



‘Dysgl y Dydd i Dewi’

Crëwch Ddysgl Dydd Gŵyl Dewi a chwts cysurus ar blât!

Dydd Gŵyl Dewi Hapus! O'i chymoedd hardd i'r trefi cestyll, bydd Dydd Llun 1 Mawrth yn gweld Cymru'n uno i ddathlu ei nawddsant, Dewi Sant.

I nodi'r digwyddiad hwn, bydd llawer o bobl yn rhoi cennin Pedr neu gennin - arwyddluniau cenedlaethol Cymru - i'w gwisgo a bydd rhai, yn enwedig plant, yn gwisgo'r wisg genedlaethol Gymreig, crysau rygbi'r tîm cenedlaethol, neu'n gwisgo i fyny fel cennin, cennin Pedr neu hyd yn oed fel dreigiau.

Fel arfer, byddai plant yn mwynhau dawnsfeydd traddodiadol Cymreig, canu caneuon gwerin Cymraeg, adrodd cerddi Cymraeg, a chymryd rhan mewn cyngherddau ysgol neu eisteddfodau. Ar draws y wlad, byddai trefi a phentrefi yn cynnal gorymdeithiau stryd, gyda llawer o faneri Cymru yn hedfan.

Dathliad Blasus ar gyfer Dydd Gŵyl Dewi

Er y bydd y dathliadau eleni yn wahanol, oherwydd y cyfyngiadau coronafeirws, mae Gwasanaethau Addysg a Phlant Sir Ddinbych, mewn partneriaeth â Gwasanaeth Prydau Ysgol Sir Ddinbych, wedi trefnu her goginio gyffrous ar gyfer plant, pobl Ifanc a'u teuluoedd ar y we ar gyfer Dydd Gŵyl Dewi, pryd gallant ddangos eu sgiliau a'u hangerdd dros goginio drwy ddefnyddio cynhwysion sy'n lleol ac iach.

Mae Cymru'n enwog am ei harddwch naturiol ac mae ryseitiau Cymreig yn arddangos cynnyrch sy'n cael ei dyfu a'i bori yn ei thirwedd werdd. Yn ôl y chwedl, roedd Dewi Sant yn hoffi cennin gymaint, ei fod wedi gorchymyn i'w filwyr arddangos y llysieuyn gwyrdd hwn ar eu helmedau! Gwir ai peidio, does dim gwadu mai'r cennin yw'r mwyaf Cymreig o'r holl lysiau - mae'n un o arwyddluniau cenedlaethol y wlad (10 pwynt am ddyfalu'r llall!). Mae Cymru hefyd yn adnabyddus am y canlynol:-

- ❶ ‘Rarebit’ Cymreig, wedi'i weini'n draddodiadol ar dost, yn cynnwys caws hufennog a blasus;
- ❷ Teisen nionod/winwns Cymreig, wedi'u gwneud o winwns a thatws (fel llysieuwr cadarn (mae'n debyg), byddai Dewi Sant yn hoffi'r ‘combo’ tatws, bresych a nionod/winwns calonnog hwn);
- ❸ Cacennau cri Cymreig, danteithion amser te traddodiadol sy'n hawdd iawn i'w gwneud;
- ❹ Bara brith, bara te traddodiadol Cymreig, a wneir fel arfer gyda rhesins, cyrens a pliciad ‘siwgr candi’; a
- ❺ Cig oen blasus, tendr.



Eich Her Dydd Gŵyl Dewi - 'Dysgl y Dydd i Dewi'

Yn syml, gan ddefnyddio eich dychymyg a'ch gwybodaeth am fwyd/cynnyrch Cymreig a lleol, hoffem i chi greu dysgl rydych chi'n meddwl y byddai Dewi Sant yn mwynhau ei fwyta - p'un ai'n felys neu'n sawrus. Dywedir mai dim ond cennin a dŵr yr oedd Dewi Sant ei hun yn ei fwyta - a dyna pam y daeth y cennin yn symbol cenedlaethol i Gymru. Fodd bynnag, credwn y gallai fod wedi elwa ar ddeiet mwy cytbwys, diddorol ac amrywiol!

P'un a ydych chi'n ceisio gwneud cacennau cri syml, brith bara iach, 'rarebit oozy' neu bowlen cynnes o gawl, hoffem i chi ddathlu'r gorau o fwyd/cynnyrch Cymreig a lleol yn her Dydd Gŵyl Dewi eleni a choginio rysâit Gymreig gynnes i greu dysgl berffaith y dydd i Dewi Sant a 'chwtsh gysurus ar blât'!

Bydd y ceisiadau mewn tri chategori oedran - **Hyd at 7 oed, 7 i 11 oed a 12 i 14 oed.**

Unwaith y byddwch wedi paratoi eich dysgl, cwblhewch y ffurflen amgaeedig, tynnwch lun/ffotograffau o'ch creadigaeth goginio a gofynnwch i riant/gwarcheidwad neu athro/awes ei e-bostio i sarah.dixon@sirddinbych.gov.uk Bydd y gystadleuaeth yn cael ei feirniadu drwy ffotograffau o'r dysgl orffonedig yn unig - bydd yn rhaid i'r blasu gael ei wneud gan deulu a ffrindiau!

