Healthy tales

GIG CYMRU NHS WALES
Iechyd Cyhoeddus Cymru
Public Health Wales

Children's Annual Quality Statement 2018 - 2019

We'd like to introduce the first ever children's Annual Quality Statement which has been developed at the request of Public Health Wales' Young Ambassadors. We worked with St Johns Ambulance Cymru Wales and children from the Griffithstown Badgers to write a set of stories which share important public health messages relating to resilience, healthy eating, exercise and looking after your teeth. The group also illustrated each story.

We hope you have as much fun reading these stories as we did working with the children to write them.

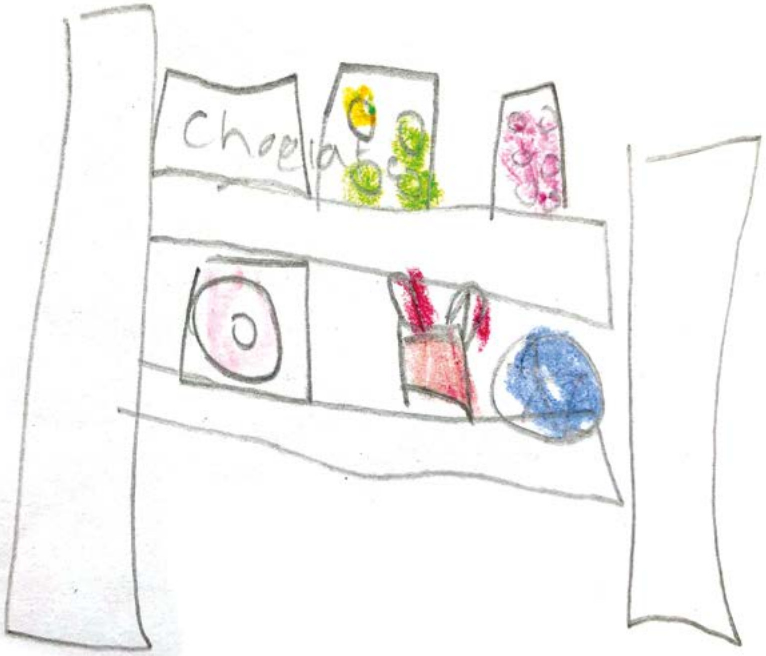
The Healthy and Unhealthy World

By Cariad, Daisy-Mae, Megan, Nathalia,
Scarlette, Seren and Thomas

Once upon a time....

there was one world split in two. Both parts were ruled by princesses, but one half of the world was healthy while the other half was unhealthy. The unhealthy princess was called Sugar Queen and the healthy princess was called Healtherella. Healtherella had three unicorns called Sklar, Maddy and Amy.

These unicorns did healthy things like playing outside and eating peas and carrots. Sugar Queen had an unhealthy unicorn called Milly. Milly just ate chocolate and sweets and spent all day in bed.



A rainbow separated the unhealthy and healthy part of the world. Sugar Queen was always up to mischief and she wanted all the healthy things to disappear. Sugar Queen had a plan to destroy the healthy part of the world by making sugar rain onto the healthy kingdom.

She set off to Healtherella’s kingdom but her plan went wrong. The healthy princess got all of her unicorn friends together and gave them all broccoli umbrellas to stop the sugar making the healthy kingdom unhealthy!

Healtherella’s unicorns and her apple friends stopped the Sugar Queen’s naughtiness.

Sugar Queen was very unhappy her plan had failed and was in her castle alone crying.

Healtherella took pity on Sugar Queen and took her to see her healthy kingdom and how people lived. Sugar Queen saw people brushing their teeth, drinking water and exercising. Sugar Queen saw how happy everyone was and promised to teach her unhealthy kingdom to do the same.

Ruby the Red Dragon

By Ruby G, Owen, Joseph and Finley

Many years ago...

there lived a sad red dragon called Ruby. She lived in an underground house with her friend Caitlin the Chameleon. Ruby could hear all her friends laughing and playing outside and she longed to go and play with her friends but she didn't like to leave Caitlin on her own as she thought it was rude.

Instead they sat and played computer games over and over. Eventually they reached level 100 on the computer game; Ruby was now so bored of computer games.

Eventually Ruby felt brave enough to tell Caitlin she was bored and persuaded her to go outside and play.

When they stepped outside, because they hadn't been outside for ages, their eyes started to burn. But after a while, they get used to being outside and start to play.

