



Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion lach - Rhwydwaith Cymru



GIG  
CYMRU  
NHS  
WALES

Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



Ariennir yn Rhan  
Lywodraeth Cymru  
Part Funded by  
Welsh Government

# Cynllun Ysgolion lach Sir Gaerfyrddi

# Carmarthenshire's Healthy Schools

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## Hanes

Wnsiwyd y Cynlluniau Ysgolion Iach yng  
ymru ym Medi 1999, yn dilyn rhaglen beilot  
draws Ewrop – Rhwydwaith Ysgolion Hybu  
hyd Ewropeaidd – 1992.

D y Cynllun Ysgolion Iach yw hyrwyddo  
iofel iechyd corfforol, emosiynol,  
a deithasol a lles plant a phobl ifanc.

Adnabyddir gan y Sefydliad Iechyd y Byd  
hwarae'r ôl allweddol o hyrwyddo iechyd plant  
a phobl ifanc.

Defydlwyd y Cynllun yng Nghymru yn 2000.

Enir y rhaglen gan Gynulliad Llywodraeth  
Cymru a'i rheoli gan Iechyd Cyhoeddus Cymru.



## History

- Launched in September 1999, following a 4 year pilot programme across Europe – European Network of Health Promoting Schools 1992.
- The aim of the WNHSS is to promote & protect the physical, emotional and social health & well-being of young people in Wales.
- Recognised by the World Health Organisation (WHO) as playing a key role in promoting the health of children & young people.
- The WNHSS was established 2000
- It is a Welsh Government Funded Programme managed by Public Health Wales.



## Cynllun Ysgolion Iach Sir Gaerfyrddin



fodd y Cynllun ei sefydlu yn Sir Gar yn 1 ac mae'n un o 22 gynlluniau lleol ac di'i achredi fel rhan o'r CYIRhC.

e 112 o ysgolion yn weithredol ar y ter ar hyn o bryd.

e'r Cynllun Ysgolion Iach yn eistedd ewn yr Adran Gwasanaeth Addysg a plant ac y Gyfadran Cwricwlwm les.

e'n cael ei rheoli trwy bartneriaeth wng Iechyd Cyhoeddus Cymru ac ydurdod Addysg Sir Gaerfyrddin.

wyddog yn cydlynú'r Cynllun llawn amser + 1 0.8 Cyfatebiaeth llawn amser



## The Carmarthenshire Healthy Schools Scheme

- The Carmarthenshire Healthy Schools Scheme was established in 2001 and is one of 22 local schemes accredited as part of the WNHSS.
- There are currently 112 schools on board the scheme.
- The Carmarthenshire Healthy Schools Scheme sits within the Education and Children's Services Dept and the Curriculum & Well-being faculty.
- It is managed in partnership by Public Health Wales & Carmarthenshire Education Authority.
- 2 Officers Co-ordinate the scheme 1 full-time + 1 0.8 Full term equivalent

## gwyddorion Sylfaenol y Cynllun:

wysigrwydd **cyfranogiad disgblion** yn  
eysydd craidd bywyd yr Ysgol sy'n effeithio  
ar iechyd a lles e.e. Cyngor Ysgol, Cyngor  
Eco a Bydis y Buarth ayyb.

wysigrwydd, dealltwriaeth ac ymrwymiad  
**ymuned yr Ysgol gyfan**, e.e Uwch dîm  
neoli, Llywodraethwyr, rhieni, busnesau  
a oedd yngol ayyb.

nnog ysgolion i gymryd agwedd  
adarnhaol tuag at iechyd e.e i fanteisio ar  
rob cyfle posib i godi ymwybyddiaeth ar  
interior iechyd megis gordewdra a diffyg  
unain-barch.

ddysgu aelodau staff, disgblion a rhieni  
nnog ysgolion i wreiddio **7 pwnc testun**:

## Underlying Principles of the Scheme:

- The importance of **pupil participation** in core areas of school life which affect health & well-being e.g. School Council, Eco Committee & Playground Buddies etc.
- Importance, understanding & commitment of the **whole school community** e.g. Senior Management Team, Governors, Parents, local business & community members etc.
- Encourage schools to take on a **positive approach to health** e.g. take every opportunity to raise awareness on current health issues such as obesity and low self-esteem.
- Educate pupils, staff and parents
- Encourage school to embed **7 health topics**:



