

Diwrnod Coch i ddathlu ymdrech pawb gyda'n Her Ionawr: (6.2.2019)

Annwyl Riant / Warchodwr,

Mae ein Her mis Ionawr yn dod i ben ddydd Mercher nesaf (6.2.2019) ac, fel y nodwyd yn y llythyr dechreuol, rydym wedi penderfynu cynnal diwrnod coch ar gyfer Mind Cymru i ddathlu ymdrech pawb gyda'n her. Gall y disgyblion ddod i'r ysgol yn eu dillad coch / dillad chwaraeon os ydynt yn dymuno. Bydd pawb yn cymryd rhan mewn gweithgaredd corfforol ar y diwrnod a bydd y Cyngor Ysgol yn gwerthu smwddis a 'flapjacks' iachus yn ystod y dydd.

Gwyddwn fod rhai disgyblion wedi bod yn cael eu noddi i gyflawni'r her felly gofynnwn yn garedig i chi ddychwelyd yr arian a'r ffurflenni i'r ysgol erbyn dydd Llun, Chwefror 11eg os gwelwch yn dda. I bawb arall, gofynnwn yn garedig am gyfraniad ariannol ar ein diwrnod coch a bydd yr arian i gyd yn mynd tuag at Mind Cymru.

Cofiwch am rai pethau eraill fydd yn digwydd ar ddydd Mercher, y chweched:

- **Clwb yr Urdd** ar ôl ysgol ar gyfer disgyblion blynyddoedd 3 a 4. (3:30 - 4:30)
- **Clwb pêl-rwyd** ar ôl ysgol ar gyfer disgyblion blynyddoedd 3, 4, 5 a 6. (3:30 - 4:30)
- **Sesiwn ddawns** ar ôl ysgol gyda Claire o gwmi 'Turn'd Up Fitness' ar gyfer disgyblion blynyddoedd 3, 4, 5 a 6 (a'u rhieni / gwarchodwyr os ydynt yn dymuno) rhwng 3:45 a 4:45. £1 y pen a bydd yr arian, unwaith eto, yn mynd tuag at Mind Cymru. (Rydych wedi derbyn y llythyr hwn eisioes.)

Hoffwn gymryd y cyfle hwn i ddiolch i bawb am eich cefnogaeth gyda'n Her Ionawr. Mae wedi bod yn hyfryd gweld cymaint o ddisgyblion, teuluoedd a staff yn cymryd rhan yn yr her a gobeithiwn yn fawr bod pawb wedi mwynhau bod yn rhan ohoni a bod pawb wedi gweld budd o gymryd rhan. Os hoffech weld mwy o luniau o'r Her, teipiwch #herygc mewn i Twitter a gallwch weld nifer fawr o weithgareddau gwahanol.

Hoffwn ddiolch hefyd i nifer fawr o bobl o'r gymuned leol sydd wedi gwirfoddoli i ddod mewn i gynnal sesiynau, gweithdai a gwasanaethau gyda'r disgyblion ac am geisio hybu eu diddordeb mewn clybiau gwahanol. Mae pob un wedi rhoi ei amser yn wirfoddol yn rhad ac am ddim ac rydym yn ddiolchgar iawn iddynt i gyd.

Hoffwn ddiolch hefyd i Mrs Lowri Davies sydd wedi cynnal sesiwn 'kettle combat' i staff bob nos Iau ac sydd wedi cyfrannu'r holl arian i Mind Cymru.

Diolch yn fawr i bawb, Miss Passmore.

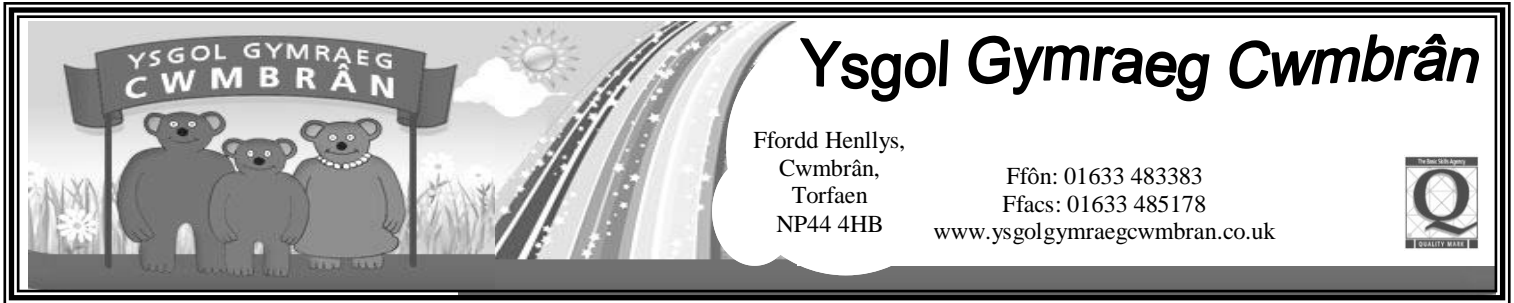


Rhwydwaith Pum Ffordd at **Les Gwent**



Gwent Five Ways to **Wellbeing** Network





Red Day to celebrate everyone's effort with our January Challenge: (6.2.2019)

Dear Parent/Guardian,

Our January challenge ends next Wednesday (6.2.2019) and, as noted in the initial letter, we have decided to hold a red day for Mind Cymru to celebrate everyone's effort with our challenge. Pupils can come to school in their red clothes/sports clothes if they wish. Everyone will take part in a physical activity during the day and the School Council will be selling smoothies and healthy 'flapjacks'.

We know that some pupils have been sponsored to complete the challenge so please could all money and forms to be returned to school by Monday, February 11th? If your child has not been sponsored, we kindly ask for a contribution on our red day and the money will all be going to Mind Cymru.

Remember about some other things which will also be happening on the day:

- **Urdd Club** for pupils in years 3 and 4. (3:30 - 4:30)
- **Netball Club** for pupils in years 3, 4, 5 and 6. (3:30 - 4:30)
- **Dance session** after school with Claire from 'Turn'd Up Fitness' for pupils in years 3, 4, 5 and 6 (and their parents/guardians if they wish) between 3:45 and 4:45. £1 per head and the money will all be going to Mind Cymru. (A letter has already been sent home about this.)

I would like to take this opportunity to thank everyone for your support with our January challenge. It has been lovely to see so many pupils, families and staff taking part in the challenge and we sincerely hope that everyone has enjoyed being a part of it and that everyone has seen the benefit of participating. If you would like to see some pictures of the challenge, please type #herygc into Twitter and you can see pictures of the different activities.

I would also like to thank a large number of people from the local community who have volunteered to come in to hold sessions, workshops and assemblies with the pupils and to try to promote their interest in different clubs. All have given their time voluntarily and free of charge; we are very grateful to them all.

I would also like to thank Mrs Lowri Davies who has held a 'kettle combat' session for staff after school on a Thursday and has contributed all the money to Mind Cymru.

Diolch yn fawr i bawb / Thank you to everyone, Miss Passmore.



Rhwydwaith Pum Ffordd at Les Gwent



Gwent Five Ways to Wellbeing Network

