk
- Read through your notes
- Write revision cards
- Complete past exam papers

3. You need perspective

It's always a danger to be sucked into the strain, worry and to lose sight of the bigger picture. Remember that the exam period is a very short time, and the summer is waiting for you at the end of the journey. When you wake up every morning, write 2 things that you are grateful for and 1 thing that you are looking forward to . This can be watching television with your family or going out for a walk with a friend.

Support to Parents

This period can be a stressful time not only for individuals but also for families as parents try to support their children. Advice and ideas are available to you on the "All in the Mind" programme by Radio 4. Follow the link below.

<https://www.bbc.co.uk/sounds/play/m0016pr0>