

Deall Ffoneg / Understanding Phonics

Gyda ffoneg, caiff plant eu haddysgu i ddarllen trwy ddysgu'r ffonemau (seiniau) sy'n cynrychioli graffemau penodol (unigol neu grwpiau o lythrennau). Yn y Gymraeg, rydym yn defnyddio 'Tric a Chlic' fel ein system ffoneg ac, yn Saesneg, 'Read Write Inc.' fel ein system.

Gyda ffoneg, gall plant ddechrau darllen geiriau trwy ddysgu sut i gyfuno'r synau. Mae datgloi sut mae'r cod wyddor hwn yn gweithio yn golygu y gallant ddysgu dadgodio unrhyw air. Er enghraifft, wrth ddysgu'r synau 'm', 'p', 'a' a 'c' yn gynnar, gall plant ddarllen geiriau fel 'map', 'cap', a 'pat' drwy gyfuno'r synau unigol i wneud y gair cyfan.

Gall y geiriau hyn hefyd gael eu torri i lawr (segmentu) yn eu ffonemau ar gyfer sillafu. Er enghraifft, mae gan y gair 'cap' dri ffonem, 'c', 'a' a 'p' y mae'r plant yn dysgu eu hysgrifennu gyda'r tair graffem (llythrennau) 'c', 'a' a 'p' sydd ganddynt. Yn Saesneg, bydd plant hefyd yn cael eu haddysgu i ddarllen geiriau – fel 'once', 'was' neu 'have' – nad ydynt nhw'n dilyn y 'rheolau' ffonig. Cyfeirir at y geiriau hyn fel 'tricky words'. Byddan nhw'n cronni stoc o'r geiriau anodd hyn y byddan nhw'n gallu eu hadnabod ar unwaith. Yn y Gymraeg, mae pob gair yn ffonetig a sillafu yn ffonetig - felly mae'n llawer haws na'r Saesneg!

With phonics, children are taught to read by learning the phonemes (sounds) that represent particular graphemes (individual or groups of letters). In Welsh, we use 'Tric a Chlic' as our phonics system and, in English, 'Read Write Inc.'

With phonics, children can begin to read words by learning how to blend the sounds together. Unlocking how this alphabetic code works means they can learn to decode any word. For example, when taught the sounds 'm', 'c', 'p', 'a' and 's' early on, children can read words such as 'map', 'cap', 'pat' and 'sat' by blending the individual sounds together to make the whole word.

These words can also be broken down (segmented) into their phonemes for spelling. For example, the word 'sat' has three phonemes, 's', 'a' and 't' which the children learn to write with the three graphemes (letters) 's', 'a' and 't' that they have been taught. Children will also be taught to read words – such as 'once', 'was' or 'have' – which don't follow the phonic 'rules'. These words are referred to as 'tricky words'. They'll build up a stock of these tricky words that they can recognise straight away. In Welsh, all words are phonetic and spelling is phonetic - so it is much easier than English!

Linciau Defnyddiol / Useful Links

<https://tricachlic.cymru/en/uab>

<https://home.oxfordowl.co.uk/reading/reading-schemes-oxford-levels/read-write-inc-phonics-guide/>

<https://www.booktrust.org.uk/books-and-reading/our-recommendations/100-best-books/>

<https://www.torfaen.gov.uk/en/libraries/libraries.aspx>

<http://bit.ly/darllenpanteg>



Cymorth Ffoneg / Top Phonics Tips

•Dywedwch y synau'n gywir

Mae'n bwysig bod y synau'n cael eu ynganu'n gywir, fel y byddent yn swno ar lafar. Ceisiwch beidio ag ychwanegu 'uh' at synau cytseiniaid, fel /t/ a /p/, gan fod hyn yn ei gwneud hi'n anoddach asio'r synau at ei gilydd yn eiriau.

•Cysylltwch synau a llythrennau i wneud geiriau

Dysgir plant yn y dosbarth i weld yn gyflym gysylltiad rhwng y ffonem (sain) a chynrychioliad ysgrifenedig o'r sain honno (graffem). Gartref, anogwch eich plentyn i wneud yr un peth wrth chwarae gyda magnetau oergell yn y gegin, er enghraifft, neu 'ysgrifennu' pan fyddwch chi'n ysgrifennu.

•Peidiwch â bod ofn - gwnewch bethau'n hwyl!

