



Ysgol
Dyffryn Conwy
ysgoldyffrynconwy.org

Wythnos Weithgareddau *Activities Week*

Gorffennaf / July 8 - 12, 2019



Talk The Talk
CONFIDENT COMMUNICATION FOR LIFE



Syniadau Mawr
Cymru

Big Ideas
Wales



12 Ffordd i fwynhau gweithgareddau'r wythnos!

- ♦ Aros yn dy grŵp - ti'n un o'r trŵp!
- ♦ Paid â gofyn i newid grwpiau - byddi di'n gwneud llwyth o ffrindiau newydd!
- ♦ Gweithio gyda'n gilydd fel tîm!
- ♦ Cofia gymryd rhan hyd eithaf dy allu!
- ♦ Mae'r sawl sy'n mentro yn ennill!
- ♦ Cofia beth sydd ei angen ar gyfer pob gweithgaredd! (Dillad, esgidiau addas ayb)
- ♦ Bod yn barod!
- ♦ Cofia wisgo'r offer diogelwch pwrpasol ar gyfer pob gweithgaredd.
- ♦ Gwna dy weithgareddau yn rhai hwyliog a diogel!
- ♦ Cofia ddilyn cyfawyddiadau ac ymddwyn yn gwrtais ac ystyriol o eraill!
- ♦ Cofia baratoi, bydd yn brydlon ac yn awyddus i wneud pob gweithgaredd!
- ♦ Paid â bod yn hwyr!

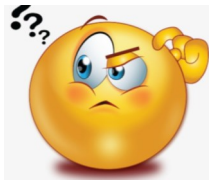


12 Ways to enjoy this week's activities!

- ♦ Stay in your group you're one of a troop
- ♦ Don't ask to change groups, you'll find you'll make new friends!
- ♦ Work with others as a team.
- ♦ Participate to the best of your ability!
- ♦ Remember he who dares wins!
- ♦ Remember what you need for each activity! (Clothes, trainers, etc.)
- ♦ Be Ready!
- ♦ Make sure you wear all the safety gear that's needed for each activity!
- ♦ Make each activity fun & safe!
- ♦ Follow instructions, act with consideration and courtesy towards others!
- ♦ Be punctual, eager and prepared for each activity!
- ♦ Don't Be Late!

Cofrestru Registration

Lle i fynd?



NEUADD CHWARAEON yn y ganolfan hamdden - Bydd PAWB o Flwyddyn 9 yn cofrestru yma ar ddechrau pob diwrnod gyda **MRS ELIN JONES-ATHERTON**

Where to go?

SPORTS HALL in the Leisure Centre - **ALL** Year 9 pupils will register at the start of every day here with **MRS ELIN JONES-ATHERTON**

Pam? Why?



Yma bydd cyfle i wneud yn siwr fod gennych offer a dillad addas ar gyfer eich diwrnod.

Byddwch yn cael eich rhoi yn y grwpiau cywir a chewch wybodaeth am y man cychwyn ar gyfer eich diwrnod.

Here we will check that you have the right kit for the day ahead.

You will be placed in the correct group and you will receive information about the starting point for your day.

Dydd Llun/Monday
08/07/19



Lle?...
Where?...

NEUADD CHWARAEON
SPORTS HALL



Be dwi angen?...
What do I need?...

- Dilliad eich hunain / Own Clothes
- Côt Law / Raincoat
- Cinio Ysgol / School Lunch
- Esgidiau cyfforddus / comfortable shoes



Dydd Mawrth/Tuesday 09/07/19

Taith i... A Trip to...



Am fwy o wybodaeth ewch i'r wefan-
For more information visit the website-

<https://www.crockytrail.co.uk>



Be dwi angen?...

What do I need?...

- Dilliad eich hunain / Own Clothes
- Dillad & esgidiau sbâr / Spare clothes and shoes
- Côt Law / Raincoat
- Bocs Bwyd / Lunch Box
- Arian Poced / Pocket Money

