



At sylw / FAO: Rhieni disgyblion BL. 3- 6 / Parents of Yr 3-6 pupils

POLISI YSGOL : PWYSIGRWYDD YFED DŴR

OUR POLICY FOR PROMOTING THE IMPORTANCE OF WATER INTAKE

Annwyl Rieni / Dear Parents,

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 cychwyn hyn yn y Cyfnod Sylfaen, ac yn dibynnu arnoch chi fel rhieni i'n cefnogi ni, er lles eich plant chwi. Mae disgyblion Bl 3-6 yn derbyn 'Potel Ddŵr Ysgol Gwenffrwd' a'u cyfrifoldeb hwy yw i ofalu am y botel yn ddyddiol, gan sicrhau yfed digonedd o ddŵr!

Gweler ein Rheolau Ysgol parthed Yfed Digonedd o Ddŵr- ar ddiwedd y llythyr hwn. Gofynnwn yn garedig ichwi annog eich plentyn i ddatblygu blas am ddŵr. Os oes gennych unrhyw ymholiad neu gonsyrn- yna peidiwch ag oedi cyn rhannu hynny gyda ni fel staff Ysgol Gymraeg Gwenffrwd. Diolch

As part of our Health Education/ Healthy School programme, we continue to encourage our pupils to drink plenty of water during the day. This begins during the Foundation Phase- and we need your full co-operation as parents, to support us for the benefit of your children. The pupils in Years 3-6 at Ysgol Gwenffrwd will be given a Gwenffrwd Water Bottle- it is their responsibility to look after this bottle on a daily basis- and to drink plenty of water!

Please refer to our School Rules relating to our policy for 'Drinking Plenty of Water'- at the end of this letter. May we please stress the importance that your child perseveres to develop a taste for water (studies have also shown that people develop a taste for water after about 2 or 3 weeks).

If you have and queries, positive / constructive comments, concerns or would like to discuss this further, please do not hesitate to contact us at school.

Diolch am eich cefnogaeth / Thank you again for your support.

Staff CA2

RHEOLAU'R YSGOL- YFED DIGONEDD O DDŴR!

DRINK PLENTY OF WATER SCHOOL RULES

Bydd pob disgybl CA2 yn derbyn potel ddŵr, gydag ei enw/henw arni.

All KS2 pupils are provided with a water bottle, with his/her name on it.

Gofynnwn am gefnogaeth rieni er mwyn sicrhau bod y botel yn cael ei glanhau, ei llenwi gyda dŵr yn unig, ei chadw mewn oergell dros nos os yn bosib a'i dychwelyd i'r ysgol yn ddyddiol.

*We ask for parental support to ensure that it is cleaned, filled with water **only**, kept in a fridge overnight if possible and brought to school **daily**.*

- 1. Dim yfed o'r botel yn ystod cyflwyniad gwersi.**

No drinking and playing with the bottles during presentation periods of lessons.

- 2. Neb i yfed o'r botel ar y grisiau neu ar hyd y coridorau o fewn yr ysgol.**

No drinking of water bottles on any stairs/ corridors within school.

- 3. Dylid ail-lenwi'r botel (os oes angen) yn ystod amseroedd chwarae/cinio yn unig.**

Refilling of bottles during break times only (if needed).

- 4. Poteli i'w cadw yn y dosbarthiadau oni bai bod aelod o staff yn rhoi cyfarwyddyd gwahanol.**

Bottles are to be kept in classrooms if not otherwise directed by a member of staff.

Efallai bydd cynnydd yn y defnydd o'r toiled ar y dechrau. Byddwn yn delio â hyn gyda chydymdeimlad yn ystod y cyfnod cychwynnol.

There may be an initial increase in the use of the toilet, which settles within about 2 - 3 weeks as the body adjusts to water intake. This will be dealt with sympathetically during the initial period.

Mae yna lawer o fuddiannau i yfed dŵr fel y gwelir ar y daflen atodol.

There are many benefits to drinking water, in terms of improved concentration and behaviour, to health in general, see overleaf for further information.