



Ysgol Gymraeg Bro Teyrnnon

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“Ysgol i Esgor Gobeithion”
“A Place to Nurture our Aspirations”

24/4/2023

Annwyl Rieni / Warchodwyr,

Gobeithio eich bod wedi cael gwyliau Pasg hyfryd gyda'ch teuluoedd. Rydyn ni eisioes wedi ysgrifennu atoch i'ch hysbysu am ddyddiadau hyfforddiant mewn swydd ond nodyn byr i'ch hatgoffa eto. Ysgrifennwn gyda rhai dyddiadau pwysig at eich sylw ond fe fydd llythyr dyddiadau i ddilyn yn fuan.

Dyddiadau Pwysig i'ch Dyddiadur

| | |
|---------|--|
| 28/4/23 | - Diwrnod Hyfforddiant Mewn Swydd i Athrawon – DIM YSGOL I BLANT |
| 25/5/23 | - Disgo Ffrindiau - 3:30 - 4:15 Plant Derbyn, Blwyddyn 1 a Blwyddyn 2 4:15 – 5:00 Plant Oedran Blwyddyn 3, 4, 5 a 6 |
| 7/6/23 | “Diwrnod Dathlu– Diwrnod Waw” – 3:30 – 5:15 Cyfle i chi weld llyfrau eich plant a chrwydro'r amgylchedd ddysgu felly rydyn ni'n cynnal sesiynau ar ôl ysgol i chi ddathlu gwaith eich plentyn tra'n ymweld a'r dosbarth. |
| 10/6/23 | Digwyddiad Elusennol – Te parti Dementia ar gyfer ein Cymuned Lleol – 11:00 – 1:00 – Fe fyddwn ni'n trefnu digwyddiad elusennol trwy gynnal te parti ar safle'r ysgol ar Ddydd Sadwrn y 10fed o Fehefin. Fe fyddwn ni angen cefnogaeth cwmnïau lleol gyda nawdd o ran darparu cacennau a diodydd, cefnogaeth i baratoi i osod byrddau a chadeiriau, byntin, gweini a golchi llestri. |

Ymweliadau Preswyl

Hoffwn egulro beth yw'r drefn arferol ar gyfer ymweliadau preswyl gan fod y blynyddoedd diwethaf wedi amrywio ychydig oherwydd bu'n rhaid addasu ar y trefniadau arferol oherwydd Covid. Fe fydd hyn yn rhoi amlinellid i chi fel teuluoedd beth i ddisgwyl yn flynyddol gan fod modd dychwelyd i'r calendr arferol ar gyfer ein hymweliadau.

Blwyddyn 5 - Ymweliad Preswyl Penwythnos i Wersyll yr Urdd Llangrannog yn ystod mis Hydref

Blwyddyn 6 - Ymweliad Preswyl Gweithgareddau Awyr Agored mis Mai 2024

(Mehefin 2023 ar gyfer Blwyddyn 6 eleni)

Fe fyddwn yn danfon llythyr am fanylion ymweliadau preswyl blwyddyn nesaf fel bod modd cynilo yn raddol ar eu cyfer ar Parent Pay.

Disgo Ffrindiau Ysgol Gymraeg Bro Teyrnnon

Rydyn ni am ailgychwyn y disgos ysgol felly os oes rhywun am gynnig bod yn DJ yn y discos – dewch atom i ni fedru rannu ein rhestr cerddoriaeth gyda chi cyn y noson. Mae'r system PA yn y Neuadd. Rydyn ni'n anelu i gynnal ein disgo cyntaf cyn hanner tymor yr Haf! Os rydych chi ar gael i helpu danfonwch ebost i'r ysgol neu cysylltwch gyda'r pwyllgor Ffrindiau. **Cynhelir y cyfarfod Ffrindiau nesaf ar nos Iau y 4ydd o Fai am 5 o'r gloch.** Amser i drafod nifer o ddigwyddiadau eraill sydd ar y gweill.

