



Llythyr 4 / Letter 4 - 14/09/22

**Cefnogi rhieni / teuluoedd i baratoi dewisiadau iach ar gyfer bywyd iach i bob plentyn**

**Supporting parents / families to prepare and offer healthy food choices so as to give every child the opportunity for healthy living / healthy lifestyle**

Fel Uwch Dim Arwain Ysgol Gwenffrwd rydym yn hybu gweithdrefnau Bwyta'n Iach (Ysgol Iach). Y cam cyntaf bob blwyddyn a tymor addysgol newydd, yw coreaswu bob disgybl yn ôl atom a'u cynorthwyo i setlo yn eu dosbarthiadau newydd. Mor braf yw eu gweld yn chwerthin, yn chwarae ac yn llawn sgwrs! Yn ystod yr wythnos a fu mae ambell achos yn ymwneud â Bwyta'n Iach wedi codi - a teimlwn mai addas yw rhannu gyda chwi fel rhieni, ein polisi, "Bwyta'n Iach ac Yfed Dŵr" yma yn Ysgol Gwenffrwd. Mae'r manylion isod yn egluro ac yn cefnogi hyn.

As a Senior Leadership Team our aim at the beginning of every term is to get Ysgol Gwenffrwd pupils back into school where they feel happy and safe. It is a delight to have them back, smiling and chatting and, wow haven't they grown! However there have been a few immediate issues involving eating / foods were we as a School want to support parents / families in any way we can. We have a Healthy School Policy based on Welsh Government expectations (the document is called Change for Life 2010). We all know that the healthier we eat the better our life chances / expectancy is and as adults who care for our children we should ensure good / healthy eating practices right from the start i.e. when the children are very young. Keeping to a healthy diet full of vegetables and fruits and drinking water only (most of the time - other than the occasional treat day) is not always easy and nutritionists will tell you that trying different vegetables and fruits etc needs to be practiced until we all get accustomed to different tastes and textures etc. Not all pupils / children will like all tastes - but it is essential that we provide the opportunity of a healthy balanced meal for our children at lunchtimes and tea / evening time. It is fantastic that the Welsh Government are beginning to offer a Free School Meal for Primary children - this has started with our Dosbarth Derbyn at Ysgol Gwenffrwd (FCC Policy). Please see below our Healthy School / Healthy eating and Drinking Policy

at Ysgol Gwenffrwd which is based on Welsh Government National Quality Award regulations. Please see the suggestions made for a healthy and balanced lunchbox (if you are supplying these from home) or please take advantage of the school dinners provided in our kitchen.

**POLISI YSGOL GWENFFRWD: PWYSIGRWYDD BWYTA'N IACH ac YFED DŴR**  
**YSGOL GWENFFRWD POLICY FOR PROMOTING THE IMPORTANCE OF HEALTHY EATING**  
**and WATER INTAKE**

***YFED DWR / WATER INTAKE***

Fel rhan o'n gwaith Addysg Iechyd / Ysgol Iach, rydym yn parhau i annog ein disgyblion i yfed digonedd o ddŵr yn ystod y dydd. Rydym yn annog hyn o'r dechrau pan fydd ein plant yn dechrau yn yr Adran dan 5, ac yn dibynnu arnoch chi fel rhieni i'n cefnogi ni, er lles eich plant chwi.

As part of our Health Education/ Healthy School programme, we continue to encourage our pupils to drink plenty of water during the day. This practice is encouraged right from the start when our pupils enter the Under 5 units, and we need your full co-operation as parents, to support us for the benefit of your children.

***BWYTA'N IACH / HEALTHY EATING***

Gofynnwn yn garedig i rieni beidio â chynnwys yr eitemau bwyd a diod canlynol mewn Bocs Bwyd / pecyn cinio: We ask kindly that parents do not include the following foods and drinks in your child's lunchbox:

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| <ul style="list-style-type: none"><li>• Creision / Crisps</li></ul>  |
| <ul style="list-style-type: none"><li>• Unrhywbeth gyda siocled e.e. bariâu siocled, bisgedi, na melysion e.e. fruit winders / Anything with chocolate e.g chocolate bars, biscuits nor sweets e.g fruit winders</li></ul> |
| <ul style="list-style-type: none"><li>• Dim ond cynnwys cacennau bach / bisgedi ceirch fel rhan o bryd cytbwys. / Only include small cakes and oat biscuits as part of a balanced diet.</li></ul>                          |
| <ul style="list-style-type: none"><li>• Nid yw diodydd carbonedig yn cael ei caniatáu / Fizzy drinks are not allowed.</li></ul>  |

**\* Ni chanieteir i blant ddod a cnau mewn unrhyw eitem i fewn i'r Ysgol er mwyn diogelwch plant eraill yn y dosbarth sydd ag alergedd cnau / Children are not allowed to bring any item that contains nuts into school this is to keep children with allergies safe.**

Argymhellion ar gyfer bwydydd a diodydd y caniateir i'r plant ddod o gartref yn eu Bocsys Bwyd.

