



Lles Plasmawr



Ebrill 2025/April 2025

Croeso i Gylchlythyr Lles Plasmawr

Mae lles yn parhau i fod yn flaenoriaeth i ni ym Mhlasnewydd. Bwriad y cylchlythyr yw i rannu gwybodaeth am ein darpariaeth lles ac i'ch hysbysu am y cyfleoedd a'r gefnogaeth sydd ar gael i'ch plentyn yn yr ysgol.

Welcome to our Wellbeing newsletter

Wellbeing is a priority here in Plasmawr. This newsletter will provide you with information regarding our wellbeing provision and will outline the support and opportunities available to your child at Plasmawr.

Ymyrraethau Lles / Wellbeing Interventions

Mae rhaglen atal ysmegu byw bywyd di-fwg yn gwrs hyfforddi 6 wythnos i ddisgyblion blwyddyn 8. Mae'r hyfforddiant wedi codi ymwybyddiaeth am y diwydiant tybaco, effaithiau ysmegu ar iechyd ac ar eu cymuned. Yn ogystal â hyn mae'r disgyblion wedi datblygu sgiliau cyfathrebu er mwyn eu galluogi i fod yn Llysgenhadon Di-Fwg. Mae'r cynllun wedi galluogi pobl ifanc i drafod risgiau ysmegu mewn amgylcheddau anffurfiol a chefnogol ymhlith eu cyfoedion. Daeth yr hyfforddiant i ben gyda'r Llysgenhadon Di-Fwg yn gwneud cyflwyniad i weddill blwyddyn 8 mewn gwasanaeth.



BYW BYWYD^{DI-FWG}
JUST B^{SMOKE FREE}

The Just B Smoke Free smoking prevention program is a 6 week training course for year 8 pupils. The training has raised awareness about the tobacco industry, the effects of smoking on health and on their community. In addition to this, the pupils have developed communication skills to enable them to be Smoke Free Ambassadors. The scheme has enabled young people to discuss the risks of smoking in informal and supportive environments amongst their peers. The training ended with the Smoke Free Ambassadors making a presentation to the rest of year 8 in Assembly.

Anogwr Dysgu CA3 Learning Coach KS3



CA3

Mae Mrs Rebecca Anderson ar gael i helpu gydag heriau CA3, gan gynnwys:
Sicrhau pontio esmwyth o'r ysgol gynradd
Cynnig cefnogaeth ac arweiniad i fyfyrwyr unigol
Gofalu am les cymdeithasol ac emosiynol, gan gynnwys darparu ELSA
Darparu offer ac adnoddau lle bo angen
Cyfathrebu â rhieni

KS3

Mrs Rebecca Anderson is available to help with the challenges of KS3, including:
Ensuring smooth transition from primary school
Offering support and guidance for individual students
Looking after social and emotional wellbeing, including providing ELSA
Providing equipment and resources where necessary
Liaising with parents

Cymorth ELSA Support

Cymorth Llythrennedd Emosiynol yw ELSA. Mae gweithiwr proffesiynol hyfforddedig yn cefnogi plant a phobl ifanc gyda'u hanghenion emosiynol a chymdeithasol, gan eu helpu i reoli heriau a chyrraedd eu potensial.

ELSA is Emotional Literacy Support. A trained professional supports children and young people with their emotional and social needs, helping them to manage challenges and reach their potential.

Anogwr Dysgu CA4 Learning Coach KS4



CA4

Mae Mrs Rebecca Rigby ar gael i helpu gydag heriau CA4, gan gynnwys:
Cefnogaeth, arweiniad a mentora i unigolion a grwpiau o fyfyrwyr
Help gyda sgiliau rheoli amser, cymhelliant a threfnu
Cefnogaeth gyda sgiliau adolygu a pharatoi ar gyfer arholiadau
Gofalu am les cymdeithasol ac emosiynol
Darparu offer ac adnoddau lle bo angen
Cyfathrebu â rhieni

KS4

Mrs Rebecca Rigby is available to help with the challenges of KS4, including:
Support, guidance and mentoring for individuals and groups of students
Help with time management, motivation and organisational skills
Support with revision skills and exam preparation
Looking after social and emotional wellbeing
Providing equipment and resources where necessary
Liaising with parents

Cais: Os oes gan eich plentyn lyfrau darllen neu adolygu TGAU nad oes eu hangen arnynt bellach, mae croeso i chi eu hanfon at Mrs Rebecca Rigby yn yr Ardal Cynnydd CA4, lle gellir eu benthyca wedyn i ddisgyblion sydd eu hangen.

