

# CYLCHLYTHYR/NEWSLETTER



## Ysgol Uwchradd Tywyn Hydref/ Autumn 2023

**Ffair Cefnogaeth  
12fed Rhagfyr  
2023  
3-7yh  
Ar agor i bawb.**

Ar 12 Rhagfyr 2023, bydd Ysgol Uwchradd Tywyn yn croesawu llawer o wasanaethau, a sefydliadau o dan yr un to i gynnig cyngor a chymorth ar pynciau fel ynni a gwresogi, twyll a sgamiau, hyfforddiant a swyddi, cymorth digidol, tai a chyllid ar gyfer gwelliannau i gartrefi i berchnogion tai, ac i ddangos yr hyn sydd ar gael yn ein cymuned leol.

Bydd pryd o fwyd cynnes gaeaf ar gael i bawb heb unrhyw gost, a byddwn yn cynnal digwyddiad 'Swishing' lle bydd dillad a gwisg ysgol ar gael.

Mae'r digwyddiad hwn yn agored i bawb, rydym yn edrych ymlaen at eich croesawu chi. (Gweler y poster am fwy o wybodaeth)

## Ffair Cefnogaeth Support Fair

**Support Fair 12th  
December 2023  
3-7pm  
Open to all.**

On the 12th of December 2023, Ysgol Uwchradd Tywyn will be welcoming a large amount of services and organisations under one roof to offer advice and support on topics such as energy and heating, fraud and scams, training and jobs, digital support, housing and funding for homeowners, and to show what is available in our local community.

There will be a winter warmer meal available for all at no cost, and we will be holding a 'Swishing' event where clothes and school uniform will be available.

**This event is open to all, we look forward to welcoming you. (Please see poster for more Information)**

**12.12.2023  
15:00-19:00**

Neuadd Ysgol  
**Ysgol Uwchradd Tywyn**  
School Hall

Pryd o fwyd cynnes ar gael  
i bawb am ddim



A warm meal is available  
for everyone for free

### Swishwch

Mae 'Swisho' yn gweithio fel cyfnewid dillad enfawr: Rhowch eitemau i'r ysgol erbyn y 1af o Rhagfyr yna dewch draw i'r digwyddiad yma ar y 12fed i ddewis eich cwpwrdd dillad newydd heb unrhyw gost ac yn wych i'r amgylchedd.

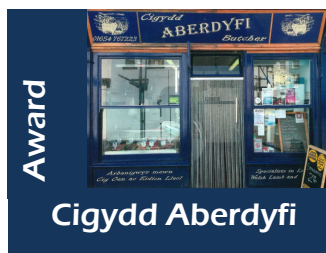


### Get Swishing

'Swishing' works as a giant clothes swap: Give items to the school by the 1st of December then come along to this event on the 12th to choose your new wardrobe at no cost and it is great for the environment.

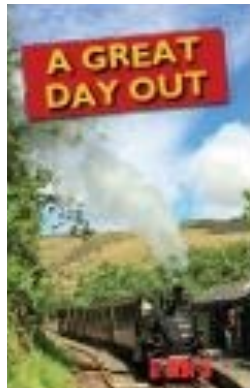
## Help efo Costau Byw ~ Cost of Living Support

Dewch draw i cwrrd a gael sgwrs efor gwasanaethau isod:  
Come along to meet and chat to these organisations:



# Diolch!

Diolch yn fawr iawn i'r cwmnïau canlynol am gefnogi Ysgol Uwchradd Tywyn, drwy roi £25 i'n galluogi i argraffu y cylchlythyr yma mewn lliw.



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Email: spartywyn16@gmail.com

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## Thank you!

Many thanks to the following companies for supporting Ysgol Uwchradd Tywyn by donating £25 to enable us to print this newsletter in colour.

