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 Ysgol Hafan y Mor, Dinbych y Pysgod



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12.04.2019

Attendance

Thank you all for your co-operation in keeping a good presence at Ysgol Hafan y Môr. Our target this year is 95.1% and for the spring term of our attendance was **96.25%**. All children should have an attendance figure of above 95%.

Here are the names of the children who have received a certificate for 100% attendance for the spring term: Millie, Phoebe, Lilwen, Gweni, Dai, Billy, Blair, Eva, Noah, Brooke, Iolo, Elsi, Ben, Cerys, Noa, Harvey, Arthur, Elsie, Ted, Scarlett, Charlie, Bobby, Lola D, Sam, Eden, Jac, Emme, Oliver, Tegan, Sonny, Evelyn, Gracie, Theo, Charlie, William, Lottie, Dulcie, Thea, Alex a Cooper. Llongyfarchiadau mawr i chi gyd!

Here are the names of the children who have received a certificate for above 95.1% attendance for the spring term: Honey, Caleb, Carys, Iori, Theia, Lottie, Archie, Mabli, Joseff, Evelyn, Toby, Ava, Geoffrey, Joey, Max, Archie, Tobias, Evie-Alice, Noah P, Halle, Eva, Leo, Hallie, Chloe, Darcy, Nwla-Belle, Bradley, Kayden, Ruby, Aurea, Izzy, Lola S, Ffion, Rupert, Leoni, Daisy, Phoebe F, Alanna, Ollie, Eirianna, Raph, Evan, Phoebe R, Emalia, Bethany, Eli, Mollie, Osian, Brody, Louis a Seren. Arbennig, da iawn chi!

Of course, children cannot help being ill but we kindly ask you not to arrange a holiday during the school term or to take your children out without a worthy reason, as this can have an impact on your children's education. Thanks again for your cooperation. Remember also that the school starts at **8.50am** and the school be informed before 9 o'clock to say if your child is absent.

Painting, planting and general outdoor tidy up session - 24/25.04.2019

On Wednesday, 24th April and Thursday, 25th April between 9am-4pm, staff will be at the school for a painting, planting and general outdoor tidy up session. If any parents/ grandparents / friends of the school are able to come and help we would greatly appreciate it. Please bring DIY tools, gardening tools, paint brushes, pressure washers and anything else you may think would be handy!

Unfortunately, due to the health and safety risks, we would rather parents come alone. Chemicals and tools will be in use and gates will be open, we really don't want any child to get hurt. If you could spare just an hour without children rather than a lot more time but with the children, we would really appreciate your time. If this is impossible, we kindly ask that you take responsibility for your own child/ren and be aware that it is the outside of the school which will be open not the school building. Thank you for your support.

New appointment

We would like to welcome a new member to the staff team following the Easter holidays, Mrs Eleri Gill. Mrs Gill will work as a classroom assistant across the school but specifically in dosbarth Pysgod Chwim (Nursery) for the summer term in the first instance.

Welcome to Miss Davies

We extend a warm welcome to Miss Nia Davies who is starting work experience from the University of Wales Trinity Saint David on 29th April. She will be with us until June and will spend most of her time in the dosbarth Pysgod Chwim (Nursery). We hope that she will enjoy her time with us at Ysgol Hafan y Môr.

PE lesson change for pupils in dosbarth Pysgod Chwim and Sêr y Môr

Class pupils in *Pysgod Chwim, Mrs Griffiths and dosbarth Sêr y Môr, Mrs Phillips will be having their PE lessons on Tuesday following the Easter holidays. Please ensure that your child has his / her PE kit with them.

* *These pupils do not need to wear formal PE kit. Children can wear trainers and appropriate clothing on the day*

J2 Launch App

If you have a smartphone or ipad you can download the J2 Launch app to make it easier for your child to use Hwb.

Staff car park and collecting pupils in yrs. 3 - 6

Following the Easter holidays, we will be closing the staff car park gates between 3-3.20pm for the health and safety of pupils and the safety of the school crossing patrol, Miss Nicholas. Yrs. 3-6, dosbarthiadau Harbwr & Cychod will be dismissed from the staff car park / school hall during wintery/wet weather, at the end of the school day. Reception pupils - Yr. 2 are collected as usual from their classroom outer doors.

