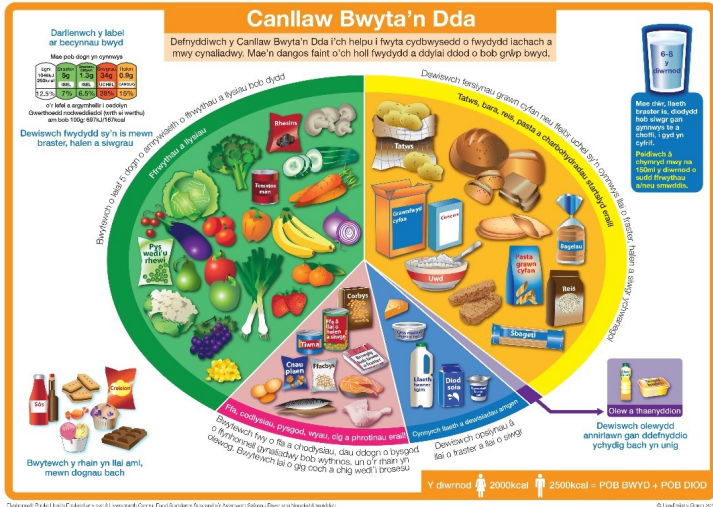


Iechyd a Lles yn Ysgol Gymraeg Cwmbryn

Dyma rai o'r themâu y byddwn yn ymdrin â nhw yn ystod ein thema ym mis Ionawr:



DIET CYTBWYS:

(Daw'r wybodaeth hon o wefan y GIG)

Mae'r plât uchod yn dangos faint o'r hyn yr ydym yn ei fwyta dylai ddod o bob grŵp bwyd er mwyn cael diet cytbwys.

Does dim angen anelu at gyflawni hwn gyda phob prydd o fwyd ond ceisiwch cael cydbwysedd dros ddiwrnod neu wythnos. Ceisiwch fwyta o leiaf 5 darn o wahanol ffrwythau neu lysiau bob dydd a cheisiwch yfed digon o hylif bob dydd. (O leiaf 6-8 gwydriad)

GWEITHGAREDD CORFFOROL:

Faint o weithgaredd corfforol sydd ei angen ar blant?

(Daw'r wybodaeth hon o wefan y GIG)

Dylai plant wneud dau fath o weithgaredd corfforol bob wythnos.

- Ymarfer aerobig
- Ymarfer i gryfhau eu cyhyrau ac esgyrn.

Dylai plant a phobl ifanc rhwng 5-18:

- Anelu at gyfartaledd o o leiaf 60 munud o weithgaredd corfforol cymedrol bob diwrnod dros yr wythnos.
- Gymryd rhan mewn gwahanol fathau o weithgareddau corfforol er mwyn gwella sgiliau symud, eu cyhyrau a'u hesgyrn a lleihau'r amser yn eistedd a gorwedd am gyfnodau hir.
- Anelu at wasgaru gweithgareddau dros y dydd. Dylai'r gweithgareddau eich gwneud chi i anadlu'n gyflymach a theimlo'n gynhesach.

CWSG:

Faint o gwsig sydd ei angen ar blant?

(Daw'r wybodaeth hon o wefan y GIG)

3 oed -

Yn y dydd: 0 - 45 munud

Yn y nos: 11 awr 30 munud -12 awr

4 oed - 11 awr 30 munud

5 oed - 11 awr

6 oed - 10 awr 45 munud

7 oed - 10 awr 30 munud

8 oed - 10 awr 15 munud

9 oed - 10 awr

10 oed - 9 awr 45 munud

11 oed - 9 awr 30 munud

Health and Well-being at Ysgol Gymraeg Cwmbrân

Here are some of the themes we'll be looking at during our theme in January:



A BALANCED DIET:

(This information has been taken from the NHS website.)

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week. **Eat at least 5 portions of a variety of fruit and vegetables a day and drink plenty of fluids each day. (At least 6 to 8 glasses)**

PHYSICAL ACTIVITY:

How much physical activity should children and young people aged 5 to 18 do to keep healthy?

(This information has been taken from the NHS website.)

Children and young people need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones.
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer.

SLEEP:

How much sleep do children need?

(This information has been taken from the NHS website.)

3 years -

Daytime: 0 - 45 minutes

Night-time: 11 hours 30 minutes - 12 hours

4 years - 11 hours 30 minutes

5 years - 11 hours

6 years - 10 hours 45 minutes

7 years - 10 hours 30 minutes

8 years - 10 hours 15 minutes

9 years - 10 hours

10 years - 9 hours 45 minutes

11 years - 9 hours 30 minutes