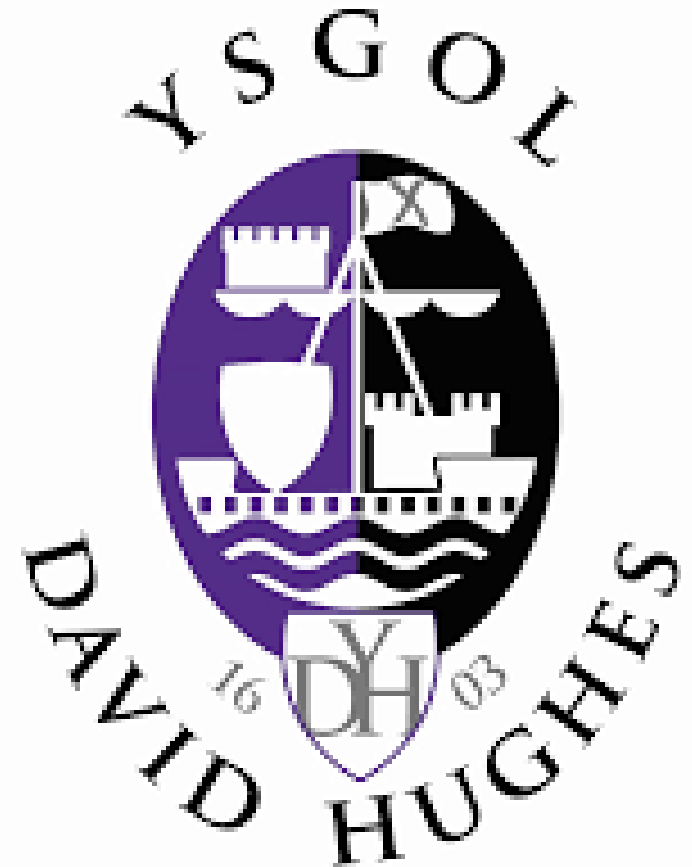


Dull Ysgol Gyfan ar gyfer Llesiant Emosiynol a Meddyliol

A Whole School Approach to Emotional and Mental Wellbeing

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Pennaeth Cynorthwyol



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Cyd-destun- Context



Ysgol dwyieithog- Bilingual school

Ynys Môn- Anglesey

1224 o ddysgwyr- 1224 learners

134 o staff- 134 staff

17 o Lywodraethwyr- 17 governors



Cefndir- Background



Fframwaith ar sefydlu dull ysgol
gyfan ar gyfer llesiant emosiynol
a meddyliol



Canllawiau

Dogfen ganllawiau: rhif 269/2021
Dyddiad cyhoeddi: Mawrth 2021

- Ysgol Peilota 2021
- Pilot School 2021
- Aelod o'r UDA yn arwain
- Member of the SLT leading
- Pwyslais ar fod yn onest a gwneud asesiadau credadwy drwy ymgysylltu gyda'r holl rhanddeiliad.
- Emphasis on honesty and making a credible assessments by engaging with all stakeholders.

Hunan arfarnu- Self evaluation

- Holiaduron staff, rhieni a dysgwyr
- Yr adnodd hunanasesu ar agenda cyfarfodydd UDA yn wythnosol
- Llawer o waith ond mewnwelediad gwerthfawr
- Gallu adnabod cryfderau a gwendidau yn hawdd
- Cydnabod ffynonellau tystiolaeth gwahanol

- Holiaduron staff, rhieni a dysgwyr
- Self assessment tool on the agenda of weekly SLT meetings
- A lot of work but a priceless insight
- Able to identify strengths and weaknesses easily
- Recognise different sources of evidence

Prif Ganfyddiadau- Main Findings

Cryfderau

- Yr ysgol yn rhoi gwerth ar gymryd rhan mewn gweithgareddau, boed hynny y tu mewn neu'r tu allan i'r ysgol (76% Ardderchog/Da)
- Yr ysgol yn rhoi gwerth ar gyfranogiad yn y celfyddydau creadigol (68% Ardderchog/Da)
- Mae'r ysgol yn rhoi cyfleoedd i ddisgyblion fod yn rhan o ddatblygu'r ysgol drwy'r cyngor ysgol ac yn y blaen (76% Ardderchog/Da)
- Yr ysgol yn cynnig amrwyaeth o gyfleoedd i ddisgyblion ymwneud â'r celfyddydau, diwylliant a chwaraeon (65% Ardderchog/Da)

