

# SCHOOL IN-REACH SERVICE NEWSLETTER

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- Primary school offer
- Training
- The Team



### 3 MINUTE SURVEY

Have your say on what training you would like to see in the future

<https://forms.office.com/e/FR5tqyPTgZ>

## TRANSITION CHECKLISTS

With the Summer term approaching, we have developed a range of new 'Transition checklists'. These provide practical activities for education staff, parents/carers and learners to use in preparation for the Year 6 to year 7 school transition. These are available on our website in both English and Welsh.



- [Checklist for learners](#)
- [Checklist for parents/carers](#)
- [Checklist for education staff](#)

## WHAT'S NEW?

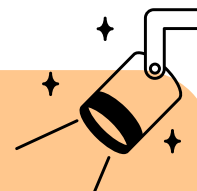
In addition to our current online and face-to-face training offer (more on that later!), we are working on a few new projects based on your feedback.

We have started work with 3 placement students from; Health, the Learning Disabilities Service and Enfys to create a workshop around the key developmental stages throughout childhood and adolescence, with a focus on emotional health and wellbeing. This will be ready for roll out in the next academic year.

We are also developing a workshop on managing the pressures felt as a result of exams – thank you for those who gave feedback on this topic via the '3 minute survey' in the last newsletter.

We were sad to say goodbye to Claire Barry, our Team Secretary, this month as she has taken a new role in the assessment team. On the other hand, we are excited to welcome Kelle Herring, our new Team Secretary, who is already a valued member of the team.

## SCHOOL SPOTLIGHT: LLANTWIT MAJOR



Llantwit Major Comprehensive school have completed their first pilot of a new peer mentoring programme with School In-Reach support which has been a great success. Mentors created a video with help from the drama department. One young person who took part said "I wanted to get involved because it was a new initiative and I wanted to build communication skills as the course I want to do is all to do with people". The next cohort of young people to become peer mentors have been booked and we are excited to see this coming into fruition. School In-Reach and the staff team at Llantwit are very proud of all who took part.

## Critical Incidents in Educational Communities

We would like to share this UK Trauma Council Resource (developed by Anna Freud National Centre for Children & Families); guidance for educational communities in responding to traumatic incidents.

<https://uktraumacouncil.org/resources/critical-incidents>

# PRIMARY OFFER



## Want to be part of shaping the primary school offer?

We are looking to set up a focus group of education professionals to discuss the emotional wellbeing needs of primary age learners, and how the School In-Reach team could best extend our offer to Primary Schools.

## EMBEDDING PACE IN THE CLASSROOM – WHOLE STAFF TRAINING

We have had a number of primary school leadership staff express interest for whole staff training on 'Embedding PACE in the Classroom'. Due to demand, we have decided to offer this as a face-to-face workshop to primary schools in the summer term.

There will be limited availability, so this will be offered on a first come first served basis. The training is 1 hour 30 minutes.

You can watch our [Introduction to PACE \(Bite Size\)](#) via YouTube which provides a 10-minute overview of the elements of PACE (Playfulness, Acceptance, Curiosity and Empathy) and an introduction into how this way of being can be helpful in interactions with children and young people.

## FEELINGS ARE FUNNY THINGS – PRIMARY GROUP INTERVENTION

Co-delivered with named education staff in selected primary schools to a small group of year 5 or 6 learners. It is an interactive intervention which uses storytelling and activities to develop children and young people's emotional literacy and wellbeing. It can be an opportunity to build learners' skills in identifying, managing and communicating their emotions, build confidence and skills in relationships.



This group is co-delivered with primary school staff, with support and training given for schools to be able to repeat delivery to other groups of learners.

To express interest in any of the above (i.e. primary focus group, whole staff training offer or our primary group intervention)

**please email [schoolinreach.cav@wales.nhs.uk](mailto:schoolinreach.cav@wales.nhs.uk)**



## School Nurses – NEW! ChatHealth for parents service

On 18th April, the School Nurses are launching ChatHealth: a text messaging service for **parents and carers of children aged 5-11 years old**. This service connects parents to a School Nurse who can offer confidential advice, support and information.