Sweets / Cakes at school

Following feedback from some of the school's parents in the questionnaires, we have decided not to allow sweets or cakes in school from now on. As staff, we will not give children sweets as a reward however we will continue to bake cakes or biscuits occasionally during lessons or as part of a special festival celebration.

Active & Healthy living club

Following the Easter holidays we will be developing an active and healthy session on Thursday afternoons between 2-3pm for parents and their children. Jo Williams, Active Young People team manager at Sport Pembrokeshire will be working with parents in the Reception class, in the first instance, to improve their children's physical literacy through different games and activities and healthy life skills.

If you are a parent or family member with a child in the reception class, dosbarth Sêr y Môr, who wants to support your child through play and healthy skills you can do so on Thursday afternoons! More information to follow after Easter.

Healthy lunch box and NUT ALLERGIES!

I attach a leaflet for your information on the foods you should try to include in your child's lunchbox. We encourage parents to include healthy foods. Please be aware that we have children in the school with a nut allergy so we kindly ask that the foods included in your child's lunchbox **DO NOT CONTAIN NUTS.**

Arts & Crafts Eisteddfod Learning at Home tasks

All pupils will receive Art and Craft tasks for learning at home for the next 3 weeks. The pieces must be returned to school on Monday, 29th April and will go to the Area Eisteddfod on Thursday, 2nd May. We kindly ask you to make every effort to create a piece of art and craft with your child as this is part of their home learning tasks. *See leaflet at the end of this weekly bulletin.

Welsh language charter

As part of our Welsh language charter we encourage pupils to listen to Welsh music and learn some Welsh songs. Gwylim is a Welsh band from Anglesey and Arfon. Ifan, Llyr, Rhys and Llew are working on their debut album, which will be released by Côsh Records

** Please be aware that we are not responsible for the content of videos.*

https://www.youtube.com/watch?v=WAR5xPiur10&list=PLPLxsilGkZ3YEhVc_qITc-fi53rusD8wB

We have also introduced the Welsh idiom for the month:

Idiom this month is 'Diwrnod i'r Brenin' (*A day fit for a King*)

Extra-curricular clubs

The extra-curricular clubs will be held for pupils in yrs.2-6 on Wednesday afternoons between 3.05-4.15pm. These clubs are free to attend and are run on a voluntary basis by school staff.

<u>Blwyddyn Ysgol / Year group</u>	<u>Clwb Allgyrsiol / Extra-curricular club</u>	<u>Aelod o staff / Staff member</u>
Bl. 5 a 6 / Yrs. 5 & 6	Yoga	Amelia Stone, Yoga, Mindfulness and Wellbeing Coach
Bl. 2 / Yrs. 2 <i>*(gorffen am 4.30yp/ finishes at 4.30pm)</i>	Coginio / Cooking	Mrs Walters + Miss Prince
Bl. 2 / Yrs. 2 <i>(Nid ydynt yn coginio / For those pupils not cooking)</i>	Chwaraeon Campau'r Ddraig / Dragon Sports Club	Mr Evans + Miss Jones
Bl. 3 a 4 / Yr. 3 & 4	Garddio / Gardening	Mrs Phillips, Mrs A Walters + Mrs Gill
Bl. 4-6 *Amser cinio / Lunchtime <i>(Thursday)</i>	Pêlwyd / Netball	Mrs A Walters / Miss L Jones

Swimming

Swimming will start again on Friday, 3rd May 2019 for yr. 3 & 4 pupils dosbarth yr Harbwr.

Enjoy the Easter holidays and I look forward to seeing everyone back after the holidays on Monday, 29th April unless we see you before that on 24/25th April!

