



Offer Ffidget yn yr Ysgol Gwybodaeth i Rieni a Gofalwyr



Fidget Tools in School Information for Parents and Carers

Beth yw "Ffidget"?

Mae ffidget yn eitem fach a all helpu rhai dysgwyr i reoli eu sylw, diwallu eu hanghenion synhwyrdd, lleihau pryder a chadw eu ffocws ar ddysgu.

Cymorth dysgu yw "ffidget", nid tegan.

Nid oes angen offeryn "ffidget" ar bob plentyn. I'r plant hynny sydd ei angen, y nod yw cefnogi dysgu a chanolbwyntio, nid darparu adloniant.

Pryd mae Ffidget yn Helpu?

Gall offeryn ffidget fod yn ddefnyddiol os yw'n:

- ✓ Helpu plentyn i ganolbwyntio ar ddysgu
- ✓ Gellir ei ddefnyddio heb edrych arno
- ✓ Dawel ac anymwthiol
- ✓ Ddim yn tynnu sylw plant eraill
- ✓ Aros yn nwylo'r plentyn neu ar ei ddesg

Os yw plentyn yn edrych arno, yn chwarae ag ef, yn ei ddangos i eraill, neu'n cael ei dynnu oddi ar dasg oherwydd yr offeryn, nid yw bellach yn cefnogi dysgu.

Offer Ffidget Addas

Mae enghreifftiau o offer ffidget a allai fod yn addas i'w defnyddio yn yr ysgol yn cynnwys:

- Peli straen
- Phwti therapi
- Eitemau synhwyrdd gweddol
- Teganau gwasgu bach
- Adnoddau synhwyrdd a ddarperir gan yr ysgol

Eitemau Anaddas

Yn gyffredinol, nid yw'r eitemau canlynol yn addas i'w defnyddio yn ystod gwrsi oherwydd gallant dynnu sylw'r defnyddiwr a'r rhai o'i cwmpas:

- ✗ Troellwyr ffidget
- ✗ Offer ffidget swllyd
- ✗ Teganau sy'n goleuo neu'n electronig
- ✗ Offer ffidget sy'n seiliedig ar bosau neu gemau
- ✗ Teganau casgladwy neu newydd-deb – ffigurau LEGO
- ✗ Eitemau sy'n annog edrych arnynt, eu troelli, eu clicio, cystadlu neu chwarae â nhw

Cefnogi Anghenion Unigol

Rydym yn cydnabod y gall rhai plant, gan gynnwys plant ag anghenion dysgu, synhwyrdd, cyfathrebu neu sylw ychwanegol, elwa o adnoddau penodol neu addasiadau rhesymol.

Pan fo angen offeryn ffidget i gefnogi dysgu plentyn, bydd penderfyniadau'n cael eu gwneud mewn partneriaeth â rhieni, gofalwyr ac aelodau perthnasol o staff yr ysgol, er mwyn sicrhau bod anghenion y plentyn yn cael eu diwallu, tra'n cynnal amgylchedd dysgu cadarnhaol i bob disgybl.

Ein Disgwyliadau yn yr Ysgol

Er mwyn helpu i gynnal amgylchedd dysgu tawel a phwrpasol:

- Dylid dim ond dod ag offer ffidget i'r ysgol os ydynt yn cefnogi dysgu.
- Ni ddylid rhannu, cyfnewid, casglu na dangos offer ffidget i blant eraill.
- Gall staff ofyn i blentyn roi offeryn ffidget i gadw os yw'n dechrau tynnu sylw.
- Gall yr ysgol ddarparu adnoddau amgen lle bo hynny'n briodol.

Cydweithio

Rydym yn gwerthfawrogi eich cefnogaeth wrth helpu plant i ddeall y gwahaniaeth rhwng offeryn a thegan.

Ein rheol syml:

Os yw'n helpu plentyn i ddysgu, gall fod yn offeryn defnyddiol. Os yw'n tynnu sylw'r plentyn neu eraill oddi wrth ddysgu, nid yw'n addas ar gyfer yr ystafell ddosbarth.

Diolch am eich cefnogaeth wrth ein helpu i greu amgylchedd dysgu tawel a chynhwysol i bob plentyn.

What is a Fidget Tool?

A fidget tool is a small item that may help some learners regulate their attention, manage sensory needs, reduce anxiety, and stay focused on learning.

A fidget tool is a learning aid, not a toy.

Not every child needs a fidget tool. For those who do, the aim is to support learning and concentration, not to provide entertainment.

When Does a Fidget Help?

A fidget tool may be helpful if it:

- ✓ Helps a child focus on learning
- ✓ Can be used without looking at it
- ✓ Is quiet and unobtrusive
- ✓ Does not distract other children
- ✓ Remains in the child's hands or on their desk

If a child is watching it, playing with it, showing it to others, or becoming distracted by it, it is no longer supporting learning.

Suitable Fidget Tools

Examples of fidget tools that may be suitable for school include:

- Stress balls
- Therapy putty
- Textured sensory items
- Small squeeze toys
- School-provided sensory resources

Unsuitable Items

The following items are generally not suitable for use in lessons because they can distract the user and those around them:

- ✗ Fidget spinners
- ✗ Noisy fidgets
- ✗ Light-up or electronic toys
- ✗ Puzzle or game-based fidgets
- ✗ Collectable or novelty toys – LEGO minifigures
- ✗ Items that encourage watching, spinning, clicking, competing, or playing

Supporting Individual Needs

We recognise that some children, including those with additional learning, sensory, communication, or attention needs, may benefit from specific resources or reasonable adjustments.

Where a fidget tool is needed to support a child's learning, decisions will be made in partnership with parents, carers, and relevant school staff to ensure the child's needs are met whilst maintaining a positive learning environment for all pupils.

Our School Expectations

To help maintain a calm and purposeful learning environment:

- Fidget tools should only be brought to school if they support learning.
- Fidget tools must not be shared, traded, collected, or shown to other children.
- Staff may ask a child to put away a fidget if it becomes distracting.
- The school may provide alternative resources where appropriate.

Working Together

We appreciate your support in helping children understand the difference between a tool and a toy.

Our simple rule:

If it helps a child learn, it may be a useful tool. If it distracts the child or others from learning, it is not suitable for the classroom.

Thank you for supporting us in creating a calm and inclusive learning environment for all children.