



Lles Plasmawr



Gorffennaf 2026/July 2026

Croeso i Gylchlythyr Lles Plasmawr

Mae lles 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.

Cynnwys/Contents:

- 1 Holiadur SHRN / SHRN Survey
- 2 Prosiect Lles Bro Plas Taf Wellbeing Project
- 3 Cwsg a Lles / Sleep and Wellbeing
- 4 Prosiect Sbectrwm / Spectrum Project
- 5 Gwybodaeth am gymorth lles /
Information about wellbeing support
- 6 Lles Plasmawr / Plasmawr Wellbeing

Holiadur SHRN 2025

Beth yw Holiadur SHRN?

Mae Holiadur Iechyd a Lles SHRN yn arolwg cenedlaethol lle mae disgyblion yn rhannu eu barn am eu hiechyd, eu lles a'u profiadau yn yr ysgol. Mae hyn yn ein helpu i ddeall beth sy'n mynd yn dda a ble gallwn wella. Atebodd ein disgyblion ni yr holiadur yn mis Tachwedd 2025 a hoffwn rannu rhai o'r prif ganlyniadau gyda chi, gan ddangos y gwelliannau ers 2023 a'r blaenoriaethau ar gyfer y dyfodol.

Rydym yn falch iawn o weld gwelliannau cadarnhaol yn lles ein disgyblion o'i gymharu â 2023:

Mae mwy o ddisgyblion:

- ✓ Yn bwyta brecwast ac yn bwyta'n iachach
- ✓ Yn fwy egniol
- ✓ Yn teimlo'n hapusach gyda'u bywyd
- ✓ Yn teimlo bod cefnogaeth ar gael gan staff

Rydym hefyd wedi gweld:

- ✓ Gostyngiad mewn defnydd alcohol a chyffuriau
- ✓ Lefelau is o fwlio ymhlith disgyblion
- ✓ Perthnasoedd cryfach a gwell cefnogaeth cyfeillgarwch

Ein blaenoriaethau:

Parhau i gefnogi iechyd emosiynol disgyblion

Rhannu gwybodaeth gyda disgyblion a'u teuluoedd er mwyn gwella arferion cysgu a defnyddio sgriniau

Cynyddu'r cyfleoedd i sicrhau bod pob disgybl yn teimlo bod eu llais yn cael ei glywed

Adnewyddu'r polisi gwrthfwlio

Parhau i addysgu am fapio, alcohol a chyffuriau yn y gwersi Lles

SHRN Survey 2025

What is the SHRN Survey?

The SHRN (School Health Research Network) survey is a national questionnaire where pupils share their views about their health, wellbeing and experiences in school. This helps us understand what is going well and where we can improve. Our pupils answered this questionnaire in November 2025 and we would like to share some of the key findings with you, highlighting improvements since 2023 as well as our priorities for the future.

We're really pleased to share some positive progress in pupil wellbeing compared to our previous survey:

More pupils are:

- ✓ Eating breakfast and healthier diets
- ✓ Staying active and reducing sedentary time
- ✓ Reporting higher life satisfaction
- ✓ Feel that staff care about them and support is available

Encouragingly, we have also seen:

- ✓ Reductions in alcohol and drug use
- ✓ Lower levels of bullying behaviour
- ✓ Strong friendship support across the school

What we're focusing on next:

Supporting emotional wellbeing and resilience

Improving sleep and screen habits

Ensuring more pupils feel their voice is heard

Tackling bullying experiences

Continuing education around vaping, alcohol and drugs

Bro Plas Taf

Prosiect Lles rhwng Ysgol Plasmawr, Glantaf a Bro Edern

Yn dilyn canlyniadau diweddaraf yr Arolwg Iechyd a Lles SHRN, mae Ysgol Plasmawr, Glantaf a Bro Edern wedi dod ynghyd i gychwyn prosiect cydweithredol cyffrous sy'n rhoi llais a grym i bobl ifanc.

Mae cynrychiolwyr o'r dair ysgol wedi cyfarfod yn ddiweddar i rannu a thrafod prif ganfyddiadau'r data. Ar ôl dadansoddi'r canlyniadau, rydym wedi penderfynu canolbwyntio ar dri maes allweddol: llais y disgybl, ymbweru merched a gwrywdod cadarnhaol.