Thank you as always, for your co-operation and support

V Griffiths

Mrs Griffiths
Head teacher

Wythnos yn cychwyn: 29.04.19		Week commencing: 29.04.19	
Bwletin Newyddion a Digwyddiadau		Events and News Bulletin	
<u>Dyddiad</u>	<u>Digwyddiad</u>	<u>Date</u>	<u>Event</u>
29.04.19 <u>Dydd Llun</u>	Gwaith Cartref Celf a Chrefft yr Eisteddfod i'w cyflwyno erbyn HEDDIW	29.04.19 <u>Monday</u>	Art & Craft Eisteddfod learning at home tasks to be in school by TODAY
29.04.19 <u>Dydd Llun</u>	<u>Gwersi Ymarfer corff i ddosbarth y Cychod, Mr Thomas</u> Rhaid i bob plentyn ddod â chit ymarfer corff ac esgidiau priodol er mwyn cymryd rhan yng ngwersi addysg gorfforol.	29.04.19 <u>Monday</u>	PE lessons for dosbarth Cychod, Mr Thomas' class All pupils must bring PE kit and suitable footwear on the days that they have PE lessons.
01.05.19 <u>Dydd Mercher</u>	<u>Cystadleuaeth Rygbi'r Urdd.</u> Manylion wrth Mr Thomas	09.04.19 <u>Wednesday</u>	<u>Urdd Rugby Competition.</u> Details from Mr Thomas
01.05.19 <u>Dydd Mercher</u>	<u>Mercher Mwdlyd</u> -Cofiwch ddillad allanol i'ch plentyn heddiw os ydynt yn nosbarth <u>Sêr y Môr, Cregyn neu Ynys Bŷr</u>	01.05.19 <u>Wednesday</u>	<u>Muddy Wednesday</u> - Please remember that your child requires outdoor clothes today if he/she is in <u>Sêr y Môr, Cregyn or Ynys Bŷr class</u>
01.05.19 <u>Dydd Mercher</u>	<u>Clybiau ar ôl ysgol (3.05 - 4.15yp)</u> Clwb Chwaraeon (Sports) - Bl. 2 Garddio (Gardening) - Bl. 3 + 4 Yoga - Bl. 5 + 6 Coginio - Bl. 2 (4.30pm)	01.05.19 <u>Wednesday</u>	<u>After school clubs (3.05 - 4.15yp)</u> Clwb Chwaraeon (Sports) - Bl. 2 Garddio (Gardening) - Bl. 3 + 4 Yoga - Bl. 5 + 6 Coginio - Bl. 2 (4.30pm)
02.05.19 <u>Dydd Iau</u>	<u>Eisteddfod Gylch Celf a Chrefft</u>	02.05.19 <u>Thursday</u>	<u>Area Arts & Crafts Eisteddfod</u>
02.05.19 <u>Dydd Iau</u>	<u>Bore Iau Mwdlyd</u> -Cofiwch ddillad allanol i'ch plentyn heddiw os ydynt yn nosbarth <u>Pysgod Chwim (Mrs Griffiths)</u>	02.05.19 <u>Thursday</u>	<u>Muddy Thursday morning</u> - Please remember that your child requires outdoor clothes today if he/she is in <u>Pysgod Chwim class</u>
02.05.19 <u>Dydd Iau</u>	<u>Gwersi Ymarfer corff i ddosbarth Mrs King a Mrs Walters (Bl. 1 a 2)</u> Rhaid i bob plentyn ddod â chit ymarfer corff ac esgidiau priodol er mwyn cymryd rhan yng ngwersi addysg gorfforol.	02.05.19 <u>Thursday</u>	PE lessons for Mrs King & Mrs Walters' class (Year 1 & 2) All pupils must bring PE kit and suitable footwear on the days that they have PE lessons.
03.05.19 <u>Dydd Gwener</u>	<u>Gwersi nofio</u> i ddosbarth yr Harbwr (Mrs Hughes)	03.05.19 <u>Friday</u>	<u>Swimming lessons</u> for Harbwr class (Mrs Hughes)
06.05.19 <u>Dydd Llun</u>	Ysgol ar Gau - Gwyl y Banc	06.05.19 <u>Monday</u>	School closed - May Bank Holiday

Gwybodaeth - Information

Preseholdeb wythnos yn gorffen: 12.04.19 - 98.09% (Targed yr Ysgol: 95.1%)

Attendance week ending: 12.04.19 - 98.09% (School's attendance target: 95.1%)

Reg	Authorised Absence	Attended
Cregyn	2.17	97.83
Cychod	0.89	99.11
Pysgod Chwim	5.43	94.57
Ynys Byr	0.6	99.4
Yr Harbwr	3.85	96.15
Ser Y Mor		100

Very good news- we're above the school target this week for statutory age pupils and are green rated again!

