

Taith Llangrannog



Gwybodaeth am y daith i Langrannog

- Gosod eich bagiau: Rhaid i bob disgybl osod eu bagiau yn y neuadd erbyn 09:00 ar ddydd Llun.
- Amser gadael: Bydd y bws yn gadael am 09:30 Y.B. Croeso i rieni ddod i ffarwelio cyn hynny.
- Bwyd: Bydd angen pecyn bwyd ar gyfer cinio, yn ogystal â digon o fyrbrydion ar gyfer y daith gan ni fydd swper tan y nos.
- Dychwelyd: Bydd y bws yn dychwelyd i'r ysgol ddydd Mercher am 2:00 y.p.

Os oes gennych unrhyw gwestiynau, cysylltwch â'r ysgol.

Information about the trip to Llangrannog

- Luggage Drop-off: All pupils must place their bags in the hall by 9:00 AM.
- Departure Time: The bus will leave at 9:30 AM. Parents are welcome to come and say goodbye before departure.
- Food: A packed lunch will be needed, along with plenty of snacks for the day as they won't be served dinner until the evening.
- Return: The bus will return to school on Wednesday at 2:00 PM.

If you have any questions, please contact the school.

FE FYDD ANGEN

- ☐ Sach gysgu
- ☐ Dillad nos
- ☐ Pethau ymolchi
- Sebon, siampŵ a past dannedd
- ☐ Tywel
- ☐ Dillad sbâr
- nid y 'dillad gorau' gan gynnwys crys/
siwmpwr llewys hir a throwser hir
- ☐ Siwmpwr gynnes ac anorac neu got law
- ☐ Dillad chwaraeon
- ☐ Dillad nofio a thywel
- ☐ Pâr o 'drainers' neu
esgidiau addas i gerdded
- ☐ Hen bâr o esgidiau neu 'Wellingtons' i
fynd ar y ceffylau a'r beiciau modur
- ☐ Dillad addas ar gyfer sgïo a gwibgartio
h.y. hen fenyg a hen dracsiwt neu jîns
- ☐ Llyfr nodiadau a phensil/biro
(cyrsiâu yn unig)
- ☐ Hen ddillad ar gyfer y Cwrs
Antur Mwdlyd (Ebrill - Hydref).
Dylid anfon hen ddillad, esgidiau a
thywel y gellir eu cael yn fwdlyd neu
hyd yn oed eu taflu ar ôl y weithgaredd
neu ar ôl cyrraedd adref gan fod y cwrs
yn fwdlyd dros ben - ond yn HWYL.
Darperir cwdyn/bag i gario'r dillad
brwnt/budr ar ôl y weithgaredd

Rhestr bacio



A CHILD SHOULD BRING:

- ☐ Sleeping bag
- ☐ Night clothes
- ☐ Toiletries
- soap, shampoo and toothpaste
- ☐ Tywel
- ☐ Spare clothes
- (not the best) including long sleeved
tops and trousers
- ☐ Warm jumper ac anorac neu raincoat
- ☐ Sports clothes
- ☐ Swimming clothes and towel
- ☐ Trainers or
suitable shoes for walking
- ☐ Old pair of shoes or Wellingtons for the
horse-riding and quad bikes
- ☐ Suitable clothing for skiing and
tobogganing i.e. old gloves and
an old tracksuit or jeans
- ☐ Pencil and notebook
(for courses only)
- ☐ Very old clothes for our muddy
adventure course (April - October).
Very old clothes, shoes and towel
should be sent for this activity -
clothes you don't mind getting very
dirty or even thrown away after the
activity or on returning home as this
activity is very muddy - but a great
deal of FUN. A bag is provided for
the dirty clothes after the activity.

PWYSIG:

Dylid sicrhau bod enw ar bob dilledyn
(yn enwedig dillad nofio).

Mae nifer o dywelion, cotiau ac ati yn
cael eu gadael ar ôl bob wythnos

IMPORTANT:

You should ensure that a name
is shown on each piece of clothing
(especially swim wear) - a large number
of untagged items are left every week



Meddygyniaeth



Cysylltwch a ni er mwyn llenwi ffurflen ganiatâd i roi meddygyniaeth i blant tra ar y trip.

Contact the school and complete a consent form enabling members of staff to administer prescribed medicines.





