



Lles Plasmawr



Mawrth 2025/March 2025

Croeso i Gylchlythyr Lles Plasmawr

Mae lles yn flaenoriaeth i ni ym Mhplasmawr. 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.

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Rydym yn falch o gyhoeddi lansiad adnodd newydd ar wefan yr ysgol sydd wedi'i greu i helpu disgyblion (a'u teuluoedd) ddod o hyd i'r ystod eang o gymorth sydd ar gael iddynt yn yr ysgol.

Mae'r adnodd hwn wedi'i gynllunio i fod yn fan cyfeirio clir ac hwylus, gan arddangos y gwahanol wasanaethau lles a chymorth emosiynol sydd ar gael. Ein nod yw sicrhau bod pob disgybl yn gwybod ble gallant droi pan fyddant angen cefnogaeth.

Beth fyddwch chi'n ei weld ar y dudalen newydd?

- Gwybodaeth am gymorth lles a gwasanaethau cwnsela sydd ar gael yn yr ysgol.
- Manylion am staff allweddol y gall disgyblion siarad â hwy.
- Llwybrau hawdd eu dilyn sy'n dangos sut i gael help yn ôl eu hanghenion.

Pam rydym wedi creu'r adnodd hwn?

Rydym am i bob plentyn deimlo'n ddiogel, wedi'u cefnogi, ac yn hyderus i ofyn am help pan fydd ei angen arnynt.

Mae cael y wybodaeth hon mewn un lle hygyrch ar wefan yr ysgol yn golygu bod disgyblion a theuluoedd yn gallu dod o hyd i gymorth yn gyflym ac yn syml.

Sut i'w ddefnyddio?

Bydd yr adnodd ar gael trwy brif ddewislenn gwefan yr ysgol. Rydym yn eich annog i'w archwilio gyda'ch plentyn er mwyn iddynt wybod lle i ddod o hyd i wybodaeth pan fydd ei hangen.



We are pleased to announce the launch of a new resource on the school website, created to help pupils (and their families) find the wide range of support available to them in school. This resource has been designed as a clear and easy-to-use signposting hub, highlighting the different wellbeing services, emotional support options on offer. Our aim is to ensure that every pupil knows where to turn when they need support – confidently, and without delay.

What will you find on the new page?

- Information about wellbeing support and counselling services available in school
- Details of key staff members pupils can talk to
- Easy-to-follow pathways showing how to access help depending on their needs

Why have we created this resource?

We want every child to feel:

- safe,
- supported, and
- confident to ask for help when they need it

Having this information in one accessible place on the school website means pupils and families can find the support they need quickly and simply.

How to use it?

The resource will be available through the main menu of the school website. We encourage you to explore it with your child so they know where to find information when they need it.

Coeden Bywyd

Mae pedwar aelod o staff wedi derbyn hyfforddiant Coeden Bywyd yn ystod yr wythnosau diwethaf. Ymyrraeth lles 6 wythnos yw Coeden Bywyd.

Beth yw ymyrraeth lles Coeden Bywyd?

Mae 'Coeden Bywyd' yn weithgaredd therapiwtig creadigol sy'n helpu plant i fyfyrio ar bwy ydyn nhw, ble maen nhw'n dod, a pha gryfderau sydd ganddynt. Gellir ei ddefnyddio fel ymyrraeth grŵp bach neu 1:1.

Trwy ddefnyddio delwedd coeden, mae pob rhan yn cynrychioli agwedd gadarnhaol ar fywyd y plentyn:

- Gwreiddiau - cefndir a dylanwadau cadarnhaol
- Y ddaear - bywyd bob dydd nawr
- Y boncyff - sgiliau, cryfderau a gwerthoedd
- Canghennau - gobeithion a dyheadau ar gyfer y dyfodol
- Dail a ffrwythau - pobl bwysig yn eu bywydau a'r rhinweddau maent wedi'u meithrin drwy eraill



Mae'r ymyrraeth yn ddiogel, hapus ei naws ac yn seiliedig ar gryfderau, ac mae'n gallu helpu plant i:

- deimlo'n fwy hyderus ac yn gadarn yn eu hunaniaeth
- gydnabod eu cryfderau personol
- feithrin cysylltiad gyda'i gilydd mewn ffordd bositif a chreadigol.

