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3/9/26

Annwyl rieni a gofawyr,

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

Nofio

Mi fydd nofio yn aildddechrau i ddosbarth Mr Williams, Mrs Massey a **Miss Jones Dydd Mercher 9fed 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 drwy 'ParentPay' os dymunwch neu gydag arian parod. Mi fydd Miss Jones yn mynd a'r disgyblion lawr i Cynddelw yn bws mini'r ysgol i gyfarfod y bws nofio sydd yn mynd i Waun.

Clybiau ar ôl Ysgol

Mi fydd clybiau yn cychwyn unwaith eto **wythnos nesaf 8fed & 10fed o Fedi**. Mae nifer cyfyngedig yn gallu aros i glybiau felly os dymunwch i'ch plentyn aros plis gyrrwch neges neu cysylltu hefo Michelle/Heidi cyn gynted â phosib i fwcio lle i'ch plentyn.

Dydd Mawrth– Clwb Ffilm/gemau (Derbyn i Bl6) 3.15- 4.30yp (Llanarmon)

Dydd Iau, Clwb ffederasiwn– Clwb Lego (Derbyn i Bl6) 3.15-4.30yp (Ysgol Cynddelw, mi fydd staff yr ysgol yn parhau i fynd â disgyblion i lawr i Cynddelw ond mi fydd angen i rieni/gwarchodwyr nôl y plant o Cynddelw am 4.30yp).

AR ÔL HANNER TYMOR

Dydd Mawrth– Clwb Celf (Derbyn i Bl6) 3.15- 4.30yp (Llanarmon)

Dydd Iau, Clwb ffederasiwn– Clwb Urdd (Derbyn i Bl6) 3.15-4.30yp. (Ysgol Cynddelw, mi fydd staff yr ysgol yn parhau i fynd â disgyblion i lawr i Cynddelw ond mi fydd angen i rieni/gwarchodwyr nôl y plant o Cynddelw am 4.30yp). Mae rhaid i blentyn/plant fod yn aelod i ddod. Mwy o wybodaeth i ddilyn.

Trefniadau yn y bore

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, Seesaw neu adael neges trwy ffonio.

Cysylltu ag Aelodau Staff yr Ysgol

Mae croeso i chi gysylltu ag unrhyw aelod o'n staff os oes gennych unrhyw ymholiadau neu bryderon. Gofynnwn yn garedig i chi sicrhau bod pob cyfathrebiad â staff yn cael ei wneud **dros y ffôn ysgol, drwy e-bost yr ysgol neu drwy Seesaw yn unig**. Fodd bynnag, nodwch na fydd staff yn ymateb i negeseuon **ar ôl 5.00yh**. Rydym yn deall yn llwyr y gall rhieni a gofawyr anfon negeseuon y tu allan i oriau ysgol, ond gofynnwn i chi beidio â disgwyl ymateb gan staff ar ôl **5.00yh**. Byddant yn ymateb cyn gynted ag y gallant. Rydym yn gwerthfawrogi eich dealltwriaeth a'ch cydweithrediad wrth ein helpu i gynnal cydbwysedd iach rhwng bywyd a gwaith ar gyfer ein holl staff. Diolch am eich cyfathrebu a'ch cefnogaeth barhaus.

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.



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Snac / Bwyd bore

Rydym yn parhau i ddilyn polisi ysgolion Iach Sir Wrecsam felly os gwelwch yn dda fedrwch chi anfon dim ond ffrwythau neu lysiau i mewn gydag eich plentyn fel byrbryd yn boreau. 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, plis peidiwch ag oedi i yrru nodyn os ydych chi 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 yr ysgol. 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. Cyngorior tracwisg gyda trainers mewn tywydd oerach. Mi fydd crysau t gwyn a siorts du sbar yn yr ysgol i ddisgyblion fenthyg os nad oes ganddynt cit.