Materion i'w datblygu

- Mae gan yr ysgol amrywiaeth o adnoddau i gynnal lles emosiynol a meddyliol (49% Ardderchog/Da)
- Mae'r ysgol yn holi barn y ddisgyblion yn rheolaidd (49% Ardderchog/Da)
- Rhieni'n gallu enwi aelod o staff/tim sy'n gyfrifol am les eu plentyn (29% Ardderchog/Da)
- Ysgol yn casglu barn rhieni yn rheolaidd (30% Ardderchog/Da)

Strengths

- The school places value on taking part in activities, whether inside or outside the school (76% Excellent/ Good)
- The school values participation in the creative arts (68% Excellent/ Good)
- The school gives opportunities to be part of developing the school through the school council and so on (76% Excellent/ Good)
- The school offers a variety of opportunities for pupils to get involved in the arts, culture and sport (65% Excellent/Good)

Aspects to be developed

- The school has a range of resources to support emotional and mental wellbeing (49% Excellent/Good)
- The school regularly asks the opinion of the pupils (49% Excellent/ Good)
- Parents can name a member of staff/team responsible for their child's welfare (29% Excellent/ Good)
- School collects parents' opinions regularly (30% Excellent/ Good)

Cynllun Gweithredu- Action Plan

- Cyngor Ysgol yn perchnogi
 - Cyngor Ysgol yn penderfynu ar agweddau gwelliant
 - Cyngor Ysgol yn creu cynllun gwella
 - Cyflwyno yn y gwasanaethau boreol a hysbysu o gwmpas yr ysgol
 - Dylanwadu Cynllun Gwella Ysgol
- School Council took ownership
 - School Council decided on aspects for improvement
 - School Council created an improvement plan
 - Presented in morning assemblies and advertised around the school
 - Influenced the School Development Plan

Cynllun Gweithredu- Action Plan

Blaenoriaethau

- Adran A- Mae gan ein hysgol aelod o staff/ tim i gynnal fy lles emosiynol a meddyliol ac rwy'n gwybod pwy ydynt.
- Adran A- Mae'r staff yn egluro sut mae nhw'n cefnogi ein lles emosiynol a meddyliol.
- Adran G- Mae gan ein Ysgol amrywiaeth o fannau ac ardaloedd sy'n cefnogi lles emosiynol a meddyliol y dysgwyr, fel mannau tawel, gerddi, mannau chwarae.

