



**Sut alla' i gefnogi fy mhlentyn?  
How can I support my child?**



**Blwyddyn 7-8 / Year 7-8**





## Tim Blwyddyn 7 / Year 7 Team

**Pennaeth Cynorthwyol**  
**Assistant Headteacher:**  
Rhiannon Rhys Jones



**Arweinydd Cynnydd a Lles**  
**Progress Leader:**  
Laura Lewis

**Swyddog Ymddygiad**  
**Behaviour Officer:**  
Ms Nia Lloyd



## Cefnogi Lles a Bugeiliol CA 3 KS3 Pastoral and Well-being Support:

**Swyddog Bugeiliol**  
**Pastoral Officer:**  
Miss Katie Griffiths



**ALNCO :**  
Mrs Vicky Phillips

**Cefnogi Lles**  
**Well-being Support:**  
Mrs Maria Williams





## Cwricwlwm CA3 / Key Stage 3 Curriculum

Bydd y mwyafrif o ddisgyblion Blwyddyn 7 i 9 yn dilyn y cwricwlwm cenedlaethol Cyfnod Allweddol 3.

The majority of Year 7 to 9 students will follow the Key Stage 3 national curriculum.

- Saesneg / English
- Mathemateg / Maths
- Gwyddoniaeth / Science
- Hanes / History
- Daearyddiaeth /Geography
- Technoleg Gwybodaeth /Information Technology
- Addysg Grefyddol /Religious Education
- Cymraeg /Welsh
- Ffrangeg / French
- Celf & Dylunio /Art & Design
- Cerddoriaeth /Music
- Dylunio & Thecholeg /Design Technology
- Ymarfer corff / PE
- Food Technology
- ABCh / PSE

Mae'r diwrnod ysgol yn dechrau am 8.50 y bore gyda chofrestru mewn ystafelloedd dosbarth. Bydd 5 gwrs y dydd ac amserlen dros 2 wythnos.

The school days begins at 8.50am with registration in form rooms. We have a 5 period day and a 2 week timetable.

08.50 - 09.05 Cofrestru / Registration

09.05 - 10.05 Gwers 1 / Lesson 1

10.05 - 11.05 Gwers 2 / Lesson 2

11.05 - 11.25 Egwyl / Break

11.25 - 12.25 Gwers 3 / Lesson 3

12.25 - 13.25 Gwers 4/ Lesson 4

13.25 - 14.15 Cinio / Lunch

14.15 - 15.20 Gwers 5 / Lesson 5



## Ffonau symudol/Mobile Phones

Gall ddisgyblion ddod â ffôn symudol i'r ysgol ond eu cyfrifoldeb nhw yw hi yn gyfan gwbl.

*Ni fydd yr ysgol yn cymryd unrhyw gyfrifoldeb amdanynt.*

**Ni ddylent gael eu defnyddio yn ystod y dydd**, byddant yn cael eu

hatafael os cânt eu gweld ar ol rhybudd ar lafar. Yna, bydd y disgyblion yn gallu eu casglu ar ddiwedd y diwrnod ysgol



Pupils may bring a mobile phone to school but it is entirely at their own risk. They should be kept in their bags and only used for educational purposes when a teacher gives them permission. *The school will not take any responsibility for them.*

## OFFER CYWIR

Ceisiwch helpu eich plentyn i baratoi ei bag y noson gynt, mae'n bwysig bod eich plentyn yn dod a'r pethau canlynol i'r ysgol bob dydd:

- Pen
- Pencil
- Rwber
- Pren mesur
- Naddwr
- Cwmpawd ac onglydd
- Cyfrifiannell
- Llyfr darllen / rhywbeth addas i'w ddarllen ar gyfer amser bugeiliol
- Cit chwaraeon - os mae gwersi Chwaraeon / Ymarfer Corff



## CORRECT EQUIPMENT

Try to help your child check their bag the night before, it is important that your child comes equipped daily with the following:

- Pen
- Pencil
- Rubber
- Ruler
- Sharpener
- Compass & Protractor
- Calculator
- Reading book / suitable reading material for tutor time



## Apwyntiadau Meddygol ac absenoldebau Medical appointments and absences

Os yw eich plentyn yn sâl neu'n methu mynychu'r ysgol am unrhyw reswm, rhowch wybod i swyddfa'r ysgol cyn 08:50. Dylech osgoi gwneud apwyntiadau meddygol yn ystod y diwrnod ysgol. Os na ellir osgoi hyn, rhowch wybod i swyddfa'r ysgol.

If your child is ill or is unable to attend school for any reason, please inform the school office before 08:50. Please avoid making medical appointments during the school day. If this is unavoidable, please let the school office know.

01982 553292 or email [office@caloncymru.powys.sch.uk](mailto:office@caloncymru.powys.sch.uk)



Gwnewch yn siwr eich bod wedi logio mewn i Go4Schools. Ar y wefan hon gellir tracio cynnydd, presenoldeb ac ymddygiad eich plentyn (ymddygiad da a drwg). Ceir modiwl gwaith cartref hefyd lle y gellir darparu mwy o ddogfennau / manylion i gefnogi tasgau gwaith cartref lle bo angen.

Please ensure that you have logged on to Go4Schools. Here you will be able to keep track of your child's attendance, progress and behaviours (both positive and negative). There is also a homework module where staff will provide more detail / supporting documents where applicable to the homework task.



### How to set your parental password for Go4Schools

1. Make sure you have returned your Go4Schools slip with your up to date email on
2. Go to [www.go4schools.com](http://www.go4schools.com)
3. Click on the 'Parents' button



Need help in using G04Schools - The following clip is a useful guide for parents <https://www.youtube.com/watch?v=8tUb96o2D-I>

## REWARDS / GWOBRWYO

Mae disgyblion yn cael eu gwobrwyo'n rheolaidd am eu hymddygiad da gan ddefnyddio'r data o Go4Schools. Rydym hefyd yn dathlu cynnydd a phresenoldeb ein disgyblion unwaith bob hanner tymor.

Pupils are rewarded regularly for their good behavior using the data from Go4Schools. We also celebrate the achievements, progress and attendance of our pupils once every half term.

# Pam mae Presenoldeb Ysgol Mor Bwysig?



Mae Ysgol Calon Cymru wedi ymrwymo i weithio gyda disgyblion a'u teuluoedd i sicrhau presenoldeb ardderchog yn yr ysgol. Rydym yn annog pob myfyriwr i fynychu'r ysgol yn brydlon bob dydd, ac anelu at bresenoldeb o 100%, er mwyn sicrhau eu bod yn elwa i'r eithaf ar eu haddysg.

Mae eich plentyn yn manteisio  
i'r eithaf ar bob cyfle dysgu



**95%–100%**

Siawns Orau o  
Lwyddo

Boddhaol, ond efallai y bydd  
rhaid i'ch plentyn dreulio amser  
yn dal i fyny â'r gwaith



**90%–95%**

Wedi colli o leiaf 2  
Wythnos o Ddysgu

Gall fod eich plentyn ar risg o  
dangyflawni ac efallai y bydd  
angen cymorth ychwanegol  
gennych chi i ddal i fyny â'r  
gwaith



**85%–90%**

Wedi colli o leiaf 4  
Wythnos o Ddysgu

Mae presenoldeb gwael eich  
plentyn yn effeithio'n sylweddol  
ar ddysgu



**80%–85%**

Wedi colli o leiaf  
5½ Wythnos o Ddysgu

Mae eich plentyn yn colli allan ar  
addysg eang a chytbwys, ac  
rydych chi ar risg o gael eich  
erlyn



**75%–80%**

Wedi colli o leiaf 7½  
Wythnos o Ddysgu

Ar y Trywydd

Ar Risg

Oddi ar y Trywydd

# Why is School Attendance So Important?



Ysgol Calon Cymru is dedicated to working with pupils and their families to secure excellent attendance to school. We encourage every student to attend school on time every day, and aim for 100% attendance, to ensure that they gain the most from their education.



# Cwestiynau Cyffredin ar Bresenoldeb Ysgol



## Pam mae presenoldeb ysgol mor bwysig?

Mae presenoldeb rheolaidd yn yr ysgol yn rhan bwysig o roi i blant y dechreuad gorau posibl mewn bywyd. Gall disgyblion sy'n absennol o'r ysgol yn aml fod ar ei hôl hi gyda'u gwaith a heb wneud cystal mewn arholiadau.



## Beth ydw i'n gwneud os fydd fy mhlentyn yn absennol o'r ysgol?

Os bydd eich plentyn yn absennol o'r ysgol am unrhyw reswm ffoniwch yr ysgol i roi gwybod i ni ar bob dydd yr absenoldeb.

