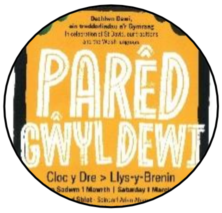
95%

Presenoldeb y flwyddyn ysgol mor belled

Wrth dorri ar gyfer gwyliau hanner tymor y gwanwyn, rydyn ni tua hanner ffordd trwy'r flwyddyn addysgol bresennol. Presenoldeb yr ysgol ar hyn o bryd yw 95%. Cofiwch fod presenoldeb da a chyson yn rhoi'r cyfle gorau i'ch plentyn lwyddo mewn addysg. Os oes gennych bryder am bresenoldeb eich plentyn dewch i 'ngweld os gwelwch yn dda.

Attendance of the school year so far

As we break for the spring half term break, we are about halfway through the current academic year. School attendance is currently 95%. Remember that good and consistent attendance gives your child the best chance to succeed in education. If you have a concern about your child's attendance, please come and see.

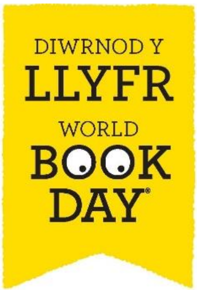


Mawrth 1^{af} – Dydd Gŵyl Dewi

Mae Mawrth y 1^{af} yn glanio ar ddydd Sadwrn ola'r gwyliau hanner tymor eleni. Byddwn fel ysgol yn cymryd rhan yn y Parêd a drefnir gan y Cyngor Tref, gan gwrdd ger Cloc y Dref am 12:50 wrth baratoi at y parêd a fydd yn cychwyn am 1 o'r gloch. Dewch yn gynnes, yn eich gwisgoedd traddodiadol Cymreig os oes i gael gyda chi, a mi chwifiwn faneri Cymru gyda'n gilydd trwy strydoedd Aberystwyth!

March 1^{st} – Saint David's Day

This year March 1^{st} lands on the last Saturday of the half term holidays. As a school we will take part in the Parade organised by the Town Council, meeting near the Town Clock at 12:50 in preparation for the parade which will start at 1 o'clock. Dress warmly, in your traditional Welsh clothing if you can, and we will wave the Welsh flags together through the streets of Aberystwyth!



Diwrnod y Llyfr 2025 – Cyfnewid llyfrau

Dyddiad : Mawrth 6^{ed}

Ar y dydd Iau cyntaf yn dilyn y gwyliau hanner tymor, bydd hi'n Ddiwrnod y Llyfr, ac am gyfle gwych i chi gael gwared ar lyfrau nad ydych eu hangen neu eu heisiau rhagor, a'u cyfnewid am lyfrau gwahanol.
Ewch ati felly'r hanner tymor hwn i chwilio am lyfrau sydd mewn cyflwr da, yn barod ar gyfer Diwrnod y Llyfr!

World Book Day – Book Swap

Date : March 6^{th}

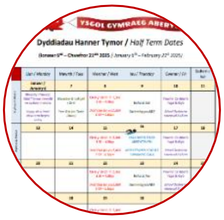
On the first Thursday following the half-term holidays, it will be World Book Day, and what a great opportunity for you to get rid of books you no longer need or want, and exchange them for different books.
So this half term go and search for books that are in good condition, ready for World Book Day!

Noson Ffilm y G.Rh.A

Cynhelir Noson Ffilm yn Neuadd yr ysgol ar nos Wener y 14^{eg} o Fawrth. Am fwy o fanylion ewch i weld y poster yn llawn ar y dudalen nesaf.

P.T.A Film Night

A Film Night will be held in the School Hall on Friday the 14^{th} of March. For more details see the poster in full on the next page.



Calendr Hanner Tymor

Dim ond wythnos sy'n weddill o'r hanner tymor hwn. Bydd calendr newydd yn cael ei baratoi yn ystod gwyliau hanner tymor.

Dyma'r ddolen i'r Calendr Hanner Tymor ar gyfer yr hanner tymor hwn. Mae dolen i'r calendr yn cael ei chynnwys ym mhob llythyr, ac mae'n byw yn barhaol ar wefan yr ysgol.

