

Iechyd Emosiynol,
Iechyd Meddwl a Lles



Emotional Health,
Mental Health and
Wellbeing

Wythnos 1
Week 1

Croeso
Welcome



Nanna Ryder
PCYDDS/UWTSD



Annabel Latham
Aberystwyth



Nia Williams
Bangor



Rebecca Haycock
PDC/USW



Anna Bryant
Met Caerdydd/
Cardiff Met

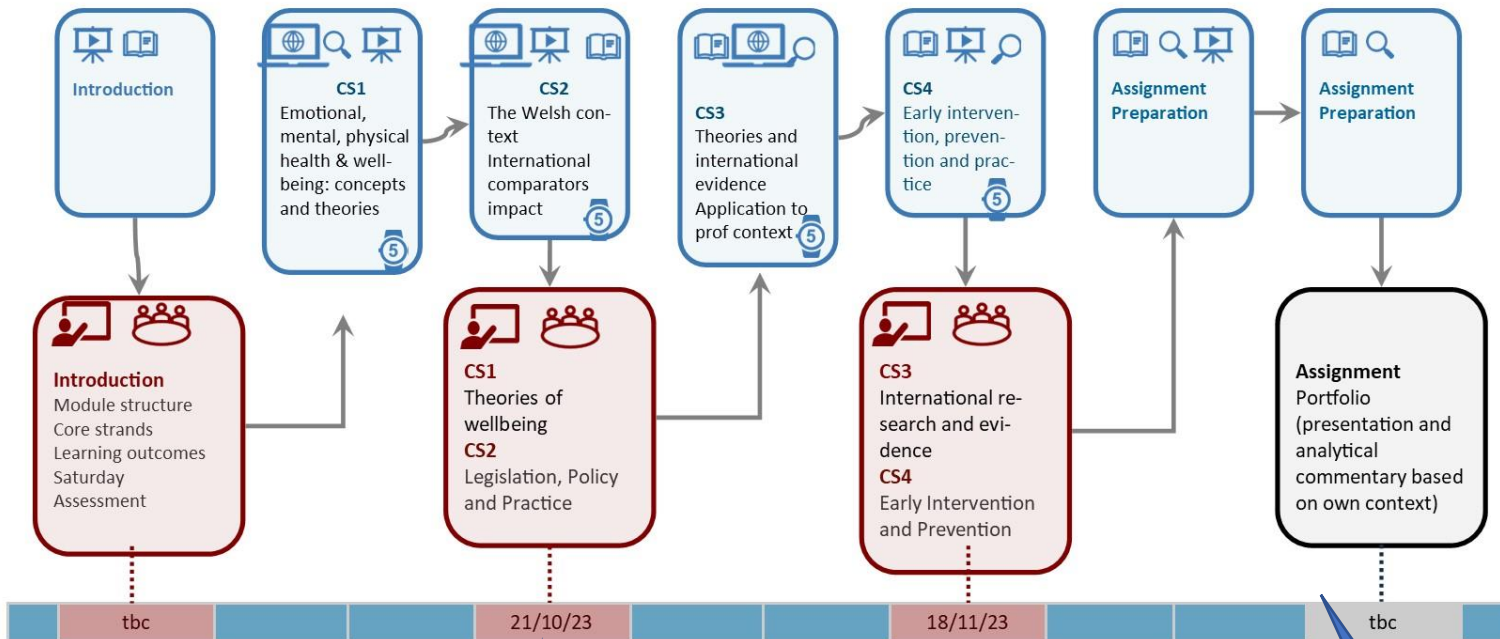


Karen Rhys
Jones
Wreccsam/
Wrexham



Emily Marchant,
Abertawe/Swansea

Fiona Heath-Diffey
Met Caerdydd/
Cardiff Met



CS1	Theories of wellbeing
CS2	Legislation, Policy and Practice
CS3	International research and evidence
CS4	Early Intervention and Prevention

	Presentation		Video
	Discussion		Reading
	Online activity		Reflecting on practice