Gall ffoneg ymddangos yn frawychus i rieni a gafodd eu haddysgu i ddarllen mewn ffordd wahanol yn ôl pob tebyg. Serch hynny, mae gemau syml fel 'dwi'n sbïo' yn wych ar gyfer helpu darllen, achos mae'n rhaid i'r plant wrando ar synau. Dweud, "Dw i'n sbïo, gyda fy llygad bach i, rhywbeth sy'n dechrau gyda (er enghraifft) y sain 'f-f-f'" Edrychwch ar y 'pêl-droed' neu'r 'oergell'. Gwnewch yn siŵr eich bod yn cyfeirio at y sain gyntaf (nid y llythyren gyntaf). Cymerwch eich tro, gyda'ch plentyn yn dweud, "Rwy'n sbïo ..." Gwnewch yn llawer o hwyl.

•Ymarferwch!

Anogwch eich plentyn i ddefnyddio ei wybodaeth ffonig pan fydd yn ymarfer ei ddarllen. Gwnewch yn siŵr eu bod yn edrych ar bob llythyren yn ei thro, i gyd trwy bob gair. Anogwch nhw i weithio allan y synau ac yna eu cyfuno i wneud y gair cyfan. Canmolwch nhw am geisio defnyddio'r llythrennau i gyd yn hytrach na dyfalu o'r llythyren gyntaf neu'r llun yn unig.

•Gofynwch am Gymorth

Os ydych chi eisiau help gyda ffoneg, cysylltwch ag athrawes eich plentyn a fydd yn eich helpu neu trefnwch amser i eistedd i lawr gyda chi a mynd dros sut i wneud hynny.

•Say the sounds correctly

It's important that the sounds are pronounced correctly, as they would sound in speech. Try not to add 'uh' to consonant sounds, such as /t/ and /p/, as this makes it trickier to blend the sounds together into words.

•Link sounds and letters to make words

Children are taught in class to quickly see a link between the phoneme (sound) and a written representation of that sound (grapheme). At home, encourage your child to do the same when playing with fridge magnets in the kitchen, for example, or 'writing' when you are writing.

•Don't be scared – make it fun!

Phonics can seem daunting for parents who were probably taught to read in a rather different way. However, simple games such as 'I spy' are great for helping reading, because the children have to listen to sounds. Say, "I spy, with my little eye, something that begins with (for example) the sound 'f-f-f'" Look at the 'football' or the 'fridge'. Make sure you refer to the first sound (not the first letter). Take it in turns, with your child saying, "I spy..." Make it lots of fun.

•Practise!

Encourage your child to use their phonic knowledge when they are practising their reading. Make sure that they look at each letter in turn, all through each word. Encourage them to work out the sounds and then blend them together to make the whole word. Praise them for trying to use all the letters rather than guessing from just the first letter or the picture.

•Ask for Support

If you want help with phonics, get in contact with your child's teacher who will help you or arrange a time to sit down with you and go over how to do it.



Dysgu Darllen Learning to Read



Caredig



Kind

Teulu



Family

Angerddol



Fired Up

Uchelgeisiol



Ambitious

Cyflwyniad / Introduction

Mae astudiaethau'n dangos bod darllen er pleser yn gwneud gwahaniaeth mawr i berfformiad addysgol plant. Dyma sut y gallwch chi gael cychwyn gwych i'ch plentyn.

Mae tystiolaeth yn awgrymu bod plant sy'n darllen er mwynhad bob dydd nid yn unig yn perfformio'n well mewn profion darllen na'r rhai nad ydynt yn darllen, ond hefyd yn datblygu geirfa ehangach, mwy o wybodaeth gyffredinol a gwell dealltwriaeth o ddiwyllianau eraill. Mewn gwirionedd, mae darllen er pleser yn fwy tebygol o benderfynu a yw plentyn yn gwneud unrhyw beth arall yn dda yn yr ysgol.

Studies show that reading for pleasure makes a big difference to children's educational performance. Here's how you can get your child off to a great start.

Evidence suggests that children who read for enjoyment every day not only perform better in reading tests than those who don't, but also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures. In fact, reading for pleasure is more likely to determine whether a child does well at school anything else.

Pa wahaniaeth alla i ei wneud fel rhiant? / What difference can I make as a parent?

Gallwch chi wneud gwahaniaeth enfawr! Rhieni yw'r addysgwyr pwysicaf ym mywyd plentyn – pwysicach fyth na'u hathrawon – ac nid yw byth yn rhy gynnar neu'n rhy hwyr i ddechrau darllen gyda'ch gilydd.

You can make a huge difference! Parents are the most important educators in a child's life – even more important than their teachers – and it's never too early or too late to start reading together.