Bydd y prosiect yn cynnwys 60 o ddisgyblion Blwyddyn 8 a 9, ynghyd â 6 aelod o'r Chweched Dosbarth, ar draws y dair ysgol. Bydd y bobl ifanc hyn yn gweithio gyda'i gilydd i archwilio a thrafod data'r dair ysgol, gan rannu safbwyntiau a syniadau ynghylch sut y gellir ymateb i'r canfyddiadau.

Bydd y gwaith yn canolbwyntio ar ddau brosiect penodol:

Gwrywdod Cadarnhaol – Blwyddyn 8

Ymbweru Merched – Blwyddyn 9

Bwriad y cynllun yw galluogi'r disgyblion i ddefnyddio'r data fel sail i baratoi a chyflwyno gweithdai i ddisgyblion Blwyddyn 6 fel rhan o un o'r diwrnodau pontio, gan rannu negeseuon pwysig o'r data.

Rydym yn edrych ymlaen at weld y disgyblion yn arwain y gwaith hwn ac yn defnyddio eu syniadau a'u profiadau i lywio newid cadarnhaol.



Bro Plas Taf

Wellbeing Project Between Ysgol Plasmawr, Glantaf and Bro Edern

Following the latest SHRN Health and Wellbeing Survey results, Ysgol Plasmawr, Glantaf and Bro Edern have come together to launch an exciting collaborative project that gives young people a voice and empowers them to make a difference.

Representatives from the three schools recently met to share and discuss the key findings from their data. After analysing the results, we decided to focus on three key areas: student voice, girls' empowerment, and positive masculinity.

The project will involve 60 Year 8 and Year 9 students, alongside 6 Sixth Form students, from across the three schools. These young people will work together to explore and discuss the data from all three schools, sharing perspectives and ideas about how the findings can be addressed.

The work will focus on two specific projects:

Positive Masculinity – Year 8

Girls' Empowerment – Year 9

The aim of the project is to enable students to use the data as a foundation for designing and delivering workshops for Year 6 pupils as part of one of the summer transition days, sharing key messages and insights drawn from the survey findings. We look forward to seeing students lead this important work and use their ideas and experiences to drive positive change.



Cwsg a Lles Pobl Ifanc

Mae cael noson dda o gwsg yn gwneud byd o wahaniaeth i iechyd a lles ein plant, ac mae canlyniadau diweddar yr arolwg SHRN yn ein hatgoffa pa mor bwysig yw hyn—dyna pam ein bod wedi cynnwys rhywfaint o wybodaeth ddefnyddiol am gwsg yn y cylchlythyr.

Yn ystod gwyliau'r haf, mae'n arferol i bobl ifanc fynd i'r gwely'n hwyrach, treulio mwy o amser ar gemau neu'r cyfryngau cymdeithasol, a chysgu'n hirach yn y bore. Fodd bynnag, gall patrymau cysgu anghyson effeithio ar eu hwyliau, iechyd meddwl a lles cyffredinol

Awgrymiadau i Rien i Gofalwyr:

Cytunwch ar drefn hyblyg
Caniatewch nosweithiau hwyrach, ond ceisiwch gadw amseroedd codi o fewn 1-2 awr o'r arfer

Annog cyfnod ymlacio cyn cysgu
Diffodd dyfeisiau a gwneud gweithgareddau tawel fel darllen neu wrando ar gerddoriaeth

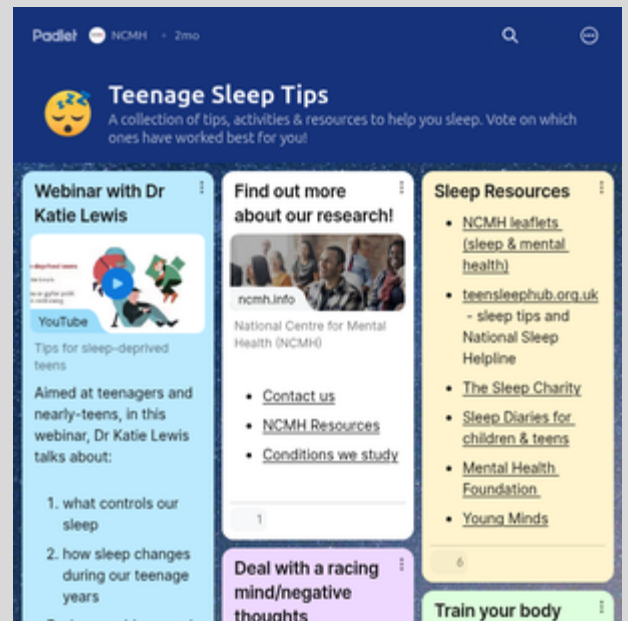
Trafod arferion sgrin
Gall sgrolio neu chwarae gemau'n hwyr ei gwneud hi'n anoddach cwmpo i gysgu

