

Lles Plasmawr



Gorffennaf 2025/July 2025

Croeso i Gylchlythyr Lles Plasmawr

Mae lles yn parhau i fod yn flaenoriaeth i ni ym Mhlasmawr. Bwriad y cylchlythyr yw i rannu gwybodaeth am ein darpariaeth lles a'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



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Mae disgyblion blwyddyn 8 a 9 wedi bod yn rhan o grŵp ffocws i ddeall barn pobl ifanc tuag at frechiadau a sut y gellid eu hannog i gael eu brechu. Roedd angen iddynt fynegi barn ar ddau animeiddiad brechu sydd wedi'u datblygu ar gyfer Iechyd Cyhoeddus Cymru (ICC). Bydd yr adborth yn cael ei ddefnyddio i lywio ymgyrch ar ran ICC.

Year 8 and 9 pupils have been part of a focus group to understand young people's views on vaccinations and how they could be encouraged to be vaccinated. They needed to express their views on two vaccination animations that have been developed for Public Health Wales (PHW). The feedback will be used to inform a campaign on behalf of PHW.



Mae Ysgol Plasmawr yn cymryd rhan yn astudiaeth genedlaethol Wiserd sy'n gofyn i ddisgyblion gwblhau arolwg yn flynyddol. Mae'r arolwg yn ceisio casglu eu safbwyntiau a'u profiadau o'u haddysg a'u profiadau ehangach o dyfu i fyny yng Nghymru. Caiff canfyddiadau'r arolwg hwn eu bwydo'n ôl yn ddi-enw i ysgolion drwy adroddiadau er mwyn helpu ysgolion i wasanaethu eu disgyblion yn well.

Ysgol Plasmawr takes part in the national Wiserd study which requires pupils to complete a survey annually. The survey seeks to gather their views and experiences of their education and their wider experiences of growing up in Wales. The findings of this survey are fed back anonymously to schools through reports in order to help schools serve their pupils better.

Gwobrwyo Awards

Roedd y seremonïau gwobrwyo i flynyddoedd 7-10 yn gyfle i'r adrannau gydnabod ymdrech a chyrrhaeddiad academaidd y disgyblion yn eu gwersi. Bu'n gyfle i ddathlu'r disgyblion sydd yn cadw at ein polisi parch, parodrwydd a pherthyn yn ystod y flwyddyn ac i longyfarch disgyblion ar bresenoldeb uchel.



Parch

Gwobr i'r disgyblion sydd yn cadw at reolau a disgygliadau'r ystafell ddosbarth gan drin pob unigolyn gyda pharch a chwarteisi.



Parodrwydd

Gwobr i'r disgyblion sydd yn frwdfrydig am ddysgu gan fod yn brydlon i wersi gyda'r offer sydd angen arnynt i lwyddo ac yn dyfalbarhau i oresgyn heriau.



Perthyn

Gwobr i'r disgyblion sydd yn defnyddio'r Gymraeg ar bob cyfle posib, gan wisgo mewn ffordd sy'n dangos eu bod yn perthyn i'r ysgol ac yn cyfrannu yn y dosbarth ac yn allgyrsiol.

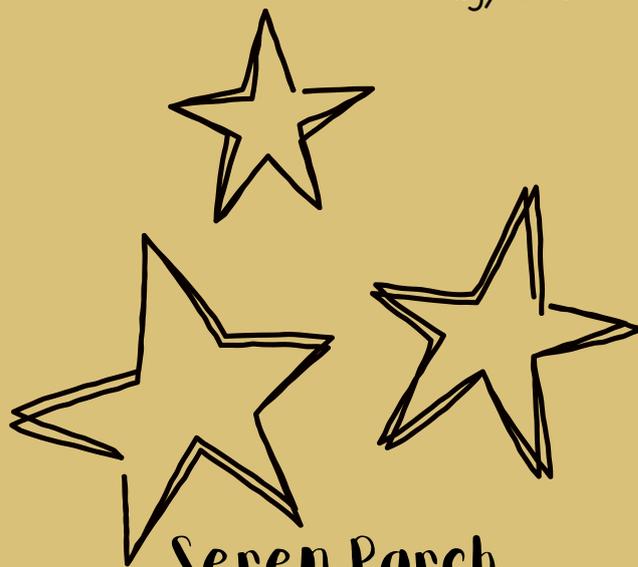
1000%

Presenoldeb. Gwobr i'r disgyblion sydd â phresenoldeb uchel.



Cyrhaeddiad ac ymdrech

Bydd pob adran yn dewis disgyblion sydd yn haeddu cydnabyddiaeth am eu gwaith academaidd.



Seren Parch,

Parodrwydd, Perthyn

Gwobr i'r disgyblion sydd yn cyflawni'r 3 uchod sef Seren Parch, Parodrwydd a Perthyn



Gwobrwyo Awards

The award ceremonies for years 7-10 were an opportunity for the departments to recognize the effort and academic achievement of the pupils in their lessons. It was an opportunity to celebrate the pupils who adhere to our policy of respect, readiness and belonging during the year and to congratulate pupils on high attendance



Parch

An award for the pupils who adhere to the rules and expectations of the classroom and treat each individual with respect and courtesy.



Parodrwydd

An award for pupils who are enthusiastic about learning by being punctual to lessons with the tools they need to succeed and who persevere to overcome challenges.



Perthyn

An award for the pupils who use the Welsh language at every possible opportunity, dressing in a way that shows they belong to the school and contribute in the classroom and extracurricularly.

1000%

Attendance. A prize for the pupils with high attendance.



Achievement and effort

Each department will choose pupils that deserve recognition for academic work.



**Seren Parch,
Parodrwydd, Perthyn**

A prize for the pupils who achieve the 3 above which are the Star of Respect, Willingness and Belonging



Mae teimladau'n bethau rhyfedd Feelings are a funny thing

Beth yw 'Pethau Rhyfedd yw Teimladau'?

Ymyrraeth grŵp sy'n defnyddio adrodd straeon a dull PACE i ddatblygu llythrennedd a lles emosiynol plant a phobl ifanc yw Pethau Rhyfedd yw Teimladau. Gall fod yn gyfle i feithrin sgiliau dysgwyr o ran adnabod, rheoli a chyfathrebu eu hemosiynau, meithrin hyder a sgiliau mewn perthnasoedd.

What is 'Feelings are Funny Things'?

'Feelings are Funny Things' is a group based interactive intervention which uses storytelling and a PACE) approach to deliver a variety of exercises to develop children and young people's emotional literacy and wellbeing. It can be an opportunity to build learners' skills in identifying, managing and communicating their emotions, build confidence and skills in relationships.

Nes i fwynhau dod i adnabod pobl newydd!

I enjoyed getting to know new people.

Roedd y grŵp wedi helpu fi i deimlo nad oeddwn i ar ben fy hun ac i ddeall fod teimlo'n drist neu'n grac yn iawn.

The group helped me realise that I wasn't alone and that feeling angry or sad was OK.

Roedd y gemau yn dda.
The games were good

Dysgais am deimladau newydd a nes i joio mynd am dro!
I learnt about new feelings and I enjoyed going for a walk!



