Mabolgampau Ysgol - diolch

Hoffwn ddiolch yn fawr i chi rieni a theuluoedd yr ysgol am eich cefnogaeth i'r Mabolgampau Ysgol ddoe. Cafwyd diwrnod penigamp gyda thŷ Arthur yn ennill y tlws ar ddiwedd y dydd.

Diolch i chi am eich haelioni wrth y giât – llwyddodd eich cyfraniadau i godi £508.73, ac felly bydd £254.36 yn cael ei gyfrannu i elusen DASH, a £254.36 i'r Gymdeithas Rhieni ac Athrawon.

Llwyddwyd i godi arian hefyd ar gyfer y G.Rh.A ar y stondin ffrwythau, cacennau ac hufen iâ. Cyfanswm yr arian a godwyd tuag at y G.Rh.A ddoe felly oedd £1550.33 sydd yn swm arbennig. Diolch yn fawr i chi i gyd.

School Sports – thank you

I would like to extend a big thank you to you, the parents and families of the school, for your support at yesterday's School Sports Day. We had a fantastic day, with Tŷ Arthur winning the trophy at the end of the day.

Thank you also for your generosity at the gate – your contributions raised £508.73, meaning that £254.36 will be donated to the DASH charity, and £254.36 to the Parent Teacher Association.

Money was also successfully raised for the P.T.A on the fruit, cake, and ice cream stalls. The total amount raised for the P.T.A yesterday was therefore £1550.33, which is a fantastic amount. Thank you all very much.

Blynyddoedd 5 a 6

Wythnos nesa mae dau ddigwyddiad wedi eu trefnu yn yr ysgol. I flwyddyn 6 ddydd Llun, bydd y cwmni Mewn Cymeriad yn ymweld â'r ysgol i roi perfformiad ar hanes boddi Capel Celyn.

I flynyddoedd 5 a 6 ddydd Mawrth, bydd ymweliad ar gyfer addysgu'r disgyblion ynglŷn â diogelwch y rheilffyrdd. Ni fydd cost ynghlwm â'r ddau ddigwyddiad.

Years 5 and 6

Next week, two events have been arranged at school. For Year 6 on Monday, Mewn Cymeriad will visit the school to give a performance about the flooding of Capel Celyn.

For Years 5 and 6 on Tuesday, there will be a visit aimed at educating pupils about railway safety.

There will be no cost for either event.

H.M.S

I.N.S.E.T

Diwrnod cau

Bydd yr ysgol ar gau ddydd Gwener nesaf, Mehefin 27ain, ar gyfer hyfforddiant staff.

Mae'r dyddiad wedi ei rannu gyda chi ar ddiwedd llythyrau trwy gydol tymor yr haf ac ar y Calendr Hanner Tymor.

School closure day

The school will be closed next Friday, June 27th, for staff training.

The date has been shared with you at the end of letters throughout the summer term and on the Half Term Calendar.

Datganiadau 'Dwi'n teimlo'

Fel rhan o brosiect PYCP eleni, rydym wedi bod yn hyrwyddo dull cadarnhaol o fynegi teimladau drwy ddefnyddio **"Datganiadau Dwi'n Teimlo"**.

Mae staff yr ysgol ynghyd a disgyblion bl.3-6 wedi derbyn hyfforddiant, ac rydym yn gweld effaith bositif ar gyfathrebu a datrys problemau. Rydym bellach yn rhannu'r dull hwn gyda chi fel rhieni, fel y gallwch ei ddefnyddio gartref hefyd. Mae'r dull yn gweithio'n dda gyda phlant ac oedolion fel ei gilydd. Fe welwch boster gyda rhagor o wybodaeth ar waelod o llythyr.

I statements

*As part of this year's NPEP project, we have been promoting a positive way of expressing feelings by using "**I statements**".*

School staff along with Yrs.3-6 pupils have received training, and we are seeing a positive impact on communication and problem-solving. We are now sharing this approach with you as parents, so that you can use it at home as well. The approach works well with both children and adults. You will find a poster with more information at the bottom of the letter.

