



Together we can reach our potential

Ysgol Dyffryn Conwy Newsletter.

Promoting health and well-being amongst pupils, staff and the wider community.

Urdd WRU Rugby 7s



Before the Easter break, year 10 boys and year 9 and 10 girls participated in the Urdd WRU 7 a side rugby tournament in Cardiff.

Welcome to Ysgol Dyffryn Conwy's Health and Well-being newsletter. Here's an overview of the content:

- Rugby 7's
- Health and Well-being Council
- Marathon
- Top tip
- Relationship and Sex Education Curriculum
- Loneliness and Mental Health links
- What's on during the summer?
- Water Safety
- Successes
- Usefel links

Many thanks to the local businesses for their contributions:

Spar Llanrwst
Jones and son Butchers
Conwy Valley NFU
Iwan Thomas Feeds

Eryl Ty Gwyn Contracting

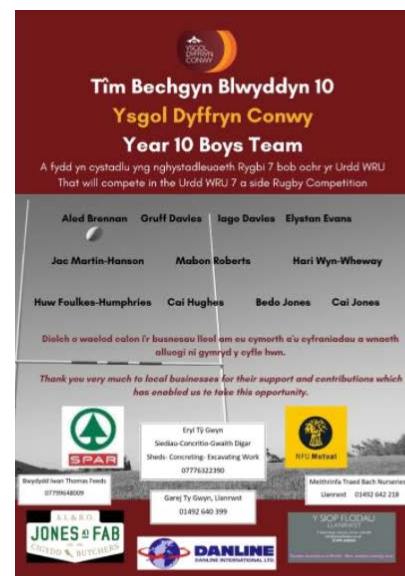
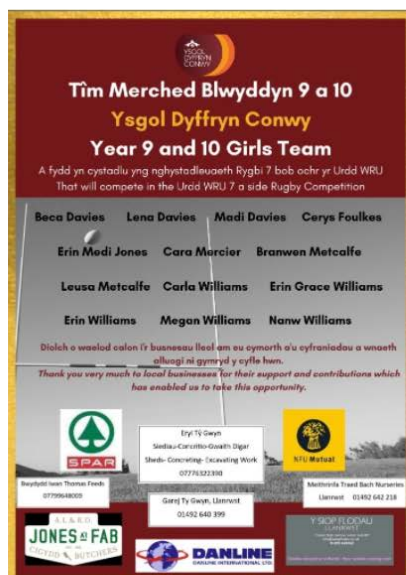
Danline International

Traed Bach Nurseries

Garej Ty Gwyn Garage

Siop Flodau Llanrwst Florist

and to Alpine to taking us there!



Health and Well-being Council

During the summer the Health and Wellbeing council organised an assembly for all years to update pupils on their work. One of their aims this year was to distribute menstrual products in the toilets so that they are easily available to those who need them. In order to achieve their aim the council have worked hard with staff and peers to advertise their availability.



Do you require more information and support as a parent?

Use the Hey Girls' website.



The school, alongside the health and well-being council have worked hard not to let menstruation be an obstacle to success.

Look for this label on the toilets



Nid yw'n ein rhwystro

It doesn't stop us

As a result of the council's hard work the school are the Always #RethinkYourReaction campaign winners.

Vee Kativhu, an education advocate and an empowerment you tuber presented the award. Congratulations to Daniel, Elen, Erin, Llio, Madi and Marged.

#ItDoesntStopUs



Ukraine Marathon

Before the Whitsun break, the Year 7 pupils raised money for the Ukrainian and British Red Cross appeal. Their challenge was to run a marathon during their PE lesson. Congratulations and thank you to those who participated and raised money. In total the pupils raised: £1322.33.



TOP TIP

“

The biggest thing I do is play football on the weekends to escape from everyday life. I also enjoy taking the dog, Nellie, for a walk with my wife. Singing in the car is another thing I enjoy, and I enjoy all types of music! If I feel stressed/under pressure I take time out for myself and I find doing mindfulness sessions beneficial in this case. Spending time with my family is also important to me.

”

From Mr Ricky Jones, Ysgol Dyffryn Conwy

Relationship and Sex Education Curriculum



Physical Education kit



Loneliness

NHS Loneliness

Mental Health Awareness

Week video

Osian DPJ Foundation Video



Mental Health Links

DPJ Foundation

Hafal

Samaritans



Mind

Young Minds

Tir Dewi



What's on during the summer?

GWERSYLL RYGBI LLANRWST RUGBY CAMP

LEOLIAD / LOCATION:
CLWB RYGBI NANT CONWY RUGBY CLUB

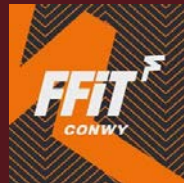
PRYD / WHEN:
DYDD LLUN I MONDAY 09:00-15:30
01/08/2022

I FWYD I FOR WHO?
BLNYDDOEDD 3-6 YEARS 3-6

Red a Hwyl Summer of Fun

RHAID COPRESTRU AR-LEIN | MUST REGISTER ONLINE:
bit.ly/HannerIymorConwy

EICH SWYDDOG LLEOL | YOUR LOCAL OFFICER:
RHYSEVANURDD DRG | 07812 391183



SUMMER DISABILITY RUGBY CAMPS

For ages 6-16 with any range of disability
Limited spaces - Register today: please click the link in the description

