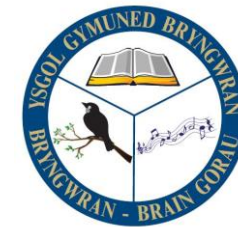




Wythnos Iechyd a Ffitrwydd

Health & Fitness week



Gorffennaf/July	Llun - 6 - Monday	Mawrth - 7 - Tuesday	Mercher - 8 - Wednesday	Iau - 9 - Thursday	Gwener - 10 - Friday
Beth am ddod i'r ysgol ar eich beic wythnos yma? Cofiwch am eich helmed! Why not come to school on your bike this week? Don't forget your helmet!					
9:00 - 12:00	Bwgi bwgi!! Dawnsio Creadigol Cwmni 'Dawns i Bawb' Creative dancing with 'Dawns i Bawb'	Bwyta'n iach! Byrbryd lachus! <i>Healthy eating!</i> <i>Healthy Snacks</i> Paratoi picnic yn yr ysgol <i>Prepare a picnic in school</i>	Sblish Sblash Sblosh! <i>SPLASH!!</i> Canolfan Hamdden Amlwch <i>Leisure Centre</i> Pecyn bwyd <i>Packed lunch</i>	Diwrnod aml-gamp - Athletau amrywiol. <i>Multi-sports day Various athletic activities</i>	Taith gerdded nodeddig Penrhos. <i>Sponsored walk. Penrhos Nature reserve</i>
12.00 – 1.00	C	i	n	i	o
1:00 – 3.15/ 3:30	'Parti Maths' Sioe Fathemateg Cyfnod Sylfaen. <i>Maths show F.Ph</i> 'Bright sparks' Sioe Wyddoniaeth CA2 <i>Science show KS2</i>	Tro i'r traeth i gael cinio! P'nawn ar draeth Trecastell. <i>Set off for the beach for lunch!</i> <i>Afternoon on Cable Bay beach!</i>	Gemau amrywiol! <i>Various fun activities!</i> DIM YSGOL I'R MEITHRIN NO SCHOOL FOR NURSERY	1.30pm Mabolgampau! School sports! Croeso cynnes i bawb! <i>All most welcome!</i>	1.15pm - Beicio nodeddig Meithrin/Nursery <i>Sponsored Cycle</i> 2.00pm Rownderi/Rounders Ysgol gyfan v Rhieni <i>Whole school v Parents</i> Croeso cynnes i bawb! <i>All most welcome!</i>
Ar ôl ysgol! After School!	3.30-5.30pm Noson Rieni i drafod Adroddiad Blynyddol Opsiynol/Optional <i>Parents Evening to discuss Annual Report.</i>	Dim Clwb <i>No Club</i>	Cychwyn/Set off 5.30-6.00pm Helfa Drysor! <i>Treasure Hunt!</i> Ar droed o'r ysgol <i>On foot from school.</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!