



Lles Plasmawr



Rhagfyr 2025/December 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 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 Plasnewydd. This newsletter will provide you with information regarding our wellbeing provision and will outline the support and opportunities available to your child at Plasnewydd.

Ymyrraethau Lles / Wellbeing Interventions

Pethau Rhyfedd yw Teimladau / 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.

Diogelu Safeguarding

Gweithdrefnau Diogelu yn Ysgol Plasmawr

Mae diogelu lles a diogelwch disgyblion yn flaenoriaeth gan yr ysgol.

Mae pob aelod o staff yn dilyn polisiau diogelu cenedlaethol a lleol, gan gynnwys adrodd pryderon ar unwaith i'r Swyddog Dynodedig Diogelu.

Mae'r ysgol yn gweithio'n agos gyda rhieni, gwasanaethau cymdeithasol ac asiantaethau allanol i sicrhau bod pob plentyn yn ddiogel ac yn cael cefnogaeth briodol.

Mae hyfforddiant diogelu yn cael ei ddarparu'n rheolaidd i staff er mwyn cadw at safonau uchaf o ddiogelwch.

Safeguarding Procedures at Ysgol Plasmawr

Protecting the welfare and safety of pupils is a top priority for the school.

All staff follow national and local safeguarding policies, including reporting any concerns immediately to the Designated Safeguarding Officer.

The school works closely with parents, social services, and external agencies to ensure every child is safe and receives appropriate support.

Regular safeguarding training is provided to staff to maintain the highest standards of safety.

Swyddogion diogelu Ysgol Plasmawr



Mrs Catrin Pallot



Mrs Helen Stiff



Mr Dion Davies



Mrs Rhian Davies



Mrs Lowri White

Safeguarding Officers Ysgol Plasmawr



Mrs Catrin Pallot



Mrs Helen Stiff



Mr Dion Davies



Mrs Rhian Davies



Mrs Lowri White



Os yw plentyn yn poeni am rywbeth neu rywun, gall ddefnyddio'r 'Botwm Becso Plasmawr' ar wefan yr ysgol.



If a child is worried about something or someone, they can use the 'Botwm Becso Plasmawr' on the school website.

Swyddog Lles a Chynhwysiant Wellbeing and Inclusion Officer

Hoffwn longyfarch Heledd Owen ar ei phenodiad fel Swyddog Lles a Chynhwysiant Ysgol Plasmawr ac Ysgol Bro Eder. Rôl Heledd fydd i gefnogi disgyblion 11-16 oed sydd yn cael trafferth mynychu'r ysgol — yn enwedig oherwydd pryder neu bryderon emosiynol.



Congratulations to Heledd Owen on her appointment as Wellbeing and Inclusion Officer at Ysgol Plasmawr and Ysgol Bro Eder. Heledd's role will be to support pupils aged 11-16 who are struggling to attend school— particularly due to anxiety or emotional concerns.



Nyrs Ysgol School Nurse

Bydd Bernie ar gael unwaith yr wythnos yn yr ysgol i gefnogi iechyd a lles disgyblion. Mae hi'n derbyn atgyfeiriadau gan staff ar gyfer unrhyw bryderon iechyd corfforol neu emosiynol.

Bernie will be available once a week in school to support pupils' health and wellbeing. She accepts referrals from staff for any physical or emotional health concerns.



Bernie

Gweithiwr Ieuenctid Youth Worker



CARDIFF YOUTH SERVICE GWASANAETH IEUENCTID CAERDYDD

Cymraeg

cardiffyouthservices.wales

Matthew Lewis
(Fe/Ei - He/Him)

Gweithiwr Cymorth Ieuenctid / Youth Support Worker
Gwasanaeth Ieuenctid Caerdydd / Cardiff Youth Service
E-bost/Email: Mathew.Lewis@cardiff.gov.uk
Ffôn/Phone: 07976957814

Cardiff Youth Service | YouthCardiff | Cardiff Youth service | Cardiff Youth Service

Matthew Lewis

Shwmae!

Fy enw i yw Matthew Lewis ac rwy'n Weithiwr Cymorth Ieuenctid o Wasanaeth Ieuenctid Caerdydd ac rwy'n Weithiwr Ieuenctid yn Ysgol Plasmawr. Rwy'n gweithio bob dydd Mawrth a dydd Mercher ac mae fy swyddfa yn y Llyfrgell. Rwy'n cynnig mentora ieuenctid un i un yn yr ysgol i gefnogi disgyblion gyda'u lles emosiynol, eu hymddygiad, eu presenoldeb a'u cyrhaeddiad. Rwyf hefyd yn cynnal prosiectau yn yr ysgol a thu allan i'r ysgol fel clybiau ieuenctid amser cinio a bocsi, ac yn y flwyddyn newydd byddaf yn cyflwyno prosiect VR yn yr ysgol ynghylch ymddygiad a dylanwad gwrthgymdeithasol. Mae'r gwasanaeth ieuenctid hefyd yn cynnal clybiau ieuenctid o amgylch y ddinas, felly os hoffech chi wybod mwy dyma fy manylion cyswllt:

E-bost: Matthew.Lewis@cardiff.gov.uk

Rhif ffôn: 07976957814

Neu galwch heibio i'r Llyfrgell am sgwrs!

