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4/9/25

Annwyl rieni a gofawyr,

Croeso nôl! Mi fydd llythyr dosbarth yn dilyn gan athrawon eich plant gyda gwybodaeth am AG, sesiynau ysgol goedwig ac ati.

Nofio

Mi fydd nofio yn ailddechrau i ddosbarth Mr Williams, Miss Parkinson a Mrs Massey **Dydd Mercher 10fed** o Fedi.

Gofynnwn am gyfraniad o £3.00 y plentyn os gwelwch yn dda i fynd at gost y bws. Mi fydd system newydd i chi allu talu trwy 'ParentPay' os dymunwch neu gydag arian parod.

Clybiau ar ôl Ysgol

Mi fydd clybiau yn cychwyn unwaith eto wythnos nesaf. Mae nifer cyfyngedig yn gallu aros i glybiau felly os dymunwch i'ch plentyn aros plŷ gyrrwch neges neu cysylltu hefo Michelle/Heidi cyn gynted â phosib i fwcio lle i'ch plentyn. **Mi fydd Clwb Urdd yn cychwyn ar DDYDD IAU ar ôl hanner tymor.**

Dydd Mawrth– Clwb Lego (Derbyn i Bl6) 3.15- 4.15yp

Dydd Iau – Clwb Chwaraeon (Derbyn i Bl6) 3.15-4.15yp

Trefniadau yn y bore

Gofynnwn i unrhyw ddisgybl sy'n cyrraedd ysgol ar ôl 9yb cael eu gollwng yn y dderbynfa os gwelwch yn dda, mi fydd aelod o staff yn casglu hwy a'i hanfon i'w dosbarth. Hoffwn eich atgoffa mae rhaid cysylltu hefo'r ysgol cyn 9.15yb i adael i ni wybod os yw eich plentyn ddim i mewn. Mae'n bosib gyrru neges trwy e-bost neu adael neges trwy ffonio.

Clwb Brecwast

Bydd Clwb Brecwast ar agor o 7:50yb bob bore.

Cost: £3 y diwrnod

Gostyngiad: £1 i ddisgyblion sy'n gymwys am brydau ysgol am ddim / grant gwisg ysgol (os byddant yn mynychu rhwng 7:50yb a 8:10yb). Cofiwch dalu'r swm cywir drwy ParentPay os bydd eich plentyn yn ymuno cyn 8:10yb.

Ar ôl 8:10yb, ni fydd angen talu i ddefnyddio Clwb Brecwast.

Snac / Bwyd bore

Os gwelwch yn dda fedrwch chi anfon ffrwythau neu lysiau i mewn gydag eich plentyn. Diolch am eich cydweithrediad.

Gwisg Ysgol - A fydddech cystal â sicrhau bod pob disgybl yn gwisgo'r wisg ysgol gywir, nid oes rhaid i wisg ysgol fod â logos yr ysgol fel y nodwyd yn y blynyddoedd blaenorol. Mae rhai eitemau sbâr ail law yn yr ysgol, plŷ peidiwch ag oedi i yrru nodyn os ydych angen un rhywbeth a gallwn yrru adref gyda'r plant. Gofynnwn yn garedig i chi hefyd sicrhau fod enwau'r plant wedi nodi ar bob eitem. Gofynnwn hefyd i ddisgyblion dod a chit addysg gorfforol i mewn i'r ysgol efo nhw a newid yn yr ysgol. Mae croeso i ddisgyblion gadael cit yn ei loceri. Fel y nodir yn ein [polisi](#), ar gyfer gweithgareddau dan do mae plant yn cael eu hannog i wisgo siorts Navy/du a chrys-T gwyn. Cynghorir tracwisg gyda trainers mewn tywydd oerach. Mi fydd crysau t gwyn a siorts du sbar yn yr ysgol i ddisgyblion fenthgys os nad oes ganddynt cit.

Nodyn i atgoffa - Os yn bosib allwch plŷ dewis pryd eich plentyn cyn dod i'r ysgol er mwyn arbed amser yn y boreau. Os dymunwch còd newydd i ParentPay cysylltwch â Michelle / Heidi.