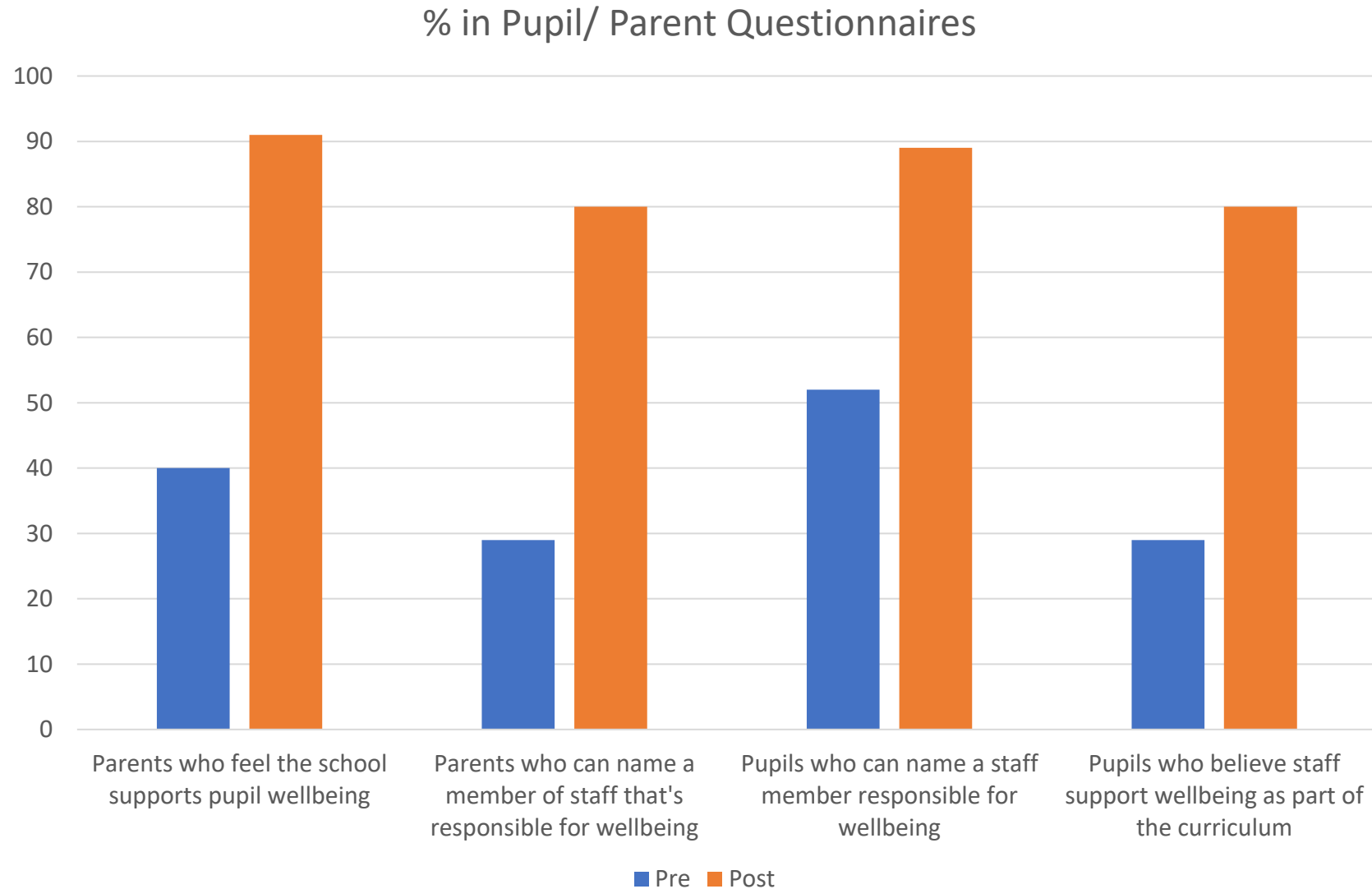
Priorities

- Section A- Our school has a member of staff/team to support my emotional wellbeing and I know who they are.
- Section A- The staff explain how they support our emotional and mental wellbeing.
- Section G- Our school has a variety of spaces and areas that support the emotional and mental well-being of the learners, such as quiet spaces, gardens, play areas.