Hello!

My name is Matthew Lewis and I'm a Youth Support Worker from Cardiff Youth Service, and I'm also a Youth Worker at Plasmawr School. I work every Tuesday and Wednesday, and my office is in the Library. I provide one-to-one youth mentoring in the school to support pupils with their emotional wellbeing, behaviour, attendance, and achievement. I also run projects in and outside of school, such as lunchtime youth clubs and boxing, and in the new year I'll be introducing a VR project in the school about behaviour and the influence of antisocial behaviour. The youth service also runs youth clubs around the city, so if you'd like to know more, here are my contact details:

Email: Matthew.Lewis@cardiff.gov.uk

Phone: 07976957814

Or pop into the Library for a chat!

Ers mis Hydref 2024, rydym wedi bod yn gweithio'n agos fel rhan o brosiect peilot gyda Llywodraeth Cynulliad Cymru a'r elusen "Children North East".

Nod y prosiect yw lleihau effaith tlodi ar ddisgyblion, drwy barhau i ymgysylltu â'r egwyddorion, syniadau a deunyddiau sy'n gysylltiedig â "Poverty Proofing".

Mae ein clwstwr cyfan wedi derbyn hyfforddiant ac rydym wedi cynnal archwiliad o bob ysgol, gan gyfweld â disgyblion, rhieni a holl staff yr ysgol. Mae'r broses wedi arwain at newidiadau ar lefel strategol, yn ogystal â lefel ymarferol, ar draws y clwstwr.

Rydym yn ymdrechu i leihau costau posibl sy'n gysylltiedig ag ysgol, er mwyn dileu unrhyw rwystrau all atal profiad llawn o fywyd ysgol. Rydym yn angerddol iawn am hyn a'r effaith gadarnhaol sydd eisoes yn amlwg.

Lleihau effaith tlodi

Enghraifft o newidiadau strategol:

- Mae teithiau ysgol bellach yn cael eu trefnu ymhell ymlaen llaw, gan roi cyfle i rieni ddewis yn ofalus pa deithiau y byddant yn eu blaenoriaethu yn ystod cyfnod ysgol eu plentyn.
- Mae cynlluniau talu ar gael, ynghyd â chymorth pan fo angen. Mae lleoedd am ddim wedi'u sicrhau ar sawl taith breswyl, gan gynnwys y rhaglen gyfnewid i Japan.
- Mae nifer y diwrnodau gwisg anffurfiol wedi'u lleihau ac maent yn cael eu cynllunio'n ofalus, gyda'r taliadau'n gwbl ddewisol ac fel arfer yn cael eu gwneud ar-lein drwy ParentPay.

Since October 2024, we have been working closely as part of a pilot project with the Welsh Assembly Government and the charity Children North East.

The project aims to reduce the impact of poverty on pupils, through continued engagement with Poverty Proofing principles, ideas and materials.

Our whole cluster has received training and we have conducted an audit of each school, interviewing pupils, parents and all school staff. The process has led to changes on a strategic level, as well as a practical level, across the cluster.

We endeavor to reduce potential costs associated with school, in an attempt to remove any barriers to leading a full school life.

We are very passionate about this and the positive impact it is already having.

Poverty Proofing

Example of strategic changes:

- School trips are planned well in advance so that parents can choose carefully which trips they might choose during their child's school life.
- Payment plans are scheduled and help is offered when necessary. Free places have been secured on a number of school residential trips, including the exchange programme to Japan.
- Non uniform days have been reduced and are very carefully planned, with monies only being collected as an optional payment, normally online via Parentpay.



Lles yn y Chweched Wellbeing in Sixth Form

Cynllun Mentora Lles - Mae pob aelod o flwyddyn 13 wedi cael cyfarfod unigol a bydd pawb ym mlwyddyn 12 yn cael eu gweld yn y flwyddyn newydd.

Wellbeing Mentoring Programme - All of year 13 have been met individually and all of year 12 will be met in the new year.

Pob bore Mercher, mae staff yn darparu sesiynau sydd yn ffocysu ar VESPA a lles. i flwyddyn 12..

Wednesday mornings, there is a focus on VESPA and wellbeing for the year 12s. With staff providing sessions to support pupils



HUGGARD: Helping the Homeless



Pob bore Mawrth, mae Mr Thomas wedi bod yn darparu sesiynau i gefnogi disgyblion blwyddyn 13 gyda'r broses o wneud cais UCAS i'r brifysgol.