Thank you.

* Whole school attendance - 98.11%

Information regarding holiday dates and INSET days (school closure days)

Easter break	15.04.2019 - 26.04.2019
Bank holiday (school closed)	06.05.2019
Half term	27.05.2019 - 31.05.2019
INSET (school closed to pupils)	22.07.2019

PE LESSONS

Please take note that **all** pupils must bring PE kit and suitable footwear on the days that they have PE lessons.

Dosbarth Mr Thomas (Cychod) Class -	Dydd Llun / Monday
*Dosbarth Mrs Griffiths (Pysgod Chwim) -	Dydd Mawrth / Tuesday
Dosbarth Mrs Phillips (Sêr y Môr) Class -	Dydd Mawrth / Tuesday
Dosbarth Mrs King (Ynys Bŷr) + Mrs Walters (Cregyn) Class -	Dydd Iau / Thursday
Dosbarth Mrs Hughes' (Harbwr) Class -	Dydd Gwener / Friday

*Nid oes angen iddynt fod yn cit ymarfer corff ffurfiol. Gall plant wisgo dillad hamddenol a treinars ar y dydd. / These pupils do not need to wear formal PE kit. Children can wear trainers and appropriate clothing on the day.

INCLEMENT WEATHER

I would like to remind all parents of the procedures for inclement weather and school closure. Updates relating to school closures or other alerts can be found on the following pages:-
The Council's website at:- www.pembrokeshire.gov.uk/alerts

You can register for alerts by creating your own account by using the following web address: <https://myaccount.pembrokeshire.gov.uk/>

The Council's Twitter and Facebook pages will also be updated with alerts:-

www.facebook.com/PembrokeshireCountyCouncil

www.twitter.com/Pembrokeshire

Dyddiadau o flaen llaw		Future dates	
Bwletin Newyddion a Digwyddiadau		Events and News Bulletin	
Dyddiad	Digwyddiad	Date	Event
7-14. 5.2019	Profion Cenedlaethol i ddisgyblion bl. 2 -6 ym Mathemateg ac Iaith	7-14. 5.2019	National Numeracy & Literacy tests for pupils in yrs. 2 - 6
16.5.19	Gwersi cymorth cyntaf i ddisgyblion bl. 5	16.5.19	First aid lessons for pupils in yr. 5
20.5.19	Mi fydd disgyblion bl. 2, dosbarth Ynys Bŷr yn perfformio sioe Barti Ddu i rieni yn neuadd yr ysgol yn ystod y prynhawn. Manylion pellach i'w dilyn.	20.5.19	Yr.2 pupils in dosbarth Ynys Bŷr will be performing a production of Barti Ddu for parents in the school hall during the afternoon. Further details to follow.
23.5.19	Criced merched. Manylion i'w dilyn wrth Mr Thomas	23.5.19	Girls Kwik cricket. Details to follow from Mr Thomas
13.6.19	Dyddiad 1 (os fydd y tywydd yn caniatáu) ar gyfer mabolgampau'r ysgol - 12.30yp	13.6.19	1 st date (if weather permits) Whole school sports day - 12.30pm.
19.6.19	Dyddiad 2 (os fydd y tywydd yn caniatáu a nid oedd wedi cynnal ar dyddiad 1) ar gyfer mabolgampau'r ysgol.	19.6.19	2 nd date (if weather permits & was not held on 1 st date) Whole school sports day.
20.6.19	Ymweliad gan Mr. Aled Roberts, Comisynydd y Gymraeg. http://www.comisiynyddygybraeg.cymru/Pages/Groeso.aspx	20.6.19	Mr Aled Roberts, Welsh language Commissioner will be visiting the school. http://www.comisiynyddygybraeg.cymru/Pages/Groeso.aspx
24 - 27.6.19	Disgyblion yn ymweld ag Ysgol y Preseli am 4 diwrnod pontio	24 - 27.6.19	Yr. 6 pupils will be attending Ysgol y Preseli for 4 days as part of the transition process
26+27.6. 2019	Diwrnod pontio o fewn yr ysgol.	26+27.6. 2019	Whole school internal transition day.
1 - 3.7.19	Bl. 5 a 6 yn mynd ar daith preswyl i Llain. Manylion pellach i'w dilyn. https://www.llain.com/	1 - 3.7.19	Yrs. 5 & 6 will be attending a residential activity trip at Llain Activity centre, Llanarth. Further details to follow. https://www.llain.com/
5.7.19	Diwrnod pontio Bl.6 i Ysgol y Preseli a diwrnod pontio o fewn yr ysgol.	5.7.19	Yr. 6 transition day to Ysgol y Preseli and also whole school internal transition day.

