

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

3-9
FEB
2025

KNOW YOURSELF,
GROW YOURSELF

WE'RE TAKING PART IN
CHILDREN'S MENTAL
HEALTH WEEK

Tynnu sylw at bwysigrwydd iechyd meddwl plant a phobl ifanc yr Wythnos Iechyd Meddwl Plant hon.

Helpu sicrhau bod gan bob plentyn fynediad hawdd at gymorth Iechyd Meddwl Plant pryd bynnag bydd ei angen arnynt.

Defnyddio dillad a lliw i fynegi eich hun yn ystod Wythnos Iechyd Meddwl Plant.

Gwisgwch ddillad eich hun i adnabod eich hun a thyfu eich hun.

Dyddiad 07/02/2025

childrensmentalhealthweek.org.uk
#ChildrensMentalHealthWeek

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WYTHNOS
IECHYD MEDDWL
PLANT

CHWEFROR 3-9 2025



**GWISGO I
'NABOD DY HUN,
TYFA DY HUN**



Dyddiad 07/02/2025



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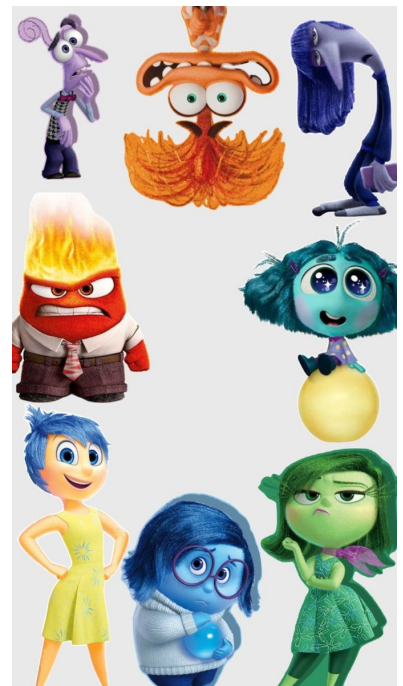
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**GWISGO I
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Annwyl Rieni / Gofalwr,

Gwisgwch i fyny ar gyfer Wythnos Iechyd Meddwl Plant 2025.

Ar y 7fed o Chwefror, Mae Ysgol Bro Ogwr yn cymryd rhan mewn Wythnos Iechyd Meddwl i gefnogi iechyd meddwl plant a phobl ifanc - Achos rydyn ni'n teimlo sy'n bwysicach nag erioed.

Cynhelir Wythnos Iechyd Meddwl Plant rhwng 3ydd a 9fed o Chwefror 2025 ac mae'n gyfle i roi sylw i iechyd meddwl plant a phobl ifanc a chodi ymwybyddiaeth ohono.

Fel cymuned ysgol, byddwn yn annog plant a staff i ddefnyddio dillad a lliw i 'Nabod dy Hun, Tyfa dy Hun. Gall gwisg eich plentyn fod mor syml neu mor goethus ag y dymunant! Mae gwisgo i 'Nabod dy Hun, Tyfa dy Hun' yn gyfle i hunanfyneiant a dathlu amrywiaeth o emosiynau. Mae'r diwrnod hefyd yn gyfle gwych i fod yn agored am iechyd meddwl a dechrau sgysiau o fewn cymuned ein hysgol.

Diolch yn fawr.

Dear Parent / Carer,

Dress up for Child Mental Health Week 2025

On the 7th of February, Ysgol Bro Ogwr is taking part in Mental Health Week to support children and young people's mental health – a cause we feel is more important than ever.

Child Mental Health Week will take place between the 3rd and 9th of February 2025 and is an opportunity to address and raise awareness of children and young people's mental health.

As a school community, we will be encouraging all students and staff to use clothes and colour to 'know and grow themselves'. Your child's dress can be as simple or elaborate as they wish!. 'Dressing to know and grow yourself' is an opportunity for self expression and celebration of a variety of emotions. The day is also a great opportunity to be open about mental health and start conversations within our school community.

Thank you

Awgrymiadau i deuluoedd / Tips for families = <https://www.childrensmentalhealthweek.org.uk/families>

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Wear your own clothes to know yourself and grow yourself.

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