



HAPUSRWYDD ▪ HYDER ▪ LLWYDDIANT
HAPPINESS ▪ CONFIDENCE ▪ SUCCESS



17/2/22

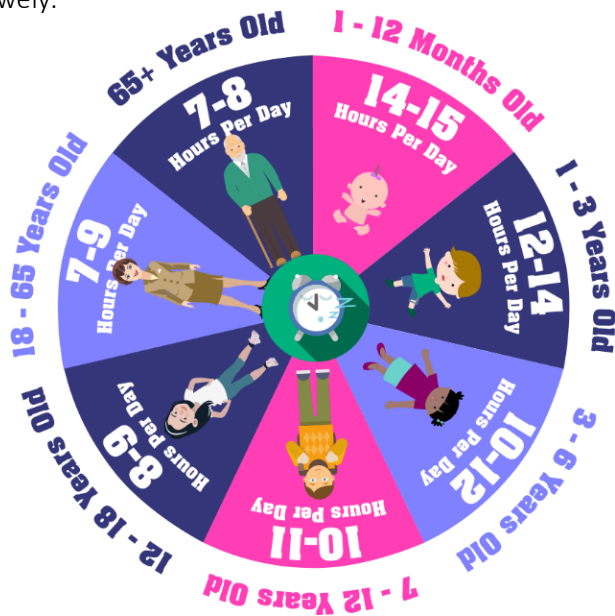
Annwyl rieni a gwarchodwyr,

Addysg Gorfforol yr Urdd

Bydd sesiynau yn parhau ar gyfer disgyblion Derbyn i Flwyddyn 6 ar ddydd Mawrth hyd at y Pasg felly mi fydd dal angen eu gwisg ymarfer corff.

Cwsg

Ym mis Ionawr, hawliau'r plentyn oedd 'I fod y gorau y gallwch fod'. Rydym yn ddiweddar wedi bod yn son am bwysigrwydd cwsg a pa mor bwysig ydy gael trefn amser gwely a phethau i helpu i blant ac oedolion settlo cyn mynd i wely.



6 Tips to Help Your Child GET A GOOD NIGHT'S SLEEP!

- Set a regular bedtime and wakeup schedule for your child, and stick to it.
- Make your child's bedroom a quiet, dark, cool environment for sleeping.
- Establish a relaxing bedtime routine. A warm bath before bed, singing or listening to soft music, warm milk or story time, all help a child relax and settle down.
- Avoid giving your child sugary snacks or drinks at least six hours before bedtime.
- Avoid scary stories or television shows and movies before bed. Even the evening news may be troubling to children before bed.
- Make sure your child gets regular exercise. Avoid vigorous activities right before hand.

Clybiau ar ôl Ysgol

Rydym am ail-gychwyn clybiau ar ôl Ysgol ar ôl hanner tymor.

- LLANARMON - Nos Fawrth: Clwb Coginio bl1- bl6 3.15yp-4.30yp
- CYNDDELW -Nos Fercher : Clwb pêl droed l bl 3-6 3.15-4.15yp (lle i 16)
- CYNDDELW -Nos Iau: Clwb pêl rwyd l bl 3-6 3.25-4.15yp (lle i 16)
- CYNDDELW Nos Wener: Clwb yr Urdd i bl 1- bl6 3.15-4.15yp (mae rhaid bod yn aelod i ddod)

Mae nifer cyfyngedig yn y clybiau felly a allwch adael i Michelle wybod cyn gynted â phosib os yw eich plentyn eisiau mynychu, cyntaf i'r felin geith lle yn glybiau yng Nghynddelw. Os yw eich plentyn eisiau mynychu yn y clybiau pêl droed a phêl rwyd mi fydd angen i chi fel rhieni trefnu trafndiaeth i Cynddelw a'i chasglu o Cynddelw wedyn. Os yw plant Llanarmon yn mynychu yng nghlwb yr urdd mi fydd Miss Jones yn mynd hwy lawr ond eto, mi fydd raid iddynt gael ei gasglu am 4.15yh o Gynddelw.



