YSGOL GYNRADD GYMRAEG BRYN Y MÔR

Pennaeth/ Headteacher: Mrs E. Wakeham-

Annwyl Riant/Warcheidwad,

Rydyn yn ffodus iawn i fedru cynnal sesiynau '**Ysgol Goedwig'** eleni i blant Bl. 1 a 2. Yn ystod y flwyddyn, bydd eich plentyn yn cael cyfle rheolaidd i gymryd rhan mewn gweithgareddau ysgol goedwig o dan arweiniad arbenigwyr yn y maes. Bydd y gweithgareddau yn digwydd yn yr awyr agored ym mharc Singleton. Mae gwaith ymchwil yn dangos y gall gweithgareddau'r Ysgol Goedwig a dysgu yn yr awyr agored ddod â llawer o fanteision i'r rheini sy'n cymryd rhan, gan gynnwys datblygu:

- gwell iechyd a lles meddyliol a chorfforol
- llythrennedd emosiynol,
- hyder a hunan-barch,
- sgiliau cyfathrebu,
- gwaith grŵp,
- datrys problemau
- chyfrannu at wybodaeth a dealltwriaeth dysgwyr o'r hunan, y gymuned a'r amgylchedd naturiol.

Bydd y sesiynau yn digwydd ar **Ddydd Iau**. Bydd hanner y dosbarth yn mynd yn y bore a'r hanner arall yn ystod y prynhawn. Dyma'r amserlen ar gyfer y tymor:

Dosbarth Mrs Williams	Dosbarth Mrs Hiley
9/9/21	16/9/21
23/9/21	30/9/21
7/10/21	14/10/21
21/10/21	4/11/21
11/11/21	18/11/21
25/11/21	2/12/21
9/12/21	16/12/21

Dillad addas

Bydd angen i'ch plentyn i wisgo dillad addas ar gyfer y sesiynau, megis trowsus hir a chrys llewys hir, esgidiau addas, cot wrth-ddŵr neu got gynnes drwchus (yn dibynnu ar y tywydd.) Byddai'n syniad da yn ystod tywydd gwlyb hefyd i wisgo trowsus gwrth-ddŵr. Bydd angen dod â set o ddillad sbar ac esgidiau ar gyfer gwisgo yn y dosbarth hefyd.

Gwirfoddolwyr

Bydd angen help rhieni neu warcheidwad arnom yn ystod y sesiynau. Gofynnwn yn garedig i chi i hysbysu'r ysgol os ydych ar gael ar y dyddiadau uchod i helpu gyda'r gweithgareddau ac i gerdded gyda ni i'r parc ac yn ôl. O ganlyniad i gyfyngiadau Covid19, gofynnwn i unrhyw wirfoddolwyr i wneud prawf llif ochrol Covid 19. Cysylltwch â'r ysgol am ragor o fanylion.

Caniatâd

Gofynnwn yn garedig i chi i gwblhau'r ffurflen ganiatâd sydd wedi ei atodi a'i dychwelyd i'r ysgol cyn gynted â phosibl er mwyn i'ch plentyn i gael cymryd rhan yn y sesiynau.

Edrychwn ymlaen at flwyddyn o weithgareddau cyffrous a buddiol dros ben!

Gyda llawer o ddiolch am eich cefnogaeth barhaus.
Staff Bl. 1 a 2

Dear parent/guardian,
We are very fortunate to be able to offer **'Forest School'** sessions this year for all Year 1 and 2 pupils. During the year, your child will have a regular opportunity to take part in forest school activities which will be led by forest school leaders. The activities will take place at Singleton park.
Research shows that the process and nature of a Forest School experience and wider outdoor learning can bring many benefits to participants including:

- increased physical and mental health and wellbeing
- emotional literacy
- confidence and self-esteem
- communication skills
- group work
- problem solving
- greater knowledge and understanding of self, community and the natural environment.

The sessions will be held on Thursdays. Half the class will take part during the morning, and the other half during the afternoon. Here is the timetable for this term:

Mrs Williams's Class	Mrs Hiley's Class
9/9/21	16/9/21
23/9/21	30/9/21
7/10/21	14/10/21
21/10/21	4/11/21
11/11/21	18/11/21
25/11/21	2/12/21
9/12/21	16/12/21

Suitable clothing
Your child will need to wear suitable clothing for the sessions, such as long trousers and a long-sleeved shirt, suitable shoes, a water-proof coat or a thick warm coat (depending on the weather.) It's also a good idea during wet weather to wear a pair of waterproof trousers. They will also need a full change of clothes and shoes to wear in the classroom.

Volunteers
We will need the help of parents or guardians during the sessions. We kindly ask you to inform the school if you are available on the above dates to help with the activities and to walk with us to the park and back. As a result of Covid 19 restrictions, we ask any volunteers to carry out a Covid19 lateral flow test. Please contact the school for more details.

Consent
Please complete the attached consent form and return to school as soon as possible so that your child can take part in the sessions.

We look forward to a year of extremely exciting and rewarding activities!

Thank you very much for your continued support.
Yr 1 and 2 staff

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