

Wythnos 5 Tymor yr Haf



Neges cyflym i ddweud bod hi'n wythnos 'Iechyd meddwl' yr wythnos hon Mai 18fed – 22ain. Gweler y wefan isod gyda llwyth o adnoddau i chi, rhieni a'ch teuluoedd yn yr amser anghyfarwydd yma. Gobeithio bod pawb yn ymdopi, cadw'n iachus ac yn ddiogel.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Yr ydym wedi cynnwys ychydig o weithgareddau iechyd meddwl yn ein bwydlen ar gyfer y pythefnos nesaf. Mwynheum yn fawr gwylio eich fideos ar Flipgrid ac felly wedi cynnwys ychydig o weithgareddau chwedlau Cymraeg am y pythefnos nesaf. Gofynnwn yn garedig i bawb ffocysu ar y gweithgareddau Cymraeg am y pythefnos nesaf gan fod ein ffocws mynd i fod ar rhai o'r chwedlau. Cofiwch os oes unrhyw gwestiwn croeso i chi gysylltu gydag un o'r athrawon ar e-byst neu ar 'J2Message' fel yr ydym wedi bod yn ei gwneud.

A quick message to mention that it's 'Mental Health awareness' week this week May 18th – 22nd. Please visit the below website for an array of resources to support you, your parents and family in these unprecedented and strange times. We hope you're all coping, keeping healthy and safe.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

We've included a couple of mental health and wellbeing activities on the homework menu for the next fortnight. We've thoroughly enjoyed watching your videos on Flipgrid over the last week and have therefore included a few activities on the famous Welsh tales for the next two weeks. We ask you kindly to focus on the activities in Welsh as we're focusing on these tales. Remember if you have any questions to contact any of us via email or 'J2Message' like we've already been doing.

Diolch yn fawr / Thank you very much

Mr Thomas, Mrs Asher, Mrs Appleby a Miss Thomas

Dysgu Adref Uned 3 a 4 bwydlen Tymor yr Haf W5 a Sulgwyn

<p>Datrysych yr amrywiaeth o broblemau Mathemateg a rhifedd yma:</p> <p>https://resources.hwb.wales.gov.uk/VTC/2017/Cipar/Fathemateg/elements/CA2/2/lluosi_rhannu_10_100_BI34.html</p> <p>https://resources.hwb.wales.gov.uk/VTC/2017/Cipar/Fathemateg/elements/CA2/2/defnyddio_strategaeth_au_meddwl_20.html</p>	<p>Ymchwiliwch 'Capsiwl Hanes'. Pwy a phryd ydyn nhw wedi cael eu creu? Dangoswch yr hyn rydych chi wedi darganfod ac uwch lwythwch eich gwaith I Hwb. Meddwl am bum peth byddech chi'n cynnwys yn eich capsawl hanes chi. Eglurwch y rhesymau pam rydych chi wedi eu dewis.</p> <p>Uwch lwythwch i </p>	<p>Heriau hapusrwydd a lles</p> <p>Ewch ati i adrodd stori am un o'r hen chwedlau Cymreig rydych chi eisoes wedi ymchwilio, yn null Pie Corbett, Cofiwch I adrodd y stori yn y Gymraeg.</p> <p>https://youtu.be/W-yo4_myW18</p> <p>Uwchlwythwch eich gwaith i </p>
<p>Ewch ati i ymchwilio patrymau Celtaidd yna creuwch patrwm eich hunan. Gall fod ar y palmant gan ddefnyddio sialc, neu'n ddu a gwyn ar bapur. Defnyddiwch eich dychymyg ar sut i gyflwyno eich gwaith. Edrychwch ar linellau cymesuredd bob darn. Sawl llinell o gymesuredd sydd a'r mwyafrif?</p> <p>Uwch lwythwch y gwaith i </p>	<p>Cwblhewch y gweithgareddau darllen a deall yma:</p> <p>Gelert - Gelert.docx</p> <p>Blodeuwedd - Blodeuwedd.docxBranwen.docx</p> <p>Branwen - Branwen.docx</p>	<p>Dewiswch un o gymeriadau o chwedlau Cymraeg megis Blodeuwedd neu Branwen ac ysgrifennwch disgrifiad ohonyn nhw. Cofiwch i gynnwys gwybodaeth am ei olwg, cymeriad a phersonoliaeth. Defnyddiwch y linc isod i helpu chi ysgrifennu:</p> <p>https://www.bbc.co.uk/cymru/tacteg/cymraeg/ca2/portread/gweithgaredd/dale_nffeithiau/act02.shtml</p>
 <p>Ewch ati i greu 'Potel Pendroni' a'i ddefnyddio fel teclyn meddylgarwch os ydych yn teimlo wedi gorlethu. Ar ôl ei greu, sicrhewch fod y clawr arno'n dynn ac yna ei ysgwyd. Canolbwyntiwch ar y gliter (neu unrhyw bethau bach fel darnau bach o Lego) yn chwyrllo o gwmpas. Parhewch i syllu ar y botel tan fod y cynnwys yn llonydd. Gobeithio byddwch chithau mwy llonydd eich meddwl hefyd.</p> <p>Uwch lwythwch y gwaith i </p>	<p>Lawrlwythwch un o luniau lliwio ymwybyddiaeth meddwlgarwch e.e. o'r linc yma. Ymgollwch eich hun yn y lliwio ac ymlaciwch!</p> <p>https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack</p> <p>Uwch lwythwch y gwaith i </p>	<p>Ewch am dro gyda'ch synhwyrâu.</p> <p>Beth ydych yn gallu'i weld, ei glywed, ei gyffwrdd, ei arogl, ei flasau.</p> <p>Does dim angen mynd ym mhellach na'ch lolfa! Mae'n dechneg ymwybyddiaeth meddylgar.</p> 