Llywodraeth Cymru  
Welsh Government

## Bwyd a Ffitrwydd

## Iechyd a Lles Meddyliol ac Emosiynol

## Datblygiad Personol a Chyderthynas

## Defnyddio a Chamdefnyddio Sylweddau

## Amgylchedd

## Diogelwch

## Hylendid

ood and Fitness

ntal and Emotional Health and Well Being

ersonal Development and Relationships

stance Use and Misuse

ironment

ety

giene

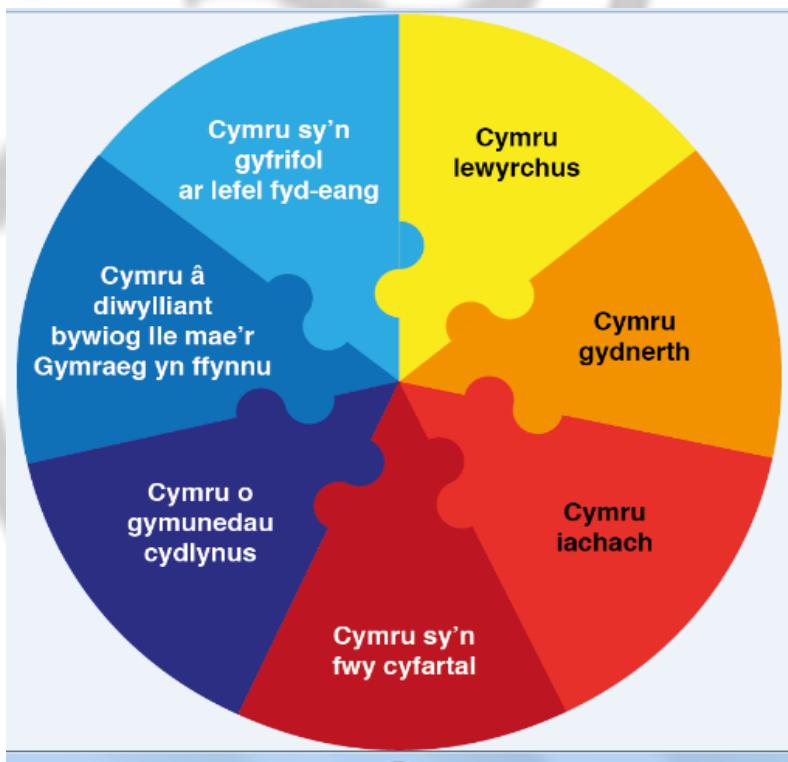
IECHYD A LLES MEDDYLIOL AC EMOSIYNOL

Leadership and Communication			
	Assessment Questions All of these questions need to be addressed	Examples These are ideas of things you might like to consider, you are not expected to do all of them	Evidence of things have done (D O N)
1.1	What policies do you have in place, which are regularly reviewed and updated, to guide your work on mental and emotional health, wellbeing and relationships, and dealing with sensitive issues?	<ul style="list-style-type: none"><li>- Behaviour and anti-bullying policy</li><li>- Mental health and well-being policy for staff and/or children</li><li>- Grievance policy</li><li>- Safeguarding policy</li><li>- Equality policy or plan</li><li>- Separated parents policy</li></ul>	
1.2	How do you ensure a consistent approach to behaviour management?	<ul style="list-style-type: none"><li>- Designated member of staff for management of behaviour issues</li><li>- Good practice guidance for staff and parents</li><li>- Staff induction and handbook includes behaviour management</li><li>- Staff training on behaviour management</li><li>- Reward schemes for children that are consistently applied</li></ul>	

Iaer Fenter yn cefnogi'r Cwricwlwm  
newydd Cymru a'r Cwricwlwm ABCh

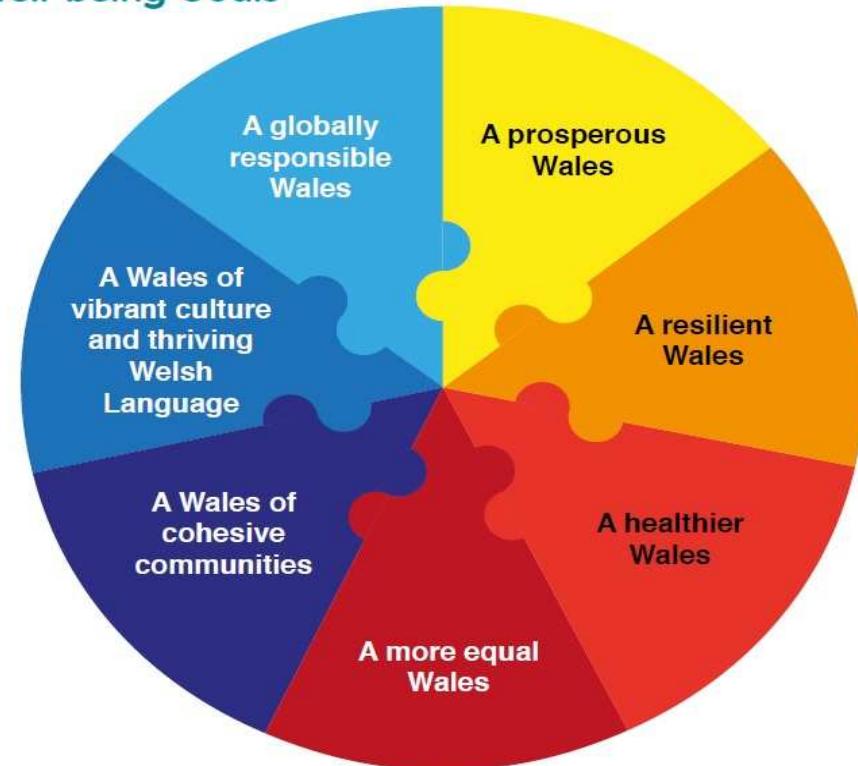
yfrannu tuag at Nodau Llesiant y Ddeddf  
esiant Cenedlaethau'r Dyfydol:

*Cymru lachach a Chymru Gydnerth*



- The Scheme supports Wales's new Curriculum and the PSE Curriculum
- Contributes to the Well-being Goals of Well-being & Future Generation Act, 2015
  - *Healthier Wales and Resilient Wales*