Tree of life

Four members of staff have received Tree of Life training in recent weeks. Tree of Life is a 6-week wellbeing intervention.

What is the Tree of Life wellbeing intervention?

The Tree of Life is a creative therapeutic activity that helps children reflect on who they are, where they come from, and what strengths they have. It can be used as a small-group or 1:1 intervention.

Using the image of a tree, each part represents a positive aspect of the child's life:

- Roots – their background and positive influences
- Ground – their everyday life as it is now
- Trunk – their skills, strengths, and values
- Branches – their hopes and dreams for the future
- Leaves and fruits – the important people in their lives and the qualities they have gained from others



This intervention is safe, positive, and strengths-based, and it helps children:

- feel more confident and secure in their identity
- recognise their personal strengths
- build positive connections with others in a creative, meaningful way

Mentoriaid Mislif



Nôl yn nhymor yr Haf gwnaethom gais am grant i ddatblygu ein gwaith ar y mislif ym Mhlasmawr. Roedd ein cais yn llwyddiannus a chawsom grant o £750 gan Plan i gefnogi a gwella ein darpariaeth ac i godi ymwybyddiaeth o iechyd mislif yn yr ysgol. Ein nod fel ysgol yw sicrhau bod pob plentyn yn teimlo'n hyderus ac yn wybodus am y mislif ac mae'r grant hwn yn gam pwysig tuag at gryfhau ein gwaith yn y maes hwn.

Bwriad rhaglen Mentoriaid Mislif yw i:

- leihau stigma o amgylch mislif
- gynyddu gwybodaeth iechyd mislif ymhlith pobl ifanc (gan gynnwys bechgyn)
- wella mynediad at gynnyrch a chyfleusterau
- greu amgylcheddau mislif balch yn yr ysgol

Awrygylch mislif balch

- Mae cynnyrch mislif ar gael am ddim ym mhob tŷ bach ym Mhlasmawr.
- Mae tai bach preifat, glân ac mae biniau addas i waredu cynnyrch.
- Mae dillad sbar gan gynnwys teits a dillad isaf ar gael.
- Mae amrywiaeth o gynnyrch mislif ar gael i'r disgyblion gasglu o stondin yn yr Hen Gilfach.
- Rydym yn dosbarthu cynnyrch i ferched ar ddiwedd pob tymor.
- Mae posteri yn hyrwyddo'r cynnyrch ym mhob tŷ bach ac o gwmpas yr ysgol.

Ein tasg gyntaf oedd i recriwtio aelodau o'r Chweched i fod yn Fentoriaid Mislif.

Yn ail, cafodd y Mentoriaid Mislif eu hyfforddi mewn gwybodaeth mislif, hwyluso trafodaethau diogel, a chyfeirio at wasanaethau iechyd.

Ar ôl yr hyfforddiant aeth y Mentoriaid mislif ati i lunio gweithdy i ddisgyblion 7,8 a 9.

Roedd y gweithdy yn gyfle i rannu gwybodaeth a ffeithiau am y mislif. Cafodd y disgyblion hwyl wrth greu breichledu mislif i gynrychioli'r gylchred arferol. Cafwyd sgysiau agored wrth i'r mentoriaid gyflwyno gwybodaeth am gynnyrch mislif amrywiol a dangos sut oeddent yn gweithio a pha mor amsugol oeddent. Cyflwynodd y mentoriaid 3 gwefan ddefnyddiol a dibynadwy i'r disgyblion i ddefnyddio os oedd cwestiwn gyda nhw ynghylch y mislif.

Camau gweithredu

- Cael mwy o stondinau pwrpasol ar gyfer arddangos cynnyrch mislif o gwmpas yr ysgol.
- Darparu mwy o gyfleoedd i gynnwys bechgyn, rhieni a staff mewn ymgyrchoedd yn ymwneud â'r mislif.



Cynnyrch ar gyfer pob mis

Mae gennym amrywiaeth o gynnyrch mistlif am ddim yn Ysgol Plasnewydd.

Mae cynnyrch mistlif ym mhob tŷ bach ac yn yr Hen Gilfach.

Mae dillad sbar yn yr Ardal Cynnydd os oes angen.

Period Peers



Back in the Summer term, we applied for a grant to develop our work on menstruation at Plasmawr. Our application was successful and we received a £750 grant from Plan to support and improve our provision and to raise awareness of menstrual health in the school.