Cefnogi annibyniaeth
Cynnwys pobl ifanc wrth osod eu nodau cysgu iach eu hunain

Sylwi ar newidiadau
Gall blinder parhaus, hwyliau isel neu hwyliau drwg fod yn arwyddion o gwsg gwael

Am fwy o wybodaeth ac awgrymiadau am gwsg gweler y ddolen i Padlet Cwsg Pobl Ifanc isod:

Padlet Cwsg Pobl Ifanc



Gall ffonau a thabledi effeithio ar gwsg. Anogwch bobl ifanc i:

- Ddefnyddio modd "nos"
- Osgoi mynd â dyfeisiau i'r gwely
- Gwefru ffonau y tu allan i'r ystafell wely dros nos

Pam mae cwsg yn bwysig?

Mae cwsg da yn helpu pobl ifanc i:

- Reoli straen ac emosiynau
- Canolbwyntio a chynyddu cymhelliant
- Cynnal iechyd meddwl cadarnhaol
- Teimlo'n fwy egniol ac hyderus

Cychwyn sgwrs:

- "Sut wyt ti'n teimlo ar ôl noson hwyr o'i gymharu â noson o gwsg da?"
 - "Beth sy'n helpu i ti ymlacio cyn mynd i'r gwely?"
 - "Wyt ti'n meddwl bod dy ffôn yn effeithio ar dy gwsg?"

Teen Sleep & Wellbeing

Having a good night's sleep makes a world of difference to our children's health and wellbeing, and the recent SHRN survey results remind us just how important this is—which is why we have included some useful information about sleep in this newsletter.

Summer holidays often mean later nights, gaming, social media, and sleeping in—completely normal for teenagers. However, disrupted sleep patterns can affect mood, mental health, and overall wellbeing.

Tips for Parents & Carers of Teenagers:

Agree flexible routines

Allow later nights, but keep wake-up times within 1-2 hours of usual to avoid body clock disruption

Encourage a wind-down period

Suggest switching off devices and doing something relaxing before sleep

Talk about screen habits

Late-night scrolling or gaming can make it harder to fall asleep

Support independence

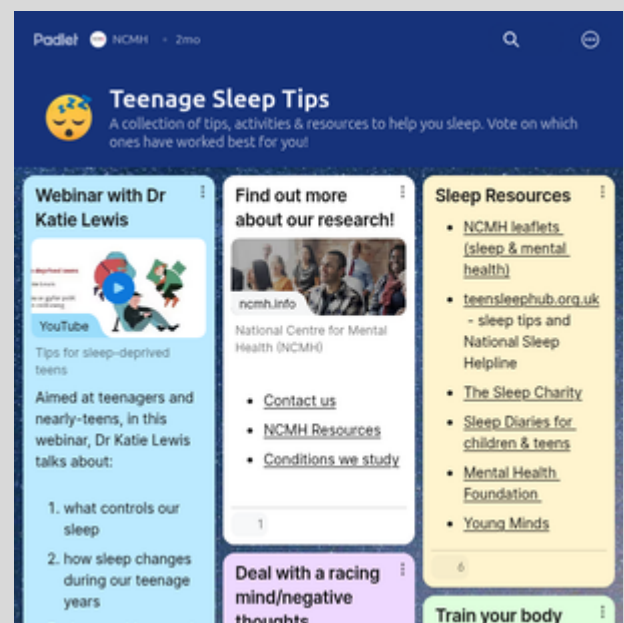
Involve teens in setting their own healthy sleep goals

Watch for changes

Ongoing tiredness, low mood, or irritability may signal poor sleep

For more information and tips about sleep, please see the link to the Young People's Sleep Padlet below

Teenage Sleep Padlet



Phones and tablets can impact sleep. Encourage teens to:

- Use "night mode" settings
- Avoid taking devices to bed where possible
- Try charging phones outside the bedroom overnight

Why sleep matters for teens?

