

# BWLETIN LLES 23.04.21

Mae pethau'n dechrau dod yn ôl i'r arfer yn Ysgol Uwchradd Bodedern ac mae hi wedi bod yn braf gweld yr ysgol yn llawn bwrlwm a chyffro eto.

## CLYBIAU

Mae'r ysgol yn credu'n gryf mewn cydraddoldeb a rhoi cyfle i bawb i deimlo'n ddiogel yma. Mae'r ysgol wedi ail sefydlu'r clybiau LGBTQ+ yn ystod amseroedd cinio yng ngofal ein gweithiwr ieuentid Mrs Lola-Owen Griffiths. Mae rhediad a chynnwys y clybiau wedi eu hadnabod fel arfer dda gan Estyn, gydag arfer dda YUB yn cael eu rhannu ar draws Cymru. Mae'r clybiau yn fan diogel i ddisgyblion drafod eu teimladau gyda'u ffrindiau.



**Bydd clybiau eraill yn cael eu cynnig yn fuan - a nifer fawr wedi eu sefydlu i flwyddyn 7 ers y Pasg ... gan gynnwys clybiau chwaraeon, celf a drama.**

**Nod yr ysgol yw cynnig amrywiaeth o weithgareddau allgyrsiol pan fydd hi'n ddiogel**

### Cyfryngau Cymdeithasol - Defnydd Priodol

Mae'n wych bod cyfleoedd amgen i ddisgyblion gael cysylltu â ffrindiau a chymdeithasu. Erbyn hyn, mae'n anodd credu bod adeg wedi bod lle nad oedd gan bobl ffonau a dyfeisiau electroneg. Rhaid bod yn gwrtais a chlên a deall bod unrhyw beth sy'n cael ei bostio yn cael ei gadw ar y wê am byth. Mae'n gyfrifoldeb arnom i gyd i greu'r gymdeithas ddigidol yr ydym eisïau.

Mae cefnogaeth ar gael gan yr elusen Parent Zone sy'n rhoi cyngor i rieni a phobl ifanc <https://parentzone.org.uk/> Peidiwch dioddef bwlio, dywedwch wrth rywun ar unwaith.



# WELFARE BULLETIN

23.04.21

Things are slowly getting back to normal in Ysgol Uwchradd Bodedern. It's great to hear such a buzz around the school.



## CLUBS

The school believes strongly in equality and an opportunity for everyone to feel safe in the school. Therefore, the school has started the LGBTQ+ club during lunchtimes under the supervision of Mrs Lola Owen-Griffiths, the school's youth worker. The clubs have been recognised by Estyn as excellent practice, with the good practice in Bodedern shared across Wales.

The clubs are safe spaces for pupils to discuss their feelings with friends.

Other clubs will start soon, with a number already started for Year 7 since the Easter break, including sport, art and drama.

Our aim is that the school will offer a variety of extracurricular activities when Welsh Government COVID guidance allows us to do so safely.

### Social Media - Appropriate Use

It's brilliant that young people have new platforms to socialise and communicate with friends and peers. By now it's really hard to think of a time when young people didn't have mobile phones and other electronic devices. But we all have to be courteous and kind, remembering that whatever we put up on our social media accounts will always be on the internet. We all have a responsibility to create the online community we want. Support is always available to anyone who feels unsafe or bullied online. The charity Parent Zone gives advice to parents and young people alike <https://parentzone.org.uk/>

Never suffer bullying in silence, tell someone at once.