



**Bilingual Peace Week flyers** – introducing your local schools to this resource.

**Wythnos Heddwch / Peace Week**

Adnoddau ar gyfer ysgolion cynradd ac uwchradd.

## Wales Peace School Scheme

*Following on from the talk given at our Meeting of Friends in Wales summer gathering at Milford Haven, speaker Jane Harries introduced a number of ideas for working towards a more peaceful world. Aiming to inspire future generations, the Welsh Centre for International Affairs, in which Jane is involved, runs a Wales Peace School Scheme. We have forwarded with the latest edition of Calon a flyer that could be given to one of your local schools.*

*The scheme is a flexible whole-school approach, providing the framework and support to enable schools to develop learning and activities on peace across the curriculum and school life.*

*It fits in with the core aim to support young people to be 'ethical, informed citizens of Wales and the world.*

*The WCIA has worked closely with the QPSW Education Team to produce some support materials for the Scheme, and our education team is represented on the Peace Education Network, which meets in Friends House.*

Gweithgareddau i'r ysgol gyfan sy'n trawsnewid agweddau am hawliau dynol, dinasyddiaeth a heddwch.

### What is a Peace Week?

A Peace Week is a unique opportunity for an entire school to immerse itself in learning about, experiencing, and celebrating peace. The school gets to choose when to organise their Peace Week. Resource Packs from Quakers in Britain are available on their website and these include free downloadable pdf's of curriculum links, lesson plans, inspiring ideas, and posters.

Here's the relevant hyperlink:

<https://www.quaker.org.uk/our-work/peace/peace-education>



The Peaceful Schools Project offers to schools a 6-week, 1 hour a week programme. It is an initiative of Mid-Wales Area Quaker Meeting but it is not about Quakerism. It is a response to the culture of violence and hostility in our society, as evidenced in, for example, violent video games, and as expressed in bullying in our schools and on our streets. Its aim is to create a peaceful atmosphere in schools where pupils treat each other with respect, work co-operatively, and resolve problems constructively.

We start with establishing ground rules - listening, respecting, sharing, confidentiality etc and then begin very basic conflict resolution work, starting with the individual and working outwards - feeling OK about ourselves, handling our own anger, being aware of how overlapping and complex are our 'in-groups' and 'out-groups'; then handling bullying and other people's anger and aggression; awareness of different perceptions of situations, the challenges of decision-making and progressing to the potential in co-operation and a more pro-active mediation.

Much of the work is done with circle time, plus some work in small groups. We use a mixture of talking, sharing, exercises and games. We use quiet periods and mindful breathing to give pupils the skills to handle their own stresses, and stories to focus attention on particular issues. We work in pairs, and with the form staff present and engaged with the programme.

This is apparently a very minor input into the school week but we know from feedback that the work extends into other parts of the school week, both because teachers pick up on some of the exercises and because the children refer back to it. At the end of a programme we ask for feedback from teachers and pupils (anonymously) as to what has worked best, what has been most (and least) enjoyable, whether they would recommend the work to other classes.

The programme is offered free to schools and initially concentrated on the upper forms of primary (years 4, 5, & 6). However it has now been extended to cover both top infants classes and the first year of secondary school. We currently cover schools in north Powys, north Ceredigion and south Ceredigion.



If you are in the Mid Wales vicinity it is also worth being reminded that there is the existing Peaceful Schools Project Programme which is also offered free to local schools in north Powys, north Ceredigion and parts of Gwynedd / Bangor & Ynys Mon.

Project Addysg Hedd Mewn Ysgolion.

Am fwy o wybodaeth cysylltwch â:

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Mae'r project o Addysg Heddwch mewn ysgolion yn cynnig rhaglen 1 awr y wythnos am 6 wythnos mewn ysgol. Mae'n fenter gan Grynwy'r Canolbarth Cymru ond d'yno e ddim am Grynwy'r Canolbarth Cymru ond d'yno e ddim am Grynwy'r Canolbarth Cymru ond d'yno e ddim am Grynwy'r Canolbarth Cymru.

heddwchlon mewn ysgolion ble mae'r diwyllion yn trin ei gilydd gyda pharch, yn cyd-waithio ac yn datrys problemau yn adwilledol.

Gosod y rheolau yw'r man cychwyn - gwarand, parchu, rhannu, cyfrinachedd a.y.y.b.yne byddwn yn cychwyn ar waith sylfaenol o sut mae datrys gwrthdaro, gan gychwyn gyda'r unigolyn ac ymestyn allan - tairmlo'n iawn am ein hunain; delio a thymher ein hunain; bod yn ymwybodol o sut rydym yn delio a'n ddieter a'n hymddygiad; yna delio a bwlio a dieter pobl eraill; sod yn ymwybodol o'r gwahanol ganfyddiadau a gair am wahanol sefyllfaoedd, y sielensiau wrth ddod i benderfyniadau; a symud tuag at y potensial sy mewn cyd-waithio a chymodi rhagwethiol.

Gwneir y gwaith o fewn amser cylich a pheth gwaith mewn grwpiau bach. Rydym yn defnyddio cymysgedd o saraed, rhannu ymarferion a gemau. Defnyddir cyfnodau tawel ac anadlu pwrpasol i roi sgiliau rheoli i'r plent ein hunain a storio i ffocysu gyfer a fasetion arbennig. Rydym yn gweithio mewn paru, gyda'r estro dosbarth/a neu gynorthwydd dosbarth yn bresennol i weithio'n agos â'r rhaglen.

Mae'n ddebyg mai mawrben pibis iawn yw hwn i waith wythnosol yr ysgol ond gwyddam o'r ymateb bod y gwaith yn ymestyn i feydd arall o fewn yr ysgol. Mae'r athrawon yn defnyddio peth o'r ymarferion ac fe glywir am hysbys yn ddiwyllion i'w fenter. Ar ddiwedd y rhaglen golygwem am seiborth gan yr athrawon a'r plent (yn ddienw) i weld beth weithiodd orau, beth oedd yr elfen orau (a'r gwaethaf) ac e faset yn ei gymradwyo i ddoesbarthiadau eraill.

Cynigir y rhaglen am ddim i ysgolion, ac yn wreiddiol i ganolfanwyntio ar flynyddoedd uwch y cynradd (blwyddyn 4,5 a 6). Serch hynny rydym nawr yn ymestyn i'r babanod uwch ac i flynyddyn gyntaf yr uwchradd. Mae'r gwaith yn ymestyn i ysgolion yng ngogledd Powys, gogledd Ceredigion a de Gwynedd.