Canlyniadau Holiadur #So.ME 2025

#SO.ME 2025 Questionnaire Findings



Atebodd ddisgyblion blwyddyn 7-9 holiadur #So.Me yn nhymor y Gwanwyn. Rhaglen gan Brifysgol Manceinion oedd hwn gyda'r pwrpas o ddeall mwy am sut mae cyfryngau cymdeithasol yn effeithio ar les a Iechyd Meddwl pobl ifanc.

During the Spring term pupils from year 7-9 answered the #SO.ME survey. Manchester University run this programme to understand how social media effects the mental health and wellbeing of young people.

Roedd arolwg #SO.ME yn bwysig i ni yn Ysgol Plasmawr i ddeall arferion disgyblion. Roedd yn gyfle i ni gasglu data pwysig e.e. pa lwyfannau y mae disgyblion yn eu defnyddio a faint o amser maen nhw'n ei dreulio ar-lein. Bydd y wybodaeth hon yn helpu staff i gadw i fyny â thueddiadau ac ymddygiadau digidol cyfredol gan y gall patrymau defnydd ac ymddygiadau pobl ifanc fod yn wahanol iawn i oedolion. Yn benodol, galluogodd yr arolwg #SO.ME ni i weld tueddiadau mewn seiberfwlio, pwysau gan gyfoedion, neu amlygiad i gynnwys amhriodol. Tynnodd sylw at a yw disgyblion yn teimlo'n anniogel, dan bwysau, neu wedi'u llethu gan gyfryngau cymdeithasol. Archwilioodd yr arolwg effaith emosiynol cyfryngau cymdeithasol – e.e. pryder, anhawster cysgu, hunan-barch isel a bydd yn ein helpu i deilwra cefnogaeth iechyd meddwl ac ymyraethau bugeiliol yn fwy effeithiol. Mae hyn yn bwysig gan fod tystiolaeth gynyddol yn cysylltu defnydd ar-lein gormodol â heriau iechyd meddwl mewn pobl ifanc. Bydd y data o'r arolwg hwn yn ein galluogi i baratoi gwersi lles mwy perthnasol a diddorol yn seiliedig ar yr hyn y mae disgyblion yn ei wynebu ar-lein mewn gwirionedd. Mae'n agor sgwrsiau iach am amser sgrin, ffiniau digidol, a pharch ar-lein. Rhoddodd arolwg cyfryngau cymdeithasol #SO.ME ddarlun clir, sy'n seiliedig ar dystiolaeth, i ni o'r hyn sy'n digwydd ym mywydau digidol ein dysgwyr myfyrwyr — gan ganiatáu i ni eu hamddiffyn, eu cefnogi a'u haddysgu'n fwy effeithiol.

The #SO.ME survey was important for us at Ysgol Plasmawr to understand pupil habits. It was an opportunity for us to collect important data e.g. which platforms students are using, how much time they spend online. This information will help staff stay up to date with current digital trends and behaviours as teenage usage patterns and risks can differ hugely to that of adults. The #SO.ME survey in particular enabled us to spot trends in cyberbullying, peer pressure, or exposure to inappropriate content. It highlighted if pupils feel unsafe, pressured, or overwhelmed by social media. The survey explored the emotional impact of social media — e.g. anxiety, sleep disruption, low self-esteem and will helps us tailor mental health support and pastoral interventions more effectively. This is important as there is growing evidence linking excessive online use with mental health challenges in teens. The data from this survey will allow us to prepare more relevant and engaging wellbeing lessons based on what pupils actually face online. It opens up healthy conversations about screen time, digital boundaries, and online respect. The #SO.ME social media survey gave us a clear, evidence-based picture of what's happening in students' digital lives — allowing us to protect, support and educate them more effectively.

Hoffem rannu rhywfaint o ddata o'r arolwg #SO.ME gyda chi. Dyma ddau o'r meysydd mwyaf amlwg - 'profiadau cymdeithasol negyddol' a 'chysylltiad cymdeithasol'. Penderfynon ni rannu'r rhain o ystyried dylanwad cyfryngau cymdeithasol ym mywydau cymdeithasol pobl ifanc, sy'n dod â chyfleoedd a heriau. Isod, gallwch gymharu ymatebion gan ddisgyblion Ysgol Plasmawr â chyfartaledd #SO.ME.

Here, we would like to share some data from the #SO.ME survey with you. These are two of the most prominent areas - 'negative social experiences' and 'social connection'. We decided to share these given the influence social media has on young people's social lives, which brings both opportunities and challenges. Below, you can compare responses from Ysgol Plasmawr pupils with the #SO.ME average.

Negative social experiences
Profiadau negyddol cymdeithasol

Figure 10. Responses to item: 'I have been sent nasty messages on social media.'

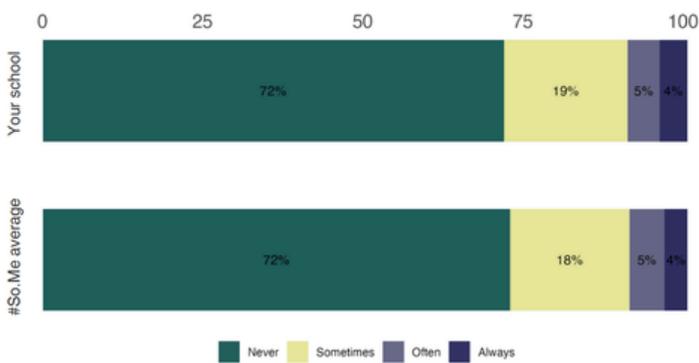


Figure 11. Responses to item: 'People have been nasty to me on social media because of who I am (e.g., my race/ religion/ gender/ sexuality).'

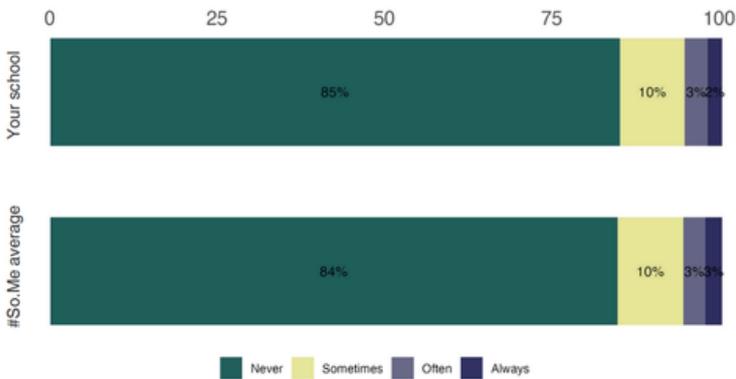
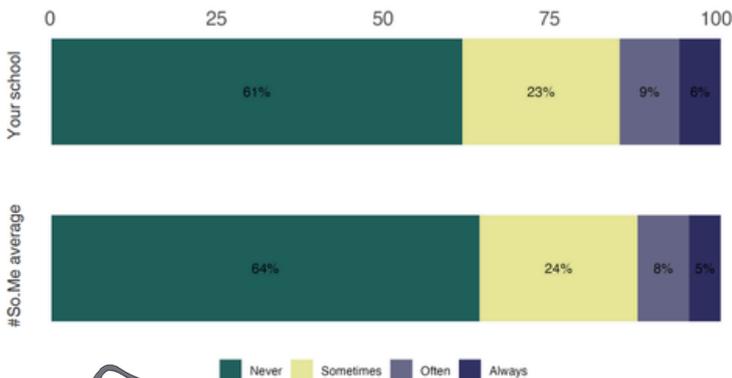


Figure 12. Responses to item: 'I have felt left out on social media.'