Well-being Goals



Agweddau	Inspection Areas	Aspects
Safonau	01 Standards	1.1 Standards and progress overall 1.2 Standards and progress of specific groups 1.3 Standards and progress in skills
Lles ac agweddau at ddysgu	02 Wellbeing and attitudes to learning	2.1 Wellbeing 2.2 Attitudes to learning
Addysgu a phrofiadau dysgu	03 Teaching and learning experiences	3.1 Quality of teaching 3.2 The breadth, balance and appropriateness of the curriculum 3.3 Provision for skills
Gofal, cymorth ac arweiniad	04 Care, support and guidance	4.1 Tracking, monitoring and the provision of learning support 4.2 Personal development 4.3 Safeguarding
Arweinyddiaeth a rheolaeth	05 Leadership and management	5.1 Quality and effectiveness of leaders and managers 5.2 Self-evaluation processes and improvement planning 5.3 Professional learning 5.4 Use of resources



# Cyllid / Budget



**Arenir y rhaglen gan Gynulliad  
Llywodraeth Cymru a'i rheoli gan  
Iechyd Cyhoeddus Cymru**

**Iechyd Cyhoeddus Cymru sydd yn  
penderfynu maint y gyllideb a  
ddarparwyd ar gyfer pob awdurdod**

**Derbyniodd Sir Gar cyllideb o  
£122,272.00 ar gyfer y flwyddyn  
ariannol 2018-19**

**Swyddogion Ysgolion lach i anfon  
Cynllun Gwariant at Swyddogion  
Iechyd Cyhoeddus Cymru a Rheolwr y  
Cynllun.**

- The Scheme is funded by the Welsh Assembly Government
- Public Health Wales determines the size of the budget allocated to each Authority.
- Carmarthenshire received a budget £122,272.00 for the financial year 2018-19
- Healthy School Officer must submit plan of proposed expenditure to Public Health Wales Officers and the Scheme's Manager



# Rol y Swyddog / Role of the Officer

Hyrwyddo'r Cynllun

Annog ysgolion i fod yn amgylcheddau sy'n hybu iechyd

Cefnogi Ysgolion ar eu taith

Asesu Ysgolion (camau 1-6)

Darparu diwrnodau hyfforddiant, cynadleddau a sesiynau min nos  
(Addysgwyr ac Ymarferwyr Iechyd)

Cyfarfodydd Clwstwr

Hyfforddiant i ddisgyblion

Cyflwyno gweithdai yn seiliedig ar faterion iechyd cyfredol i ddisgyblion

Nosweithiau Rieni

Cynghorau Ysgol

Cydweithio

Mynychu cyfarfodydd perthnasol

- Promote the Scheme
- Encourage schools to be health promoting environments
- Support schools on their journey
- Assess Schools (Phases 1-6)
- Deliver Training days, Conferences, Twilight sessions (Educationalist & Health Practitioners)
- Cluster meetings
- Training for Pupils
- Deliver workshops based on current health issues to pupils
- Parents Evenings
- School Councils
- Collaboration
- Attend relevant meetings



## Gweithio mewn Partneriaieth / Partnership working



National Botanic  
Garden of Wales  
Gardd Fotaneg  
Genedlaethol Cymru

MUNWCH Â'R MUDIAD

Sustrans  
JOIN THE MOVEMENT

Arlwy Gâr



sportwales  
chwaraeoncyn

ChildLine  
0800 1111



GIG  
CYMRU  
NHS  
WALES

School Nurses and Dieticians



SchoolBeat.org



Bwrdd Iechyd  
Hywel Dda  
Health Board

change  
4 life  
Eat well Move more Live longer



Stonewall  
CYMRU  
HYRWYDDWY  
Ysgolion  
School  
CHAMPION

# **Yn eistedd i'r gwyddonwyr t mae Ysgol sy'n hybu iechyd yn rych?**

Enoriaethu Lles Staff a Disgyblion  
Arwyddo Hunan-barch Staff a Disgyblion  
Paru rhaglen addysg iechyd cydlynol  
Mryd pob cyfle a roddir i hybu iechyd a  
odi ymwybyddiaeth  
Arhau datblygiad proffesiynol staff a  
forddiant  
E ganddi lais disgybl cryf  
Sbysu rhieni / gofalwyr a'r gymuned leol o  
erion iechyd cyfredol  
Cefnogi mentrau iechyd  
ol/cenedlaethol

## **What does a Health promoting School look like?**

Prioritises the Well-being of Staff & Pupils  
Promotes the Self-esteem of Staff & Pupils  
Implements a coherent health education programme  
Takes every opportunity given to promote health & raise awareness to current health issues  
Ensures Staff development & training  
Has a strong pupil voice  
Informs parents/carers & the local community of current health issues  
Supports local/national health initiatives

## Y daith

maid i ysgolion apwyntio Cydlynnydd  
golion lach.

maid i ysgolion symud ymlaen drwy 5  
m yn y Cynllun a hyn gan ystyried 4  
gwedd sef:

*Arweiniad a Chyfarthrebu*

*Cwricwlwm*

*Ethos ac Amgylchedd*

*Cyfraniad Teulu a'r Gymuned*

· ôl cwblhau cam ac asesiad  
wyddiannus, mae'r ysgol yn derbyn  
wobr ar ffurf plac.

wobr Ansawdd Genedlaethol (GAG)  
w'r wobr uchaf y gellir ei chyflawni.