Tuesday mornings Mr Thomas has been providing session to year 13, to support pupils through UCAS and the process of applying to university.

Trefnwyd diwrnod lles i ddisgyblion y chweched ym mis Hydref. Daeth siaradwyr gwadd o'r ddwy elusen rydym yn cefnogi ynghyd â'r Gwasanaeth Gwaed i siarad gyda'r disgyblion. Eglurodd y Gwasanaeth Gwaed bwysigrwydd rhoi gwaed. Cafodd disgyblion y cyfle i gofrestru ar gofrestr rhodd esgyrn mēr.

In October we had a wellbeing day where the pupils were off timetable. We had external speakers from our two chosen charities and the Welsh Blood Service. They explained more about the importance of donating blood. Pupils were given the opportunity to register for the bone marrow donation register.

Digartrefedd yw'r ffocws ar gyfer ein casgliadau elusennol eleni; ein helusennau yw Canolfan Huggard a The Wallich. Ein targed yw £2000 ac rydym wedi codi £1,300 yn barod. Rydym wedi casglu sanau dros gyfnod y Nadolig, i'w dosbarthu gan ein prifathro blaenorol, Mr Hayes, ar ran elusen y mae'n gysylltiedig â hi.

Homelessness is the focus for our fundraising this year, our chosen charities are The Huggard Centre and The Wallich. £1,300 has been raised towards our £2,000 total. We have collected socks over the festive period, for distribution by our previous headmaster Mr Hayes, for a charity he is involved with

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



Two members of staff are trained to deliver the C-Card. Pupils in KS3 and KS4 are able to message these staff and arrange a time to see them when is convenient for them.

Rydym yn cynnal gwerns newydd ar Berthnasoedd Iach eleni sy'n galluogi disgyblion i ddysgu mwy am beth sy'n gwneud perthynas iach ac iechyd rhywiol.

A new Healthy Relationship lesson, allowing pupils to learn more about what makes a healthy relationship and sexual health, is being run this year.

Meddwl am dy feddwl

Mae Platform wedi rhedeg pedwar cwrs lles yn yr Ysgol yn ystod Tymor yr Hydref.

Cynnwys y sesiynau oedd:

Wythnos 1 Ymwybyddiaeth Ofalgar

Wythnos 2 Byw'n iach a chadw'n heini

Wythnos 3 Meithrin cyfeillgarwch a meddyliau positif

Wythnos 4 Estyn allan ac helpu eraill

Wythnos 5 Bod yn drefnus ac arferion cysgu iach

Wythnos 6 Gosod nodau realistig y gellir eu cyrraedd

PLATFORM

Roedd y sesiynau'n hwyl a dwi'n edrych ar ôl fy hun yn well

Rwy'n hoffi creu pethau sy'n helpu gyda'ch iechyd meddwl e.e. y jar positif

Mwynheais oherwydd bod y gweithgareddau yn hwyl a defnyddiol. Hefyd, roedd pawb yn garedig iawn.

Pobl caredig a gweithgareddau hwylus. Rwy'n mynd i gollir sesiynau.

Diolch am gynnig y sesiynau i fi. Dwi wedi cael amser gwych! Hwn yw fy hoff ran o'r wythnos.

Roeddwn yn teimlo'n saff yn y sesiynau ac yn hoffi creu pethau.

Mwynheais y gweithgareddau positif.

Roeddwn yn hoff iawn o'r sesiynau, dysgais llawer o bethau am feddwmgarwch i a sut gall effeithio fy mywyd.

Mae'r sesiynau wedi bod yn hwyl a neud i fi boeni llai am waith. Fi'n drist mae'r sesiynau yn gorffen.

State of Mind course

Platform have led 4 wellbeing courses at Plasmawr during the Autumn term. The following content was covered during the sessions:

Week 1 Mindfulness

Week 2 Healthy living & Keeping active

Week 3 Nurturing friendships & Positive thoughts

Week 4 Reaching out & Helping others

Week 5 Being organised & Healthy sleeping habits

Week 6 Setting realistic and achievable goals

PLAT_FFORM

"The sessions were fun and I'm taking better care of myself."

"I like creating things that help with your mental health, e.g. the positivity jar."

"I enjoyed it because the activities were fun and useful. Also, everyone was very kind."

"Kind people and enjoyable activities. I'm going to miss the sessions."

"Thank you for offering me the sessions. I've had a great time! This is my favorite part of the week."

"I felt safe in the sessions and enjoyed creating things."

"I enjoyed the positive activities."

"I really enjoyed the sessions; I learned a lot about mindfulness and how it can affect my life."