Social Connection
Ymgysylltiad cymdeithasol

Figure 13. Responses to item: 'I feel included through seeing what others are doing on social media.'

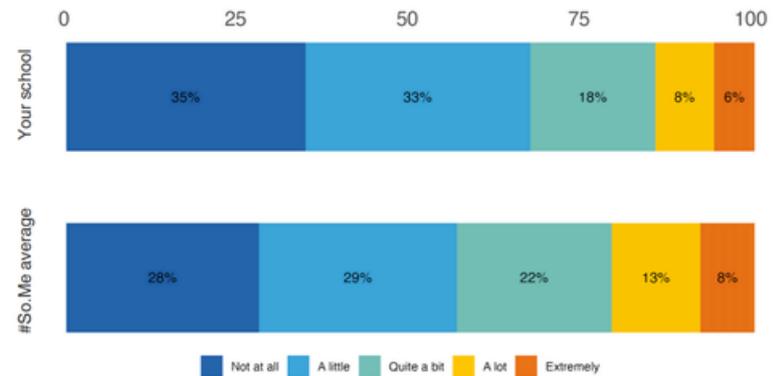


Figure 14. Responses to item: 'Me and my friends are able to support each other through social media.'

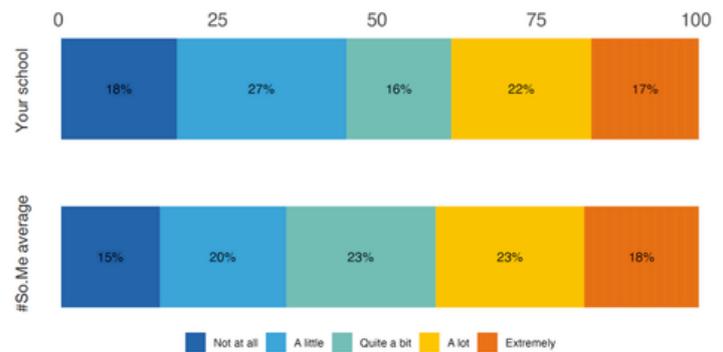
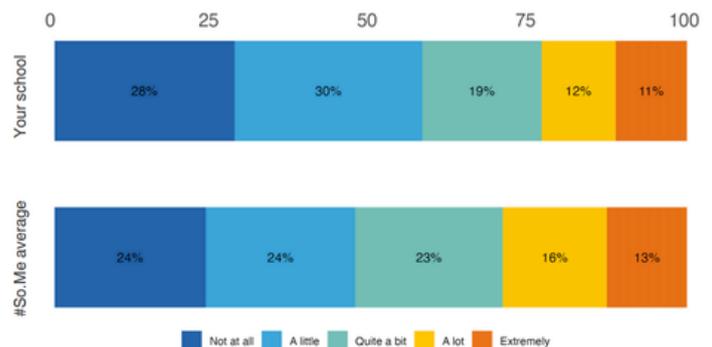


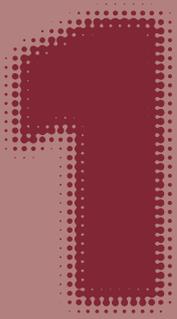
Figure 15. Responses to item: 'I feel reassured when I see other people like me express themselves on social media.'





Crynodeb o' arolwg #SO.ME

Summary of the #SO.ME survey



Mae dros 50% o bobl ifanc yn defnyddio cyfrif preifat ar gyfryngau cymdeithasol. Mae ychydig dros draean o bobl ifanc yn defnyddio sawl math o gyfrif (e.e., cyfrif preifat a chyfrif cyhoeddus). Mae gan fwy o bobl ifanc 11-13 oed derfynau rhieni wedi'u gosod na'r rhai 14-15 oed.

Over 50% of young people use a private account on social media. Just over one third of young people use multiple types of account (e.g., a private account and a public account). More young people aged 11-13 have parental limits set than those aged 14-15.



Ar ddiwrnod arferol, mae pobl ifanc yn fwyaf tebygol o sgwrsio â ffrindiau, sgrollo, a gwyllo fideos ar gyfryngau cymdeithasol. Mae'r amser y mae pobl ifanc yn gwneud y gweithgareddau hyn yn cynyddu gydag oedran, ac maent yn fwy cyffredin mewn merched na bechgyn.

On a typical day, young people are most likely to chat with friends, scroll through their feeds, and watch videos on social media. The extent to which young people do these activities increases with age, and they are more common in girls than boys.



Mae profiadau cymdeithasol negyddol trwy gyfryngau cymdeithasol yn gymharol isel, gyda'r rhan fwyaf o bobl ifanc yn y sampl yn nodi nad ydynt byth yn profi'r profiadau negyddol. Y teimlad mwyaf cyffredin oedd cael eu gadael allan ar gyfryngau cymdeithasol, sy'n debygol o fod yn ganlyniad i fod yn ymwneud â theimlad neu ganfyddiad unigol, yn hytrach na gweithred uniongyrchol gan rywun arall.

Negative social experiences through social media are relatively low, with most young people in the sample reporting that they never experience the selected experiences. Experiencing feeling 'left out on social media' is the most common, which is likely a consequence of this being about individual feeling or perception, rather than a direct act by someone else.



Mae profiadau o gysylltiad cymdeithasol trwy gyfryngau cymdeithasol yn fwy amrywiol, gyda thua dwy ran o bump o bobl ifanc yn nodi eu bod yn aml yn teimlo eu bod yn cael eu cefnogi gan ffrindiau.

Experiences of social connection through social media are more varied, with around two-fifths of young people reporting frequently feeling supported by friends.



Mae lles seicolegol ar draws yr holl ysgolion wedi'i clystyru'n eithaf agos o amgylch y cyfartaledd, gan awgrymu bod disgyblion ar draws y sampl yn gyffredinol yn adrodd am les seicolegol cadarnhaol.

Psychological wellbeing across all schools is quite tightly clustered around the average, suggesting pupils across the sample generally report positive psychological wellbeing.



Diogelwch ar-lein Online Safety



Gyda'r gwyliau haf o'n blaenau, bydd bobl ifanc yn treulio mwy o amser ar sgriniau. Mewn ymateb i hyn mae Get Safe Online wedi creu ymgyrch i gadw plant yn ddiogel ar-lein yn ystod gwyliau'r haf.

With the summer holidays ahead, young people will be spending more time on screens. In response to this, Get Safe Online has created a campaign to keep children safe online during the summer holidays.