## The Journey

Schools must appoint a Healthy School  
Co-ordinator.

Schools must progress through  
**phases** of the Scheme within **4 areas**:

- 1: Leadership & Communication**
- 2: Curriculum**
- 3: Ethos & Environment**
- 4: Family & Community Involvement**

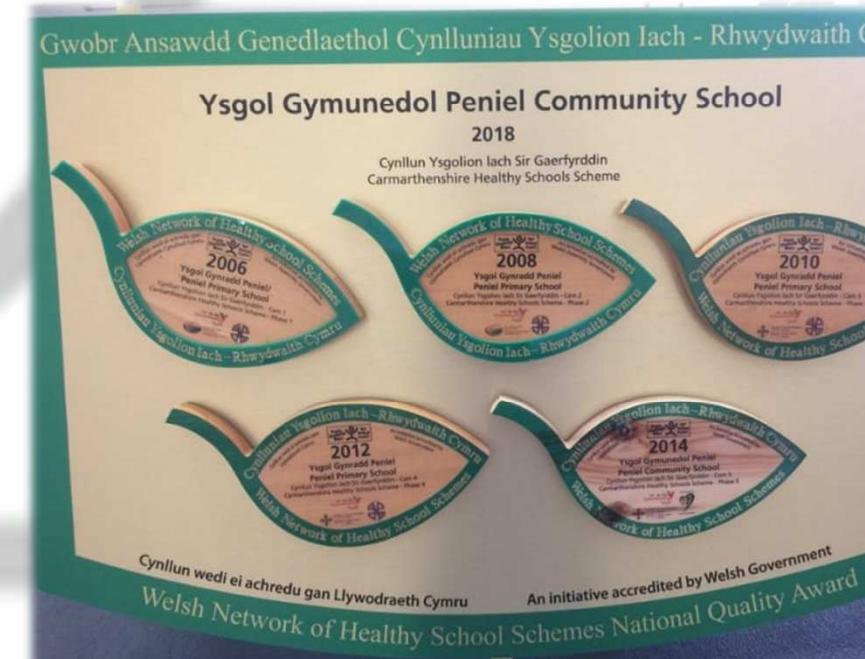
Upon phase completion and a successful  
assessment, schools are awarded  
plaque.

The National Quality Award (NQA) is the  
highest award achievable.

# Cyflawniadau Ysgol / School Achievements

Cam a gyflawnwyd / Phase Achieved	Nifer o Ysgolion Number of Schools	% o Ysgolion % of Schools
1	112	100%
2	112	99%
3	105	94%
4	75	67%
5	41	37%
6	1	
Gwobr Ansawdd Genedlaethol (GAG) National Quality Award (NQA)	2	

# Seremoni Wobrwyd Ysgol Peniel / Peniel School Award Ceremony



# Ein perfformiad ar draws Hywel Dda, ERW ac yn Genedlaethol ar y Camau

## Our performance across Hywel Dda, ERW and Nationally regarding Phases (2016-2017)

Nifer uchaf o Ysgolion yn cyflawni Cam 3 o fewn Hywel Dda ac ERW a 4<sup>ydd</sup> safle yn Genedlaethol

- Highest number of Schools achieving Phase 3 within Hywel Dda and ERW and 4<sup>th</sup> position Nationally

Nifer uchaf o Ysgolion yn cyflawni Cam 4 o'r Cynllun yn Genedlaethol

- Highest number of schools completing Phase 4 of the Scheme Nationally

Nifer uchaf o Ysgolion yn cyflawni Cam 5 o fewn Hywel Dda, 3<sup>ydd</sup> safle yn ERW ac 8fed yn Genedlaethol

- Highest number of schools completing Phase 5 within Hywel Dda, 3<sup>rd</sup> place within ERW and 8<sup>th</sup> place Nationally

# Hyfforddiant Staff / Staff Training

**Hyfforddiant a ddarparwyd rhwng 2016-2018**

**'Tyfu i Fyny' / 'Growing Up'**

**Bwlio / LGBT Bullying**  
*Stonewall Cymru*

**Addysg Gorfforol a Bwyta'n Iach yn y Cwricwlwm**  
**PE & Healthy Eating in the Curriculum**

**Strategaethau Gwrth-Fwlio**  
**Anti-Bullying Strategies**

**Hyfforddiant PREVENT Training**

**Hyfforddiant 'SPEAKr' Training**

**Cynhadledd Bwyd a Ffitrwydd / Food & Fitness Conference**

**Cynhadledd Lles / Well-being Conference**

**Ymarferion Hylendid a'r Adnodd 'E-bug' / Hygiene Practices and 'E-bug' Resource**

**Y Rhaglen 'Saib a Symud' / The 'Pause Points' Programme**

**Hyfforddiant ABCh i Gydlynwyr Uwchradd / PSE Training for Secondary Co-ordinators**  
(Dwywaith y flwyddyn ar faterion cyfredol / Twice a year regarding current matters)

# Effaith Hyfforddiant / Impact of training

frwythau/Llysiau a dŵr yn unig a darperir yn Siop yr Ysgol

4 o ysgolion wedi ymgorffori'r adnodd 'Speakr'

estyn wedi canmol sawl Ysgol am ymgorffori'r rhaglen y 'Bydi's Buarth', adnodd 'Speakr' a'r Fenter 'Milltir y Dydd'