Campws Llanfair ym Muallt: 01982 553 292  
Campws Llandrindod: 01597 822 992

## Pam mae presenoldeb Go4Schools fy mhlentyn yn is nag y dylai fod?

Gall presenoldeb eich plentyn ar Go4Schools ymddangos yn is nag y mae mewn gwirionedd oherwydd system godio Llywodraeth Cymru ar gyfer 3ydd a 4ydd Medi pan oedd grwpiau blwyddyn rhannol yn bresennol yn yr ysgol. Fe fydd yn ymddangos fel absenoldeb awdurdodedig ar bresenoldeb eich plentyn.





# Frequently Asked Questions on School Attendance



## Why is school attendance so important?

Regular school attendance is an important part of giving children the best possible start in life. Pupils who miss school frequently can fall behind with their work and do less well in exams.



## What do I do if my child is going to be absent from school?

If your child is going to be absent from school for any reason please ring the school to inform us on each day of absence.

Builth Campus: 01982 553 292

Llandrindod Campus: 01597 822 992

## Why is my child's Go4Schools attendance lower than it should be?

Your child's attendance may appear lower than it actually is on Go4Schools due to the Welsh Government's coding system for the 3rd & 4th Sept when only partial year groups were present in school. This will appear as an authorised absence on your child's attendance.





- Anogwch eich plentyn i roi popeth yn barod y noson gynt. Mae llawer mwy o amser gyda'r nos i ffeindio pâr o sanau!
- Gofalwch fod gennych system i wneud yn siŵr bod dillad yn lân ac yn barod.
- Penderfynwch ar gyfrifoldebau. Er enghraifft, pwy sy'n smwddio crysau? Pwy sy'n eu rhoi gadw?
- Os oes amserlen gennych ar gyfer eich plentyn, lliwiwch y dyddiau pan fo Addysg Gorfforol gan eich plentyn er mwyn iddynt weld pob dydd sydd angen eu bag Addysg Gorfforol arnynt.
- Cysylltwch â'r ysgol os oes gennych anawsterau ariannol i brynu gwisg ysgol.

Labelwch  
eiddo.  
Label all  
belongings.

- Encourage your child to put everything out the night before. There's much more time in the evening for finding odd socks!
- Have a system for making sure that clothes are clean and ready.
- Decide on responsibilities. For example, who irons shirts? Who puts them away?
- If you have a timetable displayed for your child colour the days when your child has PE so they can see each day if they need to take their PE bag.
- Please contact the school if you have financial difficulties for buying school uniform.

# GWISG YSGOL / UNIFORM

Gofynnwn i chi gefnogi ein polisi gwisg ysgol yn llawn. Os oes unrhyw bryderon mewn perthynas â gwisg ysgol, rhowch wybod i ni.

As parents we ask that you fully support our school uniform policy. If there are any concerns in relation to school uniform please let us know.

**Dylai disgyblion blwyddyn 7-11 wisgo'r wisg ysgol.**

Rydym yn gosod ac yn ymdrechu i gynnal safonau uchel o wisg ysgol.

**Pupils in year 7-11 should wear the school uniform.**

We set and endeavour to maintain high uniform standards for all pupils.



Tei Calon  
Cymru gyda  
chlip /  
traddodiadol.  
Calon Cymru  
Tie  
Clip on/  
traditional

Crys plaen llewys  
hir neu fyr.  
Long or short  
sleeved plain  
white shirt.

- *Trowsus du neu glas tywyll (nid yw trowsus cargo, jîns neu jeggings yn dderbyniol) neu sgert ddu / glas tywyll smart/teilwredig hyd at y pen-glin.*

- Smart black or navy trousers (cargo, combat, jeans and jeggings styles are not acceptable) or smart black or navy knee length skirt (jersey tube skirts are not acceptable).
- *Sanau tywyll* Dark socks (black opaque tights may be worn)
- *Esgidiau du plaen (nid yw esgidiau gyda logos / lliw yn dderbyniol)* Plain black footwear (coloured trim, laces and any printed designs/logos/symbols are not acceptable).



Siwmpwr ysgol nefi  
/ cardigan gyda  
logo'r ysgol.  
Navy school  
jumper / cardigan  
with school logo.

# GWISG YMARFER CORFF / PE KIT

Crys polo Ymarfer Corff yr Ysgol neu grys rygbi llewys hir. Hwdi Ysgol YCC.  
School PE Polo shirt or long sleeve rugby top. School YCC Hoody.

Trowus byr  
neu drowsus  
loncian du.  
Black shorts  
or joggers.

Ar gael o: / All available from:

## Performance Clothing

5 Heart Of Wales Business  
Park

Llandrindod Wells

Powys

LD1 5AB

## Oriau / Hours:

Dydd Llun I Dydd Gwener

Monday—Friday:

9:00AM—5:00PM

## Rhif Ffon:

**Telephone Number:**

01597 822884

## Order online:

[www.uniformbypc.co.uk](http://www.uniformbypc.co.uk)





## Cefnogi Plant a Phobl Ifanc

Yn ogystal â meddwl am blant a phobl ifanc yn eich gofal, mae'n bwysig gofalu am eich iechyd meddwl a'ch lles chi. Pan fo rhieni'n ymdrin â sefyllfa mewn modd digynnwrf a hyderus, gallant roi'r gefnogaeth orau i'w plant a phobl ifanc.

Gweithrediadau allweddol i gefnogi iechyd meddwl a lles eich plentyn neu berson ifanc:

- **Gwrandewch arnynt a chydnabyddwch eich pryderon** —edrychwch am unrhyw newidiadau yn eu hymddygiad, maent yn dibynnu arnoch chi i ddehongli eu teimladau.

Mae <https://mindedforfamilies.org.uk/> yn adnodd addysgol ar-lein am ddim ar iechyd meddwl plant a phobl ifanc ac ar gael i bob oedolyn, er mwyn cefnogi rhieni a gofaldwyr yn ystod yr amgylchiadau eithriadol hyn.

- **Rhowch wybodaeth glir am y sefyllfa** —un o'r ffyrdd gorau i helpu eich plentyn i deimlo'n ddiogel yw trwy siarad yn agored am yr hyn sy'n digwydd a rhoi atebion gonest i unrhyw gwestiynau, ac yn defnyddio geiriau ac esboniadau y gallant eu deall.

Gall The Children's Guide to Coronavirus

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf> eich helpu i roi gwybodaeth glir a phriodol.

- **Byddwch yn ymwybodol o'ch ymatebion chi** —ceisiwch bod yn digynnwrf, siaradwch yn garedig, ac atebwch unrhyw gwestiwn yn onest.

I gael rhagor o wybodaeth ar sut i ofalu am eich lles meddyliol chi yn ystod y pandemig, gweler y canllaw ar sut i ofalu am eich iechyd meddwl eich hun:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>.



## Supporting Children and Young People

As well as thinking about children or young people in your care, it is important to take care of your own mental health and wellbeing. When parents and carers deal with a situation calmly and confidently, they can provide the best support for their children and young people.

Key actions to supporting your child or young person's mental health and wellbeing:

- **Listen to and acknowledge their concerns**—look out for any changes in their behavior, they rely on you to interpret their feelings.

<https://mindedforfamilies.org.uk/> is a free online educational resource on children and young people's mental health for all adults, which can support parents and carers through these exceptional circumstances.

- **Provide clear information about the situation**—one of the best ways to help your child feel safe is by talking openly about what is happening and providing honest answers to any questions, using words and explanations that they can understand.

The Children's Guide to Coronavirus <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf> may help you provide clear and appropriate information.

- **Be aware of your own reactions**—try and remain calm, speak kindly, and answer any questions honestly.

For further information on how to look after your own mental wellbeing during the pandemic, see the guidance on how to look after your own mental health: <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing>.



## Cefnogi Plant a Phobl Ifanc

**Cysylltwch yn rheolaidd** — os oes rhaid i chi a'ch plant fod mewn lleoliadau gwahanol i'r arfer, gwnewch yn siŵr eich bod yn medru cysylltu'n rheolaidd ac yn aml ar y ffôn neu mewn galwadau fideo. Ceisiwch helpu eich plentyn i ddeall pa drefniadau a wnaed ar eu cyfer a pham, mewn termau syml.

- **Cefnogwch ffyrdd diogel i blant a phobl ifanc gysylltu â'u ffrindiau** — a chadw at ymbellhau cymdeithasol; os nad yw hynny'n bosibl gallant gysylltu ar-lein neu ar y ffôn neu alwadau fideo.

