



Together we can reach our potential

*Ysgol Dyffryn Conwy Newsletter.  
Promoting health and well-being amongst pupils, staff and the wider community.*

## Health and Well-being Team



**Mr Roger Beech**  
Assistant Headteacher



**Mr Jason Turner**  
A Member of the SLT  
Head of Physical Education and  
Health and Well-being  
coordinator



**Mrs Rhian Evans**  
Additional Learning Needs  
Co-Ordinator

Welcome to Ysgol Dyffryn Conwy's Health and Well-being newsletter.

Here's an overview of the content:

- Health and Well-being Council
- Progress Leaders
- Safeguarding Officers
- External Staff
- Health/Skills day
- Christmas Boxes
- Health and well-being Council
- Glan Llyn
- Showing Racism The Red Card
- Top Tips
- Successes
- Safety on the Internet
- Useful links

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





**Mrs Leah Jones**  
Year 7



**Mrs Elin Atherton**  
Years 8 and 9



**Ms Catrin Rowlands**  
Years 9 and 10



**Mrs Glenda Barlow**  
Years 12 and 13

## Safeguarding Officers

If you have any concerns, please contact one of the team promptly



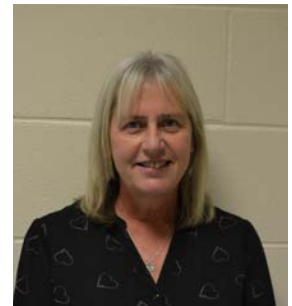
**Mr Roger Beech**  
Senior  
Safeguarding  
Officer



**Mrs Rhian Evans**  
Safeguarding Officer



**Mrs Glenda Barlow**  
Safeguarding Officer



**Mrs Eleri Allsup**  
Administrative  
Support for the Child  
Protection Officers

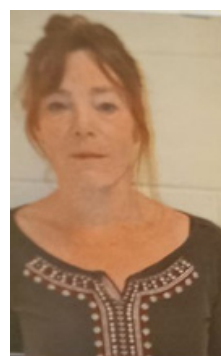
## External Agencies



**Anwen Brown**  
Education Welfare Officer



**Sian Edwards**  
School Nurse



**Jill Riley**  
School Based Counselor



**Pc Dylan**  
School Liaison Officer

Together we can reach our potential



# Health and Well-being Council

New learners have been welcomed to this school this year. We have taken the opportunity to promote and support these learners with their period. This work has been completed alongside the Health and Wellbeing council; they continue to work hard to reduce the stigma around periods and ensuring that products are easily available for everyone.



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**

## #ItDoesntStopUs

It doesn't stop us from coming to school  
It doesn't stop us from our education  
It doesn't stop us from physical activity



Nid yw'n ein rhwystro

It doesn't stop us

## Showing Racism the Red Card

Here's the school supporting Showing Racism the Red Card. A big thank you to the staff and members of the sixth form for competing in a Netball match.



**SHOW  
RACISM  
THE  
RED  
CARD**

Together we can reach our potential

# Mental Health

## TOP TIP

“

*What do I do? Well, I will try anything! I play rugby regularly for Caernarfon and also participate in social netball events! After matches I enjoy a meal with the girls. I also enjoy running, walking, cycling and going to the gym. It all depends on my mood...and the weather!*

*Favourite place to walk? Tryfan, as I'm especially fond of the scramble at the top to reach the summit.*

*Do you really enjoy running? Yes, especially after a long day in work!"*

”

*From Miss Iona Evans, Ysgol Dyffryn Conwy*



## Welcome to Our Place

**The place to unearth all your potential as a parent or carer**



Relationship  
and Sex  
Education



## Mental Health Links

DPJ Foundation



Mind



Hafal



Young Minds



Samaritans



Tir Dewi



# Christmas Shoebox Appeal



Again, we have been busy collecting items for the Christmas Shoebox appeal.

A big thank you to everyone who contributed this year! The boxes are on their way to Eastern Europe.



## Jeans for Genes

Back in October, the school supported the charity Jeans for Genes. Learners raised money for the charity by paying to wear their jeans to school for the day.

## Health and Skills Day

In order to best support our learners, earlier in the term we held a health and skills day. Many thanks to the agencies that visited Ysgol Dyffryn Conwy to promote health and develop our learners' skills.

## Glan Llyn

As part of a pilot scheme, Ysgol Dyffryn Conwy were invited by Conwy County to attend a two day workshop at Glan Llyn. This was an opportunity for members of the School and the Health and Wellbeing Councils to participate in a variety of activities and to discuss their role within the school.

Pupils participated in swimming, gorge walking in the Arran river, a session with Nerth dy ben and a high ropes course. Thank you to the team at Glan Llyn, Elin (Urdd) and Alaw from Nerth dy Ben.





# Successes

## Sienna Perry



"I was chosen to play football in the UEFA U15s development tournament

We won against North Macedonia and lost against Serbia and Chile.

Recently I have also played against Manchester United, Stoke and West Brom. My favourite experience was playing against Aston Villa at Villa park. Another great memory I have is playing against England at St. George Park, even though we lost."

*Sienna Perry, year 9.*

## Gwenllian Pyrs



Congratulations to Gwenllian (a former pupil) who was a member of the Welsh squad during the Rugby World Cup.

Here's Gwenllian reflecting back on the championship:

"An experience I will never forget!!

Despite the injuries, specific exercises and persistence paid off and I got to play against New Zealand in the quarters".

*Gwenllian Pyrs*

## Erin Jones



"I have recently been chosen to represent the Urdd in the 7 a side rugby team that's travelling to New Zealand in December.

I'm also a member of the Wales under 20's squad and attend training every weekend.

My aspirations for the future include being chosen as part of the squad that will represent Wales in the 6 nations and travelling to France to compete.

Earlier in the year I had the opportunity to represent Wales under 18 in Scotland. I have thoroughly enjoyed every second of playing and hoping that there will be plenty more opportunities to do so in the future."

*Erin Jones, year 13.*

## Equestrian Team



A huge congratulations to the team, 6th in the JwS 95cm. Iri and Madi have also been selected for the Welsh National team.

Also, Morgan Haerr won the FEI Juniors Individual at Arena UK High profile Show.

Great work by all and best of luck with the next competition.

# Extra-Curricular Activities

## LUNCH TIME AND AFTER SCHOOL ACTIVITIES

	Lunch Time	After School
Monday	Badminton - Sports Hall (Jac, Isabel, Joni) Dodgeball YR7-9 Small gym (Ross + Owain)	Girls Rugby YR7-11 (Begw + Erin) Running Club YR7-13 (IAE) Football YR7-8 (Harrylee)
Tuesday	Netball YR7 (12:50 - 13:15) YR8/9 (13:15-13:35) (IAE)	
Wednesday	Badminton (RRJ)	Girls Football YR7-11 (Madi) Running club YR7-13 (IAE) Boys Rugby YR7-9 (Daniel)
Thursday	Netball BL10-11 Sports Hall 'Just Dance' - Small gym (Elen, Llio + Marged)	Boys Football YR9-11 (Alex + Harrylee) Netball sixth form
Friday	Basket Ball BL9 - BL11 (Merin & Nel)	Games

TOGETHER WE CAN ACHIEVE MORE

**Gambling  
addiction  
advice  
for staff and  
parents**



**Gambling  
addiction  
advice for  
pupils**



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