Half term Calendar

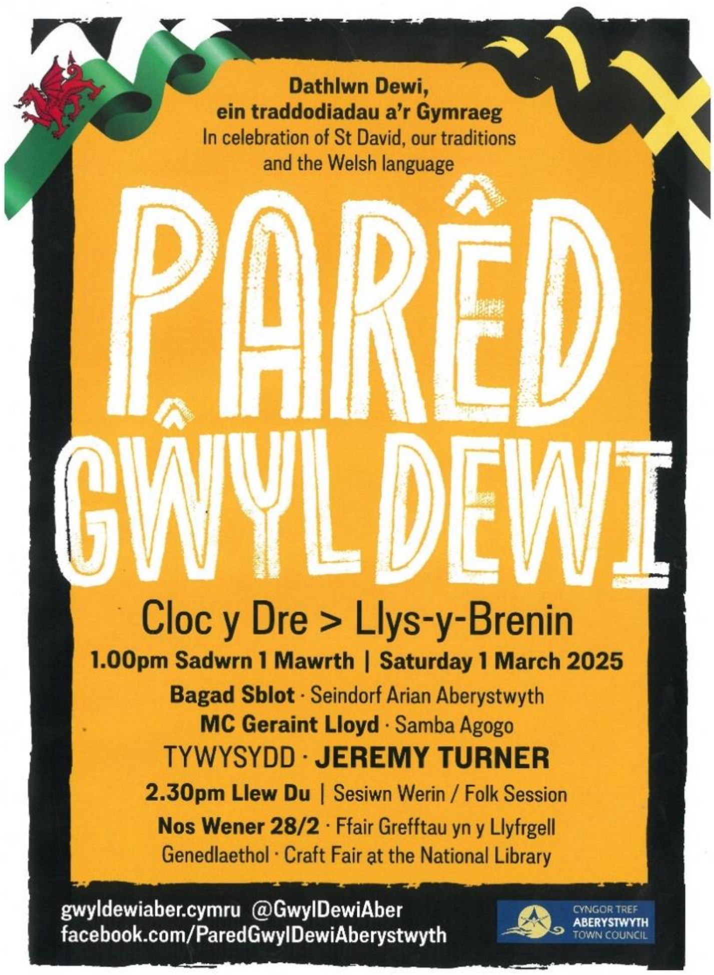
There's only a week remaining of this half term. A new calendar will be prepared during the half term holiday.

Here is the link to the Half Term Calendar for this half term. A link to the calendar is included in each letter, and it lives permanently on the school's website.

Os oes gennych unrhyw bryderon am les neu ddatblygiad addysgol eich plentyn yna cysylltwch â mi ar unwaith.

If you have any concerns about your child's welfare or educational development, then please contact me immediately.

Yn gywir,
Gareth L James
Pennaeth Dros Dro / *Acting Headteacher*
21/02/2025
www.ysgolgymraeg.cymru



Neurodivergence Wales Parents & Carers Virtual Advice Sessions | Niwrowahaniaeth Cymru Sesiynau Cyngor Rhithiol i Rieni a Gofalwyr

Prosesu Synhwyraidd - Canllaw i Rieni

Nathalie Shek, Helping Kids Shine

Dydd Iau, 20 Mawrth 2025, 10:00-12:00

Ynglŷn â'r Sesiwn

Yn y sesiwn hon bydd Nathalie yn archwilio Prosesu ac Integreiddio Synhwyraidd ac yn rhoi dealltwriaeth sylfaenol o systemau a rheoleiddio synhwyraidd. Bydd y sesiwn hefyd yn cynnwys edrych ar ffyrdd ymarferol o helpu plant a phobl ifanc sydd â gwahaniaethau prosesu ac integreiddio synhwyraidd.

Mae'r pynciau a drafodir yn cynnwys: y systemau synhwyraidd, mewndderbyniad, beth yw rheoleiddio, ysgolion synhwyraidd a chyngor cyffredinol.

Ynglŷn â'r Cyflwynydd

Mae Nathalie yn Uwch Ymarferydd Therapi Galwedigaethol sy'n gweithio gyda phlant, pobl ifanc a theuluoedd. Mae ei harbenigedd clinigol mewn gweithio gyda theuluoedd niwroamrywiol, gyda diddordeb mewn prosesu synhwyraidd, trawma, ymlyniad a sut mae hyn yn effeithio ar eu bywydau bob dydd.

Mae cymwysterau Nathalie yn cynnwys BSc (Anrhydedd) mewn Therapi Galwedigaethol, BSc (Anrhydedd) mewn Seicoleg Chwaraeon, Tystysgrif Ôl-raddedig mewn Integreiddio Synhwyraidd (Lefel 4) a Thystysgrif CLASI CASI mewn Integreiddio Synhwyraidd Ayres.

HKS Helping Kids Shine

I gadw'ch lle yn rhad ac am ddim, dilynwch y ddolen hon:

https://events.teams.microsoft.com/event/e4f7711b-ee91-4b51-9427-8f079e77bfce@6850a7f1-4cc1-4482-a1c1-79439f679966

(Sylwer: mae'r sesiwn hon i rieni a gofalwyr yn unig)

Neurodivergence Wales Parents & Carers Virtual Advice Sessions | Niwrowahaniaeth Cymru Sesiynau Cyngor Rhithiol i Rieni a Gofalwyr

Sensory Processing - A Guide For Parents

Nathalie Shek, Helping Kids Shine

Thursday, 20th of March 2025, 10:00am - 12:00pm

About the Session

In this session Nathalie will be exploring Sensory Processing and Integration and giving a basic understanding of sensory systems and regulation. The session will also include looking at practical ways to help children and young people with sensory processing and integration differences.

