



Yr Ysgol Gymraeg, Coedlan Plascrug, Aberystwyth, Ceredigion SY23 1HL
Ffôn / Tel: 01970 617613 Ffacs / Fax: 01970 636742

Prifathro / *Headteacher*: Mr R. Clive Williams

Annwyl Rieni / Gwarcheidwaid, Staff a Disgyblion,

Wrth i ni agosáu at hanner ffordd drwy wyliau'r Pasg rwy'n gobeithio eich bod yn cadw'n iach ac yn ddiogel. Mae'n wyliau gwahanol iawn i'r arfer ac yn gyfnod rhyfedd iawn i bawb wrth i ni barhau i addasu ein ffyrdd o fyw a gweithio er mwyn ymateb i her y Coronafeirws.

Mae yna nifer o dasgau wedi eu paratoi gan yr athrawon a'r staff ar gyfer cychwyn tymor yr haf er mwyn parhau gydag addysg yn y cartref, mi fydd y rhain yn eich cyrraedd yn dilyn gwyliau'r Pasg. Mae lles yn flaenoriaeth glir i bawb ar adeg fel hon ac mi fyddwn yn rhoi ffocws ar gyfathrebu cyson rhwng staff yr ysgol a chi fel teuluoedd dros yr wythnosau nesaf er mwyn eich cefnogi a'ch cynorthwyo.

Cysylltu gyda rhieni / gwarcheidwaid dros y ffôn - mi fydd athro / athrawes eich plentyn yn eich ffonio ar ddydd Llun, Ebrill 20fed neu ddydd Mawrth, Ebrill 21ain er mwyn cael sgwrs gyffredinol gyda chi a'ch plentyn. Mae'n bosib y bydd yr alwad yn ymddangos fel 'No Caller ID'. Prif bwrpas y sgwrs fydd cael trafodaeth am;

1. Sut mae pethe wedi bod gyda chi yn ystod y cyfnod ers i'r ysgol gau?
2. Oes gennych unrhyw bryderon sydd angen cymorth pellach e.e. am y dull newydd o ddarparu gwaith i'r disgyblion yn ddigidol / Teams neu unrhyw gymorth cymdeithasol?

Cysylltu dros e-bost - mae'r athrawon dosbarth eisoes wedi rhannu e-bost gwaith gyda chi ac mi fyddant yn ail ddanfon y cyfeiriadau e-bost gyda'r tasgau cyntaf fydd yn eich cyrraedd ar ddydd Llun, Ebrill 20fed. Mae croeso i chi felly gyfathrebu yn uniongyrchol gyda nhw os oes gennych unrhyw bryderon. Mae hefyd modd cysylltu gyda Chydlynedd Anghenion Dysgu Ychwanegol yr ysgol sef Cathryn James ar C.Pridmore1@ysgolgybraeg.ceredigion.sch.uk

Dyma rhai cynghorion i deuluoedd sydd eisoes wedi eu rhannu ar wefan yr ysgol:

- Cadwch eich arferion mor gyson â phosib. Mae arferion cyfarwydd yn rhoi sefydlogrwydd i blant ac yn helpu iddynt deimlo'n ddiogel.
- Gwnewch bethau hwyl gyda'ch gilydd a chadwch yn actif. Gallwch greu cynllun ac awgrymu amserau rheolaidd i chwarae gemau, ymarfer corff neu fwynhau unrhyw weithgaredd arall ar y cyd. Ceisiwch ddod o hyd i gydbwysedd da rhwng amser gyda'ch gilydd ac amser o flaen sgrin.
- Cadwch mewn cysylltiad cyson gyda theulu a ffrindiau (e.e. dros Facetime, Skype, WhatsApp ayb, gan ddilyn ar arweiniad diweddaraf ar 'gyswllt cymdeithasol'). Bydd hyn yn helpu plant i gysylltu ag eraill ac i wybod bod eraill yn meddwl amdanynt. Bydd hefyd yn gysur iddynt wybod fod eraill yn cadw'n iach.
- Fel rhiant, gallwch chi hefyd brofi pryder yn ystod y cyfnod yma. Gofalwch amdanoch eich hun a gwnewch yn siŵr eich bod yn cymryd amser i ymlacio ac i ofyn am gymorth gan eraill os bydd yr angen yn codi.

Mi fyddaf yn danfon llythyr atoch drwy wefan yr ysgol bob dydd Gwener er mwyn eich diweddarau a'ch hysbysu o unrhyw newidiadau i'r drefn. Gallwch hefyd e bostio ar prif@ysgolgybraeg.ceredigion.sch.uk

Cofion gore atoch
R C Williams, Pennaeth 10/04/2020



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Dear Parents/ Guardians, Staff and Pupils,

As we approach the halfway point of the Easter holidays I hope that you are keeping healthy and safe. It's a very different holiday to the norm and a very strange time for everyone as we continue to adapt our ways of living and working to meet the challenge of Coronavirus.

There are a number of tasks that have been prepared by the teachers and staff for the start of the summer term in order to continue with home education, these will reach you after the Easter holidays. Well-being is a clear priority for everyone at a time like this and we will be focusing on constant communication between school staff and you as families over the coming weeks to support and assist you.

Contacting parents / guardians by phone - your child's teacher will call you on Monday, April 20th or Tuesday, April 21st for a general chat with you and your child. The call may appear as 'No Caller ID'. The main purpose of the talk will be to discuss;

1. What have things been like for you since the school closed?
2. Do you have any concerns that require further assistance e.g. about the new way of providing work for pupils digitally / Teams or any social assistance?

Contact by email - the class teachers have already shared with you a work email and they will re-send the email addresses with the first tasks that will be arriving on Monday, April 20th. You are therefore welcome to communicate directly with them if you have any concerns. You can also contact the school's Additional Learning Needs Co-ordinator, Cathryn James, on C.Pridmore1@ysgolgybraeg.ceredigion.sch.uk

Here is some advice for families that has already been shared on the school website;

- Try to keep familiar routines. Well-known routines in everyday life provide security and stability.
- Do nice things together and keep active. Make a plan and suggest some regular family times where you can play games, do some exercise together, or do other things that you know most of you like. Try to find a good balance between time together and screen time.
- Keep in good contact with family and friends (via Facetime, Skype, WhatsApp etc.; following the latest guidance on 'social contact'). This will help children connect with others and know that others are thinking about them. It will also reassure them that others are well.
- As a parent you may be concerned yourself. Take care of yourself and make sure you have breaks, time to relax, and ask for help from others as and when needed.

I will send you a letter through the school website every Friday to update you and inform you of any changes to the procedure. You can also email at prif@ysgolgybraeg.ceredigion.sch.uk

kindest regards
R C Williams, Headteacher 10/04/2020