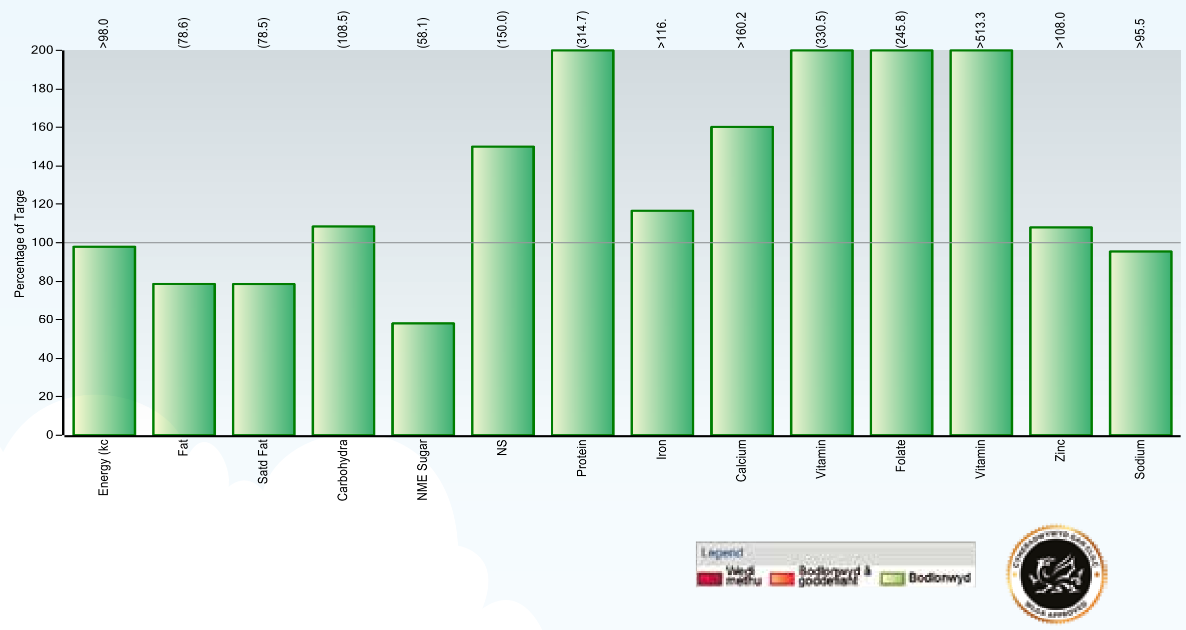
Rydym eisiau i blant fwyta'n iach a bod yn iach yn yr ysgol

Mae prydau ysgol yn rhad ac am ddim i bob disgybl ysgol gynradd ym Mwrdeistref Sirol Conwy o'r dosbarth Derbyn i Flwyddyn 6.

Mae ein bwydlenni'n bodloni'r holl safonau bwyd a maeth y mae plentyn ei angen yn ystod y diwrnod ysgol.

Dyma'r maetholion a gaiff eu darparu yn ein bwydlen bob wythnos ar gyfer ysgolion cynradd. Mae'r llinell lorweddol yn dangos safon Llywodraeth Cymru ar gyfer y bwyd a'r maeth.



Straeon Cinio Ysgol

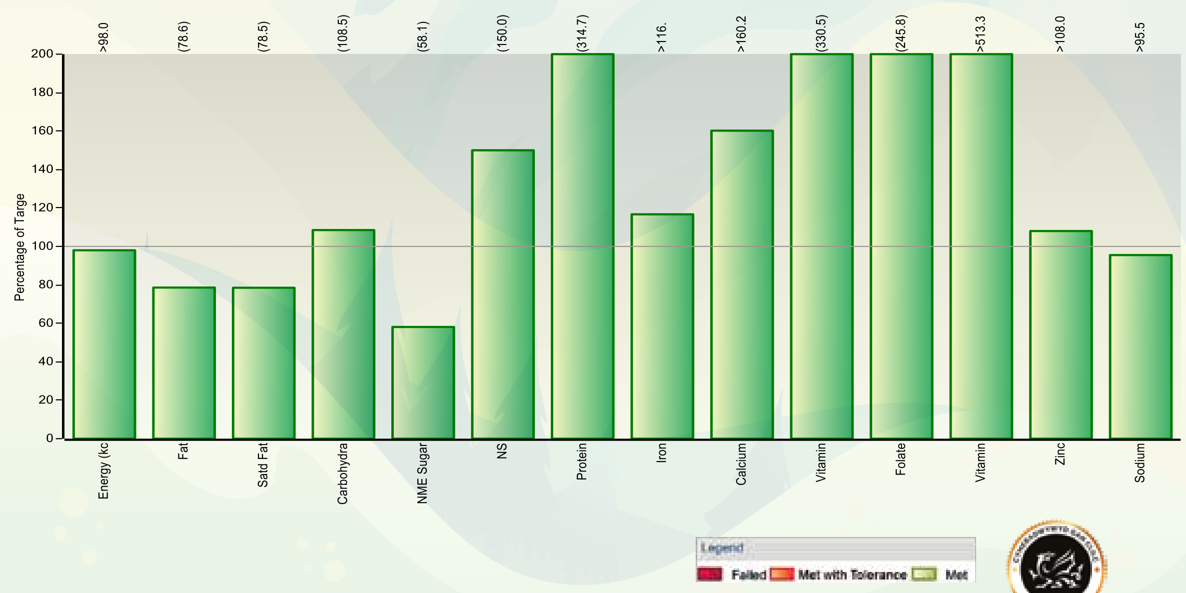
Fe hoffem glywed beth yw eich barn chi am eich cinio ysgol. Rhannwch eich adborth drwy e-bost at arlwyaeth@conwy.gov.uk