Topics covered include: the sensory systems, interoception, what is regulation, sensory ladders, and general advice.

About the Presenter

Nathalie is an Advanced Practitioner Occupational Therapist working with children, young people, and families. Her clinical specialism is in working with neurodiverse families, with an interest in sensory processing, trauma, attachment, and how this impacts their daily lives.

Nathalie's qualifications include BSc (Hons) in Occupational Therapy, BSc (Hons) Sports Psychology, Postgraduate Certificate in Sensory Integration (Level 4), and a CLASI CASI Certificate in Ayres Sensory Integration.

HKS Helping Kids Shine

To book your free place please use this link:

https://events.teams.microsoft.com/event/e4f7711b-ee91-4b51-9427-8f079e77bfce@6850a7f1-4cc1-4482-a1c1-79439f679966

(Please note: this session is for parents & carers only)

Rhianta a Chefnogaeth i Deuluoedd
Parenting and Family Support

Cadw'r Plentyn Mewn Cof

Canolfan Integredig i Blant Yr Eos

- Yn helpu rhieni a gofalwyr i gydweithio i gefnogi twf eu plant
- Datblygu dealltwriaeth rhieni o effaith eu perthnasoedd rhyngbersonol ar blant a phobl ifanc.
- Hyrwyddo dulliau cadarnhaol o leihau gwrthdaro rhwng rhieni.
- Archwilio pwysigrwydd perthnasoedd cadarnhaol o fewn teuluoedd.

Pryd?

Dydd Mawrth
12:30yp - 2:30yp
Yn dechrau 4-3-25
Am 4 wythnos

Gwybodaeth Archebu

Am fwy o wybodaeth, neu i archebu eich lle cysylltwch:

Dwynwen- 07929 752 824
Dwynwen.Huws4@ceredigion.gov.uk
Rachel - 07816 601 612
Rachel.Cutler@ceredigion.gov.uk

Cyngor Sir Ceredigion County Council

Canolfan Integredig i Blant Yr Eos,
Campws Llwyn yr Eos, Penparcau, SY23 1SH
What3words//twymodd.roced.ildiodd

Dechrau'n Deg Flying Start

Rhianta a Chefnogaeth i Deuluoedd
Parenting and Family Support

Keeping the Child in Mind

Yr Eos Integrated Children's Centre

- Helps parents and carers work together to support their children's growth
- Helps parents understand the importance of positive relationships within families
- Developing parents' understanding of the impact of their interpersonal relationships on children and young people.
- Promoting positive approaches to reducing parental conflict.

When?

Tuesdays
12:30pm - 2:30pm
Starting 4-3-25
For 4 weeks

Booking Information

For more information, or to book your place please contact:

Dwynwen- 07929 752 824
Dwynwen.Huws4@ceredigion.gov.uk
Rachel - 07816 601 612
Rachel.Cutler@ceredigion.gov.uk

Cyngor Sir Ceredigion County Council

Yr Eos Integrated Children's Centre
Llwyn yr Eos Campus, Penparcau, SY23 1SH
What3words///occur.passage.camcorder

Dechrau'n Deg Flying Start

GWEITHDY LEGO
cered
MENTER IAITH CEREDIGION
Prynhawn o ail-greu ardal Aberystwyth mas o Lego mewn gweithdy Cymraeg hwyliog (oed 6 - 11)
An afternoon of recreating the Aberystwyth area out of Lego in a fun Welsh language workshop (age 6-11)
DYDD MERCHER
26 CHWEFROR
2 - 4yp
WEDNESDAY
26 FEBRUARY
2 - 4pm
Am fwy o wybodaeth:
For more information:
hannah.james@ceredigion.gov.uk
Cyngor Sir CEREDIGION County Council
AMGUEDDFA CEREDIGION MUSEUM
FFORDD Y MÔR/TERRACE ROAD, ABERYSTWYTH, CEREDIGION, SY23 2AQ
01970 633088 HTTPS://CEREDIGIONMUSEUM.WALES

SCARLETS
DISABILITY 6 NATIONS RUGBY FEST
GŴYL RYGBI ANABLEDD Y CHWE GWLAD
IAU 20FED MAWRTH
THURSDAY 20TH MARCH
10:30-13:00
Cysylltwch â | Contact:
oliver@scarlets.wales
PRIFYSGOL ABERYSTWYTH
ABERYSTWYTH UNIVERSITY