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Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Yr Athrofa
Centre for Education
Addysg i Gymru | Education for Wales



Partneriaeth Dysgu Proffesiynol Yr Athrofa
Yr Athrofa Professional Learning Partnership

Trawsnewid Addysg Gyda'n Gilydd Transforming Teaching Together

ECAD5012

Arwain y Dysgu Leading the Learning

Iechyd a Lles Health and Wellbeing



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Bwriad y sesiwn

- Ymgysylltu gyda dogfennaeth Llywodraethol a sut mae hwnnw'n dylanwadu ar ddarpariaeth y cwricwlwm.
- Ymgysylltu gyda phynciau iechyd allweddol Cynlluniau Ysgolion Iach – Rhwydwaith Cymru
- Ymgysylltu gyda meysydd testun Eco 'Sgolion
- Defnyddio strategaethau AagD yn effeithiol.

Session intentions

- Engage with Government documentation and understand how it influences curriculum provision.
- Familiarise with the key health topics of Welsh Networks of Healthy Schools Scheme.
- Engage with the Eco Schools topic areas.
- Use AfL strategies effectively.



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Pwysau Iach:
Cymru Iach

Symud ymlaen yn
2022 - 2024



Llywodraeth Cymru
Welsh Government



Cymryd
ein Camau
Nesaf



[pwysau-iach-cymru-iach-cynllun-cyflawni-2022-i-2024.pdf](#)



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Healthy Weight: Healthy Wales

Moving ahead in
2022 - 2024



Llywodraeth Cymru
Welsh Government



[Healthy Weight: Healthy Wales \(gov.wales\)](https://gov.wales/healthy-weight)



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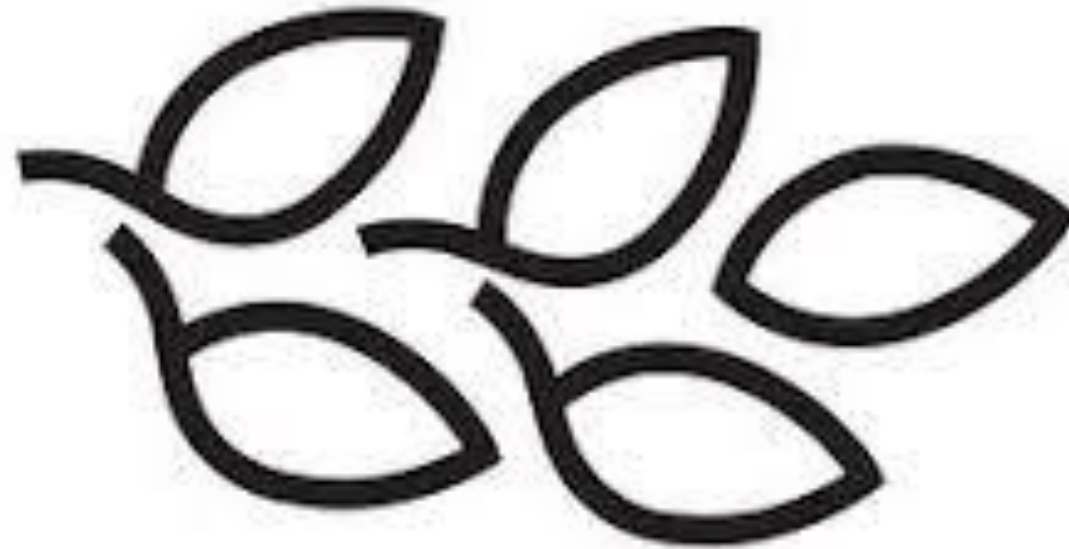
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Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



Welsh Network of Healthy School Schemes



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Saith Pwnc Iechyd Allweddol

- **Bwyd a Ffitrwydd** (gan gynnwys agweddau fel darpariaeth bwyd a diod, bwyta'n iach a choginio ymarferol, hydradu, addysg gorfforol a chwarae actif)
- **Iechyd a Lles Meddyliol ac Emosiynol** (gan gynnwys agweddau fel asesiadau lles disgyblion, darpariaeth gyffredinol a thargedig, lles staff, a gwrth-fwlio)
- **Datblygiad Personol a Pherthnasoedd** (gan gynnwys Addysg Rhyw a Pherthnasoedd)
- **Defnyddio a Chamddefnyddio Sylweddau** (gan gynnwys agweddau megis meddyginiaethau, ysmegu, alcohol a chyffuriau)
- **Amgylchedd** (cysylltu â'r rhaglen **Eco-Sgolion**, Masnach Deg ac amgylchedd yr ysgol)
- **Diogelwch** (gan gynnwys agweddau megis diogelu, e-ddiogelwch, diogelwch yn yr haul, diogelwch ar y ffyrdd)
- **Hylendid** (gan gynnwys agweddau megis rheoli haint, hylendid y geg, golchi dwylo, hylendid toiledau, hylendid bwyd)