**The text messaging number 07312 263178 will be available Monday-Friday 8:30am-4:30pm.**

# TRAINING

Our online training offer has been well attended so far this term; thank you to those who have signed up and joined us, and for your feedback. If you haven't yet had time to give feedback, it is not too late! You can do so by following [this link](#). We really appreciate your feedback and use it for our continued improvement.

If you are interested in training for whole staff groups or targeted staff in your individual setting, please discuss with your locality lead in your termly prioritisation meetings.

**Here is our open access online training programme for this term, available to all education staff across Cardiff and the Vale.**

DATE	TIME	TITLE OF TRAINING
Wednesday 19/4/2023	15:00-17:00	Managing Endings and Transitions Well
Wednesday 26/4/2023	15:30-17:00	Safety Planning for Education Staff
Thursday 18/5/2023	15:30-17:00	Managing Stress
<b>HALF TERM</b>		
Tuesday 6/6/2023	15:00-17:00	Managing Endings and Transitions Well
Monday 19/6/2023	15:30-17:00	Managing and Responding to Self-Harm
Monday 3/7/2023	13:30-16:30	Tree of Life (In-person Workshop)*



For more information regarding our training offer, check out our website to learn more about the training tiers and pre-course requirements:

<https://cavyoungwellbeing.wales/14ww>

\* We are hosting an in-person Tree of Life Workshop at Wellbeing Hub @ Maelfa. Maximum 18 attendees, sign up quick so not to miss out!

## REGISTRATION DETAILS

To book a place or for more information on each of the training sessions, please complete the Microsoft form by following the link below.

There are limited spaces available on each, so please book in advance. Joining details will be emailed to attendees prior to the date of the training.



**Sign up here:** <https://forms.office.com/e/1p5QDQDuEB>

or scan the QR code

# SCHOOL IN-REACH LOCALITY TEAMS

## TIMAU ARDAL MEWNGYMORTH YSGOLION

### CARDIFF EAST DWYRAIN CAERDYDD



**Natalie Baron**  
Senior Mental Health Practitioner  
Uwch Ymarferydd Iechyd Meddwl

**Kirsty Vincent**

Mental Health Practitioner  
Ymarferydd Iechyd Meddwl



**Emma Michelet**  
Graduate Mental Health Worker  
Gweithiwr Iechyd Meddwl Graddedig

#### Schools | Ysgolion:

- Ysgol Uwchradd **Cardiff** High School
- Ysgol Uwchradd Gatholig **Corpus Christi** Catholic High School
- Ysgol Uwchradd **Eastern High**
- Ysgol Uwchradd Gatholig **St Illtyd's** Catholic High School

- Ysgol Uwchradd **Willows** High School
- Ysgol Uwchradd **Whitchurch** High School
- Ysgol Uwchradd **Llanishen** High School
- Ysgol Uwchradd **St Teilo's** Church in Wales High School
- Ysgol Gyfun Gymraeg **Bro Edern**

### CARDIFF WEST GORLEWIN CAERDYDD



**Vicky Gillespie**  
Senior Mental Health Practitioner  
Uwch Ymarferydd Iechyd Meddwl

**Elen Hughes**

Senior Mental Health Practitioner  
Uwch Ymarferydd Iechyd Meddwl



**Hayley Venn**  
Graduate Mental Health Worker  
Gweithiwr Iechyd Meddwl Graddedig

#### Schools | Ysgolion:

- Ysgol Uwchradd **Cardiff West** Community High School
- Ysgol Uwchradd **Bishop of Llandaff** Church in Wales High School
- Ysgol Uwchradd **Cathays** High School
- Ysgol Uwchradd **Fitzalan** High School

- Ysgol Uwchradd **Mary Immaculate** High School
- Ysgol Uwchradd **Cantonian** High School
- Ysgol Gyfun **Radyr** Comprehensive School
- Ysgol Gyfun Gymraeg **Glantaf**
- Ysgol Gyfun Gymraeg **Plasmawr**