Byrbryd Iach Amser Chwarae – Mae plant Blwyddyn 3 – 6 yn dod a byrbryd iach i'r ysgol yn ddyddiol ar hyn o bryd ac o fis Mehefin disgwylir i bawb (Meithrin i Flwyddyn 6) i ddilyn yr un drefn. Yn dilyn hanner tymor yr Haf ni fyddwn yn darparu ffrwythau ar gyfer y plant ieuengaf. Os oes rhieni wedi gwneud cyfraniadau ariannol am y flwyddyn gyfan yna maent wedi derbyn adaliad yn ystod yr wythnos hon. O ran storio byrbryd eich plentyn os maent yn dod a brechdanau o adref gofynnwn yn garedig i chi sicrhau bod byrbryd bore eich plentyn mewn blwch arwahan i'r pecyn cinio oherwydd weithiau mae'r plant yn cymryd cynnwys y pecyn cinio allan yn lle'r byrbryd.

Diweddariad Trefniadau Amser Cinio

Hoffwn ddiolch i bawb sy'n archebu cinio 'mlaen llaw yn ystod yr wythnos ddiwetha ond roedd 76 heb archebu, sy'n golygu llawer o waith ychwanegol yn y swyddfa bob bore gan fod angen gwirio trefniadau ar gyfer pob unigolyn. Cofiwch i wneud hyn erbyn 8:30 bob bore a chwblhau'r taliad.

Hoffwn achub ar y cyfle i egluro beth mae'r goruchwylwyr canol dydd yn ei wneud i gefnogi'r plant yn ystod yr awr ginio. Byddant yn atgoffa'r plant sut i ymddwyn yn gwrtais yn Bwyty Bro Teyrnnon – lefel llais pwrpasol a defnyddio cyllell a fforc i fwyta cinio ysgol. Byddant yn cefnogi gyda glanhau a pharatoi'r byrddau ar gyfer y plant a chlirio'r byrddau. Wrth gerdded o gwmpas y neuadd mae'r goruchwylwyr canol dydd a staff eraill sydd yn y neuadd yn sicrhau bod y plant sy'n cael pecynnau cinio o'r cartref yn bwyta eu brechdanau / wrap / pasta yn gyntaf cyn iddynt symud ymlaen at eitemau eraill. Yn yr un modd gofynnir i blant sy'n cael cinio ysgol fwyta eu prif bryd, ac yna'r pwddin. Wrth iddynt gerdded o amgylch y neuadd maent yn edrych i wirio bod y plant wedi cael digon i'w fwyta, nad yw'r plant yn rhannu bwyd a'u bod yn dilyn rheolau'r neuadd. Oherwydd bod gan rai plant alergeddau sy'n gallu bygwth bywyd, gofynnwn i bob plentyn osgoi dod â chnau yn eu pecynnau bwyd. Dywedir wrth bob plentyn y dylid rhoi papur lapio a bwyd nad yw'n cael ei fwyta yn ôl ym mocs cinio'r plentyn er mwyn i rieni/gwarcheidwaid allu gweld beth maent wedi'i fwyta ai peidio. Unrhyw blentyn sydd angen cymorth i agor pecynnau bwyd mae'r oedolion yno i gynorthwyo gyda thasgau o'r fath. Pan fydd angen sylw'r plant maent yn dilyn yr un gweithdrefnau a ddefnyddir yn y dosbarthiadau trwy ddangos 5 ar un llaw a chyfrif i lawr. Maent yn atgoffa'r plant faint o amser sydd ganddynt ar ôl er mwyn sicrhau eu bod wedi bwyta digon o'u cinio cyn dychwelyd i'r dosbarth / iard.

Pecyn Cinio o Adre - Mae'r staff ar ddyletswydd yn y neuadd hefyd yn monitro nifer yr eitemau afiach o fewn y pecyn cinio. Os oes gennym faterion yn ymwneud â phecynnau bwyd ein protocol yw i'r goruchwylwyr canol dydd hysbysu Mrs Howells yn y swyddfa ac yn dibynnu ar y materion dan sylw, bydd Mrs Howells neu aelod arall o staff yn cysylltu â'r rhieni/gwarcheidwaid. **Ni drafodir hyn gyda'r disgyblion.** Ynglwm mae taflen cinio iach yr ydym wedi'i dosbarthu eisoes. gydag argymhellion.

