



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 Head



**Mr Jason Turner**  
Associate Assistant  
Headteacher  
Head of Physical Education  
and Health and Well-being  
coordinator



**Mrs Rhian Evans**  
Additional Learning Needs  
Coordinator

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

- An introduction to Health and Well-being at Ysgol Dyffryn Conwy.
- Health and Well Being Priorities 2021-2024
- An introduction to the Health and Well-being Team
- Meet the Progress Leaders, the Safeguarding Team and External agencies
- The KiVa anti bullying programme
- Mental Health

### Introduction to Health and Well-being



### Health and Well Being Priorities

- Continue to develop strategies that improve attendance.
- Strengthen the mentoring and support systems for vulnerable learners.
- Strengthen learner's voice.
- Act on the highest standards of behavior conduct.

# Progress Leaders



**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 Team

If you have any concerns, please contact a member of the team immediately



**Mr Roger Beech**  
Senior Child  
Protection Officer



**Mrs Rhian Evans**  
Child Protection  
Officer



**Mrs Glenda Barlow**  
Child Protection Officer



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

# External Agencies



**Jill Riley**  
School Based Counselor



**Sian Edwards**  
School Nurse



**Pc Dylan**  
School Liaison Officer



**Anwen Brown**  
Education Welfare  
Officer

# Bullying



## KiVa

Here is an introduction to KiVa and the team, how to report a case of bullying and our definition of bullying.

This anti-bullying team will ensure happiness and joy in our school.

[Definition of bullying](#)



[How to report a case of bullying](#)



[The KiVa Team](#)



## Mental Health

A wise word for Ysgol Dyffryn Conwy's Health and Well-being newsletter readers. There are also useful links for support and information.

### TOP TIP

“

*For relaxation I make sure I include time for myself in my personal diary. It's so important to be able to 'switch off' and relax. This can vary from lying on the couch at home, taking Winston the dog for a walk or sometimes an early night to get some extra hours of sleep! If I don't rest enough I can't perform at my best in school and therefore I am unable to focus on my work...but most of all, not being able to talk! Being able to turn to family, friends or co-workers and putting the world in place, relaxing and sometimes doing 'nothing' is important.*

”

*From Mr Owain Gethin Davies, Headteacher at Ysgol Dyffryn Conwy*

## Mental Health

### Links

[Mind](#)



[Young Minds](#)



[DPJ Foundation](#)



# Extra Curricular Activities

| Day              | 12:00pm-12:50pm<br>Year 7 - 9                                 | Location                                  | 12:50pm-1:45pm Year 10 - 11            | Location  | After school  |
|------------------|---|---|--|---|---|
| <b>Monday</b>    | Yr 7 boys' football<br>Badminton<br>Homework club             | 4G<br>Sportshall<br>Hwb 3                 | Homework club                          | KS4 Learning Coach room                               | Running club / Cross country<br>Boys' rugby Yr 8 - Yr 19      |
| <b>Tuesday</b>   | Netball<br>Senior choir                                       | Sportshall<br>Cerdd 1                     | Homework club                          | KS4 Learning Coach room                               |   |
| <b>Wednesday</b> | Choir Yr 7-9<br>Homework club<br>'Cyflwyniad dramatig'<br>Art | Cerdd 1<br>Hwb 3<br>Studio<br>Celf 1      | Badminton<br>Homework club<br>Art      | Neuadd chwaraeon<br>KS4 Learning Coach room<br>Celf 1 | Girls' rugby<br>Fixtures                                      |
| <b>Thursday</b>  | Girls' football Yr 7 a Yr 8<br>Basketball<br>'Parti bechgyn'  | 4G / Neuadd chwaraeon<br>Mugga<br>Cerdd 1 | Homework club<br>'Cyflwyniad dramatig' | KS4 Learning Coach room<br>Stwdio                     | Fixtures  |
| <b>Friday</b>    | Homework club   | Hwb 3                                     | Homework club                          | KS4 Learning Coach room                               | Basketball<br>Registration time: Senior boys' choir - Cerdd 1 |

## Internet Safety

### School Beat

A bilingual site with information and resources



### Keeping safe online

with Hwb

Useful links to websites about safety on the internet within education



### Share Aware

A website about being safe on social media



## Links to the School Policies

Behaviour for learning



Anti bullying



School uniform 7-11



School Uniform 12-13



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