Materion parcio yn ardal yr ysgol

Yr wythnos hon, cafodd Ysgol Gymraeg gyfarfod ar y cyd ag Ysgol Plascrug, Elen James a Rhodri Llwyd o Gyngor Ceredigion i drafod y problemau parcio y tu allan i'r ddwy ysgol. Trafodwyd y peryglon sy'n codi o barcio mewn cilfannau bysiau ac ar linellau melyn dwbl i gerddwyr ac i ddefnyddwyr eraill y ffordd, yn ogystal ag effaith iechyd ar blant a'u teuluoedd pan fydd gyrwyr yn gadael eu ceir yn rhedeg wrth aros i gasglu plant o'r ysgol.
Cytunwyd y bydd cynghorau'r ddwy ysgol yn cwrdd cyn diwedd y tymor i drafod y materion hyn ac i lunio cynllun i fynd i'r afael â'r problemau traffig, gyda chyfarwyddyd gan yr awdurdod lleol.
Hoffwn eich atgoffa bod sawl opsiwn ar gael i deuluoedd y ddwy ysgol i barcio ac yna cerdded, sgwtera neu feicio i'r ysgol. Mae hyn nid yn unig yn helpu i leihau'r tagfeydd difrifol o amgylch y ddwy ysgol adeg gollwng a chasglu, gan leihau'r perygl o wrthdrawiad, ond mae hefyd o fudd mawr i iechyd corfforol a meddyliol y disgyblion sy'n teithio'n weithgar i'r ysgol.

- Parcio ym maes parcio Lidl a theithio'n weithgar i'r ysgol (terfyn parcio 90 munud)
- Parcio ym maes parcio Canolfan Hamdden Plascrug a theithio'n weithgar i'r ysgol
- Parcio ym maes parcio Camau Bach/Starling Cloud a cherdded dros y bont i'r ysgol
- Parcio ym maes parcio Home Bargains a theithio'n weithgar i'r ysgol (terfyn parcio 90 munud)
- Parcio ym maes parcio B&M Bargains a theithio'n weithgar i'r ysgol gan ddilyn y llwybr beicio i'r bont las

School parking issues

This week, Ysgol Gymraeg had a joint meeting with Plascrug School, Elen James and Rhodri Llwyd from Ceredigion council about the parking issues outside both schools.
We discussed the dangers of parking in bus bays and double yellow lines had on pedestrians and fellow road commuters as well as the health impact on children and their families with commuters idling their cars while they wait to collect their children.
It was agreed that both school councils would meet before the end of the term to discuss these issues and devise a plan to try and tackle the traffic problems, with guidance from the local authority.
May I remind you that there are several options for parking and striding/scooting or cycling to school available to families for both schools. This not only helps with the crippling congestion around both schools at drop off and pick up, reducing the risk of a collision, but there are many benefits to physical and mental health for pupils who travel actively to school.

- *Park in Lidl car park and travel actively to school (90 min parking limit)*
- *Park in Plascrug Leisure Centre car park and travel actively to school*
- *Park in Camau Bach/Starling Cloud car park and travel actively to school over the bridge.*
- *Park in Home Bargains car park and travel actively to school (90 min parking limit)*
- *Park in B&M Bargains car park and travel actively to school by following the cycle path to the blue bridge.*

Noddi rhaglen yr Ŵyl Haf

Os hoffech noddi yr Ŵyl Haf eleni, bydd logo eich cwmni yn ymddangos yn y rhaglen bapur ac electronig a fydd yn cael eu dosbarthu gyda theuluoedd yr ysgol. Un pris sydd - £25 am ¼ tud Cysylltwch â'r ysgol i ddatgan diddordeb.

Sponsoring the Summer Fête Programme

If you would like to sponsor this year's Summer Fête, your company logo will appear in both the printed and digital versions of the programme, which will be distributed to all school families. There is a single price – £25 for a ¼ page. Please contact the school to express your interest.

Gwybodaeth ychwanegol

Atodaf wybodaeth ychwanegol ar ddiwedd y llythyr hwn – maent yn bosteri am ddigwyddiadau lleol amrywiol i'ch cynorthwyo chi fel rhieni a gofalwyr gyda gweithgareddau.

Additional information

I am attaching additional information at the end of this letter - they are posters about various local events to assist you as parents and carers with activities.

Digwyddiadau a llwyddiannau

Cofiwch fod gan yr ysgol dudalen Instagram ar gyfer rhannu lluniau a newyddion yr ysgol.
O bryd i'w gilydd bydd y timau chwaraeon wedi cystadlu neu bydd canlyniadau eisteddfodol ac ati i'w rhannu; yn ogystal â gweithgareddau'r wythnos yn y dosbarth.
Instagram

Events and achievements

Remember that the school has an Instagram page for sharing school photos and news.
From time to time the sports teams will have competed or there will be eisteddfod results to share etc; as well as the week's activities in class.

Instagram

Calendr Hanner Tymor

Dyma'r ddolen i'r Calendr Hanner Tymor
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

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.

Dyddiadau pwysig Tymor yr haf:

- H.M.S : Ysgol ar gau Mehefin 27ain
- Ffarwelio dros y ffens : Gorffennaf 7fed
- Barbeciw/Gŵyl haf y G.Rh.A : Gorffennaf 17eg
- Diwrnod ola'r tymor : Gorffennaf 18fed
- Blwyddyn ysgol newydd yn cychwyn : Medi 3ydd

Summer term important dates:

- *I.N.S.E.T Day : School closed June 27th*
- *Farweling over the fence¬*
- *PTA Barbeque/Summer Festival : July 17th*
- *Last day of term : July 18th*
- *New school year begins : September 3rd*

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 / *Headteacher*
20/06/2025
www.ysgolgymraeg.cymru

Datganiadau Dwi'n Teimlo... i Rieni

Beth yw datganiad "Dwi'n teimlo..."?

Mae'n ffordd o siarad sy'n canolbwyntio ar eich teimladau eich hun, heb feio nac ymosod ar eraill.

Pam mae hyn yn gweithio?

- Mae'n dangos parch at deimladau pawb
- Mae'n modelu sgiliau emosiynol i blant
- Mae'n lleihau gwrthdaro ac yn meithrin perthynas

Ceisiwch ddefnyddio'r fformat:

"Dwi'n teimlo [emosiwn]...
pan [beth sy'n digwydd]...
achos [pam mae'n bwysig i chi].
Hoffwn i [beth ydych chi eisiau]"

Awgrymiadau i Rieni:

- Defnyddiwch lais tawel charedig
- Gwrandewch ar ymateb eich plentyn
- Cofiwch mai'r nod yw dealltwriaeth, nid rheolaeth

Enghreifftiau defnyddiol:

"Dwi'n teimlo'n drist pan fydd y teganau heb eu rhoi i ffwrdd, oherwydd mae'n anodd cadw'r tŷ'n daclus. Hoffwn i ni eu rhoi yn ôl gyda'n gilydd."

"Dwi'n teimlo'n falch iawn pan rwyt ti wedi gwneud dy waith cartref yn syth ar ôl dod adref achos nawr mae gennym amser i chwarae. Hoffwn i ti wneud hyn bob tro achos dw i yn hoffi gwario amser gyda ti."

I Statements ... for Parents

What are 'I statements...'?

It's a way of talking that concentrates on your own feelings, without blaming and attacking others.

Why does it work?

- Shows respect towards everyone's feelings.
- Models emotional skills to children.
- Reduces conflict and nurtures relationships.

Try and use the format:

"I feel [emotion]...
when [what is happening]...
because [why it's important to you].
I would like [what do you want]"

Top tips for parents:

- Use a quiet and kind voice.
- Listen to the responses from your child.
- Remember that the aim is understanding, not control.

Useful examples:

"I feel sad when the toys are not put away because it's hard to keep the house neat and tidy. I would like for us to put them away together."

"I feel very proud when you complete your homework immediately after coming home because we have more time to play together. I would like for you to do this every time because I like spending time with you."

Haf o Digwyddiadau Gwyddoniaeth!

The Big Science Project

Rydyn ni yng Ngheredigion!

Ymunwch â ni am wersylloedd gwyddoniaeth dros yr Haf, diwrnodau llawn gydag amrywiaeth o themâu gwyddoniaeth gan gynnwys ...

PENRHYNCOCH:

Cwest Deinosoriaid	Gorffennaf 29ain
Cemeg Lliwgar	Awst 22ain
Rhyfeddodau Bywyd Gwyllt	Awst 27ain

ABERAERON:

Cwest Deinosoriaid	Awst 6ed
Gwyddoniaeth Fforensig	Awst 18fed
Rhyfeddodau Bywyd Gwyllt	Awst 27ain

ABERTEIFI:

Microbau Bach	Gorffennaf 28ain
Gofod a Grymoedd	Awst 14eg
Cemeg Lliwgar	Awst 26ain

LLANBEDR PONT STEFFAN:

Cwest Deinosoriaid	Gorffennaf 30ain
Rhyfeddodau Bywyd Gwyllt	Awst 11eg

£39 y plentyn (£7.09 yr awr)

Pob Digwyddiad: 9.30am - 3.00pm

Addas ar gyfer oedrannau 5-12

Mae archebu ymlaen llaw yn hanfodol

Am ragor o wybodaeth ac i archebu ewch i www.thebigscienceproject.co.uk

(Digwyddiadau gollwng a chasglu)

Summer of Science Events!

The Big Science Project

We're in Ceredigion!

Join us for full day science camps with a variety of science themes including ...

