

# DIWRNOD DEWCH FEL EICH HUN

## I BLANT MEWN ANGEN Y FLWYDDYN HON RYDYM FEL YSGOL YN MYND I GAEL DIWRNOD DEWCH FEL EICH HUN

Beth yw "Diwrnod Dewch Fel Eich Hun"?

Mae'n ddiwrnod i gofleidio'ch hunaniaeth, gan wisgo beth bynnag sy'n eich gwneud chi'n gyffyrddus a mynegi pwy ydych chi. Diwrnod i roi 50c, £1, neu unrhyw beth y gallwch chi i Blant Mewn Angen.

Ar y diwrnod hwn gallwch chi wisgo'r hyn rydych chi ei eisiau, gallai hyn fod yn:

- pyjamas
- cit rygbi / chwaraeon / pêl-rwyd
- dillad gwaith
- dillad eich hun
- gwisg ffansi
- iwniform - Cadets/ysgol/scouts

Pryd mae "Diwrnod Dewch Fel Eich Hun"?

Dydd Gwener Tachwedd 13eg - Plant Mewn Angen

Gwisgwch unrhyw beth sydd yn **CHI'N BOD YN CHI!**

(ond dim byd gyda lluniau / geiriau / negeseuon anwedus)

Dysgwch fwy gan Laura Whitmore yn y fideo fer hon: <https://bit.ly/34wDgA2>

## RYDYM HEFYD AM ANNOG CHI I WNEUD ADDEWID!

Nid yn unig rydyn ni am gael "Diwrnod Dewch Fel Eich Hun" ond rydyn ni am annog disgyblion ac athrawon i wneud addewid i gyflawni yn ystod y dydd i godi'r ychydig bach mwy i Blant Mewn Angen

Beth yw Addewid?

Gytundeb i wneud rhywbeth.

Rhai syniadau ar gyfer addewid:

- cerdded i'r ysgol

- mynd i'r ysgol yn fy mhyjamas
- siarad yn Gymraeg yn unig
- gwisgo i fyny fel meme

Mr Owain Jones, Huw Jones (prif fachgen), Shannon Haird (prif ferch) ac mae'r swyddogion yn gwneud addewidion:

Mr Owain Jones: "Rwy'n addo cerdded i'r Ysgol ar ddiwrnod Plant Mewn Angen" (14.4 milltir)

Huw: "Rwy'n addo siarad Cymraeg â phawb dwi'n cwrdd yn ystod y dydd"

Shannon: "Rwy'n addo gwisgo mwgwd drwy'r dydd, a dim ond ei gymryd i ffwrdd i fwyta ac yfed"

## PEIDIWCH AG ANGHOFIO!

- Dydd Gwener Tachwedd 13eg - Plant Mewn Angen
- Gwnewch rodd i dudalen "JustGiving" yr ysgol os gallwch chi
- Gwnewch addewid
- Dywedwch wrth bawb, teulu a ffrindiau am eich addewid ac ein tudalen "JustGiving"

Ond yn bwysicaf oll - **DEWCH FEL EICH HUN** i'r ysgol

TUDALEN "JustGiving" YR YSGOL: <https://www.justgiving.com/fundraising/ysgol-gyfun-aberaeron-aberaeron-comprehensive-school>

# COME AS YOURSELF DAY

**FOR CHILDREN IN NEED THIS YEAR WE AS A SCHOOL ARE GOING TO HAVE A COME AS YOURSELF DAY**

What is "Come As Yourself Day"?

It's a day to embrace your identity, wearing whatever makes you comfortable and express who you are. A day to donate 50p, a £1, or anything you can to Children in Need

On this day you can wear what you want, this could be:

- pyjamas
- rugby/sports/netball kit
- work clothes
- own clothes
- fancy dress costume
- uniform – cadets/school/scouts

When is "Come As Yourself Day"?

Friday November 13<sup>th</sup> – Children in Need

Wear anything that is **YOU BEING YOU!**

(but nothing with indecent pictures / words / messages)

Learn more from Laura Whitmore in this short video: <https://bit.ly/34wDgA2>

**WE ALSO WANT TO ENCOURAGE YOU TO MAKE A PLEDGE!**

Not only do we want to have a "Come As Yourself Day" but we want to encourage pupils and teachers to make a pledge to fulfil during the day to raise that little bit more for Children in Need

What is a Pledge?

A Promise or agreement to do something.

Some ideas for a pledge:

- walk to school

- go to school in my pyjamas
- speak only in Welsh
- dress up as a meme

Mr Owain Jones, Huw Jones (head boy), Shannon Haird (head girl) and the prefects are making pledges:

Mr Owain Jones: "I pledge to walk to School on Children in Need day" (14.4 miles)

Huw: "I pledge to speak Welsh to everyone I meet during the day"

Shannon: "I pledge to wear a mask all day, and only take it off to eat and drink"

## **DON'T FORGET!**

- Friday November 13<sup>th</sup> – Children in Need
- Make a donation to the schools' "JustGiving" page if you can
- Make a pledge
- Tell everyone, friends and family about your pledge and our "JustGiving" page

But most importantly – **COME AS YOURSELF** to school!

THE SCHOOLS' "JUSTGIVING" PAGE: <https://www.justgiving.com/fundraising/ysgol-gyfun-aberaeron-aberaeron-comprehensive-school>