I gael mwy o gyngor ar helpu eich plentyn i aros yn ddiogel ar-lein, gweler y canllaw hwn ar fod yn ddiogel ar-lein yn ystod y pandemig coronafeirws (COVID-19) trwy ddefnyddio: <https://www.gov.uk/guidance/covid-19-staying-safe-online#parents>

- **Cynnal trefn reolaidd** — mae trefn reolaidd yn rhoi teimlad cynyddol o ddiogelwch i blant a phobl ifanc mewn cyd-destun o ansicrwydd, felly meddyliwch sut i ddatblygu trefn newydd, hyd yn oed yn yr adegau newidiol hyn. Ceisiwch gael cynllun ar gyfer pob diwrnod, ac am yr wythnos. Gwnewch yn siŵr bod yna amser i ddysgu, chwarae ac ymlacio. Anogwch gydbwysedd amser ar-lein ac all-lein. Cadwch at amser gwely rheolaidd.

### Did You Know?

Mae plant yn eu harddegau sydd â pherthnasoedd sefydlog, ymddiriedus ac agored gyda'u rhieni wedi eu darparu'n well i ddatblygu annibyniaeth a thyfu'n oedolion cyfrifol. Maent hefyd yn fwy tebyg o lwyddo wrth drafod sefyllfaoedd peryglus fel ysmegu, alcohol a defnyddio cyffuriau eraill, a gweithgaredd rhywiol.



## Supporting Children and Young People

- **Connect regularly**—if it is necessary for you and your children to be in different locations to normal, make sure you still have regular and frequent contact via phone or video calls. Try to help your child understand what arrangements are being made for them and why, in simple terms.
- **Support safe ways for children and young people to connect with their friends**—maintain social distancing; if that isn't possible they can connect online or via phone or video calls.

For more advice on helping your children stay safe online, see this guidance on staying safe online during the coronavirus (COVID-19) pandemic using:  
<https://www.gov.uk/guidance/covid-19-staying-safe-online#parents>

- **Maintain a routine**— routine gives a child and young people an increased feeling of safety in the context of uncertainty, so think about how to develop a new routine, even within these changing times. Try to have a plan for each day, and for the week. Ensure there is time for learning, playing and relaxing. Encourage a balance of time on and off line. Keep regular bedtimes.

### Did You Know?

Teenagers who have stable, trusting and open relationships with their parents are better equipped to develop independence and grow into responsible adults. They're also more likely to be successful at handling risky situations like smoking, alcohol and other drug use, and sexual activity.



## Perthnasoedd cadarnhaol ac aros mewn cyswllt

Yn ystod llencyndod mae rhieni a phlant yn aml yn dechrau treulio mwy o amser ar wahân. Mae'n naturiol i blant yn eu harddegau archwilio perthnasoedd gyda ffrindiau a phobl eraill y tu allan i'w teuluoedd. Ond **mae eich plentyn yn dal i fod angen perthynas gref gyda chi** er mwyn teimlo'n ddiogel wrth iddynt wybebu heriau llencyndod. Mae aros mewn cyswllt gyda'ch plentyn adeg llencyndod yn ymwneud ag **adeiladu agosatrwydd** yn eich perthynas trwy fod ar gael ac yn ymateb i'ch plentyn. Gall y cyswllt fod yn achlysurol, sydd yn aml yn ymwneud â defnyddio rhyngweithiau bob dydd yn aml er mwyn adeiladu agosatrwydd. Neu gellir cynllunio ar gyfer y cyswllt – dyma pan rydych yn amserlennu amser i wneud pethau gyda'ch gilydd rydych yn eu mwynhau. Os ydych yn aros mewn cyswllt gyda'ch plentyn, bydd eich plentyn yn fwy tebyg i ddod â'u problemau atch chi hefyd.



## Cyswllt achlysurol gyda'ch plentyn

Cyswllt achlysurol yw ffordd i ddefnyddio rhyngweithiau bob dydd i adeiladu agosatrwydd a pherthnasoedd cadarnhaol. Y cyfleoedd gorau ar gyfer cyswllt achlysurol yw pan fo eich plentyn yn dechrau sgwrs gyda chi – mae hyn fel arfer yn meddwl eu bod mewn hwyl siarad.

### Awgrymiadau ar gyfer cyswllt achlysurol

- Rhowch y gorau i'r hyn rydych yn ei wneud a chanolbwyntiwch ar yr eiliad. Rhowch eich sylw llawn i'ch plentyn. Mae cysylltu'n gweithio orau pan rydych yn anfod yn neges mai'r eiliad honno, eich plentyn yw'r peth pwysicaf i chi.
- Edrychwch ar eich plentyn pan maent yn siarad â chi. Gwrandewch yn astud ar yr hyn a ddywedant. Mae hyn yn anfon neges bod yr hyn a ddywedant yn bwysig i chi.
- Dangoswch ddiddordeb. Anogwch eich plentyn i ymhelaethu ar yr hyn a ddywedant, ac archwiliwch eu barnau, safbwyntiau, teimladau, disgwyliadau neu gynlluniau.
- Gwrandewch heb farnu na chywiros. Eich nod yw bod gyda'ch plentyn, nid i roi cyngor a help oni bai eu bod yn gofyn am hyn.
- Byddwch yno – er enghraifft, efallai eich bod yn y gegin pan fo eich plentyn yn ei ystafell wely. Mae plant yn eu harddegau'n elwa o wybod eich bod ar gael.
- Hefyd, gallwch geisio'n weithredol i greu cyfleoedd ar gyfer cyswllt achlysurol, ond peidiwch â gwithio pethau os nad yw eich plentyn am siarad. Gall ceisio gorfodi sgwrs arwain at wrthdaro a gadael y ddau ohonoch yn waeth.





## Positive relationships and staying connected

In adolescence parents and children often begin to spend more time apart. It's natural for teenagers to explore relationships with friends and other people outside their families. But **your child still needs a strong relationship with you** to feel safe and secure as they meet the challenges of adolescence.

Staying connected with your teenage child is about **building closeness** in your relationship by being available and responsive to your child.

Connecting can be casual, which involves using frequent everyday interactions to build closeness. Or connecting can be planned – this is when you schedule time to do things together that you both enjoy.

If you stay connected with your child, you'll be in a good position to pick up on any problems that your child might be having. Your child is also more likely to come to you with problems.



## Casual connecting with your child

Casual connecting is a way of using everyday interactions to build closeness and positive relationships. The best opportunities for casual connecting are when your child starts a conversation with you – this generally means they are in the mood to talk.

### Tips for casual connecting:

- Stop what you're doing and focus on the moment. Even for just a few seconds, give your child your full attention. Connecting works best when you send the message that right now, your child is the most important thing to you.
- Look at your child while they're talking to you. Really listen to what they are saying. This sends the message that what they say is important to you.
- Show interest. Encourage your child to expand on what they are saying, and explore their views, opinions, feelings, expectations or plans.
- Listen without judging or correcting. Your aim is to be with your child, not to give advice or help unless they ask for it.
- Just be there – for example, you might be in the kitchen when your child is in their bedroom. Teenagers benefit just from knowing that you're available.
- You can also actively try to create opportunities for casual connecting, but don't push it if your child doesn't want to talk. Trying to force a conversation can lead to conflict and leave the two of you worse off.



## Cyswllt cynlluniedig gyda'ch plentyn

Mae hyn yn ymwneud ag amserlennu amser i wneud pethau gyda'ch plentyn rydych ill dau'n eu mwynhau. Mae bywydau prysur a mwy o amser ar wahân yn gallu ei gwneud yn anodd i dreulio amser o hwyl gyda'ch gilydd. Felly, mae'n rhaid cynllunio ar gyfer hyn. Nid yw plant yn eu harddegau bob amser yn frwdfrydig ynglŷn â threulio amser gyda'u rhieni, ond mae'n werth mynnu eu bod yn gwneud hyn – weithiau, o leiaf.

### Awgrymiadau ar gyfer cyswllt cynlluniedig

Amserlennwch amser gyda'ch gilydd. Rhaid dod o hyd i amser sy'n gweddu'r ddau ohonoch.

Gadewch i'ch plentyn ddewis beth fyddwch yn ei wneud, a dilynwch hwy. Bydd hyn yn eu symbylu i ddymuno treulio amser gyda chi.

Canolbwyntiwch ar fwynhau cwmni eich plentyn. Ceisiwch bod yn bartner brwdfrydig a chydweithredwch yn weithredol yn yr hyn mae eich plentyn yn ei wneud – mae'r gweithgaredd ei hun yn llai pwysig na hwyl ar y cyd a siarad gyda'ch plentyn.

Anelwch at fod ac aros yn gadarnhaol. Ar y dechrau, efallai na fydd eich plentyn mor awyddus â chi i gymryd rhan yn y gweithgareddau hyn, ond peidiwch â rhoi'r gorau iddi. Cadwch yr adegau cynlluniedig yn fyr i ddechrau, a bydd eich plentyn yn dod i fwynhau'r adegau hyn gyda chi.



## Goresgyn rhwystrau i gysylltu

Gall manteisio i'r eithaf ar gyfleoedd bob dydd i gysylltu – fel sgwrsio wrth yrru – eich helpu i oresgyn y rhwystr hwn. Os yw eich plentyn yn amharod i dreulio amser gyda chi, gallech roi cynnig ar y canlynol:

- Cadwch bethau'n fyr i ddechrau – rhwoch gyngnig ar baned o goffi mewn hoff gaffi ar ôl ysgol, er enghraifft.
- Gadewch i'ch plentyn ddewis y gweithgaredd – hyd yn oed os oes rhaid i chi eistedd trwy gomedï ramantus i'r ardegau neu ffilm antur!
- Peidiwch â rhoi'r gorau iddi – gall gymryd ychydig o amser ond po fwyaf yr amser rydych yn ei dreulio gyda'ch gilydd, y mwyaf y gallwch ymlacio i bethau.
- Gallech chi a'ch plentyn deimlo'n agosach os ydych yn gwneud y mwyaf o sgysiau achlysurol yn ystod y dydd. Mae pob sgwrs fer yn gyfle i wrando a siarad mewn modd ymlaciol, cadarnhaol.
- Os ydych yn garedig ac yn ystyriol gyda'ch plentyn, gall hyn helpu i greu ewyllys dda a theimladau cadarnhaol. Yn aml, gall pethau bach wneud gwahaniaeth mawr – er enghraifft, dweud plŷs, rhoi cwtsh, pat ar y cefn, curo'r drws cyn mynd mewn i ystafell wely, coginio hoff bryd bwyd, rhoi trî neu weithgaredd hwyliog fel syrpreis.
- A phan rydych yn teimlo mai chi sy'n gwneud y gwaith i gyd, ceisiwch gofio y bydd y cyfnod hwn yn mynd heibio.



## Planned connecting with your child

This involves scheduling time to do things with your child that you both enjoy. Busy lives and more time apart can make it difficult to spend fun time together. That's why you need to plan it. Teenagers aren't always enthusiastic about spending time with their parents, but it's worth insisting that they do – at least sometimes.

### Tips for planned connecting

- Schedule time together. You need to find a time that suits you both.
- Let your child choose what you'll do, and follow their lead. This will motivate them to want to spend time with you.
- Concentrate on enjoying your child's company. Try to be an enthusiastic partner and actively cooperate with what your child is doing – the activity itself is less important than shared fun and talking with your child.
- Keep trying and stay positive. At first, your child might not be as keen as you to take part in these activities, but don't give up. Keep planned times brief to begin with, and your child will come to enjoy this time with you.



## Overcoming obstacles to connecting

Making the most of everyday opportunities to connect – like chatting while you're driving – can help you get over this hurdle. If your child is reluctant to spend scheduled time with you, you could try the following:

- Keep it brief to begin with – try a cup of coffee at a favourite café after school, for example.
- Let your child choose the activity – even if you do have to sit through a teenage romantic comedy or action movie!
- Don't give up – it might take a little while but the more time you spend together, the more you can both relax into it.
- You and your child might feel closer if you make the most of casual conversations during the day. Every little chat is an opportunity to listen and talk in a relaxed, positive way.
- If you're kind and considerate with your child, this can help create goodwill and positive feelings. Often, simple things make a big difference – for example, saying please, giving hugs, pats on the back, knocking before entering a bedroom, cooking a favourite meal, providing treats or surprise fun activities.

And when you feel like you're the one doing all the work, try to remember that this phase will usually pass.



# Datblygiad ymennydd: plant yn harddegau



## Did You Know?

Ydych chi wedi sylwi bod meddyliau ac ymddygiad eich plentyn weithiau'n eithaf aeddfed, ond ar adegau eraill mae eich plentyn yn ymddwyn neu'n meddwl mewn ffyrdd afresymegol, byrbwyll neu emosiynol? Mae datblygiad cefn i flaen yr ymennydd yn esbonio'r newidiadau hyn – mae ymennydd plant yn eu harddegau yn dal i dyfu.

## Datblygiad ymennydd plant yn eu harddegau: y pethau sylfaenol

Mae ymennydd plant yn gwneud hyrddiad anferth o dyfu'n sydyn pan maent yn ifanc. Erbyn eu bod yn chwe mlwydd oed, mae eu ymennydd eisoes tua 90-95% maint un oedolyn. Mae'r blynyddoedd cynnar yn adeg allweddol ar gyfer datblygiad yr ymennydd, ond mae angen llawer iawn o ailfodelu ar yr ymennydd cyn y gall weithio fel ymennydd yr oedolyn.

Mae'r ailfodelu hwn i'r ymennydd yn digwydd yn ystod llencyndod, ac yn parhau nes bod eich plentyn yng nghanol ei 20au. Mae newid i'r ymennydd yn ddibynnol ar oed, profiad a newid hormonaidd yn ystod glasoed.

## Tu fewn i ymennydd yr arddegau

Llencyndod yw adeg o dwf a datblygiad sylweddol tu fewn i ymennydd yr arddegau.

Y prif newid yw bod y cysylltiadau diddefnydd yn rhan meddwl a phrosesu ymennydd eich plentyn (a elwir yn freithell - grey matter) y cael eu **'tocio'**. Ar yr un adeg, caiff cysylltiadau eraill eu cryfhau. Dyma ffordd yr ymennydd o fod yn fwy effeithiol, ar sail yr egwyddor 'defnyddiwch e neu gollwch e'.

Mae'r broses docio yn dechrau yng nghefn yr ymennydd. Y rhan olaf i'w ailfodelu yw rhan blaen yr ymennydd, y cortecs cyndalcennol. Y cortecs cyndalcennol yw'r rhan o'r ymennydd sy'n gwneud penderfyniadau, sy'n gyfrifol am allu eich plentyn i gynllunio a meddwl am ganlyniadau gweithredoedd, datrys problemau a rheoli symbyliadau. Mae newidiadau i ran hwn yr ymennydd yn parhau i oedolaeth cynnar.

Am fod y cortecs cyndalcennol yn dal i ddatblygu, gall plant yn eu harddegau ddibynnu ar ran o'r ymennydd o'r enw **amygdala** i wneud penderfyniadau a datrys problemau mwy nag y mae oedolion yn ei wneud. Cysylltir yr amygdala gydag emosiynau, symbyliadau, ymosodedd ac ymddygiad greddfol.



# Brain development: teenagers



## Did You Know?

Have you noticed that sometimes your child's thinking and behaviour seems quite mature, but at other times your child seems to behave or think in illogical, impulsive or emotional ways? The back-to-front development of the brain explains these shifts and changes – teenagers are working with brains that are still under construction.

## Teenage brain development: the basics

Children's brains have a massive growth spurt when they're very young. By the time they're six, their brains are already about 90-95% of adult size. The early years are a critical time for brain development, but the brain still needs a lot of remodelling before it can function as an adult brain.

This brain remodelling happens intensively during adolescence, continuing until your child is in their mid-20s. Brain change depends on age, experience and hormonal changes in puberty.

## Inside the teenage brain

Adolescence is a time of significant growth and development inside the teenage brain.

The main change is that unused connections in the thinking and processing part of your child's brain (called the grey matter) are '**pruned**' away. At the same time, other connections are strengthened. This is the brain's way of becoming more efficient, based on the 'use it or lose it' principle.

This pruning process begins in the back of the brain. The front part of the brain, the prefrontal cortex, is remodelled last. The prefrontal cortex is the decision-making part of the brain, responsible for your child's ability to plan and think about the consequences of actions, solve problems and control impulses. Changes in this part of the brain continue into early adulthood. Because the prefrontal cortex is still developing, teenagers might rely on a part of the brain called the **amygdala** to make decisions and solve problems more than adults do. The amygdala is associated with emotions, impulses, aggression and instinctive behaviour.



# Datblygiad ymennydd: plant yn harddegau



## Adeiladu ymennydd iach yn yr arddegau

Mae cyfuniad ymennydd unigryw eich plentyn a dylanwadau'r amgylchedd yn effeithio ar y modd y mae eich plentyn yn ymddwyn, meddwl a theimlo. Er enghraifft, gallai gweithgareddau a sgiliau dewisol eich plentyn fod yn 'wifredig' yn yr ymennydd.

**Mae sut y mae plant yn eu harddegau'n treulio eu hamser yn hanfodol i ddatblygiad yr ymennydd.** Felly, mae'n werth meddwl am ystod y gweithgareddau a phrofiadau mae eich plentyn yn eu hoffi – cerddoriaeth, chwaraeon, astudio, ieithoedd, gemau fideo. Beth am ffurfio'r math o ymennydd y bydd gan eich plentyn mewn oedolaeth?