3% o Ysgolion yn ymgorffori'r fenter 'Milltir y Dydd'

6 Ysgol yn ymgorffori'r rhaglen 'Saib a ymud' gyda nifer mwy yn dangos i ddordeb

ynnydd yn y nifer o Ysgolion sydd yn mwybodol o Brofiadau Niweidiol yn stod Plentyndod

- Fruit, vegetables and water are only served at the school shop
- 54 Schools have implemented the 'Speakr' resource
- Estyn has commended several schools for implementing the 'Buddy Scheme', 'Speakr' resource & Daily Mile scheme
- 43% of Schools are implementing the 'Daily Mile Scheme'
- 16 schools are implementing the 'Pause Points' programme with numerous schools showing an interest
- Increased number of schools that are '**ACE**' Aware



## 'Speakr' ar waith yn Llangynnwr 'Speakr' at work in Llagunnor

<https://www.youtube.com/watch?v=k8Ql7NRUta8>



*They express their feelings each morning on a computer program and decide with whom they want to share this information.*

**Llangynnwr: Estyn Inspection Report September, 2017**

*To strengthen the pupils' voice in the school, they have also introduced a programme which enables all pupils to express their emotions and wellbeing on a daily basis. This having a positive effect on pupils' attitudes towards their work and their peers.*

**Dafen: Estyn Inspection Report, April 2018**

# Saib a Symud / Pause Points



**Gwylanuk®**  
Wellbeing matters

<https://gwylan.co.uk/news-events/>

# Milltir y Dydd / Daily Mile

*benefit greatly from taking part in a variety of physical exercise activities regularly and nearly all of the older pupils run one a day on the school grounds. This has a positive effect on pupils' fitness levels.*

*Yn prim: Estyn Inspection Report, June 2016*

*Members of the healthy and eco committee promote good attitudes towards eating and drinking healthily successfully; for example, they conduct physical activities during break time and encourage pupils to walk a mile a day.*

*Yn ddiwrnod ganant: Estyn Inspection Report, November 2017*

*Nearly all pupils have a good understanding of the importance of eating and drinking healthily and how to keep fit. This is reinforced successfully through physical activities within the curriculum and when leading and taking part in physical education activities regularly, such as lunchtime clubs and running a mile a day.*

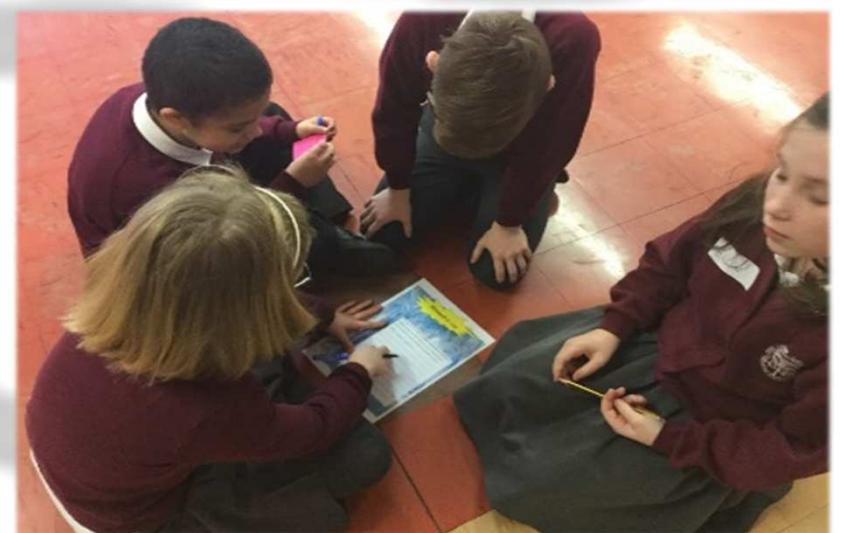
*Af ymffosfelen: Estyn Inspection Report, 2018*



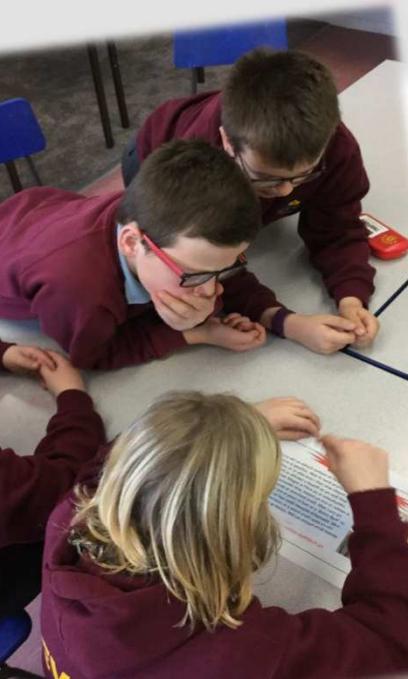
# Hyfforddiant i ddisgyblion/ Training for pupils

Bydi's Buarth' – Bl 5+6

- Playground Buddies – Yrs 5+6



# Playground Peacemakers / Bydis Buarth



*Nearly all pupils are caring towards each other and the 'Playground Buddies' look after other pupils during break times and lunchtime.*