SIOP

Mae yna siop yn y Gwersyll sy'n gwerthu losin, pop, anrhegion a nwyddau. Fel arfer agorir y siop gan y staff sydd gyda'r grwpiau ar amserau cyfleus i'r amserlen.

SHOP

The Centre has a shop that sells sweets, drinks, souvenirs and presents. The shop is usually opened by accompanying staff at a convenient time to the timetable.

**Dewch a £10 i wario yn y siop.
Bring up to £10 to spend in the shop.♦**



- 6 aelod o staff ysgol.
- 56 o ddisgyblion.
- 1 adult to 9 pupils at night
- 2 staff gwersyll i bob gweithgaredd

- 6 school staff.
- 56 pupils.
- 2 members of Urdd staff to each activity

YSTAFELLOEDD

Ar ôl cyrraedd y Gwersyll lleolir y plant yn eu hystafelloedd cysgu. Mae gwres canolog ymhob ystafell. Y plant fydd yn gyfrifol am wneud eu gwelyau a thacluso'r ystafell. Darperir clustogau 'foam'.

Sicrhawn fod pob plentyn yn gwybod ble i fynd os oes angen cymorth yn ystod y nos. Mae golau yn y coridorau drwy'r nos.



THE BEDROOMS

All children sleep in centrally heated bedrooms. The children are responsible for making their beds and keeping the rooms tidy. We ensure that each child knows where to find help during the night from staff who are close at hand. Corridor lights are on throughout the night. Foam pillows are provided.



Cynllun CILBORTH																
Parc y Tywyn x 5			Parc y Tywyn x 5		EGIN FACH		Parc y Tywyn x 6		Parc y Tywyn x 6		Parc y Tywyn x 8		Parc y Tywyn x 8			
5 A 110			5 109				8 107		8 105		8 103		8 101			
							CYNTEDD		Parc y Tywyn x 6		Parc y Tywyn x 6		Parc y Tywyn x 8		Parc y Tywyn x 6	
									8 108		8 106		8 104		8 102	

Ystafelloedd / Rooms

SGÔR HYLENDID BWYD FOOD HYGIENE RATING

0 1 2 3 4 **5**

DA IAWN
VERY GOOD

MEALS

Up to four meals a day are provided: breakfast, dinner, tea and supper - with a variety of Healthy Eating menus to suit all tastes. The Centre has been awarded a Food Hygiene Rating of 5 (see <http://ratings.food.gov.uk/Welcome.aspx>) under the Food Standards Agency's Food Hygiene Rating Scheme. If your child has an allergy or has special dietary requirements e.g. nut allergy, gluten free, diabetic or follows a specific diet for religious reasons - **please inform us a week in advance so that the necessary arrangements can be made.** Please remember to include this information on the Health Certificate as well. Vegetarian meals are available at all mealtimes. Cold drinks are provided free of charge at all times. Hot drinks can be purchased outside of meal times.



BWYD

Ceir hyd at bedwar pryd bwyd y dydd: brecwast, cinio, te a swper - a digon o amrywiaeth ar y fwydlen Bwyta'n lach i blesio pawb. Dyfarnwyd sgôr o 5 i'r Gwersyll o dan Gynllun Sgorio Hylendid Bwyd yr Asiantaeth Safonau Bwyd (gweler <http://ratings.food.gov.uk/Welcome.aspx>).

Os oes gan eich plentyn alergedd neu anghenion dietegol arbennig e.e. alergedd cnau, diet di-glwten, diabetig, neu'n dilyn diet arbennig am resymau crefyddol **rhowch wybod inni wythnos o flaen llaw fel y gallwn drefnu bod y bwydydd addas gennym yma.** Cofiwch nodi hyn ar y Ffurflen Iechyd hefyd. Rydym yn cynnig bwydlen sy'n addas i lysieuwyr bob pryd. Darperir diod oer yn rhad ac am ddim trwy'r amser. Gellir prynu diodydd poeth tu allan i amser bwyd.

AMSEROEDD BWYD

Dydd Llun

Clwstwr 1

Swper/Supper

5.45

Dydd Mawrth

Clwstwr 1

Brecwast / Breakfast

8.15

Cinio / lunch

12.15

Te / Tea

Te mewn a mas / pick up and go

Swper

6.15

Dydd Mercher

Clwstwr 1

Brecwast

7.45

Cinio

12.3



Y RHAGLEN

Mae rhaglen y cwrs yn cael ei chynllunio ar y cyd rhwng arweinydd y grŵp a staff y Gwersyll.