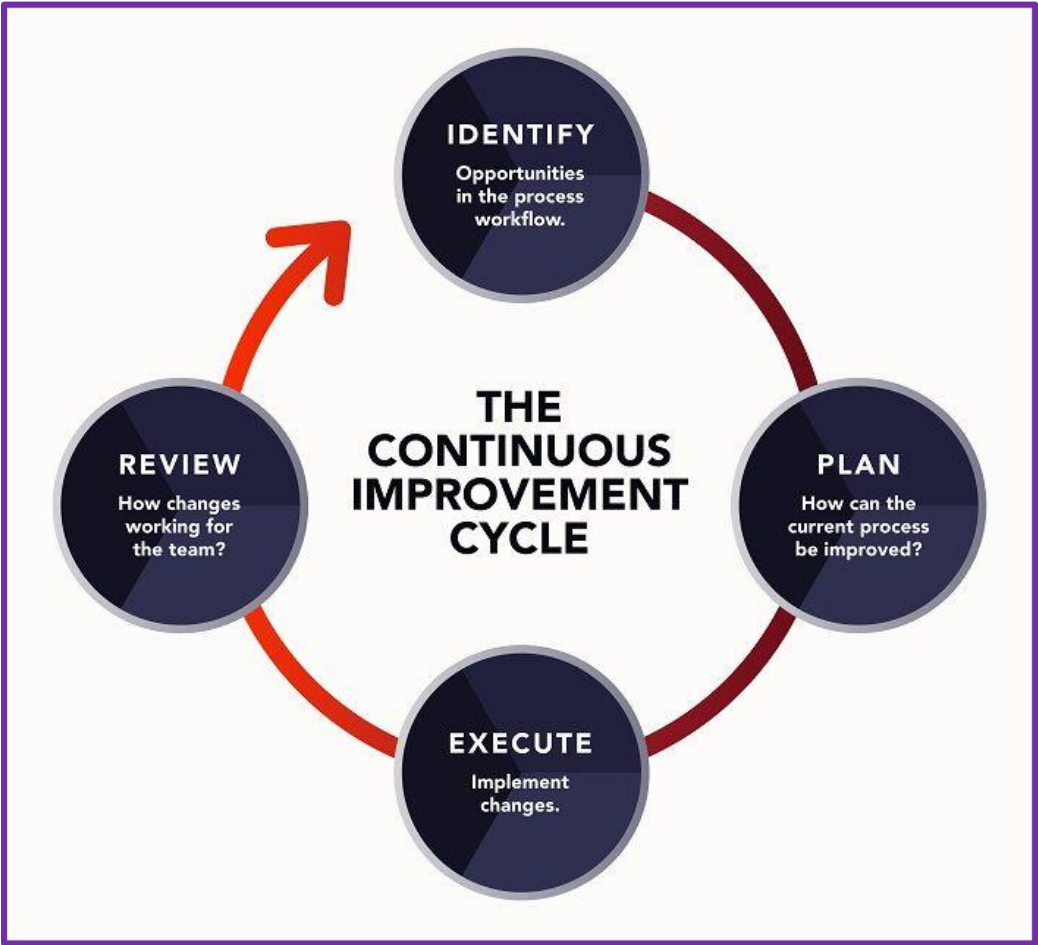
Cynllun Gweithredu- Action Plan

- Poster i UDA
 - Cynyddu rol y tiwtor dosbarth
 - Hyfforddiant 'Meddylfryd Twf' i staff
 - Mwy o fannau eistedd
 - Offer cadw'n heini y tu allan
 - Lles ar agenda pob cyfarfod staff
 - Dydd Llun Lles
 - Cyfryngau Cymdeithasol
- SLT Posters
 - Increasing the role of the class tutor
 - 'Growth Mindset' training for staff
 - More seating areas
 - Keep fit equipment outside
 - Wellbeing on the agenda of every staff meeting
 - Wellbeing Monday
 - Social Media

Canlyniadau- Results



Gwelliant parhaus – Continuous improvement



Y RHWYDWAITH
YMCHWIL IECHYD
MEWN YSGOLION
THE SCHOOL
HEALTH RESEARCH
NETWORK



Blaenoriaethau 2025 Priorities

Blaenoriaethau

- Adran A- Camau mesuradwy er mwyn hyrwyddo lles emosiynol a meddyliol ein cymuned
- Adran D- Mynediad staff i oruchwyliaeth proffesiynol a phriodol ar gyfer eu rol
- Adran G- Mae amgylchedd a chyfleusterau'r Ysgol yn cefnogi lles emosiynol a meddyliol da

Cyngor Ysgol, Fforwm Rhieni a'r Gweithgor
Lles Staff i gyd hefo mewnbwn

Priorities

- Section A- Measurable steps to promote the emotional and mental wellbeing of our community
- Section D- Staff access to professional and appropriate supervision for their role
- Section G- The School's environment and facilities support good emotional and mental wellbeing

School Council, Parents Forum and Staff
wellbeing group all have input



3 Maes arolygu

1. Addysgu a Dysgu
2. Lles, Gofal, cymorth ac arwain
3. Arwain a gwella

Y fframwaith yn cael dylanwad hirdymor ar y 3

3 Inspection Areas

1. Teaching and Learning
2. Well-being, care, support and guidance
3. Leading and Improving

The framework has a lasting influence on the 3

Unrhyw gwestiynau?

Any questions?



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