

Ysgol Dyffryn Conwy Newsletter

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

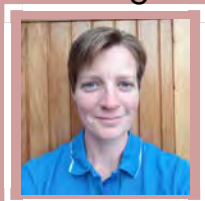
Welcome

We would like to welcome our new team members.

Firstly, we welcome Miss Menna Jones as one of the physical education teacher.

Also, we would like to welcome Iwan Doherty and Kyle Kelly as our sport apprentices.

It is with great pleasure to welcome back Miss Andrea Parry.



Period Dignity Campaign

Throughout school we are raising awareness about period dignity.

Weekly, four members of the 'Health and Well-Being' school council are replenishing the supply of period products that are available for all pupils in various locations around the school.

Pupils can locate the products through seeking the 'period dignity' poster, which are displayed on some toilet doors.

We hope, with this campaign that all pupils will realise that 'a period' should not be a barrier to their success'.

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

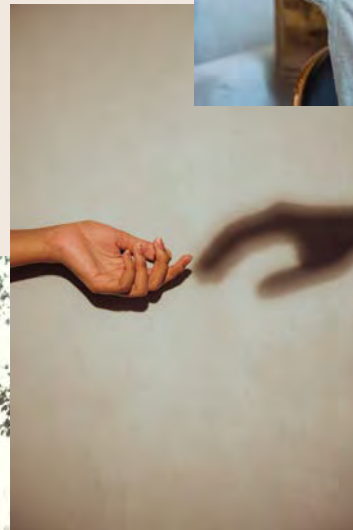
- **New Staff Members**
- **Period Poverty Campaigning**
- **Young People's Mental Health Toolkit**
- **Competitions**
- **Successful Pupils**
- **Promote our Local Clubs**
- **Extra Curricular Programme**
- **Questionnaire Results**
- **Water Bottles**
- **Policies**
- **Parental Guidance for Depression**



Young People's Mental Health Toolkit

Everyone feels sad, confused or anxious from time to time. This is especially the case during stressful times such as exams, major life changes, or the pandemic.

Fortunately, there are many things you can do to help you feel better and help prepare your mental health for the future.



Mental Health Links



Young Minds



Together we can reach our potential

Competitions

Rugby

During last term, three female teams competed, and all successfully reached the finals. Also, congratulations to the boys under 15 team on winning the Eryri Bowl.



Yr Urdd

Good luck to all the dance competitors that were successful in the County Urdd Eisteddfod Competition. Thank you Miss Charles for leading the groups.



Pupils Success



**Elan Jones Year 12
Represented Wales -
Rugby**



**Erin Jones Year 13
Represented Wales -
Rugby**



**Morgan Haerr Year 12
Represented Great
Britain - Equestrian**



**Alys Davis Year 12
Member of the Football Team that
won the
North Wales League**



**Lily Gray Year 12
Represented
Wales -
Gymnastics**



**Iri Davies Year 11
Equestrian**

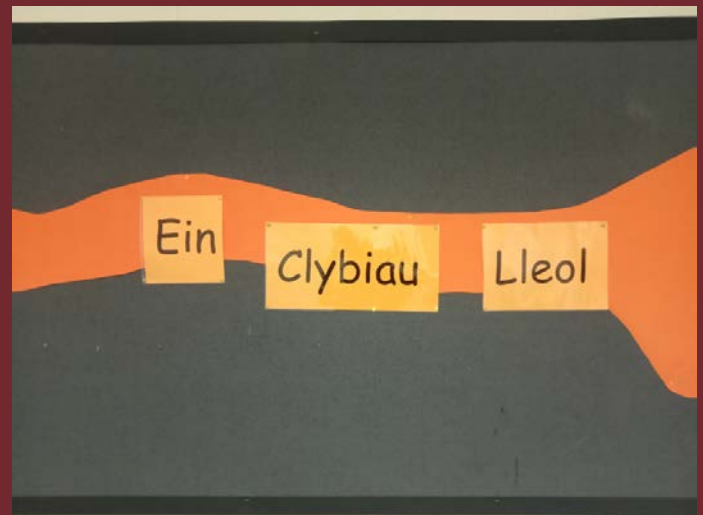


**Maddie Haerr Year 10
Equestrian**

Our Local Clubs

Our ambition for this noticeboard next term is to use it to promote all the fantastic clubs that are available for our pupils in their local community.

Therefore, if you would like to promote any local clubs please send us as much information or some leaflets so we can include these on the board.



There will be a digital opportunity for all KS3 pupils to promote their clubs.

Extra-Curricular Programme

LUNCH TIME HEALTH AND WELL BEING ACTIVITIES.
EXTRA CURRICULAR PHYSICAL EDUCATION SPORT

GWEITHGAREDDAU ADDYSG GORFFOROL / PHYSICAL EDUCATION ACTIVITIES

	Cinio / Lunch time	Ar ôl ysgol / After School
Llun Monday	Badminton BI 10 - 11 Neuadd Chwaraeon Osgoi'r bêl BI 7 Y gampfa	Pêl droed BI 7 3G Codi pwysau Mugga
Mawrth Tuesday	Pêl rwyd BI 7 - 9 Neuadd Chwaraeon Ping Pong BI 12 - 13 Y gampfa	Pêl droed Merched 3G
Mercher Wednesday	Pêl fasged Neuadd Chwaraeon Ystafell ffitrwydd Y ganolfan	Rygbi Merched Cae
Iau Thursday	Badminton BI 7 - 9 Neuadd Chwaraeon	Pêl droed BI 10 - 11 3G Pêl rwyd BI 12 - 13 Neuadd Chwaraeon
Gwener Friday	Pêl rwyd BI 10 - 11 Neuadd Chwaraeon Osgoi'r bêl BI 8 Y Gampfa	Gweithgareddau dan oruchwyliaeth Gwasanaeth Ieuencid Conwy

Water Bottles



School Policies

School Policy Web Page



Results



Healthy Schools Presentation

Toby's Questionner



Bullying



What is bullying?

Harmful behaviour which is:

- Repeated,
- Targeted towards a person.

It takes many forms and can include:

- Physical assault
- Teasing
- Making threats
- Name calling
- Cyberbullying



An emotionally healthy
approach to GCSEs – A
guide for parents

Looking after
yourself during your
GCSEs – A guide for
pupils

Click on this page to
visit the parents guide
to depression web
page.

Together we can reach our potential