

# Wythnos Lles



Blwyddyn yma cynhelir Wythnos Lles:

**03/07/2023 – 07/07/2023**

Yn ystod yr wythnos mi fydd staff ac ein Llysgenhadon Lles wedi trefnu nifer o weithgareddau i'r plant gymryd rhan ynddynt, mae'r gweithgareddau hyn yn amrywio o glybiau, sesiynau crefft, ymweliadau a llawer mwy. Bwriad y gweithgareddau yw hybu lles ac iechyd meddwl, gan geisio sicrhau hapusrwydd disgyblion a staff yr ysgol.

Mae'r **Pum Ffordd At Les** yn bethau syml y gallwn ni i gyd eu gwneud i wella ein iechyd a'n lles emosiynol:



Cysylltu



Bod yn fywiog



Bod yn sylwgar



Dal ati i ddysgu



Rhoi

**Beth sy'n mynd ymlaen yn ystod yr wythnos hon?**

*Uned 'dan 8*

*Uned 'dan 11*

<i>Llun</i>	Byddwn yn sylwgar o sut i fwyta'n iach gan flasau a chreu prydau gyda ffrwythau.	Byddwn yn sylwgar i'n teimladau a theimladau pobl eraill.
<i>Mawrth</i>	Mynd am dro a chael picnic.	<b>Bore</b> Mabolgampau 3 a 4. <b>P'nawn</b> Mabolgampau 5 a 6.
<i>Mercher</i>	<b>Bore</b> Mabolgampau Meithrin a Derbyn. <b>P'nawn</b> Mabolgampau 1 a 2.	Cysylltu ag eraill trwy iaith, e-byst a threulio amser gyda'n gilydd.
<i>Iau</i>	Ymweliadau gan bobl sy'n helpu.	Rhoi ein hamser, creu anrhegion a chodi arian i elusen.
<i>Gwener</i>	<b>P'nawn y Plant 3:00 – 4:00.</b> Dewch i ymlacio gyda ni ar ddiwedd ein wythnos lles. Bydd fan hufen iâ ar dir yr ysgol a braf fydd cael y cyfle i gymdeithasu ar y cae.	

**Mwy o wybodaeth i ddilyn yn fuan**

# Wellbeing week



This year Wellbeing Week will be held:

**03/07/2023 – 07/07/2023**

During the week staff and our Wellbeing Ambassadors will have organized a number of activities for the children to participate in, these activities range from clubs, craft sessions, visits and much more. The purpose of the activities is to promote well-being and mental health, while trying to ensure the happiness of the school's pupils and staff.

The **Five Ways To Wellbeing** are simple things we can all do to improve our emotional health and wellbeing:



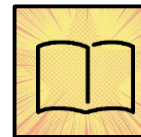
Connect



Be active



Take notice



Keep learning






Give

## What will be going on during the week?

### Under 8 Unit

### Under 11 Unit

<i>Monday</i>	We will take notice how to eat healthily by tasting and creating meals with fruit. 	We will be attentive to our feelings and the feelings of other people. 
<i>Tuesday</i>	Going for a walk and having a picnic. 	<b>Morning Sports Day 3 and 4.</b> <b>Afternoon Sports Day 5 and 6.</b> 
<i>Wednesday</i>	<b>Morning Sports Day</b> Nursey and Reception. <b>Afternoon Sports Day 1 and 2.</b> 	Communicating with others through language, emails and spending time with each other. 
<i>Thursday</i>	Visits from people who help. 	Giving our time, creating gifts and raising money for charity. 
<i>Friday</i>	<b>Children's Afternoon 3:00 – 4:00.</b> Come relax with us at the end of our wellbeing week. There will be an ice cream van on the school grounds and it will be nice to have the opportunity to socialize on the field. 	

*More information to follow soon*