Negeseuon allweddol:

Er mwyn cadw eich plentyn yn ddiogel ar-lein ystyriwch y canlynol:

- Cael sgwrsiau agored gyda'ch plentyn am eu gweithgaredd ar-lein
- Defnyddio rheolaethau rhieni a gosodiadau preifatrwydd ar apiau, gemau a dyfeisiau
- Hyrwyddo arferion pori diogel a chydabod risgiau ar-lein
- Gwybod ble i droi os bydd rhywbeth yn mynd o'i le

Key messages:

To keep your child safe online consider the following:

- Have open conversations with your child about their online activity
- Use parental controls and privacy settings on apps, games and devices
- Promote safe browsing practices and recognize online risks
- Know where to turn if something goes wrong

Ydych chi'n gwybod beth mae eich plant yn ei wneud ar-lein?

Mae plant heddiw yn tyfu i fyny mewn byd sy'n gysylltiedig—ond nid yw hynny bob amser yn golygu eu bod yn gwybod sut i gadw'n ddiogel. Fel rhiant neu warcheidwad, gall eich arweiniad chi wneud byd o wahaniaeth.

Dyma rai ffyrdd ymarferol i chi helpu eich plentyn i archwilio'r rhyngwrld â hyder a gofal:



• Dechreuwch y sgwrs yn gynnar—a chadwch y sgwrs i fynd

Gofynnwch i'ch plentyn ddangos y gemau maent yn eu chwarae, y gwefannau maent yn eu defnyddio, neu'r fideos maent yn eu mwynhau. Siaradwch yn agored am risgiau cyffredin ar-lein fel rhannu gormod, cynnwys anaddas, seiberfwlio, a rhyngweithio â dieithriaid. Byddwch yn wybodus am y tueddiadau diweddaraf a dangoswch y ffordd drwy esiampl â'ch arferion digidol eich hunain.

• Dangoswch ffordd sy'n fwy diogel iddynt

Anogwch y defnyddio o apiau a llwyfannau sy'n addas i blant, fel YouTube Kids. Gwiriwch yn rheolaidd beth mae eich plant yn ei wlyo ac yn ei rannu, yn enwedig ar wefannau fel YouTube a TikTok.

• Dilynwch dueddiadau digidol—yn enwedig y rhai sy'n peri risg

Mae rhai gemau a llwyfannau cymdeithasol wedi codi pryderon am hyrwyddo trais, hapchwarau neu negeseua heb fonitro. Dewch i adnabod pa rai mae eich plentyn yn eu defnyddio a sut y maent yn gweithio.

• Peidiwch â dystyru'r effaith emosiynol

Gall y cyfryngau cymdeithasol ac apiau negeseuon fod yn bwerus—weithiau yn rhy bwerus. Helpwch eich plentyn i ddeall sut y gall profiadau ar-lein effeithio ar emosiynau, hunan-barch ac iechyd meddwl.

• Parchwch gyfyngiadau oedran—maent yn bodoli am reswm

Mae gan y rhan fwyaf o lwyfannau gyfyngiadau oedran i helpu i ddiogelu plant. Dilynwch y cyfyngiadau oedran a siaradwch â'ch plant am pam eu bod o bwys.

• Gosodwch reolau clir o'r dechrau

Cytunwch ar ffiniau gyda'ch gilydd: beth sy'n IAWN i'w wneud ar-lein, pa mor hir i dreulio ar ddyfeisiau, a sut i drin eraill â pharch. Mae angen strwythur a chymorth ar blant i wneud penderfyniadau call ar-lein.

• Gwnewch y mwyafrad o adnoddau intergredig

Defnyddiwch reolaethau rhieni ar ddyfeisiau, gemau, porwyr a llwyfannau cymdeithasol. Galluogwch osodiadau preifatrwydd, nodweddion chwilio'n ddiogel a hidlwyr teulu eich darparwr rhyngwrld. Mae'r adnoddau hyn yn haen ychwanegol o ddiogelwch.

• Byddwch yn ofalus gyda galwadau fideo

Sicrhewch fod yr apiau yn cael eu diweddarau i'r fersiwn diweddaraf bob amser ac addaswch y gosodiadau i sicrhau bod galwadau yn breifat a diogel. Caniatwch gyfathrebu â phobl rydych yn ymddiried ynddynt yn unig.

• Siaradwch am fanteision ac anfanteision chwarae gemau ar-lein

Gall chwarae gemau ar-lein helpu plant i ddatblygu sgiliau creadigol a sgiliau datrys problemau—ond gall hefyd eu hamlygu i ddieithriaid, rhoi pwysau arnynt i wario arian, neu i ymddwyn mewn ffordd sy'n peri risg. Gwnewch amser i siarad am y gemau maent yn eu chwarae a sut maent yn eu defnyddio.

• Dysgwch iddynt feddlwll yn feirniadol am gynnwys ar-lein

Helpwch eich plentyn i adnabod camwybodaeth, newyddion ffug a chynnwys wedi'i greu gan AI. Anogwch nhw i gwestiynu beth maent yn ei weld ac i beidio rhannu cynnwys sydd heb ei wirio.



• Cofiwch eu hatgoffa i feddlwll cyn iddynt rannu

Manylion, lluniau a fideos personol—unwaith maent ar-lein, maent yn anodd eu dileu. Siaradwch â'ch plentyn am yr hyn sy'n briodol i'w bostio a sut i ddiogelu eu preifatrwydd eu hunain a phreifatrwydd eraill.

• Defnyddiwch ffynonellau rydych yn ymddiried ynddynt i gael apiau

Dylech ond lawrtwytho apiau o siopau swyddogol yn unig, fel Google Play neu App Store. Lle y bo'n bosibl, defnyddiwch eich cyfeiriad e-bost eich hunain wrth greu cyfrifon ar gyfer eich plentyn.

• Byddwch yn wyladwrus, nid trahaus

Cadwch lygad ar ymddygiad eich plentyn ar-lein a gwyliwch am arwyddion rhybudd. Yn anffodus, mae rhai pobl ifanc wedi cael eu targedu am fgythiadau difrifol ar-lein—o sgamiau a pherthynas amhriodol i gymryd rhan mewn gweithgarwch troseddol.

Am ragor o awgrymiadau a chanllawiau, ewch i www.getsafeonline.org/safehappykidsonline

#SafeHappyKidsOnline

Are you in touch with what your kids do online?

Today's children are growing up in a connected world – but that doesn't mean they always know how to stay safe in it. As a parent or guardian, your guidance can make a huge difference.

Here are some practical ways to help your child explore the internet with confidence and care:



• Start the conversation early – and keep it going

Ask your child to walk you through the games they play, the sites they visit, or the videos they love. Talk openly about common online risks like oversharing, inappropriate content, cyberbullying, and interacting with strangers. Stay informed about the latest trends and lead by example with your own digital habits.

• Point them in a safer direction

Encourage the use of child-friendly apps and platforms, such as YouTube Kids. Check in regularly on what they're watching and sharing, especially on sites like YouTube and TikTok.

