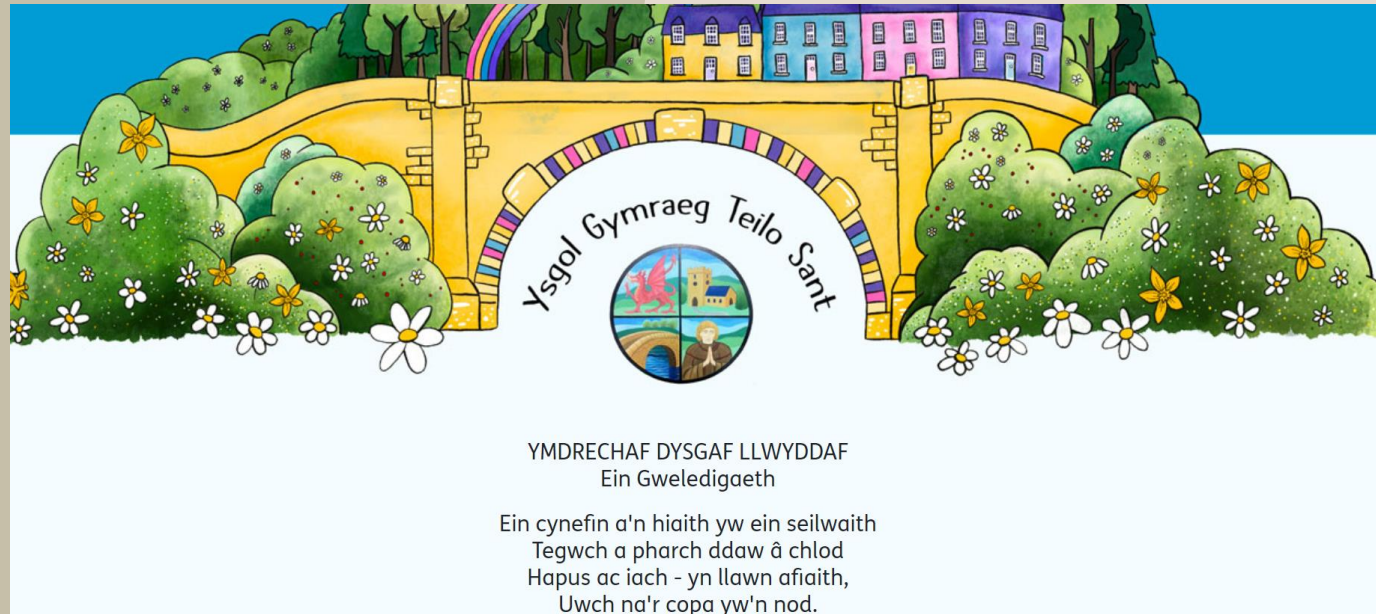
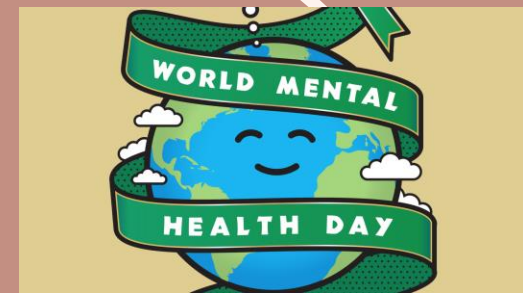




Ymagwedd Ysgol Gyfan tuag at iechyd emosiynol a meddyliol



A whole school approach to
emotional and mental health



Mae gan yr ysgol aelod tîm penodol i gefnogi iechyd emosiynol a meddyliol sef

Mr Ioan Jones- Pennaeth

Mrs Maureen Williams- Cyfrifoldeb Lles ar draws gymuned yr ysgol

Mrs Sara Jones- Cydlynnydd Maes Dysgu a Phrofiad Iechyd a Lles

Mrs Heather Davies, Miss Lowri Jones (ELSA- Emotional literacy support assistants)

Mrs Heather Davies a Mrs Avril De marigny - cymhwyster diploma Trauma Informed Schools (TIS)

Cofiwch fod croeso i chi siarad gyda phwy bynnag rydych yn teimlo'n gysurus gyda.

The school has a team to support emotional and mental health.

