

Canllawiau i Rieni - Dysgu o Adref

Dyma rai syniadau arfer dda o ran rheoli'r dysgu o adref.

Y Broses Addysgu

- Fe fydd athrawon yn cysylltu gyda'r disgyblion ac yn gosod gwaith ar e-bost/ Moodle/Teams/Edulink. Mae nifer o athrawon CA4 a CA5 wedi esbonio yn barod beth fydd cyfrwng yr addysgu.
- O ran CA3 y bwriad yw danfon set o dasgau penagored fesul pwnc a fydd yn cymryd sawl wythnos i'w gwblhau yn hytrach na gwersi penodol. (Gweler y ffeil amgaeedig sy'n cynnwys cyfres o weithgareddau dysgu). Fe fydd athrawon yn ffocysu'r dysgu ar y pynciau arholiad yn ystod y cyfnod yma a felly ddim yn debygol o fedru ymateb i bob neges ebost yn y bythefnos nesaf.
- **Fe fydd athrawon yn ateb unrhyw gwestiynau neu gynnig adborth pan mae hynny yn gyfleus ac ymarferol.**


Adnoddau

- Os oes problemau technegol yn rhwystro'ch plentyn rhag cael mynediad at ddeunyddiau plŷ cysylltwch gyda'r athrawon drwy e-bost. Bydde unrhyw ddyfais di-wifr yn addas gan fod modd cwblhau mwyafrif o'r tasgau ar bapur.
- Os yw'n waith ysgrifenedig, gall ddisgybl gymryd llun ac anfon y gwaith drwy e-bost os nad oes mynediad i gyfrifiadur yn gyfleus.


Trefn y Dydd

- Mae'n bwysig cael patrwm penodol o ran gwaith. Trafodwch gyda'ch plentyn o ran faint o amser o'r dydd dylent dreulio ar waith. Gallent ddilyn ei amserlen bresennol neu greu un ei hun gan ddefnyddio'r enghraifft isod.
- Mae'n arferol i weithio am awr cyn cael gorffwys. Gellid greu amserlen bras o'r dydd o flaen llaw gyda'ch cefnogaeth fel rhiant. Gallwch weld enghraifft posib ar ddiwedd y ddogfen hon.

Wythnos yn dechrau: _____ Wythnos 1/2

Ysgol 

	1	2	3	4	5	6	4	5	6	7	8	9
Llun												
Mawrth												
Mercher												
Iau												
Gwener												
	10	11	12	1	2	3	4	5	6	7	8	9
Sadwrn												
Sul												



Lles Meddyliol

- Fe fydd angen sicrhau nad yw eich plentyn yn treulio gormod o amser ar dabled/ffôn/cluniadur pan yn gweithio. Gosodwch ffiniau o ran amser a'r defnydd o DGCh.
- Mae'n bwysig eu bod yn cael cyfnod o awyr iach pob dydd hyd yn oed cyfnod tu allan yn yr ardd.
- Mae'n syniad hefyd amrywio natur y diwrnod gyda gweithgareddau gwahanol.
- Cysylltwch gyda'ch Pennaeth Blwyddyn drwy ebost os oes gennych bryder am les eich plentyn.

Adnoddau Dysgu Arlein Defnyddiol

www.futurelearn.com/subjects/teaching-courses/how-to-teach-online

www.open.edu/openlearn

www.bbc.co.uk/bitesize/

www.cbac.co.uk/

www.sparknotes.com

www.s4c.cymru/clic/

www.mathemateg.com

www.duolingo.com

www.world-geography-games.com/world.html

www.languagesonline.org.uk/Hotpotatoes/index.html

Enghraifft o Drefnu y dydd o'r Wê

COVID-19 DAILY SCHEDULE		
Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog *top 5 10-min
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Lego, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all screens (table and chair) B - wipe all floor handles, light switches, and desk tops C - Wipe both bathrooms - sinks and toilet
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK iPad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

Guidance for parents - Learning from home

Here are some good practice ideas for managing the learning from home.

The Teaching Process

- Teachers will liaise with pupils and set up work on e-mail/Moodle/Teams/Edulink. A number of KS4 and KS5 teachers have already explained what the medium of teaching will be.
- As regards KS3, it is intended to deliver a set of open ended tasks per subject which will take several weeks to complete rather than specific lessons. (See attached file which has a list of learning activities). **The teachers will focus on examination classes, teachers may be unable to respond to every message directly.**
- **Teachers will answer any questions or offer feedback when it is convenient and practical.**

Resources

- If there are technical problems preventing your child from accessing materials please contact the teachers via email. Any wifi device would be suitable as most of the tasks can be completed on paper.
- If it is written work, a pupil can take a picture and send the work by email if access to a computer is not convenient.


Timetable of the day

- It is important to have a specific pattern of work. Discuss with your child how much of the day they should spend working. They could follow their present timetable or create their own structure with the timetable below.
- It is normal to work for an hour before resting. A timetable could be created beforehand with your support as a parent. You can find an example of a typical daily schedule at the bottom of this document.

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Wythnos 1/2

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Sadwrn												
Sul												

Wellbeing

- It will be necessary to ensure that your child does not spend too much time on a tablet/phone/laptop when working. Set some boundaries regarding your child's use of ICT.
- It is important that children have fresh air every day even if it is taking a break in the garden.
- It is also advisable to vary the nature of the day with different types of activities.
- Contact your Head of Year by email if you have any concerns about your child's welfare.

Useful Online Learning Resources.

www.futurelearn.com/subjects/teaching-courses/how-to-teach-online

www.open.edu/openlearn

www.bbc.co.uk/bitesize/

www.cbac.co.uk/

www.sparknotes.com

www.s4c.cymru/clic/

www.mathemateg.com

www.duolingo.com

www.world-geography-games.com/world.html

www.languagesonline.org.uk/Hotpotatoes/index.html

Example of a day's timetable from the internet.

COVID-19 DAILY SCHEDULE		
Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Hogwarts morning
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Lego, magnets, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen tops and chairs B - wipe all door handles, light switches, and desk tops C - Wipe both bathroom - sinks and toilet
1:00-2:30	Quiet time	Reading, puzzles, etc
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
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