### VALE OF GLAMORGAN BRO MORGANNWG



**Angie Morgan**  
Senior Mental Health Practitioner  
Uwch Ymarferydd Iechyd Meddwl

**Carolyn Owens**

Mental Health Practitioner  
Ymarferydd Iechyd Meddwl



**Leanne Coundley**  
Graduate Mental Health Worker  
Gweithiwr Iechyd Meddwl Graddedig

#### Schools | Ysgolion:

- Ysgol Gyfun **Cowbridge** Comprehensive School
- Ysgol Gyfun **Llantwit Major** Comprehensive School
- Ysgol Gyfun **St Cyres** Comprehensive School
- Ysgol Gyfun **Stanwell** Comprehensive School

- Ysgol Uwchradd Gatholig **St Richard Gwyn** Catholic High School
- Ysgol Uwchradd **Whitmore** High School
- Ysgol Gyfun **Bro Morganwg**
- Ysgol Uwchradd **Pencoedre** High School

### PRU/EOTAS AHYAC UCD



**Lisa Finlayson-Clements**  
Senior Mental Health Practitioner  
Uwch Ymarferydd Iechyd Meddwl

**Elin Davies**

Mental Health Practitioner  
Ymarferydd Iechyd Meddwl



**Chloe Viney**  
Graduate Mental Health Worker  
Gweithiwr Iechyd Meddwl Graddedig

#### Education settings | lleoliadau addysg:

Cardiff | Caerdydd:

- Uned Cyfeirio Disgyblion **Bryn y Deryn** PRU
- **Cardiff Inclusion Team** | Tîm Cynhwysiant Caerdydd

Vale | Y Fro:

- **Vale Inclusion Team** | Tîm Cynhwysiant y Fro
- **Derw Newydd**



**Dr Rhian Murphy**  
Clinical Lead  
Arweinydd Clinigol



**Amy Brown**  
Team Lead  
Arweinydd y Tîm



**Kelle Herring**  
Team Secretary  
Ysgrifennydd Tîm

# CYLCHLYTHYR Y GWASANAETH MEWNGYMORTH YSGOLION

## YN Y RHIFYN HWN

- Beth sy'n newydd
- Cynigion ysgolion cynradd
- Hyfforddiant
- Y Tîm



### AROLWG 3 MUNUD

Dweud eich dweud am ba hyfforddiant yr hoffech ei weld yn y dyfodol

<https://forms.office.com/e/fr5tqyPTgZ>

## RHESTR WIRIO'R CYFNOD PONTIO

Gyda thymor yr Haf yn agosáu, rydym wedi datblygu amrywiaeth o 'Restrau gwirio'r cyfnod pontio' newydd. Mae'r rhain yn darparu gweithgareddau ymarferol ar gyfer staff addysg, rhieni/gofalwyr a dysgwyr i'w defnyddio wrth baratoi ar gyfer cyfnod pontio ysgolion Blwyddyn 6 i Flwyddyn 7. Mae'r rhain ar gael ar ein gwefan yn Gymraeg a Saesneg:



- [Dechrau'n yr Ysgol Uwchradd](#)
- [Pontio \(ar gyfer rhieni\)](#)
- [Rhestr wirio'r cyfnod pontio \(i staff\)](#)

## BETH SY'N NEWYDD?

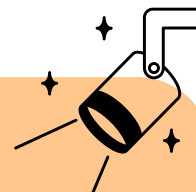
Yn ogystal â'n cynnig hyfforddi ar-lein ac wyneb yn wyneb presennol (mwy ar hynny yn ddiweddarach!), rydym yn gweithio ar ambell brosiect newydd yn seiliedig ar eich adborth.

Rydym ni wedi dechrau gweithio gyda 3 myfyriwr lleoliad o lechyd, y Gwasanaeth Anableddau Dysgu ac Enfys i greu gweithdy o amgylch y cyfnodau datblygiadol allweddol drwy gydol plentyndod a'r glasoed, gan ganolbwyntio ar iechyd emosiynol a lles. Bydd hyn yn barod i'w gyflwyno yn y flwyddyn academaidd nesaf.

Rydym hefyd yn datblygu gweithdy ar reoli'r pwysau a deimlir o ganlyniad i arholiadau - diolch i'r rhai a roddodd adborth ar y pwnc hwn drwy'r 'arolwg 3 munud' yn y cylchlythyr diwethaf.