Rydych chi'n rhan bwysig o amgylchedd eich plentyn. Bydd sut rydych yn llywio a dylanwadu ar eich plentyn yn bwysig wrth helpu eich plentyn i adeiladu ymennydd iach hefyd.

Gallwch wneud hyn trwy:

- annog ymddygiad cadarnhaol
- hyrwyddo sgiliau meddwl da
- helpu eich plentyn i gael digon o gwsg.



## Cwsg a datblygiad ymennydd yr arddegau

Yn ystod llencyndod, mae patrymau cysgu'n newid oherwydd y newidiadau hormonaidd yn yr ymennydd. Ond mae plant angen digon o gwsg o hyd er mwyn iechyd a datblygiad cyffredinol, yn cynnwys datblygiad yr ymennydd.

Gall yr awgrymiadau hyn helpu eich plentyn i gael y cwsg sydd ei angen arnynt:

- Gwnewch yn siŵr bod gan eich plentyn amgylchedd gysurus a thawel i gysgu.
- Anogwch 'dadweindio' cyn amser gwely, heb sgriniau gan gynnwys ffonau.
- Anogwch eich plentyn i fynd i'r gwely a deffro ar adegau rheolaidd bob dydd.
- Anogwch eich plentyn i gael **8-10 awr o gwsg** bob nos.

## Did You Know?

Yn aml, mae plant yn eu harddegau'n frwd am eu diddordebau, yn arbennig y rheiny sy'n rhoi cyfle iddynt gymdeithasu. Gallwch helpu eich plentyn i ddatblygu sgiliau a hyder trwy gefnogi diddordebau, gweithgareddau a hobiau eich plentyn.



# Brain development: teenagers



## Building a healthy teenage brain

The combination of your child's unique brain and environment influences the way your child acts, thinks and feels. For example, your child's preferred activities and skills might become 'hard-wired' in the brain.

**How teenagers spend their time is crucial to brain development.** So it's worth thinking about the range of activities and experiences your child is into – music, sports, study, languages, video games. How are these shaping the sort of brain your child will take into adulthood?

You're an important part of your child's environment. How you guide and influence your child will be important in helping your child to build a healthy brain too.

You can do this by:

- encouraging positive behaviour
- promoting good thinking skills
- helping your child get plenty of sleep.



## Sleep and teenage brain development

During adolescence, sleep patterns change because of hormonal changes in the brain. But children still need plenty of sleep for their overall health and development, including their brain development.

These tips can help your child get the sleep they need:

- Ensure your child has a comfortable, quiet sleep environment.
- Encourage 'winding down' before bed, away from screens including phones.
- Encourage your child to go to bed and wake up at regular times each day.
- Encourage your child to get **8-10 hours of sleep** each night.

### Did You Know?

Teenagers are often passionate about their interests, especially ones that give them opportunities to socialise. You can help your child develop skills and confidence by supporting your child's interests, activities and hobbies.



# Datblygiad ymennydd: plant yn harddegau



## Strategaethau ymddwyn ar gyfer datblygiad ymennydd yr ardddegau

Wrth i ymennydd eich plentyn ddatblygu, gallai eich plentyn:

- ddewis gweithgareddau risg uchel neu ymddygiad mentrus
- mynegi mwy o emosiynau a rhai cryfach
- gwneud penderfyniadau byrbwyll.

Dyma rai awgrymiadau ar gyfer annog ymddygiad da a chryfhau cysylltiadau ymennydd cadarnhaol:

Gadewch i'ch plentyn gymryd rhai risgiau iach. Gall profiadau newydd a gwahanol helpu eich plentyn i ddatblygu hunaniaeth annibynnol, archwilio ymddygiad oedolyn tuag at annibyniaeth.

Rhowch ganmoliaeth aml a gwobrwyon cadarnhaol am ymddygiad dymunol. Mae hyn yn atgyfnerthu llwybrau yn ymennydd eich plentyn.

Pwysleisiwch ganlyniadau hirdymor a **di-oed gweithredoedd**.

Rhowch ffiniau a chyfluoedd ar gyfer trafod y ffiniau hynny. Mae pobl ifanc angen canllaw a gosod cyfyngiadau gan eu rhieni ac oedolion eraill.



Siaradwch drwy benderfyniadau gam wrth gam gyda'ch plentyn. Gofynnwch am lwybrau gweithredu posibl y gallai eich plentyn eu dewis, a siaradwch drwy ganlyniadau posibl. Anogwch eich plentyn i bwysu canlyniadau neu wobrwyon cadarnhaol yn erbyn y rhai negyddol.

Anogwch empathi. Siaradwch am deimladau – eich rhai chi, rhai eich plentyn a rhai pobl eraill. Amlygwch y ffaith bod gan bobl eraill safbwyntiau ac amgylchiadau gwahanol. Atgyfnerthwch y gall ambell weithred effeithio ar bobl.





# Brain development: teenagers



## Behaviour strategies for teenage brain development

While your child's brain is developing, your child might:

- choose high-risk activities or risky behaviour
- express more and stronger emotions
- make impulsive decisions.

Here are some tips for encouraging good behaviour and strengthening positive brain connections:

Let your child take some healthy risks. New and different experiences help your child develop an independent identity, explore grown-up behaviour, and move towards independence.

Offer frequent praise and positive rewards for desired behaviour. This reinforces pathways in your child's brain.

Provide boundaries and opportunities for negotiating those boundaries. Young people need guidance and limit-setting from their parents and other adults.

Emphasise the **immediate and long-term** consequences of actions.

Talk through decisions step by step with your child. Ask about possible courses of action your child might choose, and talk through potential consequences. Encourage your child to weigh up positive consequences or rewards against negative ones.

Encourage empathy. Talk about feelings – yours, your child's and other people's. Highlight the fact that other people have different perspectives and circumstances. Reinforce that many people can be affected by one action.



# Gwefannau defnyddiol / Useful Websites



Cylchlythyr diweddaraf Schoolbeat [www.schoolbeat.org](http://www.schoolbeat.org) sy'n cynnwys rhai awgrymiadau i Rieni i gadw eu plant yn ddiogel tra ar-lein.

Cylchlythyr diweddar....wedi'i anelu at Rieni/Gofalwyr:

<https://schoolbeat.cymru/fileadmin/public/newsletters/Cylchlythyr-Schoolbeat-Rhif18.pdf>



Schoolbeat's [www.schoolbeat.org](http://www.schoolbeat.org) most recent newsletter which covers some tips for Parents to keep their children safe whilst online  
Newsletter for Parents/Carers;

<https://schoolbeat.cymru/fileadmin/public/newsletters/SchoolBeat-Newsletter-No18.pdf>

**DEAR PARENT...**

<https://www.letitriipple.org/dearparent>

Rhai gwefannau / adnoddau defnyddiol:

Some other useful websites/resources:

[TiKTok – Parents Safety Centre](#)

[NSPCC – TikTik and top tips for staying safe](#)

[South West Grid for learning](#)

[Safer Internet Centre](#)

[Internet Matters](#)

[GetSafeOnline](#)

[Online Bullying](#)

KEEP YOUR KIDS  
**SAFE** Online



Yr asiantaethau cymorth y mae'r Heddlu'n gweithio gyda yw:

The support agencies the Police work with are:

[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

[www.MeicCymru.org](http://www.MeicCymru.org)

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

[www.talktofrank.com](http://www.talktofrank.com)

[www.cais.co.uk](http://www.cais.co.uk)



**FRANK**

0800 77 66 00 [talktofrank.com](http://talktofrank.com)  
Friendly, confidential drugs advice



## How to help your child to be safe online

- 1** Don't block all access to technology. Help your child learn to use tech **safely and positively**.
- 2** Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- 3** Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 4** Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.
- 5** Teach your child what **personal information** they should not reveal online (YAPPY acronym).
- 6** Help your child learn to **filter** information online and navigate fact from fiction.
- 7** Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.
- 8** **Balance** green time and screen time at home. Focus on basic developmental needs.
- 9** Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.
- 10** **Learn more:** Explore reliable resources for parents so you can educate yourself.