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Ocsiwn Addewidion & Rafs Haf

Hoffwn diolch o waelod calon i chi gyd am eich cefnogaeth tymor diwethaf. Codwyd £234 gyda'r raffl haf. Diolch i bawb wnaeth helpu a trefnu'r noson Ocsiwn, ac am y rhoddion hael iawn. Cawsom noson lwyddiannus iawn a chodwyd £841 i'r cronfa CRhA. Diolch yn fawr iawn i chi gyd.

Cylch Meithrin Glyn Ceiriog & Clwb ar ôl ysgol

Mae nifer o newidiadau ar y gweill gyda chylch a phawb wedi bod yn brysur iawn. Fel y gwyddoch, mae oriau agor cylch a chlwb ar ôl ysgol wedi newid. Os dymunwch wybod mwy cysylltwch trwy e-bost: cylchmeithringlyn123@gmail.com neu trwy ffonio Fran / Amy: 07908291367. Cymerwch olwg ar y wefan gael mwy o wybodaeth neu y dudalen facebook. <https://cvf.cymru/cylch-meithrin-glyn-ceiriog-clwb-ar-ol-ysgol-after-school-club/>. Mae amserlen clwb ar ôl ysgol isod.

Eisteddfod Genedlaethol Wrecsam

Llongyfarchiadau enfawr i Alaw & Buddug, roedd y ddwy wedi darllen cerdd oedd y plant hŷn wedi cyfansoddi yn ystod yr Eisteddfod. Da iawn chi genod, roedd pawb yn falch iawn ohonoch!



Dyddiadau i'w cofio:

6/9/25	- Sioe Garddio Glyn Ceiriog - 2-4yp - Sioe Llanarmon
9/9/25	Sioe – 'Gwnewch Swm' gan Cydweithfa Gerddoriaeth Wrecsam – 10.45yb
16/9/25	Diwrnod Owain Glyndŵr – mae croeso i ddisgyblion dod i'r ysgol yn gwisgo coch, melyn, crysau Cymru/Cymraeg neu dillad eu hunain. 
10/10/25	Diwrnod Iechyd Meddwl – Gweithgareddau yn yr ysgol
13/10/25	Noson Agored- 3.30-5yh Cyfle i rieni cyfarfod efo athrawon, dim apwyntiadau cyfle i biciad i mewn i weld sut mae eich plentyn wedi settlo.
15/10/25	Diwrnod 'Shwmae Su Mae' – Gweithgareddau yn yr ysgol
16/10/25	Bikeability – Blwyddyn 5 & 6
17/10/25	Dangos y Cerdyn coch i Hiliaeth – Disgyblion i wisgo coch i'r ysgol
24/10/25	Disgo – prynhawn i ddisgyblion Bingo Calan Gaeaf - CRhA 6yh
3/11/25	DIWRNOD HYFFORDDIANT – INSET
24/10/25 HANNER TYMOR – ail agor D.Mawrth 4/11/25	
10/11/25	Wythnos Wrth Fwlio – Plant i wisgo sanau od i'r ysgol heddiw!
15/11/25	Diwrnod Plant Mewn Angen
25/11/25	Prynhawn agored – 2-3yp cyfle i ddod i weld gwaith y disgyblion

Os oes unrhyw ymholiadau plis peidiwch ag oedi i gysylltu efo ni yn yr ysgol.

Yr Eiddoch yn gywir,

Mrs Sockett



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4/9/25

Dear parents and guardians,

Welcome back! **A class letter** from your child's teacher will be sent out this week regarding PE, forest schools sessions etc.

Swimming

Swimming for Juniors - Mr Williams, Mrs Massey and Miss Parkinson's class will resume on **Wednesday 10th September**. We ask for a voluntary contribution of **£3.00 per child a week** towards the cost of the bus. You will now also be able to pay via ParentPay.

After School Clubs

School run After School Clubs will be **starting again next week (w/b 8/9/25)**. There are limited spaces available, therefore if you would like your child to attend, please book in with Michelle / Heidi at school as soon as possible, if they haven't been booked in, they will not be able to attend. Federation Urdd club we will be continuing on a **THURSDAY** after half term.