If your child has GCSE reading or revision books which they no longer need, please feel free to send them to Mrs Rebecca Rigby in the KS4 Progress Area, where they can be loaned to pupils who need them.

Anogwr Dysgu CA5 Learning Coach KS5



CA5

Mae Caryl ar gael i helpu gydag heriau'r 6ed dosbarth gan gynnwys:

Gofalu am les cymdeithasol ac emosiynol

Cynnig ymyrraeth iechyd meddwl

Cefnogaeth, arweiniad a mentora i unigolion

Help gyda sgiliau rheoli amser, cymhelliant a threfnu

Cefnogaeth gyda sgiliau adolygu a pharatoi ar gyfer arholiadau

Help gyda cheisiadau am UCAS, prentisiaethau a swyddi

Paratoadau ar gyfer bywyd ar ôl Plasmawr

Cefnogi'r disgyblion gyda gweithgareddau codi arian Elusennol

Cerdyn C

Cyfathrebu â rhieni

KS5

Caryl is available to help with the challenges of the 6th form:

Looking after social and emotional wellbeing

Mental health intervention

Support, guidance and mentoring for individuals

Help with time management, motivation and organizational skills

Support with revision skills and exam preparation

Help with applications for UCAS, apprenticeships and jobs

Preparations for life after Plasmawr

Support the pupils with nominated Charity fundraising

C-Card

Liaising with parents

Cymorth Lles

Wellbeing Support



@lles_plasmawr

@ysgol_gyfun_gymraeg_plasmawr

@hwbailgylchuplasmawr

Nyrs Ysgol School Nurse



Mae'r nyrs ar gael i drafod ac i gefnogi disgyblion gyda materion iechyd unwaith yr wythnos.

The School Nurse is available once a week to discuss and support our pupils with any medical matters.

Gwasanaeth Cwnsela Counselling Service

Mae gennym wasanaeth cwnsela cynhwysfawr yn yr Ysgol. Cysylltwch gyda Pennaeth Blwyddyn eich plentyn os hoffech fwy o wybodaeth.

We have a comprehensive counselling service at Plasmawr. Should you require more information please contact your child's Head of Year.

Cynnyrch mislif

Gall disgyblion gael nwyddau mislif yn rhad ac am ddim yn yr ysgol. Mae padiau mislif ecogyfeillgar, tamponau, nicyrs mislif, padiau aml dro, cwpanau mislif ar gael yn y toiledau a'r Ardal Cynnydd.

Period products

Free period products are available in school – Eco-friendly sanitary pads, tampons, period pants, reusable pads and menstrual cups are available in the school toilet facilities and can be accessed from the Progress Area.

Gwasanaeth Mewngymorth

Mae Elen Hughes o'r Gwasanaeth Mewngymorth yn ymweld â'r ysgol bob pythefnos. Mae ein tîm Mewngymorth Ysgolion yn gymysgedd o weithwyr proffesiynol a therapyddion iechyd meddwl profiadol sy'n gweithio mewn lleoliadau addysg i gefnogi dysgwyr a staff gyda'u lles emosiynol a meddyliol.

School In-Reach

Elen Hughes from the School In-Reach team visits Plasmawr fortnightly. The School In-Reach team is a mix of experienced mental health professionals and therapists who work in education settings to support learners and staff with their emotional and mental wellbeing.

HWB AILGYLCHU

Rydym wedi sefydlu hwb ailgylchu ble mae modd cael gwisg ysgol, cit Addysg Gorfforol, ac offer. Mi fydd siop ar agor i chi allu dewis offer a dillad. Rydym yn ddiolchgar am unrhyw gyfraniadau dillad ac mae bocs ar gyfer derbyn rhain ym mhrif fynedfa yr ysgol. Cysylltwch drwy ebost gwisg@ysgolplasmawr.cymru a dilynwch ein cyfrif Instagram [@hwbailgylchuplasmawr](https://www.instagram.com/hwbailgylchuplasmawr) am fwy o wybodaeth.