### Podlediadau Llesiant

Fearne Cotton 'Happy Place'



Dr Rangan Chatterjee 'Feel Better, Live More'



Curious 'Nothing Much Happens: Bedtime Stories to Help You Sleep'



Ffeindwch ddolennau i'r podlediadau hyn ar wefan yr ysfold:  
<https://www.ysgolcalon.cymru/wellbeing>

### Wellbeing Podcasts

Fearne Cotton 'Happy Place'



Dr Rangan Chatterjee 'Feel Better, Live More'



Curious 'Nothing Much Happens: Bedtime Stories to Help You Sleep'



Find links to these podcasts on our school website at:  
<https://www.ysgolcalon.cymru/wellbeing>

### Apiau Ffôn

Calm Harm (lleihau'r awydd i hunan-niweddi)



Catch it (rheoli meddyliau negyddol)

Chill Panda (ymarferion anadlu)



Student Health (lleihau pryderon)

### Phone Apps

Calm Harm (reduces urges to self-harm)



Catch it (manage negative thoughts)

Chill Panda (breathing exercises)



Student Health (reduce worries)

# Sut alla'i gefnogi fy mhlentyn os nad wyf yn siarad Cymraeg



## How can I support my child if I don't speak Welsh?

Ein neges allweddol yw peidiwch â phoeni os nad ydych yn medru siarad Cymraeg gyda'ch plant – mae llawer y gallwch ei wneud i helpu eich plant i siarad a defnyddio'r iaith. Rydym am wneud yn siŵr bod pob dysgwr, beth bynnag yw cyfrwng eu haddysg, yn medru parhau i ddatblygu a defnyddio'r iaith.

Os ydych chi'n gallu annog eich plant i ddefnyddio'r Gymraeg wrth siarad â ffrindiau, brodyr neu chwiorodd neu aelodau eraill y teulu sy'n medru siarad Cymraeg, bydd yn eu helpu i gadw eu sgiliau.

Mewn sawl rhan yng Nghymru, iyn cynnwys Powys, mae mwyafrif helaeth y plant sydd mewn grwpiau meithrin ac ysgolion cyfrwng Cymraeg neu ddwyieithog yn dod o gartrefi di-Gymraeg. Fel rhiant, yr help mwyaf y gallwch ei roi i'ch plentyn yw eu hannog a'u canmol.

Mae gan y staff addysgu brofiad o gefnogi disgyblion a rhieni. Bydd athrawon eich plentyn yn barod iawn i'ch helpu gyda gwaith cartref eich plentyn. Ond, dengys ymchwil bod gan bant sy'n cyfieithu tasg ar gyfer eu rhieni dealltwriaeth well o'r pwnc, am fod y broses o gyfieithu yn atgyfnerthu'r pwnc ym meddwl y plentyn.

Gallwch hefyd helpu eich plant trwy eu hannog i gymryd rhan mewn gweithgareddau sydd ar gael trwy'r cyfryngau amrywiol, e.e. gwranddo ar gerddoriaeth Cymraeg, lawrlwytho apiau Cymraeg, gwyllo rhaglenni teledu Cymraeg, defnyddio'r cyfryngau cymdeithasol, e.e. Facebook a Twitter yn y Gymraeg. Yr hyn sy'n bwysig yw bod eich plant mewn cyswllt â'r iaith mor aml â phosibl.

### *A Wyddoch Chi? Did You Know?*

Yn wahanol i'r gred boblogaidd, mae addysg cyfrwng Cymraeg yn effeithio'n gadarnhaol ar Saesneg y disgybl a'r nod syml yw galluogi plant i fod yn gwbl rhugl a hyderus yn y Saesneg a'r Gymraeg. Fe gewch rhagor o wybodaeth a dolennau i sefydliadau sy'n darparu gweithgareddau ar gyfer plant a phobl ifanc yn y Gymraeg ar [Hwb](#).

# Sut alla'i gefnogi fy mhlentyn os nad wyf yn siarad Cymraeg



## How can I support my child if I don't speak Welsh?

Our key message is don't worry if you can't speak Welsh with your children – there is a lot you can do to help your children speak and use the language. We want to ensure that all learners, regardless of the medium of their education, can continue to develop and use the language.

If you can encourage your children to use Welsh when speaking to friends, brothers or sisters or other family members who can speak Welsh, then it will help them maintain their skills.

In many areas of Wales, including Powys, the vast majority of children in Welsh-medium or bilingual nursery groups and schools come from non-Welsh-speaking homes. As a parent, the biggest help you can give your child is to encourage and praise them.

The teaching staff are experienced in supporting both pupils and parents. Your child's teachers will be more than happy to help you with your child's homework. However, research has shown that children who have to translate a task for their parents get a better understanding of the subject, as the process of translation actually reinforces the subject in the child's mind.

You can also help your children by encouraging them to engage in activities available through various media, e.g. listening to Welsh-language music, downloading Welsh-language apps, watching Welsh-language television programmes, using social media, e.g. Facebook and Twitter in Welsh. The important thing is that your children have contact with the language as often as possible.

*A Wyddoch Chi?  
Did You Know?*

Contrary to popular belief, Welsh-medium education has a positive effect on the pupil's English and the simple aim is enable children to become fully fluent and confident in both English and Welsh. You can find further information and links to organisations providing activities for children and young people in Welsh on [Hwb](#).

**Hwb**

# Sut alla'i gefnogi fy mhlentyn os nad wyf yn siarad Cymraeg



## How can I support my child if I don't speak Welsh?

Mae llawer o apiau newydd wedi'u creu i gefnogi'r Gymraeg a'r defnydd o'r iaith yn y cartref. Nid yw llawer o rieni a disgyblion yn ymwybodol o'r dewis sydd bellach ar gael i ddysgwyr a siaradwyr / darllenwyr rhugl yr iaith. Dyma rhai a allai fod o ddiddordeb i chi'ch hun.

Simple-to-follow lessons and videos for pupils aged 4 to 15. Catch up and keep learning with short films, quizzes and practice activities in the classroom or at home.



### Geiriaduron

#### Ap geiriadur



Education Terms or **Termiadur Addysg** -If you require a specific term that is subject related e.g. Science, then this is the app for you



### Urdd:

Fy Ardal. It looks at what is happening in your area as organised by the Urdd.



And during the Urdd Eisteddfod, the eisteddfod app is a necessity



### Newyddion a'r tywydd:

BBC Newyddion



S4C Tywydd (weather app)



### Llyfrau a Chylchgronau

Welsh books app



Magazines app



Magazine app from Golwg



### Cerddoriaeth

Finally to those that wish to join in the singing of our National Anthem, 'Mae Hen Wlad fy Nhadau', how about the Sing for Wales app:



*A Wyddoch Chi?  
Did You Know?*

Bilingualism strengthens cognitive abilities - bilingual people tend to be more creative and flexible. They can be more open-minded, and they also find it easier to focus on a variety of tasks simultaneously. And being able to speak two languages helps in other ways too...



# Sut alla'i gefnogi fy mhlentyn os nad wyf yn siarad Cymraeg



## How can I support my child if I don't speak Welsh?


Lluniwyd nifer o apiau newydd i gefnogi'r iaith Gymraeg a defnydd o'r iaith yn y cartref. Nid wy llawer o rieni a disgyblion yn gwybod am y dewis sydd ar gael erbyn hyn i ddysgwyr a siaradwyr/darllenwyr rhugl o'r iaith. Dyma ddewis o rai a allai fod o ddiddordeb i chi.

Gwersi a fideos syml i'w dilyn i ddisgyblion 4 i 15 mlwydd oed. Daliwch i fyny a chadwch ati i ddysgu gyda ffilmai byr, cwisiau a gweithgareddau ymarfer yn yr ystafell ddosbarth neu adref.





Athodddau Cymraeg


**Dictionaries**


**Ap geiriadur** 

Education Terms or **Termiadur Addysg** -If you require a specific term that is subject related e.g. Science, then this is the app for you



**Urdd:**

Fy Ardal. Mae'n edrych ar yr hyn sy'n digwydd yn eich ardal a drefnwyd gan yr Urdd 

Ac yn ystod Eisteddfod mae ap yr eisteddfod yn angenrhaid. 

**News and Weather:**

BBC Newyddion 

S4C Tywydd (weather app) 

**Books and magazines**

Welsh books app 

Magazines app 

Magazine app from Golwg 

**Music**

Yn olaf, ar gyfer y rheiny sydd am ymuno i ganu ein Hanthem Genedlaethol, 'Mae Hen Wlad fy Nhadau', beth am yr ap Sing for Wales :



### A Wyddoch Chi? Did You Know?

Mae dwyieithrwydd yn cryfhau galluoedd gwybyddol – mae pobl ddwyieithog yn tueddu i fod yn fwy creadigol a hyblyg. Gall fod ganddynt feddwl mwy agored, ac maent hefyd yn ei chael yn haws i ganolbwyntio ar amryw o dasgau ar yr un pryd. Ac mae medru siarad dwy iaith yn helpu mewn ffyrdd eraill hefyd...