	Distance Learning
	National days
	Assignment

Sadwrn/Saturday
18/10/25

Sadwrn/
Saturday,
15/11/25

Cyflwyno/
Submission
08/01/26



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd



Prifysgol
Wrecsam
Wrexham

Prifysgol
Glyndwr
Glyndwr

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Sut i lwyddo yn y modiwl

How to be successful with the module

Cyn gynted ag y byddwch wedi meistroli'r agweddau technegol o ysgrifennu academiaidd, bydd bywyd tipyn haws

- Dysgwch sut i ddarllen
- Dysgwch sut i ddysgu
- Dysgwch sut i gyfeirnod
- Dysgwch sut i ddyfynnu
- Dysgwch sut i fod yn feirniadol
- Dysgwch sut i ddefnyddio AI yn briodol
- Peidiwch â chymryd unrhywbeth yn arwynebol a heriwch yr hyn rydych chi'n credu sy'n wir oherwydd mwy na thebyg nad ydy

Once you have mastered the technical aspects of academic writing you will find life much easier

- *Learn to read*
- *Learn to learn*
- *Learn to reference*
- *Learn to cite*
- *Learn to critique*
- *Learn to use AI appropriately*
- *Take nothing at face value and challenge all that you believe to be true as you may find that it probably is not*

Ble alla i gael gwybodaeth am arddull ysgrifennu?

Where can I find out about writing style?

- Cyfeirnod
- Bydd peth gwybodaeth ar gael ar y 'VLE'
- Cefnogaeth Sgiliau Academaidd
- Os mewn penbleth, yna gofynnwch i arweinydd eich modiwl.
- *Referencing*
- *There will be some information available on the VLE*
- *Academic Skills Support*
- *If in doubt, ask your module leader.*

Yr Amgylchedd Dysgu Rhithwir (VLE) a'r PDP

The Virtual Learning Environment (VLE) and PLP



Nodwch os gwelwch yn dda: Unwaith y byddwch wedi cael mynediad i'r 'VLE' am y tro cyntaf, efallai bydd angen i chi aros 24 awr cyn y bydd gennych fynediad llawn i'r rhaglen

Please note: Once you have accessed the VLE for the first time you may need to wait 24 hours before you have full access to the programme



Diwrnodau cynhadledd cenedlaethol

National conference days

Beth i'w ddisgwyl

What to expect

09:30-10.00 - Croeso

09:30-10.00 - Welcome

10.15-11.15 – Sesiwn 1

10.15-11.15 – Session 1

11.30- 12.15 – Holi'r
Arbenigwr

*11.30-12.15 – Ask the
Expert*

13.15- 14.15 Sesiwn 3

13.15-14.15 – Session 3

14.30 – 15.30pm Sesiwn 4

14.30-15.30 – Session 4



Unrhyw
gwestiynau
mor belled?

*Any
questions so
far?*



Dod i adnabod eich gilydd?

Getting to know each other?

Cymrwch rai munudau i gael sgwrs gyda'ch gilydd a gofynnwch y cwestiynau:

- Beth ydych chi am gyflawni?
- Sut y gwnewch chi hynny?
- Oes cynllun gyda chi?
- Allwch chi reoli eich amser?

Take a few minutes to have a chat with each other and ask the questions:

- *What do you want to achieve?*
- *How will you do that?*
- *Do you have a plan?*
- *Can you manage your time?*

Asesu:

Assessment:

- **Elfen 1:** Cyflwyniad unigol 15 munud: Adfyriwch yn feirniadol ar yr heriau o gynnal a) iechyd emosiynol a meddyliol a lles eich dysgwyr a, b) eich lles eich hun o fewn eich lleoliad proffesiynol.
- **Elfen 2:** Sylwebaeth ddadansoddol ysgrifenedig 2,500 gair: Trafodwch yn feirniadol yr ymchwil sydd yn cefnogi ymyriad cynnar o'ch dewis a sut y gellir ei gymhwyso a'i werthuso yn eich lleoliad proffesiynol eich hun.
- **Element 1:** A 15 minute individual presentation: Critically reflect on the challenges of supporting a) your learners' emotional and mental health and wellbeing and b) your own wellbeing within your professional setting.
- **Element 2:** A 2,500 written analytical commentary. Critically discuss the research evidence underpinning an early intervention of your choice and how this could be applied and evaluated in your own professional setting.

