



TOGETHER WE CAN CHANGE YOUNG LIVES

GYDA'N GILYDD GALLWN NI NEWID BYWYDAU IFANC

JOIN US AND
FEEL GOOD THIS

BBC CHILDREN IN NEED DAY

YMUNWCH Â NI A THEIMLO'N DDA AR DDIWRNOD BBC PLANT MEWN ANGEN

BBC Children in Need Day is back! On Friday 19 November, schools up and down the country will join forces and raise money to make a life-changing difference for children who need us. This year, more than ever, these children need our help to overcome the additional challenges they face due to the impact of Covid-19.

We've lined up a whole day of easy fun-filled activities for schools, including special join-in moments and downloadable classroom materials. And once the school day is over and the fundraising is done, don't forget to tune into an evening of unmissable television - when we can sit back and celebrate all we've achieved together.

Mae Diwrnod BBC Plant mewn Angen yn ôl! Ddydd Gwener 19 Tachwedd, bydd ysgolion ledled y wlad yn uno ac yn codi arian i wneud gwahaniaeth sy'n newid bywydau plant sydd ein hangen ni. Eleni yn fwy nag erioed, mae angen ein help ni ar y plant hyn i oresgyn yr heriau ychwanegol maen nhw'n eu hwynebu oherwydd effaith Covid-19.

Ry'n ni wedi trefnu diwrnod cyfan o weithgareddau hwyllog i ysgolion, gan gynnwys digwyddiadau arbennig lle caiff y plant gyfle i ymuno a deunyddiau ystafell ddosbarth y gellir eu llwytho i lawr. Ac unwaith y bydd y diwrnod ysgol drosodd a'r gwaith codi arian wedi'i wneud, cofiwch wyllo noson fythgofiadwy o deledu - lle gallwn eistedd yn ôl a dathlu popeth rydyn ni wedi'i gyflawni gyda'n gilydd.

WITH SOME FAMILIAR FACES GYDA RHAI WYNEBAU CYFARWYDD

We're delighted to welcome back old friends, including the inspirational Joe Wicks, who will be bringing together school children nationwide with his feel-good, do-good workout to raise vital funds.

Rydyn ni'n falch iawn o groesawu hen ffrindiau yn ôl, gan gynnwys Joe Wicks, sy'n ysbrydoliaeth, ac a fydd yn dod â phlant ysgol at ei gilydd ledled y wlad gyda'i sesiwn ymarfer syn gwneud lles ac sy'n gwneud i chi deimlo'n dda er mwyn codi arian hanfodol.

JOE WICKS

SCHOOLS AMBASSADOR
LLYSGENNAD YSGOLION



Look the part! Edrychwch yn wych!

Order your Pudsey goodies now!
Archebwch eich nwyddau Pudsey nawr!

You can still order your Pudsey merchandise ready for the big day at
Gallwch archebu eich nwyddau Pudsey yn barod ar gyfer y diwrnod mawr ar
BBCCHILDRENINNEEDSHOP.CO.UK

TOGETHER WE CAN GYDA'N GILYDD GALLWN NI

HAVE FUN & RAISE MONEY GAEL HWYL A CHODI ARIAN

One big feel-good Friday to look forward to, raising money that makes a difference all year-round, wrapping up in an unmissable evening of TV entertainment. There are some really fun ways to get your school fundraising on BBC Children in Need Day.

From the always popular Dress Up or PJ Day, where children pay just £1 or £2 to join in, to bake sales and mindfulness moments, here are some great fundraising ideas to think about...

Dydd Gwener hwyliog a braf i edrych ymlaen ato, gan godi arian sy'n gwneud gwahaniaeth drwy gydol y flwyddyn a gyda noson o adloniant teledu gwerth chweil i offen. Mae sawl ffordd wirioneddol hwyliog o gael eich ysgol i godi arian ar Ddiwrnod BBC Plant mewn Angen.