Home learning years 3 a 4 menu Summer term W5 a Whitsun

<p>Solve some of these worded Mathematical and Numeracy questions:</p> <p>https://resources.hwb.wales.gov.uk/VTC/2017/Cipar/Fathemateg/elements/CA2/2/lluosi_rhannu_10_100_BI34.html</p> <p>https://resources.hwb.wales.gov.uk/VTC/2017/Cipar/Fathemateg/elements/CA2/2/defnyddio_strategaeth_au_meddwl_20.html</p>	<p>Do some research about 'Time Capsules'. Why are they created? Do you know of any which have been opened? Share your findings on Hwb.</p> <p>Can you think of 5 things you would include in your own Time Capsule? Explain the reasons for your choices. Remember this work needs to be in Welsh.</p> <p>Upload to </p>	<p>Write and perform one of the traditional Welsh Tales you have already researched in the style of Pie Corbett. Remember this work needs to be in Welsh.</p> <p>Upload to </p> <p>https://youtu.be/W-yo4_myWt8</p>
<p>Do some research into Celtic patterns. Have a go at your own version, You could recreate your design on the pavement using chalk or in black and white on some paper. Pay some close attention to lines of symmetry in the art. How many do most designs have?</p> <p>Upload your work to </p> 	<p>Complete some of these comprehension activities, they're in Welsh:</p> <p>Gelert - Gelert.docx</p> <p>Blodeuwedd - Blodeuwedd.docxBranwen.docx</p> <p>Branwen - Branwen.docx</p>	<p>Choose one of the characters from the famous Welsh tales like Gelert, Branwen or Blodeuwedd. Write a character description of one character. Remember to describe how they look, what type of character they are and their personality. Use the description below of The Gruffalo to help you:</p> <p>The Gruffalo.docx</p> <p>Personlity adjectives.docx</p>
<p>Create a "GlitterJar" and use it as a calming technique is you begin to feel overwhelmed. After making sure the lid is tightly on, give it a shake and watch the jar until all the glitter (or any small objects such as lego) settle. Hopefully by the time the jar settles you will also feel calm and more settled.</p> 	<p>https://www.twinkl.co.uk/resource/t-c-1551-mindfulness-colouring-sheets-bumper-pack</p> <p>Download a mindfulness colouring picture such as the ones in the link above. Lose yourself in the colouring and relax!</p> <p>Upload to </p>	<p>Take your senses for a trip! It doesn't have to be further than your own living room.</p> <p>Concentrating on what you can see, hear, feel, smell and taste is a great mindfulness technique for calming the brain.</p> 