They had so much fun playing outside with their friends Finley the Fire Dragon and Owen and Joseph the Nice Ice Dragons. Ruby and Caitlin realised that being outside is a lot healthier than playing computer games all the time.

After hours of playing outside all the dragons decided to go to Finley's house for some healthy snacks. Ruby is sad because to get to Finley's house they have to fly. Ruby has spent so long in her house that she has forgotten how to fly. Caitlin, Finley, Joseph and Owen encouraged Ruby not to give up.

Ruby closed her eyes and believed in herself because her friends believe in her. She tried one more time to flap her wings. Ruby opened her eyes …..
Her friends cheered …….

RUBY WAS FLYING!!!!

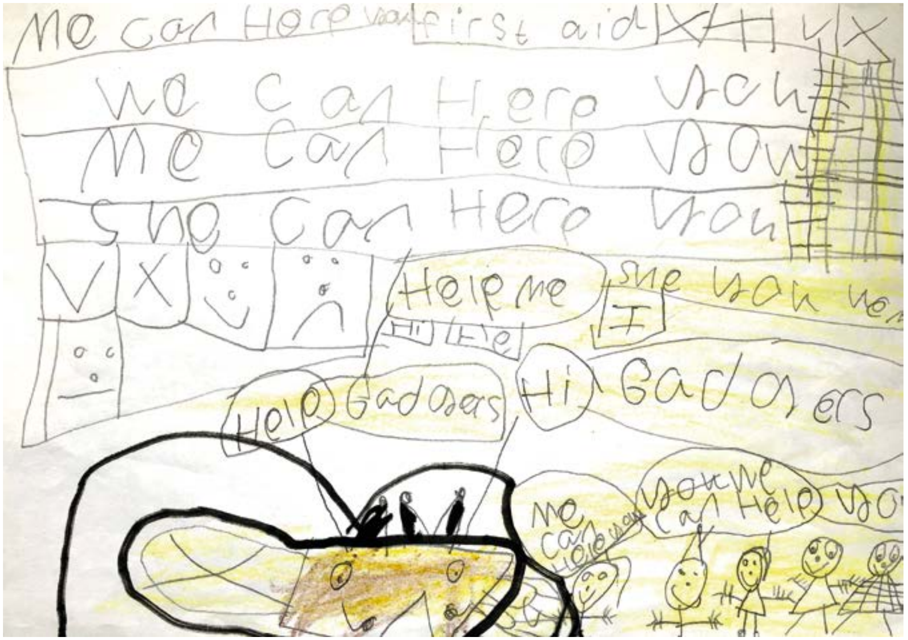
From that day forward, Ruby promised she would spend more time outside with her friends.

The Tooth Fairy

By Ruby B, Ruby H, Menna, Nia, Jenna, Gracie and Esme-Anne

Not very long ago,

the Tooth Fairy was having a terrible time. She was trying to build a sparkly, pearly white palace, but it wasn't exactly going to plan as she kept running out of teeth to build the roof and make new chandeliers. All of a sudden, it started to rain and all her beautiful furniture was going to ruined if she couldn't finish her roof.



‘Oh bother’ said the Tooth Fairy ‘I need more teeth’!. So that night the Tooth Fairy did her usual rounds looking under children’s pillows, but there was a huge problem. Every house she visited had manky, yellow, rotting, stale, disgusting, revolting teeth under their pillow instead of shiny, sparking white teeth. ‘What am I going to do?’ thought the Tooth Fairy!

After a long night spent looking, she went home feeling devastated and destroyed. Would she ever get her dream palace with the sparkly roof and chandeliers? After a good day's sleep, she woke up in a different mood, excited and hopeful that today would be a better day. Outside the palace door there was a group of St John Badgers giving out toothbrushes and fruit.

The Tooth Fairy stopped to listen to the Badgers and asked them if they could help her. 'Of course' said the Badger leader (because the Badgers knew they shouldn't talk to strangers). 'What's going to happen next I wonder?' thought the Tooth Fairy.

The group of Badgers spent time talking to the local children about the importance of brushing their teeth.

They made charts and stickers to remind them to clean their teeth. The next day all of the children brushed their teeth because they realised that the Tooth Fairy really did exist because the Badgers had seen her. They now knew how important it was to have nice clean teeth. It was healthy for them but they also wanted the fairy to have a new shiny roof.