Recycling Hub

We have set up a recycling hub where you can get School uniform, Physical Education kit, and equipment for free. We will be opening the shop in order for you to choose the clothes. We are grateful for any School uniform donations which can be left in the donation box located in the main School reception. Please follow us on Instagram [@hwbailgylchuplasmawr](https://www.instagram.com/hwbailgylchuplasmawr) or get in touch via e-mail gwisg@ysgolplasmawr.cymru for more information.

Gweithdy Prosiect y Corff

Yn ddiweddar cafodd merched o flynyddoedd 8 a 9 gyfle i wirfoddoli a chymryd rhan mewn rhaglen newydd gyffrous, dan arweiniad Ruth Steggles, a fynychwyd gan Mrs Rebecca Rigby a Mrs Caryl Jones.

Mae'n rhaglen sy'n seiliedig ar drafodaeth lle gall disgyblion siarad yn agored â chyfoedion am bwysau bywyd go iawn ynghylch ymddangosiad a delwedd corff. Mae'r rhaglen yn helpu i feithrin hyder a sgiliau meddwl beirniadol am negeseuon cyfryngau a phwysau cymdeithasol.

Mae'n ofod i archwilio a herio delfrydau ymddangosiad afrealistig gyda myfyrwyr eraill o'r un oedran.

Mae llawer o gyfranogwyr y gorffennol wedi ei chael yn ddefnyddiol ar gyfer datblygu hunanddelwedd fwy cadarnhaol.

Mae'r sesiynau yn rhyngweithiol ac yn seiliedig ar drafodaeth, nid darlithoedd.

Mae'n gyfle i ddysgu sgiliau a all eu helpu i gynnal eu hunain a'u ffrindiau.

Dangoswyd yn wyddonol bod y rhaglen yn helpu i wella hyder a hunan-barch y corff.

Gobeithiwn ailadrodd y profiad hwn a'i gynnig i wahanol grwpiau blwyddyn hefyd.

The Body Project Workshop

Girls from years 8 and 9 recently had the opportunity to volunteer and take part in an exciting new program, led by Ruth Steggles, attended by Mrs Rebecca Rigby and Mrs Caryl Jones.

It's a discussion-based program where pupils can talk openly with peers about real-life pressures around appearance and body image.

The program helps build confidence and critical thinking skills about media messages and social pressures.

It's a space to explore and challenge unrealistic appearance ideals with other students their age.

Many past participants have found it helpful for developing a more positive self-image.

The sessions are interactive and discussion-based, not lectures.

It's a chance to learn skills that can help them support themselves and their friends.

The program has been scientifically shown to help improve body confidence and self-esteem.

We hope to repeat this experience and offer it to different year groups too.



Lles yn y Chweched

Wellbeing in Sixth Form



Dros y tymor diwethaf rydym wedi bod yn edrych ar wahanol ffyrdd o gefnogi'r 6ed dosbarth.

1. Parhaodd y mentora gyda'r 6ed dosbarth y tymor hwn, gyda blwyddyn 12 i gyd yn cael cyfarfod unigol gyda'r athro lles.
2. Rydym wedi defnyddio cyfnod cofrestru dros yr hanner tymor diwethaf i adolygu. Mae disgyblion ar draws blwyddyn 12 a 13 wedi bod yn rhannu gwybodaeth ac awgrymiadau i helpu i gefnogi ei gilydd.
3. Ym mis Chwefror cafwyd diwrnod lles. Ffocws y diwrnod oedd hyfforddiant Cymorth Cyntaf.
4. Rydym wedi parhau i gasglu arian ar gyfer ein elusen – 2 Wish. Rydym wedi codi £1,200 hyd yn hyn.
5. Darparu cwrs Perthynas Iach i alluogi disgyblion i ddysgu mwy am yr hyn sy'n gwneud perthynas iach ac iechyd rhywiol.

Over the last term we have been looking at different ways to support the 6th form.

1. The mentoring within the 6th form continued this term, with year 12 all being met individually by our wellbeing teacher.
2. We have used registration period over the last half term to revise. Pupils across year 12 and 13 have been sharing knowledge and tips to help support each other.
3. In February we had a wellbeing day, the pupils completed some training in First Aid.
4. We have continued to collect money for our chosen charity – 2 Wish, £1,200 has been raised.
5. A Healthy Relationship course continued to allow pupils to learn more about what makes a healthy relationship and sexual health.