Dreigiau Siarter Iaith yn cydweithio gyda Mrs Islam i greu ffilm ar gyfer Cystadleuaeth Cyngor Casnewydd



Dathlu Llwyddiant Ffilm yr Ysgol – Crëwyd ffilm ar gyfer cystadleuaeth i ddathlu siarad Cymraeg. Bu Mrs Islam yn brysur yn cydweithio gyda unigolion i sgriptio, recordio a cydosod darnau i greu ffilm ar gyfer y gystadleuaeth a dathlwn ein bod yn un o'r 4 ysgol oedd yn fuddugol. Hoffwn ddiolch i Mrs Islam am ei holl gwaith yn sgriptio, recordio a golygu'r ffilm gyda'r plant. Mae'r ffilm ar gyfryngau cymdeithasol y Cyngor fel rhan o ddatliadau Dydd Gŵyl Dewi. Gobeithio eich bod wedi cael cyfle i fwynhau'r casgliad o luniau Dydd Gwyl Dewi yn yr Argus.

Cwprdd Byd y Dychymyg i Ddathlu Cymreictod

Braf yw cyhoedi ffrwyth gwaith pawb yn cydweithio gyda mi i drawsnewid y cwprdd storio offer glanhau i Gwprdd Byd y Dychymyg Dathlu Cymreictod yn y Neuadd ar gyfer storio llyfrau gwobrau Dathlu Cymreictod. Roedd y plant wrth eu boddau yn y Gwasanaeth ysgol gyfan wrth i'r Dreigiau Siarter laith agor a datgelu'r newidiadau.

Y Daith



CŶN / BEFORE

AR ÔL / AFTER

Hoffwn ddiolch i'r Dreigiau Siarter laith am gydweithio gyda mi i wireddu hyn ac edrychwn ymlaen i weld pwy fydd yr ennillwyr cyntaf Dathlu Cymreictod o bob dosbarth. Diolch hefyd i 3 set o rieni am eu help - Mr Baladabadi a Mr Yohannes a fu'n helpu i baratoi'r cwprdd yn barod i'w beintio, Mrs Palmer (rhiant) a Miss Jones-Campbell (Cynorthwy-ydd Addysgu) am beintio'r cwprdd gyda'r hwyr, Mrs Ironside am wirieddu llawer o syniadau'r plant a chydweithio gyda nhw i greu'r coed ac i Mr Roberts am osod y llawr newydd, planhigion, silffoedd a'r goleuadau. Diolch hefyd i Mr Bell am osod dyluniad y Dreigiau Siarter laith ar y poteli tocynnau Dathlu Cymreictod.

Diolch i'r holl gymuned am eich cefnogaeth, dealltwriaeth a'ch cydweithrediad ar bob adeg.

Mrs Lona Jones-Campbell
(Pennaeth Gweithredol/Executive Head Teacher)





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24/4/2023

Dear Parents / Guardians,

I hope you had a lovely Easter break with your families. We have already written to you to inform you about the dates of In-Service training but this is a short note to remind you. We write with some important dates for your attention but there will be a letter of dates to follow shortly.

| | |
|----------------|---|
| 28/4/23 | - Teacher Training Day - NO SCHOOL FOR CHILDREN |
| 25/5/23 | - Ffrindiau Disco - 3:30 - 4:15 Reception, Year 1 and Year 2 Children 4:15 – 5:00 Year 3, 4, 5 and 6 Children |
| 7/6/23 | "Celebration Day – Wow Day" – 3:30 – 5:15 An opportunity for you to see your children's books and explore the learning environment therefore we are holding sessions after school for you to celebrate your child's work whilst visiting the classroom. |
| 10/6/23 | Charity Event – Dementia Tea party for our Local Community – 11:00 – 1:00 – We will be organising a tea party charity event on the school premises on Saturday the 10 th of June. We will need support with sponsorship from local companies in terms of providing cakes and refreshments, as well as support to prepare to set up tables and chairs, bunting, serving and washing dishes. If you are interested you can indicate this on Parent Pay. |

Residential Visits

I would like to clarify what the usual procedures are for residential visits as the last few years have varied slightly because the usual arrangements had to be adjusted due to Covid. This will give you as families an outline of what to expect annually as it is possible to return to the normal calendar for our visits.

Year 5 - Weekend Residential Visit to Llangrannog Urdd Camp during October

Year 6 - Outdoor Activities Residential Visit May 2024

(June 2023 for Year 6 this year)

We will be circulating letters with details of next year's residential visits so that it is possible to gradually save for them on Parent Pay.

