

Ysgol Nefyn

Nefyn, Pwllheli, Gwynedd. LL53 6EA



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“Angor gadarn cyn hwylio’r don.”

8-1-2016

RHIENI PLANT DOSBARTH BLWYDDYN 6 **PARENTS OF CHILDREN IN YEAR 6**

Annwyl Rieni,

Fel rhan o weithgareddau addysg gorfforol yr ysgol, rydym wedi trefnu i blant Blwyddyn 6 gymryd rhan mewn **'Triathlon Ysgol Nefyn'** yn y Ganolfan Hamdden ym Mhwllheli **Dydd Mercher, Ionawr 13eg**.

Fe fydd y plant yn beicio, rhedeg ac yna yn nofio o fewn cyfnod o awr. Hoffwn bwysleisio nid ras fydd hyn, ond her bersonol i'r plant ddatblygu eu ffitrwydd.

Fe fydd y plant angen dillad chwaraeon, dillad nofio a diod i fynd gyda nhw i'r Ganolfan. Fe fydd y plant yn cael cinio yn yr ysgol fel yr arfer.

Diolch yn fawr.

Yn gywir,
Alan Jones



Dear Parents,

*As part of the school's sports activities, we have arranged a **'Nefyn School Triathlon'** for children in year 6 at the Leisure Centre in Pwllheli on **Wednesday, 13th January**.*

The children will be cycling, running and the swimming for around an hour. I would like to emphasise that it's not a race, but a personal challenge for the children to develop their fitness.

The children will require their sports clothes, swimming costumes and a drink to take with them to the leisure centre. They will have their lunch at school as usual.

Thank you.

*Regards,
Alan Jones*



Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru

