

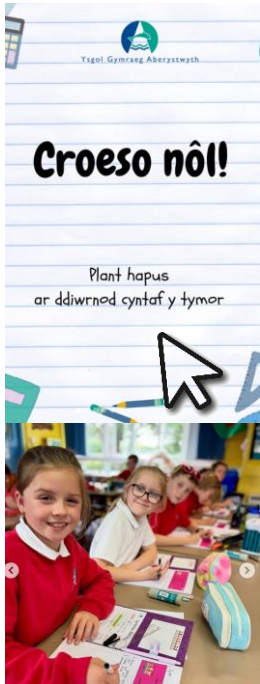


YSGOL GYMRAEG ABERYSTWYTH



• Cymreictod • Parchu ein gilydd • Gwneud ein gorau glas •

ysgolgymraeg.cymru



Tymor newydd

Mae'n ail fore'r tymor ac mae'r plant wedi setlo'n dda nôl i drefn yr ysgol. Diolch i chi i gyd am eich cydweithrediad yr wythnos hon wrth dywys eich plant i'w dosbarthiadau yn y boreau. Wythnos nesaf mi fyddwn yn dychwelyd at y drefn o ollwng wrth y giât. Y rheswm dros hyn yw i gadw'r safle a'r plant mor ddiogel â phosib. Mae croeso i rieni plant y Meithrin fynd at ddrws y Meithrin wrth gwrs os ydych yn dymuno. Cofiwch gyfathrebu unrhyw bryderon sydd gyda'ch plentyn am ddychwelyd i'r ysgol gyda ni er mwyn i ni eu cynorthwyo cyn gynted â phosib.

Croeso cynnes arbennig i'n teuluoedd newydd sy'n darllen y llythyr hwn am y tro cyntaf! Er gwybodaeth bydd Llythyr y Pennaeth yn cael ei rannu drwy e-bost pob dydd Gwener, gyda chopi ohono yn cael ei gadw ar wefan yr ysgol hefyd sef www.ysgolgymraeg.cymru

New term

It's the second morning of the term and the children have settled back into the school routine very well. Thank you all for your cooperation this week when accompanying your children to their classrooms in the mornings. Next week, we will return to the usual routine of dropping children off at the gate. The reason for this is to keep the school site and the children as safe as possible. Parents of Nursery children are, of course, welcome to take their children to the Nursery door if they wish. Please remember to share with us any concerns your child may have about returning to school so that we can support them as soon as possible.

A particularly warm welcome to our new families who are reading this letter for the first time! For your information, the Headteacher's Letter will be shared by email every Friday, with a copy also kept on the school website at www.ysgolgymraeg.cymru



Prydlondeb

Hoffwn bwysleisio pwysigrwydd prydlondeb yn y boreau os gwelwch yn dda. Mae cychwyn prydlon yn y boreau yn cynorthwyo'r plant i ddilyn patrwm da weddill y dydd. Mae'n medru lleihau eu pryder yn ogystal, a sicrhau nad ydynt yn colli unrhyw wybodaeth neu drafodaethau pwysig wrth gychwyn y diwrnod ysgol.

Punctuality

I would like to emphasise the importance of punctuality in the mornings, please. A prompt start in the mornings helps the children to follow a good pattern for the rest of the day. It can also reduce their anxiety and ensure that they do not miss any important information or discussions at the start of the school day.



Cyflyrau Iechyd

Gofynnwn yn garedig i rieni fod yn wylidwrs am unrhyw gyflyrau iechyd heintus a all godi, megis llau pen, impetigo, brechau croen ac ati. Os byddwch yn sylwi ar unrhyw arwyddion, gofynnwn i chi **weithredu a dechrau'r driniaeth briodol cyn gynted â phosibl**, er mwyn helpu i atal y cyflwr rhag lledaenu i blant eraill. Mae cydweithrediad a chyfrifoldeb pob teulu yn hyn o beth yn bwysig iawn er mwyn ein helpu i gadw cymuned yr ysgol mor iach â phosibl. Diolch am eich cefnogaeth.

