

Annwyl Blant,

Yr wythnos yma a nesaf byddwch chi'n gwneud rhai asesiadau personol darllen a mathemateg. Rydyn ni'n gwybod pa mor galed rydych chi wedi gweithio a dyma gyfle i chi ddangos yr holl sgiliau rydych chi wedi ei ddysgu ac ymarfer. Mae'r profion yn bwysig oherwydd maen nhw'n helpu ni gweld sut rydych chi wedi gwella a pha fannau sydd angen fwy o ymarfer arnoch chi.

Ond, mae rhywbeth pwysig sydd rhaid i chi wybod. Dydy'r profion ddim yn asesu beth sy'n gwneud chi yn sbesial ac yn unigryw. Dydy'r profion ddim yn gallu gweld bod rhai ohonoch chi yn caru tynnu lluniau neu ganu cân. Dydyn nhw ddim yn gallu mesur eich talentau dawnzio neu chwaraeon. Dydyn nhw ddim yn gallu asesu eich bod chi'n ffrind da, pa mor ddoniol yw'ch jociâu neu faint o hwyl rydych chi'n cael wrth chwarae. Dydyn nhw ddim yn dweud wrthym eich bod chi yn caru chwerthin neu fod eich wyneb yn troi'n goch pan rydych chi'n swil. Dydyn nhw ddim yn gallu dangos eich bod chi'n garedig, dibynadwy ac yn feddylgar... a phob diwrnod rydych chi'n trio eich gorau.

Bydd sgoriau'r asesiadau'n dangos i ni rywbeth amdanoch chi, ond ni fyddent yn dangos popeth. Mae nifer o wahanol ffyrdd o fod yn glyfar. Rydych chi yn glyfar ac yn dalentog. Gwnewch eich gorau glas yn yr asesaidau ac wedyn dathlwn eich llwyddiant gyda'n gilydd!

Staff Ysgol Gymraeg Bro Teyrnnon

Dear Children,

This week and next week you will complete some reading and mathematics personalised assessments. We know how hard you have worked and this is your opportunity to show all the skills you have learned and practised. The tests are important because they help us to see how you've improved and which areas you need to practise more.

However, there is something important that you must know. Tests do not assess what makes you special and unique. The tests cannot see that some of you love drawing pictures or singing songs. They are not able to measure your talents in dancing or sports. They are not able to assess that you are a good friend, how funny your jokes are or how much fun you have while playing. They do not tell us that you love to laugh or that your face goes red when you are shy. They are not able to demonstrate that you are kind, reliable and thoughtful... and that every day you try your best.

The assessment scores will show something about you, but they will not show everything. There are many different ways of being clever. You are clever and talented. Do your very best in the assessments and then we will celebrate your success together!

Staff Ysgol Gymraeg Bro Teyrnnon

Annwyl Rieni a Gwarchodwyr,

Yma, yn Ysgol Gymraeg Bro Teyrnnon, rydyn ni wedi gwneud ein gorau glas i baratoi'r plant ar gyfer yr asesiadau personol. sy'n digwydd yr wythnos yma a nesaf. Mae'r plant wedi gweithio mor galed ac felly dyma amser iddynt ddangos eu talentau darllen, rhifedd a rhesymu. Fel rhieni, mae rhai pethau gallwch chi eu wneud i helpu eich plentyn perfformio ei gorau'r wythnos nesaf;

- **Gwnewch yn siŵr bod eich plentyn yn cael noson dda o gwsg.** Mae nifer o athrawon yn dweud bod disgyblion sydd ddim yn gwneud yn dda mewn profion heb dderbyn digon o gwsg yn y dyddiau cyn y profion.
- **Gwnewch yn siŵr bod eich plentyn yn derbyn brecwast da ac iachus.** Rydyn ni'n gwybod bod brecwast gyda mwy o garbohydradau yn cynnal canolbwyntiad plentyn yn hirach na frecwast â llawer o siwgr.
- **Dewch â snac a diod i'r ysgol.** Mae banana yn un dewis gwych am brofion.
- **Cadwch yn bositif!** Os ydy'ch plentyn yn dechrau teimlo yn bryderus am y profion ar unrhyw adeg, gallwch ymarfer rhai technegau tawelu meddwl fel cyfri i ddeg neu ganolbwyntio ar anadlu. Atgoffa'ch plentyn, fel mae'r athrawon yn gwneud yn aml, os ydy cwestiwn yn anodd peidiwch â gwastraffu gormod o amser arni. Yn y mwyafrif o achosion, mae cwestiynau lle mae marciau'n hawdd i'w godi nes ymlaen yn y papur.
- **Gwnewch yn siŵr bod eich plentyn yn bresennol.** Rydyn ni gyd yn gwybod bod salwch weithiau yn amhosib i'w osgoi. Ond os oes gennych chi unrhyw apwyntiadau gwnewch eich gorau glas i'w haildrefnu.
- **Dros gyfnod y profion,** mae ymchwil yn dweud bod hi'n fuddiol i dreulio amser yn yr awyr agored gyda'ch plentyn fel mynd am dro bach. Dyma ffordd o dawelu meddwl a rhoi cyfleoedd i drafod am y profion maent yn sefyll.
- **Ar ôl profion** atgoffawch eich plentyn bod ef/hi wedi gwneud ei gorau glas ac rydyn ni gyd yn falch ohonyn nhw.

Os gallwn ni, fel ysgol, rhoi unrhyw gyngor i chi, cysylltwch gyda ni i ofyn neu i drafod ymhellach.

Diolch yn fawr,

Pawb ar Dîm Staff yr Ysgol

Dear Parents and Guardians

Here, at Ysgol Gymraeg Bro Teyrnnon, we've done our best to prepare the children for the personalised assessments. will be happening this week and next week. The children have worked so hard and so this is the time to show their talents in reading, numeracy and reasoning. As parents, there are some things you can do to help your child perform their best next week;

- **Make sure that your child gets a good night's sleep.** Many teachers say that pupils who do not perform very well in tests have not had enough sleep in the days running up to the tests.
- **Make sure that your child receives a good and healthy breakfast.** We know that having had a breakfast with more carbohydrates, children's concentration lasts longer than if they have had a sugary breakfast.
- **Bring a snack and drink to school.** A banana is a great choice during the tests.
- **Stay positive!** If your child starts to feel anxious about the tests at any time, you can practice some techniques to reassure them such as counting to ten or concentrating on breathing. Remind your child, as the teachers do frequently, if a question is really hard make sure that they don't waste too much time on it. More often than not there are questions, later in the paper, in which marks are easy to pick up.
- **Make sure your child is in school.** We all know that illness is sometimes impossible to avoid, but if you have any appointments during this time please make every effort to be reschedule them.
- **Over the period of testing,** research says that it is beneficial to spend time with your child outdoors such as taking a walk. This a way to reassure them, make them less anxious and provide opportunities for them to talk about the tests they are taking
- **Remind your child,** after the tests, that they have done their best and we're all proud of them.

If we, as a school, can give you any advice, please don't hesitate to contact us to discuss further.

Thank you,

All of the Staff Team at the School