Roeddem yn drist i ffarwelio â Claire Barry, ein Hysgrifennydd Tîm, y mis hwn gan ei bod wedi cymryd rôl newydd yn y tîm asesu. Ar y llaw arall, rydym yn gyffrous iawn i groesawu Kelle Herring, ein Hysgrifennydd Tîm newydd, sydd eisoes yn aelod gwerthfawr o'r tîm.

## SBOTOLAU YSGOLION: LLANILLTUD FAWR



Mae ysgol Gyfun Llanilltud Fawr wedi cwblhau ei chynllun peilot cyntaf o raglen fentora cyfoedion newydd gyda chymorth Mewngymorth Ysgolion sydd wedi bod yn llwyddiant mawr. Creodd mentoriaid fideo gyda help gan yr adran ddrama. Dywedodd un person ifanc a gymerodd ran "Roeddwn i eisiau cymryd rhan oherwydd ei bod yn fenter newydd ac roeddwn i eisiau meithrin sgiliau cyfathrebu gan fod y cwrs rwyf am ei wneud yn ymwneud â phobl". Mae'r garfan nesaf o bobl ifanc i ddod yn fentoriaid cyfoedion wedi'i threfnu ac rydym yn gyffrous i weld hyn yn dwyn ffrwyth. Mae Mewngymorth Ysgolion a'r tîm staff yn Llanilltud yn falch iawn o bawb a gymerodd ran.

## Digwyddiadau Beirniadol mewn Cymunedau Addysgol:

Hoffem rannu'r Adnodd Cyngor Trawma y DU (a ddatblygwyd gan Ganolfan Genedlaethol Anna Freud i Blant a Theuluoedd); canllawiau ar gyfer cymunedau addysgol wrth ymateb i ddigwyddiadau trawmatig.

<https://uktraumacouncil.org/resources/critical-incidents>

# CYNIGION YSGOLION CYNRADD



## Eisiau bod yn rhan o'r gwaith o siapio'r cynnig ysgolion cynradd?

Rydym am sefydlu grŵp ffocws o weithwyr addysg proffesiynol i drafod anghenion lles emosiynol dysgwyr oedran cynradd, a sut y gallai'r tîm Mewngymorth Ysgolion ymestyn ein cynnig i Ysgolion Cynradd orau.

## GOSOD PACE YN YR YSTAFELL DDOSBARTH - HYFFORDDIANT STAFF CYFAN

Rydym wedi cael nifer o staff arwain ysgolion cynradd yn mynegi diddordeb ar gyfer hyfforddiant staff cyfan ar 'Osod PACE yn yr Ystafell Ddosbarth'. Oherwydd y galw, rydym wedi penderfynu cynnig hwn fel gweithdy wyneb-yn-wyneb i ysgolion cynradd yn rhyngor yr haf.

Ychydig iawn o argaeledd fydd, felly bydd hyn yn cael ei gynnegi ar sail y cyntaf i'r felin. Mae'r hyfforddiant yn 1 awr 30 munud.

Gallwch wyllo ein [Cyflwyniad i PACE \(Maint Brathiad\)](#) trwy YouTube sy'n rhoi Trosolwg 10 munud o elfennau PACE (Agwedd Chwareus, Derbyniad, Chwilfrydedd ac Empathi) a chyflwyniad i sut y gall y ffordd hon o fod bod o gymorth mewn rhyngweithio â phlant a phobl ifanc.

## PETHAU RHYFEDD YW TEIMLADAU - YMYRRAETH GRŴP CYNRADD

Wedi'i gyd-gyflwyno gyda staff addysg penodol mewn ysgolion cynradd dethol i grŵp bach o ddysgwyr blwyddyn 5 neu 6. Mae'n ymyriad rhyngweithiol sy'n defnyddio adrodd straeon a gweithgareddau i ddatblygu llythrennedd emosiynol a lles plant a phobl ifanc. Gall fod yn gyfle i feithrin sgiliau dysgwyr o ran adnabod, rheoli a chyfathrebu eu hemosiynau, magu hyder a sgiliau mewn perthnasau.