Mr Ioan Jones- Head Teacher

Mrs Maureen Williams- Whole school - Well- being lead

Health and Wellbeing Area of Learning and Experience Coordinator

Mrs Sara Jones- Health and Wellbeing Area of Learning and Experience Coordinator

Mrs Heather Davies, Miss Lowri Jones (ELSA- Emotional literacy support assistants)

*Mrs Heather Davies a Mrs Avril De marigny -Trauma Informed Schools (TIS)
diploma*

Remember that you are welcome to talk to whoever you feel comfortable with



Mae'r staff yn dangos ymrwymiad i gefnogi lles emosiynol a meddyliol disgyblion yn yr ysgol trwy sesiynau dyddiol o drafod teimladau megis cofrestr teimladau, Ardaloedd cysur, mynediad at ein ELSA, diwrnodau codi ymwybyddiaeth iechyd meddwl a mynediad i ein hystafell lles.

The staff show commitment to supporting the emotional and mental well-being of pupils in the school through daily sessions of discussing feelings such as a register of feelings, Comfort areas, access to our ELSA, mental health awareness days and access to our wellness room.



Mae gan yr ysgol ystod o adnoddau ac arbenigedd i gefnogi lles emosiynol a meddyliol disgyblion. Fel ysgol rydym yn cynnal:

Gwasanaethau gyda neges llesol

Amser cylch sy'n trafod lles

Ardaloedd lles ym mhob dosbarth

Adnoddau lles- llyfrau, gemau ayyb

Staff ysgol gyfan wedi derbyn hyfforddiant TIS

Staff wedi hyfforddi i weithredu rhaglenni penodol.

Mae ein ELSA yn cynnal sesiynau sy'n cynnig cymorth emosiynol ar gyfer

The school has a range of resources and expertise to support pupils' emotional and mental wellbeing. As a school we hold:

Class and school assemblies with a positive message, Circle time that discusses well-being

Well-being areas in each class

Well-being resources - books, games etc.

Whole school staff have received TIS training

Staff trained to implement specific programmes.

Our ELSA holds sessions that offer emotional support for



Mae'r ysgol yn darparu cymorth i ddisgyblion sydd ag anghenion e.e. cefnogaeth ychwanegol ar gyfer gwaith academaidd, cefnogaeth emosiynol trwy raglenni ymyrraeth a chefnogaeth:

ChATT

Read write ink

Llythrennau a synau

Big Maths

ELSA

TIS

Ditectifs meddwl

The school provides help to pupils who need it e.g. extra support for academic work, emotional support. The support is given through intervention:

ChATT

Read write ink

Letters and sounds

Big Maths

ELSA

TIS

Thinking detectives



Yn Dilyn ymyrraeth a chefnogaeth fewnol yn yr ysgol os oes angen cymorth bellach rydym yn cyfeirio unigolion at asiantaethau allanol megis

Tîm Cynnal ymddygiad

Seicolegydd Addysg

Area 43

Nyrs yr ysgol

Camhs

Tîm o gwmpas y teulu

Tîm cyfeirio canolog

Iechyd galwedigaethol (ar gyfer staff)

Following intervention and internal support in the school if further support is required, we refer individuals to external agencies such as

Behaviour support team

Educational Psychologist

Area 43

The school nurse

Camhs

Team around the family

Central referral team

Occupational health (for staff)

ELSA

"Mae cefnogaeth ELSA (Cynorthwydd Cymorth Llythrennedd Emosiynol) wedi'i gynllunio i feithrin gallu ysgolion i gefnogi anghenion emosiynol eu disgyblion o fewn eu hadnoddau eu hunain. Cyflawnir hyn trwy hyfforddi cynorthwywyr addysgu i ddatblygu a chyflwyno rhaglenni cymorth unigol i ddiwallu anghenion emosiynol plant a phobl ifanc yn eu gofal. Mae'n cydnabod bod plant yn dysgu'n well ac yn hapusach yn yr ysgol os eir i'r afael â'u hanghenion emosiynol hefyd.

Mae ELSA yn fenter a ddatblygwyd ac a gefnogir gan seicolegwyr addysg, sy'n cymhwyso eu gwybodaeth broffesiynol o ddatblygiad cymdeithasol ac emosiynol plant i feysydd angen a brofir gan ddisgyblion. Maent yn darparu goruchwyliaeth broffesiynol barhaus i helpu cynnal ansawdd uchel yn y gwaith a wneir gan ELSAs, a thrwy hynny helpu i sicrhau arfer diogel ar gyfer ELSAs a disgyblion fel ei gilydd.