Good sleep helps teenagers:

- Manage stress and emotions
- Concentrate and stay motivated
- Maintain positive mental health
- Feel more energised and confident

Conversation starters:

- "How do you feel after a late night vs a good night's sleep?"
 - "What helps you switch off at the end of the day?"
 - "Do you think your phone affects your sleep?"

Sesiynau Sbectrwm

Fel rhan o ymgyrch y Llywodraeth yng Nghymru i leihau Trais yn erbyn Menywod, Cam-drin Domestig a Thrais Rhywiol mae'r Prosiect Sbectrwm gan Stori yn cael ei hariannu gan Llywodraeth Cymru i gynnal sesiynau am ddim ar Berthnasau Iach i flwyddyn 2, 5 a 9 ym mhob ysgol gynradd ac uwchradd yng Nghymru. Roeddem yn ffodus i gael Delyth Terry-Brown o Stori i redeg gweithdai gyda pob dosbarth ym mlwyddyn 9 yn gynt yn y tymor.

Roedd y sesiynau yn cynnwys trafodaethau am berthnasau iach, agweddau afiach perthnasau a chamdrin domestig. Roedd cyfle i'r disgyblion drafod ymddygiad derbyniol ac annerbyniol o fewn perthynas a beth dylai pob un ddisgwyl o ran ymddygiad partner. Bwriad y sesiynau oedd i sicrhau bod ein disgyblion wedi cael eu haddysgu ar y testun fel eu bod yn gallu gwneud penderfyniadau doeth, a'u bod yn gwybod sut i ofyn am gymorth.

stori

*Start a new chapter
Dechrau pennod newydd*

Spectrum Sessions

As part of the Welsh Government's campaign to reduce Violence Against Women, Domestic Abuse and Sexual Violence, the Spectrum Project, delivered by Stori, is funded by the Welsh Government to provide free Healthy Relationships sessions for pupils in Years 2, 5 and 9 in every primary and secondary school in Wales. Delyth Terry-Brown delivered this workshop to every year 9 class earlier in the term.

The Spectrum sessions included discussions about relationships, with a focus on the characteristics of healthy relationships, unhealthy relationships, and domestic abuse. There were opportunities for the pupils to discuss acceptable and unacceptable behaviours within a relationship and what everyone should expect from a partner in terms of behaviour.

The aim is to ensure that young people receive education on this topic so that they are able to make informed decisions and know how to seek help if needed.

