



Ysgol Mynydd-y-Garreg

Mynydd-y-Garreg, Cydweli, Sir Gâr, SA17 4RL

Pennaeth/Headteacher: Mr A. Barnett

Ffôn/Phone: 01554 890523

admin@mynyddygarreg.ysgolccc.org.uk

pennaeth@mynyddygarreg.ysgolccc.org.uk

www.mynyddygarreg.amdro.org.uk

Annwyl riant/warcheidwad,

Rwy'n gobeithio eich bod chi'n iawn ac yn ymdopi gyda'r cyfnod gwahanol yma o fyw. Rydym fel staff yn meddwl amdanoch chi gyd ac yn gweld eisiau chi. Yn anffodus, nid oes gen i fanylion pellach ynglŷn ag ail-agor safle'r ysgol ond mi fyddai mewn cysylltiad pan fyddai'n gwybod unrhyw fanylion mae angen i mi rannu.

Fel mae rhai ohonoch chi'n ymwybodol, roeddwn ni wedi penodi'r wythnos hon fel Wythnos Eco-lach. Er hyn, rydym wedi penderfynu parhau gydag Wythnos Eco-lach mewn modd bach yn wahanol. Mae'r staff wedi bod yn brysur yn paratoi heriau ar gyfer yr Wythnos Eco-lach bydd ar gael trwy'r Ap, gofynnwn i chi gwblhau'r heriau trwy gydol yr wythnos a pharhau i wneud sesiynau ffitrwydd e.e. Joe Wicks.

Yn ogystal, rydym wedi penderfynu cynnal Mabolgampau unigol eleni ar Ddydd Iau, Mai 21ain. Er mwyn cystadlu, mae angen i chi deithio o un man i fan arall mewn unrhyw fodd hoffech chi (neidio, rhedeg, rowlio, dewiswch chi) a gall hyn fod yn eich tŷ, ardd neu rywle gallwch chi wneud ymarfer corff (cofiwch i ddilyn rheolau pellter diogel a chanllawiau'r llywodraeth). Gofynnwn i chi fod yn greadigol a chofio gall rhieni cystadlu hefyd!! Pob lwc!

Edrychaf ymlaen at weld chi'n cwblhau eich heriau'r wythnos hon a chymryd rhan yn y Mabolgampau (unigol) ar Ddydd Iau. Cofiwch i rannu eich lluniau/fideos gyda ni er mwyn i ni weld eich llwyddiannau!

Dear parents/guardians,

I hope you're all well and managing with this different way of living. We as a staff are thinking of you all and are missing everyone dearly. Unfortunately, I do not have any further information with regards to re-opening our school site, however I will be in contact with any details as soon as I have a further update.

As many of you know, this week was suppose to be our Eco-Health Week, however we have decided to continue as planned... in a slightly different way. The staff have kindly prepared Eco-Health Challenges that will be available via the App, you can complete these throughout the week and we ask you to continue to take part in daily exercise if possible, for example Joe Wicks.

Also, there will be an individual Sports Day on Thursday (May 21st). To compete, you will need to travel from one place to another in any way you'd like to (hop, roll, run, it's up to you) and this can be in your house, garden or somewhere you can take part in exercise safely (remember to follow social distancing rules and government guidance). We ask you to be creative and to remember that parents can take part too!! Good luck!

We look forward to seeing you complete your challenges this week and taking part in (individual) Sports Day on Thursday. Please remember to share your images/videos with us throughout the week for us to see your successes!

Yn gywir,
Mr Barnett



Carmarthenshire's Healthy School Scheme



@YMynyddyGarreg