Our aim as a school is to ensure that every child feels confident and well-informed about menstruation, and this grant is an important step towards strengthening our work in this area.

The aim of the Period Peers programme is to:

- reduce the stigma surrounding menstruation
- increase menstrual-health knowledge among young people (including boys)
- improve access to products and facilities
- create period-positive environments in the school.

Our first task was to recruit members of the sixth form to be period peers.

Secondly, the Period Peers were trained in menstrual knowledge, facilitating safe discussions, and signposting health services.

After the training, the Period Peers set about creating a workshop for pupils in Years 7, 8 and 9.

The workshop was an opportunity to share information and facts about menstruation. The pupils had fun creating menstrual bracelets to represent a typical cycle. There were open conversations as the mentors presented information about different menstrual products, showing how they worked and how absorbent they were. The mentors also introduced three useful and reliable websites for pupils to use if they had any questions about menstruation.

Period proud environments

- Menstrual products are available free of charge in every toilet in Plasmawr.
- The toilets are private, clean, and have suitable bins for disposing of products.
- Spare clothing, including tights and underwear, is available.
- A variety of menstrual products is available for pupils to collect from the stall in the Old Gilfach.
- We distribute products to girls at the end of each term.
- Posters promoting the products are displayed in every toilet and around the school.

Action steps

- To have more stands for displaying menstrual products around the school.
- Provide more opportunities to involve boys, parents, and staff in campaigns relating to menstruation.



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.



Lles yn y Chweched Wellbeing in Sixth Form

Cynllun Mentora Lles - Dechreuodd 2026 gyda blwyddyn 12 yn cael cyfarfodydd unigol. Bydd pob disgybl yn cael cyfarfod cyn diwedd y flwyddyn..

Wellbeing Mentoring Programme - 2026 started with year 12 being met for individual check-ins. Pupils that were not met, will be checked in with before the end of the 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

Mae'r disgyblion wedi parhau i godi arian ar gyfer eu helusennau dewisol, sef Wallich a Huggard. Bydd yr arian yn cael ei gyflwyno i'r elusennau yn ystod gwasanaeth y gadael.

The pupils have continued to raise money towards their chosen charities, Wallich and Huggard. The charities will be presented with the money in the leavers assembly.

Ym mis Ionawr, cynhaliwyd diwrnod lles lle'r oedd y disgyblion oddi ar yr amserlen, gyda ffocws ar baratoi'r chweched i bleidleisio am y tro cyntaf ym mis Mai. Fe gynhaliwyd Husting yn yr ysgol gyda gwahanol bleidiau gwleidyddol yn mynychu i roi dealltwriaeth ehangach i'r disgyblion ac ateb eu cwestiynau. Mynychodd Bro Eder yn Wyl i gefnogi'r bartneriaeth rhwng yr ysgolion.

In January we had a wellbeing day where the pupils were off timetable with a focus on preparing the 6th formers to vote for the first time in May. We hosted a Husting within the school with political parties attending to give the pupils a wider understanding, and answer questions asked by the pupils. Bro Eder attended the event to support the partnership between the schools.

Gyda ffocws ar ddatblygu dealltwriaeth wleidyddol y disgyblion, maent hefyd wedi cael y cyfle i fynychu sesiwn Holi ac Ateb ar-lein gyda'r AS Eluned Morgan, ac un Holi ac Ateb wyneb yn wyneb gyda'r AS Alex Barros-Curtis.

With a focus of developing the pupils political understanding, they have also had the opportunity to attend an online Q&A session with AS Eluned Morgan, and an in-person Q&A with MP Alex Barros Curits.

Mae dau aelod o staff wedi derbyn hyfforddiant C-Card. Gall disgyblion CA4 a CAS 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 KS4 and KS5 are able to message these staff and arrange a time to see them when is convenient for them.

Rydym yn falch o'ch hysbysu bod Iechyd Cyhoeddus Cymru yn cydweithio gyda ni eto eleni i ddarparu'r rhaglen Byw Bywyd Di-Fwg. Mae hwn yn rhan o ymdrech barhaus Iechyd Cyhoeddus Cymru i hyrwyddo iechyd a lles pobl ifanc ledled Cymru ac i'w cefnogi i wneud dewisiadau iach a chadarnhaol.

