

Rydym eisiau i blant fwyta'n dda yn yr ysgol



Cost y pryd i blant iau £3.00. A fyddoch chystal â thalu eich arian cinio i'r ysgol ar ddydd Llun ar gyfer yr wytúos i ddod. Gallwch hefyd dalu am brydau ysgol ar-lein drwy Parent Pay.

Cynigir prydau ysgol am ddim i ddysgwyr y Dosbarth Derbyn, Blwyddyn 1 a Blwyddyn 2. O 1 Medi 2023 ymlaen cynigir prydau ysgol am ddim i holl dysgwyr ysgolion cynradd Conwy; Dosbarth Derbyn i Blwyddyn 6.

A oes gennych hawl i ginio ysgol am ddim?

ALLWCH CHI ARBED £500 Y FLWYDDYN AR GYFER BOB PLENTYN

Ar gyfer bob disgybl sy'n derbyn Prydas Ysgol am Ddmin, mae Cyngor Bwrdeistref Sirol Conwy yn derbyn cyllid gan Lywodraeth Cymru sy'n galluogi'r Ysgol i ddarparu cefnogaeth ychwanegol i'r plant hynny. Felly os oes gennych hawl, ymgeisiwch nawr.

Os ydych yn derbyn Credyd Cynhwysol neu budd-dal arall a fymunech wneud cais, argraffwch a chwblhewch y Ffurflen Gais Prydau Ysgol am Ddim ar

www.conwy.gov.uk/freeschoolmeals a'i anfon at

Gwasanaethau Asesu Refeniw a Budd-Daliadau, Blwch Post 1, Conwy LL30 9GN

Ydych chi angen cymorth i wybod mwy am hawlio'r budd-daliadau y mae gennych hal iddynt?

Ffoniwch Hawliau Ales 01492 576605

Dydd Llun - Dydd Iau 9am tan 5pm a Dydd Gwener 9am tan 4.45pm

Mae cymorth ar Gael os byddwch yn dechrau gweithio, os oes ewid yn eich amgylchiadau personal, ac I sicrhau nad dych yn colli consesiynau a gostyngiadau er enghraifft Cynllun Cymorth Dwr; Gostyngiad Cartref Cynnes; Talebau Cychwyn Iach.

We want children to eat well in school



The meal cost is £3.00 for juniors. Please pay your dinner money on Monday for the meals to be taken in the week. You can also pay for school meals online through Parent Pay.

School meals are free of charge for learners in Reception, Year 1 and Year 2.

From 1 September 2023 school meals will be offered free of charge to all Primary School Learners; Reception to Year 6.

Are you entitled to free school meals?

YOU COULD SAVE £500 PER YEAR FOR EACH CHILD

For every pupil that is in receipt of a Free School Meal Conwy County Borough Council receive funding from the Welsh Government which enables the School to provide additional support to those children. So if you have an entitlement please apply.

If you are receipt of Universal Credit or another benefit and you wish to apply please print and complete the Free School Meal Application at

www.conwy.gov.uk/freeschools and send to

Revenue and Benefits Assessment Services, PO Box 1, Conwy, LL30 9GN

Do you need help to find out about benefits you may be entitled to?

Contact Welfare Rights 01492 576605

Mon-Thur 9am to 5pm and Fri 9am to 4.45pm

There is help if you start work, if there is a change in your personal circumstances and to make sure you are not missing out on concessions and discounts such as Water Assist; Warm Home Discount; Healthy Start Vouchers.

Gwybodaeth am Alergenau

Mae gwybodaeth ar gael yng nghegin ysgol eich plentyn ar gyfer pob eitem ar y fwydlen sy'n cynnwys unrhyw un o'r 14 alergen hyn fel cynhwysion.

Dyma'r 14 Alergen:-

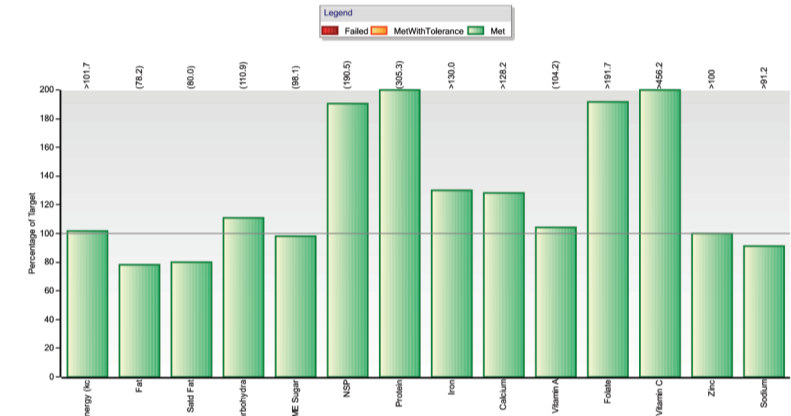
1. Grawnfwydydd sy'n cynwys Glwten
2. Cramenogion
3. Wyau
4. Pysgod
5. Pysgnau
6. Soia
7. Llaeth
8. Cnau
9. Seleri
10. Mwstard
11. Hadau Sesame
12. Sylffwr deuocsid
13. Bys y Blaidd
14. Molysgiaid



Neges i chi.

Rhannwch eich "Stori Cinio Ysgol" trwy anfon e-bost at arlwyaeth@conwy.gov.uk neu trwy wefan Cyngor Conwy www.conwy.gov.uk chwiliwch am "Bwyd mewn Ysgolion".

Mae'r graff hwn yn dangos y bwyd a'r maeth a ddarperir yn y fwydlen ysgol gynradd tair wytúos a'r llinell sy'n dangos safon Llywodraeth Cymru ar gyfer bwyd a maeth.



Allergen Information

Information is available at your Child's school kitchen for every item on the menu that contains any of the 14 allergens as ingredients.

These are the 14 allergens:-

1. Cereals containing gluten
2. Crustaceans e.g. prawns/crabs
3. Eggs
4. Fish
5. Peanuts
6. Soya beans
7. Milk
8. Nuts
9. Celery & celeriac
10. Mustard
11. Sesame
12. Sulphur dioxide
13. Lupin
14. Molluscs e.g. mussels



Message for you.

Share your "School Lunch Story" by email to catering@conwy.gov.uk or on the Conwy Council website www.conwy.gov.uk search for "Food in School".

This graph shows the food and nutrients provided in the three Primary school menu and the line that is the Welsh Government standard for the food and nutrients.

