

Annwyl Riant/Warcheidwad,

Ysgrifennaf atoch i'ch hysbysu o drefniadau Taith Gerdded B1 7 a fydd yn digwydd ar y 4ydd a 5ed o Orffennaf 2023. Fel rhan o wersi Maes Dysgu a Phrofiad Iechyd a Lles mae'r disgyblion wedi bod yn paratoi ar gyfer taith gerdded i gopa Mynydd Cilfai. Nod yw dasg yw i hyrwyddo agweddau Iechyd a Lles megis dyfalbarhad, ffitrwydd, empathi, adnabod risgiau a lles meddyliol.

Fe fydd angen i'r disgyblion ddod a phecyn bwyd addas (mae'r disgyblion wedi trafod hyn yn y gwersi) a dillad addas (trainers, cot law, haenau o ddillad tennau a het)

A fyddech mor garedig a gwirio'r rhestr wirio:

- ✓ **Dillad ac esgidiau addas.**
- ✓ **Eli haul**
- ✓ **Pecyn Bwyd a diod**
- ✓ **Nwyddau meddydol e.e pwmp asma (yn ôl y glaw)**
- ✓ **Wedi llenwi a chyflwyflwyno'r ffurflen feddygol i fy athro/athrawes Iechyd a Lles**

Dosbarthiadau 7W, 7A a 7B Byddwn yn gadael yr ysgol 4ydd o Orffennaf tua 9.15 y bore ac yn dychwelyd erbyn 1.30 ar gyfer gwers 5 a 6.

Dosbarthiadau 7T, 7E a 7R- Byddwn yn gadael yr ysgol 5ed tua 9.15 y bore ac yn dychwelyd erbyn 1.30.

Gofynnwn yn garedig i chi lewi a dychwelyd y ffurflen feddygol erbyn dydd Llun 3ydd Orffennaf

Gofynnwn yn gyfraniad o £3.00 tuag at y daith os gwelwch yn dda.

Gyda diolch

M W Cole

Meleri Cole

Arweinydd Maes Dysgu a Phrofiad Iechyd a Lles



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Pennaeth : Mr Simon Davies



Dear Parent/Guardian,

I write to inform you of the arrangements in place for Year 7's walk, which will take place on the 4th and 5th of July 2023. As part of the Health and Wellbeing lessons, the pupils have been preparing for the journey to the summit of Kilvey Hill. The aim of the expedition is to promote Health and wellbeing aspects, such as perseverance, fitness, empathy, recognising risks and mental well-being.

Pupils will need to bring a packed lunch (pupils have discussed this in their lessons) and appropriate clothing (walking shoes/trainers, raincoat, layers of thin clothing and hat)

Please take note of the tick list below:

- ✓ **Suitable shoes and clothing**
- ✓ **Sunscreen**
- ✓ **Packed lunch and drink**
- ✓ **Medical Pack i.e asthma pump (if required)**
- ✓ **Medical form completed and presented to Health and wellbeing teacher**

Class 7W, 7A a 7B We will depart the school on the 4th of July at 9am and return by 1.30pm for lessons 5 and 6.

Class 7T, 7E a 7R- We will depart the school on the 5th of July at 9am and return by 1.30pm for lesson 5 and 6.

Please complete and return medical form by Monday the 3rd of July.

We ask for a contribution of £3.00 towards the cost of the excursion.

Many Thanks

M W Cole

Meleri Cole

Lead of Health and Wellbeing Area of Learning and Experience



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