Brechiadau Ffliw

Mi fydd tîm nyrsio/imiwneiddio'r ysgol yn ymweld â'r ysgol ar **29/09/2026** i gynnig y brechiad fflw i blant dosbarth derbyn i blwyddyn 6. Mae'r GIG yn argymhell bod eich plentyn yn cael brechiad fflw bob blwyddyn. Rydym yn awgrymu eich bod yn treulio amser yn darllen yr wybodaeth a ddarperir (<https://bipbc.gig.cymru/cyngor-iechyd/brechlynnau/ffliw/rhaglen-frechu-ffliw-yr-ysgol/>). Os dymunwch i'ch plentyn cael y brechiad dilynwch y ddolen isod i lenwi'r ffurflen ganiatâd erbyn **22/09/2026**. Gallwch lenwi'r ffurflen ar-lein - ewch i bibbc.gig.wales/FfliwYsgol neu sganio'r cod QR. Fel arall, gallwch ofyn am gopi papur o'r ffurflen ganiatâd i'w llenwi.



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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Dyddiadau Pwysig:

5/9/26	Sioe Llanarmon. Mae'r plant wedi bod yn brysur yn cefnogi ac yn gwneud cystadlaethau yn yr ysgol.
9/9/26	Nofio i Bl 3,4,5 & 6 yn cychwyn. Dosbarth Miss Jones
11/9/26	Sioe – 'Gwnewch Swm' gan Cydweithfa Gerddoriaeth Wrecsam – 10.45yb
15/9/26	Cyfarfod CRhA – 4.30yp. Mae croeso i blant ddod
16/9/26	Diwrnod Owain Glyndŵr – mae croeso i ddisgyblion ddod i'r ysgol yn gwisgo coch, melyn, crysiau Cymru/Cymraeg neu dillad eu hunain.
19/9/26	Sioe Garddio Glyn Ceiriog - 2-4yp. Mae'r plant wedi bod yn brysur yn cefnogi ac yn gwneud cystadlaethau yn yr ysgol.
29/9/26	Brechiadau Ffliw – Derbyn i Bl6 - 9yb
6/10/26	Dosbarth Miss Richards, Mrs Evans & Miss Davies— Gweithdy gyda Xplore Wrecsam. Mwy o wybodaeth i ddilyn.
9/10/26	Diwrnod Iechyd Meddwl—Mae croeso i ddisgyblion ddod i'r ysgol yn gwisgo unrhywbeth melyn a dillad eu hunain.
12/10/26	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 setlo.
15/10/26	Diwrnod 'Shwmae Su Mae' – Gweithgareddau yn yr ysgol
16/10/25	- Gwasanaeth gan 'Agor Y Llyfr' Wrecsam. - Dangos y Cerdyn coch i Hiliaeth – Disgyblion i wisgo coch i'r ysgol
23/10/26	Disgo Hydrefol i ddisgyblion. Mwy o wybodaeth i ddilyn
2/11/26	DIWRNOD HYFFORDDIANT – INSET
23/10/26 HANNER TYMOR – ail agor D.Mawrth 3/11/26	
9/11/26	Wythnos Wrth Fwlio – Plant i wisgo sanau od i'r ysgol heddiw!
13/11/26	Diwrnod Plant Mewn Angen
17/11/26	Prynhawn agored – 2-3yp cyfle i ddod i weld gwaith y disgyblion
25/11/26	NOFIO OLAF Heddiw i bl 3,4,5& 6
3/12/26	Cyngerdd Nadolig 6yh
7/12/26	Wythnos Gwyddoniaeth & Technoleg
18/12/26	Diwrnod Olaf Heddiw- cau i Nadolig.
4/1/27 – DIWRNOD HYFFORDDIANT /INSET	YSGOL YN AIL AGOR AR DYDD MAWRTH 5ed O IONAWR





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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

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 diwylliant 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 datblygu 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 **gadu 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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3/9/26

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 Jones' class will resume on **Wednesday 9th September**. We ask for a voluntary contribution of **£3.00 per child a week** towards the cost of the bus. You will be able to pay via ParentPay or cash. Miss Jones will be transporting the pupils down to Ysgol Cynddelw using the school minibus to meet the bigger bus that will be transporting the pupils to Chirk for their lesson.

After School Clubs

School run After School Clubs will be **starting again next week (w/b 7/9/26)**. 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.