## Busnesau Lleol / Local Businesses

**Award winning  
bacon, sausages, pies  
& faggots**



**Cigydd Aberdyfi Butcher**  
3 Copperhill Street      01654 767223

# TOAST

coffee house

Fresh, locally-sourced food and coffee. Eat in or takeaway!  
Place your order ahead of time using the number below:

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**Aberdyfi's Original Vintage Fire Engine  
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**Facebook search: EFF317D**



Local Property Management Service  
Residential, Commercial and HMO Management

Licensed Member of NRLA / PRS & Rent Smart Wales  
licensed

Based in Tywyn Gwynedd;  
Mrs Lisa Daley-Allan & Miss Rebekah Pughe;  
Office: 01654 288465 / Mobile: 07792201491  
e-mail: [mail@myplaceproperties.co.uk](mailto:mail@myplaceproperties.co.uk)  
Web: [www.myplaceproperties.co.uk](http://www.myplaceproperties.co.uk)

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or email [welcome@seabreeze-aberdovey.co.uk](mailto:welcome@seabreeze-aberdovey.co.uk)



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hysbysebu eich busnes, rhowch  
wybod i ni!

We have spaces if you would like to  
advertise your business,  
please let us know!



## YSGOL UWCHRADD TYWYN

FFORDD YR ORSAF / STATION ROAD, TYWYN, GWYNEDD, LL36 9EU

Ffon /Telephone 01654 710256 E-bost: swyddfa@tywyn.ysgoliongwynedd.cymru

Pennaeth / Head Teacher: Mr David Thorp Dirprwy Bennaeth / Deputy Head: Mrs Marion Sterritt

Cadwch mewn cysylltiad ar y wefan, Twitter a Facebook am y wybodaeth diweddaraf ar gyfer Arholiadau, unrhyw gweithgareddau a newyddion / Please keep in touch via the school website, Twitter and Facebook for the latest information on examinations, activities and news.

**[www.tywyn.gwynedd.sch.uk](http://www.tywyn.gwynedd.sch.uk)**



[follow@YsgolUwchTywyn](https://twitter.com/follow@YsgolUwchTywyn)



Ysgol Uwchradd Tywyn

Edrychwch ar ein gwefan ysgol newydd sydd wedi bod wrthi'n cael ei hadeiladu!

Check out our new school website which has been under construction!

**[www.tywyn.gwynedd.sch.uk](http://www.tywyn.gwynedd.sch.uk)**

# Ysgol Uwchradd Tywyn

Ffordd Yr Orsaf, Tywyn, Gwynedd, LL36 9EU

Pennaeth: Mr David Thorp

ADREF EIN HYSGOL RHINIEN DISGYBLION EIN CWRICWLWM I GYMRU CYSYLLTU



## Newyddion Disgyblion / Pupils News

Llongyfarchiadau i **Isaac Roberts** Blwyddyn 7 ar ei lwyddiant yr haf yma wrth wneud sawl perfformiad cerddorol yn yr ardal leol.

Gofynnwyd i Isaac ganu mewn tafarn dai lleol, safleoedd carafanau, ffetws lleol ac yn y nosweithiau meic agored yn y sinema Llusern Hud.

Mae'n gwella o wythnos i wythnos ac yn haeddu cydnabyddiaeth o'i waith caled, ei ymroddiad a'i lwyddiant. Gobeithio y byddwch yn parhau gyda'ch llwyddiant Isaac, ac edrychwn ymlaen at glywed am eich gigs yn y dyfodol, da iawn!



Congratulations to **Isaac Roberts** Year 7 on his success this summer in doing several music performances in the local area.

Isaac was asked to sing at local pubs, caravan sites, local fetes and at the open mic nights at the Magic Lantern Cinema.

He is improving from week to week and deserves recognition of his hard work, dedication and success. We hope you will continue with your success Isaac, and we look forward to hearing about your future gigs, well done!



**Max Andrews**  
September 16, 2023 at 8:11 AM · Snowdonia National Park, Wales

### Cambrian coast sportif -



Congratulations, this activity is your longest ride on Strava!

Distance	Elevation Gain
143.53 km	2,184 m
Moving Time	Avg Speed
6:42:49	21.4 km/h
Max Elevation	Max Speed
547 m	94.3 km/h

Llongyfarchiadau i'r myfyriwr TGAU Addysg Gorfforol **Max Andrews**, Blwyddyn 11 am gwblhau Sportif Arfordir y Cambrian - Llybr Hir. Cystadlodd Max yn y daith 143 km o Aberdyfi ddydd Sul 16eg Medi. Roedd yn cynnwys 2200m o ddringo, gan gynnwys y ffordd fwyaf serth yn y DU, Bwlch y Groes. Roedd yn falch iawn ei fod wedi ei gwblhau a beicio yw ei gamp unigol ar gyfer TGAU. Roedd wedi blino'n lân ond yn hapus i gyrraedd y diwedd a gwnaeth ambell ffrind ar y ffordd!