Tuesday – Lego Club (Reception to year 6) 3.15-4.15pm

Thursday – Sports club (Reception to year 6) 3.15-4.15pm

Drop off – at beginning of day

Any pupils that arrive after 9am are to be dropped off at reception and a member of staff will collect the pupils and see them to their class. Could parents please let us know if pupils are not in school by 9.15am via phone call or email to the school or they will be marked as absent.

Breakfast Club

Breakfast club is open from 7.50 am every morning.

Cost: £3.00 a day (£1 for pupils entitled to FSM or uniform grant) if pupils attend club from 7.50am-8.10am. Please remember to pay via parent pay if you child/ren attend **before** 8.10am. You will **not** need to pay for breakfast club if they attend **after 8.10am**.

Snack

Please could you send in **FRUIT or VEGETABLES** with your child for their morning snack.

School uniform – Could you please ensure all pupils are wearing the correct uniform to school, uniforms do not have to have the school logos as stated in previous years. We have spare used uniform items here at the school, please feel free to pop us an email and we can send items home. Also please ensure that all items are labelled with your child's name. We ask now please that pupils bring in their PE kit to change in school, they are welcome to leave their kit in their lockers and we will ensure that they get sent home at the end of every half term. As noted in our [policy](#), for indoor activities children are encouraged to wear navy/black shorts and a white T-shirt. Bare feet for gym and dance. For outdoor games / activities, children wear navy/black shorts and white T-shirt and trainers. A tracksuit or jogging suit with trainers is advised in colder weather.

Reminder - If possible, could you please pre-order your children's meals for the day before hand, if you need any log in details for parent pay please let Michelle / Heidi know and they will send links home.



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Promise Auction / PTA Raffle

We would like to say a big thank you for all the support during the summer term. The summer raffle raised £234. At the promise auction we raised a fantastic £2,523 in total which means £841 to go into our school PTA fund. Thank you to everyone involved and to the businesses that donated such fantastic prizes to the auction and raffle! Diolch yn fawr iawn.

Cylch Meithrin Glyn Ceiriog & After School Club

A number of changes are underway with Cylch and everyone has been very busy over the Summer. As you know, the opening hours of Cylch and after school club have changed. If you want like to know more, please get in contact via email: cylchmeithringlyn123@gmail.com or by calling Fran / Amy: 07908291367. Please take a look at the website for more information or the facebook page. <https://cvf.cymru/cylch-meithrin-glyn-ceiriog-clwb-ar-ol-ysgol-after-school-club/>. The after school club timetable for September is below.

National Eisteddfod in Wrexham

Congratulations to Buddug and Alaw who represented Ysgol Llanarmon and Cynddelw in the Eisteddfod. They read out a poem their classes had written, specifically for the Eisteddfod. We were very proud of them both! Da iawn chi genod.



Some dates for your diary....

6/9/25	• Ceiriog Valley Garden Society Show - 2-4yp (pupils have been making entries in school) • Llanarmon Show
9/9/25	'Make Some noise' show by Wrexham music service – 10.45am
16/9/25	Owain Glyndŵr Day– Pupils are welcome to come into school wearing red, yellow or anyt associated with Wales. 
10/10/25	World Mental Health Day– Activities in school
13/10/25	Meet the Teacher evening – 3.30pm-5pm. Drop in session, an opportunity for parents to have a discussion with the class teacher to see how pupils have settled in. No appointments necessary.
15/10/25	Shumae Su Mae day – activities in school
16/10/25	Bikeability – Years 5&6
17/10/25	Show Racism the Red Card – Pupils to wear anything red to school
24/10/25	• Disco – afternoon • PTA Halloween Bingo
3/11/25	INSET – NO SCHOOL FOR PUPILS
24/10/25 HALF TERM – school re-opens on Tuesday 4/11/25	
10/11/25	Anti-Bullying week: Pupils to wear od socks to school today! 
5/11/25	Children In Need
25/11/25	Open Afternoon – 2-3pm an opportunity to come in and see the children's work

If you have any enquiries, please contact us at the school.

