

# Post Penalltau

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## Post Penalltau – 19/03/2025 SCROLL DOWN FOR ENGLISH VERSION

Annwyl Deuluoedd



### BLWYDDYN 6

#### **ATGOF:** Trip Preswyl Llangrannog

Fel y nodwyd eisoes bydd ein disgyblion blwyddyn 6 yn cael cynnig y cyfle i aros am wythnos yng Nghanolfan yr Urdd Llangrannog y tymor hwn ar Fai 12 – 16eg.

Gofynnwn yn garedig i'r taliad olaf am daith Llangrannog gael ei dalu i'r swyddfa erbyn 10/04/25.



## **BLWYDDYN 4-6**

### **Allgyrsiol Sesiynau Bocsio Di-gyswllt**

Mae Ysgol Penalltau wedi cael cais i beilota rhaglen ffitrwydd bocsio newydd gan Bocsio Cymru. Bydd hyn yn cynnwys ystod o dechnegau bocsio ac ymarferion ffitrwydd. Bydd yr ysgol yn cynnal sesiynau dan arweiniad Mr Rainsbury bob dydd Llun o 3:30 tan 4:15 gyda'r sesiwn gyntaf yn cael ei chynnal ar 31/03/2025. Fel y cynigiwyd yn flaenorol mae'r cyfle hwn yn agored i deuluoedd er mwyn ennyn diddordeb rhieni yn ein darpariaeth allgyrsiol. Anelir y sesiynau hyn at flynyddoedd 4 - 6. Os ydych am gymryd rhan gyda'ch plentyn llenwch y ffurflen google (dolen isod) erbyn 26/03/2025.

<https://forms.office.com/e/QBDdrTPF1W?origin=lprLink>



## **PAWB**

### **ATGOF: Noson Rhieni**

Fel y nodwyd eisoes, bydd noson rieni yn cael ei chynnal ar 25/03/2025 a 27/03/2025. Dylech bellach fod wedi derbyn eich slot amser penodedig trwy neges destun.



## PAWB

### Comic Relief

Dydd Gwener nesaf, 21ain o Fawrth byddwn yn cefnogi Comic Relief trwy amrywiaeth o weithgareddau hwyliog. Anogir plant i wisgo coch a bydd unrhyw roddion yn mynd tuag at elusen Comic Relief.

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Dear Families



## YEAR 6

### **REMINDER:** Llangrannog Residential Trip

As previously noted our year 6 pupils will be offered the opportunity to have a week residential stay in the Urdd Centre in Llangrannog this term on May 12th – 16th. We ask kindly that the final payment for the Llangrannog trip is paid to the office by 10/04/25



## **YEAR 4 – 6**

### **Extra - Curricular Non-contact Boxing sessions**

Ysgol Penalltau have been asked to pilot a new non-contact boxing programme by Welsh Boxing. This will revolve around a range of boxing techniques and fitness exercises. The school will be running sessions lead by Mr Rainsbury every Monday from 3:30 to 4:15 with the first session taking place on 31/03/2025. As previously offered this opportunity is open to families in order to engage parents with our extra-curricular provision. These sessions will be aimed at years 4 - 6. If you are wanting to take part with your child please fill in the google form (link provided below) by 26/03/2025.

<https://forms.office.com/e/QBDdrTPF1W?origin=lprLink>



## **EVERYONE**

### **REMINDER: Parent's Evening**

As noted previously, parents evening will be taking place on 25/03/2025 and 27/03/2025. You should have now received your allocated time slot via text message.



## EVERYONE

### REMINDER: Comic Relief

Next Friday, 21<sup>st</sup> of March we will be supporting Comic Relief through a range of fun activities. Children are encouraged to wear red and any donations will go towards the Comic Relief charity.

*Cysylltiadau pwysig a all fod o ddefnydd i chi / Important contact details that could be of use to you:*

**Caerphilly Employment Support:** 01443 864227

**Samaritans:** 116 123 (24 awr y dydd / 24 hours a day)

**Wales Domestic Abuse Helpline:** 0808 80 10 800 (8.00am-2.00pm & 8.00pm-2.00am pob dydd / every day).

**Mind Cymru:** 0300 123 3393

**Childline:** 0800 1111 (24 awr y dydd / 24 hours a day)

**Women's Aid:** 01495 742061 (24 awr y dydd / 24 hours a day)

**Eastern Valley Food Bank:** 01495 760605

Mae Croeso i chi gysylltu gyda Ysgol Gymraeg Penalltau yn Gymraeg neu Saesneg  
You are welcome to contact Ysgol Gymraeg Penalltau in Welsh or English

