

Post Penalltau

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Post Penalltau – 07/05/2025 SCROLL DOWN FOR ENGLISH VERSION

Annwyl Deuluoedd



ATGOF OLAF: BLWYDDYN 6 **Cyflwyniad i Rieni ar Daith Breswyl Llangrannog**

I baratoi ar gyfer taith breswyl disgyblion Blwyddyn 6 i Llangrannog ar y 12fed – 16eg o Fai, byddwn yn cynnal cyflwyniad i rieni yn yr ysgol ar 8/05/2025 am 3:30pm.



JOIN US IN WELCOMING
GB JUDOKA
NATALIE POWELL

TO OUR SCHOOL THIS TERM!



JUST SCAN THIS QR CODE AND SEARCH
FOR OUR SCHOOL TO GET STARTED

- 👉 GET THE CHILDREN MOVING IN A FUN FITNESS CIRCUIT
- 👉 WITNESS THE STRENGTH, TALENT & RESILIENCE OF A TOP ATHLETE
- 👉 RAISE MONEY FOR NEW SPORTS EQUIPMENT



ATGOF OLAF: PAWB **Ymweliad Natalie Powell**

Rydym wrth ein bodd yn gallu rhannu ychydig mwy o wybodaeth am ein digwyddiad Athletwyr Gwych sydd ar ddod ar yr 8fed o Fai. Rydym yn gyffrous i gyhoeddi mai'r athletwr a fydd yn ymweld â ni fydd yr athletwraig Jiwdo GB, Natalie Powell!
Ar ddiwrnod y digwyddiad, bydd yr holl ddisgyblion yn cymryd rhan mewn cylched ffitrwydd noddedig sy'n cael ei rhedeg gan eu hathletwr, ffordd wych o gael pob plentyn i gyffroi am chwaraeon a sylweddoli bod symud yn wirioneddol yn hwyl! Yna bydd Natalie yn rhannu eu taith chwaraeon anhygoel, stori o wytnwch a phenderfyniad mewn gwasanaeth hwyliog a rhyngweithiol. Bydd cyfle hefyd i ofyn unrhyw gwestiynau llosg mewn sesiwn holi ac ateb gyda'u model rôl ysbrydoledig ar y diwedd!

Bydd codi arian yn cael ei wneud trwy rieni yn sefydlu tudalen nawdd. Bydd yr arian a godwyd ar gyfer y digwyddiad yn ein helpu i brynu offer chwaraeon newydd a gwella lefelau gweithgaredd corfforol yn ein hysgol!
Sefydlu tudalen codi arian ar-lein:

Gallwch wyllo'r fideo hwn ar sut i sefydlu tudalen codi arian:
<https://vimeo.com/1000802304>

1. Ewch i wefan Great Athletes <https://greatathletes.org/>
2. Cliciwch ar 'sefydlu tudalen codi arian':



3. Cliciwch ar 'find my school'.
4. Dechreuwch deipio enw eich ysgol a dewiswch eich ysgol o'r gwymplen – gwiriwch fod y cod post yn cyfateb!
5. Dylai hyn fynd â chi i dudalen gydag enw eich ysgol ar y brig a gwybodaeth am eich athletwr gwadd. Cliciwch ar sefydlu tudalen codi arian.



ATGOF: PAWB

Dyddiadau Pwysig – Tymor yr Haf

8/05/2025 – Cyflwyniad i Rieni Blwyddyn 6 ynglŷn â Llangrannog (3:30 – 4:30pm)

12/05/2025 – 16/05/25 – Blwyddyn 6 yn Llangrannog

16/05/2025 – Gwasanaeth Dosbarth Melangell (9:30am – 10:30am)

22/05/2025 – Noson Sinema'r PTA (amser i'w gadarnhau)

23/05/2025 – Gwasanaeth Dosbarth Guto (9:30 – 10:30am)

2/06/2025 - 6/06/2025 – Wythnos Iechyd a Lles yr Ysgol

6/06/2025 – Gwasanaeth Dosbarth Dwynwen (9:30 – 10:30am)

7/06/2025 – Ffilifest – Menter Iaith

13/06/2025 – Gwasanaeth Dosbarth Llywelyn (9:30 – 10:30am)

12/06/2025 – Ffair Haf (manyllion i'w gadarnhau)

18/06/2025 – Mabolgampau yr Ysgol ar gyfer Meithrin – Bl 2

18/06/2025 – Sesiwn Galw Heibio i Rieni ar Gynnydd Disgyblion (Manylion i'w gadarnhau)

20/06/2025 – Gwasanaeth Dosbarth Gelert (9:30 – 10:30am)

25/06/2025 – Cyflwyniad i Rieni Newydd Meithrin (4:30 – 5:30)

25/06/2025 – Diwrnod Chwaraeon yr Ysgol ar gyfer Blynyddoedd 3,4,5 a 6 (Manylion i'w cadarnhau)

27/06/2025 - Gwasanaeth Dosbarth Seithennyn (9:30 – 10:30am)