Tuesday – Film and games Club (Reception to year 6) 3.15-4.30pm (at the school)

Thursday, federation club– Lego club (Reception to year 6) 3.15-4.30pm (at Ysgol Cynddelw). Staff will continue to bring pupils down to Cynddelw for the federation club on a Thursday using the school minibus, but pupils will need to be collected from Ysgol Cynddelw at 4.30pm by parents/guardians.

AFTER HALF TERM

Tuesday – Craft Club (Reception to year 6) 3.15-4.30pm

Thursday, federation club– Urdd club (Reception to year 6) 3.15-4.30pm. Pupils must be a member of the Urdd to attend. More information to follow. Staff will continue to bring pupils down to Cynddelw for the federation club on a Thursday using the school minibus, but pupils will need to be collected from Ysgol Cynddelw at 4.30pm by parents/guardians.

Beginning of the school day

Could parents please let us know if pupils are not in school **by 9.15am** via phone call, email or class Seesaw.

Breakfast Club

Breakfast club is open from **7.50am** 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 your child/ren attend **before** 8.10am. You will **not** need to pay for breakfast club if they attend **after** 8.10am.

Snack and Lunch

Please could you send in **FRUIT or VEGETABLES** with your child for their morning snack, we continue to follow the Wrexham's healthy schools policy. Please see below. **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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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 school 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.

Communication with School Staff

Please feel free to contact any member of our staff if you have any queries or concerns. We kindly ask that all communication with staff is made via the school **telephone, the school email address or Seesaw only**. However, please be aware that staff will **not be responding to messages after 5.00pm**. We completely understand that parents and carers may send messages outside of school hours, but we ask that you do not expect a response after 5.00pm. Staff will respond as soon as they can. We appreciate your understanding and cooperation in helping us to maintain a healthy work-life balance for all our staff. Thank you for your continued communication and support.

Flu Vaccinations

The school immunisation team will visit school **29/09/2026** to offer children vaccination against influenza (flu) for reception to year 6 pupils. **The NHS recommends that your child has a flu vaccination every year.** If you would like your child to have the vaccination **please follow the link below to complete the consent form by 22/09/2026.** The immunisation team advise that you please take time to **read** this information. You can complete the form online – go to bcuhb.nhs.wales/SchoolFlu or **scan the QR code below** or if needed you can request a paper consent form to **complete and return**.



If you have any enquiries, please do not hesitate to contact us at the school.

Yours sincerely,

Mrs Sockett

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Some dates for your diary....

5/9/26	Llanarmon Show (pupils have been making entries in school)
9/9/25	Swimming for years 3,4,5 & 6 starts today. Miss Jones' class.
11/9/26	'Make Some noise' show by Wrexham music service – 10.45am
15/9/26	PTA meeting – 3.15pm children are welcome to come with parents/guardians
16/9/25	Owain Glyndŵr Day– Pupils are welcome to come into school wearing red, yellow or anything associated with Wales.
19/9/26	Ceiriog Valley Garden Society Show - 2-4yp (pupils have been making entries in school)
29/9/26	Flu immunisations – for Reception to year 6 pupils, 9am
6/10/26	Mrs Evans, Miss Richards' & Miss Davies' class – workshop with Explore Wrexham at Cynddelw. More info to follow.
9/10/26	World Mental Health Day– Activities in school. Pupils are welcome to wear anything yellow/own clothes to school today.
12/10/26	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.
15/10/26	Shumae Su Mae day – activities in school
16/10/26	'Agor Y Llyfr' from Wrexham, assembly - Show Racism the Red Card – Pupils to wear anything red to school
23/10/26	Autumn Disco – afternoon
2/11/26	INSET – NO SCHOOL FOR PUPILS
23/10/26 HALF TERM – school re-opens on Tuesday 3/11/26	
9/11/26	Anti-Bullying week: Pupils to wear od socks to school today!
13/11/26	Children In Need
17/11/26	Open Afternoon – 2-3pm an opportunity to come in and see the children's work
25/11/26	LAST SWIMMING session for years 3,4,5 & 6 today
2/3/26	Christmas Concert – 6pm
7/12/26	Science and Technology week
18/12/26	Last Day today – close for Christmas
4/1/27 INSET – NO SCHOOL TODAY	SCHOOL RE-OPENS ON TUESDAY 5 th January