Mae Byw Bywyd Di-Fwg yn cynnig gwybodaeth glir a hygyrch i ddisgyblion am effeithiau ysmegu a defnyddio e-sigaréts, gan eu helpu i ddeall pam mae gwneud dewisiadau di-fwg mor bwysig i'w hiechyd. Mae'r adnoddau a'r deunyddiau a ddarperir gan Iechyd Cyhoeddus Cymru wedi'u cynllunio i gefnogi pobl ifanc i ddewis ffordd iachach o fyw ac un di-fwg.

Ein nod drwy'r bartneriaeth hon yw:

- Hysbysu disgyblion gyda gwybodaeth gywir, gyfredol ac addas i'w hoedran
- Cefnogi dewisiadau ffordd o fyw cadarnhaol
- Meithrin amgylchedd ysgol sy'n hyrwyddo iechyd ac sy'n gwbl ddi-fwg

Rydym yn edrych ymlaen at flwyddyn arall o gydweithio gyda Iechyd Cyhoeddus Cymru er mwyn cefnogi ein disgyblion i dyfu'n unigolion hyderus, gwybodus ac ymwybodol o'r dewisiadau iechyd maent yn eu gwneud.



Byw Bywyd Di-Fwg Just Be Smoke Free

We are pleased to let you know that Public Health Wales will be working with us again this year to deliver the Just Be Smoke Free programme. This programme is part of Public Health Wales' wider work to protect and improve the health and wellbeing of young people across Wales.

The Just Be Smoke Free initiative provides pupils with age-appropriate information about the risks of smoking and vaping, and promotes the importance of making healthy, smoke-free choices. Public Health Wales offer structured resources and support to help young people understand how to look after their health and resist pressure to smoke.

By working in partnership with Public Health Wales, we aim to:

- Equip pupils with accurate, reliable health information
- Promote positive lifestyle decisions
- Encourage a smoke-free school community

We look forward to another year of collaboration with Public Health Wales, supporting our pupils to stay healthy, informed, and confident in the choices they make.



Diogelu: Secstio

Beth yw secstio?

Secstio yw anfon neges, llun neu fideo lled-noeth, noeth neu rywiol at rywun arall. Gallai fod yn lun ohonoch chi, ond weithiau mae pobl yn anfon lluniau a fideos o bobl eraill.

Gallai hyn fod at ffrind, partner, neu rywun nad ydych chi'n eu hadnabod.

Mae'n anghyfreithlon i anfon delweddau neu fideos noeth o, neu at, bobl dan 18 oed. Gall secstio arwain at golli preifatrwydd. Unwaith y caiff rhywbeth ei rannu, gall ledaenu'n gyflym. Gall achosi straen, embaras neu bryder os yw'r cynnwys yn cael ei rannu ymlaen neu ei ddefnyddio'n anghywir.

Mae'n cael effaith ar gyfeillgarwch a gall effeithio ar gyfleoedd yn y dyfodol.

Wrth i bobl ifanc dreulio mwy o amser ar-lein ac ar gyfryngau cymdeithasol, mae'n bwysig ein bod yn gweithio gyda'n gilydd i'w cadw'n ddiogel. Un maes sydd yn peri pryder cynyddol yw secstio. Er bod llawer o bobl ifanc yn deall y risgiau, mae pwysau cyfoedion a defnydd cynyddol o ffonau symudol yn gallu eu rhoi mewn sefyllfaoedd anodd. Gyda chefnogaeth gartref ac yn yr ysgol, gallwn helpu sicrhau bod ein pobl ifanc yn gwneud penderfyniadau doeth ac yn aros yn ddiogel ar-lein.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/>

Cyngor i rieni/gofalwyr:

- 1** Siarad yn agored gyda'ch plentyn am ddefnydd cyfrifol o'r rhyngwyd.
- 2** Esbonio'r risgiau o rannu unrhyw gynnwys personol neu breifat.
- 3** Gosod ffiniau clir, e.e. cyfrifon preifat a rheolau amser sgrin.
- 4** Adolygu gosodiadau preifatrwydd ar apiau a dyfeisiau gyda'ch plentyn
- 5** Atgoffa nhw i adrodd unrhyw bryder i oedolyn dibynadwy yn syth.

Safeguarding: Sexting

What is sexting?

Sexting is sending a message, picture or video semi-nude, nude or sexual to another. It could be a picture of you, but there are times people send pictures and videos of other people.

