



Bwletin Lles



Mae'r Gwanwyn wedi cyrraedd!

Dydd Gwyl Dewi hapus iawn i chi! Gyda dyfodiad y gwanwyn mae cyfle i edrych ymlaen ac i werthfawrogi'r pethau pwysig fel ffrindiau a theulu. Cofiwch am thema mis

Chwefror o 5 cam at les, sy'n hybu lles meddyliol a chorfforol. Felly, cofiwch wneud y pethau bychain. Mae mwy o wybodaeth ar y wefan isod.

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Diwrnod Rhyngwladol y Merched

Mae nifer o bethau pwysig yn digwydd mis yma. Yn ogystal â

Dydd Gwyl Ddewi mae'n ddiwrnod y llyfr a diwrnod rhyngwladol y merched. Bydd cyfres o wasanaethau i ddathlu'r diwrnod.

Gyda mater mor sensitif a hyn, mae cefnogaeth ar gael gan nifer o'n partneriaethau. O wasanaethau rmdraithasol, yr Heddlu a'r nyrs ysgol. Mae wybodaeth am sut i dderbyn cymorth ar gael ar ein gwefan, o dan y pennawd Diogelu.

Cydraddoldeb a Pharch

Mae cydraddoldeb a pharch yn bwysig i ddisgyblion a staff Boded ac rydym yn croesawu'r cyfle i fedru cymryd rhan mewn holiadur gan Senedd leuencid Cymru ar y mater.

Mae gwaith y senedd leuencid o gefnogi pobl ifanc Cymru yn dechrau drwy holi am effaith aflonyddu rhywiol a lles meddyliol.

<https://forms.office.com/pages/responsepage.aspx?id=KVHcOAw0FEWKB E6O8ncVZG1PS6J7KzIHhrZoBlmuoVNU NIZOMksxMkpJSFFKvknNTEtWSTE3NU5 FRSQIQCN0PWcu>



Welfare Bulletin

Spring has arrived!

Happy Saint David's Day! With Spring upon us, it's an opportunity for us to look to the future and appreciate the things that are important such as friends and family. Remember our welfare theme for February of '5 steps to wellbeing', which has been proved to improve mental and physical wellbeing. So, remember to do the small things, more information available through the link below.

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International Women's Day

There are a number of important activities this month, in addition to St David's day, it's also World Book Day and International Women's Day. There will be a number of assemblies to celebrate the day.

As this is such a sensitive subject, support is on hand through a number of agencies that work with the school, from social services, the Polic and the school nurse. Information on how to receive support is available through our website, under safeguarding.

Equality and Respect

Equality and respect are important to pupils and staff alike in Boded. We welcome the opportunity to take part in a questionnaire by the Youth Assembly on the matter. With the Youth Assembly in place, their work of supporting the young people of Wales continues by investigating peer on peer sexual harassment.

<https://forms.office.com/pages/responsepage.aspx?id=KVHcOAw0FEWKB E6O8ncVZG1PS6J7KzIHhrZoBlmuoVNU NIZOMksxMkpJSFFKVKNNTEtWSTE3NU5 FRSQIQCN0PWcu>