

# Bwletin Lles

## DYCHWELYD

Diolch i'r Pennaeth am rannu trefniadau dychwelyd yn ddiogel i holl flynyddoedd yr ysgol. Mae hi'n flwyddyn ers y cyfnod clo cyntaf, ac mae'r ysgol am gefnogi elusen 'Covid19 Families Wales'. Byddwn yn gofyn i'n disgyblion liwio calonnau yn felyn a'u gosod yn ffenestri eu cartrefi.

Mae manylion wedi eu postio ar ddsbarthiadau bugeiliol Google pob blwyddyn. Rydym i gyd yn sylweddoli'r effaith sylweddol mae Covid-19 wedi ei gael ar ein bywydau ac ategwn bod yr ysgol yma i'ch cefnogi. Un o'r ffyrdd mae'r ysgol yn cefnogi i ddefnyddio rhaglen 'Bloom' a ddarperir drwy'r elusen 'Mental Health UK'.

### GWASANAETH CYSWLLT YR HEDDLU

Mae'r ysgol yn gweithio'n galed gyda nifer o asiantaethau allanol i sicrhau bod cymuned yr ysgol yn ddiogel ac yn hapus.

Diolch i'n cyswllt heddlu, PC Andy Jackson sydd am ddechrau cefnogi disgyblion blwyddyn 7 gyda gwersi diogelwch ar y wê.

Mae gwybodaeth pellach am e-ddiogelwch i'w gael ar wefan CEOP yr heddlu.

<https://www.ceop.police.uk/Safety-Centre/>

### Lles - y 5 cam

Rhoi i Eraill

1. Diolch i rywun am rywbeth rydych wedi ei gael
2. Diolch i rywun am rywbeth mae nhw wedi ei wneud i chi
3. Gofyn i ffrind neu aelod o'r teulu sut maen nhw
4. Gwrando ar eu hateb
5. Treulio amser (wrth gadw i reolau diogelwch Covid-19) efo ffrind neu aelod o'r teulu sydd angen cefnogaeth neu gwmni

17/03/21

# Welfare Bulletin

## RETURNING

Thank you to the Headteacher for sharing the school's plans for all pupils to return safely. It will be a year since the first lockdown and the school intends to support the charity 'Covid-19 families Wales'. We will be asking the pupils to colour in yellow hearts and place them in the windows of their homes. The details are on the Google Classroom pastoral class.

We all realise the huge impact Covid-19 has had on all of us, but the school is here to support. One way the school is supporting is through the "Bloom" programme provided by the charity 'Mental Health UK'.

### SCHOOL'S POLICE LIAISON SERVICES

The school is working hard with a number of outside agencies to make sure that our school community is safe and happy. Thanks to the school's police liaison officer PC Andy Jackson for starting online lessons to support our year 7 pupils with online safety.

Further information can be found on the police's CEOP website.

<https://www.ceop.police.uk/Safety-Centre/>

### Welfare - 5 steps

Give to Others:

1. Thank you for something you have received
2. Thank you for something someone has done to you
3. Ask a friend or family member how they are
4. Listen to their response
5. Spend time with a member of your family or a friend who needs support or your company (keeping to Covid-19 rules of course)

17/03/21