



Gall y Tîm Nyrsio Ysgol ddarparu cyngor a chymorth gydag ystod eang o feysydd megis:

- Iechyd Rhywiol/Atal cenhedlu ac ymwybyddiaeth o heintiau a drosglwyddir yn rhywiol
- Cynllun Cerdyn-C (Condomau)
- Amddiffyn Plant – Diogelu
- Iechyd a Lles Emosiynol
- Cefnogaeth Ymataliaeth (Pob peth am fynd i'r tŷ bach!)
- Tyfu Fyny
- Dewisiadau Iach - Hybu Iechyd
- miwneiddiadau

Mae'r Tîm Nyrsio Ysgol yn gyswllt allweddol rhwng ysgolion, cartref a gwasanaethau cymunedol. Ymhlith y pethau rydyn ni'n eu gwneud mae:

➔ Plant Oed Cynradd

- Trosglwyddo o Ymwelydd Iechyd
- Cysylltu â staff dysgu
- Hybu Iechyd
- Rhaglen Mesur Plant Llywodraeth Cymru – gwirio Uchder a Phwysau
- Sgrinio Blwyddyn Derbyn – gwirio Clyw a Golwg
- Cefnogaeth Ymataliaeth (Pob peth am fynd i'r tŷ bach!)
- Gweithio mewn partneriaeth â phlant, rhieni/gofalwyr, staff ysgolion ac asiantaethau eraill i gefnogi plant ag anghenion iechyd.
- Rhaglen Imiwneiddio - Chwistrell Drwynol y Ffliw
- Cyfeirio at asiantaethau perthnasol a gweithwyr iechyd proffesiynol eraill pan fo angen.

➔ Plant a Phobl Ifanc Oed Ysgol Uwchradd:

- Rhaglen Imiwneiddio - GIG 111 Cymru - Brechiadau
- Hybu Iechyd
- Sesiynau 'Galw Heibio' Nyrs Ysgol lle gall pobl ifanc gael cyngor a chefnogaeth gyfrinachol yn yr ysgol.
- Rhaglen Cerdyn-C (Condomau) – Ymwybyddiaeth Iechyd Rhywiol

- Cefnogaeth Ymataliaeth (Pob peth am fynd i'r tŷ bach!)
- Gweithio mewn partneriaeth â phlant, rhieni/gofalwyr, staff ysgolion ac asiantaethau eraill i gefnogi plant a phobl ifanc ag anghenion iechyd.
- Cyfeirio at asiantaethau perthnasol a gweithwyr iechyd proffesiynol eraill pan fo angen.

➔ Cyfrinachedd

Nod y Tîm Nyrsio Ysgol yw cadw gwybodaeth bersonol yn gyfrinachol, ond efallai y bydd adegau pan fydd dyletswydd arnom er budd gorau'r plentyn i drosglwyddo gwybodaeth benodol i asiantaethau eraill fel gwasanaethau cymdeithasol.

Os oes gennych unrhyw bryderon fel rhiant neu ofalwr am les corfforol neu emosiynol eich plentyn, cysylltwch â'ch Tîm Nyrsio Ysgol am gyngor cyfrinachol. Gallwch e-bostio'r cyfeiriad e-bost generig a bydd aelod o'r tîm yn cysylltu â'ch Nyrs Ysgol: E-bost: PowysSchoolNursingService@wales.nhs.uk

➔ Mae rhagor o wybodaeth ar gael ar:

- Gwefan:** Nyrsio Ysgol - Bwrdd Iechyd Addysgu Powys (gig.cymru)
- Face Book:** Gwasanaeth Nyrsio Ysgol Powys
- Instagram:** Gwasanaeth Nyrsio Ysgol Powys (@schoolnursingpwb)
- Gwybodaeth am Imiwneiddiadau:** GIG 111 Cymru - Brechiadau
- Amserlen imiwneiddio:** Amserlenni imiwneiddio arferol i Gymru - Iechyd Cyhoeddus Cymru (gig.cymru)

➔ Rhifau/gwefannau defnyddiol:

Gwasanaethau yn eich ardal:
infoengine: Dod o hyd i wasanaethau yn eich cymuned NSPCC | Elusen Plant y DU | NSPCC Childline | Childline Gwasanaeth Gwybodaeth i Deuluoedd - Cyngor Sir Powys



GWASANAETH NYRSIO YSGOL

Rhywun rydych chi'n ei adnabod ac yn gallu ymddiried ynddo...

Mae'r Gwasanaeth Nyrsio Ysgolion ym Mhowys yn cynnwys tîm o nyrsys cofrestredig a gweithwyr cymorth sydd wedi ymrwmo i hyrwyddo iechyd plant oed ysgol (4-18) a'r gymuned ehangach. Ein nod yw cynnig cymorth i bob plentyn oed ysgol sy'n mynychu'r ysgol neu ysgol gartref.





The School Nursing Team can provide advice and support within a variety of areas such as:

- Sexual Health Contraception and STI awareness
- C-Card Scheme (Condoms)
- Child Protection – Safeguarding
- Emotional Health and Wellbeing
- Continance Support (All about Wee and Poo!)
- Growing Up
- Healthy Choices – Health Promotion
- Immunisations

The School Nursing Team are an essential link between schools, home and community services. This includes home educated children and young people. Some of the things we do:

➔ Primary Aged Children:

- Handover from Health Visitor
- Liaise with teaching staff
- Health Promotion
- Welsh Government Child Measurement Programme – checking Height and Weight
- Reception Year Screening – checking Hearing and Vision
- Continance Support (All about Wee and Poo!)
- Work in partnership with children, parents/carers, school staff and other agencies to support children with health needs.
- Immunisation Program - Flu Nasal Spray
- Signpost and refer to relevant agencies and other health professionals when needed.

➔ High School Aged Children and Young People:

- Immunisation Program - NHS 111 Wales - Vaccinations
- Health Promotion
- School Nurse 'Drop-in' sessions where young people can access confidential advice and support in school
- C-Card Program (Condoms) – Sexual Health awareness

- Continance Support (All about Wee and Poo!)
- Work in partnership with children, parents/carers, school staff and other agencies to support children and young people with health needs.
- Signpost and refer to relevant agencies and other health professionals when needed.

➔ Confidentiality

The School Nursing Team aim to keep personal information confidential however there may be occasions when in the best interest of the child we have a duty to pass on certain information to other agencies such as social services.

If you have any concerns as a parent or carer about your child's physical or emotional wellbeing, please contact your School Nursing Team for confidential advice. You can email the generic email and a member of the team will contact your allocated School Nurse: Email: PowysSchoolNursingService@wales.nhs.uk

➔ Further information can be found:



Web:
School Nursing - Powys Teaching Health Board (nhs.wales)



Face Book:
Powys School Nursing Service



Instagram:
Powys School Nursing Service (@schoolnursingpthb)



Immunisations information:
NHS 111 Wales - Vaccinations



Immunisations schedule:
Routine immunisation schedules for Wales - Public Health Wales (nhs.wales)

➔ Useful Numbers/websites:

Services in your area:

infoengine: Find services in your community NSPCC | The UK children's charity | NSPCC Childline | Childline Family Information Service - Powys County Council



SCHOOL NURSING SERVICE

Someone you know and can trust...

The School Nursing Service in Powys is made up of a team of registered nurses and support workers who are committed to promoting the health of school aged children (4-18) and the wider community. Our aim is to offer support to every school aged child attending school or home schooled.