Please see the table below which outlines which food and drinks children are encouraged to bring in their lunch boxes.

	<b><u>"Taflen ffyrdd hawdd i wneud blychau brechdanau'n iachach / Bocsys Bwyd " - Llywodraeth Cymru 2010 Newid am Oes Welsh Government Change for Life 2010 recommendations</u></b>
<b>Bwyd /Diod a awgrymir / Recommended Food / Drink</b>	<b>Eitemau a awgrymir / Recommended Items</b>
Carbohydradau (/ Carbohydrates)	Pasta, reis (gan argymhell pasta brown a gwenith cyflawn o ran dewis iachach), couscous, tatws  Pasta, rice (brown and whole grain is a healthier choice), couscous, potatoes
Protîn / Protein	Ychwanegwch ddogn o fwyd sy'n gyfoethog mewn protîn, fel cyw iâr, cig coch, pysgod, wyau neu gaws naill ai ar ei ben ei hun neu fel llenwad brechdan.  Add a portion of food that is rich in Protein for example; chicken, red meat, fish, eggs or cheese as a sandwich filler or on it's own.
Ffrwythau a llysiau / Fruit and Vegetables	Ychwanegwch ddogn o ffrwythau e.e mefus a dogn o lysiau e.e ffyn moron i gyfrannu at eu 5 y dydd.  Add a portion of fruit e.g Strawberries and a portion of vegetables e.g Carrot sticks to help your child reach their 5 a day target. (it is now good practice to have 7 a day)

<p>Angen rhywbeth ychwanegol? / Need Something else?</p>	<p>Ychwanegwch fyrbryd iach fel iogwrt, bynsen gwrens neu bwdin reis, bocs bach o raisins a.y.y.b</p> <p>Add a healthy snack like Yogurt, or a Current Bun, rice pudding or a small box of raisins etc</p>
<p>Diodydd / Drinks</p>	<p>Mae dŵr a llaeth yn ddewisiadau da. Mae'n bwysig bod disgyblion yn gallu cael at ddŵr yfed yn hawdd yn yr ysgol.</p> <p>Water and milk are good choices. It is important that pupils have easy access to drinking water at school.</p>

#### *Dathlu Penblwydd:-*

*Bydd Ysgol Gwenffrwd yn ôl polisi Llywodraeth Cymru yn gofyn i rieni beidio ag anfon cacennau pen-blwydd neu melysion/sweets i'r Ysgol adeg penblwydd eu plentyn. Yn hytrach, gallwn feddwl am ffyrdd eraill o rannu a dathlu e.e. yn ddigidol - gall y plentyn / teulu recordio y canu Penblwydd Hapus adref a chwythu'r canwyllau ac anfon neges i'r dosbarth ar Google Classroom neu See Saw. Fodd bynnag - os anfonir unrhyw gacen i'r Ysgol bydd rhaid iddi fod mewn bocs caeedig o siop gyda dyddiad BBF clir arno a bydd rhaid i'r disgyblion gario tameidiau adref i'w bwyta yno dan oruchwyliaeth rhieni.*

#### *Birthday Celebration:-*

*Ysgol Gwenffrwd, in accordance with Welsh Government Policies, ask parents not to send in birthday cakes or sweets to school when it is your Child's birthday - we suggest other ways of celebrating e.g. why not celebrate digitally by recording your child blowing out the candles on their cake at home and the singing of Happy Birthday and then uploading that video onto Google Classroom or See Saw. However, if any cake is sent into school it must be shop bought in a closed box with the Use by date clearly stated on it. Children will then have to take a piece home with them to be eaten at home under the supervision of their parents.*

*Diolch am eich cefnogaeth/Thank you for your support,*

*Gerallt Lyall a Dawn Owen*

*(Food and Fitness leaders towards our National Quality Mark award for Healthy Schools)*