The Tooth Fairy tried again the next night to find sparkly white teeth. She was over the moon to find that all of the teeth she collected were shiny, shimmering, pearly and white, just right for her palace roof and chandelier. To say thank you to the Badgers, the Tooth Fairy let them help her build her palace.

All the children were delighted to learn more about the Tooth Fairy from the Badgers and everyone remembered to brush their teeth from then on.

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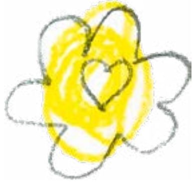
Storïau Iach



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Datganiad Ansawdd Blynyddol i Blant 2018 - 2019

Hoffem gyflwyno, am y tro cyntaf erioed, Ddatganiad Ansawdd Blynyddol i blant, a gafodd ei lunio ar gais Llysgenhadon Ifanc Iechyd Cyhoeddus Cymru. Buom yn gweithio gydag Ambiwlans Sant Ioan Cymru a phlant o'r grŵp 'Badgers' yn Griffithstown i ysgrifennu cyfres o storïau sy'n rhannu negeseuon pwysig am iechyd cyhoeddus, yn ymwneud â gwydnwch, bwyta'n iach, ymarfer corff a gofalu am eich dannedd. Lluniodd y grŵp gyfres o luniau hefyd ar gyfer pob stori.

Gobeithio y cewch chi gymaint o hwyl yn darllen y storïau ag y cawsom ni wrth weithio gyda'r plant yn eu hysgrifennu.