• Keep up with digital trends – especially the risky ones

Some games and social platforms have raised concerns for promoting violence, gambling, or unmoderated messaging. Get to know which ones your child is using and how they work.

• Don't underestimate the emotional impact

Social media and messaging apps can be powerful – sometimes overwhelmingly so. Help your child understand how online experiences can influence emotions, self-esteem, and mental health.

• Respect age restrictions – they exist for a reason

Most platforms have age limits to help protect children. Stick to them and talk to your child about why they matter.

• Set clear rules from the beginning

Agree on boundaries together: what's OK to do online, how long to spend on devices, and how to treat others with respect. Kids need structure and support to make smart choices online.

• Make the most of built-in tools

Use parental controls on devices, games, browsers, and social platforms. Enable privacy settings, safe search features, and family filters from your internet provider. These tools add an extra layer of protection.

• Be cautious with video calls

Always update apps to their latest version and adjust settings to ensure calls are private and secure. Allow communication only with trusted contacts.

• Talk about the pros and cons of online gaming

Gaming can help kids develop creativity and problem-solving skills—but it can also expose them to strangers, pressure to spend money, or even risky behaviours. Make time to chat about the games they play and how they use them.

• Teach critical thinking about online content

Help your child spot misinformation, fake news, and AI-generated content. Encourage them to question what they see and avoid sharing unverified content.



• Remind them to think before they share

Personal details, photos, videos—once they're online, they can be hard to take back. Talk to your child about what's appropriate to post and how to protect their and others' privacy.

• Stick to trusted sources for apps

Download apps only from official stores like Google Play or the App Store. Where possible, use your own email address when creating accounts for your child.

• Stay observant, not overbearing

Keep an eye on your child's online behaviour and watch for warning signs. Sadly, some young people have been targeted for serious online threats – from scams and grooming to involvement in criminal activity.

For more tips and guidance, visit www.getsafeonline.org/safehappykidsonline

#SafeHappyKidsOnline

Ffonau Symudol, 'airpods' a chlustffonau

Mobile Phones, 'airpods' and headphones

Nid yw defnydd o ffôn symudol heb ganiatâd yn dderbyniol a bydd yn arwain at ffôn cael ei gasglu a'i gadw tan ddiwedd y dydd yn y man cyntaf.

Use of a mobile phone without permission is not acceptable and this will result in a phone being collected and kept until the end of the day in the first instance.

Nid oes hawl defnyddio clustffonau neu 'airpods' yn yr ysgol. Bydd y teclynnau hyn yn cael eu casglu tan ddiwedd y dydd. Os yw disgybl am ddefnyddio'r rhain ar y ffordd i'r ysgol wrth gerdded neu ar fws rhaid eu rhoi heibio yn eu bagiau wrth gyrraedd yr ysgol.



There is no right to use headphones or 'airpods' in the school. These devices will be collected and kept until the end of the day. If a pupil wants to use these on the way to school while walking or on a bus they must be left in their bags on arrival at school.



Cynnyrch ar gyfer pob mis

Mae gennym amrywiaeth o
gynnyrch mislif am ddim yn
Ysgol Plasmawr

Dewch i siarad gyda chriw Lles y Plas.



@lles_plasmawr



POWER UP

Summer Programme 2025

Follow the events-link on our website to book:

<https://platform4yp.org/projects/powerup/>

or just
scan me



Gweithgareddau Haf Summer Activities



POWER UP

Summer Programme: JULY 2025

MON	TUES	WED	THUR	FRI
	1	2 Creative Crafts (10-25 YO Cardiff)	3	4
7	6 Circus Skills (10-17 YO Cardiff)	8 Creative Crafts (10-25 YO Cardiff)	9	10
14	15 Circus Skills (10-17 YO Cardiff)	16 Creative Crafts (10-25 YO Cardiff)	17	18
21	22 Circus Skills (10-17 YO Cardiff) Pyrography (10-15 YO Cardiff)	23 Creative Crafts (10-25 YO Cardiff)	24 TTRPG (10-25YO Cardiff)	25 Picnic & Pedals (10-25YO Cardiff)
28 Badge Making (10-25 YO Cardiff)	29 Pyrography (10-25 YO Online) Context Creation Course (10-25 YO Cardiff)	30 Creative Crafts (10-25 YO Cardiff)	31 Barry Beach Day (10-25YO Barry) TTRPG (10-25YO Cardiff)	

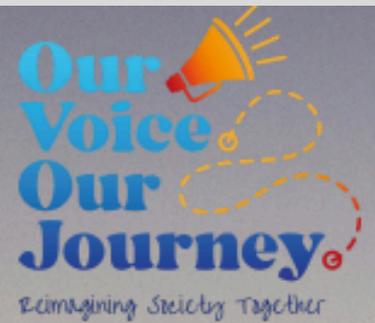
POWER UP

Summer Programme: August 2025

MON	TUES	WED	THUR	FRI
				1 Rangout Drop-In (10-25 YO Cardiff)
4	5 Bath Bombs (10-15 YO Cardiff) St Fagons (10-25 YO Cardiff)	6 Creative Crafts (10-25 YO Cardiff)	7	8 Pyrography (10-25YO Barry)
11	12 Bath Bombs (10-25 YO Cardiff)	13 Anika Trail Farm (10-25 YO Vale) Creative Crafts (10-25 YO Cardiff)	14 Pyrography (10-25YO Barry) TTRPG (10-25YO Cardiff)	15 Rangout Drop-In (10-25 YO Cardiff) Axe Throwing (10-15 YO Vale) Water Park (10-25 YO Vale)
18	19 Rangout Drop-In (10-25YO Cardiff) Stories for Online Course (10-25YO Online)	20 Youth Board meet Puppies (10-25 YO Barry) Creative Crafts (10-25 YO Cardiff)	21 TTRPG (10-25YO Cardiff) Balls Park Social (10-25YO Cardiff)	22 Axe Throwing (10-25 YO Vale)
25	26 Rangout Drop-In (10-25 YO Cardiff) Bath Bombs (10-25 YO Barry) Film Recording Course (10-25 YO Cardiff)	27 Creative Crafts (10-25 YO Cardiff)	28 TTRPG (10-25YO Cardiff) Barry Beach Day (10-25YO Barry)	29 Water Park (10-25 YO Vale)

REWIRED

summer programme for boys



WHAT YOU GET:

- Sport & games – kickarounds, workouts, challenges
- Create Cool Stuff – art, content, film, podcast
- Talk Real – pressure, mental health, what it means to be a man today
- Secret Trips Out – fun, active and something to remember
- Food Every Day – no need to bring lunch
- Time Credits – earn recognition for your time-spend them on activities



A 4-day summer programme for boys aged 13–16
Sport Wales National Centre, Sophia Gardens, Cardiff
Aug 5, 6, 12 & 13th | 11:00am – 3:00pm
100% FREE – food, trips & rewards included



email
ourvoiceourjourney
@gmail.com for
more info

express
interest 
here



Mae defnyddio beiciau oddi ar y ffordd a beiciau trydan wedi dod yn bryder sylweddol yng Nghaerdydd.