Datblygu Geirfa a Dealltwriaeth / Building Vocabulary and Understanding

I blant ifanc, mae dysgu darllen yn ymwneud â gwrando a deall yn ogystal â gweithio allan beth sydd wedi'i argraffu ar y dudalen. Trwy glywed straeon, mae plant yn cael eu hamlygu i ystod eang o eiriau. Mae hyn yn eu helpu i adeiladu eu geirfa eu hunain a gwella eu dealltwriaeth pan fyddant yn gwrando, sy'n hanfodol wrth iddynt ddechrau darllen. Mae'n bwysig iddyn nhw ddeall sut mae straeon yn gweithio hefyd.

I blant hŷn, mae dysgu darllen yn eu helpu i ddod ar draws geiriau a syniadau newydd sy'n gwneud iddynt feddwl. Fel rheol gyffredinol, byddwch yn gwybod a yw llyfr ar y lefel gywir ar gyfer eich plentyn os gall eich plentyn ddarllen neu gronni 95% o'r geiriau.

For younger children, learning to read is about listening and understanding as well as working out what's printed on the page. Through hearing stories, children are exposed to a wide range of words. This helps them build their own vocabulary and improve their understanding when they listen, which is vital as they start to read. It's important for them to understand how stories work too.

For older children, learning to read helps them to come across new words and ideas that make them think. As a general rule of thumb, you will know if a book is at the right level for your child if your child can read or build up 95% of the words.

Dewis Beth yw Darllen / Choosing What to Read

O ran meithrin cariad at ddarllen, does dim ots beth rydych chi'n ei ddarllen. Y peth pwysig yw ein bod ni i gyd yn helpu i ysbrydoli ein plant i deimlo'n hyderus ac yn gyfforddus yn darllen. Gofynnwch i chi'ch hun ar gyfer pa fath o ddarllen y mae'r llyfr. A yw'n llyfr sydd ganddynt o'r ysgol i helpu i ymarfer darllen ac adeiladu rhuglder? A yw'n llyfr y maent yn ei chael yn hawdd i'w ddarllen sy'n eu helpu i fagu hyder? A yw'n llyfr i chi ei ddarllen er pleser i'ch plentyn?

When it comes to instilling a love of reading, it doesn't really matter what you read. The important thing is that we all help to inspire our children to feel confident and comfortable reading. Ask yourself what type of reading the book is for. Is it a book they have got from school to help practise reading and build fluency? Is it a book that they find easy to read that helps them build confidence? Is it a book for you to read for pleasure to your child?

Sut gallaf ddewis llyfrau ar y lefel gywir ar gyfer fy mhentyn? / How can I choose books at the right level for my child?

Yn enwedig ar gyfer plant iau, byddwch yn cael eich arwain gan athro dosbarth eich plentyn. Mae ein hysgol yn defnyddio 'Tric a Chlic' i ddysgu ffoneg Gymraeg (o'r Meithrin a'r Derbyn) a 'Read Write Inc.' i ddysgu ffoneg Saesneg (o Flwyddyn 3 ymlaen). Mae llyfrau 'Tric a Chlic' i gyd ar gael ar eu gwefan (<https://tricachlic.cymru/cy/uab>). Rydym hefyd yn defnyddio fersiwn Gymraeg o'r 'Coeden Ddarllen Rhydychen rydym wedi ei steilio fel 'Ninja Darllen' ac mae'r holl lyfrau i'w cael ar wefan ein hysgol (<https://bit.ly/darllenpanteg>). Os oes gennych unrhyw amheuaeth ynglŷn â lle i ddechrau neu os oes gennych gwestiwn, cysylltwch ag athro eich plentyn am help!

Rydym hefyd yn recordio staff yn darllen y llyfrau hyn er mwyn rhoi ar ein wefan i'ch helpu chi gyda darllen yn Gymraeg. Mae gwefan ein hysgol yn gronfa gynyddol o adnoddau.

Cyflwynwch 'Reol Pump' i blant hŷn. Anogwch nhw i ddarllen tudalen neu ddwy gyntaf llyfr newydd. Rhaid iddynt godi un bys am bob gair na allant ei ddarllen. Os ydyn nhw'n cyrraedd pum bys, yna mae'r llyfr yn rhy anodd iddyn nhw a dylen nhw ddewis un arall.

Especially for younger children, be guided by your child's class teacher. Our school uses 'Tric a Chlic' to teach Welsh phonics (from Nursery and Reception) and 'Read Write Inc.' to teach English phonics (from Year 3 onwards). 'Tric a Chlic' books are all available on the their website (<https://tricachlic.cymru/en/uab>). We also use a Welsh version of the 'Oxford Reading Tree' that we have stylized as 'Ninja Darllen' (Reading Ninjas) and all of the books can be found on our school website (<https://bit.ly/darllenpanteg>). If you are in any doubt about where to start or have a question, contact your child's teacher for some help!