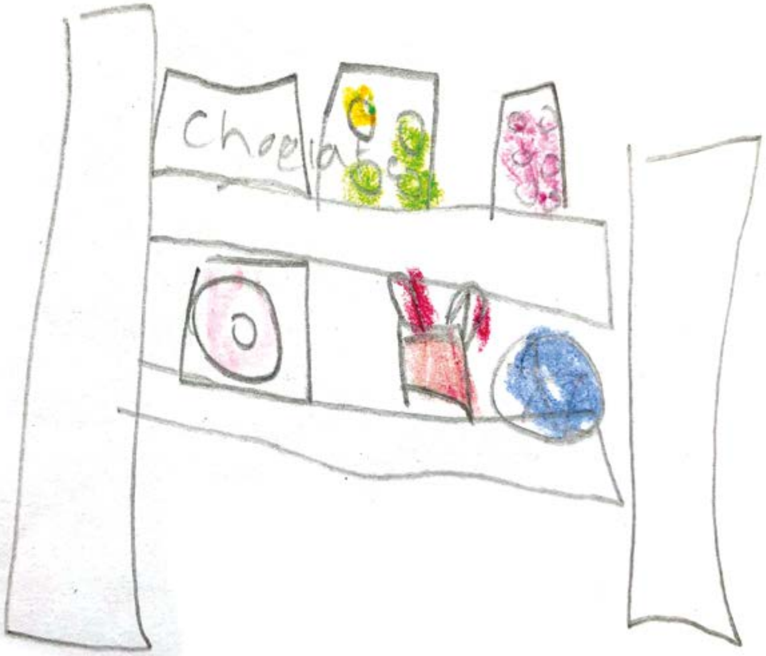
Y Byd Iach ac Afiach

Gan, Cariad, Daisy-Mae, Megan, Nathalia, Scarlette, Seren and Thomas

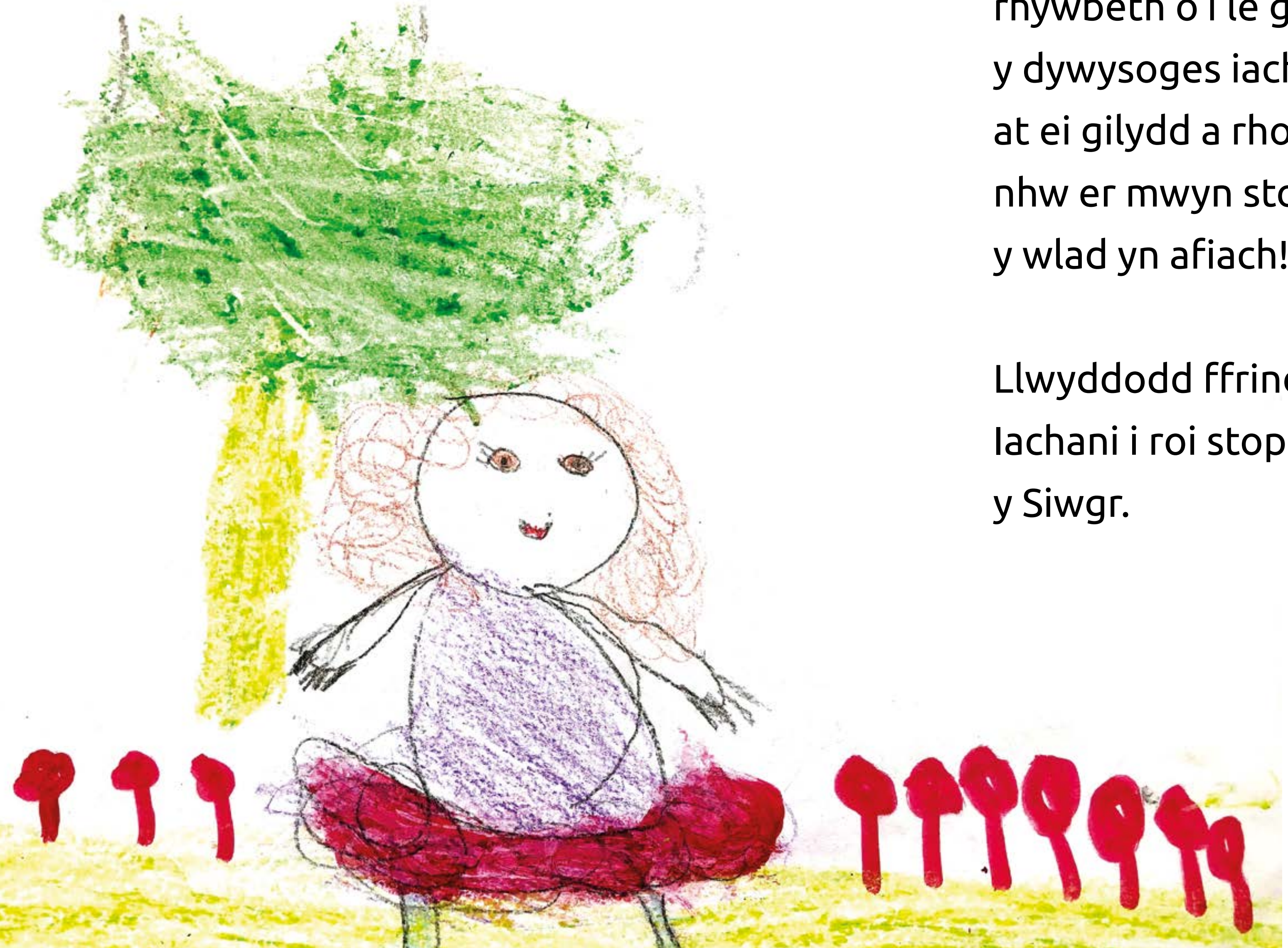
Un tro, roedd un byd,

wedi ei rannu'n ddau. Roedd y ddwy ran yn cael eu rheoli gan dywysogesau, ond roedd un hanner y byd yn iach, a'r hanner arall yn afiach. Enw'r dywysoges oedd yn rheoli'r rhan afiach oedd Brenhines y Siwgr, ac enw'r dywysoges iach oedd Iachani. Roedd gan Iachani dri uncorn o'r enw Sklar, Madi ac Amy.

Roedd yr anifeiliaid yma'n gwneud pethau iach fel chwarae yn yr awyr agored a bwyta pys a moron. Roedd gan Frenhines y Siwgr uncorn afiach o'r enw Mili. Y cyfan roedd Mili yn ei wneud oedd bwyta siocled a losin a threulio drwy'r dydd yn y gwely.



Roedd enfys yn gwahanu'r rhan iach o'r byd oddi wrth y rhan afiach. Roedd Brenhines y Siwgr bob amser yn gwneud drygioni ac eisiau i'r pethau iach ddiflannu. Roedd gan Frenhines y Siwgr gynllun i ddinistrio rhan iach y byd drwy wneud i law siwgr ddisgyn ar y byd iach.



Bant â hi tuag at fyd Iachani, ond aeth rhywbeth o'i le gyda'i chynllun. Casglodd y dywysoges iach ei holl gyfeillion uncorn at ei gilydd a rhoi brolis brocoli iddyn nhw er mwyn stopio'r siwgr rhag gwneud y wlad yn afiach!

Llwyddodd ffrindiau uncorn ac afalau Iachani i roi stop ar ddrygioni Brenhines y Siwgr.

