YSGOL GYMRAEG GWENFFRWD LLYTHYR / LETTER 18

TYMOR YR HAF / SUMMER TERM 2020 16 07 20

Annwyl Rieni, Gwarcheidwaid a Theuluoedd;
Dear Parents, Guardians and Families;

PARATOI AT MEDI 2020
PREPARING FOR SEPTEMBER 2020

Yn dilyn datganiad LlC ar agor ysgolion I BOB DISGYBL Medi 2020 mae Corff Llywodraethol Gwenffrwd yn trefnu asesiadau risg ac yn paratoi ar gyfer croesawu PAWB yn ôl. Bydd amserlen ar gyfer gwahanol grwpiau o ddisgyblion i gychwyn ail-ymuno â ni- rydym yn aros i Sir y Fflint gadarnhau ambell bwynt yn gyntaf. Gobeithiwn rannu'r amserlen gyda chwi erbyn nos Wener 17/7 neu fan hwyraf nos Lun 20/7.
****CLWB GWENFFRWD: Ein bwriad yw ail-agor CLWB GWENFFRWD ym mis Medi. Bydd RHAID i rieni archebu lle a thalu wythnos ymlaen llaw- ni fydd cyfle i fynychu munud olaf. Bydd taflen yn cael ei gosod ar Google Classroom/ SeeSaw i chi fel rhieni archebu lle ar gyfer Medi – a byddwch yn talu ar APP School gateway.**

Following WG's announcement on the re-opening of schools for ALL pupils (every day) in SEPTEMBER 2020, Ysgol Gwenffrwd's Governing Body is now working on risk assessments etc. in preparation for this. We are looking forward to welcoming ALL PUPILS BACK AT YSGOL GWENFFRWD. There will a timetable of start dates for different groups of pupils – which we hope to share with you by Friday 17/7 or at the latest, Monday afternoon 20/7 (but we are currently waiting for FCC update on a few points).
**CLWB GWENFFRWD provision: It is our aim to re-open CLWB GWENFFRWD morning child care from 8.15am and after-school care up to 5.30pm in September. This will be by prior booking system only (NO last- minute phone calls will be possible), and all payments will have to be made a week beforehand (you will be able to pay via the School Gateway App). A form will be placed on Google Classroom / SeeSaw shortly for you to register for September 2020.

TRAFNIDIAETH ysgol : FCC School TRANSPORT
Gwelwch y wybodaeth ddiweddaraf gan Gyngor Sir y Fflint ar ein Llythyr Ysgol 17
Please see the latest information from FCC on our school Letter 17

CINIO YSGOL / SCHOOL DINNERS
Nid yw Sir y Fflint wedi cadarnhau y trefniadau hyn eto OND rydym yn awyddus i rannu gyda chwi fel rhieni ein RHEOLAU NI yma yn Ysgol Gwenffrwd - rheolau dod â Bocs Bwyd a diod i'r ysgol o fis Medi ymlaen
FCC have not yet confirmed their plan for Sept 2020. However- we are keen to

share with you, as parents, our RULES at Ysgol Gwenffrwd, in relation to bringing in a lunch-box/ drink to school September 2020 onwards.

DIOD - DIM OND DŴR a ganiateir i'w yfed yn ystod y dydd yn Ysgol Gwenffrwd, gan gynnwys Amser Cinio. (Efallai bydd Llywodraeth Cymru yn ail-gynnig llaeth i blant y CS ond ni wyddom pa bryd eto)

DRINK - ONLY WATER will be permitted to be drank by Gwenffrwd pupils at school (including at LUNCHTIME) from September 2020 onwards. ALL pupils will be given a new Ysgol Gwenffrwd WATER BOTTLE and they are allowed to refill during the day (from a tap in their own classroom) if needed. It will be your responsibility, as parents, with your children, to wash this bottle every night at home and fill with water to bring to school every morning. NO other drinks will be available or allowed. (The Welsh Government may resume it's 'Milk for Foundation phase pupils' initiative- but no information received as yet).