We also record staff reading these books to put on our website to help you with reading in Welsh. Our school website is an ever increasing bank of resources.

Introduce the 'Rule of five' to older children. Encourage them to read the first page or two of a new book. They must put up one finger for every word they cannot read. If they get to five fingers, then the book is too hard for them and they should choose another one.

10 Awgrym i Helpu Plant i Fwynhau Darllen /

Top 10 Tips to Help Children Enjoy Reading

- 1. Gwnewch lyfrau yn rhan o'ch bywyd teuluol** – Sicrhewch fod llyfrau o gwmpas bob amser fel eich bod chi a'ch plant yn barod i ddarllen pryd bynnag y bydd cyfle.
- 2. Ymunwch â'ch llyfrgell leol** – Arwyddwch lan i gerdyn llyfrgell dros eich plentyn. Gadewch iddynt ddewis eu llyfrau eu hunain, gan annog eu diddordebau eu hunain. Mae Llyfrgelloedd Torfaen hyd yn oed yn caniatáu ichi fenthgy e-lyfrau sy'n golygu, os oes pwysau arnoch am amser, gallwch ymweld â'r llyfrgell o gysur eich ystafell fyw.
- 3. Cydweddwch eu diddordebau** – Helpwch nhw i ddod o hyd i'r llyfr cywir – does dim ots ai ffuglen, barddoniaeth, llyfrau comig neu ffeithiol ydyw.
- 4. Mae pob darllen yn dda** – Peidiwch â diystyru llyfrau ffeithiol, comics, nofelau graffeg, cylchgronau a thafenni. Darllen yw darllen ac mae'r cyfan yn dda.
- 5. Byddwch yn gyfforddus!** – Cwtshiwch fyny rhywle cynnes a chlyd gyda'ch plentyn, naill ai yn y gwely, ar fag ffa neu ar y sofa, neu gwnewch yn siŵr bod ganddo rywle cyfforddus wrth ddarllen ar ei ben ei hun.
- 6. Gofynnwch gwestiynau** – I gadw diddordeb yn y stori, gofynnwch gwestiynau i'ch plentyn wrth i chi ddarllen megis, 'Beth ydych chi'n meddwl fydd yn digwydd nesaf?' neu 'Ble wnaethon ni gyrraedd neithiwr?' Allwch chi gofio beth oedd wedi digwydd yn barod?'
- 7. Darllenwch pryd bynnag y cewch gyfle** – Ewch â llyfr neu gylchgrawn am unrhyw amser y mae'n rhaid i'ch plentyn aros, megis mewn meddygfa.
- 8. Darllenwch dro ar ôl tro** – Anogwch eich plentyn i ail-ddarllen hoff lyfrau a cherddi. Mae ail-ddarllen yn helpu i feithrin rhuglder a hyder.
- 9. Straeon amser gwely** – Darllenwch yn rheolaidd gyda'ch plentyn neu'ch plant amser gwely. Mae'n ffordd wych o orffen y diwrnod ac i dreulio amser gwerthfawr gyda'ch plentyn.
- 10. Rhigymau ac ailadrodd** – Mae llyfrau a cherddi sy'n cynnwys odl ac ailadrodd yn wych ar gyfer annog plant iau i ymuno a chofio'r geiriau.

- 1. Make books part of your family life** – Always have books around so that you and your children are ready to read whenever there's a chance.
- 2. Join your local library** – Get your child a library card. Allow them to pick their own books, encouraging their own interests. Torfaen Libraries even allow you to borrow e-books meaning that if you are pressed for time, you can visit the library from the comfort of your living room.
- 3. Match their interests** – Help them find the right book - it doesn't matter if it's fiction, poetry, comic books or non-fiction.
- 4. All reading is good** – Don't discount non-fiction, comics, graphic novels, magazines and leaflets. Reading is reading and it is all good.
- 5. Get comfortable!** – Snuggle up somewhere warm and cosy with your child, either in bed, on a beanbag or on the sofa, or make sure they have somewhere comfy when reading alone.
- 6. Ask questions** – To keep them interested in the story, ask your child questions as you read such as, 'What do you think will happen next?' or 'Where did we get to last night? Can you remember what had happened already?'
- 7. Read whenever you get the chance** – Bring along a book or magazine for any time your child has to wait, such as at a doctor's surgery.
- 8. Read again and again** – Encourage your child to re-read favourite books and poems. Re-reading helps to build up fluency and confidence.
- 9. Bedtime stories** – Regularly read with your child or children at bedtime. It's a great way to end the day and to spend valuable time with your child.
- 10. Rhyme and repetition** – Books and poems which include rhyme and repetition are great for encouraging younger children to join in and remember the words.