



YSGOL GYMUNEDOL TRIMSARAN

'Gwnawn ein gorau glas'

Lles ein plant

Mae iechyd meddwl a lles plant yn bwysig iawn i ni yn Ysgol Trimsaran. Rydym yn cynnig ystod eang o gymorth o fewn yr ysgol ond rydym hefyd yn cynnwys asiantaethau allanol os oes angen.

Mae'r aelodau staff allweddol hyn wedi derbyn hyfforddiant Cymorth Cyntaf Iechyd Meddwl-

Mr Steffan Jones - Pennaeth

Mr Tomos Jones- Dirprwy Bennaeth

Miss Catrin Roberts - Cydlynnydd Cyfnod Allweddol 2 / CADY

Miss Gemma Stephens - Athrawes dosbarth derbyn

Miss Kaitlyn Reed – athrawes ddosbarth / addysgu ELSA

Ymarferydd sy'n ymwybodol o drawma

Miss Catrin Roberts

Mae'r staff canlynol wedi derbyn hyfforddiant ELSA-

Mrs Gemma Humble - Cynorthwydd Cymorth Llythrennedd Emosiynol.

Miss Sarah Calford - Cynorthwydd Cymorth Llythrennedd Emosiynol.

Beth yw ELSA?

Cynorthwywyr cymorth llythrennedd emosiynol yw ELSA. Maent yn gynorthwywyr addysgu sydd wedi cael hyfforddiant arbennig gan seicolegwyr addysg i gefnogi datblygiad emosiynol plant a phobl ifanc yn yr ysgol. Mae'r ELSA yn cael cymorth proffesiynol reolaidd gan seicolegwyr addysg i'w helpu yn eu gwaith. Mae ELSAs yn helpu plant a phobl ifanc i ddysgu deall eu hemosiynau a pharchu teimladau'r rhai o'u cwmpas. Maent yn darparu'r amser a'r lle i ddisgyblion feddwl am eu hamgylchiadau personol a sut maent yn eu rheoli.

Sut mae ELSA yn gweithio?

Bydd y rhan fwyaf o raglenni ELSA yn para 6 i 12 wythnos, gan helpu'r disgybl i ddysgu sgiliau newydd penodol neu strategaethau ymdopi. Mae angen gosod nodau clir (targedau SMART) yn gynnar ac mae gan bob sesiwn amcan - rhywbeth y mae'r ELSA am helpu'r disgybl i'w ddeall neu ei gyflawni. Nid yw'r ELSA yno i 'drwsio' y plentyn. I ddisgyblion ag anghenion cymhleth neu hirdymor, mae'n afrealistig disgwyl i gymorth ELSA ddatrys eu holl anawsterau.

Sut gall ELSA helpu?

Bydd cael ELSA yn gwneud y gwahaniaeth mwyaf yn eich ysgol pan:

- mae staff eraill yn gwybod am waith yr ELSA ac yn ei gefnogi
- mae staff yn rhoi gwybodaeth gefndir perthnasol i'r ELSA am y plentyn a'r teulu
- mae'r ELSA yn cysylltu'n rheolaidd ag athrawon i drafod cynnydd a gwirio a yw sgiliau newydd yn cael eu trosglwyddo i'r dosbarth
- mae gan yr ELSA amser rheolaidd ar gyfer cynllunio a chyflwyno rhaglenni
- Mae ELSAs yn mynychu goruchwyliaeth yn rheolaidd i gael syniadau newydd a datblygu eu sgiliau
- nid ydynt yn cael gormod o blant i weithio gyda nhw ar un adeg
- nid ydynt yn cael eu tynnu oddi ar amser ELSA i wneud pethau eraill
- mae lle cyson, preifat i weithio ynddo, yn rhydd o ymyriadau
- mae disgyblion yn cael eu rhyddhau o wersi'n rheolaidd er mwyn galluogi parhad cymorth
- nid yw rôl ELSA yn cael ei gymysgu gyda rôl rheoli ymddygiad.
- fod disgyblion yn cael cymorth i ddod o hyd i'w hatebion eu hunain yn hytrach nag ELSAs yn dweud wrthynt beth i'w wneud.



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Pam ei bod yn bwysig hybu iechyd meddwl a lles plant?

Mae hyrwyddo lles plant a phobl ifanc yn rhan allweddol o'u cadw'n ddiogel, gan eu helpu i ddatblygu a sicrhau eu bod yn cael canlyniadau cadarnhaol i fod yn oedolion.

Mae iechyd meddwl yn chwarae rhan allweddol yn lles cyffredinol plentyn a gall ffactorau amrywiol effeithio arnynt, gan gynnwys:

- amgylchedd
- straen
- amgylchiadau teuluol
- camdriniaeth ac esgeulustod.

Gall profiadau negyddol gael effaith andwyol ar iechyd meddwl plentyn, yn union fel y gall profiadau cadarnhaol helpu i'w wella.

Cyfrifoldeb pawb

Mae gan unrhyw un sy'n gweithio gyda phlant a phobl ifanc gyfrifoldeb i hybu eu lles, cydnabod unrhyw bryderon am les plentyn a gwybod pa gamau i'w cymryd i gadw plant yn ddiogel.

Tîm O amgylch y Teulu (TAF)

Beth yw TAF?

