

## **Thema Ionawr: Bwydgedig**

Annwyl Riant / Warchodwr,

Fel rhan o'n thema ym mis Ionawr, rydym y canolbwyntio ar y themâu canlynol:

**Diet cytbwys / Brwsio dannedd / Yfed digon o ddŵr / Cael digon o gwsg / Bod yn actif**

Fel rhan o'r trefniadau, rydym wedi trefnu gwahanol weithgareddau i'r disgyblion.

### **Taith i Sainsbury's:**

Yn ystod yr wythnos Ionawr 20fed - 24ain, bydd bob dosbarth o'r derbyn i flwyddyn 6 yn ymweld â Sainsbury's er mwyn derbyn gweithdy ac i flasgu bwydydd gwahanol. Bydd y disgyblion yn treulio awr yno a bydd Mrs Carpenter yn gyrru'r disgyblion yno ac yn ôl ar fws mini. Os nad ydych chi eisiau i'ch plentyn deithio ar fws mini i Sainsbury's, cysylltwch gyda swyddfa'r ysgol. (Gweler yr amserlen sydd ynghlwm â'r llythyr hwn.)

### **Sesiynau teulu:**

Yn ystod yr wythnos Ionawr 27ain - Ionawr 31ain, byddwn yn cynnal sesiynau teuluol yn yr ysgol. Bydd cyfle i rieni / gwarchodwyr plant y Cyfnod Sylfaen ddod mewn i edrych ar waith y mis ac i flasgu bwyd y plant a bydd cyfle i rieni / gwarchodwyr disgyblion Cyfnod Allweddol 2 i ddod mewn i weithio gyda'u disgyblion ar dasg paratoi bwyd am sesiwn. Gwerthfawrogwn bod hwn yn amser prysur o'r flwyddyn felly, os nad ydych yn gallu mynychu'r sesiwn, croeso i nain, taid neu aelod arall o'r teulu i ddod mewn i weithio gyda'r disgyblion. (Gweler yr amserlen sydd ynghlwm â'r llythyr hwn.)

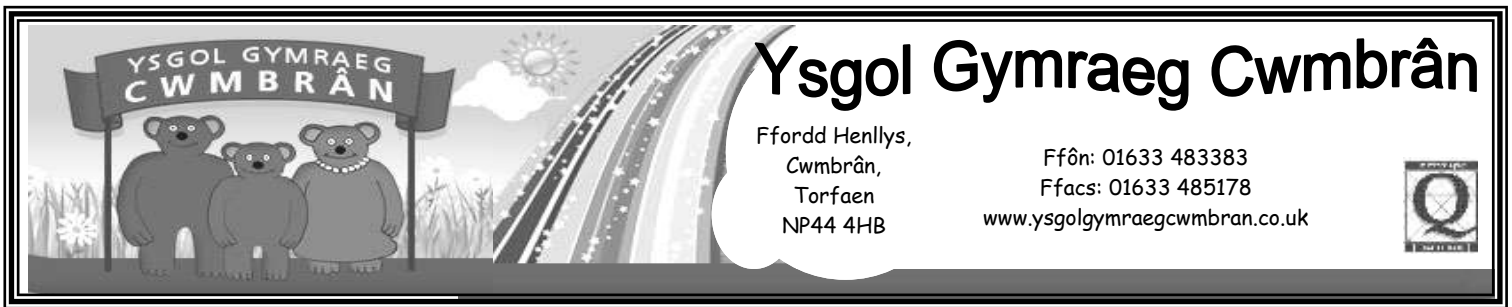
### **Prynhawn agored:**

Ar brynhawn dydd Mercher, Ionawr 29ain, byddwn yn cynnal Ffair Iechyd a Lles yn neuadd yr ysgol o 2:30 - 4:30. Bydd te a choffi ar gael a bydd cyfle i chi ymweld â stondinau gwahanol i gael gwybodaeth ar faterion gwahanol gan asiantaethau a chlybiau lleol. (Gweler y poster am fwy o wybodaeth.)

Gobeithiwn eich gweld chi yno - croeso cynnes i bawb.

Diolch yn fawr am eich cefnogaeth,

Miss Passmore.



## **January Theme: Bwydgedig (Wonderful food)**

Dear Parent / Guardian,

As part of our January theme, we will be concentrating on the following themes:

**A balanced diet / brushing our teeth / drinking enough water / having enough sleep / being active**

As part of the month's arrangements, we have organised a number of activities for the pupils:

### **Trip to Sainsbury's:**

During the week of January 20<sup>th</sup> - 24<sup>th</sup>, every class from reception to year 6 will be visiting Sainsbury's to take part in a workshop and to taste different foods. The pupils will spend an hour in the shop and Mrs Carpenter will be driving the pupils there and back on a mini bus. If you don't want your child to travel on the mini bus to Sainsbury's, please contact the school office. (See the attached timetable for the visiting times for each class.)

### **Family workshops:**

During the week of January 27<sup>th</sup> - 31<sup>st</sup>, we will be holding family sessions in the school. There will be an opportunity for parents / guardians of the Foundation Phase children to come in to see the children's theme work and to taste some food prepared by the children. There will be an opportunity for Key Stage 2 pupils' parents / guardians to come in to work with the pupils on a food preparation task for a session. We appreciate that this is a busy time of year so, if you are unable to attend the session, we welcome any member of the family e.g. gran, grandad or anyone else. (See the attached timetable for the times for each class.)

### **Open afternoon:**

On Wednesday, January 29<sup>th</sup>, we're holding a Health and Well-being fayre in the school hall between 2:30 and 4:30. There will be tea and coffee available and there will be a chance for you to visit different stalls to receive important information by local agencies and clubs. (See poster for more information)

We hope to see you there - we extend a warm welcome to everyone.

Thank you for your continued support, Miss Passmore.