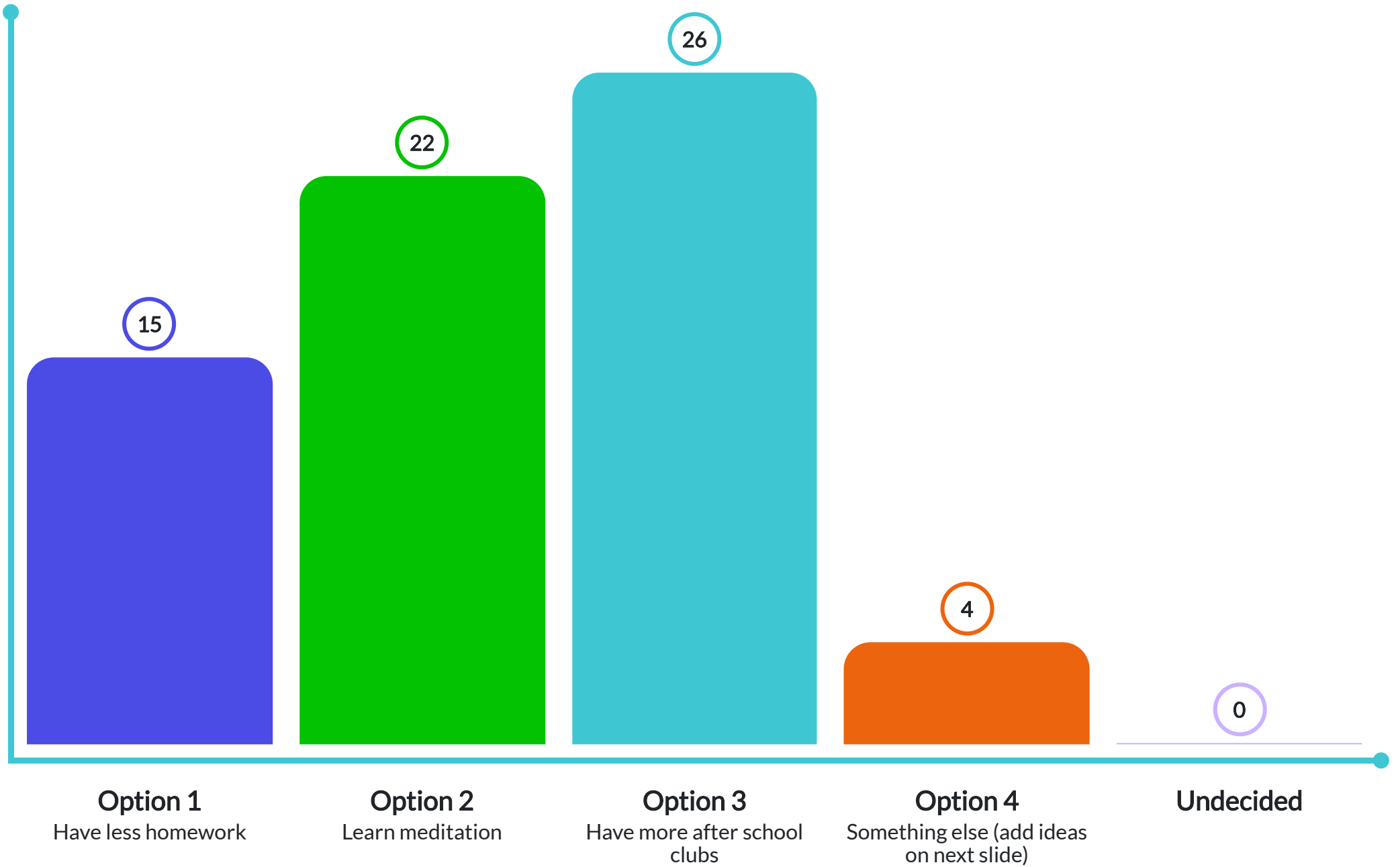


Class meeting results


Date: 12th August 2024

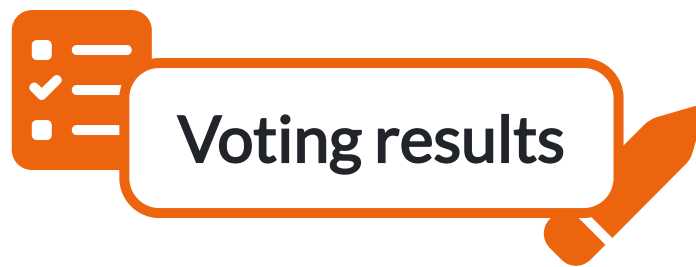
? April is National Stress Awareness Month. What could we do more of in school to relax?



In total, we had...

 **13**
of 17 classes taking part

 **0**
Ideas



Class	Number of groups	Total votes for each option				Undecided	Ideas
		1	2	3	4		
Dosbarth Ffrisia	4	0	3	1	0	0	
Dosbarth Lafant	4	0	3	0	1	0	
Dosbarth Eirlys	9	2	1	6	0	0	
Dosbarth Rhosyn	5	1	3	1	0	0	
Dosbarth Eithin	3	0	2	1	0	0	
Dosbarth Fioled	5	1	2	2	0	0	
Dosbarth Saffrwn	5	3	0	1	1	0	
Dosbarth Blodyn Haul	6	0	2	2	2	0	
Dosbarth Blodyn Menyn	6	0	0	6	0	0	
Dosbarth Briallen	5	0	2	3	0	0	
Dosbarth Llygad y Dydd	6	2	2	2	0	0	
Dosbarth Gwyddfifid	5	5	0	0	0	0	
Dosbarth Lelog	4	1	2	1	0	0	



Comments and Ideas

Class: Dosbarth Ffrisfa



- relaxing and sunbathing outside- Bryher
- spending quiet time to help us be calm- Renezmae
- counting to 10 will help us be calm- Penelope
- Practicing our breathing- Lottie

Class: Dosbarth Lafant



- Seren 'We could do yoga.'
- Rome 'We could have quiet time.'

Class: Dosbarth Eithin



- Kara - a room to go, to calm down, with calm music, lots of pillows, fairy lights and teddies.
- Brandi - get more fresh air when you need to calm down, make sure the teacher knows you have gone.
- Rex - meditation on the carpet. Use meditation ideas on the carpet when stressed.
- Kara - store room with calm things like fidget spinners we can use.
- Oscar - more teddies to hug in the class.
- Maddison - look for 5 things blue in the classroom.

Class: Dosbarth Fioled



- mindful colouring
- meditation club/learn how to meditate

Class: Dosbarth Saffrwn



- Have more lessons of calming down. Relacsasion time. Have more sports. Extra homework.

Class: Dosbarth Blodyn Haul



- Music for relaxation
- Movie afternoon based on good behaviour
- Clubs in school time because not everyone can get picked up later. This would help with bored on the yard.
- More activities in after school club.

Class: Dosbarth Lelog



- In Lelog class we would like to know how people feel about learning outside for their lessons? Do they enjoy it or not? Do they prefer lessons inside or outside?