Health conditions

*We kindly ask parents and carers to remain vigilant for any contagious health conditions that may arise, such as head lice, impetigo, skin rashes and so on. If you notice any signs or symptoms, please **take action and begin the appropriate treatment as soon as possible** to help prevent the condition from spreading to other children. The cooperation and responsibility of every family is very important in helping us to keep our school community as healthy as possible. Thank you for your support.*

Chwaraeon



Mi welwch ar y Calendr Hanner Tymor fod ymarferion chwaraeon a nofio ar gyfer plant hŷn yr ysgol yn cychwyn wythnos nesaf. Bydd yr ysgol yn cymryd rhan mewn amrywiaeth o dwrnau a hefyd fel y nodir ar y calendr.

Fel y llynedd, bydd Blwyddyn 6 yn cymryd rhan yn y gêm hoci cyfeillgar pob nos lau rhwng 4 a 5 o'r gloch ar faes chwarae pob tywydd Canolfan Hamdden Plasrugg. Bydd llythyr manwl yn cael ei rannu gyda blwyddyn 6 ddydd Llun.

Sports

You will see on the Half Term Calendar that sports practices and swimming for the older pupils in the school will begin next week. The school will also be taking part in a variety of tournaments, as noted on the calendar.

As in previous years, Year 6 will be taking part in the friendly hockey games every Thursday evening between 4 and 5 o'clock on the all-weather pitch at Plasrugg Leisure Centre. A more detailed letter will be shared with year 6 on Monday.

Gwisg ysgol



Mae ymdrech pawb gyda gwisg ysgol ar ddechrau tymor i'w ganmol. Diolch yn fawr am hyn, a gofynnwn yn garedig i hyn barhau. Ar ddiwrnodau Addysg Gorfforol, mae croeso i'r plant ddod â thop gwahanol i newid iddo ar gyfer gwneud chwaraeon, neu i wisgo siwper goch dros y crysau-t chwaraeon.

School Uniform

Everyone's efforts with school uniform at the start of the term are to be commended. Thank you very much for this, and we kindly ask that this continues. On PE days, children are welcome to bring a different top to change into for sporting activities, or to wear a red school jumper over their sports T-shirt.

Ymaelodi gyda'r Urdd



Ar ddechrau blwyddyn ysgol newydd rydym yn annog disgyblion i ymaelodi gyda'r Urdd. Medrwn wneud hynny drwy fynd i [Ymuno | Urdd Gobaith Cymru](#). Trwy fod yn aelod byddwch yn medru mynychu Clwb yr Urdd (Bl.1-6) a chymryd rhan mewn cystadlaethau chwaraeon ac eisteddfodol yn ystod y flwyddyn.

Urdd Membership

At the start of a new school year we encourage pupils to join the Urdd. You can do so by going to [Join | Urdd Gobaith Cymru](#)

By being a member you will be able to attend Clwb yr Urdd (Yrs.1-6) and take part in sports and eisteddfod competitions during the year.

C.Rh.A



Mae croeso i bawb fynychu cyfarfod nesaf y Gymdeithas Rhieni ac Athrawon a fydd yn cael ei gynnal yn neuadd yr ysgol am 6 o'r gloch nos Fawrth y 15^{fed} o Fedi.

Bydd cyfarfod blynyddol y G.Rh.A am 6 o'r gloch ar nos Fawrth y 6^{ed} o Hydref. Eto, croeso cynnes i bawb.

Ry'n ni'n ddiolchgar iawn am holl waith y G.Rh.A wrth godi arian i'r ysgol, gyda'r bwriad presennol i brynu cwrs antur newydd yn ystod y flwyddyn hon yn barod ar gyfer yr adeilad newydd.

P.T.A

Everyone is welcome to attend the next Parent Teacher Association meeting, which will be held in the school hall at 6:00pm on Tuesday, 15th September.

The PTA Annual General Meeting will be held at 6:00pm on Tuesday, 6th October. Once again, a warm welcome to everyone.

We are extremely grateful for all the work of the PTA in raising funds for the school. The current aim is to purchase a new adventure play course during this school year, ready for the new school building.