O bryd i'w gilydd, mae pawb angen ychydig bach o gymorth ychwanegol i fyw bywydau hapus, iach a llwyddiannus. Mae'r Tîm o Amgylch y Teulu (TAF) yn ffordd o ddod â phobl ynghyd sy'n gallu eich helpu chi a'ch teulu i wneud gwahaniaeth go iawn. Bydd y Tîm o Amgylch y Teulu yn gweithio gyda chi ac yn sicrhau eich bod chi'n cael y cymorth a'r gefnogaeth sydd eu hangen arnoch.

Nid Gwasanaeth Statudol yw'r Tîm o Amgylch y Teulu sy'n golygu na fyddwch chi'n gweithio gyda Gweithiwr Cymdeithasol. Does dim rhaid i chi weithio gyda'r Tîm o Amgylch y Teulu a gallwch newid eich meddwl ar unrhyw adeg.

Gall y Tîm o Amgylch y Teulu ddarparu cymorth a chefnogaeth â phob math o faterion megis pryderon ynghylch yr ysgol ac addysg, ymddygiad, pryderon ynghylch iechyd, tai ac ati.

Gwefannau defnyddiol-

- MIND <https://www.mind.org.uk/>
- NSPCC <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>
- ELSA <https://www.elsa-support.co.uk/>
- YOUNG MIND's <https://youngminds.org.uk/>
- TAF <https://fis.carmarthenshire.gov.wales/>
- NHS <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>
- Place2Be <https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>
- Area 43 counselling <https://www.area43.co.uk/counselling/>
- Nyrs yr ysgol- Cysylltwch â'r ysgol i siarad gyda'r nyrs ysgol
- Meic Cymru <https://www.meiccymru.org/>



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Wellbeing for our children / Lles ein plant

Children's mental health and wellbeing is very important to us at Ysgol Trimsaran. We offer a wide range of support within the school but also involve outside agencies if needed.

These key members of staff have received Mental Health First Aid training-

Mr Steffan Jones – Headteacher

Mr Tomos Jones- Deputy Headteacher

Miss Catrin Roberts – Key Stage 2 Coordinator / ALNCo

Miss Gemma Stephens – Reception class teacher

Miss Kaitlyn Reed – ELSA trained / Class teacher

Trauma informed practitioner

Miss Catrin Roberts

The following staff have received ELSA training-

Mrs Gemma Humble – Emotional Literacy Support Assistant

Miss Sarah Calford - Emotional Literacy Support Assistant

What are ELSAs?

ELSAs are emotional literacy support assistants. They are teaching assistants who have had special training from educational psychologists to support the emotional development of children and young people in school. ELSAs have regular professional supervision from educational psychologists to help them in their work. ELSAs help children and young people learn to understand their emotions and respect the feelings of those around them. They provide the time and space for pupils to think about their personal circumstances and how they manage them.

How does ELSA work?

Most ELSA programmes will last for 6 to 12 weeks, helping the pupil to learn some specific new skills or coping strategies. Clear programme aims (SMART targets) need to be set early on and each session has an objective - something the ELSA wants to help the pupil understand or achieve. The ELSA isn't there to 'fix' the child. For pupils with complex or long-term needs, it's unrealistic to expect ELSA support to resolve all their difficulties. Change is a long-term process that needs everyone's help.

How can ELSA help?

Having an ELSA will make most difference in your school when:

- other staff know about and support the ELSA work
- staff give the ELSA relevant background information on the child and family
- the ELSA liaises regularly with teachers to discuss progress and check on whether new skills are being transferred to class
- the ELSA has regular time for planning and delivering programmes
- ELSAs attend supervision regularly to get new ideas and develop their skills
- they aren't given too many children to work with at one time
- they aren't taken away from ELSA time to do other things
- there is a consistent, private space in which to work, free from interruptions
- pupils are released from lessons regularly to enable continuity of support
- the ELSA role isn't confused with behaviour management (ELSA time isn't meant for sorting out incidents or telling children off!)
- pupils are helped to find their own solutions rather than ELSAs telling them what to do.

Why is it important to promote children's mental health and wellbeing?



Pennaeth / Head: Mr Steffan Jones

Dirprwy Bennaeth / Deputy Head: Mr Tomos Jones



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Promoting children and young people's wellbeing is a key part of keeping them safe, helping them develop and ensuring they have positive outcomes into adulthood.

Mental health plays a key role in a child's overall wellbeing and can be affected by various factors, including:

- environment
- stress
- family circumstances
- abuse and neglect.

Negative experiences can adversely affect a child's mental health, just as positive experiences can help improve it.

Everyone's responsibility

Anyone who works with children and young people have a responsibility to promote their wellbeing, recognise any concerns about a child's welfare and know what action to take to keep children safe.

TAF- Team Around The Family

What is TAF?

From time to time, everyone needs a little extra help for happy, healthy and successful lives. Team Around the Family (TAF) is a way of bringing people together who can help you and your family really make a difference. TAF will work with you and make sure you get the help and support you need.

Team Around the Family is not a Statutory Service which means you will not be working with a Social Worker and you can change your mind at any time.

Team Around the Family can provide help and support with all sorts of issues such as concerns about school and education, behaviour, health, housing, etc.

If you would like to know more about how TAF could support you, please contact the team or explore this section of the website.

Useful websites-

- MIND <https://www.mind.org.uk/>
- NSPCC <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>
- ELSA <https://www.elsa-support.co.uk/>
- YOUNG MIND's <https://youngminds.org.uk/>
- TAF <https://fis.carmarthenshire.gov.wales/>
- NHS <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>
- Place2Be <https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>
- Area 43 counselling <https://www.area43.co.uk/counselling/>
- School nurse- Please contact the school to speak to the school nurse
- Meic Cymru <https://www.meiccymru.org/>