This could be to a friend, partner, or someone you don't know.

It is illegal to send nude images or videos of, or to, people under the age of 18. Sexting can lead to a loss of privacy. Once something is shared, it can spread quickly. It can cause stress, embarrassment or anxiety if the content is shared or used incorrectly.

It has an effect on friendships and can affect future opportunities.

As young people spend more time online and on social media, it is important that we work together to keep them safe. One area of increasing concern is sexting. Although many young people understand the risks, peer pressure and increased use of mobile phones can put them in difficult situations. With support at home and at school, we can help ensure that our young people make wise decisions and stay safe online.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/>

Advice for parents/carers:

- 1 Talk openly with your child about responsible use of the internet.
- 2 Explain the risks of sharing any personal or private content.
- 3 Set clear boundaries, e.g. private accounts and screen time rules.
- 4 Review privacy settings on apps and devices with your child
- 5 Remind them to report any concerns to a trusted adult straight away.

Yn mis Ebrill bydd y Gwasanaeth Mewngymorth Ysgolion yn rhedeg gweithdy lles yn ystod amser arholiadau i griw o ddisgyblion sydd wedi mynegi diddordeb.

The School In-Reach Service will be delivering a wellbeing workshop during exam time with pupils who have expressed an interest. This will take place in April.

GWEITHDY LLES YN YSTOD AMSER ARHOLIADAU
 Taflen i ddysgwyr a rhieni/gofalwyr



PWY SY'N CYFLWYNO'R GWEITHDY?

Cyflwynir y gweithdy gan y Gwasanaeth Mewngymorth Ysgolion - Gwasanaeth GIG a thim o weithwyr iechyd meddwl proffesiynol. Rydym yn gweithio gyda staff addysg i gynnig cymorth a chyngor ar sut y gallant gefnogi pobl ifanc gyda'u lles emosiynol a'u hiechyd meddwl mewn ysgolion.

Gallwch ddarganfod mwy amdanom ar ein gwefan



www.cavyoungwellbeing.wales/14vw

GWYBODAETH BWYSIG

- Mae sesiynau fel arfer yn para 45-60 munud
- Wedi'u cyflwyno naill ai mewn dosbarth bach neu wasanaeth
- Byddwn yn rhannu gwybodaeth a strategaethau ynghylch lles
- Mae gennym hefyd fersiwn wedi'i recordio ar gyfer rhieni



AM BETH MAE'R GWEITHDY?

Dyma'r pethau rydyn ni'n mynd i'w cynnwys yn y gweithdy:

- Meddyliau a theimladau rydyn ni'n eu cysylltu â chyfnodau arholiadau
- Beth yw gorbryder, pam rydyn ni'n ei brofi a sut mae'n effeithio ar berfformiad
- Trafod strategaethau i gefnogi lles
- Rhestr cyfeirio ac adnoddau

Gobeithiwn y byddwch yn gadael gydag ychydig o syniadau o'r hyn y gallwch ei wneud i helpu i gefnogi eich hun drwy'r cyfnod hwn.

CYMORTH PELLACH



Mae gan www.cavyoungwellbeing.wales/cy amrywiaeth o wasanaethau y gallwch ddewis ohonynt, yn dibynnu ar yr hyn sydd ei angen arnoch ar hyn o bryd.



WELLBEING DURING EXAM TIME WORKSHOP
 Leaflet for learners and parents/carers



WHO IS DELIVERING THE WORKSHOP?

The workshop is delivered by the School In-Reach Service - an NHS Service and team of mental health professionals. We work with education staff to offer help and advice on how they can support young people with their emotional wellbeing and mental health in schools.

You can find out more about us on our website



www.cavyoungwellbeing.wales/14vw

WHAT IS THE WORKSHOP ABOUT?

These are the things we are going to cover in the workshop:

- Thoughts and feelings we associate with exam periods
- What anxiety is, why we experience it and how it impacts performance
- Talk through strategies to support wellbeing
- Signposting and resource list

We hope is that you will go away with a few ideas of what you can do to help support yourself through this period.

KEY INFORMATION

- Sessions are generally 45-60 minutes
- Delivered in either a small class or assembly
- We will share information and strategies around wellbeing
- We also have a recorded version for parents



FURTHER SUPPORT



www.cavyoungwellbeing.wales/ has a range of services that you can choose from, dependent on what you need in the moment.



This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg

