

# Bwletin Lles

## Dychwelyd ar ôl y Pasg

Yn dilyn gwyliau'r Pasg a chyfnod mor hir o fod i ffwrdd o'r ysgol ac addysg, rydym i gyd yn sylweddoli gallai dychwelyd i fywyd llawn yn yr ysgol fod yn anodd iawn. Mae ein meddyliau yn barod am bob math o bryderon sy'n cael eu hachosi ar brydiau gan or-bryder a straen di-angen. Y ffordd orau i ddelio ag unrhyw boen medwl yw siarad gyda rhywun; aelod o'ch teulu, ffrindiau neu aelod o staff yn yr ysgol. Un adnodd i'ch helpu yw fideo a chyngor gan seicolegwyr addysg Gwynedd a Môn. Cymerwch gipolwg i weld os yw'n helpu a chofiwch siarad gyda ni os ydych angen cymorth.

Linc ar gael drwy fynd i'n gwefan

<https://www.ysgoluwchraddbodedern.org/cy/rhieni/ady>

### GWASANAETH Cwnsela Gwynedd a Môn

Cofiwch bod cefnogaeth arbenigol ar gael i helpu, gan staff tu allan i'r ysgol. Mae'r ysgol yn gallu eich helpu drwy eich cyfeirio at gefnogaeth y gwasanaeth. Mae'n wasanaeth cyfrinachol. Am fwy o fanylion cysylltwch efo Mr Bryan Griffiths, Mrs Heather Roberts neu Mrs Carys Rowlands.

### Lles - y 5 cam

Mae'r bwletin Lles wedi bod yn rhannu nifer o weithgareddau a chyngor i'ch helpu i ddilyn y cynllun '5 ffordd tuag at les'. Gyda'r tywydd yn gwella a rheoli Covid yn llacio, gellir dechrau ymarfer mwy a chyfarfod teulu a ffrindiau. Cofiwch wneud hyn mewn ffordd ddiogel a saff tu fewn i ganllawiau Llywodraeth Cymru. <https://llyw.cymru/corona> feirws

13.04.21

# Welfare Bulletin

## Returning after Easter

Following the Easter break and the extended lockdown resulting in a long time away from school and education, we all understand that returning to a full school life can be very challenging for many pupils. Our minds are ready for all manners of worries, caused at times by avoidable anxieties and stresses. The best way to deal with any worries is to talk with someone; a member of your family, friends or a member of school staff. One resource that may be of help is provided by the Gwynedd and Anglesey educational psychologist team. Have a look at the resource, it may help and talk to us if you want any help.

The link can be seen on the school website:

<https://www.ysgoluwchraddbodedern.org/en/parents/aln>

### Gwynedd & Anglesey Counselling Services

Remember that there is professional help available from staff outside school. The school can help by referring you to the counselling service for support. It's a confidential service. For more details please contact the safeguarding team: Mr Bryan Griffiths, Mrs Heather Roberts and Mrs Carys Rowlands.

### 5 Steps towards Wellbeing

The welfare bulletin has been sharing a number of activities and advice to support you to follow the '5 steps towards wellbeing'. With the weather improving and relaxations of Covid rules, we can enjoy the longer evenings and meet up with friends and family. Remember to do this safely following Welsh Government guidance.

<https://gov.wales/coronavirus>

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