Rhai Dyddiadau Pwysig

Bydd y gystadleuaeth yn agor **Ddydd Iau 11^{eg} Chwefror** a bydd yn cau am **hanner dydd Ddydd Iau 25^{ain} Chwefror**. Cyhoeddir enillwyr **Ddydd Llun 1^{af} Mawrth 2021**, i ddynodi **Dydd Gŵyl Dewi**.

Gwobrau: Bydd eich cais yn cael ei feirniadu gan ein panel o staff arlwyo ysgolion profiadol. Bydd y ceisiadau buddugol cyffredinol ym mhob categori oedran yn derbyn Blendiwr Llaw, ynghyd â thystysgrif unigryw. Yn amodol ar ganiatâd/caniatâd priodol, bydd y tri rysâit a ffotograff buddugol yn cael eu cyhoeddi drwy wefan Cyfoethogi Cwricwlwm Sir Ddinbych www.denbighshireenrichment.com fel eu bod ar gael i'w lawrlwytho gan blant, teuluoedd ac ysgolion i'w mwynhau.

Sut i gyflwyno eich cais

Lawrlwythwch y Ffurflen Gais yma a gofynnwch i'ch riant/gwarcheidwad neu athro/awes e-bostio eich cais i sarah.dixon@sirddinbych.gov.uk erbyn **hanner dydd Iau 25^{ain} Chwefror 2021**.

Cofiwch gynnwys

EICH ENW
EICH OEDRAN
EICH YSGOL
ENW AR GYFER EICH DYSGL DYDD GŴYL DEWI
LLUN (IAU)

Daliwch ati i wirio ein tudalennau cyfryngau cymdeithasol - www.denbighshireenrichment.com a [@cyfoeth_enrich](https://twitter.com/cyfoeth_enrich) am fwy o ddiweddariadau a heriau cyffrous drwy gydol misoedd Chwefror a Mawrth



‘Dish of the Day for David’

Create a St David’s Day Dish and a comforting cwch on a plate!

Dydd Gŵyl Dewi Hapus (Happy St David’s Day)! From its rolling valleys to the castle-crowned towns, Monday 1 March will see Wales bursting into celebration of its patron saint, St David.

To mark this event, many people pin a daffodil or leek - Wales’ national emblems - to their clothes and some, especially children, will be wearing Welsh national costume, national team rugby shirts, or dress up as leeks, daffodils or even dragons.

Ordinarily, children would be enjoying traditional Welsh dances, singing Welsh folk songs, reciting Welsh poems, and taking part in school concerts or eisteddfodau. Across the country, towns and villages would be hosting street parades, with lots of Welsh flags flying.

A Tasty Celebration for St David’s Day

Although this year’s celebrations will be different, due to the coronavirus restrictions, Denbighshire Education and Children’s Services, in partnership with Denbighshire School Meals Service, have organised an exciting St David’s Day themed cooking challenge for children, young people and their families, when they can demonstrate their skills and their passion for cooking by using ingredients that are local and healthy.

Wales is famed for its natural beauty and Welsh recipes showcase produce that is grown and grazed in its green landscape. Legend has it that St David was such a fan of the humble leek, for example, that he ordered his soldiers to display this green-topped vegetable on their helmets! True or not, there is no denying that the leek is the most Welsh of all the veggies - it’s one of the country’s national emblems (10 points for guessing the other!). Wales is also well known for the following:-

- 🍷 Welsh rarebit, traditionally served with toast, as a creamy, cheesy and slightly tangy teatime treat;
- 🍷 Welsh onion cake, made from onions and potatoes (as a firm vegetarian (apparently), St David would have approved of this hearty potato, cabbage and onion combo);
- 🍷 Welsh cakes, a traditional tea-time treat that are really easy to make;
- 🍷 Bara brith, a traditional Welsh tea bread, typically made with raisins, currants, and candied peel; and
- 🍷 Tasty, tender lamb.



Your St David's Day Challenge - 'A Dish of the Day for David'

Put simply, using your imagination and your knowledge of Welsh and local food/produce, we would like you to create a dish you think St David would enjoy eating - sweet or savoury. St David himself was reputed to have consumed only leeks and water - which is perhaps why the leek became a national symbol of Wales. However, we think he might have benefited from a more balanced, interesting and varied diet!

Whether you try making simple Welsh cakes, a healthy bara brith, an oozy rarebit or a warming bowl of cawl, we would like you to celebrate the best of Welsh and local food/produce in this St David's Day's challenge and cook up a warming Welsh recipe to create the perfect dish of the day for St David and a comforting cwch on a plate!

Entries will be in three age categories - **Up to 7 years**, **7 to 11 years** and **12 to 14 years**.