Mewn ymateb i hyn, mae'r Tîm Diogelwch Cymunedol wedi datblygu menter i godi ymwybyddiaeth am oblygiadau cyfreithiol defnyddio beiciau oddi ar y ffordd a beiciau trydan ac i wella dealltwriaeth pobl ifanc o'r hyn nad yw'n gyfreithlon ar y ffordd. Mae'r Tîm Diogelwch Cymunedol wedi gweithio'n agos gyda Gwasanaeth Tân ac Achub De Cymru, Diogelwch Ffyrdd Cymru a Heddlu De Cymru i gynhyrchu'r adnoddau canlynol.



E-FEICIAU: GWYBOD Y GWAHANIAETH, GWYBOD Y GYFRAITH

- ✓ Mae yna wahanol fathau o e-feiciau
- ✓ Gall Beiciau Pedal a Gynorthwyr yn Drydanol (EAPCs) gael eu defnyddio'n gyfreithiol gan unrhyw un 14+ oed. Nid oes angen treth ffordd, yswiriant, na thrwydded arnynt- yr un fath â beic pedal arferol.
- ✓ I fod yn EAPC, rhaid gosod pedalau ar feic sy'n gallu ei yrru, ni ddylai'r raddfa bŵer parhaus uchaf drwy'r modur trydanol fod yn uwch na 250 watts, a rhaid i'r holl gymorth trydanol ddiffodd pan fydd y cerbyd yn cyrraedd cyflymder o 15.5mph.
- ✓ Caiff pob beic trydan arall ei ystyried fel beic modur neu foped.
- ✓ Dim ond os yw'r feic (nad yw'n EAPC) wedi'i gofrestru gyda'r DVLA, ei drethu, ei yswirio a'i ddefnyddio gan berson sy'n dal y dosbarth priodol o drwydded, y gellir defnyddio'r rhain ar ffyrdd cyhoeddus.
- ✗ Oni chaiff y meini prawf uchod eu bodloni, ni ellir eu defnyddio ar dir cyhoeddus.
- ✗ Rydych mewn perygl o gael eich erlyn a chael y sgwter wedi'i atafaelu trwy reidio ar ffyrdd cyhoeddus.



SOUTH WALES
POLICE
DE CYMRU



Os nad
yw'n eiddo
llym,
rhannwch
enw'ch
erllyn

Sgwrs Fyw
Live Chat

101

Os nad
yw'n eiddo
llym,
rhannwch
enw'ch
erllyn

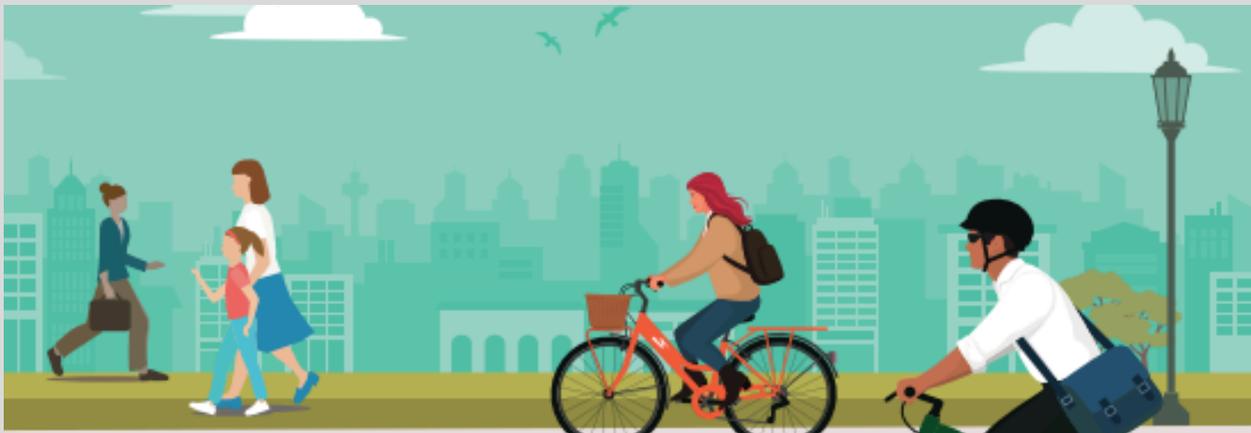


2940a-23

CadwDeCymruYnDdiogel

   HeddluDeCymru
south-wales.police.uk

The use of off-road bikes and e-bikes has become a significant concern in Cardiff. In response to this the Community Safety Team have developed an initiative to raise awareness about the legal implications of off-road and e-bike use and to improve young people's understanding of what is not road legal. The Community Safety Team has worked closely with South Wales Fire and Rescue Service, Road Safety Wales and with South Wales Police to produce the following resources to share.



E-BIKES: KNOW THE DIFFERENCE, KNOW THE LAW

- ✓ There are different types of e-bikes.
 - ✓ Electrically Assisted Pedal Cycles (EAPCs) can be legally ridden by anyone aged 14+, and do not require road tax, insurance, or a licence – the same as a normal pedal bike.
 - ✓ To be classified as an EAPC, a bike must be fitted with pedals that are capable of propelling it, have a maximum continuous power rating via the electric motor not exceeding 250 watts, and all electrical assistance must cut off when the vehicle reaches a speed of 15.5mph.
 - ✓ Any other electric bike that doesn't meet the EAPC rules is classed as a motorcycle or moped.
 - ✓ Non-EAPCs can only be ridden on public roads if the bike is registered with the DVLA, taxed, insured and used by a rider who holds the appropriate class of licence.
- ✗ Unless the above criteria are met, e-bikes cannot legally be ridden on public roads.
 - ✗ Those riding on public roads risk prosecution and having the vehicle seized.



SOUTH WALES
POLICE
HEDDLU
DE CYMRU



Os nodi ydych chi gyswrtu, cliciwch ywbydd yn i-fôn

Sgwrs Fyw Live Chat

101

If it's not 999, report it online



2940a-23

KeepingSouthWalesSafe

swpolice south-wales.police.uk

**BEICIAU ODDI
AR Y FFORDD
YN ACHOSI
NIWSANS?**

**RHOWCH DDIWEDD
ARNO DRWY **ROI**
GWYBOD AMDANO!**

**MAE ANGEN Y CANLYNOL
ARNOM: Disgrifiad manwl
o'r beiciau a'r beicwyr**

**Ffoniwch ni ar ☎ 101 neu
i roi gwybod yn ddiennw,
ffoniwch Taclo'r Tacle
ar ☎ 0800 555111**

**OFF-ROAD
BIKES
CAUSING A
NUISANCE?**

**DON'T PUT
UP WITH IT
REPORT IT!**

WE NEED:
A detailed description
of the bikes and riders

Call us on ☎ 101 or to
report anonymously
call CrimeStoppers on
☎ 0800 555111



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Os nad yw'n achos brys, rhoch wybod ar-lein	Ar-lein Online <small>24-HOURING NON-EMERGENCY</small>	101	999 <small>24-HOURING EMERGENCY</small>	If it's not 999, report it online
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south-wales.police.uk swpolice

Cymru/Wales

CrimeStoppers.

