

Annwyl gyfaill,

Cynllun Iechyd Da – Llyfrau Iechyd a Lles

Yn ystod mis Rhagfyr a Ionawr, bydd pecyn o tua 40 o lyfrau yn cefnogi'r agenda iechyd a lles yn cyrraedd pob ysgol gynradd yng Nghymru o Ganolfan Ddosbarthu Cyngor Llyfrau Cymru.

Bydd y pecynnau'n cynnwys llyfrau stori-a-llun a llyfrau pennod sy'n addas ar gyfer ystod o oedranau rhwng 4 ac 11, wedi'u dethol gan banel arbenigol.

Yn ogystal, bydd canllawiau a thaflen wybodaeth i gyd-fynd â phob un o'r llyfrau unigol, a'r holl ddeunydd wedi'i baratoi gan rwydwaith o athrawon sy'n arbenigo ym maes llythrennedd, iechyd a lles. Bydd adnoddau digidol ychwanegol ar gael drwy HWB yn ystod tymor y Gwanwyn

Y nod yw cefnogi ysgolion wrth iddyn nhw ymdrin â phynciau'n ymwneud ag iechyd a lles fel rhan o'r cwricwlwm newydd, a hefyd gynorthwyo athrawon i drafod y pynciau yma yn ystod cyfnod heriol dros ben.

Ni fydd unrhyw gost ychwanegol i'r ysgolion gan fod y cynllun *Iechyd Da* yn cael ei gyllido'n uniongyrchol gan Adran Addysg Llywodraeth Cymru a'i gydlynu gan y Cyngor Llyfrau.

Mawr obeithiwn y bydd cynnwys y pecyn yn profi'n ddefnyddiol i gynorthwyo athrawon gyda'r Maes Dysgu a Phrofiad pwysig hwn, ac yn fuddiol o ran iechyd a lles disgyblion.

Os oes gennych chi unrhyw gwestiynau, gallwch gysylltu ag Adran Llyfrau Plant a Hyrwyddo Darllen y Cyngor Llyfrau drwy e-bostio cllc.plant@llyfrau.cymru.

Dymuniadau gorau

HELEN JONES
Pennaeth Llyfrau Plant a Hyrwyddo Darllen

Dear friend,

Iechyd Da Scheme – Health & Well-being Books

During December and January, a pack of approx. 40 books supporting the health and well-being agenda will be sent to every primary school in Wales from the Books Council of Wales' Distribution Centre.

The packs will include picture books and chapter books suitable for a range of ages between 4 and 11, which have been curated by a panel of experts.

Guidelines and information sheets will be provided for every individual book, with all material prepared by a network of teachers who specialise in the field of literacy, health and well-being. Additional digital resources will be available through HWB during the Spring term.

The aim is to support schools as they deliver subjects dealing with health and well-being as part of the new curriculum, as well as helping teachers to discuss these issues during an exceptionally challenging time.

There will be no additional cost to schools as the *Iechyd Da* scheme is funded directly by Welsh Government's Department of Education and coordinated by the Books Council of Wales.

We very much hope the contents of the pack will prove a useful resource in helping teachers with this important Area of Learning and Experience, as well as being beneficial to pupils' health and well-being.

If you have any queries, please contact the Department of Children's Books and Reading Promotion at the Books Council of Wales by emailing wbc.children@books.wales.

Best wishes

HELEN JONES
Head of Children's Books and Reading Promotion