Ffrindiau Ysgol Gymraeg Bro Teyrnnon Disco

We want to restart the school discos so if anyone wants to offer to be a DJ at the discos - come to us so we can share our music list with you before the night. The PA system is in the Hall. We aim to hold our first disco before the Summer half term! If you are available to help send an email to the school or contact the Friends committee. **The next Ffrindiau meeting will be held on Thursday evening the 4th of May at 5 o'clock.** Time to discuss a number of other upcoming events.

Healthy Play Time Snacks – Year 3 - 6 children bring a healthy snack to school daily at the moment and from June everyone (Nursery to Year 6) is expected to follow the same routine. Following the Summer half term we will not be providing fruit for the youngest children. If parents have made financial contributions for the whole year then they have been refunded for the last half term during this week. Regarding storing your child's snack if they bring sandwiches from home we kindly ask you to ensure that your child's morning snack is in a separate box to the lunch pack because sometimes the children take out the contents of the lunch pack instead of just a snack.

Lunchtime Arrangements Update

I would like to thank everyone who booked lunch in advance during the week before but there were 76 without booking, which means a lot of extra work in the office every morning as it is necessary to check arrangements for each individual. Remember to do this by 8:30 each morning and complete the payment.

I would like to take the opportunity to clarify what the mid-day supervisors do to support the children during the lunch break. They will remind the children how to behave politely in “Bwyty Bro Teyrnnon” (Bro Teyrnnon Restaurant) – using appropriate voice level and use a knife and fork to eat school lunch. They will support with cleaning and preparing the tables for the children and clearing the tables. As the mid-day supervisors and other staff in the hall walk around they will ensure that the children who have packed lunches from home eat their sandwiches /wraps / pasta first before they move onto other items. In the same manner children who have school dinners will be asked to eat their main meal followed by the pudding. As they walk around the hall they visually check that the children have had enough to eat, children are not sharing food and that they are following the hall rules. Due to some children having allergies which can have life threatening consequences we ask all children to avoid bringing nuts in their packed lunches. All children are told that wrappers and food not eaten are to be placed back in the child's lunch box in order for parents/guardians are able to see what they've consumed or not. Any child who needs support to open food packaging the adults are there to assist with such tasks. When they need the children's attention they follow the same procedures as used in the classrooms by showing 5 on one hand and counting down. They remind the children how much time they have left in order to ensure they have consumed enough of their lunch before returning to class / yard.

Packed Lunches –The staff on duty in the hall also monitor the number of unhealthy items within the packed lunch. If we do have issues relating to packed lunches our protocol is for the midday supervisors to inform Mrs Howells in the office and depending on the issues, Mrs Howells or another member of staff will contact the parents/guardians. **This will not be dealt with via the pupil.** Attached is a healthy lunch leaflet which we have circulated previously with recommendations.

Language Charter Dragons working in partnership with Mrs Islam to create a film for Newport City Council's Competition



Celebrating the School's Film Success - A film was created for a competition to celebrate speaking Welsh. *Mrs Islam was busy collaborating with individuals to script, record and assemble pieces to create a film for the competition and we celebrate that we were one of the 4 winning schools.* I would like to thank Mrs Islam for all her work in scripting, recording and editing the film with the children. The film is on the Council's social media as part of St David's Day celebrations. We hope you enjoyed the collection of St David's day images in the Argus.

World of Imagination Cupboard to Celebrate Welshness

It is a pleasure to announce the fruit of everyone's labour working together with me to transform the hall cleaning equipment storage cupboard into the World of Imagination Cupboard for the Celebration of Welshness to store the book prizes. The children were delighted during the whole school Service when the Language Charter Dragons opened and revealed the changes.

The Journey



BEFORE

AFTER

I would like to thank the Language Charter Dragons for working with me to make this a reality and we look forward to seeing who will be the first Celebrating Cymreictod winners from each class. Thanks also to 3 sets of parents for their help - Mr Baladabadi and Mr Yohannes who helped to prepare the cupboard ready to be painted, Mrs Palmer (parent) and Miss Jones-Campbell (Teaching Assistant) for painting the cupboard in the evenings, Mrs Ironside for realising many of the children's ideas and working together with them to create the trees and Mr Roberts for installing the new floor, plants, shelves and lights. Thanks also to Mr Bell for the vinyl printing of the design of the Language Charter Dragons on the Celebrating Cymreictod ticket bottles.

Thanks to the whole community for your support, understanding and co-operation at all times.

Mrs Lona Jones-Campbell

(Pennaeth Gweithredol/Executive Head Teacher)





Llywodraeth Cymru
Welsh Government

Pecynnau cinio iach

Fel rhieni neu ofalwyr, rydych yn chwarae rhan bwysig o ran gosod esiampl dda i'ch plant a'u haddysgu o oedran cynnar am ddewis bwyd a diod iach. Bydd hyn yn sicrhau eu bod yn cael deiet llawn maeth wrth iddyn nhw dyfu a gall helpu i sicrhau eu bod yn parhau i fwyta'n iach a bod eu pwysau'n aros yn iach wrth iddyn nhw fynd yn hŷn.

Yn ystod y deng mlynedd diwethaf, mae bwyd a diod mewn ysgolion wedi parhau i ddod yn iachach.

Mae'r gyfraith yng Nghymru bellach yn sicrhau bod ysgolion yn chwarae rhan bwysig o ran helpu i gadw ein plant yn iach drwy gynnig prydau cytbwys sy'n llawn maeth, eu hannog i flasau amrywiaeth o fwydydd newydd, a'u haddysgu am sut i fyw'n iach.

Mae bron pob ysgol yng Nghymru yn rhan o Gynllun Ysgolion Iach – Rhwydwaith Cymru. Nod y cynllun yw creu amgylchedd sy'n hyrwyddo iechyd a llesiant, gan gynnwys addysgu plant am fanteision deiet iach a byw bywyd actif.

Fel rhan o'r cynllun, hoffem annog rhieni i baratoi pecynnau cinio iach i'r plant sy'n dod â bwyd i'r ysgol. Mae'r daflen hon yn rhoi awgrymiadau defnyddiol i'ch helpu i sicrhau bod cynnwys pecyn cinio eich plentyn yr un mor iach â phrydau sy'n cael eu cynnig yn ysgolion Cymru.

Efallai bod gan ysgol eich plentyn bolisi pecyn cinio. Mae'r daflen hon yn ategu unrhyw bolisi ar fwyd sydd eisoes ar waith yn yr ysgol. Mae'n bosibl nad yw'r polisi'n caniatáu bwydydd megis losin, siocled, creision a diodydd melys, a'i fod yn gwahardd bwydydd penodol (megis cnau) er mwyn diogelu disgyblion sydd ag alergedd. Mae'n bosibl hefyd ei fod yn annog plant i fwyta o leiaf un darn o ffrwyth neu lysieuyn, ac i yfed dŵr.

Cynllunio pecyn cinio

Dylai plant fwyta pryd o faint sy'n addas ar gyfer eu hoedran. Bydd angen dogn eitha bach o fwyd ar blant ifanc a bydd angen llawer mwy o fwyd ar blant hŷn sy'n weithgar iawn.



Awgrymiadau gwych

Nid oes yn rhaid ichi brynu bwydydd sydd wedi'u cynhyrchu ar gyfer pecynnau cinio'n benodol. Mae rhai bwydydd, megis cig neu basta, yr un mor flasus pan fyddant yn oer. Felly beth am goginio mwy ohonynt i swper, cadw'r bwyd sy'n weddill yn eich oergell, wedyn ei ddefnyddio ym mhpecyn cinio'ch plentyn y diwrnod canlynol? Gallech gynllunio pecynnau cinio ar gyfer yr wythnos drwy wneud hyn i'ch helpu i arbed arian a lleihau gwastraff bwyd.

I'ch helpu i ddewis opsiynau iachach yn yr archfarchnad, edrychwch ar y labeli bwyd ar flaen y deunydd pacio a phrynu'r bwydydd hynny sy'n dangos y golau traffig oren neu wyrdd ar gyfer braster, braster dirlawn, siwgr a halen lle bo'n bosibl.

| Egni | Braster | Braster dirlawn | Siwgr | Halen |
|--------------------|---------|-----------------|-------|-------|
| 780 kJ 185 kcal | 3.5g | 0.4g | 1g | 0.43g |
| 9% | 5% | 2% | 1% | 7% |

Os ydych yn ychwanegu cig ffres neu unrhyw fwyd sydd angen ei gadw fel arfer mewn oergell, dylech ddefnyddio bocs bwyd wedi'i inswleiddio a phecyn iâ neu allech gynnwys diod wedi'i rewi a allai helpu i gadw'r bocs bwyd yn oer. Os ydych yn paratoi cinio'ch plentyn y noson gynt, dylech bob amser ei gadw yn yr oergell dros nos.



