### HEALTH AND WELL-BEING



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



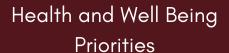
**Mrs Rhian Evans**Additional Learning Needs
Coordinator

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





- 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.

<u>Definition of</u> **bullying** 



How to report a Im 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 Year 7 - 9	Location	12:50pm-1:45pm Year 10 - 11	Location	After s chool
Monday	Yr 7 boys' football Badminton Homework club	4G Sportshall Hwb 3	Homework club	KS4 Learning Coach room	Running club / Cross country  Boys' rugby Yr 8 - Yr I9
Tuesday	Netball Senior choir	Sportshall Cerdd 1	Homework club	KS4 Learning Coach room	
Wednesday	Choir Yr 7-9  Homework club  'Cyflwyniad dramatig'  Art	Cerdd 1 Hwb 3 Studio Celf 1	Badminton Homework club Art	Neuadd chwaraeon  KS4 Learning Coach room  Celf 1	Girls' rugby Fixtures
Thursday	Girls' football Yr 7 a Yr 8  Basketball  'Parti bechgyn'	4G / Neuadd chwaraeon Mugga Cerdd 1	Homework club 'Cyflwyniad dramatig'	KS4 Learning Coach room Stiwdio	Fixtures
Friday	Homework club	Hwb 3	Homework club	KS4 Learning Coach room	Basketball Registration time: Senior boys' choir - Cerdd 1

### Internet Safety

### **School Beat**

A bilingual site with information and resources



### <u>Keeping safe online</u>

with Hwb Useful links to websites about safety on the internet within education



### **Share Aware**

A website about being safe on soial 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 DyffrynConwy Twitter



Contact Us:

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