The sessions have been fun and have made me worry less about work. I'm sad that the sessions have finished!

Grŵp cefnogaeth i rieni a gofalwyr Parent & Carer support group

Mae'r sesiynau ar gyfer unrhyw un sy'n cefnogi plentyn neu berson ifanc pryderus neu niwroamrywiol.



Augmenting
Therapy
CIC

Dyddiadau ar gyfer 2026:

Dydd Gwener 16 Ionawr 10-12

Dydd Gwener 30 Ionawr 10-12

Dydd Gwener 13 Chwefror 10-12

Dydd Gwener 19 Chwefror 10-12

Dydd Gwener 6 Mawrth 10-12

Dydd Gwener 20 Mawrth 10-12

Am fwy o wybodaeth cysylltwch â augmentingtherapy@gmail.com

Sessions are for anyone who is supporting an anxious or neurodivergent child or young person.

Dates for 2026:

Friday 16th Jan 10-12

Friday 30th Jan 10-12

Friday 13th Feb 10-12

Friday 14th Feb 10-12

Friday 6th March 10-12

Friday 20th March 10-12



Augmenting
Therapy
CIC

For more information, contact augmentingtherapy@gmail.com.

GWASANAETH CYNGOR I DEULUOEDD DE CYMRU

Mae Cyngor ar Bopeth Caerdydd a Bro Morgannwg yn darparu cyngor cyfrinachol a dideudd am ddim, ar ystod o feysydd gan gynnwys dyled, budd-daliadau, thai, cyflogaeth a teulu.

Os oes angen help arnoch chi neu'ch teulu, sganiwch y cod QR a chwblhewch y ffurflen atgyfeirio a bydd un o'n tîm mewn cysylltiad.

CYSYLLTWCH Â NI

02921 111272

moondance@cacv.org.uk

Dydd Llun – Dydd Gwener
9yb – 5yp



cyngor ar
bopeth

citizens
advice

Caerdydd a
Bro Morgannwg
Cardiff & Vale



SCHOOLS FAMILY ADVICE SOUTH WALES

Citizens Advice Cardiff & Vale provide free, confidential and impartial advice on a range of areas including debt, benefits, housing, employment and family.

If you or your family need help, please scan the QR code and complete the referral form and one of our team will be in touch.

CONTACT US

02921 111272

moondance@cacv.org.uk

Monday – Friday
9am – 5pm



cyngor ar
bopeth

citizens
advice

Caerdydd a
Bro Morgannwg
Cardiff & Vale



Sesiwn Galw Heibio i Deuluoedd ac Eraill sy'n Pryderu

Lle diogel a chefnogol i deuluoedd
ac eraill sy'n pryderu.



Ymunwch â Ni

Bob dydd Mawrth

Rhwng 10AM a
12PM

Rydym Yn

GCACAF, 7 Plas

Sant Andreas

Caerdydd

CF10

Mae CAVDAS yn cynnig cymorth am ddim
ac yn gyfrinachol ledled Caerdydd a'r
Fro i unrhyw un sy'n cael eu heffeithio
gan ddefnydd cyffuriau neu alcohol.

Mae'r gwasanaeth ar gael i unigolion yn
ogystal â'u teuluoedd, ffrindiau a
gofalwyr. Maent yn darparu:

Cymorth un-i-un a grŵp, ar-lein neu
wyneb yn wyneb

Gwasanaethau arbenigol i blant, pobl
ifanc a'r rhai dros 50 oed

Cyngor ar leihau risg, gan gynnwys
naloxone a chyfnewid nodwyddau

Rhaglenni hyfforddi ac ymwybyddiaeth i
gymunedau a gweithwyr proffesiynol

Ar agor Llun-Gwener, 9 yb-5 yh;

cysylltu'n ddwyieithog Cymraeg/Saesneg

drwy 0300 300 7000, neu e-bost

info@cavdas.com

CAVDAS offers free, confidential support
across Cardiff and the Vale for anyone
affected by drug or alcohol use. Services
are available to individuals, as well as
their families, friends, and carers. They
provide:

One-to-one and group support, online or
in person

Specialist services for children, young
people, and over-50s

Risk-reduction advice, including naloxone
and needle-exchange

Training and awareness programmes for
communities and professionals

Open Monday-Friday, 9 am-5 pm;
bilingual Welsh/English contact via 0300
300 7000, or email info@cavdas.com



Family & Concerned Others Drop In

A safe, supportive space for families
and concerned others.

Join Us

Tuesday, Weekly
Between 10AM &
12PM

Find Us At

CAVDAS, 7 St
Andrew's Place
Cardiff
CF10 3BE



**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





Products for every month

We have a variety of free period products at Ysgol Plasmawr.

There are period products in every toilet and in the 'Hen Gilfach'.

There are spare clothes in the Progress Area if needed.