



Together we can reach our potential

Ysgol Dyffryn Conwy Newsletter.

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

Meeting the Health and Well-being Council

We have appointed Health and Well-being Council members who will promote Health and Well Being in the school. Congratulations to you all on your appointment, we look forward to working together on such an important topic.

Our Priorities:

- Promote the importance of mental well-being.
- Ensure pupil voice when discussing Relationship and Sexuality Education.
- Ensure that there are opportunities for everyone to participate in physical activities.

| Physical Health Council | Mental and Social Wellbeing Council |
|-------------------------|-------------------------------------|
| Ffion Williams | Lucy Doran |
| Elliott Mutch | Elin Davis |
| Daniel Blair | Elen Roberts-West |
| Madi Davies | Llio Dafis |
| Harrylee Birchall | Marged Alun |
| Nel Evans | Joni Burgess |
| Merin Ap Martin Land | Isabel Richmond |
| Alex Raloka | Llinos Williams |
| Begw Dafydd | Amelia Finch |
| Beca Griffiths | Non Dafydd |

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

- Health and Well-being Council Members
- KiVa Ambassadors
- Christmas Boxes
- Health Day
- Mental Health
- Sport is for All
- Children in Need
- Congratulations
- Period Products
- Conwy Food Banks
- E-Safety
- School policies



KiVa Ambassadors

Here are some of Ysgol Dyffryn Conwy's KiVa Ambassadors.

Members range from years 7-13. Pupils are encouraged to report any incidents of bullying to the members.

Their role in the school is to educate peers on bullying and lead anti-bullying campaigns.



Best wishes to you, your family, and friends over the festive period.



Together we can reach our potential



A group of students in a gymnasium are playing a game on a blue court. Several red balls are scattered across the court. The students are wearing various casual clothing, including sweaters and jackets. The gymnasium has a high ceiling with large windows and basketball hoops are visible in the background.



TOP TIP

“

Mental health is headline news and it seems that people in authority are now taking note. I'm pleased to see that awareness is now being raised and many more support mechanisms is available for all. We have been working closely for a good few years now with many of our external partners to support learners and staff regarding mental health. Of course, there's still much to do but we are certainly making strides with an emphasis on mental health and wellbeing in the new curriculum and part of our new 'Health' curriculum in YDC.

Personally, I take it seriously and ensure I take time to offload, take downtime and aim to forget the stresses and strains of work and life in general. That work life balance is crucial to my mental health. I enjoy to keep fit, running, playing football (yes honestly) cycling and new this winter, indoor rowing!! I have many 'happy places', from walking in local woods to visiting my local pub to see friends, but the one place where it allows me to be transferred into a different world, is visiting Anfield to watch my beloved LFC!!

So it's important we use time wisely for our mental health, and whilst speaking of time: I read somewhere recently that, if you're under the age of 47, with the average living age being 79, you have over 1 Billion seconds left until that age, which makes me a 'Billionaire' of time. I won't be able to buy that Ferrari with it, but I plan to use it wisely...

”

From Roger Beech, Ysgol Dyffryn Conwy

Want to try a new relaxation technique? Try Mindfulness.

Mindfulness is a way of understanding how your mind responds to what's happening, and is a way of practicing ways to settle your mind. It includes exercises to help you develop your ability to concentrate, be aware of yourself and calm yourself.

As part of the Health and Wellbeing curriculum, our learners get a taste of Mindfulness in their lessons, if you have 10 minutes to spare, here's how you can join in the relaxation:

[Daily Calm](#)



Mental Health Links

[DPJ Foundation](#)



[Hafal](#)



[Samaritans](#)



[Mind](#)



[Young Minds](#)



[Tir Dewi](#)



We continue to promote a healthy lifestyle at YDC. What is your opinion of the following water bottles?

[Water Bottle](#)

[Questionnaire](#)



OddBaLLs



Check yourself
guide



BREASTCANCER.ORG



Children in Need



Dressing up, hot chocolate, guess the dog's name, basketball, where's the treasure, who's the baby ?! Some of the activities that provided our learners with a lot of fun and raised approximately £1,000 towards a very good cause. the learners help to make a fun day for such a good cause.



Congratulations

Rhys Thomas
Football

Rhys has recently played for the Wales Under 16 squad.

"I recently travelled to Belfast to play in the Victory Shield. We played against Northern Ireland, Republic of Ireland and Scotland. At the end of the competition we shared Scotland. I had an amazing experience."



Morgan Haerr
Horse Riding

British National Novice and Elementary Schools Champion.

Morgan won the Novice Championship and Elementary Championship earlier in October.



Conwy Food Bank

The school community have been collecting items for the local food bank. Don't forget that you can give any time of the year.



Attendance



Effect of attendance on pupils



Period Products

At Ysgol Dyffryn Conwy we are trying to ease the menstrual period. Find out where sanitary products are available in the school, free of charge, and without asking.

The Health and Well-being Council is continuing to build on this to make it as comfortable and easy as possible.

[Click here to find out more](#)



E-Safety

School Beat- Mobile Phones



Screen Time



Inappropriate or offensive content



Managing Mobile Phones



Links to the School Policies

Pupils' Attendance Policy



Food and fitness Policy



For the latest news:

Ysgol Dyffryn Conwy Website



Ysgol Dyffryn Conwy Twitter



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