Darperir amserlen lawn yn unol a gofynion arweinydd y grŵp. Ceir cyfle i fwynhau dewis o weithgareddau - Sgïo, Ceirt Modur, Gwibgartio, Gwifren Wib, Bag Neidio, Saethyddiaeth, Cwrs Rhaffau Uchel, Wal Ddringo, Gemau Tîm, Her Rhaffau, Taith Natur, Beiciau Modur, Cwrs Antur Mwdlyd (Ebrill - Hydref), Nofio, Gwylltgrefft, Trampolîn, Merlota, Adeiladu Lloches, Cyfeiriannu, sesiwn yn y Ganolfan Treftadaeth. Ceir hefyd neuadd amlbwrpas, meysydd chwarae a chae chwarae pob tywydd.

Gyda'r nos ceir amryw o weithgareddau cyffrous megis taith nos, twmpath, gemau potes, sioe dalent, cwis, mabolgampau, disgo a mwy.



THE PROGRAMME

The programme will be designed in conjunction with the course leader and Centre staff. A full programme is provided in line with the course leaders requests, with a range of activities - Skiing, Tobogganing, Zipwire, Go-karting, Archery, High Ropes Course, Climbing Wall, Team games, Ropes Challenge Course, Nature Walk, Quad Biking, Muddy Adventure Course (April - October), Swimming, Bushcraft, Trampoline, Horse Riding, Shelter Building, Orienteering, heritage lessons in the Caer Chwedlau Heritage Centre. There is also a multi-purpose sports hall, outdoor playing fields, and an all weather playing area. During the evenings there is an array of activities on offer from, night walk, folk dancing, bingo, quiz, talent show, games, disco and much more.

Ceffylau a Trampolin	Rhaffau Isel	Llinyn Zip	Nofio	Saethyddiaeth	Wal Twr a Cwods	Bag Neidio
Horses and Trampolines	Low ropes	Zip Wire	Swimming	Archery	Tower Wall & Quads	Jump Bag

Ceirt Modur	Sgïo	Gwibgartio	Cyfeiriannu + siop	Adeiladu tim	Gwylltgrefft
Go Karts	Skiing	Tobogganing	Orienteering and Shop	Team Building	Bushcraft
			<i>Neu mynd am dro i'r traeth / Or walk to the beach</i>		





Amserlen Gweithgareddau ****

	Ceffylau a Trampolin	Rhaffau Isel	Llyn Zip	Nofio	Saethyddiseth	Wal Twr a Cwods	Bag Neidio		Ceir Modur	Sgio	Gwibgartio	Cyfeiriannu + siop	Adailadu tîm	Gwylltgrefft
	Horser and Trampoliner	Lauraper	Zip Wire	Swimming	Archery	Tower Wall & Quadr	Jump Bag		Ga Kartar	Skiing	Tabaqqaning	Orienteering and Shop	Team Building	Burhcraff
												New mynd am dref i'r troeth / Or walk to the beach		

Dydd Llun

11.00-11.30	Cyrraedd - Yrtafollaeodd														
	Cinio, Rheolau a Dril Tan														
1.45-2.55	1	2													
2.55- 4.05			1	2											
4.05-5.15				1	2										
6:15-7.25					SWPERiGrip 1-8 5.45-6:15										
7.00-9.45	GWEITHGAREDDAUNOS														

Nos Lun/ Monday

	Potes** Hamdden	Cwis - Syr Ifan	Twmpath** - Gampfa Waelod	Bingo - Neuadd Ymgynull	Taith Nos **	Siop
7.00-7.40	1					
7.40-8.20		1				
8.20-9.00			1			
9.00-9.40				1		



Amserlen Gweithgareddau ****

Ceffylau a Trampolin	Rhaffau Isel	Llyn Zip	Nofio	Saethyddiaeth	Wal Twr a Cwods	Bag Neidio		Ceir Modur	Sgio	Gwibgartio	Cyfeiriannu + siop	Adeiladu tîm	Gwylltgrefft
Horser and Trampoliner	Lauraper	Zip Wire	Swimming	Archery	Tower Wall & Quadr	Jump Bag		Ga Kartar	Skiing	Tabaqqaning	Orienteering and Shop	Team Building	Burkcraft
											New mynd am drai'r troeth / Or walk to the beach		