Digwyddiadau a llwyddiannau



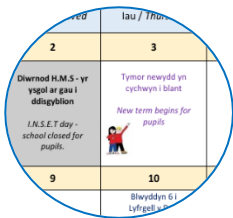
Cofiwch fod gan yr ysgol dudalen Instagram ar gyfer rhannu lluniau a newyddion yr ysgol. O bryd i'w gilydd bydd y timau chwaraeon wedi cystadlu neu bydd canlyniadau eisteddfodol ac ati i'w rhannu; yn ogystal â gweithgareddau'r wythnos yn y dosbarth.

[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 hydref:

- Tynnu lluniau unigol a theuluoedd : Hydref 6^{ed}
- Cyfarfod Blynyddol y G.Rh.A : Hydref 6^{ed}
- Diwrnod Rhyngwladol : Hydref 9^{fed}
- Nosweithiau Agored : Hydref 19^{eg} ac 20^{fed}
- Diwrnod olaf yr hanner tymor hwn : Hydref 23^{ain}
- Cyngerdd Nadolig : Rhagfyr 10^{fed}

Autumn term important dates:

- Individual and family photographs : October 6th
- PTA Annual General Meeting : October 6th
- International Day : October 9th
- Open Evenings : October 19th and 20th
- Last day of this half term : October 23rd
- Christmas concert : December 10th

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
04/09/2026
www.ysgolgyrnaeg.cymru



SESIYNAU HYFFORDDI IAU A MINI

FFRINDIAU • CYD-CHWARE • HWYL

JUNIOR & MINI TRAINING SESSIONS

MAKE FRIENDS. HAVE FUN. PLAY RUGBY.

OEDRAN / AGE	BLWYDDYN YSGOL / SCHOOL YEAR	DYDD & AMSER / DAY & TIME	HYFFORDDYDD / COACH	CYSYLLTU / CONTACT
U7/8	YR 2/3	Gwener 5-6yp Fri 5-6pm	Gareth F	07969 115919
U9	YR 4	Gwener 5:30-6:30yp Fri 5:30-6:30pm	Emma	07846 631204
U10	YR 5	Gwener 5-6yp Fri 5-6pm	Gareth C	07976 251269
U11	YR 6	Gwener 5-6yp Fri 5-6pm	Rhodri	07887 564760
U12	YR 7	Gwener 6-7yp Fri 6-7pm	Matt	07967 721495
U13	YR 8	Dydd Mercher 5-6yp Wed 5-6pm	Dylan	07966 350378
U14	YR 9	Gwener 6-7:30yp Fri 6-7:30pm	Bill	07739 897896
U15	YR 10	Gwener 6-7:30yp Fri 6-7:30pm	Owain	07976 573041
U16	YR 11	Dydd Iau 5:30-7yp Thu 5:30-7pm	Alun	07890 553383



CROESO I CHWARAEWYR NEWYDD YMUNO

WELCOME TO NEW PLAYERS



FFRINDIAU
MAKE FRIENDS



CADW'N HEINI
STAY ACTIVE



ADEILADU HYDER
BUILD CONFIDENCE

PLASCURUG AVENUE, ABERYSTWYTH, SY23 1PG

UN CLWB | ONE CLUB | SEF. 1947

RHAGLEN AWTISTIAETH

NYTH NI, CAMPWS LLWYN YR EOS

CWRS 9 WYTHNOS
Yn dechrau Dydd Mawrth
15fed Medi
9.30yb-11.30yb

Rhaglen 9 wythnos sy'n ymdrin â phynciau amrywiol yn ymwneud ag Awtistiaeth, ymddygiadau cyffredin a heriau.

Bydd nifer o weithwyr proffesiynol sy'n gweithio yng Ngheredigion yn mynychu sesiynau i drafod eu maes arbenigedd a chymorth y gallai eu wasanaeth eu cynnig i chi a'ch plentyn.

Nodwch

- Er mwyn cwrrd a meini prawf y grwp rhaid i fynychwyr fod a phlentyn sydd wedi cael diagnosis ar hyn o bryd neu yn aros am ddiagnosis.