Dim ond yn gyfreithlon y caiff teitl rôl ELSA ei ddefnyddio gan bobl sydd:

wedi mynychu (neu wrthi'n mynychu) cwrs hyfforddi ELSA llawn a ddarparwyd gan un neu fwy o seicolegwyr addysg cwbl gymwys (cyrsgiau sy'n para o leiaf 5 ond yn fwy fel arfer 6 diwrnod)

mynychu goruchwyliaeth bob hanner tymor yn rheolaidd mewn grwpiau bach (gydag uchafswm a argymhellir o 8 ELSA fesul grŵp a hyd o 2 awr y sesiwn), dan arweiniad seicolegydd addysg cymwys

ar hyn o bryd yn cyflwyno rhaglenni cymorth pwrpasol i ddisgyblion unigol ac weithiau grwpiau bach" (<https://www.elsanetwork.org>)

Mae'r gefnogaeth yn cynnwys :

Colled a phrofedigaeth

Llythrennedd Emosiynol

Hunan-barch

Sgiliau cymdeithasol

Materion cyfeillgarwch

Perthynasau

Rheoli teimladau cryf

Pryder a gofidiau

Bwlio

Gwrthdaro

Rheoleiddio Emosiynol

Meddylfryd Twf

Straeon cymdeithasol a therapiwtig

Datrys Problemau "

ELSA

“The ELSA (Emotional Literacy Support Assistant) intervention is designed to build the capacity of schools to support the emotional needs of their pupils from within their own resources. This is achieved by training teaching assistants to develop and deliver individualised support programmes to meet the emotional needs of children and teenagers in their care. It recognises that children learn better and are happier in school if their emotional needs are also addressed.

ELSA is an initiative developed and supported by educational psychologists, who apply their professional knowledge of children’s social and emotional development to areas of need experienced by pupils. They provide on-going professional supervision to help maintain high quality in the work undertaken by ELSAs, thereby helping to ensure safe practice for ELSAs and pupils alike.

The role title of ELSA may *only* legitimately be used by people who:

- have attended (or are currently attending) a full ELSA training course delivered by one or more fully qualified educational psychologists (courses lasting a minimum of 5 but more usually 6 days)
- regularly attend half-termly supervision in small groups (with a recommended maximum of 8 ELSAs per group and duration of 2 hours per session), led by a qualified educational psychologist
- are currently delivering bespoke programmes of support to individual pupils and sometimes small groups”

(<https://www.elsanetwork.org>)

Support includes:

- Loss and bereavement
- Emotional Literacy
- Self-esteem
- Social Skills
- Friendship issues
- Relationships
- Managing strong feelings
- Anxiety and worries
- Bullying
- Conflict
- Emotional Regulation
- Growth Mindset
- Social and therapeutic stories
- Problem solving “

Trauma Informed Schools (TIS)

Y nod yw sicrhau newid diwylliannol ysgol gyfan/sefydliadol lle mae lles pawb yn flaenoriaeth uchaf. Rydym yn rhoi llawer o ymyriadau ar waith i sicrhau iechyd perthynol ac emosiynol pawb.

Nod TIS yw helpu plant a phobl ifanc yn eu harddegau CYN iddynt gael problemau iechyd meddwl - i'w dal gan eu bod yn cwmpo nid ar ôl iddynt gwmpo.

TraumaInformedSchools (TIS)

The objective is to bring about a whole school /organisational cultural shift where the wellbeing of all is the highest priority. We implement many interventions to ensure the relational and emotional health of all.

TIS aim to help children and teenagers BEFORE they get mental health problems - to catch them as they are falling not after they have fallen.

Ditectifs Meddwl

“Rhaglen hyfforddi plant i'w defnyddio gan athrawon a chwyselwyr yn yr ystafell ddosbarth. Yn defnyddio cryno ddisgiau, pypedau, gweithgareddau arbennig, gemau a llyfrau i ddysgu sgiliau cyfeillgarwch, iaith emosiwn, datrys problemau a rheoli dichter i blant ifanc.”

Thinking Detectives

“A child training program for use by teachers and counsellors in the classroom. Uses Cds, puppets, special activities, games and books to teach young children friendship skills, emotion language, problem solving and anger management.”