0800 555 111

100% diennw. Bob tro.
100% anonymous. Always.



**SOUTH WALES
POLICE
HEDDLU
DE CYMRU**



Road Safety Wales

Diogelwch Ffyrdd Cymru

e-feiciau/e-sgwteri

Mae Diogelwch Ffyrdd Cymru yn tynnu sylw at y gyfraith ar e-feiciau ac e-sgwteri ac mae arnon ni angen eich help chi!

Efallai y bydd rhai wedi prynu e-feic neu e-sgwter yn ddigon diniwed, heb wybod y gallen nhw fod yn torri'r gyfraith wrth ei reidio. Mae Diogelwch Ffyrdd Cymru yn gofyn i ysgolion a cholegau rannu gwybodaeth fel bod modd osgoi gwrthdrawiadau ac anafiadau yn y pen draw.

e-feiciau

Mae e-feic yn feic pedlo gyda chymorth trydan. Mae ganddo fodur trydan i helpu beicwyr pan fyddan nhw'n pedlo. Mae angen ichi fod yn 14 oed o leiaf i reidio e-feic, ond does dim angen trwydded yrru arnoch chi.

Mae rhai pobl wedi ceisio addasu eu e-feic, felly mae'n bwysig sicrhau nad yw allbwn pŵer uchaf y modur yn fwy na 250 watt ac nid yw'r modur yn gallu gyrru'r beic pan fo'n teithio ar fwy na 15.5mya.

Yn ôl y gyfraith, chaiff e-feic ddim gyrru'r beiciwr oni bai ei fod yn cael ei bedlo hefyd. Os byddwch chi'n gweld rhywbeth rydych chi'n credu ei fod yn e-feic ac nad yw'r gyrrwr yn pedlo, mae'n cael ei gyfrif yn feic modur trydan ac mae'r rheolau ar y rhain yn llawer mwyn tynn.

Fydddech chi ddim yn reidio beic modur sydd ag injan betrol heb drwydded ac yswiriant – ac mae'r rheolau yr un fath yn union gyda beic modur trydan!



e-sgwteri

Efallai bod rhai pobl yn ystyried sgwter trydan (e-sgwter), yn enwedig os ydyn nhw wedi gweld eraill yn eu reidio'n lleol.

Ond, mae'n anghyfreithlon defnyddio e-sgwter preifat ar ffyrdd cyhoeddus, palmentydd neu lonydd beicio. Mewn gwirionedd, yr unig le i reidio e-sgwter yng Nghymru yn gyfreithlon yw ar dir preifat gyda chaniatâd y tiffeddiannwr – ym mhob man arall mae hyn yn erbyn y gyfraith.

Efallai na fydd rhai pobl yn gwerthfawrogi'r effaith y mae reidio'n anghyfreithlon yn ei chael. I rywun sydd â nam ar eu golwg neu eu clyw, gall hyn gael cymaint o effaith nes eu bod yn teimlo na allan nhw fynd allan ar eu pen eu hunain, gan amharu ar eu dewisiadau symud ac efallai hyd yn oed arwain at golli annibyniaeth.

Yn anffodus, mae pobl eisoes wedi cael eu lladd a'u hanafu'n ddifrifol wrth reidio'n amhriodol ac yn anghyfreithlon. Does neb am weld teuluoedd eraill yn gorfod ymdopi â chanlyniadau digwyddiadau torcalonnus tebyg.

Mewn rhai rhannau o'r Deyrnas Unedig, mae treialon yn cael eu cynnal gan y llywodraeth lle gallwch chi rentu e-sgwter a'i ddefnyddio ar y ffordd ac ar lonydd beicio os oes gennych chi drwydded yrru lawn neu drwydded dros dro. Yng Nghymru, does dim treialon yn cael eu cynnal ar hyn o bryd.



Peidiwch â chael eich dal trwy yrru'n anghyfreithlon. Gofalwch eich bod yn gwybod y gyfraith ar e-feiciau ac e-sgwteri.

Negeseuon allweddol Cyngor Cenedlaethol y Prif Swyddogion Tân ar ddiogelwch rhag tân ar gyfer e-feiciau a sgwteri

Gwybodaeth a rannwyd gan y Gwasanaethau Tân ac Achub yng Nghymru

Mae e-feiciau ac e-sgwteri yn fwyfwy poblogaidd. Mae'r rhan fwyaf yn cael eu pweru gan fatris lithiwm-ion a all gael eu gwefru yn y cartref. Mae defnyddio'r batris hyn mewn ystod eang o gynhyrchion cartref yn dod yn fwyfwy cyffredin.

Wrth wefru e-feiciau ac e-sgwteri, mae'n bwysig eich bod chi'n gwneud hynny'n ddiogel er mwyn osgoi risg y bydd tân yn cychwyn gan beryglu'ch teuluoedd a'ch cartrefi.

Gan fod e-feiciau ac e-sgwteri'n cael eu defnyddio'n fwyfwy, mae yna bryder cyfatebol ynghylch diogelu rhag tân sy'n gysylltiedig â'u gwefru a'u storio. Disgwylir i'r defnydd o'r cynhyrchion hyn barhau i gynyddu. Mae rhai gwasanaethau tân ac ymchwilwyr tân wedi gweld cynnydd mewn tanau mewn batris e-feiciau ac e-sgwteri.

Gwefru

- Dilynwch gyfarwyddiadau'r gweithgynhyrchydd wrth wefru a thynnwch blwg eich gwefrydd bob amser ar ôl gorffen gwefru.
- Gofalwch fod gennych larymau mwg sy'n gweithio. Os ydych chi'n gwefru neu'n storio'ch e-feic neu'ch e-sgwter mewn garej neu gegin, gofalwch eich bod yn gosod dull canfod tân. Rydyn ni'n argymhell larymau gwres yn hytrach na synwryddion mwg ar gyfer y manau hyn.
- Gwefrwch fatris tra byddwch chi'n effro, felly os bydd tân yn digwydd, gallwch ymateb yn gyflym. Peidiwch â gadael batris i'w gwefru tra byddwch chi'n cysgu neu i ffwrdd o'r cartref.
- Defnyddiwch y gwefrydd sydd wedi'i gymeradwyo gan y gweithgynhyrchydd ar gyfer y cynnyrch bob amser ac os byddwch chi'n sylwi ar unrhyw arwyddion o draul neu ddifrod, prynwch wefrydd newydd swyddogol ar gyfer eich cynnyrch gan werthwr ag enw da. Peidiwch â gorchuddio gwefryddion neu becynnau batri wrth wefru gan y gallai hyn arwain at orboethi neu hyd yn oed dân.
- Peidiwch â gwefru batris na storio'ch e-feic neu'ch e-sgwter yn ymyl deunyddiau llosgadwy neu fflamadwy.
- Peidiwch â gorfefru'ch batri – edrychwch ar gyfarwyddiadau'r gweithgynhyrchydd i weld yr amserau gwefru.
- Peidiwch â gorlwytho socedi na defnyddio ceblau ymestyn amhriodol – defnyddiwch estyniadau heb eu coillio a gofalwch fod y cebl wedi'i raddio'n addas ar gyfer yr hyn rydych chi'n ei blygio i mewn iddo.
- Os bydd tan mewn e-feic, e-sgwter neu fatri lithiwm-ion, peidiwch â cheisio diffodd y tân. Ewch allan, arhoswch allan a ffoniwch 999.