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7 key Health Topics

- **Food and Fitness** (including aspects such as food and drink provision, healthy eating and practical cooking, hydration, physical education and active play)
- **Mental and Emotional Health and Well Being** (including aspects such as pupil wellbeing assessments, universal and targeted provision, staff wellbeing, and anti-bullying)
- **Personal Development and Relationships** (including Relationships and Sexuality Education)
- **Substance Use and Misuse** (including aspects such as medicines, smoking, alcohol and drugs)
- **Environment** (linking to the **Eco Schools** programme, Fairtrade and the school environment)
- **Safety** (including aspects such as safeguarding, e-safety, sun safety, road safety)
- **Hygiene** (including aspects such as infection control, oral hygiene, hand-washing, toilet hygiene, food hygiene)

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[Eco-Sgolion - Cadwch Gymru'n Daclus -
Eco-Sgolion \(keepwalestidy.cymru\)](http://keepwalestidy.cymru)

[Eco-Schools - Keep Wales Tidy - Eco-Schools](http://keepwalestidy.cymru)



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Mae ein holl Eco-Sgolion yn gweithio trwy saith cam. Unwaith y mae ysgol wedi sefydlu'r broses hon ac wedi casglu tystiolaeth o'u cynnydd, gallant wneud cais am Wobr Eco-Sgolion - achrediad a gydnabyddir yn rhyngwladol.



Cam 1:
Ffurio Eco-Bwyllgor



Cam 2:
Cynnal adolygiad amgylcheddol



Cam 3:
Datblygu cynllun gweithredu



Cam 7:
Cysylltu â'r cwricwlwm



Cam 6:
Creu Eco-Gôd



Cam 5:
Hysbysu a chynnwys



Cam 4:
Monitro a gwerthuso

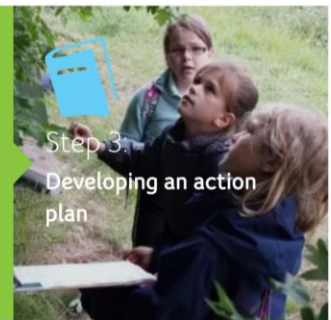
All our Eco-Schools work through **seven steps**. Once a school has put this process in place and collected evidence of their progress, they can apply for an Eco-Schools Award - an internationally recognised accreditation.



Step 1:
Forming an Eco-Committee



Step 2:
Carrying out an environmental review



Step 3:
Developing an action plan



Step 7:
Linking to the curriculum



Step 6:
Producing an Eco-Code



Step 5:
Informing and involving



Step 4:
Monitoring and evaluation



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Mae 9 maes testun

- Iechyd, Lles a Bwyd
- Dinasyddiaeth Fyd eang
- Ynni
- Dŵr
- Trafnidiaeth
- Tir yr ysgol
- Bioamrywiaeth
- Lleihau gwastraff
- Sbwriel

[Adnoddau Cynradd - Cadwch Gymru'n
Daclus - Eco-Sgolion
\(\[keepwalestidy.cymru\]\(http://keepwalestidy.cymru\)\)](#)

There are 9 topic areas

- Health, Wellbeing and Food
- Global Citizenship
- Energy
- Water
- Transport
- School Grounds
- Biodiversity
- Waste
- Litter

[Primary Resources - Keep Wales Tidy -
Eco-Schools](#)



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Ffair Posteri

- Ffurfiwch grŵp
- Cymerwch thema 'eco'
- Ymchwiliwch y maes testun
- Dyfeisiwch syniad (dim ffiniau cost) i'w ddatblygu yn ein ysgol delfrydol dychmygol! Meddyliwch am syniadau gwricwlaidd i rannu gyda'ch cyd-fyfyrwyr.

- Lluniwch boster a gosodwch eich stondin er mwyn ei werthu i eraill yn y ffair.

Cyn bwrw ati, allwch chi lunio **Bwriad y Wers** a'r **Meini Prawf Llwyddiant** ar gyfer y weithgaredd?

Ar ddiwedd y sesiwn ystyriwch pa **strategaeth/au AagD** allech chi ddefnyddio wrth i chi roi adborth effeithiol ar y posteri?

Poster Fair

Create a group

- Take an Eco-theme
- Research the topic area
- Come up with an idea (no cost boundaries) to develop this in our imaginary ideal school! Think of some curriculum ideas to share with student colleagues.

- Create a poster and a sales pitch to sell it to others in the fair.

Before commencing, can you compose the **Learning Intention** and a **Success Criteria** for this activity?

At the end of the session consider which **AfL strategy/ies** could you use to provide effective feedback?



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Am fwy o fanylder ar ofynion Cynlluniau Ysgolion Iach - Rhwydwaith Cymru
Dangosyddion ar gyfer Gwobr Ansawdd Genedlaethol Cynlluniau Ysgolion Iach -
Rhwydwaith Cymru gweler [100730schoolawardindiccy.pdf \(ioe.ac.uk\)](https://ioe.ac.uk/100730schoolawardindiccy.pdf)

For further detailed information on Welsh Network of Healthy School Schemes (WNHSS)
Indicators for the Welsh Network of Healthy School Schemes National Quality Award see
[100730schoolawardindicen.pdf \(ioe.ac.uk\)](https://ioe.ac.uk/100730schoolawardindicen.pdf)

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