Paratoi pecyn cinio



1 Yn gyntaf, meddylwch am fwyd sy'n llawn startsh a charbohydradau



Mae bwyd sy'n llawn startsh yn ffynhonnell egni dda, a dylai gynrychioli traean o becyn cinio'ch plentyn. Ceisiwch gynnwys bwydydd megis bara, pasta neu datws, ac amrywio'ch dewisiadau gymaint â phosibl.

Awgrymiadau gwyh

Yn lle'r frechdan draddodiadol, defnyddiwch bagel, bara pita, tortilla neu baguette. Defnyddiwch fara brown, bara gwenith cyflawn neu fara hadau lle bo'n bosibl a defnyddio dim ond tipyn bach o sbred olew llysiau, fel sbred blodau haul, neu sbred â llai o fraster ynddo.

Mae ffyn bara, bara ceirch a chracers gwenith cyflawn yn ychwanegiadau da a gellir eu bwyta gyda chaws meddal braster isel arnynt neu ddarnau o gaws caled braster isel.

2 Ychwanegwch brotein



Ychwanegwch fwyd sy'n cynnwys llawer o brotein, naill ai ar ei ben ei hun neu drwy ei roi mewn brechdan. Mae'r bwydydd a canlynol yn cynnwys llawer o brotein.

- Cyw iâr
- Cig heb lawer o fraster
- Pysgod
- Wyau
- Caws
- Pob math o ffa a dewisiadau amgen i gig

3 Ychwanegwch ambell ddarn o ffrwythau a llysiau a fydd yn cyfrannu at '5 y dydd' eich plentyn



Gallwch ychwanegu ffrwythau a llysiau at becyn cinio'ch plentyn mewn sawl ffordd.

- Mae ffrwythau a llysiau lliwgar yn dwyn sylw plant ac maen nhw'n fwy tebygol o'u bwyta os ydyn nhw'n barod i'w bwyta, hynny yw wedi'u pilio neu eu torri yn ddarnau bach yn barod. Dylai ffrwythau a llysiau bach, megis grawnwin a thomatos bach, gael eu torri yn chwarteri ar gyfer plant ifanc er mwyn lleihau'r risg o dagu. Gallech hefyd gynnwys hwmws braster isel neu gaws meddal fel dipiau.
- Gallech roi salad yn eu brechdanau.
- Gallech wneud salad ffrwythau blasus i'ch plentyn neu gynnwys ffrwythau tun mewn sudd ffrwythau naturiol.
- Gallech gynnwys llond llaw o syltanau neu ychydig o apricotau sych. Nid yw ffrwythau wedi'u sychu yn dda i ddannedd eich plentyn, felly mae'n well eu bod yn eu bwyta gyda'u pryd bwyd.

4 Cynnyrch llaeth a dewisiadau amgen



Gallech gynnwys un o'r canlynol. Dylech ddewis cynhyrchion gyda llai o fraster a siwgr lle bo'n bosibl.

- Iogwrt plaen
- Fromage frais
- Caws meddal braster isel

5 Diodydd



Cofiwch gynnwys diod. Mae dewisiadau da yn cynnwys y canlynol.

- Dŵr (er bod hwn ar gael yn yr ysgol)
- Llaeth (hanner-sgim neu sgim ar gyfer plant dros 5 oed)
- Sudd ffrwythau pur heb ei felysu (150ml ar y mwyaf)

I gael rhagor o wybodaeth, darllenwch y Canllaw Bwyta'n Dda sydd ar gael yn <https://gov.wales/docs/dhss/publications/180927eatwell-guidecy.pdf>



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 | Fat | Saturates | Sugars | Salt |
|--------------------|------|-----------|--------|-------|
| 780 kJ 185 kcal | 3.5g | 0.4g | 1g | 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
- Fish
- Eggs
- Cheese
- 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 fruit 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 houmous or soft cheese for dipping.
- You could put salad in their sandwiches.
- You could make them a tasty fruit salad or include some canned fruit in natural fruit juice.
- You could include a handful of sultanas or a few dried apricots. To reduce the risk of tooth decay, dried fruit is best eaten at mealtimes.

4 Dairy and alternatives



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

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

5 Drinks



Remember to include a drink. Good choices include the following.

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