Dyddiad newydd / New Date



Llywodraeth Cymru
Welsh Government

Healthy lunchboxes



As parents or carers you play an important role in setting an example and teaching your children from a young age about choosing healthy food and drink. This will help them to have a nutritious diet that meets their growing needs and it can help make sure that they continue to eat healthily and stay a healthy weight as they get older.

Over the past 10 years, school food and drink has continued to become healthier.

There are now laws in Wales to make sure that schools play an important part in helping to keep our children healthy by offering meals that are balanced and nutritious, encouraging them to try a variety of new foods, and teaching them about healthy lifestyles.

Nearly all schools in Wales are part of the Welsh Network of Healthy School Schemes, which aims to provide an environment that promotes health and well-being, including teaching children about the benefits of a healthy diet and an active lifestyle.

As part of this, we want to encourage healthy packed lunches for those children who bring food to school. This leaflet has handy hints and tips to help make sure that the contents of your child's lunchbox are as nutritious as the lunches served in schools in Wales.

Your child's school may have a policy on packed lunches. This leaflet supports any food policies already in place. Policies might not allow foods like sweets, chocolate bars, crisps and sugary drinks, and may ban certain foods (for example nuts) to protect pupils with an allergy. They may also encourage children to have at least one portion of fruit or vegetables, and to drink water.

Planning the lunchbox

Children need to eat the right amount of food for their age. Young children will need quite small portions of food and older children who are very active may need much larger amounts.



Top tips

You do not have to use foods produced specifically for lunchboxes. Some foods, such as meat or pasta, taste just as good cold. So how about cooking extra amounts for dinner, keeping the left overs in your fridge, then using them as part of your child's lunch to take to school the next day? You could plan lunches for the week in this way to help you to save money and reduce food waste.

To help you to find healthier options at the supermarket, look at nutrition labels on the front of packs and pick those which have amber or green traffic lights for fat, saturated fat, sugars and salt where possible.

Energy 780 kJ 185 kcal	Fat 3.5g	Saturates 0.4g	Sugars 1g	Salt 0.43g
9%	5%	2%	1%	7%

When adding fresh meat or any foods that are normally kept in the fridge, you should use an insulated lunchbox with an ice pack or include a frozen drink that could help to keep a lunchbox cool. If you prepare your child's lunch the night before, always store it in the fridge overnight.

Preparing the lunchbox



1 Start with starchy foods and carbohydrates

Starchy foods are a good source of energy and should make up around one-third of your child's lunchbox. You should try to include starchy foods like bread, pasta or potatoes, and vary your choices as much as possible.



Top tips

To offer something different to the traditional sandwich, you could give your child a bagel, pitta bread, a wrap or a baguette. Use brown, wholemeal or seeded varieties where possible and only use a small amount of vegetable based spread, such as sunflower spread, or reduced fat spread.

Breadsticks, oatcakes and wholemeal crackers are handy additions to a lunchbox and can be eaten with low-fat soft cheese or small cubes of reduced-fat hard cheese.

2 Add protein

Add a portion of food rich in protein, either on its own or as a sandwich filler. Foods rich in protein include the following.

- Chicken
- Lean meat
- Cheese
- Eggs
- Fish
- Beans, pulses and meat alternatives

3 Add a couple of portions of fruit and vegetables to contribute towards your child's '5 a day'

There are many ways you can add fruit and vegetables to your child's lunchbox.

- Children are drawn to brightly coloured fresh and vegetables and are much more likely to eat them if they are ready to eat, for example already peeled or cut into bite-sized pieces. Small fruits and vegetables, such as grapes and cherry tomatoes, should be cut into quarters for young children to reduce the risk of choking. You could also include some low-fat nougous or soft cheese for dipping.

- You could put salad in their sandwich, or include some canned fruit in reduced fruit juice.