O'r Diwrnod Gwisgo i Fyny neu Byjamas poblogaidd, pan mae plant yn talu dim ond £1 neu £2 i ymuno, i ddigwyddiadau pobi a gwerthu ac ymwybyddiaeth ofalgar, dyma rai syniadau codi arian gwyh i feddwl amdany'n nhw...

£1 or £2 is all it takes

Just ask children to donate a small amount, dress up and have fun on Friday 19 November

Dim ond £1 neu £2 sydd ei angen

Gofynnwch i blant gyfrannu rhodd fechan, gwisgo i fyny a chael hwyl ddydd Gwener 19 Tachwedd



BAKE SALES

A firm favourite with children and a great way to raise money. Why not host a baking competition or set up a stall to sell bakes? As playtime snacks or end of day rewards, everyone loves cakes!

POBI A GWERTHU

Ffryfryn gan blant a ffordd wych o godi arian. Beth am gynnal cystadleuaeth bobi neu godi stondin i werthu cacennau? Fel rhywbeth bach neis i'w fwyta amser chwarae neu wobwr ar ddiwedd y dydd, mae pawb wrth eu bodd â chacennau!

FANCY DRESS FRIDAY

BBC Children in Need day is a chance for children and staff to dress up, wear odd socks, or PJs, add some sparkle or simply wear some Pudsey ears. It's easy to do and those small donations all add up!

DYDD GWENER GWISG FFANSI

Mae diwrnod BBC Plant mewn Angen yn gyfle i blant a staff wisgo i fyny, gwisgo sanau sydd ddim yn bâr, neu byjamas, ychwanegu ychydig o sglein neu wisgo clustiau Pudsey hyd yn oed. Mae'n hawdd - ac mae'r rhoddion bach hynny i gyd yn helpu!

MINDFULNESS MOMENTS

Encourage your children to practise mindfulness with our fabulous resources. Helping them to relax and feel calm while thinking about helping others.

YMWYBYDDIAETH OFALGAR

Anogwch eich plant i ymarfer ymwybyddiaeth ofalgar gyda'n hadnoddau gwyh. Bydd yn eu helpu i ymlacio a theimlo'n dawel wrth feddwl am helpu eraill.



VISIT / EWCH I BBCCHILDRENINNEED.CO.UK/SCHOOLS

For lots more fun, fundraising ideas and to download resources / I gael llawer mwy o syniadau codi arian hwyliog ac i lwytho adnoddau i lawr

WITH ADDED GYDA BACH
Sparkle mwy o sbarc

STRICTLY COME DANCING

This year we've partnered with the BBC One show to bring a bit of glitz and glamour to your school day. Head online for lots of ideas to add some Strictly sparkle to your fundraising, including our downloadable scoring paddles. Go on, get your Strictly on!

Eleni rydyn ni wedi ffurfio partneriaeth â sioe BBC One i ddod ag ychydig bach o steil a sglein i'ch diwrnod ysgol. Ewch ar-lein i gael llong trol o syniadau ar gyfer sut i ychwanegu ychydig o asbri Strictly at eich gweithgareddau codi arian, gan gynnwys ein padlaur sgorio y gellir eu llwytho i lawr. Dewch, rhwch gynnig arni!



Visit BBCCHILDRENINNEED.CO.UK/SCHOOLS for everything you need to get started and to find out how we're supporting children in your community. Ewch i BBCCHILDRENINNEED.CO.UK/SCHOOLS ar gyfer popeth sydd ei angen arnoch i ddechrau arni ac i gael gwybod sut rydyn ni'n cefnogi plant yn eich cymuned



Our dedicated supporter care team are here to help. Get in touch on **0345 609 0015** (standard geographical charges apply) or email pudsey@bbc.co.uk

Mae ein tîm gofal cefnogwyr ymroddedig yma i helpu. Cysylltwch ar **0345 609 0015** (codir pris galwadau daeryddol safonol) neu anfonwch e-bost at pudsey@bbc.co.uk



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