C-Card

Mae dau aelod o staff wedi derbyn hyfforddiant C-Card. Gall disgyblion CA3 a CA4 negeseuo'r aelodau o staff er mwyn trefnu amser cyfleus i gyfarfod.

We are fortunate in the school to have two members of staff who are trained to deliver the C-Card, one in KS4 and one in KS5. Pupils are able to message these staff and arrange a time to see them when is convenient for them.

Youth Space Open Access

at
Cardiff West Community High School!

Mondays 5.15pm - to
7.45pm for Juniors years 7
to 9

Thursdays 5.15pm to
7.45pm for seniors years
10+

sports, podcasting,
gaming, arts and crafts
and so much more!

THE FIRST THURSDAY
SESSION WILL BE ON THE
13TH MARCH, AND THE
FIRST MONDAY SESSION
WILL BE ON THE 17TH
MARCH.



Gofod Ieuenctid Mynediad Agored

yn
Ysgol Uwchradd Gymunedol Gorllewin Caerdydd

Dydd Llun 5.15yp - 7.45yp
Bl 7 - 9

Dydd Iau 5.15yp i 7.45yp
Bl 10+

chwaraeon, podledu,
gêmio, celf a chrefft a
llawer mwy!

BYDD Y SESIWN DYDD IAU
CYNTAF AR Y 13ED O
FAWRTH, A BYDD Y SESIWN
DYDD LLUN CYNTAF AR Y
17ED O FAWRTH.



PLATFORM FOR YOUNG PEOPLE

PLATFFRM I BOBL IFANC

THE HANGOUT GROUPS AND ACTIVITIES

Our activity sessions are something different every week,
from art to gaming, yoga or movie night.

Monday	Wellbeing group 4pm - 5.30pm (11-13 yos)
Tuesday	Wellbeing group 6pm - 7.30pm (14-18 yos)
Wednesday	Open study space 3pm - 8pm
Thursday	Activity session 4pm - 5.30pm (11-13 yos) Activity session 6pm - 7.30pm (14-18 yos)
Friday	Activity session 6pm - 7.30pm (14-18 yos)
Saturday	Activity session 4pm - 5.30pm (11-13 yos)
Sunday	No planned activities



To join email us at hangout@platform.org
to let us know in advance, or just come
on the day. platform4yp.org/hangout

@Platform4YP

YR HANGOUT GRWPIAU A GWEITHGAREDDAU

Mae ein sesiynau gweithgareddau yn wahanol bob wythnos,
o gelf i gemau, loga neu noson ffilm.

Dydd Llun	Grŵp Iles 4yh - 5.30yh (11-13 oed)
Dydd Mawrth	Grŵp Iles 6yh - 7.30yh (14-18 oed)
Dydd Mercher	Lle astudio agored 3yh - 8yh
Dydd Iau	Sesiwn weithgareddau 4yh - 5.30yh (11-13 oed) Sesiwn weithgareddau 6yh - 7.30yh (14-18 oed)
Dydd Gwener	Sesiwn weithgareddau 6yh - 7.30yh (14-18 oed)
Dydd Sadwrn	Sesiwn weithgareddau 4yh - 5.30yh (11-13 oed)
Dydd Sul	Dim gweithgareddau wedi'u



I ymuno anfonwch neges e-bostiwrch atom
hangout@platform.org rhwch wybod i
ni ymlaen llaw, neu dewch ar y diwrnod
yn syml. platform4yp.org/hangout

@Platform4YP

Gofalwr Ifanc



Beth yw Gofalwr Ifanc?

