

# BWLETIN LLES

## Penaethiaid Blwyddyn

Blwyddyn Newydd Dda! Mae hi wedi bod yn ddechrau gwych i'r flwyddyn academiaidd yn Ysgol Uwchradd Bodedern, yn llawn bywyd a bwrlwm. Mae cymaint wedi newid, ond mae pethau pwysig am Fodedern yn parhau yn eu lle sef gofal a chymorth i'n disgyblion. Felly - mae'r tim lles wedi cynnyddu! Ewch i'r wefan i weld "pwy di pwy". Bellach mae yna bennaeth blwyddyn i bob blwyddyn ysgol. Cysylltwch efo'r isod os ydych yn dymuno cymorth a chyngor am les eich plentyn:

Blwyddyn 7 - Mr John Arwel Jones

Blwyddyn 8 - Mr Paul Magee

Blwyddyn 9 - Mr Sam Ellis

Blwyddyn 10 - Mr Carwyn Lloyd Owen

Blwyddyn 11 - Mr Huw Edwards

Blwyddyn 12 & 13 - Mrs Awel Glyn

## Diodydd Egri

Yn dilyn cyfarfodydd gyda'r cyngor ysgol cyn gwyliau'r haf, roedd y cyngor yn dymuno i'r ysgol ganolbwyntio ar 3 maes lles.

Un ohonynt oedd addysgu disgyblion am ddiodydd egri.

NI CHANIATEIR DIODYDD EGRI YN YR YSGOL.

Mae diodydd egri yn cynnwys lefelau uchel o gaffin a siwgr (y rhai "non-diet"), a ellir arwain at broblemau iechyd, sy'n cynnwys:

- \* teimlo'n chwydlyd, poen bol a dolur rhydd
- \* panic attacks, teimlad bod eich calon yn curo'n gyflym
- \* cur pen
- \* methu canolbwyntio

<https://www.healthforteens.co.uk/lifestyle/nutrition-diet/energy-drinks-just-the-facts/>

# WELFARE BULLETIN

## Heads of Year

Happy New Year! It's been a brilliant start to the academic year at Ysgol Uwchradd Bodedern, the school has been full of life. So much has changed, but our core values have stayed the same, which is to care for and support our pupils. To help deliver the highest support, our pastoral team has increased. The "who's who" of school staff can be seen on the school's website. We now have a head of year for each year. Contact your child's head of year if you require support and advice concerning your child's welfare.

Year 7 – Mr John Arwel Jones

Year 8 – Mr Paul Magee

Year 9 – Mr Sam Ellis

Year 10 – Mr Carwyn Lloyd Owen

Year 11 – Mr Huw Edwards

Years 12 & 13 – Mrs Awel Glyn

## Energy Drinks

Following a number of school council meetings before the Summer break, the council wished that the school would focus on 3 aspects of welfare, one of which was energy drinks. ENERGY DRINKS ARE NOT ALLOWED AT SCHOOL.

Energy drinks contain high levels of caffeine and sugar (non-diet brands), which can lead to health problems, including:

- \* Feeling sick, stomach pains and diarrhoea
- \* Panic attacks, increased heart rates
- \* Headaches
- \* Lack of concentration

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