Dydd Mawrth

	Brocuart - 8:15												
8.45-9.55		1	2										
9.55-11.05			1	2									
11.05-12.15				1	2								
	CINIOL Grŵp 1-8 12:15-12:45												
1.25 - 2.35					1			2					
2.35-3.45								1	2				6
3.45 - 4.55									1	2			5
4.55 - 6.05										1	2		4
	SWPER Grŵp 1-8 6.15-6.45												

Potes** Hamdden

Cwis - Syr Ifan

Twmpath** -
Gampfa WaelodBingo - Neuadd
Ymgynull

Taith Nos **

Siop

Nos Fawrth / Tuesday

7.15 - 7.55

1

7.55-8.30

1

8.30-9.50

Disco - Hamdden **



Amserlen Gweithgareddau****

Ceffylau a Trampolin	Rhaffau Isel	Llyn Zip	Nofio	Saethyddiseth	Wal Twr a Cwods	Bag Neidio		Ceirt Modur	Sgîo	Gwibgartio	Cyfeiriannu + siop	Adeiladu tîm	Gwylltgrefft
Horser and Trampaliner	Lau rapar	Zip Wire	Swimming	Archery	Tower Wall & Quad	Jump Bag		Ga Kart	Skiing	Tabaqqening	Orienteering and Shop	Team Building	Burkcraft
											Nw m ynd am drai'r troeth / Or walk to the beach		

Dydd Mercher

CLIRIO YSTAFELLEODD / CLEAR ROOMS - Began allan n'r ystafelloedd cyn 9:00yb

Breucart 7.45

Breucart 7.45

9:00-10:10											1	2	
10:10-11:20												1	2
11:20-12:30	2												1

12.15 - 1.30

Cinia

12.45-1.45

Llwytho'r bur a ffuruel

DISGYBLAETH

Er mwyn sicrhau rhediad esmwyth a hwylus y Gwersyll mae angen nifer o reolau syml synhwyrol. Esbonnir y rheolau hyn i'r plant ar ôl iddynt gyrraedd ac fe'u gweithredir mewn ffordd deg ac yn yr ysbyrd cywir fel y gallwn sicrhau cwrs hapus i bawb.

DISCIPLINE

To ensure the smooth running of the Centre a number of simple sensible rules are obviously necessary. These are made known to children on arrival and our policy is to administer them in a fair and sympathetic spirit. Our aim is to ensure a happy time for all at the Centre.



Taith Llangrannog

Disgwyliadau o Ddisgyblion



Dull Adferol

Fel ysgol rydym yn canolbwyntio ar adeiladu Berthnasoedd Positif ac mae gennym bedwar rheol ysgol rydym yn disgwyl i bawb eu dilyn.

PARCH - i wrando ar safbwyntiau eraill a dysgu eu gwerthfawrogi

CYFRIFOLDEB - cymryd cyfrifoldeb dros gweithredoedd eich hun a datblygu'r sgiliau o fewn cymuned ein hysgol fel bod gan ei haelodau unigol y sgiliau angenrheidiol i ganfod atebion sy'n cywiro niwed a sicrhau nad yw ymddygiad yn cael ei ailadrodd

CYMREICTOD – cefnogi twf yr iaith Gymraeg a mwynhau cymdeithasu drwy'r Gymraeg.

DYFALBARHAU - adnabod ein bod yn gwneud camsyniadau, weithiau yn gweld hi'n anodd i gwblhau tasgau. Dyfalbarhau, dod o hyd i atebion/ffyrdd i symud ymlaen.

Cytundeb Cartref-Ysgol

Ym mis Medi byddwn yn cyflwyno cytundebau cartref-ysgol. Mae cytundeb cartref-ysgol yn gytundeb rhwng disgyblion, rhieni, a'r ysgol sy'n amlinellu cyfrifoldebau a disgwyliadau pob parti i sicrhau profiad addysgol llwyddiannus. Bydd y cytundeb hwn yn helpu i sefydlu cyfathrebu clir, atebolrwydd, ac amgylchedd dysgu cefnogol.

Restorative Practice

As a school we are focused on building Positive Relationships and we have four school rules which we expect all pupils to follow.

