



*Heddiw aeth y cyngor ysgol i
fanc bwyd Abertawe. Rydym
vedi penderfynu casglu bwyd i'r
banc.*

*Some of the school council visted
Swansea food bank today. We have
decided to collect food for the bank.*

RGENTLY NEEDED FOOD ITEMS

FRUIT JUICE OR SQUASH
TOMATOES
RICE
INSTANT MASH & TINNED POTATOES
RICE PUDDING
COFFEE
TINNED CARROTS OR PEAS
TINNED FRUIT
FISH
HAM

mae hefyd angen
sebon, brwsh
dannedd,
siampw, bagiau
plastig,
cewynnau a
phapur ty bach

they also need
toothbrushes,
soap, shampoo,
carrier bags,
nappies and
toilet paper.

WE HAVE PLENTY OF

BEANS
PASTA
SOUP
MEAT
CEREAL
BISCUITS
MILK
TEA BAGS

**DEWCH AR BWYDYDD I'R
YSGOL ERBYN DYDD
LLUN**

**PLEASE BRING
FOOD TO SCHOOL
BY MONDAY**

Eich hawl i fwyd da
a dŵr ac i weld
meddyg os ydych
chi'n sâl

Erthygl 24

Mae gen ti hawl i
fywyd ac i fod
yn iach

Erthygl 6