**Llangynnwr: Estyn Inspection Report, September 2017**

*Most pupils contribute to their own wellbeing and that of their peers very effectively. For example, the playground buddies spend valuable time with the younger pupils to develop sound friendships. This has a very positive effect on the foundation phase pupils' happiness and safety during these times.*

**Pembrey: Estyn Inspection Report, January 2018**



# Taregdau / Targets

## 2016-2018

- Hysbysu'r Cynllun ymhellach
- Codi proffil
- Cyflwyno Ymarferion Iechyd
- Ail-sefydlu YAASG
- Codi ymwybyddiaeth at PNMP
- Sefydlu a chynnal cyfarfodydd clwstwr tymhorol
- Gwella perthynas gydag Ysgolion
- Ymweld ag ysgolion yn fwy cyson
  - Arsylwi arfer dda, casglu tystiolaeth a monitro
- Promote the Scheme further
- Raise Profile
- Introduce Well-being practices
- Re-establish CODS
- Raise awareness to ACE's
- Establish & maintain termly cluster meetings
- Improve relationship with Schools
- Visit schools more frequently
  - Observe good practice, collect evidence & monitor

## Sut? / How?

drwy sefydlu, cynal a darparu/ by establishing, maintaining and delivering:

- Rhwydwaith Ysgolion lach ar HWB
- Cyfrif Trydar
- Cyfarfodydd Clwstwr Tymhorol
- Cyrsiau / Diwrnodau Hyfforddiant
- Cystadlaethau
- Prosiectau
- Sefydlu perthnasoedd
- Healthy Schools Network on Hwb
- Twitter Account
- Termly Cluster Meetings
- Courses / Training Days
- Competitions
- Projects
- Establish partnerships

# Prosiectau a Chystadlaethau / Projects & Competitions

- Hari, Heti a'r Galon Hapus
- Llythrenedd a Lles
- Lleisiau Lles
- YAASG
- Her Pedomedr
- 12 Diwrnod o Nadolig Iachus

- Hari, Heti & the Happy Heart
- Literacy & Well-being
- Lleisiau Lles
- CODS
- Pedometer Challenge
- 12 days of a Healthy Christmas



ythrenedd a Lles

Eryl Gravelle – project ARCH project  
Llyfrgelloedd Sir Gar

*ardewdra  
wyta'n lach*

gyblion ysgolion cynradd  
Gwaith Cartref  
– Creu posteri  
3 a 4 – Ysgrifennu Stori / Cerdd  
5 a 6 – Ysgrifennu Stori/Cerdd



# Llythrenedd a Lles

## Blynnyddoedd 3 a 4



Heti ydw i...

A fedrwyd chi ysgrifennu stori neu cerdd i annog plant i geisio bod yn weithgar ac am bwysigrwydd peidio gorfwyta? Ceisiwch gynnwys rhai o'r ffeithiau pwysig isod yn eich gwaith a beth am gynnwys Hari a Heti? Brawd a chwaer ydyn nhw sy'n mwynhau rhannu negeseuon pwysig am fyw'n iach!

## A Wyddoch Chi...

OD ANGEN OLEUA' 60 NUD O YMARFER CORFF Y DYDD!

RHAID OSGOI DIODYDD SYDD LLAWN SIWGR HEFYD... DIODYDD MEGIS 'RIBENA' NEU 'FRUIT SHOOT'

I PRYD O FWYD SYDD ANGEN BOB DYDD, RHAID OSGOI RBYRDAU LLAWN BRASTER A GR RHWNG PRYDAU O FWYD!

LAI PLANT OED 7-10 OND CAEL 24 GRAM O SIWGR FWN DIWRNOD. MAE HYN YN CYFATEB I 6 LLWY DE. Yna 7 llwy de o siwgr mewn 'Mars' bar!



a Hari ydw i...

## Rhaid bwyta oleua' 5 darn o ffrwythau neu

### Illysiau y dydd!

Rhaid talu sylw i'r goleuadau traffig sydd ar becynnau bwyd...coch=afiach



## Llythrenedd a Lles

## Blynnyddoedd 5 a 6

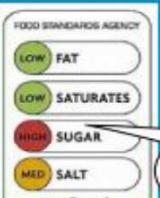
A fedrwyd chi ysgrifennu stori neu gerdd i annog plant i geisio feddwl am bwysigrwydd hylendid y geg ac effaith siwgr ar ddannedd? Ceisiwch gynnwys rhai o'r ffeithiau pwysig isod yn eich gwaith a beth am gynnwys Hari a Heti? Brawd a chwaer ydyn nhw sy'n mwynhau rhannu negeseuon pwysig am fyw'n iach!



Hari ydw i...

## A WYDDOCH CHI...

Mae'n rhaid brwsio dannedd am 2 punud dwy walch y dydd ac i ddyli newid eich brws dannedd pob 3 mis, 12 wythnos!



Mae ambell i ddilod egni yn cynnwys rhwng 24 a 29 gram o siwgr! Ni ddyli plant 7-10 oed pwysiau mwy na 24gram o siwgr mewn diwrnod!

Os ydy'r siwgr yn goch osgowch!

Mae pŵrwythau wedi' sychu yn llawn siwgr cryno! Ni ddyliad bwyta llawer o'r rhain! Beth am ychydig bach yn eich grawnfwyd yn y bore?