Roedd Brenhines y Siwgr yn anhapus iawn bod ei chynllun wedi methu ac roedd yn llefain ar ei phen ei hun yn ei chastell.

Roedd Iachani'n teimlo trueni dros Frenhines y Siwgr ac aeth â hi i weld ei gwlad iach a sut roedd pobl yn byw. Gwelodd Brenhines y Siwgr fod pobl yn brwsio eu dannedd, yn yfed dŵr ac yn gwneud ymarfer corff. Gwelodd Brenhines y Siwgr pa mor hapus oedd pawb ac fe wnaeth addewid i ddysgu ei gwlad afiach i wneud yr un peth.

Ruby y Ddraig Goch

Gan Ruby G, Owen, Joseph and Finley

Flynyddoedd maith yn ôl,

roedd draig goch drist o'r enw Ruby yn byw. Roedd yn byw mewn tŷ o dan y ddaear gyda'i ffrind Caitlin y Camelion. Gallai Ruby glywed ei holl ffrindiau yn chwarae y tu allan ac roedd yn ysu am gael mynd i chwarae gyda'i ffrindiau ond doedd hi ddim am adael Caitlin ar ei phen ei hun, gan y byddai hynny'n beth cas i'w wneud.

Felly roedden nhw'n eistedd ac yn chwarae gemau cyfrifiadur drosodd a throsodd. Yn y pen draw, fe gyrhaeddon nhw lefel 100 ar y gêm gyfrifiadur; erbyn hynny roedd Ruby wedi hen ddiflasu ar gemau cyfrifiadurol.

O'r diwedd, teimlodd Ruby yn ddigon hyderus i ddweud wrth Caitlin ei bod wedi diflasu a llwyddodd i'w pherswadio i fynd allan i chwarae.

Wrth gamu y tu allan, dechreuodd eu llygaid losgi am nad oedden nhw wedi bod allan ers amser maith. Ond, cyn bo hir, daethon nhw i arfer â bod y tu allan a dechrau chwarae.

Cawson nhw gymaint o hwyl yn chwarae y tu allan gyda'u ffrindiau, Finley y Ddraig Dân, ac Owen a Joseph y Dreigiau Ia Da. Daeth Ruby a Caitlin i sylweddoli bod chwarae y tu allan yn llawer iachach na chwarae gemau cyfrifiadurol drwy'r amser.

Ar ôl treulio oriau yn chwarae y tu allan, penderfynodd y dreigiau fynd i dŷ Finley i chwilio am rywbeth iach i’w fwyta. Mae Ruby’n drist am fod angen iddyn nhw hedfan er mwyn cyrraedd tŷ Finley. Mae Ruby wedi treulio cymaint o amser yn ei thŷ fel ei bod hi wedi anghofio sut i hedfan.

Fe wnaeth Caitlin, Finley, Joseph ac Owen annog Ruby i ddal ati. Caeodd Ruby ei llygaid, a chredu ynddi hi ei hun am fod ei chyfeillion yn credu ynddi. Rhoddodd un cynnig arall ar chwifio'i hadenydd i hedfan.
Agorodd Ruby ei llygaid ...
Bloeddiodd ei ffrindiau ...

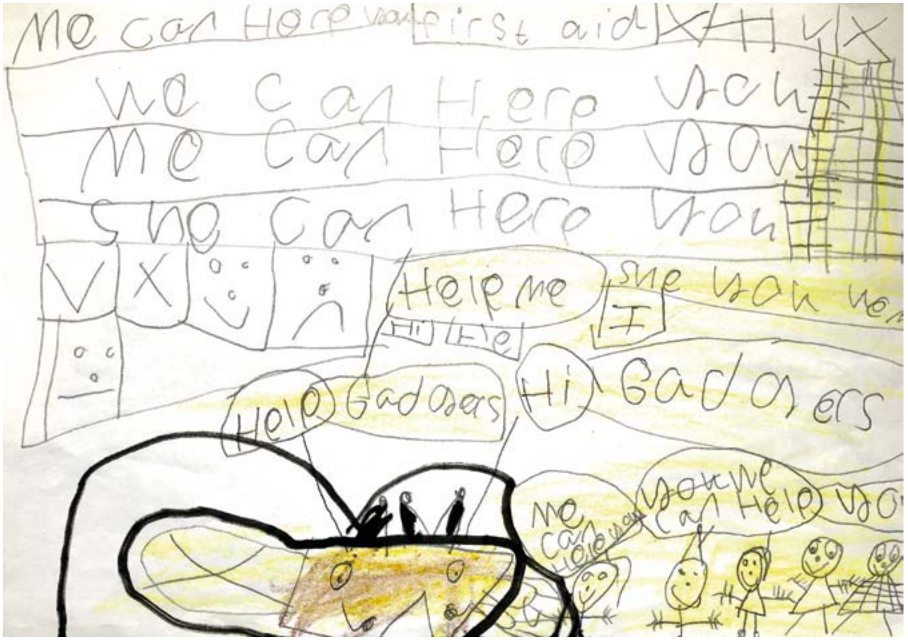
ROEDD RUBY'N HEDFAN!!!!