Mae gofalwr ifanc yn rhywun dan 18 oed sy'n cymryd y cyfrifoldeb o ofalu am rywun (fel arfer ei fam, tad, brawd neu chwaer) sy'n:

- sâl
- anabl
- oedrannus
- yn dioddef gofid meddwl
- camddefnyddio cyffuriau a/neu alcohol

Fe all gofalwr ifanc wneud nifer o dasgau, gan gynnwys:

- Gofal cyffredinol (megis rhoi moddion, newid rhwymynnau)
- Tasgau domestig (megis coginio, glanhau, golchi, smwddio, siopa)
- Cymorth emosiynol (megis gwrandao ar bobl a'u cefnogi)
- Gofal personol (megis gwisgo, ymolchi)
- Gofal plant (megis ofalu am frodyr a chwiorydd iau)
- Gofal arall (megis helpu gyda thasgau yn y cartref a thasgau gweinyddol eraill, talu biliau, mynd gyda'r rhywun at y meddyg neu i'r ysbyty)

Cymorth ar gael

Rydym yn cefnogi ac yn rhoi cymorth i ddisgyblion ym Mhlasmaur. Am ragor o wybodaeth a chyngor ar Ofalwyr Ifanc neu i wneud atgyfeiriad Gofalwyr Ifanc gallwch unai gysylltu gyda Mrs Helen Stiff hs@ysgolplasmawr.cymru neu cysylltu â Phorth Teuluoedd Caerdydd ar 03000 133 133 neu contactFAS@caerdydd.gov.uk

Young Carers



Who is a Young Carer?

A young carer is someone who is under the age of 18 and takes responsibility for looking after someone (usually their mother, father, brother or sister) who is:

- ill
- disabled
- elderly
- suffering mental distress
- misusing drugs and/or alcohol

A young carer would have to carry out a number of tasks, including:

- General care (such as giving medication, changing dressings, helping with mobility)
- Domestic tasks (such as cooking, cleaning, washing, ironing, shopping)
- Emotional support (such as listening to and supporting people)
- Personal care (such as dressing, washing)
- Child care (such as helping with younger siblings)
- Other care (such as helping with household and other administration tasks, bill paying, accompanying to the doctor's or hospital)

Support available

If you would like to discuss anything about being a Young Carer please contact Mrs Helen Stiff hs@ysgolplasmawr.cymru or further information and advice on Young Carers can be made through Cardiff Family Gateway on 03000 133 133 or email contactFAS@cardiff.gov.uk

Mae YMCA yn frwd i dderbyn adborth ar ba gymorth neu wybodaeth byddai fwyaf defnyddiol i gefnogi eich plentyn gyda pherthnasau iach ac iechyd rhywiol. Cliciwch ar y còd QR er mwyn cael mynediad i'r holiadur.

CALLING ALL PARENTS & CARERS

**WE'RE INVITING PARENTS AND CARERS TO FEEDBACK ON
WHAT SUPPORT AND INFORMATION WOULD BE MOST HELPFUL
IN SUPPORTING YOUR CHILD WITH HEALTHY RELATIONSHIPS
AND SEXUAL HEALTH.**

YOUR INPUT WILL HELP US SHAPE THE SERVICE.



Here for young people
Here for communities
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK

HEALTH & WELLBEING

HOUSING

TRAINING & EDUCATION

SUPPORT & ADVICE

PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free



BURGER KING

From Monday 7th - Sunday 20th April 2025, Kids Eat Free with every adult meal, via the app.

BILLS

Kids eat free Mondays - Fridays, from Monday 7th - Friday 25th April 2025.

FARMHOUSE INNS

2 kids eat FREE with one paying adult, Monday 7th - Friday 25th of April. Sign Up Required

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

ZIZZI

Sunday 6th - Sunday 27th April 2025 kids eat free with every adult main. (excludes Saturdays)

CAFE EIGHTY NINE @ THE RANGE

Kids eat free Sat 5th April - Mon 21st April 2025

YO! SUSHI

Kids eat free all day (monday - friday) during all school holidays, when dining with an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids eat for £1.

ASDA

Kids eat for £1 every, with no adult spend.

TRAVELODGE & PREMIER INN

2 kids eat for FREE with 1 adult breakfast

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

BEEFEATER & BREWERS FAYRE

2 kids eat for FREE with 1 adult breakfast

IKEA

Kids get a meal from 95p daily from 11am

PREZZO

Kids receive a free, 3 course kids meal, everyday at Prezzo between 31st March - 27th April 2025

COCONUT TREE

One child (under 10) eats free every day, 12pm - 6pm from Monday 7th - Sunday 27th April 2025

PIZZA HUT

Kids eat free buffet from Monday 7th - Sunday 27th April, until 3pm daily with a £10 spend

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult!

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.