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Digwyddiadau ychwanegol ar y gweill:

1/3/22 Dydd Mawrth	Dydd Gŵyl Dewi - gwisgo dillad traddodiadol Cymraeg neu goch, gwyn & gwyrdd 
	Twrnaint pêl droed yr urdd (rhai disgyblion, llythyr i ddilyn gyda manylion)
3/3/22 Dydd Iau	Diwrnod Y Llyfr – Gwisgo fel eich hoff gymeriad o lyfr neu dillad eich hunain
10/3/22 Dydd Iau	Parti Magi Ann yn y bore i ddosbarthiadau Miss Lewis, Mr Williams, Mrs Evans & Miss Edwards
18/3/22 Dydd Gwener	Diwrnod Trwyn coch / Red Nose day
26/3/22 Dydd Sadwrn	Eisteddfod Sir – Ysgol Bro Alun
29/3/22 Dydd Mawrth	Taith i RAF Cosford – Miss Parkinson, Miss Evans & Miss Jones'
4/4/22 Dydd Llun	Gweithdy Clocsffit gyda Tudur Phillips i bawb – Dillad AG heddiw os gwelwch yn dda



CLOCSFFIT

gyda/with

TUDUR PHILLIPS

Sesiwn cadw'n heini sy'n cyfuno clocsio, ymarfer corff a llond lle o hwy!

A keep fit session that combines clogging, exercise and a whole lot of fun!





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Darllen

Hoffwn son unwaith eto am bwysigrwydd a manteision i ddarllen gymaint â phosib adref gydag eich plant. Os dymunwch unrhyw arweiniad, syniadau i helpu efo darllen adref plŷ peidiwch ag oedi i gysylltu â'r athrawon.

Monitor Carbon Monocsid

Hoffwn ddiolch yn fawr iawn i Lenore am y cyfraniad o fonitorau carbon monocsid i'r ysgolion. Rydym hefyd wedi derbyn rhai gan y sir.

Nosweithiau rhieni

Rydym yn gobeithio cynnal ein nosweithiau rhieni yn ystod y wythnosau 28ain o Fawrth a 4ydd o Ebrill. Mi fydd holiadur yn dod allan yn holi am drefniadau a beth sydd yn gweddu chi yn well. A wnewch chi ateb os gwelwch yn dda.

Diwrnodau Hyfforddiant - Ail drefnu

Rydym rŵan wedi penodi dau ddiwrnod hyfforddiant yn lle'r rhai mis Ionawr sef 20fed o Fehefin a 4ydd o Orffennaf.

Llythyr Criw Cymraeg

Gwelwch lythyr gyda neges arbennig gan y Criw Cymraeg wedi atodi.

Rhiant Llywodraethwr Newydd

Hoffwn groesawu Kasia Kusinska i'r llywodraethwyr fel ein rhiant llywodraethwr newydd.

Diwrnodau Hyfforddiant - Ail drefnu

Rydym wedi penodi dau ddiwrnod hyfforddiant yn lle'r rhai mis Ionawr sef 20fed o Fehefin a 4ydd o Orffennaf. Isod, mae rhestr gyflawn o ddyddiadau rhwng nawr a diwedd y flwyddyn addysgol pan na fydd yr ysgol ar agor (**ytu allan i wyliau ysgol**):

Ebrill 25ain / April 25th - Ysgol ar gau - HMS / School closed - training day

Mai 2il / May 2nd - Ysgol ar gau - Gŵyl Banc / School closed - Bank Holiday

Mehefin 20fed / June 20th - Ysgol ar gau - HMS / School closed - training day

Gorffennaf 4ydd / July 4th - Ysgol ar gau - HMS / School closed - training day

Gorffennaf 20fed / July 20th - Ysgol ar gau - HMS / School closed - training day

Plŷ peidiwch ag oedi i gysylltu efo'r ysgol os oes gennych unrhyw gwestiynau. Hoffwn ddiolch unwaith eto i chi am eich cydweithrediad a chefnogaeth gyson. Hanner tymor hapus i chi gyd!

