

Bwletin Lles

Wythnos Ymwybyddiaeth Iechyd Meddwl

Cynhelir wythnos ymwybyddiaeth iechyd Meddwl rhwng
10/5/21 ac 16/5/21.

Mae hwn yn gyfle gwych i ni normaleiddio'r drafodaeth ar iechyd meddwl a lles ymhlith disgyblion a staff.

Thema'r wythnos eleni yw 'natur'.

Mae ymchwil diweddar gan yr Ymddiriedolaeth Genedlaethol wedi dod o hyd i gysylltiad rhwng teimlo'n gysylltiedig â natur a lles.

Dyma rai adnoddau am natur a iechyd meddwl fel cymorth.

https://mentallyhealthyschools.org.uk/resources/mental-health-awareness-week-2021-toolkit?utm_source=mhs&utm_medium=newsletter&utm_campaign=mhaw21&utm_content=secondarytoolkit

**Yn ystod yr wythnos edrychwch ar y clipiau fideo.
Cofiwch bod yr ysgol yma i chi drwy'r flwyddyn.**

Diwrnod 1: Beth yw iechyd meddwl?

https://www.youtube.com/watch?v=_y97VF5UJcc

Diwrnod 2: 5 ffordd tuag at les

https://www.youtube.com/watch?v=_gJ5V525SCK

Diwrnod 3: Trafod iechyd meddwl

<https://www.youtube.com/watch?v=nCrjevX3-Js>

Diwrnod 4: Mae gennym ni i gyd iechyd meddwl

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

Diwrnod 5: Mae'n dda siarad

<https://www.youtube.com/watch?v=FUbl2XhIK-M>

04.05.21

Welfare Bulletin

Mental Health Awareness Week

Mental Health awareness week takes place between
10/5/21 ac 16/5/21.

This provides a great opportunity for schools and further education settings to normalise the discussion of mental health and wellbeing amongst pupils and staff.

The theme for this year is 'nature'. Recent National Trust research found a link between feeling connected to nature and having improved wellbeing.

Here's some support regarding connecting mental health and nature.
https://mentallyhealthyschools.org.uk/resources/mental-health-awareness-week-2021-toolkit?utm_source=mhs&utm_medium=newsletter&utm_campaign=mhaw21&utm_content=secondarytoolkit

During the week, take a look at these videos.
Remember that the school is always here for you.

Day 1: What is mental health?

https://www.youtube.com/watch?v=_y97VF5UJcc

Day 2: 5 steps to wellbeing

https://www.youtube.com/watch?v=_gJ5V525Sck

Day 3: Discuss Mental Health

<https://www.youtube.com/watch?v=nCrjevx3-Js>

Day 4: We all have mental health

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

Day 5: It's good to talk

<https://www.youtube.com/watch?v=FUbl2XhIK-M>

04.05.21