# Sut alla'i gefnogi fy mhlentyn os nad wyf yn siarad Cymraeg



## How can I support my child if I don't speak Welsh?


Many new apps have been created to support the Welsh language and the use of the language within the home. Many parents and pupils are not aware of the choice that is now available for both learners and fluent speakers/readers of the language. Here is a selection that might be of interest to yourselves.

Simple-to-follow lessons and videos for pupils aged 4 to 15. Catch up and keep learning with short films, quizzes and practice activities in the classroom or at home.





Athodolau Cymraeg

**Dictionaries**


**Ap geiriadur** 

Education Terms or **Termiadur Addysg** -If you require a specific term that is subject related e.g. Science, then this is the app for you




**Urdd:**

Fy Ardal. It looks at what is happening in your area as organised by the Urdd.



And during the Urdd Eisteddfod, the eisteddfod app is a necessity



**News and Weather:**

BBC Newyddion 

S4C Tywydd (weather app)



**Books and magazines**

Welsh books app 

Magazines app 

Magazine app from Golwg 

**Music**

Finally to those that wish to join in the singing of our National Anthem, 'Mae Hen Wlad fy Nhadau', how about the Sing for Wales app:





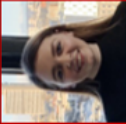





### *A Wyddoch Chi? Did You Know?*

Bilingualism strengthens cognitive abilities - bilingual people tend to be more creative and flexible. They can be more open-minded, and they also find it easier to focus on a variety of tasks simultaneously. And being able to speak two languages helps in other ways too...





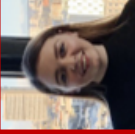





## Asiantaethau Allanol

Darllenwch y wybodaeth isod i ddarganfod am asiantaethau allanol sy'n gweithio'n agos gyda'r ysgol

|   |  |   |   |
|---|--|---|---|
|  |   | <p>Gwasanaeth Cynghori</p>                          | <p>Gwasanaeth cynghori sy'n cyfuno egin-dechnolegau gydag arolestedd mewn arfer clinigol a gwerthusiad er mwyn creu modelau newydd mewn iechyd meddwl. Cysylltwch â Louise Greenwood am fwy o gymorth: <a href="mailto:louise.greenwood@xenzone.com">louise.greenwood@xenzone.com</a></p>                         |
| <p>Jess Worthington</p>   |   | <p>Gweithiwr Ymyrraeth Ieuenctid</p>                | <p>Gall y disgyblion gael cymorth am resymau fel hunanbarch, cyfeillgarwch, presenoldeb, ymddygiad ac iechyd meddwl. Rydym yn chwarae gemau, sgwrsio a dysgu sgiliau newydd fel llythrennedd emosiynol, rheoli dichter a gwytnwch. Cysylltwch â'r Tim Lles i gael cyfeiriad.</p>                                  |
| <p>Jess Metcalf</p>   |   | <p>Swyddog Ieuenctid yn yr Ysgol</p>                | <p>Facebook: <a href="https://www.facebook.com/schoolyouthworker">schoolyouthworker</a><br/>Instagram: <a href="https://www.instagram.com/jessschoolyouthworker">jessschoolyouthworker</a><br/>Ffôn symudol: 07929837233<br/>E-bost: <a href="mailto:jess.metcalf@powys.gov.uk">jess.metcalf@powys.gov.uk</a></p> |
| <p>Tara Evans</p>   |   | <p>Credu (Gofalwyr Ifanc)</p>                       | <p>Ffoniwch: 01597823800<br/>E-bost: <a href="mailto:carerscredu.cymru">carerscredu.cymru</a><br/>Facebook: <a href="https://www.facebook.com/creducarers">www.facebook.com/creducarers</a><br/>Gwefan: <a href="http://www.credu.cymru">www.credu.cymru</a></p>  |
| <p>CAIS</p>   |   | <p>Elusen Gofrestredig yn rhoi cymorth personol</p> | <p>Elusen sy'n helpu pobl sy'n cael problemau gyda chaethiwed, iechyd meddwl, datblygiad personol a chyflogaeth. Mae ystod eang o adnoddau ar gael. Cysylltwch â'r Tim Lles i gael eich cyfeirio.</p>   |
| <p>Sarah Davies</p>   |   | <p>Gweithiwr Ymyrraeth Ieuenctid</p>                | <p>Gall y disgyblion gael cymorth am resymau fel hunanbarch, cyfeillgarwch, presenoldeb, ymddygiad ac iechyd meddwl. Rydym yn chwarae gemau, sgwrsio a dysgu sgiliau newydd fel llythrennedd emosiynol, rheoli dichter a gwytnwch. Cysylltwch â'r Tim Lles i gael cyfeiriad.</p>                                  |
| <p>Karen Lynch</p>  |  | <p>Nyrs yr Ysgol</p>                                | <p>Gall y disgyblion siarad â Karen am unrhyw fater iechyd sydd ganddynt. Ewch i: <a href="http://www.powys.nhs.uk/school-nursing">http://www.powys.nhs.uk/school-nursing</a> i gael mwy o wybodaeth. Gwneir cyfeiriadau trwy'r Tim Lles.</p>   |

## Outside Agencies

Read the information below to find out about the outside agencies that work closely within school:

|   |  |   |   |
|---|--|---|---|
|  |   | <b>Counselling Service</b>  | <p>A counselling service that brings together emerging technologies with innovation in clinical practice and evaluation to create new models of care in mental health. Contact Louise Greenwood for more support: <a href="mailto:louise.greenwood@xenzone.com">louise.greenwood@xenzone.com</a></p>  |
| <b>Jess Worthington</b>   |   | <b>Youth Intervention Worker</b>  | <p>Pupils can receive support for reasons such as self-esteem, friendships, attendance, behavior and mental health. We play games, chat and learn new skills such as emotional literacy, anger management and resilience. Contact the Wellbeing Team for a referral.</p>  |
| <b>Jess Metcalf</b>   |   | <b>Schools Based Youth Worker</b>   | <p>Facebook: <a href="https://www.facebook.com/schoolyouthworker">schoolyouthworker</a><br/>           Instagram: <a href="https://www.instagram.com/jessschoolyouthworker">jessschoolyouthworker</a><br/>           Mobile: 07929837233<br/>           Email: <a href="mailto:jess.metcalf@powwys.gov.uk">jess.metcalf@powwys.gov.uk</a></p> |
| <b>Tara Evans</b>   |   | <b>Ceredu (Young Carers)</b>  | <p>Call: 01597823800<br/>           Email: <a href="mailto:careers@ceredu.cymru">careers@ceredu.cymru</a><br/>           Facebook: <a href="https://www.facebook.com/creducarers">www.facebook.com/creducarers</a><br/>           Website: <a href="http://www.credu.cymru">www.credu.cymru</a></p>   |
| <b>CAIS</b>   |   | <b>Registered charity providing personal support.</b><br><b>Youth Intervention Worker</b> | <p>A charity that helps people who are having problems with addictions, mental health, personal development and employment. Wide range of resources available. Contact the Wellbeing Team for a referral.</p>   |
| <b>Sarah Davies</b>   |   | <b>Youth Intervention Worker</b>  | <p>Pupils can receive support for reasons such as self-esteem, friendships, attendance, behavior and mental health. We play games, chat and learn new skills such as emotional literacy, anger management and resilience. Contact the Wellbeing Team for a referral.</p>  |
| <b>Karen Lynch</b>  |  | <b>School Nurse</b>   | <p>Pupils can talk to Karen about any health issues that they have. Go to <a href="http://www.powysrthb.wales.nhs.uk/school-nursing">http://www.powysrthb.wales.nhs.uk/school-nursing</a> for more information. Referrals made through the Wellbeing Team.</p>  |



## Contacting the School – When and Who?

Yn union fel y mae'n anodd gwybod sut i gyflawni cydbwysedd rhwng cynnig gormod o gefnogaeth i'ch plentyn (a chael eich cyhuddo o ffysan) a'u gadael i ymbalfalu ac efallai methu, mae'r un mor anodd cyflawni cydbwysedd rhwng bod yn "rhiant orbryderus" a gadael i bethau fynd yn eu blaenau'n rhy hir am nad ydych am ymyrryd.

Mae'r gwaith tipyn haws os ydych yn dal ati i siarad â'ch plentyn ynglŷn â sut y mae pethau yn yr ysgol. Chi sy'n adnabod eich plentyn orau, ac os yw unrhyw agwedd o fywyd yr ysgol yn eu gofidio'n brahaus diau mai'r peth gorau yw bod yn orofalus ac ymyrryd yn gynnar trwy gysylltu â ni yn yr ysgol.

Rydyn ni wedi creu rhestr e-byst athrawon a staff er mwyn i chi gysylltu â'r aelod o staff mwyaf priodol yn hawdd.



