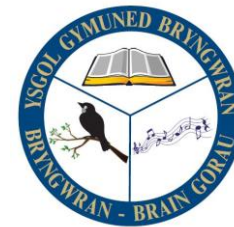




Wythnos Iechyd a Ffitrwydd

Health & Fitness week



Gorffennaf/July	Llun - 11 - Monday	Mawrth - 12 - Tuesday	Mercher - 13 - Wednesday	Iau - 14 - Thursday	Gwener - 15 - Friday
Beth am ddod i'r ysgol ar eich beic bob dydd yr wythnos yma? Cofiwch wisgo'ch helmed! Why not come to school on your bike every day this week? Don't forget to wear your helmet!					
9:00 - 12:00	Ymweliad Tesco 'Fferm i'r fforc' Bwyta'n iach. <i>Tesco visit 'Farm to fork' Healthy eating Pecyn Bwyd/Lunch box</i>	Ewro-ddawns! Sesiwn ddawns greadigol <i>Euro-Dance! Creative dance session</i>	Am dro! Diogelwch y ffordd! Croesi'r ffordd yn ddiogel! <i>Let's go for a little walk! Road Safety!</i>	Ymweliad PC Edwards visit 'Pobl sy'n ein helpu' 'People who help us' CS/FPh 'Seibr-fwlio' 'Cyber-bullying' CA2/KS2	Dawnsio Swmba! Zumba session!
12.00 – 1.00	C	i	n	i	o
1:00 –3.15/ 3:30	Chwaraeon traeth. P'nawn ar y traeth! <i>Beach games. An afternoon on the beach!</i>	Gemau amrywiol aml-gamp. Timau'r Olympics! <i>Various multi-sports fun activities! Olympics Teams!</i>	Cadw'n heini! Sesiwn yng nghwmni 'enzone' Keep fit 'enzone' session	1.30pm Mabolgampau! School sports! Olympics y Brain! Croeso cynnes i bawb! <i>All most welcome!</i>	Rownderi/Rounders 2.00pm Ysgol gyfan v Rhieni Whole school v Parents Croeso cynnes i bawb! <i>All most welcome!</i>
Ar ôl ysgol! After School!	Dim Clwb/ <i>No Club</i> 3.30-5.30pm Opsiynol/Optional Noson Rieni i drafod Adroddiad Blynyddol <i>Parents Evening to discuss Annual Report.</i>	Dim Clwb <i>No Club</i>	Dim Clwb <i>No Club</i>	Dim Clwb <i>No Club</i>	Ymlacio! <i>Relax!</i>

Efallai bydd rhai newidiadau i'r amserlen os na fydd y tywydd yn ffafriol!
There may be some alterations to this timetable if the weather is not suitable!