RESPECT - *for everyone by listening to other opinions and learning to value each other.*

RESPONSIBILITY - *taking responsibility for your own actions and developing the skills within our school community so that its individual members have the necessary skills to identify solutions that repair harm and ensure behaviours are not repeated.*

WELSHNESS –*promoting the Welsh language and enjoying socialising through the Welsh language.*

PERCEVERANCE - recognize that we make mistakes, sometimes find it difficult to complete tasks. Persist, find solutions/ways to move forward.

Home-school Agreement

In September we will share a home-school agreement. This agreement is designed to help your child develop in supportive, happy surroundings, both at school and at home so that he/she can make the most of the opportunities available during his/her time at school. It is hoped that every pupil from Year Three onwards will sign the agreement after it has been explained to them by their parents. Parents of all children are expected to sign the document.

Llangrannog – Rheolau ar Gyfer Taith Breswyl

- 1.Dim Ffonau Symudol** – Mwynhewch yr antur! Nid yw ffonau'n cael eu caniatáu er mwyn i bawb gymryd rhan yn llawn ac aros yn ddiogel. Os oes angen cysylltu â chartref, siaradwch ag athro.
- 2.Arhoswch yn Eich Ystafell Eich Hun** – Peidiwch â mynd i ystafelloedd eraill. Parchwch ofod pawb.
- 3.Parchwch Breifatrwydd Pawb** – Mae gan bawb yr hawl i'w gofod personol. Cnociwch cyn mynd i ardaloedd a rennir fel ystafelloedd ymolchi.
- 4.Gofalwch am Eich Eiddo** – Cadwch eich pethau'n daclus ac yn ddiogel. Peidiwch â chymryd na difrodi eiddo eraill.
- 5.Parchwch Eiddo Llangrannog** – Triniwch yr holl offer, dodrefn a chyfleusterau yn ofalus. Rhaid riportio unrhyw ddifrod ar unwaith.
- 6.Gwrandewch ar Gyfarwyddiadau** – Dilynwch gyfarwyddiadau athrawon a staff Llangrannog bob amser.
- 7.Arhoswch gyda'r Grŵp** – Peidiwch byth â mynd ar eich pen eich hun. Rhowch wybod i oedolyn bob amser ble rydych chi.
- 8.Byddwch yn Garedig ac yn Ystyriol** – Cefnogwch ac anogwch eich gilydd. Dim ymddygiad na sylwadau annifyr.
- 9.Dilynwch Reolau Gwely** – Mae cwsg da yn bwysig. Ewch i gysgu ar yr amser penodedig ac arhoswch yn eich gwely eich hun.
- 10.Mwynhewch ac Ewch Amdani!** – Profwch bethau newydd, heriwch eich hun, a chreu atgofion gwych wrth fod yn barchus ac yn gyfrifol.

Bydd y rheolau hyn yn helpu pawb i gael taith ddiogel a hwylus—gadewch i ni ei wneud yn un i'w chofio! 🚀 😊

Llangrannog Residential – Rules for a Safe & Fun Trip

- 1.No Mobile Phones** – Enjoy the experience! Phones are not allowed to ensure everyone is fully involved and safe. If you need to contact home, speak to a teacher.
- 2.Stay in Your Own Room** – Do not enter other pupils' rooms. Respect everyone's space and privacy.
- 3.Respect Privacy** – Everyone deserves their own personal space. Knock before entering shared areas like bathrooms.
- 4.Look After Your Belongings** – Keep your things tidy and safe. Do not take or damage others' items.
- 5.Respect Llangrannog's Property** – Treat all equipment, furniture, and facilities with care. Any damage must be reported immediately.
- 6.Listen to Instructions** – Follow the guidance of teachers, instructors, and Llangrannog staff at all times.
- 7.Stay with the Group** – Never wander off alone. Always let an adult know where you are.
- 8.Be Kind & Considerate** – Support and encourage each other. No unkind comments or behaviour.
- 9.Follow Bedtime Rules** – A good night's sleep is important. Settle down at the agreed time and stay in your own bed.
- 10.Have Fun & Try Your Best!** – Enjoy new experiences, challenge yourself, and make great memories while being respectful and responsible.

These rules help everyone have a safe, enjoyable trip—let's make it one to remember! 🚀 😊