Just as it is hard to know how to achieve the balance between offering your child too much support (and being accused of fussing) and leaving them to flounder and perhaps fail, it is also hard to achieve the balance between becoming the 'over anxious parent' and letting things go on too long because you don't want to interfere.

The job is made much easier if you keep talking to your child about how things are at school. You know your children best, and if any aspect of school life is persistently distressing them it is probably best to err on the side of caution and intervene early by contacting us at the school.

We have created a comprehensive contact list so that your concerns can be directed to the most appropriate person.



## Contacting the School – When and Who?

| Rôl/Role Cyfrifoldeb / Responsibility   | Cyswllt / Contact          | E-bost   |
|---|----------------------------|--|
| <p>Swyddfa / Office</p> <p><b>Ymholiadau gweinyddol cyffredinol</b></p> <p>General administrative enquiries</p>   | Office / Admin             | <a href="mailto:office@caloncymru.powys.sch.uk">office@caloncymru.powys.sch.uk</a>             |
| <p><b>Pennaeth Cynorthwyol Dros Dro sy'n gyfrifol am les a diogelu cyffredinol</b></p> <p>Acting Assistant Headteacher responsible for overall wellbeing and safeguarding officer.</p>  | Miss Rhiannon Rhys-Jones   | <a href="mailto:rhys-jonesr5@hwbcymru.net">rhys-jonesr5@hwbcymru.net</a>                       |
| <p><b>Arweinydd Cynnydd a Phontio Bl 7</b></p> <p>Progress Leader and Transition Year 7</p> <p>Overall progress and Wellbeing</p>   | Mrs Laura Lewis            | <a href="mailto:LewisL593@Hwbcymru.net">LewisL593@Hwbcymru.net</a>                             |
| <p><b>Swyddog Bugeiliol Blwyddyn 7 - Mae cefnogaeth fugeiliol yn gweithio ochr yn ochr â'r tîm i sicrhau bod anghenion bugeiliol eich plentyn yn cael eu diwallu.</b></p> <p>Year 7 Pastoral Officer - Pastoral support work alongside the team to ensure the pastoral needs of your child are met.</p> | Miss Katie Griffiths       | <a href="mailto:griffithsk296@hwbcymru.net">griffithsk296@hwbcymru.net</a>                     |
| <p><b>Swyddog Ymddygiad - Yn monitro ac yn tracio ymddygiad ac yn delio â phryderon ymddygiad cyffredinol.</b></p> <p>Behaviour Officer – Monitors and tracks behavior and deals with general behavior concerns.</p>  | Ms Nia Lloyd               | <a href="mailto:lloydn89@hwbcymru.net">lloydn89@hwbcymru.net</a>                               |
| <p><b>Eiddo coll, clwb brechwast a Blwch Coch</b></p> <p>Lost property, breakfast club and Red Box</p>  | Mrs M Kennedy              | <a href="mailto:kennedym31@hwbcymru.net">kennedym31@hwbcymru.net</a>                           |
|   | Mrs V Phillips             | <a href="mailto:phillipsv22@hwbcymru.net">phillipsv22@hwbcymru.net</a>                         |
|   | Tim Lles / Well-being Team | <a href="mailto:wellbeingB5@hwbcymru.net">wellbeingB5@hwbcymru.net</a>                         |
|   | Pupil Wellbeing Ambassador | <a href="mailto:BCWellbeingambassadors5@Hwbcymru.net">BCWellbeingambassadors5@Hwbcymru.net</a> |



## Contacting the School – When and Who?

| Rôl/Role Cyfrifoldeb / Responsibility   | Cyswllt / Contact           | E-bost   |
|---|-----------------------------|--|
|   | Parent Wellbeing Ambassador | <a href="mailto:Parentwellbeingambassador5@Hwbcymru.net">Parentwellbeingambassador5@Hwbcymru.net</a>   |
| Rheolwr Dsgu Llythrennedd a Chyfathrebu<br>Learning Manager Literacy and Communication  | Mrs A Nicholls              | <a href="mailto:nichollsa47@hwbcymru.net">nichollsa47@hwbcymru.net</a>   |
| Rheolwr Dysgu Mathemateg a Rhifedd<br>Learning Manager Mathematics and Numeracy   | Dr A Bradshaw               | <a href="mailto:bradshawa19@hwbcymru.net">bradshawa19@hwbcymru.net</a>   |
| Rheolwr Dysgu Gwyddoniaeth a Thechnoleg<br>Learning Manager Science and Technology  | Mrs K Davies                | <a href="mailto:daviesk1216@hwbcymru.net">daviesk1216@hwbcymru.net</a>   |
| Rheolwr Dysgu Dyniaethau<br>Learning Manager Humanities   | Mrs C Price                 | <a href="mailto:pricec293@hwbcymru.net">pricec293@hwbcymru.net</a>   |
| Rheolwr Dysgu Celfyddydau Mynegiannol<br>Learning Manager Expressive Arts   | Mr R Bennett                | <a href="mailto:bennett57@hwbcymru.net">bennett57@hwbcymru.net</a>   |
| Rheolwr Dysgu Iechyd a Lles<br>Learning Manager Health & Wellbeing  | Mr G Pritchard              | <a href="mailto:pritchardg66@hwbcymru.net">pritchardg66@hwbcymru.net</a>   |
| Arweinydd Cwricwlwm Saesneg, Llythrennedd a Chyfathrebu<br>Curriculum Leader English, Literacy and Communication  | Mrs M Edwards               | <a href="mailto:edwardsm501@hwbcymru.net">edwardsm501@hwbcymru.net</a>   |
| Arweinydd Cwricwlwm Cymraeg iaith Gyntaf, Llythrennedd ac addysg cyfrwng Cymraeg<br>Curriculum Leader Welsh First Language, Literacy and Welsh-medium education | Mrs B Price<br>Mrs L Davies | <a href="mailto:priceb179@hwbcymru.net">priceb179@hwbcymru.net</a><br><a href="mailto:daviesl2111@hwbcymru.net">daviesl2111@hwbcymru.net</a> |
| Arweinydd Cwricwlwm Ieithoedd a Dwyieithrwydd<br>Curriculum Leader Languages and Bilingualism   |                             |  |
| Arweinydd Cwricwlwm Gwyddoniaeth<br>Curriculum Leader Science   | Mrs D Chester               | <a href="mailto:chesterd5@hwbcymru.net">chesterd5@hwbcymru.net</a>   |
| Arweinydd Cwricwlwm Technoleg (a TGCh)<br>Curriculum Leader Technology (plus ICT)   | Miss S Cuthbertson          | <a href="mailto:cuthbertsons8@hwbcymru.net">cuthbertsons8@hwbcymru.net</a>   |



## Tymor yr Hydref / Autumn Term 2021

Wednesday 1st September 2021 to Friday 22nd October 2021

**Hanner Tymor / Half-Term: Monday 25th October 2021 to Friday 29th October 2021**

Monday 1st November 2021 to Wednesday 22nd December 2021

Non-Pupil Day Wednesday 1 September 2021

## Tymor y Gwanwyn / Spring Term 2022

Tuesday 4th January 2022 to Friday 18th February 2022

**Hanner Tymor / Half-Term: Monday 21st February 2022 to Friday 25th February 2022**

Monday 28th February 2022 to Friday 8th April 2022

Non-Pupil Days: Tuesday 4 January 2022  
Friday 8 April 2022

## Tymor yr Haf / Summer Term 2022

Monday 25th April 2022 to Friday 27th May 2022

**Hanner Tymor / Half-Term: Monday 30th May 2022 to Friday 3rd June 2022**

Monday 6th June 2022 to 18th July 2022

Non-Pupil Days: Monday 25 April 2022  
Monday 18 July 2022



## Dyddiadau pwysig 21/22

- Dydd Gwener Groglith:** Dydd Gwener 15 Ebrill 2022
- Dydd Llun y Pasg:** Dydd Llun 18 Ebrill 2022
- Gŵyl Banc Calan Mai:** Dydd Llun 2 Mai 2022
- Gŵyl Banc diwedd mis Mai:** Dydd Llun 30 Mai 2022
- Sioe Frenhinol Cymru:** Dydd Llun 18 Gorffennaf 2022 – Dydd Iau 21 Gorffennaf 2022

## Useful dates 21/22

- Good Friday:** Friday 15 April 2022
- Easter Monday:** Monday 18 April 2022
- May Day Bank Holiday:** Monday 2 May 2022
- Spring Bank Holiday:** Monday 30 May 2022
- Royal Welsh Show:** Monday 18 July 2022 - Thursday 21 July 2022

## Nosweithiau rhieni /Parents' Evenings