O'r diwrnod hwnnw, fe wnaeth Ruby addewid y byddai'n treulio mwy o amser y tu allan gyda'i ffrindiau.

Y Dylwythen Dannedd

Gan Ruby B, Ruby H, Menna, Nia, Jenna, Gracie and Esme-Anne

Ychydig amser yn ôl, roedd y Dylwythen Dannedd yn cael amser ofnadwy. Roedd hi'n ceisio adeiladu palas gwyn, sgleiniog, ond roedd pethau'n mynd o chwith oherwydd doedd ganddi ddim digon o ddannedd i adeiladu'r to a'r siandelïers newydd. Yn sydyn dechreuodd fwrw glaw a byddai ei holl ddodrefn hardd yn cael eu difetha os na fydd hi'n gallu gorffen ei tho.



'O diar," meddai'r Dylwythen Dannedd, 'mae angen mwy o ddannedd.' Felly'r noson honno aeth y Dylwythen Dannedd i chwilio o dan obennydd y plant fel arfer, ond roedd ganddi broblem fawr. Ym mhob tŷ yr aeth iddo, roedd yna ddannedd budr, melyn, hyll, drwg, afiach o dan y gobennydd yn hytrach na dannedd gwyn, sgleiniog. 'Beth wna'i?' meddyliodd y Dylwythen Dannedd!

Ar ôl noson hir yn chwilio, aeth adref yn ddigalon ac yn anobeithiol iawn. Fyddai hi byth yn cael ei phalas hudolus gyda'r to sgleiniog a'r siandelïers? Ar ôl diwrnod da o gwsg, deffrodd mewn hwyliau da, yn frwdfrydig ac yn hyderus y byddai heddiw'n ddiwrnod gwell. Y tu allan i ddrws y palas, roedd criw o Badgers Sant Ioan yn rhannu brwshys dannedd a ffrwythau.

Arhosodd y Dylwythen Dannedd i wrando ar y Badgers a gofynnodd a allen nhw ei helpu hi. ‘Wrth gwrs,’ meddai arweinydd y Badgers (oherwydd mae’r Badgers yn gwybod na ddylen nhw siarad gyda dieithryn.) ‘Tybed beth fydd yn digwydd nesaf?’ meddai’r Dylwythen Dannedd.

Treuliodd grŵp y Badgers amser yn siarad gyda’r plant lleol am bwysigrwydd brwsio eu dannedd.

Fe wnaethon nhw greu siartiau a sticeri i'w hatgoffa i lanhau eu dannedd. Y diwrnod wedyn, brwsiodd pob un o'r plant eu dannedd am eu bod wedi sylweddoli bod y Dylwythen Dannedd yn bodoli go-iawn am fod y Badgers wedi ei gweld. Roedden nhw'n deall nawr pa mor bwysig yw cael dannedd glân, hyfryd. Roedd yn iach, ond hefyd roedden nhw am i'r dylwythen deg gael to sgleiniog newydd.

Y noson wedyn, ceisiodd y Dylwythen Dannedd gynnig ddod o hyd i ddannedd gwyn sgleiniog unwaith eto. Roedd hi wrth ei bodd yn gweld bod yr holl ddannedd roedd hi'n eu casglu yn sgleiniog a gwyn, yn berffaith, a dweud y gwir ar gyfer to ei phalas a'r siandelïer. Er mwyn diolch i'r Badgers, gadawodd y Dylwythen Dannedd iddyn nhw ei helpu i adeiladu ei phalas.

Roedd yr holl blant wrth eu bodd yn clywed gan y Badgers am y Dylwythen Dannedd, ac fe gofiodd pawb frwsio ei ddannedd o hynny ymlaen.

Os hoffech roi eich barn a helpu i gefnogi'n gwaith, cysylltwch â ni

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