Storio

- Osgowch storio neu wefru e-feiciau ac e-sgwteri ar lwybrau dianc neu mewn manau cymunedol mewn adeilad amfeddiannaeth. Os bydd tân, gall hynny effeithio ar allu pobl i ddianc.
- Dylai Personau Cyfrifol ystyried y risgiau sy'n cael eu creu gan e-feiciau ac e-sgwteri wrth gael eu gwefru neu eu gadael mewn manau cymunedol fel storfeydd beiciau, ystafelloedd gwefru sgwteri symudedd neu lwybrau dianc eraill. Efallai yr hoffon nhw gynnig cyngor i breswylwyr ar ddefnyddio, storio a gwefru'r cynhyrchion hyn yn ddiogel.
- Storiwch e-feiciau, e-sgwteri a'u batris mewn lle gweddol oer. Ceisiwch osgoi eu storio mewn manau rhy boeth neu ry oer.
- Dilynwch gyfarwyddiadau'r gweithgynhyrchydd ar storio a chynnal batris lithiwm-ion os nad ydyn nhw am gael eu defnyddio am gyfnodau hir.

Difrod a gwaredu

Os oes angen ichi waredu batri sydd wedi'i ddifrodi neu sydd ar ddiwedd ei oes, peidiwch â'i waredu yn eich gwastraff cartref neu'r deunyddiau ailgylchu arferol. Os cân nhw eu tyllu neu eu malu, gall y batris yma achosi tanau mewn lorïau biniau neu ganolfannau ailgylchu a gwastraff.

Os oes arnoch chi angen rhagor o wybodaeth am e-feiciau neu e-sgwteri, cysylltwch â Diogelwch Ffyrdd Cymru.

Ffôn: **02920 250600**

Ebost: communication@roadsafetywales.co.uk

Gallwch hefyd gysylltu â'ch tîm diogelwch ffyrdd lleol [yma](#).



Road Safety Wales

Diogelwch Ffyrdd Cymru

e-bikes/e-scooters

Road Safety Wales is highlighting the law surrounding e-bikes and e-scooters and we need your help!

Some people may have innocently purchased an e-bike or e-scooter, unaware that they could be breaking the law when riding it. Road Safety Wales is asking schools and colleges to share some information so that collisions and injuries can ultimately be avoided.

e-bikes

An e-bike is an electrically assisted pedal cycle equipped with an electric motor to assist riders when they pedal. You need to be at least 14 years old to ride an e-bike, but you don't need a driving licence.

Some people have attempted to modify their e-bike, so it is important to check that the motor has a maximum power output of 250 watts and not able to propel the bike when it's travelling more than 15.5mph.

By law, an e-bike cannot propel a rider unless they are pedalling as well. If you see what you think is an e-bike and the rider isn't pedalling, it is classed as an electric motorcycle and they have much stricter rules.

You wouldn't ride a motorcycle with a petrol engine when you didn't have a licence or insurance - the rules are exactly the same with an electric motorcycle!



e-scooters

Some people may be considering an electric scooter (e-scooter), particularly if they have seen others riding them locally.

However, it is illegal to use a privately owned e-scooter on public roads, pavements or cycle lanes. In fact, the only place to legally ride an e-scooter in Wales is on private land with the permission of the landowner - everywhere else it is against the law.

Some people may not appreciate the effect that riding illegally has. For someone with sight or hearing loss, it could have such an effect on them that they feel unable to go out on their own, hampering their mobility options and perhaps even resulting in the loss of their independence.

Unfortunately, people have already been killed and seriously injured when riding inappropriately and illegally. Nobody wants to see other families having to cope with the aftermath of similar heartbreaking incidents.

In some parts of the UK, government trials are taking place where you can rent an e-scooter and use it on the road and in cycle lanes if you hold a full or provisional driving licence. In Wales, there are currently no trials taking place.



Please don't get caught out by riding illegally. Make sure you know the law on e-bikes and e-scooters.

National Fire Chief's Council key fire safety messages for e-bikes and scooters

Information shared by Fire and Rescue Services in Wales

E-bikes and e-scooters are becoming increasingly popular. Most are powered by lithium-ion batteries which can be charged in the home. The use of these batteries in a wide range of household products is becoming increasingly common.

It is important when charging e-bikes and e-scooters, you do so safely to avoid a risk of a fire starting and putting your families and homes at risk.

With an increased use of e-bikes and e-scooters, comes a corresponding fire safety concern associated with their charging and storage. The use of these products is expected to continue to rise. Some fire services and fire investigators have seen a rise in e-bike and e-scooter battery fires.

Charging

- Follow the manufacturer's instructions when charging and always unplug your charger when it has finished charging.
- Ensure you have working smoke alarms. If you charge or store your e-bike or e-scooter in a garage or kitchen, ensure you install detection; we recommend heat alarms rather than smoke detectors for these areas.
- Charge batteries while you are awake and alert so if a fire should occur you can respond quickly. Don't leave batteries to charge while you are asleep or away from the home.
- Always use the manufacturer approved charger for the product and if you spot any signs of wear and tear or damage, buy an official replacement charger for your product from a reputable seller. Do not cover chargers or battery packs when charging as this could lead to overheating or even a fire.
- Do not charge batteries or store your e-bike or e-scooter near combustible or flammable materials.
- Do not overcharge your battery - check the manufacturer's instructions for charge times.
- Do not overload socket outlets or use inappropriate extension leads - use un-coiled extensions and ensure the lead is suitably rated for what you are plugging in to it.
- In the event of an e-bike, e-scooter or lithium-ion battery fire, do not attempt to extinguish the fire. Get out, stay out, call 999.

Storage

- Avoid storing or charging e-bikes and e-scooters on escape routes or in communal areas of a multi-occupied building. If there is a fire, it can affect people's ability to escape.
- Responsible Persons should consider the risks posed by e-bikes and e-scooters when they are charged or left in common areas such as bike stores, mobility scooter charging rooms or other means of escape. They may wish to offer advice to residents on the safe use, storage and charging of these products.
- Store e-bikes, e-scooters and their batteries in a cool place. Avoid storing them in excessively hot or cold areas.
- Follow manufacturer's instructions for the storage and maintenance of lithium-ion batteries if they are not going to be used for extended periods of time.

Damage and disposal

If you need to dispose of a damaged or end of life battery, do not dispose of it in your household waste or normal recycling. These batteries, when punctured or crushed can cause fires in bin lorries, recycling and waste centres.

If you require more information about e-bikes or e-scooters, please contact Road Safety Wales.

Telephone: **02920 250600**

E-mail: communication@roadsafetywales.co.uk

You can also contact your local road safety team [here](#).