



Helo bawb!



1/2/2021

Annwyl bawb,

Gobeithio eich bod i gyd yn iawn ac wedi mwynhau gweithgareddau Santes Dwynwen yr wythnos diwethaf. Rwy wrth fy modd yn gweld pawb yn mwynhau gwneud gweithgareddau yn y tŷ!

Mae'n wythnos 'Iechyd Meddwl Plant' yr wythnos hon ac felly bydd gwaith yr wythnos wedi ei selio ar les a hapusrwydd.

Cofiwch i edrych ar y wefan lle bydd gweithgareddau a fideos yn ymddangos ar dudalen y dosbarth i chi i'w mwynhau. Fel arfer, byddaf yn gosod cwpl o dasgau y dydd i chi i'w cwblhau. Mae amserlen awgrymedig o weithgareddau'r wythnos wedi ei atodi. Ceisiwch gofio mae amserlen awgrymedig yw hon ac os nag yw'n gweithio i chi fel teulu gwnewch beth allwch. Gallaf hefyd eich atgoffa mai awgrym yw'r gweithgareddau. Os ydych yn teimlo eich bod yn gallu datblygu'r un fath o sgiliau trwy chwarae yn hytrach na llenwi taflen yna manteisiwch ar y cyfle!

Edrychaf ymlaen hefyd at eich gweld unwaith eto yn ystod ein sesiynau ar Microsoft Teams. Gan mai wythnos 'iechyd meddwl plant' yw hi, hoffwn roi'r cyfle i'ch plant gwisgo unrhyw beth sy'n gwneud iddyn nhw deimlo'n hapus, megis dillad ffansi neu ddillad parti! Edrychaf ymlaen at ei gweld!

Adnoddau ychwanegol defnyddiol i gefnogi'r dysgu:

Os hoffech fynediad at hyd yn oed mwy o syniadau neu adnoddau, dyma ambell syniad i chi:

Meddwlgarwch: <https://www.bbc.co.uk/cbeebies/curations/mindfulness-for-children>

<https://www.firstdiscoverers.co.uk/mindfulness-activities-kids/>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Ymarfer corff:

https://soscn.org/downloads/resources/early_movers/Booklet_5_Practical_ideas_for_physically_active_play.pdf

Sgiliau rhif: <https://teaching2and3yearolds.com/the-ultimate-collection-preschool-math-activities/>

Adnoddau cyffredinol:

<https://www.yggbrynymor.co.uk/adnoddau-defnyddiol-useful-resources/>

<https://www.yggbrynymor.co.uk/cefnogich-plentyn-yn-y-cartref-supporting-your-child/>

Mwynhewch y gweithgareddau a chofiwch barhau i ebostio eich lluniau, fideos a gweithgareddau i fi.

Hwyl am y tro a chadwch yn ddiogel!

Mrs Jones

Williamks38@hwbcymru.net



Helo bawb!



Dear all,

I hope that you are well and that you enjoyed last week's activities based on St Dwynwen's Day. I really enjoyed seeing pictures of you enjoying activities at home!

It's Children's Mental Health Week from the 1st-7th February, so the week's work will be based on the theme of wellbeing and happiness.

Please remember once again to check out the class page on the school website where activities and videos will appear on the class page for you to enjoy. I'll be uploading a few tasks a day for you to complete. The week's suggested timetable of activities is attached. Please remember this is a suggested timetable and if it doesn't work for your family then only do what does. Could I also draw your attention to the fact that activities are suggestions, if you are able to develop the same skill through playing with your child instead of completing a worksheet then please do so!

I look forward to seeing you all once again during our Microsoft Teams meetings. Since it's children's mental health week I would like to invite your child to wear anything that makes them feel happy during these sessions; it could be fancy dress, party clothes or anything else that brings a smile to their face!

Additional resources to support the learning:

Should you want to access more useful resources and ideas, here are a few suggestions:

Mindfulness: <https://www.bbc.co.uk/cbeebies/curations/mindfulness-for-children>

<https://www.firstdiscoverers.co.uk/mindfulness-activities-kids/>

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Physical Activity:

https://sosc.org/downloads/resources/early_movers/Booklet_5_Practical_ideas_for_physically_active_play.pdf

Mathematical Skills:

<https://teaching2and3yearolds.com/the-ultimate-collection-preschool-math-activities/>

General Resources:

<https://www.yggbrynymor.co.uk/adnoddau-defnyddiol-useful-resources/>

<https://www.yggbrynymor.co.uk/cefnogich-plentyn-yn-y-cartref-supporting-your-child/>

Enjoy this week's activities and please remember to send me your work, pictures or videos.

Best wishes and stay safe,

Mrs Jones

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