

bwletin lles

chwefror 23

Byddwn yn canolbwyntio gwasanaethau'r mis hwn ar y 5 cam at les gan edrych ar y cysyniad o gysylltu â phobl drwy garedigrwydd. I hybu ein cysylltiadau yn yr ysgol, rydym wedi ail lawnsio'r Gymdeithas Gyfeillion. Mae cyfle i bawb ymuno er mwyn cryfhau'r ymdeimlad o deulu Boded yn yr ysgol ac yn y gymuned ehangach. Diolch i'r adran Gerdd, Celf ac Arlwy am ddarparu noson wych i ddatlu Gwyl Santes Dwynwen fel lawnsiad i'r Gymdeithas. Fe godwyd £118 ar gyfer y gronfa fydd yn gyfraniad at ein gwaith o geisio codi arian i brynu bws mini newydd i'r ysgol. Bydd gwahoddiad i gyfarfod sefydlu'r gymdeithas ar ôl hanner tymor, cofiwch ddod - mae croeso cynnes i bawb!

Cofiwch y 5 cam at les a'i fod wedi ei gysylltu i bywyd ysgol bob dydd

Rhoi

Yn barod i dreulio amser i helpu yn y gymuned fel rhan o gynlluniau yn yr heriau a Gwobr Dug Caeredin.

Cysylltu

Mynychu clybiau amser cinio ac ar ôl ysgol gyda ffrindiau, a chreu ffrindiau newydd.

Dal ati i ddysgu

I fynychu gwersi ar amser, ymdrechu mewn gwersi a derbyn cymorth athrawon, gan gynnwys sesiynau adolygu a gwersi ychwanegol.

Bod yn fywiog

Ymdrechu yn y gwersi addysg gorfforol, gan gymryd rhan mewn gweithgareddau allgyrsiol a thimau'r ysgol.

Bod yn sylwgar

Gwario llai o amser ar ddyfeisiau electronig a ffonau symudol.

Mae mwy o wybodaeth ar gael drwy ddilyn y linc isod:

<https://bipbc.gig.cymru/cyngor-iechyd/pum-ffordd-at-les/>



Ma'r cyngor ysgol wedi bod yn brysur iawn y tymor hwn yn gweithio gydag asiantaethau allanol ac arbenigwyr yn y maes troseddau casineb gan gynnwys yr heddlu er mwyn creu adnodd nid yn unig i ddisgyblion Boded, ond hefyd i ddisgyblion Cymru am eu hawliau. Diolch i PCSO McGonigle am gyflwyno rhodd o £200 i'r ysgol gan yr elusen PACT. Dyma Mr Griffiths yn derbyn y siec gan PCS O McGonigle ar ran y cyngor ysgol.

welfare bulletin

Onwards and Upwards!

february 23

During morning assemblies this month, we are focusing on the 5 steps to wellbeing by looking at the concept of connecting with people through acts of kindness. To develop our connections in the community we have relaunched our parents / teachers' society. Big thank you to the music, art and catering departments for their help with launching the society with an informal Santes Dwynwen concert. During the evening the society raised £118 that will go towards buying a new school mini bus. After half term, we will send an invite for a public meeting to re-launch the parents / teachers' society. A big welcome awaits.

Remember the 5 steps to wellbeing and how they're integrated into our school day.

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Give

Spend time to help in the community as part of the Welsh Baccalaureate and the Duke of Edinburgh awardn.

Keep learning

To attend lessons on time, making and effort in lessons and be ready to accept help from teachers, including attending revision sessions and extra sessions.

Be active

Trying your best in physical activities, taking part in extra-curricular activities and participating in school teams

Connecting

Attending lunchtime and after school clubs with friends; make new friends.

Bod yn sylwgar

Spending less time on electronic devices and mobile phones
More information is available by following the link below:

More information available from this link

<https://bcuhb.nhs.wales/health-advice/five-ways-to-wellbeing/>

The school council have been very busy this term working with outside agencies and hate crime experts, including the Police to create a resource not only to help Boded pupils but also pupils across Wales to inform them of their rights. Thank you to PCSO McGonigle for presenting the school with a donation of £200 from the charity PACT.

Here's Mr Griffiths accepting the cheque from PCSO McGonigle on behalf of the school councilt