Mae'r grŵp hwn yn cael ei gyd-gyflwyno â staff ysgolion cynradd, gyda chefnogaeth a hyfforddiant yn cael ei roi i ysgolion allu ailadrodd y ddarpariaeth i grwpiau eraill o ddysgwyr.

I fynegi diddordeb mewn unrhyw un o'r uchod (h.y. grŵp ffocws cynradd, hyfforddiant staff cyfan neu ymyrraeth grŵp cynradd)

**anfonwch e-bost at [schoolinreach.cav@wales.nhs.uk](mailto:schoolinreach.cav@wales.nhs.uk)**

## Nyrsys Ysgol - NEWYDD! Gwasanaeth ChatHealth i rieni

Ar 18 Ebrill, mae'r Nyrsys Ysgol yn lansio ChatHealth: gwasanaeth negeseuon testun i rieni a gofawyr plant 5-11 oed. Mae'r gwasanaeth hwn yn cysylltu rhieni â Nyrs Ysgol sy'n gallu cynnig cyngor, cefnogaeth a gwybodaeth gyfrinachol.

**Y rhif negeseuon testun yw 07312 263178 a bydd ar gael o ddydd Llun i ddydd Gwener 8:30am-4:30pm.**



# HYFFORDDIANT

Mae ein cynnig hyfforddiant ar-lein wedi cael ei fynychu'n dda hyd yma y tymor hwn; diolch i'r rhai sydd wedi cofrestru ac ymuno â ni, ac am eich adborth. Os nad ydych chi wedi cael amser eto i roi adborth, nid yw'n rhy hwyr! Gallwch wneud hynny drwy ddilyn y ddolen hon. Rydym wir yn gwerthfawrogi eich adborth ac yn ei ddefnyddio ar gyfer ein gwelliant parhaus.

Os oes gennych ddiddordeb mewn hyfforddiant ar gyfer grwpiau staff cyfan neu staff wedi'u targedu yn eich lleoliad unigol, trafodwch hyn gyda'ch arweinydd ardal yn eich cyfarfodydd blaenoriaethu tymhorol.

**Dyma ein rhaglen hyfforddiant mynediad agored ar-lein ar gyfer y tymor hwn - mae ar gael i holl staff addysg ledled Caerdydd a'r Fro.**

DYDDIAD	AMSER	TEITL YR HYFFORDDIANT
Dydd Gwener 19/4/2023	15:00-17:00	Rheoli Diwedd Cyfnod a Phontio yn Effeithiol
Dydd Gwener 26/4/2023	15:30-17:00	Cynllunio Diogelwch ar gyfer Staff Addysg
Dydd Iau 18/5/2023	15:30-17:00	Rheoli Straen
HANNER TYMOR		
Dydd Mawrth 6/6/2023	15:00-17:00	Rheoli Diwedd Cyfnod a Phontio yn Effeithiol
Dydd Llun 19/6/2023	15:30-17:00	Deall Hunan-Niwed
Dydd Llun 3/7/2023	13:30-16:30	Coeden Bywyd (Gweithdy mewn person)*



Am fwy o wybodaeth ynglŷn â'n cynnig hyfforddiant, edrychwch ar ein gwefan i ddysgu mwy am yr haenau hyfforddi a gofynion cyn y cwrs:

<https://cayoungwellbeing.wales/cy/8zpg>

\* Rydym yn cynnal Gweithdy Coeden Bywyd - Mewn person (Hyb Lles y Maelfa) Uchafswm 18 o fynychwyr, cofrestrwch yn gyflym felly i beidio â cholli allan!

## MANYLION COFRESTRU

I archebu lle ar gyfer unrhyw ddyddiadau hyfforddiant ac i gael mwy o wybodaeth am bob un ohonynt, cwblhewch y ffurflen Microsoft drwy ddilyn y ddolen isod.

Dim ond hyn a hyn o leoedd sydd ar gael ym mhob sesiwn, felly cadwch le ymlaen llaw. Bydd manylion ymuno yn cael eu hanfon dros e-bost at fynychwyr cyn dyddiad yr hyfforddiant.



**Ffurflen gofrestru:** <https://forms.office.com/e/1p5QDQDuEB> neu sganiwch y cod QR