Ceri - Ceri.Davies@ceredigion.gov.uk
Becky - Rebecca.Jones@ceredigion.gov.uk

Nyth Ni, Llwyn yr Eos campus, Penparcau, Aberystwyth, SY23 1SH

Ceri - 07794 065 994
Becky - 07866 702 898

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AUTISM PROGRAMME

NYTH NI, LLWYN YR EOS CAMPUS

9 WEEK COURSE
Starts Tuesday 15th September
9.30am-11.30am

A 9-week programme that covers various topics in relation to Autism, common behaviours and challenges. A number of professionals working within Ceredigion will attend sessions to discuss their area of expertise and support that could be offered by their service for you and your child.

BOOKING ESSENTIAL

Please note

- Attendees must have a child diagnosed or awaiting a diagnosis to meet the criteria of this group.

Ceri - Ceri.Davies@ceredigion.gov.uk
Becky - Rebecca.Jones@ceredigion.gov.uk

Nyth Ni, Llwyn yr Eos campus, Penparcau, Aberystwyth, SY23 1SH

Ceri - 07794 065 994
Becky - 07866 702 898

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TYLINO BABANOD

NYTH NI, CAMPWS LLWYN YR EOS PENPARCAU

POB WYTHNOS - AMSER TYMOR YN UNIG

Dydd Gwener
10.00yb - 11.00yb

Grŵp ar gyfer babanod 8 wythnos i 6 mis oed.

Y manteision

- Lleihau iselder ôl-enedigol
- Hyrwyddo cyfle i ymlacio, lleihau straen a gor-bryder
- Gall tylino babi helpu gyda bondio cynnar rhyngoch chi a'ch babi, cryfhau eu systemau imiwnedd, a helpu gydag ystum ac ystywythder

Jo Alice - 07891 321 778
Debbie - 07891 321 777

Nyth Ni, Campws Llwyn yr Eos, Penparcau, Aberystwyth, SY23 1SH

Jo Alice - 07891 321 778
Debbie - 07891 321 777

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BABY MASSAGE

NYTH NI, LLWYN YR EOS CAMPUS

EVERY WEEK - TERM TIME ONLY

Friday
10.00am - 11.00am

Group for babies aged 8 weeks to 6 months old.

Benefits

- Reduces postnatal depression
- Promotes relaxation
- Reduces stress and anxiety
- Baby massage can help with early bonding between you and your baby, strengthen their immune systems, and help with posture and suppleness

BOOKING ESSENTIAL

Jo Alice - 07891 321 778
Debbie - 07891 321 777

Nyth Ni, Llwyn yr Eos Campus, Penparcau, Aberystwyth, SY23 1SH

Jo Alice - 07891 321 778
Debbie - 07891 321 777

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FFRINDIAU'R FRON GRŴP BWYDO BABANOD A PHLANT BACH

NYTH NI, CAMPWS LLWYN YR EOS

POB WYTHNOS
Dydd Gwener
11.00yb - 12.00yp

Dewch draw am banded a sgwrs a chael ychydig o help a chefnogaeth gan rieni eraill, wrth iddynt rannu eu profiadau o'r daith fwydo. Croeso cynnes i'r rhai sydd yn feichiog, rhieni, gofalywyr, babanod a'i brodyr a chwiorydd

- Nid oes angen archebu lle
- Lluniaeth ar gael neu dewch â'ch un eich hun.
- Digon o deganau a gweithgareddau i'r plant hefyd

Beth Edwards, Health Visitor 07875 651 093
 Ruth James, HV Assistant 07966 830 418
 Debbie Benjamin, Family Worker 07891 321 777
 Jo-Alice Davies, Gweithiwr Teulu 07891 321 778
 Alison Garrod, Breastfeeding Network 07541 485 099

Nyth Ni, Campws Llwyn yr Eos, Penparcau, Aberystwyth, SY23 1SH.

