

Ysgol Llanybydder

Dyma'n Polisi Gwrth Fwlio. Mae'n egluro sut rydym yn dysgu plant am fwlio a'i effeithiau, sut gallwn eich helpu i gadw'n ddiogel a sut rydym yn helpu pawb i ddatblygu perthnasoedd da yng nghymuned ein hysgol.

Mae bwlio'n ymddygiad angharedig sy'n bwriadu achosi poen i rywun neu brifo eu teimladau. Gall hyn cynnwys: bwrw, cicio, rhoi niwed, dweud geiriau cas, anwybyddu yn bwrpasol, siarad tu ôl cefn, gwneud niwed i eiddo rhywun neu ddefnyddio teclun neu'r rhyngwyd i yrru negeseuon cas. Fel arfer mae bwli yn pigo ar yr un plentyn neu'r un grŵp tro ar ôl tro.

Rydym yn addo siarad â rhieni, staff a disgyblion i sicrhau bod pawb yn gwybod:

- beth ydi bwlio
- sut byddwn ni'n ceisio atal bwlio yn ein hysgol
- beth i wneud os ydy rhywun yn cael ei fwlio neu gweld rhywun arall yn cael ei fwlio

Bydd ein disgyblion yn cael cyfle i ddysgu:

- Sut i fod yn ffrind da a dangos parch i'n gilydd
- Sut i gael help os ydynt yn poeni am fwlio adref neu yn yr ysgol
- Ein bod ni i gyd yn wahanol ac i gyd yn arbennig
- Beth ydi bwlio a sut gall pawb helpu trwy ddweud wrth athrawon os ydyn nhw'n gweld rhywun yn bwlio
- Beth fydd yn digwydd i blant sy'n bwlio
- Sut mae'r cyngor ysgol yn medru helpu i wneud ein hysgol ynddiogel a hapus i bawb

Bydd pawb yn gwybod ein bod ni'n ysgol ofalgar achos :

- Mae gyda ni Bydis Buarth i sicrhau bod amser chwarae'n hapus i bawb
- Rydym yn gweithio gyda'n gilydd i daclo bwlio a sicrhau bod pawb yn teimlo'n ddiogel
- Rydym yn annog plant i ddweud wrth athrawon os ydyn ni'n anhapus er mwyn datrys y broblem neu gael help.
- Rydym yn dathlu Wythnos Parchu Eraill (Wythnos gwrth-fwlio) pob blwyddyn.
- Mae pob aelod o staff yn barod i wrando.



Rydym fel cyngor ysgol yn cytuno gyda polisi gwrth fwlio ysgol

Arwyddwyd o ran y cyngor ysgol:

Cadeirydd

Ysgrifennydd.....

Dyddiad.....



Llanybydder School

Here's our anti bullying policy. Firstly it explains how we will teach pupils about bullying, its effects and how we can combat it together, and secondly, the measures we will take to keep everyone in our school community safe and help to develop positive relationships

Bullying is unkind behaviour which deliberately causes harm to someone or hurts their feelings. It can be direct including: hitting, kicking, saying unkind words, damaging someone's possessions or indirect including: using mobile phones or twitter/social networking/email etc to send hurtful messages or images. Usually the bully picks on the same individual or group time after time although an individual action such as sending one cruel text message can count as bullying as it can set in motion a chain reaction which could have far reaching consequences for the victim.

We believe bullying thrives in a culture of silence and that we need everyone's help to tackle it so we aim to work with parents, staff and pupils so that everyone knows:

- What bullying is
- How we will try and stop bullying in our school
- What to do if you are bullied or are aware that someone else is someone being bullied

Our pupils will explore the following issues through the curriculum and whole school initiatives:

- What bullying is, why people bully and how to tackle bullying effectively
- Key concepts such as: friendship, rights and responsibilities and respecting diversity
- How to get help if someone is concerned about bullying at home or school
- The impact of particular types of bullying e.g.: cyber bullying, racist bullying, homophobic bullying
- Consequences for pupils who bully others (including the law regarding bullying)
- How to combat bullying effectively
- How to protect ourselves when using mobile phones/the internet etc
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As a caring school we commit to the following ongoing strategies:

- We will work with our pupils through the school council, to identify trends, tackle bullying and ensure that everyone feels safe and valued
- We will encourage pupils and parents to report instances of bullying so we can sort out the problem or get help for them
- We will celebrate Respecting Others Week (Anti Bullying Week) every year by running a week of activities in school
- We will record all instances of bullying and enforce appropriate sanctions for anyone involved in bullying



We the school council support Ysgol Llanybydder anti bullying policy and commit to working to working with staff and governors to combat bullying

Signed on behalf of the school council

Chair

Secretary

Date.....

