Arolwg ESTYN - dyddiadau

Rhannwyd gyda chi mewn ebost ddechrau'r wythnos y bydd yr ysgol yn derbyn ymweliad gan arolygwyr **Estyn rhwng 17^{eg} a 19^{eg} o Fawrth** eleni.

Mi rannais hefyd y ddolen ar eich cyfer chi fel rhieni a gwarcheidwaid yr ysgol i leisio eich barn am wahanol agweddau o'r ysgol. Cofiwch fod y ddolen yn cau am **11:00 Nos Sul yma, y 9fed o Fawrth.**

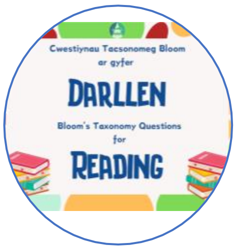
Bydd y Cyfarfod i Rieni a Gofalwyr yn digwydd yn Neuadd yr ysgol am **3:45yp ar brynhawn dydd Llun cyntaf yr arolwg, sef 17^{eg} o Fawrth.**

ESTYN Inspection

*We shared with you in an email at the beginning of the week that the school will receive a visit from Estyn inspectors between the **17th and 19th of March** this year.*

*I also shared the link for you as parents and guardians of the school to voice your opinion about different aspects of the school. Remember that the link closes at **11:00 this Sunday evening, the 9th of March.***

*The Meeting for Parents and Guardians will take place in the School Hall at **3:45pm on the first Monday of the inspection, which is 17th March.***



Diwrnod y Llyfr 2025

Cawsom Ddiwrnod y Llyfr hyfryd ddoe! Diolch i bawb a ddaeth mewn dillad cyffyrddus, gydag ambell i gymeriad o lyfr yn eu plith hefyd! Llwyddodd y plant i gyfnewid llyfrau diangen am rai gwahanol cyffrous – diolch i chi am wneud!

Wrth ddathlu llyfrau a darllen rydym wedi creu taflenni dwyieithog i'ch helpu i drafod gyda'ch plentyn:

Strategaethau darllen
Cwestiynau darllen

World Book Day

We had a wonderful Book Day yesterday! Thank you to everyone who came in comfy clothes, with a few characters from a book among them too! The children managed to exchange unwanted books for different exciting ones - thank you for taking part!

In celebration of books and reading we have created bilingual leaflets to help you discuss with your child:

Reading Strategies
Reading Questions

Noson Ffilm y G.Rh.A

Cofiwch am y Noson Ffilm nos Wener nesaf!

Mae'r tocynnau yn mynd ar werth **heddiw** ar ParentPay! Bydd angen prynu eich tocyn erbyn 6 o'r gloch nos Iau er mwyn i ni ddosbarthu tocynnau a gosod y Neuadd yn gywir.

Mae'r manylion llawn ar y poster ar y dudalen nesaf.

P.T.A Film Night

Remember the Film Night next Friday!

*The tickets are going on sale **today** on ParentPay! Your ticket will need to be purchased by 6pm on Thursday in order for us to distribute tickets and set up the Hall correctly.*

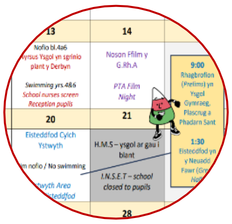
Full details are on the poster on the next page.

Cymhennu a thwtio!

Deallwn fod nifer ohonoch am ymuno gyda ni y penwythnos hwn i gynorthwyo gyda chymhennu a pheintio ardaloedd o gwmpas yr ysgol wrth i'r gwanwyn gychwyn. Mae rhagolygon y tywydd yn braf felly dylwn gael penwythnos da! Mae croeso i chi alw unrhywbryd rhwng 10:00 a 4:00 ar y Sadwrn a'r Sul. (Cig gyntaf gêm Cymru am 4:45yp felly wnawn ni ddim ei cholli!) Dewch ag offer eich hunain gyda chi os gwelwch yn dda.

Tidying up!

We understand that many of you want to join us this weekend to help with tidying up and painting areas around the school as spring begins. The weather forecast is good so we should have a good weekend! You are welcome to call anytime between 10:00 and 4:00 on Saturday and Sunday. (The Wales game kicks off at 4:45pm so we won't miss it!) Please bring your own equipment with you.



Calendr Hanner Tymor

Mae Calendr Hanner Tymor newydd wedi'i greu: 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

A new half term calendar has been created. Here is the link to the 🖱 Half Term Calendar
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*
07/03/2025
🖱 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.

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.

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)

@YrYsgolGymraeg

Yr Ysgol Gymraeg, Coedlan Plascrug, Aberystwyth, Ceredigion SY231HL
swyddfa@ysgolgymraeg.ceredigion.sch.uk
Pennaeth Dros Dro / *Acting Headteacher:* Mr Gareth L James

01970 617613