Once you have prepared your dish, complete the attached form, take a photograph/photographs of your cooking creation and ask a parent/guardian to e-mail it to sarah.dixon@denbighshire.gov.uk The competition will be judged by photographs of the finished dish only - the tasting will have to be done by family and friends!

Some Important Dates

The competition opens on **Thursday 11th February** and will close at **12 noon** on **Thursday 25th February 2021**. Winners will be announced on **Monday 1st March 2021**, to mark **St David's Day**.

Prizes: Your entry will be judged by our panel of experienced schools catering staff. The overall winning entries in each age category will be awarded a Hand Blender, together with a unique certificate. Subject to appropriate permission/consent, all three winning recipes and photographs will be published via the Denbighshire Curriculum Enrichment website www.denbighshireenrichment.com so that they are available to be downloaded by children, families and schools to enjoy.

How to submit your entry

Download the Entry Form here and ask your parent/guardian or teacher to email your entry to sarah.dixon@denbighshire.gov.uk by **12 noon** on **Thursday 25th February 2021**.

Don't forget to include

YOUR NAME
YOUR AGE
YOUR SCHOOL
A NAME FOR YOUR ST DAVID'S DAY DISH
PHOTOGRAPH (S)

Keep checking our social media pages - www.denbighshireenrichment.com and [@cyfoeth_enrich](https://www.instagram.com/cyfoeth_enrich) for more exciting updates and challenges throughout February and March



'Dysgl y Dydd i Dewi' / 'Dish of the Day for David'

*Crëwch Ddysgl Dydd Gŵyl Dewi a chwts cysurus ar blât!
Create a St David's Day Dish and a comforting cwts on a plate!*

Cystadleuaeth Coginio / Cooking Competition

TELERAU AC AMODAU / TERMS AND CONDITIONS

*Trefnir y gystadleuaeth goginio gan Wasanaethau Addysg a Phlant Sir Ddinbych
mewn partneriaeth â Gwasanaeth Prydau Ysgol Sir Ddinbych*

*The cooking competition is organised by Denbighshire Education and Children's Services
in partnership with Denbighshire School Meals Service*

Mae pob ymgeisydd yn cytuno i gadw at y telerau ac amodau canlynol

All entrants agree to abide by the following terms and conditions

- Mae'r gystadleuaeth yn rhad ac am ddim ac mae'n agored i unrhyw un sy'n mynychu ysgolion yn Sir Ddinbych.
- Rhaid i'r ceisiadau gael eu cyflwyno gan oedolyn (rhiant/gwarcheidwad neu athro) ar ran y plentyn.
- Mynediad mewn tri chategori oedran - **Hyd at 7 oed, 7 i 11 oed a 12 i 14 oed.**
- Y dyddiad cau yw **25^{ain} Chwefror 2021.** Cyhoeddir enillwyr ar **1^{af} Mawrth 2021.**
- Gellir cyflwyno pob rysâit yn Gymraeg neu yn Saesneg.
- Rhaid i'r ceisiadau cael eu cyflwyno'n electronig drwy e-bost i **sarah.dixon@sirddinbych.gov.uk**
- Drwy gyflwyno eu cais, mae pob ymgeisydd yn rhoi'r hawl i Wasanaethau Addysg a Phlant Sir Ddinbych a Gwasanaeth Prydau Ysgol Sir Ddinbych gyhoeddi eu rysâit fuddugol ar ein llwyfannau cyfryngau cymdeithasol, gwefan, Trydar a deunyddiau cyhoedduswydd eraill.
- Bydd y Beirniaid yn dewis y ceisiadau buddugol i'r gystadleuaeth.
- Bydd penderfyniad y beirniaid yn derfynol.
- Mae Gwasanaethau Addysg a Phlant Sir Ddinbych yn cadw'r hawl i ganslo'r gystadleuaeth hon ar unrhyw adeg pe bai'r angen yn codi.
- Bydd enwau'r enillwyr yn cael eu cyhoeddi ar sianeli cyfryngau cymdeithasol, gwefan, Trydar, oni bai eu bod wedi'u cyfarwyddo fel arall.
- The competition is free to enter and is open to anyone attending schools in Denbighshire.
- Entries must be submitted by an adult (parent/guardian or teacher) on behalf of the child.
- Entry will be in three age categories - **Up to 7 years, 7 to 11 years and 12 to 14 years.**
- The closing date is **25th February 2021.** Winners will be announced on **1st March 2021.**
- All recipes can be submitted in either Welsh or English.
- Entries to be submitted electronically via e-mail to **sarah.dixon@denbighshire.gov.uk**
- By submitting their entry, all entrants grant Denbighshire Education and Children's Services and Denbighshire School Meals Service the right to publish their winning recipe on our social media platforms, website, twitter and other publicity materials.
- Judges will select the winning entries to the competition.
- The decision of judges is final.
- Denbighshire Education and Children's Services reserve the right to cancel this competition at any time should the need arise.
- The names of the winners will be published on social media channels, website, Twitter, unless otherwise instructed.