- You could include a handful of nuts and or a few dried apricots to reduce the risk of tooth decay, since fruit is best eaten as meals/snacks.

4 Dairy and alternatives

You could also include one of the following. Choose low-fat and lower-sugar products where possible.

- A plain yoghurt
- Fromage frais
- Low-fat soft cheese

5 Drinks

Remember to include a drink. Special messages include the following.

- Water (although this will be available in school)
- Milk (semi-skimmed or skimmed for children aged over two)
- Pure unsweetened fruit juice (no more than 150ml)



Eisteddfod 2019 Eisteddfod
Thema: Bwrlwn - Theme: Hustle & Bustle

Mae rhestr o'r cystadlaethau posib ar wefan yr Urdd -
<https://www.urdd.cymru/cy/eisteddfod/eisteddfod-2019/cystadlu/gwaith-cartref/celf-dylunio-thechnoleg/>

Syniadau am y thema: <https://www.urdd.cymru/files/7815/3658/8215/Syniadau - Bwrlwm.pdf>

The list of all available competitions is available on the Urdd website -
<https://www.urdd.cymru/en/eisteddfod/eisteddfod-2019/competitions/home-work/art-design-and-technology/>

An ideas page is also available: <https://www.urdd.cymru/files/3815/3658/8299/Ideas - Hustle and Bustle.pdf>

Eleni gwaith cartref creadigol Eisteddfod ein hysgol yw:

This year the learning at home tasks for the school Eisteddfod are:

- **Lluniadu 2D;** gellir defnyddio unrhyw cyfrwng megis pensil, paent, sialc, pastel ac ati
2D drawing; you may use any medium eg. Pencil, paint, chalk, charcoal, pastel etc
- **Creadigol 2D;** gellir creu darn o waith collage, mosaic ayyb trwy gyfuno dulliau gwahanol. [Gellir defnyddio adnoddau naturiol os ydych yn dymuno]
Creative 2D; you may create a mosaïque or collage etc through using more than one method. [Natural materials may be used if you wish to do so.]
- **Argraffu 2D;** Cynhyrchu darn o waith sydd wedi'i greu wrth argraffu yn unig
2D printing; Create a piece of work which has been created through printing only.
- **Graffeg cyfrifiadurol;** Ni chaniateir 'Clip Art' neu unrhyw ddelweddau tebyg
Computer graphics; No Clip Art or similar imaging should be used
- **Ffotograffiaeth;** Nid oes hawl gan luniau i fod yn fwy na 60cmx50cm. Gall y lluniau fod yn lliw neu du a gwyn. Gall y lluniau fod yn unigol neu yn gyfres o 4.
Photography; Photos are not permitted to be larger than 60cmx50cm. They may be in colour or black and white, single or in a series of 4.
- **Pypedau;** un pyped yn seiliedig ar y thema gall fod yn byped bys, llaw neu pren [llwy bren neu ffon].
- **Puppets;** one puppet based on the theme. The puppet can be a finger, hand or wooden puppet [on a wooden stick/spoon].
- **Gwau [â llaw] a /neu Crosio;** Cynhyrchu darn o waith yn seiliedig ar y thema
Knitting or Crochet; Create a piece of work connected to the above theme
- **Gemwaith;** gemwaith personol yn seiliedig ar y thema.
Jewellery; personal jewellery based on the theme.
- **Gwehyddu;** Ni ddylai'r gwaith mesur mwy na 1000mmx1000mm gan gynnwys ffrâm
Weaving; The piece of work should not measure more than 1000mmx1000mm including the frame

Dewiswch o leiaf dau o'r cystadlaethau uchod. Rhaid iddynt fod yn yr ysgol erbyn **dydd Llun 29.4.19**
Mae'r tasgau yma yn rhan o'r tasgau dysgu adref.

Choose at least two competitions from the above list. All pieces must be at the school by **Monday 29.4.19. These tasks are part of the learning at home tasks.**

***Os hoffech ddewis cystadleuaeth arall o'r fwydlen ar wefan yr Urdd mae hynny'n dderbyniol hefyd. If you would like to choose another competition from the Urdd's website (other than those listed above) you are more than welcome to do so.**

Diolch am eich cydweithrediad a chefnogaeth Thank you for your co-operation and support.