Heti ydw i...

Yr amser orau i yfed diodydd sy'n uchel, siwgr yw gyda phryd o Pwyd gan bod y le ac alcalin yn y geg yn uchel ar yr adegaü ymddygiad sy'n cynorthwyo i warchod y dannedd.

Mae yfed diodydd o sydd llawn siwgr yn gwaredu ar enamel dannedd. Unwaith y bydd y e yn cael ei golli, ni e ddisodli.

Poer yw mecanwaith amddiffyn naturiol y geg yn y fwyrdr yn erbyn dannedd sy'n pydru. Mae'r poer yn cynorthwyo i niwtraleiddio asid a thrwsio'r enamel sy'n cael ei ddifrodi wrth bwyta. Fodd bynnag, gall y broses hon gymryd hyd at ddwy awr i'w gwblhau. Felly, os ydym yn bwyta ac yfed bwyddyd melys yn rheolaidd, nid ydym yn caniatâu digon o amser i'r poer i wneud ei swydd, sydd, yn arwain at ddannedd yn pydru.

Mae 30% o ymddygiadau yn ddiodydd o siwgr, r pop, diwrnod, sudd, a ffrwythau cordiach diodydd.

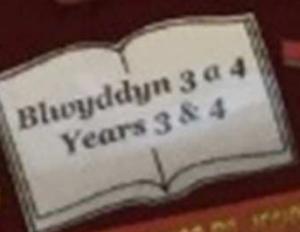
# Datblygiad / Development

- Creu llyfr addysgol
- 20 darn o waith uchaf
- Darparu Ysgolion
- Llyfrgelloedd a Llyfrgelloedd Symudol
- Canolfannau Iechyd
- *Mynd drwy'r broses ddarlunio ar hyn o bryd.*
- Create an educational book
- 'Top 20' entries
- Schools
- Libraries & Mobile Libraries
- Health Centres
- *Currently going through the illustration process*

ARCH

A Regional Collaboration for Health

# Llythrennedd a Lles

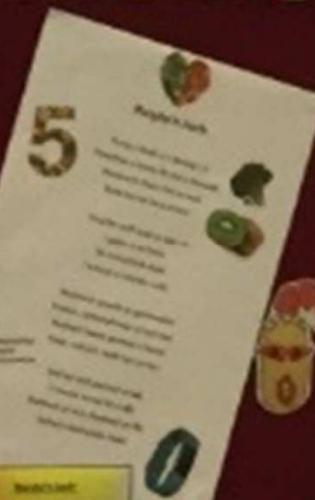


Blynnyd 3 a 4  
Years 3 & 4



Yn y blynnyd 3 a 4  
Year 3 & Year 4

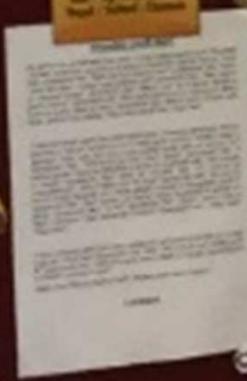
Blynnyd 3 a 4  
Year 3 & Year 4



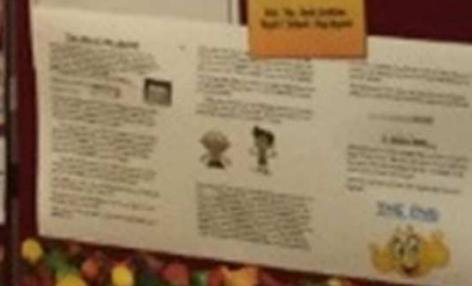
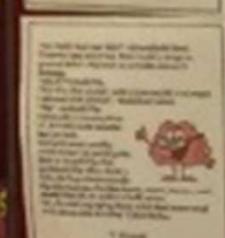
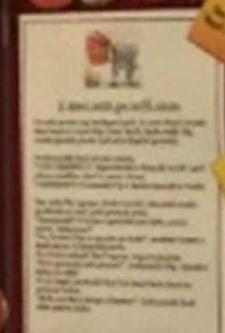
5  
Llythrennedd a Lles



Literacy & well-being  
Llythrennedd a Lles



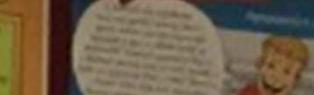
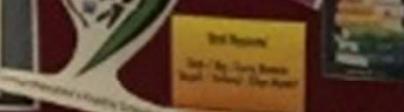
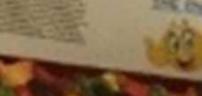
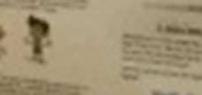
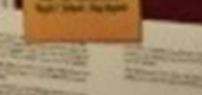
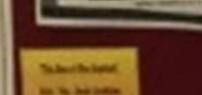
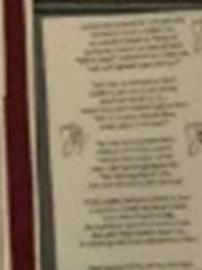
Sir Gaer  
Carmarthenshire