Yours sincerely,

Mrs Sockett



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AFTER SCHOOL CLUB

September	Monday	Tuesday	Wednesday	Thursday	Friday
1st - 5th	Training day		Free choice		cooking
8th - 12th	Autumn scavenger hunt with hot chocolate		Cooking pizzas		Free choice
15th - 19th	Cooking home made soup				
22nd - 26th	Free choice		Baking cakes		Cinema night with hot dogs

Medi	Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
1af - 5ed	Diwrnod hyfforddi		Dewis rhydd		Coginio
8fed - 12fed	Helpa sborion yr hydref gyda siocled poeth		Coginio pizzas		Dewis rhydd
15fed - 19eg	Coginio cawl cartref				
22ain - 26ain	Dewis rhydd		Pobi cacennau		Noson sinema gyda chŵn poeth

CYNDDELW

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Healthy snacks in primary schools

There is a legal duty for local authorities and schools to **promote healthy eating in schools**. The Welsh Government and Welsh Network of Healthy School Schemes recommend a whole-school approach.

Food brought into school for personal consumption can be subject to restrictions at the discretion of the local authority or governing body of a school. Almost all primary schools in Wales specify **only fruit and vegetables for snack during break times**.

Schools should create an environment and culture where it is **normal and easy for children to eat healthily**. School staff, along with parents/carers, are vitally important in the development of healthy eating habits for life, through **consistent messages and role modelling**.

Fruit and vegetables should be the only snack at break times in primary schools because:

- they are a good source of **fibre, vitamins and minerals**;
- they are naturally low in calories, helping to **maintain a healthy weight**;
- eating a variety of fruit and vegetables can help to **prevent a range of health issues** such as bowel problems, cardiovascular disease and some cancers; and,
- consumption of fruit and vegetables is below recommended levels, of at least **5 portions per day**.

Some primary schools also specify that fruit and vegetables at break time must be fresh.



September 2021



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Byrbrydau iach mewn ysgolion cynradd



Mae'n ddyletswydd gyfreithiol ar awdurdodau lleol ac ysgolion i hyrwyddo bwyta'n iach mewn ysgolion. Mae Llywodraeth Cymru a Rhwydwaith Cynlluniau Ysgolion Iach Cymru'n argymhell mabwysiadu dull ysgol gyfan.

Gellir gosod cyfyngiadau ar fwyd y mae plant yn dod â hwy i'r ysgol i'w fwyta os yw'r awdurdod lleol neu gorff llywodraethu'r ysgol yn penderfynu bod hynny'n briodol. Mae'n rheol ym mron pob ysgol gynradd yng Nghymru mai **dim ond ffrwythau a llysiau a ganiateir fel byrbrydau amser egwyl**.

Dylai ysgolion greu amgylchedd a dwylliant lle mae'n beth **arferol a hawdd i blant fwyta'n iach**. Mae staff yr ysgol, ynghyd â rhieni/gofalwyr, yn chwarae rhan hollbwysig wrth ddatblygu arferion bwyta iach gydol oes, drwy rannu negeseuon cyson a modelu rôl.

Ffrwythau a llysiau yw'r unig bethau y dylai plant ysgol gynradd eu bwyta yn ystod amser egwyl am y rhesymau canlynol:

- maent yn ffordd dda o gael ffibr, fitaminau a mwneau;
- maent yn naturiol brin o galoriau, sy'n helpu i gadw pwysau iach;
- mae bwyta amrywiaeth o ffrwythau a llysiau'n gallu helpu i atal amrywiaeth o broblemau iechyd, fel problemau â'r perfedd, clefyd cardiofasgwlaidd a rhai mathau o ganser; ac
- mae plant yn gyffredinol yn bwyta llai o ffrwythau a llysiau na'r hyn a argymhellir, sef o leiaf 5 y dydd.

Mae rhai ysgolion cynradd hefyd yn nodi bod yn rhaid i ffrwythau a llysiau yn ystod amser egwyl fod yn ffres.



Medi 2021



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