Dydd Mawrth/Tuesday
09/07/19

Crocky Trail

GWYBODAETH PWYSIG I RHieni A DISGYBLION **IMPORTANT INFORMATION FOR PARENTS AND PUPILS**

- Bydd y disgyblion yn mynd o amgylch y parc mewn grwpiau bach ac athro gyda nhw. Bydd rhaid i'r disgyblion aros gyda'r athro yna trwy weithgareddau'r diwrnod.
Pupils will be going round the park in small groups with a member of staff, they must stay with the member staff at all times.
- Bydd angen esgidiau â gfael da (*grip*) e.e. esgidiau cerdded. Dim caniatâd i wisgo sandalau nag esgidiau blaen agored (*open-toed*).
Footwear with a good grip is necessary (ie walking boots). Sandals or any open-toed footwear are not permitted.
- Bydd angen i bawb ddod a dillad ac esgidiau sbâr gyda nhw er mwyn newid i ddillad glan a sych ar ddiwedd y dydd.
A change of clothing (and footwear) to change into at the end of the day.
- Dim gemwaith, a gwallt angen cael ei glymu yn ôl.
No jewellery, and hair must be tied back.
- Mae'r gweithgareddau yn gorfforol ac yn gofyn am elfen o gryfder ac ystwythder. Bydd gofyn i'r disgyblion gyda chefnogaeth yr athrawon gymryd rhan o fewn eu gallu eu hun - i wybod eu gallu ac i gymryd cyfrifoldeb personol.
- The Activities are physically demanding and require a degree of agility, strength and stamina. Participants must always participate within their ability – only the individual knows or understands their own limits and competencies. If you are unsure of whether you can complete an activity, you should not attempt it.

Isod mae gwybodaeth gan y parc ynglŷn â'r iechyd a diogelwch gan Crocky Trail, drwy gytuno i'r daith rydych fel rhiant / gwarchodwr yn rhoi caniatâd i'r athrawon sy'n goruchwyllo arwyddo ar eich rhan.

Here is further information regarding health and safety from the The Crocky Trail, by agreeing to the trip you are giving permission for the school teachers to sign on behalf of you as parents / guardian.

Os oes unrhyw broblem neu gwestiynau cysylltwch â'r ysgol.

If there are any questions, please contact the school

Rwyf yn rhoi caniatad i'r athrawon arwyddo ar fy rhan fel rhiant:
I give permission for teachers to sign on my behalf as a parent:

YOU MUST BE 18 OR OVER TO AGREE TO THESE TERMS AND CONDITIONS OR 18 AND OVER IF SIGNING ON BEHALF OF A MINOR. PLEASE READ THIS RISK ACKNOWLEDGEMENT AND DISCLAIMER CAREFULLY BEFORE SIGNING IT.

Your safety is of paramount importance to us and we make every effort to ensure the highest safety standards and policies are employed at our park(s) at all times, however risk of injury can never be fully eliminated. By participating in activities at our parks you assume the risk that personal injury may result. To the extent permitted by law, The Crocky Trail Ltd ("Crocky Trail") does not accept any responsibility for any personal injury that may result from participating in activities at our park(s), and under this Risk Acknowledgement and Disclaimer you, as the participant or the parent / legal guardian / adult over the age of 18 who is responsible for the minor participant under the age of 18, by signing this Agreement ("Participant"), hereby agree to release, indemnify and forever discharge Crocky Trail, its agents, owners, members, shareholders, Directors, partners, employees, volunteers, manufacturers, participants, lessors, affiliates, its subsidiaries, related and affiliated entities, successors and assigns, on behalf of yourself and any of your immediate family, heirs, assigns, personal representatives and estate as follows: I am 18 years old or above, or the parent / legal guardian / adult over the age of 18 who is responsible for the minor Participant under the age of 18, and hereby confirm that I understand and acknowledge that depending on the physical condition of a Participant, the undertaken Activity may be physically demanding and carries with it inherent risks of physical injury.

I declare that, where I am accompanied by a child or a young person under 18 years of age and if I am not their parent or guardian, I am aged 18 or above and have the authority of the parent or guardian to sign this Agreement. I understand that this Risk Acknowledgement and Disclaimer is made on behalf of the minor Participant and that all of the releases, waivers and promises herein are binding on that Participant. I agree that I am responsible for my own safety and any children (aged 0 -17) in my care and undertake to ensure that he/she/they have read and understand and will follow the instructions referred to above. I agree that I will ensure that I will be responsible for and will supervise any participant under the age of 18 at all times.

I understand and acknowledge that the inherent risks of physical injury include but are not limited to injuries caused by contact or collision with other persons or objects and can occur to all parts of the body, including the neck, arms, legs face. spine and head. Injuries may also be caused by awkward landings and include sprains or fractures to the wrist, forearm, elbow, ankle or leg and could even result in death. I wish to voluntarily undertake the Activity in spite of such risks and expressly agree and promise to accept and assume all of the risks existing in this activity.