We want children to eat well and be well in school

School meals are free of charge to all primary school learners in Conwy County Borough from Reception to Year 6.

Our menus meet all the food and nutrient standards that a child needs during the school day.

These are the nutrients provided every week in our primary school menu. The horizontal line shows the Welsh Government standard for the food and nutrients.



School Lunch Stories

We'd like to hear what you think about your school lunch. Share your feedback by email to catering@conwy.gov.uk

Grant Hanfodion Ysgol

Mae Llywodraeth Cymru yn darparu cyllid ar gyfer Grantiau Hanfodion Ysgol. Mae Grant Hanfodion Ysgol ar gael i helpu i brynu:

- Gwisg ysgol, gan gynnwys cotiau ac esgidiau
- Gwisg chwaraeon ysgol gan gynnwys esgidiau, cyfarpar fel bagiau ysgol a deunydd ysgrifennu
- Gliniadur a llechen (os na all yr ysgol roi benthyg yr offer i'r disgybl)
- Gwisg ar gyfer gweithgareddau cyfoethogi, gan gynnwys pethau fel y sgowtiaid, y geidiau, cadetiaid, crefftau ymladd, chwaraeon, celfyddydau perfformio neu ddawnsio
- Offer arbenigol ar gyfer gweithgareddau'r cwricwlwm newydd, fel dylunio a thechnoleg
- Offer ar gyfer teithiau y tu allan i oriau ysgol ar gyfer pethau fel dysgu yn yr awyr agored e.e. dillad glaw.

Mae rhagor o wybodaeth yma: www.conwy.gov.uk/budd-daliadauaddysg

Cymorth a Chyngor Pellach

- Gall y **Tîm Hawliau Lles** wirio os ydych chi'n gymwys am gymorth ariannol, fel y Grant Hanfodion Ysgol, a'ch helpu gyda'r broses ymgeisio
- Mae ein **Llyfrgelloedd** yn lleoedd cynnes a chroesawgar, lle y gallwch gael gafael ar ystod o lyfrau, gweithgareddau a chymorth i gael mynediad at wasanaethau'r Cyngor am ddim
- Mae'r **Timau Cymorth i Deuluoedd** yma i chi a'ch teulu. Mae angen cymorth ar bawb weithiau, edrychwch i weld pa gymorth sydd ar gael
- Mae **Tai Conwy** yn helpu pobl sydd yn, neu sydd mewn perygl o fod yn ddigartref a hefyd pobl sydd angen tai fforddiadwy
- Mae **Canolbwynt Cyflogaeth Conwy** yn 'siop un alwad' ar gyfer cyflogadwyedd.

Mae rhagor o wybodaeth yma: www.conwy.gov.uk/costau-byw

School Essentials Grant

Welsh Government provide funding for School Essentials Grants. A School Essentials Grant is to help purchase:

- School uniform, including coats and shoes
- School sports kit including footwear, equipment e.g. school bags and stationery
- Laptop and tablet (where school is unable to loan pupil the equipment)
- Uniform for enrichment activities, such as scouts, guides, cadets, martial arts, sports, performing arts or dance
- Specialist equipment for a new curriculum activities such as design and technology
- Equipment for out-of-school-hour's trips, such as outdoor learning e.g. waterproofs.

Find out more at: www.conwy.gov.uk/educationbenefits

Further Help and Advice

- The **Welfare Rights Team** can check if you're eligible for financial assistance, such as the School Essentials Grant, and help with the application process
- Our **Libraries** are warm and welcoming spaces where you can access for free a range of books, activities, and help accessing Council services
- The **Family Support Teams** are here for you and your family. Everyone needs help sometimes, see what support is available
- **Conwy Housing** help people who are, or are at risk of becoming homeless, and also people who need affordable housing
- **Conwy Employment Hub** is a one stop shop for employability.

Find out more at: www.www.conwy.gov.uk/cost-of-living

CONWY
CYNGOR BWRDEISTREF SIROL
COUNTY BOROUGH COUNCIL

Sir Conwy, yr amgylchedd iawn ar gyfer dysgu a chyflawni

Conwy County, the right environment for learning and achieving