Y Broses Asesu

Assessment Process

- Asesu ar gyfer y modiwl hyn
- Dau gynnig i bob modiwl
- 50% marc llwyddo
- 60- 69% teilyngdod
- 70% + rhagoriaeth
- Ail gynigion yn cael eu capio ar 50%
- Pob asesiad i'w cyflwyno drwy'r 'VLE':
Ionawr 8fed 2026
- *Assessment for this module*
- *Two attempts per module*
- *50% pass mark*
- *60- 69% merit*
- *70% + distinction*
- *Second attempts capped at 50 per cent*
- *All assessments submitted through VLE:
8th January 2026*

Llwyddo'r Tro Cyntaf: Cyngor doeth

Pass First Time: Top tips

- Cychwynnwch ysgrifennu eich aseiniad cyn gynted a phosib
 - Mynnwch ffrind beirniadol
 - Gadewch ddigon o amser i olygu a rhoi sglein ar eich gwaith
 - Sicrhewch eglurder – mae'n bwysicach nag arddull
 - Trafodwch syniadau neu theori rydych yn eu deall yn llwyr
 - Darllenwch yn eang o amgylch y pwnc
 - Defnyddiwch y fforwm drafod
 - Gofynnwch gwestiynau
- *Start writing your assignment as soon as possible*
 - *Find a critical friend*
 - *Allow enough time to edit and polish your work*
 - *Clarity is more important than style*
 - *Discuss ideas or theory that you fully understand*
 - *Read widely around the topic*
 - *Engage in all sessions*
 - *Ask questions*



Llywodraeth Cymru
Welsh Government

Defnyddio Pebblepad | *Using Pebblepad*

Contents Student details Core strand 1 ▾ Core strand 2 ▾ Core strand 3 ▾ Core strand 4 ▾ National Saturday resources ▾ Assignment Guidance ▾

Core Strand 1: Debates around inclusion in education

Before you start the module please take the opportunity to read:

European Agency for Development in Special Needs Education (2014) [Five Key Messages for Inclusive Education: Putting Theory into Practice](#). Brussels: European Agency. For Development in Special Needs Education.

And

[European Agency for Special Needs and Inclusive Education](#) (2020), Preventing School Failure.

Please start to reflect upon the challenges you have faced when working with learners who present with a range of needs based on your experiences to date and consider what support may be appropriate to help meet these needs in the future.

Defnyddio Pebblepad | *Using Pebblepad*

nts	Croeso	Llinyn Craidd 1 ▾	Llinyn Craidd 2 ▾	Llinyn Craidd 3 ▾	Llinyn Craidd 4 ▾	Adnoddau Dydd Sadwrn Ce...	Cymorth Aseiniad – Ar
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Llinyn Craidd Un: Dadleuon ynghylch cynhwysiant mewn addysg

Gwaith i'w wneud cyn y sesiwn; cyn i chi ddechrau'r modiwl, manteisiwch ar y cyfle i ddarllen:

European Agency for Development in Special Needs Education (2014) [Five Key Messages for Inclusive Education: Putting Theory into Practice](#). Brussels: European Agency. For Development in Special Needs Education.

A

[European Agency for Special Needs and Inclusive Education](#) (2020), Preventing School Failure.

Dechreuwch fyfyrto, yn seiliedig ar eich profiadau hyd yn hyn, ar yr heriau yr ydych wedi'u hwynebu wrth weithio gyda dysgwyr ag amrywiaeth o anghenion, ac ystyriwch pa gymorth a allai fod yn briodol i helpu i ddiwallu'r anghenion hyn yn y dyfodol.

Unrhyw
gwestiynau
cyn gorffen?

*Any final
questions?*