Yr Eiddoch yn gywir,
Mrs Sockett

CYNDDELW

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FFEDERASIWN DYFFRYN CEIRIOG
CEIRIOG VALLEY FEDERATION

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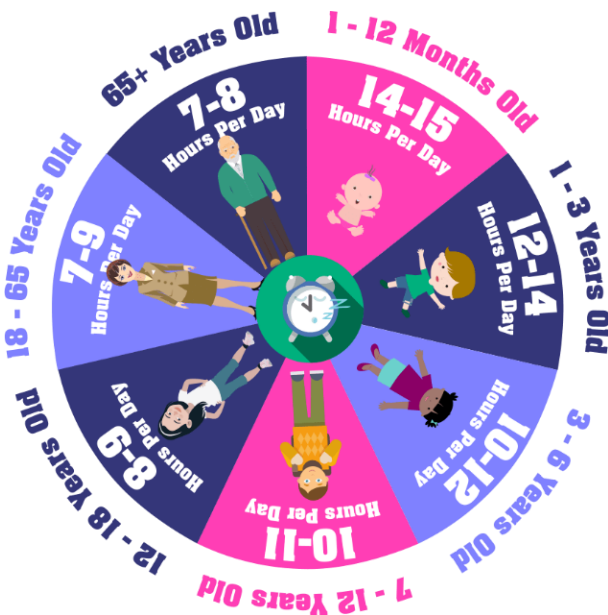
Dear parents and carers,

Urdd Sports

Urdd sports sessions will continue with Mr Evans on a Tuesday until Easter. Pupils will therefore still need their kits on a Tuesday please.

Sleep

In January the rights of a child that we focused on was 'Being the best that we can be'. We have recently been discussing sleep and how important it is for us to have enough to be happy and healthy. We looked at some tips on how to help adults and children have a good night's sleep!



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After School Clubs

We will be re-starting our after school clubs after half term. Please let Michelle know if you would like your child to stay for clubs at Cynddelw as we have limited spaces available. If they would like to go to club at Cynddelw on a Wednesday or a Thursday pupils will need to be transported down by a parent/guardian and then collected from Cynddelw. For Urdd club, Miss Jones will transport them down and they will need to be collected at 4.15pm.

LLANARMON - Tuesday: Cooking club for Years 1 – Y6
CYNDDELW - Wednesday: Football club for years 3-6
CYNDDELW – Thursday Netball club for years 3-6
CYNDDELW- Friday: Urdd Club for years 1- 6

3.15pm-4.30pm
 3.15-4.15pm (room for 16)
 3.15-4.15pm (room for 16)
 3.15-4.15pm (Pupils must be a member to join)







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Upcoming events in school:

1/3/22	Tuesday	Dydd Gŵyl Dewi / Saint Davids day – pupils to wear traditional Welsh clothing or red/green/white to school.	
		Urdd football tournament for certain pupils (letter with more information will follow)	
3/3/22	Thursday	World Book Day – pupils can come to school dressed as their favourite character from a book or in their own clothes today	
10/3/22	Thursday	Parti Magi Ann in the morning for Miss Lewis, Mr Williams, Mrs Evans & Miss Edwards' class	
18/3/22	Friday	Red Nose day	
26/3/22	Saturday	Eisteddfod Sir / County Eisteddfod – Ysgol Bro Alun	
29/3/22	Tuesday	Trip to RAF Cosford – Miss Parkinson, Miss Evans & Miss Jones' class	
4/4/22	Monday	Clocsffit workshop with Tudur Phillips – All pupils will need to be in their PE kit today please	

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Sesiwn cadw'n heini sy'n cyfuno clocio, ymarfer corff a llond lle o hwyl!
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Reading

We would like to mention again the importance and advantages of reading at home as much as possible with your children. If you would like any ideas, advice or guidance in regards to reading at home please do not hesitate to contact us at school.

Carbon Monoxide Monitors

We would like to say a big thank you to Lenore for the donation of carbon monoxide monitors for the schools. We have also received some from the county and now have one in every room in the schools.

Parents Evenings

We are hoping to hold parent evenings during weeks beginning 28th March and 4th April. A questionnaire will be coming out shortly, could you please fill it in and return to let us know your preferences.

Criw Cymraeg letter

Attached is a letter from the Criw Cymraeg. Please take a look!

New Federation governor

We would like to extend a warm welcome our new parent governor Kasia Kusinska.

INSET dates re-arranged.

The two INSET days have been arranged for **20th June and the 4th July**. Below is a full list of dates between now and the end of the educational year when the school will be closed (outside of the school holidays):

Ebrill 25ain / April 25th – Ysgol ar gau – HMS / School closed – training day

Mai 2il / May 2nd – Ysgol ar gau – Gwyl Banc / School closed – Bank Holiday

Mehefin 20fed / June 20th – Ysgol ar gau – HMS / School closed – training day

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Gorffennaf 20fed / July 20th – Ysgol ar gau – HMS / School closed – training day

Please do not hesitate to contact the school if you have any questions or require any further information. Thank you once again for your continued support and cooperation. We hope you all have a lovely half term!

Yours Sincerely,

Mrs Sockett

CYNDDELW

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