Region	Date	Venue	Timings
Greater	23/07/22	Ysgol New Gwllfa, Gwllfa, ILA	10:30-14:00
Greater	24/07/22	Age 10-16: Pen-y-bont-y-ddu, Gwllfa, ILA	10:30-12:00
Mid Wales	11/08/22	Mid Wales Rugby Centre, BTM, ILA	10:30-14:00
Cardiff	14/08/22	Apert Wladyslawski, Cardiff, CF11 1NW	10:30-14:00
N. Wales	14/08/22	New Bont, LL20 1BB	10:30-14:00
Ongeys	19/08/22	Llanfyllter, Llanfyllter, LL23 4JD	10:30-14:00
Ongeys	24/08/22	Chesham, Chesham, HP8 4TS	10:30-14:00

we.sodah
COMMUNITY PARTNER

FFIT CONWY MTB 2022

Hant B4, Trefriw - Tuesdays
Mountain Biking
(Age 9+)
02-08-22
05-08-22
16-08-22
23-08-22
£5 per session
10:00 - 13:00

Llyn Brenig - Wednesdays
Mountain Biking
(Age 9+)
03-08-22
10-08-22
17-08-22
24-08-22
£3 per session
10:00 - 12:00

For more information or to register:
Rural Leisure Officer
01492 575 556 / tim.ballam@conwy.gov.uk

GWERSYLL HAF RGC RGC SUMMER CAMP

GWERSYLLA RYGBI HAF RGC FEL DIM ARALL!

- ✓ GWELLA EICH SGILLAU = GWELLA PERFFORMIAD
- ✓ GWERSYLL PERFFORMIAD GYDA SÊR RGC A CYMRU
- ✓ AR AGOR I FLWYDDYN 7 DRWY I FLWYDDYN 11
- ✓ BOB DYDD MERCHER 09:00 - 15:30
RHEDEG GORFFENAF 27AIN - AWST 24AIN

BOTEL DWR A CRYST AM DDIM

THIS IS RGC
DYMA RGC

AM FWY O WYBODAETH CYSYLLTUCH
abagshaw@wru.wales

5 DIWRNOD
£145

Llan / Monday	Mawrth / Tuesday	Mercher / Wednesday	Iau / Thursday	Gwener / Friday
18 th	19 th	20 th	21 st	22 nd
	Dolwyddelan 12:00 - 3:00	Dolwyddelan 12:00 - 3:00	Llanfest 3:30 - 5:00	
25 th	26 th	27 th	28 th	29 th
	Dolwyddelan 12:00 - 3:00			
1 st August	2 nd	3 rd	4 th	5 th
Dolwyddelan 11:00 - 1:00 Llanfest 2:00 - 4:00			Prifyst: Cymyrdon Penmachno	
8 th	9 th	10 th	11 th	12 th
Dolwyddelan 11:00 - 1:00 Llanfest 2:00 - 4:00				
19 th	18 th	17 th	16 th	15 th
Dolwyddelan 11:00 - 1:00 Llanfest 2:00 - 4:00				



CAMP @RYGBI711

@CLWB RYGBI LLANDUDNO AWST 11EG & 25AIN 10-2YH

TIMAU 110 - UIS'S
OEDRAN 9 - 14 OED

AECHEBWCH NAWR
RYGBI711@GMAIL.COM

The DPJ foundation also offers Mental Health awareness courses.

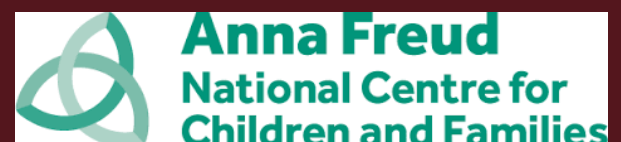
Want to learn more?

Click here



Do you need assistance in supporting young people with their examination results?

Click here



Successes

St Davids 7 a side Rugby Competition



It was nice to see the year 7 and 8 girls playing rugby.

After completing their games in the group stages, the two YDC teams had to face each other in the semi-finals.

The yellow team were the successful team! Onto the final and with the score equal at the end of the game, play continued into extra time; the next team to score would be crowned the winners. With everyone working hard, it was left to Cari Roberts to secure the win for YDC.

Athletics

Many G.C.S.E pupils have competed in various athletic events at Eirias and Treborth:

Mirain, Long Jump

Josh, Shot Put

Ella Grundy 800m

Also, congratulations to Cari Roberts and Ella Grundy on their recent success at the North Wales Athletics Championship.

Rugby 7's

Huge congratulations to Nel Metcalfe (a past pupil) who has been chosen to represent Wales in the Womens 7s squad. Good luck.

Water Safety during the Summer

#BeAdventureSmart #RespectTheWater

NATURAL RESOURCES WALES and the Water Safety Wales group are asking people to #BeAdventureSmart and take extra steps to keep themselves and their families safe around water as they head outdoors to enjoy Wales' coast and countryside.

Follow these steps to help keep you safe in and around water:

- If possible, choose a lifeguarded beach and swim between the red and yellow flags – but lifeguard patrols can't be on every beach this summer so be AdventureSmart to keep you and your family safe.
- Check tide times before swimming in the sea and estuarine waters so you don't get cut off by the tides.
- Keep within your limits – if the water looks rough, don't go in.
- Don't use inflatables – they get swept out to sea, with you or your child on them.
- If possible, wear a high visibility cap and carry a floatation device when swimming.
- If you get into difficulty in the water don't panic, stay calm; attract attention by raising your hand and shouting for help.
- Enter the water slowly. If you accidentally fall in, fight your instinct to swim until cold water shock passes; relax and float on your back until you can control your breathing.

[MORE INFORMATION, CLICK HERE](#)

Smoking and Vapes

Youth Now



Know the risks



Smoke free journey



Smoke free home



For the latest news:

Ysgol Dyffryn Conwy
Website



Ysgol Dyffryn Conwy
Twitter



Contact Us:

Ysgol Dyffryn Conwy, Ffordd Nebo, Llanrwst, Conwy, LL26 OSD

Telephone: 01492 642800 - Fax: 01492 642801 - E-mail: cyff@dyffrynconwy.conwy.sch.uk

Together we can reach our potential