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FFRINDIAU'R FRON INFANT FEEDING GROUP

NYTH NI, LLWYN YR EOS CAMPUS

EVERY WEEK
Friday
11.00am - 12.00pm

Come along for a cuppa and a chat, get some help & support from other parents, as they share experiences of the feeding journey. A warm welcome to those who are pregnant, parents, carers, babies & their siblings.

- No need to book
- Refreshments available or bring your own.
- Plenty of toys and activities for children too

Beth Edwards, Health Visitor 07875 651 093
 Ruth James, HV Assistant 07966 830 418
 Debbie Benjamin, Family Worker 07891 321 777
 Jo-Alice Davies, Family Worker 07891 321 778
 Alison Garrod, Breastfeeding Network 07541 485 099

Nyth Ni, Llwyn yr Eos campus, Penparcau, Aberystwyth, SY23 1SH.

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CEFNOGI RHENI A PHLANT YN EMOSIYNOL

NYTH NI, CAMPWS LLWYN YR EOS PENPARCAU

CWRS 4 WYTHNOS
Yn dechrau Dydd Mawrth 15/9/26
1.00yp-3.00yp

Datblygu strategaethau ar gyfer datblygu gwydnwch teuluol, hunan-barch a pherthnasoedd iach. Gwybodaeth ac offer i'ch helpu i weithredu dewisiadau ffordd iach o fyw..

Byddwn yn edrych ar:

- Datblygiad plant.
- Yr ymennydd a rheoli emosiynol.
- Deall straen gwenwynig a strategaethau i'w reoli.
- Deall ymlyniad a ffactorau amddiffynnol.
- Datblygu strategaethau i gadw plant yn ddiogel.

RHAID I CHI GYSYLLTU Â NI I GADW EICH LLE

Kiri - 07929 752 948

Nyth Ni, Campws Llwyn yr Eos Penparcau, Aberystwyth, SY23 1SH

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SUPPORTING PARENTS AND CHILDREN EMOTIONALLY

NYTH NI, LLWYN YR EOS CAMPUS PENPARCAU

4 WEEK COURSE
Starts Tuesday 15/9/26
1.00pm-3.00pm

Develop strategies for developing family resilience, self-esteem and healthy relationships. Knowledge and tools to help you implement healthy lifestyles choices.

What we cover

- Child development.
- The brain and managing emotions.
- Understanding toxic stress and strategies to manage it.
- How best to support children and young people
- Developing strategies to keep children safe.

BOOKING ESSENTIAL

Kiri - 07929 752 948

Nyth Ni, Llwyn yr Eos campus, Penparcau, Aberystwyth, SY23 1SH

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GRŴP RHINI IFANC

**NYTH NI, CAMPWS LLWYN YR EOS
PENPARCAU**

**POB WYTHNOS - AMSER
TYMOR YN UNIG**

**Dydd Iau
11.00yb - 12.30yp**

Ar gyfer rhieni 26 oed ac iau gyda
phlant 0-4 oed

Mae croeso hefyd i famau a thadau
ifanc sy'n disgwyl babi.
Cyfle i rhieni ifanc a'u plant ddod
ynghyd, mewn amgylchedd cyfeillgar ac
ymylaciol, lle mae modd iddynt
gymdeithasu a chael ychydig o hwyll!

**DOES DIM ANGEN
ARCHEBU LLE**

 Jo Alice - 07891 321 778
Dwynwen- 07929 752 824

 Nyth Ni, Campws Llwyn yr Eos,
Penparcau, Aberystwyth.
SY23 1SH.

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DARPARU CINIO








YOUNG PARENTS GROUP

**NYTH NI, LLWYN YR EOS CAMPUS
PENPARCAU**

**WEEKLY GROUP -
TERM TIME ONLY**

**Thursdays
11.00am - 12.30pm**

For parents under 26
with children 0-4 years

Expectant parents are also welcome.
A chance for young parents and their
children to come together, in a friendly
and relaxed environment where they
can socialise and have fun!

NO NEED TO BOOK

 Jo Alice - 07891 321 778
Dwynwen- 07929 752 824

 Nyth Ni, Llwyn yr Eos Campus,
Penparcau, Aberystwyth.
SY23 1SH

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LUNCH PROVIDED