stori

*Start a new chapter
Dechrau pennod newydd*

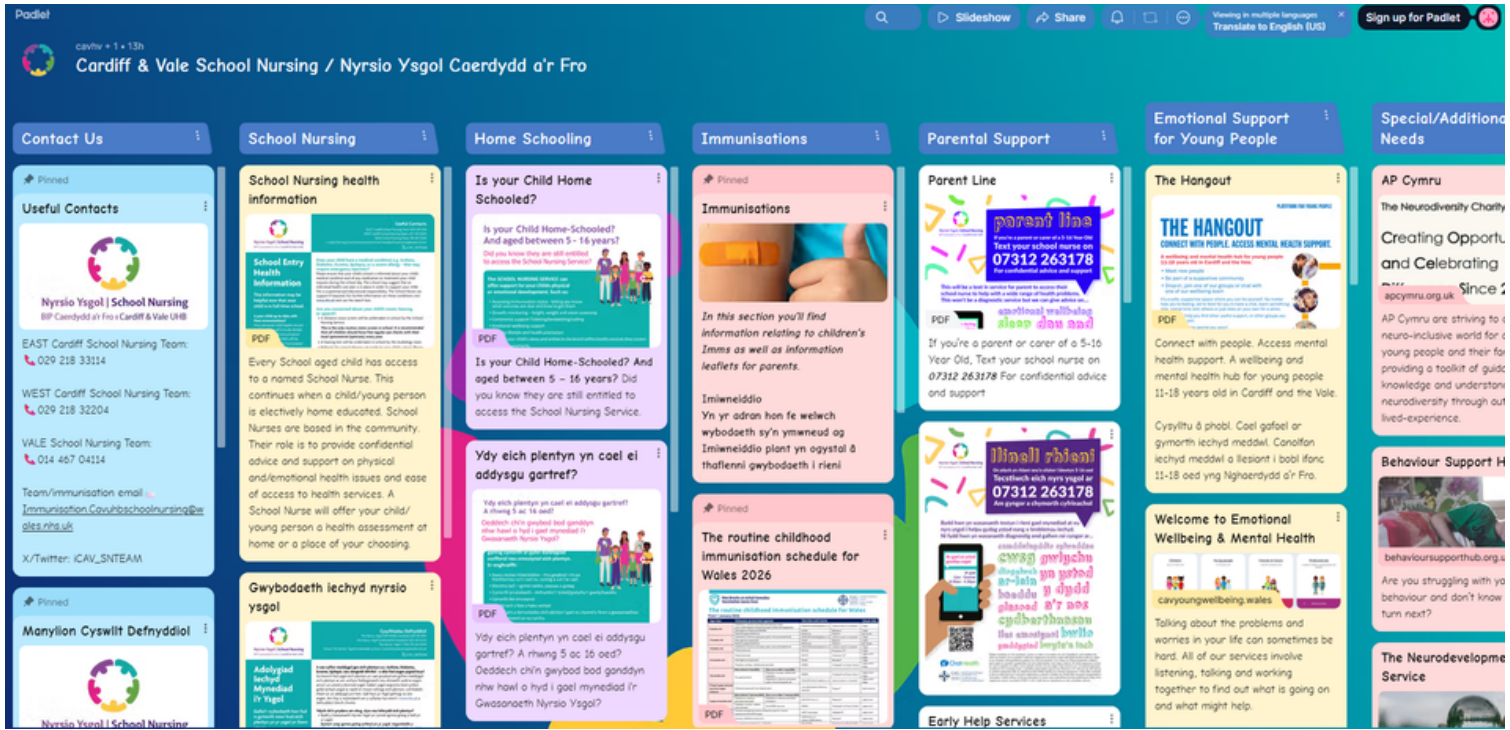


Nyrsgol | School Nursing
BIP Caerdydd a'r Fro i Cardiff & Vale UHB

Mae'r tîm Nyrsgol Ysgol wedi lansio padlet newydd yn ddiweddar. Mae'r padlet yn llawn gwybodaeth am iechedd a lles i blant a phobl ifanc, rhieni a gofalwyr. Gwasgwch ar y ddolen am fwy o wybodaeth:

[Padlet Nyrsgol Ysgol](#)

The School Nursing team have recently launched a new padlet. The Padlet is full of Health and wellbeing information for children and young people and their parents and carers. Follow the link for more information: [School Nursing Padlet](#)



[Padlet Niwroddatblygiadol](#)

Amrywiaeth eang o wybodaeth, cyngor a chymorth ar gyfer plant a phobl ifanc niwrowahanol, eu teuluoedd a'u gofalwyr.



[Neurodevelopmental Padlet](#)

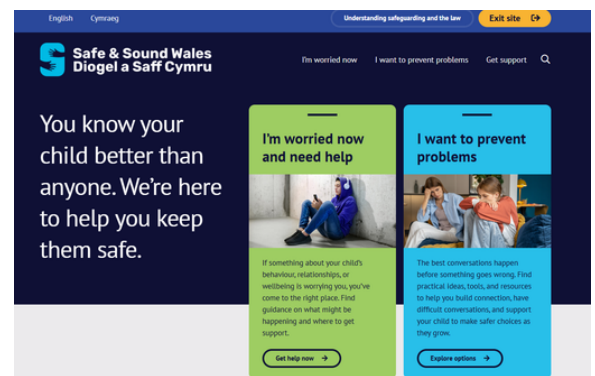
This resource brings together a wide range of information, advice and support for neurodivergent children and young people, their families and carers.

Mae Diogel a Saff Cymru yn rhoi'r wybodaeth, yr adnoddau a'r cymorth i rieni a gofalwyr yng Nghymru ddeall beth gallai eu plant fod yn ei wynebu, cael y sgysiau sy'n bwysig, a dod o hyd i'r help cywir pan fydd ei angen arnynt.

<https://safeandsound.wales/cy/>

Safe & Sound Wales gives parents and carers in Wales the information, tools, and support to understand what their children might be facing, have the conversations that matter, and find the right help when they need it.