I confirm that neither I nor any minors in my care have any medical condition (including pregnancy) which might make me/him/her/them more likely to be involved in an incident which could result in injury to myself or others. I understand and acknowledge that it is my responsibility to consult with a doctor prior to participating in the Activity to ensure that I am fit and well enough to undertake the Activity and that my participation will not cause any serious injury to my health and well-being. I confirm that I will not be under the influence of alcohol; and/or any illicit drugs; and/or prescribed medications that might impair my ability to undertake the Activity.

I agree to fully comply at all times while in the Park with (i) the terms and conditions of the Park, (ii) the verbal instructions of Crocky Trail staff at the Park at all times including the pre-participation safety briefing, (iii) the Crocky Trail rules video and understood rules and instructions displayed on information signs around the Park.

I agree that I will only participate in any Activities within my ability level and throughout will be able to maintain control. I agree that if I am unsure of whether I can complete any Activity or part of it, I will not attempt it.

I will at all times when participating in any Activity will be dressed appropriately for the Activity with long hair tied back and without any belts, jewellery or other sharp items of clothing. I confirm that I understand that Crocky Trail will not have any liability to me for any loss or damage of clothing or other personal items resulting from participation in the Activities to the extent permissible by law.

I understand that Crocky Trail reserves the right to refuse admittance to the Activities or to remove me from the Activities should it deem it necessary to do so.

Dydd Mercher/Wednesday
10/07/19

TAITH GERDDDED SPONSORED WALK

Be dwi angen?...

What do I need?...

- Dillad ac esgidiau addas a chôt ysgafn
- Dewch â phecyn bwyd eich hunain gyda chi - dim byd rhy drwm - cofiwch y bydd yn rhaid i chi ei gario! Bydd potel ddwr am ddim i chi tua hanner ffordd trwy'r daith.

- Suitable clothing and footwear, also bring a lightweight, waterproof coat.
- Bring your own packed lunch with you - nothing too heavy - remember that you have to carry it! You will receive a free bottle of water half way through the walk.



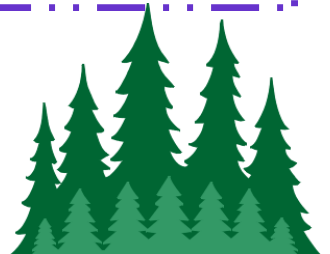
Cofiwch!
Remember!



Cofiwch gasglu noddwyr! Gwnewch eich gorau i gael cymaint o noddwyr ag y medrwnch.

Remember to collect sponsors! Do your best to get as many sponsors as possible.

Cofrestru...
Registration...



Byddwch yn cofrestru ac yna yn mynd gyda'r grwpiau a drefnwyd ymlaen llaw.
Byddwch yn cerdded gyda'ch grŵp a'r athro/athrawes yr holl ffordd o amgylch y cwrs.

*You will register and will then go with your pre-arranged groups.
You will walk with your group and teacher all the way around the course.*

Dydd Iau/Thursday

11/07/19

Confidence is
about having the tools to
communicate effectively

Hyder yw cael y sgiliau i
gyfathrebu'n effeithiol

Talk The Talk

CONFIDENT COMMUNICATION FOR LIFE

We'll help your students stand
out from the crowd

Mi gefnogwn chi i sefyll allan



Lle?...
Where?...

ADRAN SAESNEG
ENGLISH DEPARTMENT

Be dwi angen?... What do I need?...



1. **Dillad eich hunain / Own clothes**
2. **Cinio Ysgol / School Lunch**
3. **Cas Pensilau / Pencil Case**



Dydd Gwener/Friday 12/07/19

Syniadau Mawr
Cymru
Big Ideas
Wales



Rhif / Activity :	Gweithgaredd/Activity :	Ystafell/ Room :
1	Technique Quest Glyndŵr	Bloc Mathemateg
2	Lles Emosiynol / Emotional Wellbeing - Jill Riley	Add. Gref 1
3	CPR –Rhydian Owen	Daear 1
4	Syniadau Mawr Cymru / Big Ideas Wales	Add. Gref 2

AMSER/ TIME	GWEITHGAREDD + AMSER ACTIVITY + TIME					
	Grwp 1	Grwp 2	Grwp 3	Grwp 4	Grwp 5	Grwp 6
9.15-10.05	1	1	1	2	3	4
10.05-10.55	1	1	1	3	4	2
11.10-12:00	1	1	1	4	2	3
12:00-12:50	2	3	4	1	1	1
1:45-2:40	3	4	2	1	1	1
2:40-3:30	4	2	3	1	1	1

Be dwi angen?... - Dillad eich hunain / Own clothes
What do I need?... - Cinio Ysgol / School Lunch