



Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

9-15  
FEB  
2026



Wythnos nesaf byddem fel ysgol yn codi ymwybyddiaeth o bwysicrwydd edrych ar ôl ein hunain ac eraill yn ystod Wythnos Iechyd Meddwl Plant. Bydd gweithgareddau i hybu llesiant meddyliol megis: mynd am dro, cael sgwrs dros baned ac ymgolli mewn llyfr da yn cael eu hannog. Bydd cyfle hefyd i'r plant wisgo dillad o'u dewis ar Ddydd Iau 12.02.26 - unrhywbeth sy'n eu gwneud nhw'n hapus boed hynny yn ddillad cyfforddus, cit eu hoff dîm chwaraeon neu yn ddilledyn lliw arbennig.

Next week we as a school will be busy raising awareness of the importance of looking after ourselves and others during Children's Mental Health Week. Activities to promote mental well-being such as: going for a walk, having a chat over a cuppa and immersing yourself in a good book will be encouraged. There will also be an opportunity for the children to wear clothes of their choice on Thursday 12.02.26 - anything that makes them happy whether that is comfortable clothes, the kit of their sports team or a garment of their favourite colour.