PENRHYNCOCH:

Dino Quest	July 29th
Colourful Chemistry	August 22nd
Wildlife Wonders	August 27th

ABERAERON:

Dino Quest	August 6th
Forensic Science	August 18th
Wildlife Wonders	August 27th

CARDIGAN:

Mini Microbes	July 28th
Space & Forces	August 14th
Colourful Chemistry	August 26th

LAMPETER:

Dino Quest	July 30th
Wildlife Wonders	August 11th

£39 per child (That's £7.09 per hour)

All Events: 9.30am - 3.00pm

Suitable for ages 5-12

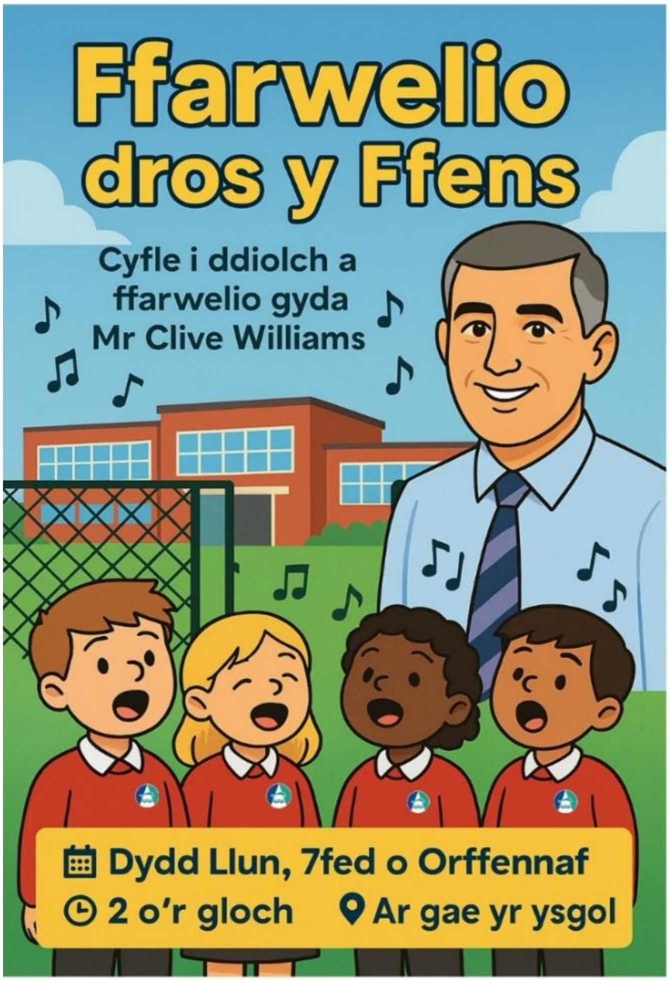
Pre booking is essential

For more information & to book visit www.thebigscienceproject.co.uk

DROP OFF/PICK UP ONLY

Bore Agored
Open Morning
CYLCH MEITHRIN
ABERYSTWYTH
27/06/25
9:30-11:30
Cyfle i ddarpar rieni a phlant i edrych o gwmpas i weld beth sydd gan ein Cylch i gynnig.
An opportunity for prospective parents and their children to have a look around and see what our Cylch has to offer.
Sesiwn Bore/Prynhawn
Gofal Cinio
Cinio Poeth
Trosglwyddo i'r ysgolion cynradd lleol
Gofal trwy'r dydd
Morning/Afternoon Session
Lunchtime Supervision
Hot Lunches
Pick up and drop off at local schools
All day session
CANOLFAN INTEGREDIG MUDIAD MEITHRIN
BOULEVARD DE SAINT BRIEUC
ABERYSTWYTH
SY23 1PD
01970 639670
cylchmeithrinaberystwyth@gmail.com

Rygbi Ysgolion
Ceredigion
Schools Rugby
o dan/
under
11
Os am drafod ymhellach/
Please direct any queries to:
RichardsC484@hwbcymru.net
DIWRNOD ADNABOD CHWARAEWYR
YSGOLION CEREDIGION SCHOOLS
PLAYER IDENTIFICATION DAY
Dydd Mawrth 01.07.2025 Tuesday
10:30-14:00
Caeau Ymarfer Cwmann Training Fields, SA48 8DU
Agored i ferched a bechgyn Blwyddyn 5 a 6 Medi 2025. Nid oes rhaid bod yn aelod o glwb rygbi. Dylai pob disgybl sy'n mynychu drefnu cludiant eu hunain. Bydd angen pecyn bwyd a photeli dŵr arnynt. Bwriedir gwahodd y rhai llwyddiannus i ail rownd o dreialon ar ddydd Sul y 6ed o Orffennaf.
Open to girls and boys who will be in Years 5 and 6 in September 2025. Club experience is not essential. All attendees must arrange their own transport to and from the ID day and must bring a packed lunch, plenty of water and appropriate clothing with them. Please note that if successful in the first trial, players will be invited to a second trial which will be held on Sunday the 6th of July.


Ffarwelio
dros y Ffens
Cyfle i ddiolch a
ffarwelio gyda
Mr Clive Williams
Dydd Llun, 7fed o Orffennaf
2 o'r gloch
Ar gae yr ysgol