2/07/2025 – Diwrnod Pontio Symud i Fyny i Ddisgyblion

4/07/2025 – Gwasanaeth Dosbarth Blodeuwedd (9:30 – 10:30am)

9/07/2025 – Picnic Meithrin gyda Rhieni – Yn yr Ysgol (9:30 – 10:30)

10/07/2025 – Disgo Diwedd Blwyddyn (amser i'w gadarnhau)

11/07/2025 – Gwasanaeth/Seremoni Graddio Blwyddyn 6 (1:30pm – 3:15)

18/07/2025 – Diwrnod Olaf Tymor yr Haf



PAWB

Diwrnod Ymwybyddiaeth Iechyd Meddwl

Dydd Mawrth nesaf 13/05/2025 byddwn yn codi ymwybyddiaeth o lechyd Meddwl. Bydd amrywiaeth o weithgareddau drwy gydol y dydd i ddatblygu dealltwriaeth disgyblion o lechyd Meddwl. Anogir plant i wisgo unrhyw beth gwyrdd a bydd unrhyw roddion yn cael eu heithrio a byddant yn mynd tuag at y Sefydliad Iechyd Meddwl.

Dear Families



FINAL REMINDER: YEAR 6

Llangrannog Residential Trip Presentation to Parents

In preparation for our Year 6 pupils' residential trip to Llangrannog on 12th – 16th of May we will be holding a presentation to parents in the school on 8/05/2025 at 3:30pm.

GreatAthletes™
Inspiring every child

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A poster for a GreatAthletes event. It features a photo of a smiling woman in a white judo gi with a British flag patch. The text is in various colors (blue, red, purple, white) and includes a QR code. A red arrow points from the QR code to the text 'JUST SCAN THIS QR CODE AND SEARCH FOR OUR SCHOOL TO GET STARTED'. At the bottom, there are three bullet points with icons: a person running, a person in a judo gi, and a person with a shopping cart.

FINAL REMINDER: EVERYONE

Natalie Powell Visit

We are thrilled to be able to share some more information about our upcoming Great Athletes event on the 8th of May. We are excited to announce that the athlete who will be visiting us will be the GB Judo athlete Natalie Powell!

On the event day, all pupils will take part in a sponsored fitness circuit run by their athlete, a terrific way to get all children excited about sport and realise that getting moving is really fun! Natalie will then share their incredible sporting journey, a story of resilience and determination in a fun and interactive assembly. There will also be an opportunity to ask any burning questions in a Q&A session with their inspiring role-model at the end!

Fundraising will be done via parents setting up a sponsorship page. The money raised for the event will help us to purchase new sports equipment and improve levels of physical activity in our school!

Set up online fundraising page:

You can watch this video on how to set up a fundraising page:

<https://vimeo.com/1000802304>

1. Go to the Great Athletes website <https://greatathletes.org/>
2. Click on 'set up a fundraising page':



3. Click on 'find my school'.
4. Start typing your school name and select your school from the dropdown – check that the postcode matches!
5. This should take you to a page with your school's name at the top and information about your visiting athlete. Click on set up a fundraising page.



REMINDER: EVERYONE
Important Dates – Summer Term

8/05/2025 – Presentation to Year 6 Parents regarding Llangrannog (3:30 – 4:30pm)

12/05/2025 – 16/05/25 – Year 6 in Llangrannog

16/05/2025 – Melangell Class Assembly (9:30am – 10:30am)

22/05/2025 – PTA Cinema Night (time tbc)

23/05/2025 – Guto Class Assembly (9:30 – 10:30am)

2/06/2025 - 6/06/2025 – School Health and Wellbeing Week

6/06/2025 – Dwynwen Class Assembly (9:30 – 10:30am)

7/06/2025 – Menter Iaith Ffilifest

13/06/2025 – Llywelyn Class Assembly (9:30 – 10:30am)

12/06/2025 – Summer Fete

18/06/2025 – School Sports day for Nursery – Yr 2

18/06/2025 – Pupil Progress Parent Drop-in Session (Details tbc)

20/06/2025 – Gelert Class Assembly (9:30 – 10:30am)

25/06/2025 – Presentation for New Nursery Parents (4:30 – 5:30)

25/06/2025 – School Sports Day for Years 3,4,5 and 6 (Details tbc)

27/06/2025 - Seithennyn Class Assembly (9:30 – 10:30am)

2/07/2025 – Transition Moving up Day for Pupils

4/07/2025 – Blodeuwedd Class Assembly (9:30 – 10:30am)

9/07/2025 – Nursery Picnic with Parents – In the School (9:30 – 10:30)

10//07/2025 – End of Year Disco (time tbc)

11/07/2025 – Year 6 Assembly/Graduation Ceremony (1:30pm – 3:15)

18/07/2025 – Last Day of Summer Term



EVERYONE **Mental Health Awareness Day**

Next Tuesday 13/05/2025 we will be raising awareness for Mental Health. There will be a range of activities throughout the day to develop pupils understanding of Mental Health. Children are encouraged to wear anything green and any donations will be accepted and will go towards the Mental Health Foundation.

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