Yn y blynnyd 3 a 4  
Year 3 & Year 4

Yn y blynnyd 3 a 4  
Year 3 & Year 4

DARRED 3R



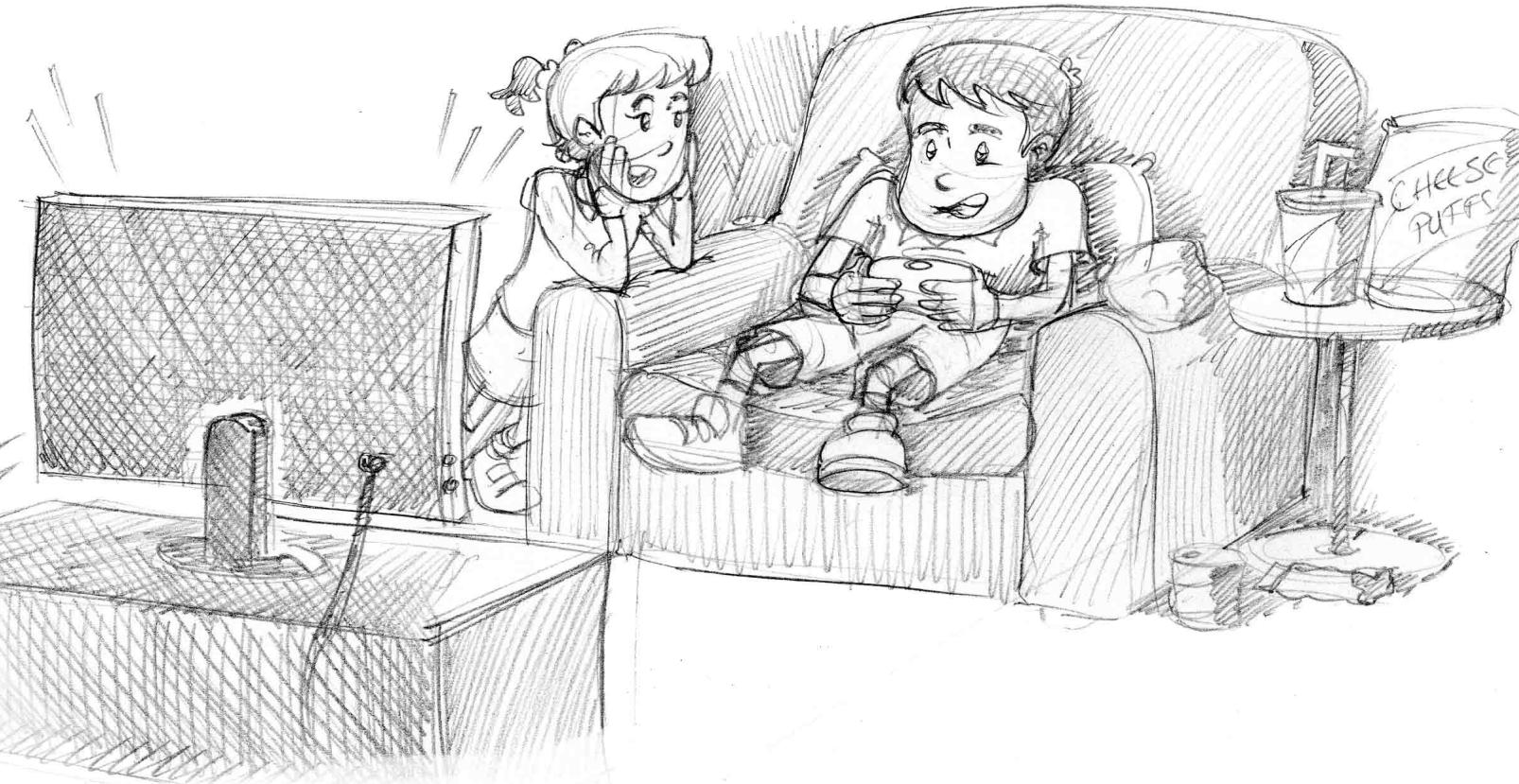
tle

he popped it in his mouth,  
it he didn't even think.  
own his throat and into his stomach,  
a matter of a blink.

"Oh Hari, don't you know,"  
cried Heti from beyond,  
you know this is your third,  
other won't be very fond."

"Oh Heti, don't you panic," said Hari  
while Heti reached for the wrapper,  
"Oh Hari don't eat these again," said Heti  
"Your teeth won't look so dapper!"

"Oh no," said Hari looking at the wrapper,  
"The sugar bar is red."  
"You're over the daily limit for your age,  
quite a bit," she said.





## Uchafbwyntiau

- Cynhadledd Lles
  - Effaith
- Seremoni Wobrwyd
- Adroddiadau Estyn

## Highlights

- Well-being Conference
  - Impact
- Award Ceremony
- Estyn Reports



# Seremoni Wobrwyd / Award Ceremony 13.7.18



# Dyheadau / Aspirations

- Ysgolion yn ystyried y Cynllun fel rhan atodol o fywyd ysgol
  - Schools consider the scheme as an integral part of school life
- Cwricwlwm Newydd i Gymru
  - New Curriculum for Wales
- Ardal Dysgu a Phrofiad Iechyd a Lles
  - Health & Well-being Area of Learning & Experience
- Ysgolion iachach = Cymunedau iachach = Cymru lachach
  - Healthier Schools = Healthier Communities = Healthier Wales

Diolch am wrando / Thank you for listening

Unrhyw gwestiynau?  
Any Questions?

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