



Conwy Healthy Schools Scheme

10 Point Plan

In developing to become a healthy school, the school should demonstrate:

1. strong partnerships with the whole school community and the relevant specialist services.
2. a whole school approach to food and nutrition where the curriculum is supported by the environment and ethos of the school.
3. a commitment to developing as a workplace which promotes the social, physical and emotional health of all its staff.
4. plans to develop the self esteem and mental health of all the pupils.
5. a commitment to the safety of the whole school community, demonstrating consideration for the proactive and preventative aspects.
6. a commitment to develop the school environment to create a sustainable site which promotes the health of its community.
7. long term plans to encourage all pupils to take part in physical activity on a regular basis.
8. a commitment to actively promoting non- smoking by becoming a smoke free site and providing educational programmes which promote the benefits of non smoking
9. a commitment to Sex and Relationships Education through the development of a comprehensive policy and programmes of study
10. a commitment to drug prevention through the development of a comprehensive policy and programmes of study





Cynllun Ysgolion Iach Conwy

Cynllun 10 pwynt

Wrth ddatblygu i ddod yn ysgol iach dylai'r ysgol ddangos:

1. partneriaethau cadarn gyda chymuned yr ysgol gyfan a'r gwasanaethau arbenigol perthnasol.
2. agwedd ysgol gyfan at fwyd a maeth ble cefnogir y cwricwlwm gan awyrgylch a gwerthoedd yr ysgol.
3. ymrwymiad i ddatblygu fel man gwaith sy'n hybu iechyd cymdeithasol, corfforol ac emosiynol pob aelod o staff.
4. cynlluniau i atgyfnerthu hunan werth a iechyd meddwl pob disgybl.
5. ymrwymiad i ddiogelwch cymuned yr ysgol gyfan gan ystyried agweddau ataliol a rhyngweithiol
6. ymrwymiad i ddatblygu amgylchedd yr ysgol i greu safle cynladwy sy'n hybu iechyd ei chymuned
7. cynlluniau tymor hir sy'n annog pob disgybl i gymryd rhan mewn gweithgareddau ymarfer corf yn gyson
8. ymrwymiad i hybu dim ysmegu trwy ddatblygu safle di-fwêg a darparu rhaglenni addysg sy'n hybu'r manteision o beidio ag ysmegu
9. ymrwymiad i addysg rhyw a pherthnasoedd trwy ddatblygu polisi cynhwysfawr a rhaglenni astudio
10. ymrwymiad i atal cyffuriau trwy ddatblygu polisi cynhwysfawr a rhaglenni astudio

