



CYLCH SIARAD

TALKABOUT

**GWYBODAETH I RIENI GWENFFRWD AM RAGLENNI CEFNOGI LLÊS EMOSIYNOL**  
**INFORMATION FOR PARENTS ON OUR SCHOOL PROGRAMMES SUPPORTING**  
**EMOTIONAL WELLBEING**

Mae'r cynllun "Cylch Siarad" yn raglen arbennig a anelir at blant yr ysgol gynradd - sy'n cefnogi Llês Emosiynol disgyblion. O fewn y sesiynau hyn gallwn drafod teimladau, hunan-hyder, cyffathrebu cymdeithasol, sgiliau cymdeithasol, perthnasoedd, hunan-ymwybyddiaeth gan gynnwys iath gorfforol a.y.b. Mae Deallusrwydd Emosiynol yn faes hynod bwysig yn ein barn ni- ac yn sgil bywyd gwerthfawr i blant ac oedolion.

Fel y gwyddoch, mae ein bywydau ni i gyd yn brysur ac yn llawn emosiwn/teimladau-ac mae cael y chyfle i ymlacio a sgwrsio am gyfnod/au bob wythnos yn llesol iawn. Cwrs o 20 sesiwn yw (oddeutu hanner awr yr tro) ydyw- ond gallwn ei redeg am 10 wythnos o sesiynau 1 awr- yn dibynnu ar y grwp/ eu hoedran a.y.b.

Ein Arweinwyr yn Ysgol Gwenffrwd yw Mrs Tina Cook a Miss M.Iola Owen. Y gobaith yw y bydd y sesiynau hyn (sydd yn debyg i'r hyfforddiant 'Hapus i fod yn Fi') yn cael effaith bositif ar DDISGYBLION Gwenffrwd. Rydym fel ysgol yn ddiolchgar i'r Llywodraethwyr am ariannu cynllun o'r fath. Os oes gennych yn rhyw ymholiad ymhellach- cysylltwch gyda Mrs Cook neu Miss Owen o.g.y.dda

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Talkabout / Cylch Siarad") is a programme aimed at primary school children - and it supports their Emotional Wellbeing.

Within these sessions, we discuss issues such as feelings, self-esteem, social communication, social skills, relationships, self-awareness-including body language etc.

Emotional Intelligence is such an important learning area in our opinion - and it is a true life-skill for children and adults alike.

The Talkabout programme/ sessions we offer is similar to our "Happy to be Me" programme - and runs for 20 sessions (approx  $\frac{1}{2}$  an hour per session)- or 10 sessions of 1 hour- depending on the group/ age range etc.

The aim is to support pupils' self esteem and emotional development through talk and communication. We all lead very busy lives and "time out" to talk and "reflect" on our feelings etc. is valuable for all. As it is costly to run small groups (approx 6 - 8 per group) we assess pupils' needs accordingly (to create positive group dynamics etc).

As adults- we are all aware that life skills revolve around our ability to effectively communicate with each other through language e.g. Welsh/ English or without language e.g. non-verbal 'cues'. Hopefully, this mentoring work will support pupils' self-esteem throughout the curriculum and beyond.

The leaders of the Cylch Siarad/Talkabout project at Gwenffrwd are:-  
Mrs Tina Cook and Miss M. Iola Owen.

If you have any further queries- please contact Mrs Tina Cook or Miss Owen at school.  
We thank the Governing Body for funding such fantastic learning opportunities at Ysgol Gwenffrwd.