<https://safeandsound.wales/>





7 8 9 10

Seremonïau Gwobrwyo

7 8 9 10

Cynhaliwyd ein seremonïau gwobrwyo blynyddol yr wythnos hon. Cafodd gwobrau eu cyflwyno am gyrhaeddiad ac ymdrech arbennig mewn gwersi. Roedd hefyd yn gyfle i ddathlu'r disgyblion hynny sydd wedi dangos ymrwymiad cyson i egwyddorion craidd yr ysgol – Parch, Parodrwydd a Pherthyn. Llonyfarchiadau i'r holl enillwyr ac i bawb sydd wedi cyfrannu at wneud y flwyddyn yn llwyddiant. Rydym yn hynod falch o'ch cyflawniadau.





7 8 9 10

Award Ceremonies

7 8 9 10

Our awards ceremonies were held this week. Awards were presented for outstanding achievement and effort in lessons. It was also an opportunity to celebrate those students who have consistently demonstrated a commitment to the school's core values – Respect, Readiness and Belonging. Congratulations to all the award winners and to everyone who has contributed to making this year a success. We are extremely proud of your achievements.



Nod Pantri Plasmawr yw darparu parseli bwyd i helpu pontio'r bwlch rhwng tymor yr ysgol a'r gwyliau, trwy ddarparu nwyddau bwyd hanfodol. I gael mynediad at y gefnogaeth sydd ar gael, ffoniwch yr ysgol neu anfonwch e-bost.

pantriplasmawr@ysgolplasmawr.cymru



1. Os gallwch chi neu'ch gweithle wneud rhodd elusennol, mae pob boc yn costio £10.30. Ein nod lleiaf yw 25 boc ar ddiwedd pob tymor, a gallwch gyfrannu tuag at boc/bocsys cyfan.

2. Gallwch wneud cyfraniad o'n 12 eitem graidd, sy'n ffurfio ein parcel.

Reis , pasta , sbaget, saws pasta, saws reis, grawnfwyd, ffâ pob, cŵn poeth mewn tun, cig mewn tun, ffrwythau tun, bisgedi, diod sgwash, llaeth oes hir

Diolch am eich cefnogaeth,

Becky, Becky a Caryl – Anogwyr Dysgu yn CA3, 4 a 5

The aim of Plasmawr Pantry is to provide food parcels to help bridge the gap between school term time and the holidays by supplying essential food items. To access the support available, please telephone the school or send an email.

Email: pantriplasmawr@ysgolplasmawr.cymru



Ways to Support Plasmawr Pantry:

If you or your workplace are able to make a charitable donation, each food box costs £10.30.

Our minimum target is 25 boxes by the end of each term, and you can contribute towards one or more full boxes.

You can donate any of our 12 core items, which make up our food parcels:

Rice, Pasta, Spaghetti, Pasta sauce, Rice sauce, Cereal, Baked beans, Tinned hot dogs, Tinned meatballs, Tinned fruit, Biscuits, Squash (diluting juice), Long-life milk.

Thank you for your support,

Becky, Becky and Caryl
Learning Coaches for Key Stages 3, 4 and 5

Mae Fforymau Blwyddyn wedi bod yn cyfarfod yn ystod y tymor hwn. Yn ystod y cyfarfodydd, mae'r disgyblion wedi trafod canlyniadau holiadur SHRN ac wedi rhannu eu barn ar y canlyniadau.

Bwriedir datblygu gwaith y fforymau ymhellach ym mis Medi er mwyn sicrhau bod llais disgyblion Plasmawr yn chwarae rhan allweddol yn natblygiad yr ysgol.

Anogwch eich plentyn i fod yn rhan o fforwm eu blwyddyn. Mae'n gyfle gwych i leisio barn, trafod materion sy'n bwysig i ddisgyblion a chyfrannu at wneud gwahaniaeth cadarnhaol i fywyd yr ysgol.



**FFORWM
BLWYDDYN**

LLAIS Y PLAS

7



8



9

10



**FFORWM
BLWYDDYN**

LLAIS Y PLAS

The Year Forums have been meeting this term. During these meetings, students have discussed the results of the SHRN survey and shared their views on the findings.

There are plans to further develop the work of the forums in September to ensure that the voices of Plasmawr students play a key role in the ongoing development of the school.

We encourage your child to become involved in their Year Forum. It is an excellent opportunity to share ideas, discuss issues that are important to students, and contribute to making a positive difference to school life.