

Elen Chick

GWEITHIWR IEUENCTID , MACHYNLLETH A LLANIDLOES

YOUTH WORKER, MACHYNLLETH AND LLANIDLOES

Seswn Gwybodaeth i'r leuenctid Youth Information Drop in Sessions



Amser Cinio Dydd Llun ac Dydd Mercher Mondays and Wednesdays

Gyda / With Elen Chick
Gweithiwr leuenctid / Youth Worker
Ble / Where : Llyfrgell / Library

Dydd Llun—Mondays, Board Games



Dydd Mercher—Wednesdays

Youth Information Drop in session
Seswn Gwybodaeth i'r leuenctid
Ble / Where : Llyfrgell / Library



KOOTH.com
FREE ONLINE ADVICE FOR YOUNG PEOPLE


Powys


Powys

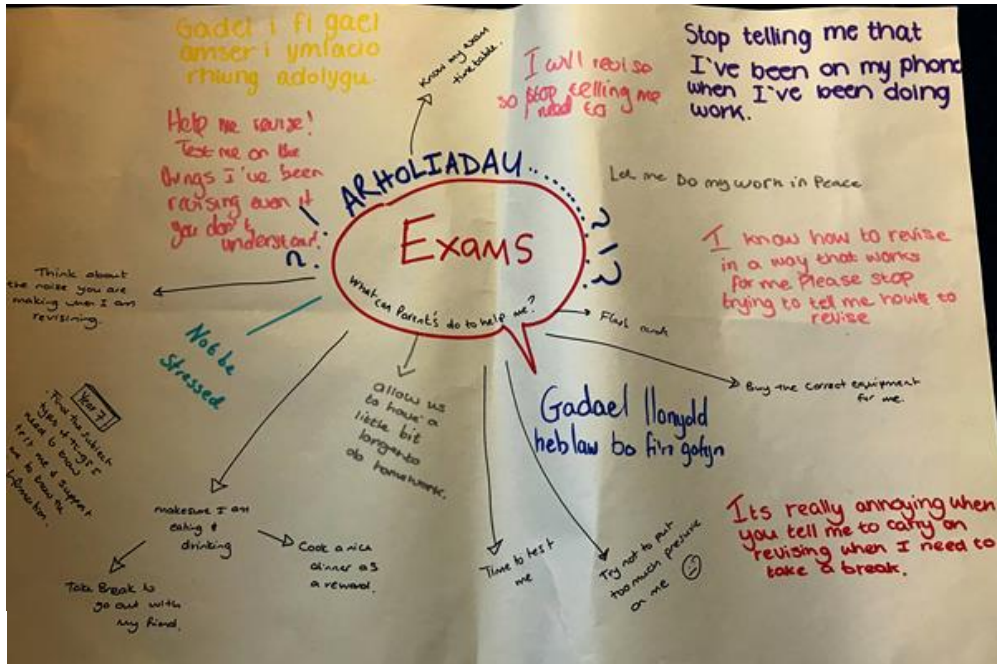
Seswn Gwybodaeth i'r leuenctid Youth Information drop in sessions Mawrth ~ March

- ▶ 6th Mawrth/March – World Book day
What book would you love to be a character in and why?
- ▶ 13th Mawrth/March – National No Smoking day
What are your thoughts on smoking, and e-cigarettes?
- ▶ 20th Mawrth/March – National Common Courtesy Day
What are good manners?



Yn yr Llyfrgell, amser cinio dydd Mercher gyda Elen Chick
In the library on Wednesday Lunch times with Elen Chick

Beth ddywedodd y pobl ifainc What the Young people said



Adolygu ~ Revision

- ▶ **BBC Bitesize - support**
- ▶ Starting your revision
- ▶ What, when , where and how
- ▶ Equipment.



<https://youtu.be/zV8A3LfdCHE>

The Student Room

► <https://www.thestudentroom.co.uk/g/make>



Start studying smarter

Everything you need to find, create and share study resources



Start here ►

Straen Adolygu ~ Exam Stress

- ▶ How to minimise your exam stress - BBC Mind Set

Dealing with Stress – How to stay calm



Help

- ▶ **Pwy ~ Who?**
- ▶ Parents
- ▶ Peers
- ▶ Teachers / Head of Years
- ▶ Wellbeing Teacher
- ▶ Youth worker / Youth intervention
- ▶ School Nurse
- ▶ Xenzone

Adnoddau eraill ~ Other Resources

- ▶ **Young minds website**
- ▶ <https://youngminds.org.uk>
- ▶ **Kooth**
- ▶ <https://www.kooth.com>
- ▶ **Build sound minds Action for children**
- ▶ <https://www.buildsoundminds.org.uk/stress>