BOCS BWYD: DIM OND 1 bocs/bag bwyd- gwelwch isod beth sydd angen ei gynnwys. Gofynnwn i rieni ymarfer agor y bocs bwyd gyda'ch plant dros yr haf, ac ymarfer agor pethau fel bod plant yn gallu bwyta yn annibynnol. DIOLCH.

LUNCH-BOX: ONLY 1 BOX/ Container (per child) will be allowed. PLEASE SEE BELOW your choice of contents. Parents are kindly asked to practise opening the box/ container at home over the summer, with your child (as well as opening items eg. banana/packet of raisins etc) so that your child eats independently. THANK YOU.

Bwyd /Diod a awgrymir	Eitemau a awgrymir
	Pob math o fara (gan argymell bara brown a gwenith cyflawn o ran dewis iachach), gan gynnwys bara pitta, bagelau, ffyn bara, *ciabatta*, rholiau bara neu lapiadau. Pasta, reis (gan argymell pasta brown a gwenith cyflawn o ran dewis iachach), couscous, tatws **(*COFIWCH DDOD A LLWY NEU FFORC I'W FWYTA)**
Llenwad	Cyw iâr, cig coch, pysgod, wyau neu gaws naill ai ar ei ben ei hun neu fel llenwad brechdan.
Ffrwythau a llysiau	Ychwanegwch ffrwythau a llysiau i gyfrannu at eu 7 y dydd.
Angen rhywbeth ychwanegol?	Ychwanegwch fyrbryd iach fel iogwrt neu bwdin reis. **(*COFIWCH DDOD A LLWY)**
Diodydd	**DŴR.**

Er nad yw'r canlynol yn rhan o awgrymiadau Llywodareth Cymru caniateir i chi ddewis **1** o'r canlynol yn eich pecyn bwyd be dymunwch:	
Byrbrydau sawrus	• **1** bag o greision neu • **1** bar grawnfwyd neu
Melysion	• **1** bar bach e.e Kit Kat
NI CHANIATEIR i neb ddod a:- Melysion, cnau neu unrhywbeth sy'n cynnwys cnau e.e Snickers / Bariau grawnfwyd gyda cnau – oherwydd y perygl i blant yn yr Ysgol sydd gyda alergedd. **** NEB I RANNU BWYD / OFFER GYDA PLANT ERAILL**	

Food / Drink suggested	Suggested items
	All varieties of bread (encouraging brown and wholemeal for healthier options), including pittas, bagels, baguettes, ciabatta, bread rolls or wraps. Pasta, rice (encouraging brown and wholemeal for healthier options),couscous, potatoes **(*REMEMBER: YOU MUST BRING YOUR OWN SPOON OR FORK)**
Meat & Alternatives	Add a portion a food rich in protein, such as chicken, lean meat, fish, egg or cheese either on its own or as a sandwich filler.
Fruit and Vegetables	Add a portion of fruit and a portion of vegetables to help towards their 7-a-day.
Need something extra?	Add a healthy snack like a yoghurt, currant bun or rice pudding. **(*REMEMBER: YOU MUST BRING YOUR OWN SPOON)**
Drinks	**WATER**
Although Welsh Government don't recommend the following you may bring **1 of the items below**:	
Savoury Snacks	• Snacks e.g. 1 packet of crisps or • 1 cereal bar or
Confectionary	• 1 small biscuit bar e.g Kit Kat
Pupils are not allowed to bring in Sweets, nuts or any products that contain nuts e.g Snickers – because of the danger to children with allergies. **** NO SHARING OF FOOD / EQUIPMENT e.g SPOONS / FORKS**	

