

# Bwletin Lles

## Cofio *Elgan*



Mae teulu Ysgol Uwchradd Bodedern yn galaru a phrosesu colled disgybl mor boblogaidd. Mae hyn wedi cael effaith arnom i gyd. Weithiau mae'n anodd deall teimladau, sydd am fod yn wahanol i bawb.

Mae cymorth ar gael gan ffrindiau, teuluoedd ac athrawon ond ar adegau, mae pethau'n gallu bod yn ormod i ni, ac mae angen cymorth ychydig mwy arbenigol. Un elusen sy'n helpu yw'r elusen 2wish. Mae'r elusen yn barod i gynorthwyo ein disgyblion, teuluoedd a staff sydd wedi cael eu heffeithio gan gollu Elgan. Mae croeso i chi ddod draw hefyd at y tîm lles, sef Mrs Carys Rowlands, Mrs Heather Roberts neu Mr Bryan Griffiths i drafod pa gymorth all yr elusen gynnig i chi.

Linc ar gyfer cymorth yr  
elusen  
ac mae cardiau  
gwybodaeth yn y  
Dderbynfa.

<https://www.2wish.org.uk>

**Mae llawer o gymorth ar gael  
hefyd ar ein tudalen lles, drwy'r  
linc isod.**

**[https://www.  
ysgoluwchraddbodedern.org/en/  
pupils/welfare](https://www.ysgoluwchraddbodedern.org/en/pupils/welfare)**

Mae croeso i chi fel rhieni/gofalwyr gysylltu â'r ysgol am sgwrs  
a chymorth ychwanegol.

# Welfare Bulletin

## Remembering *Elgan*



Ysgol Uwchradd Bodedern is mourning the shock of losing such a popular pupil. This has had an effect on us all. Sometimes it's hard to understand and process our feelings, which will be different for everyone.

Support is available, from friends, family and your teachers. But at times, things can be too much, and we need more specialised support. One charity that could help is 2wish.

The charity is ready to support our pupils, families and staff who have been affected by the loss of Elgan. You are always welcome to talk to the welfare team, Mrs Carys Rowlands, Mrs Heather Roberts or Mr Bryan Griffiths concerning access to the charity's support.

Here is a link for support from the charity and information cards are also available in the school's reception.

<https://www.2wish.org.uk>

**A lot of information and support is also available on our welfare page, through the link below.**

**<https://www.ysgoluwchraddbodedern.org/en/pupils/welfare>**

You are more than welcome as parents and carers to contact the school to discuss additional support.