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- WHEN WE RETURN IN SEPTEMBER, THESE RULES WILL CONTINUE- AS SET IN JUNE/ JULY 2020 -
- Please be mindful when you bring your child to school, allow the person/s in front of you plenty of space/time. If Dosbarth Derbyn parents are walking up the pathway (from the Bus Bay Area to school - then you MUST continue walking around the front of the school and up the walkway directly opposite our Main Reception Area, up to the top of Whitford St and back to your car that way.
- NO Parents or Visitors will be allowed in the school's Main Entrance/Foyer. (IF you have any message for our school office - please telephone us).
- No parents/carers to drive into Ysgol Gwenffrwd's car parking areas
- NO-ONE to park in the AMBULANCE STATION

We are really looking forward to seeing ALL pupils back in September! Thank you for your co-operation.

Edrychwn ymlaen at weld POB disgybl nôl gyda ni yng Ngwenffrwd fis Medi felly- a diolch am eich cefnogaeth a'ch cydweithrediad.

Yn gywir / Sincerely

M. Iola Owen

(Pennaeth : Headteacher)

ar ran Llywodraethwyr Ysgol Gwenffrwd
on behalf of the Governing Body of Ysgol Gwenffrwd

O.N. / P.S. : Gwelwch y wybodaeth isod ynglyn â phwysigrwydd Dŵr.

Please see the information below which relates to the importance of Water.

Dŵr - Water

Mae 75% o'ch ymenydd yn ddŵr
Composes 75% of your brain

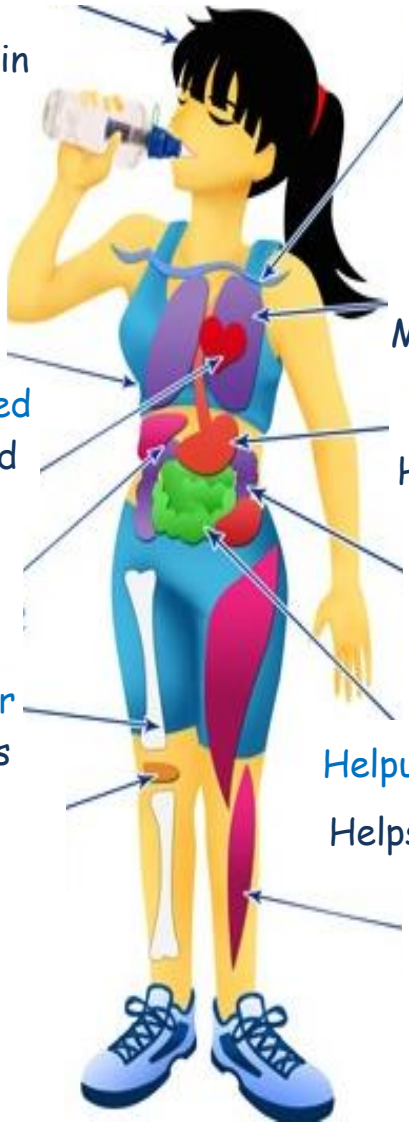
Mae'n rheoli tymheredd eich corff
Regulates your body temperature

Mae'n gwneud 83% o'ch gwaed
Makes up 83% of your blood

Cael gwared oWastraff
Removes waste

Mae 22% o'ch esgyrn yn ddŵr
Composes 22% of your bones

Gwarchod eich cymalau
Cushions your joints



Helpu i gario maeth bwyd ac ocsigen i'ch celloedd
Helps carry nutrients and oxygen to your cells

Paratoi + gwlychu'r ocsigen ar gyfer anadlu
Moistens oxygen for breathing

Helpu i droi bwyd yn egni
Helps convert food to energy

Amddiffyn a gwarchod organau pwysig eich corff
Protects and cushions your vital organs

Helpu eich corff i amsugno maeth
Helps your body absorb nutrients

Mae'n gwneud 75% o'ch cyhyrau
Makes up 75% of your muscles

Mae DŴR yn hanfodol i'ch corff
mae'n gwneud synnwyr i YFED DŴR

Water is essential to your body.....
Doesn't it make sense to drink water