Congratulations to GCSE PE student **Max Andrews**, Year 11 for completing the Cambrian Coast Sportif - Long Route. Max competed in the 143 km ride from Aberdovey on Sunday 16th September. It included 2200m of climbing including the steepest road in the UK, 'Bwlch Y Groes'. He was very pleased that he completed it and cycling is his individual sport for GCSE. He was exhausted but happy to get to the end and he made a few friends on the way!



Llongyfarchiadau mawr i **Will Bailey** Fliwyddyn 11 ddaeth yn gyntaf yn her y Chwarel 10k, ac i **Tyler Papyrnik** fliwyddyn 11 a ddaeth yn gyntaf yn her 5k Tynllwynhen yn Ras y Trên yr haf yma.

Mynychodd y ddau y gwobrwyo a gynhaliwyd yn yr ysgol.

Da iawn i'r ddau ohonoch, cyflawniad ffantastig i chi a'r ysgol.

A big congratulations to **Will Bailey** year 11 who came first in the 10k Quarry challenge, and to **Tyler Papyrnik** Year 11 who came first in the 5k Tynllwynhen challenge at Race the Train this summer.

Both attended the prize giving which was held at the school.

Well done to you both, a fantastic achievement for you and the school.

## Trip Stem- Blwyddyn 8– Adran Gwyddorau'r Eigion Prifysgol Bangor

### Stem Trip– Year 8– Bangor University School of Ocean Science Department

Dydd Gwener 8 Medi, cafodd disgyblion Blwyddyn 8 daith i Adran Gwyddorau'r Cefnforoedd Prifysgol Bangor.

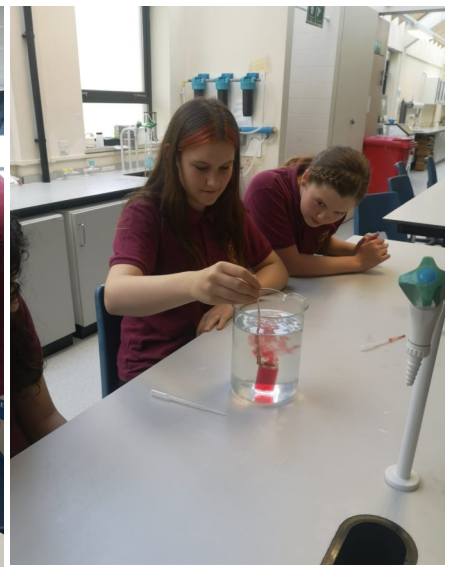
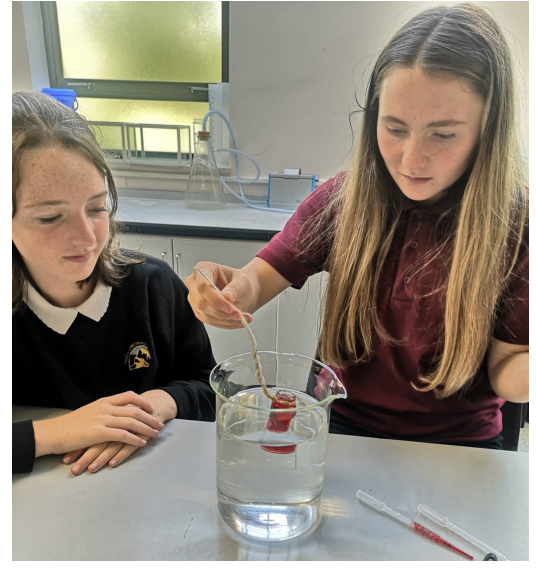
Buont yn cymryd rhan mewn amrywiaeth o arbrofion ymarferol ac ymchwiliadau i arsylwi ar yr effaith ar newid yn yr hinsawdd, asideiddio a chynhesu byd-eang ar ein cefnforoedd.

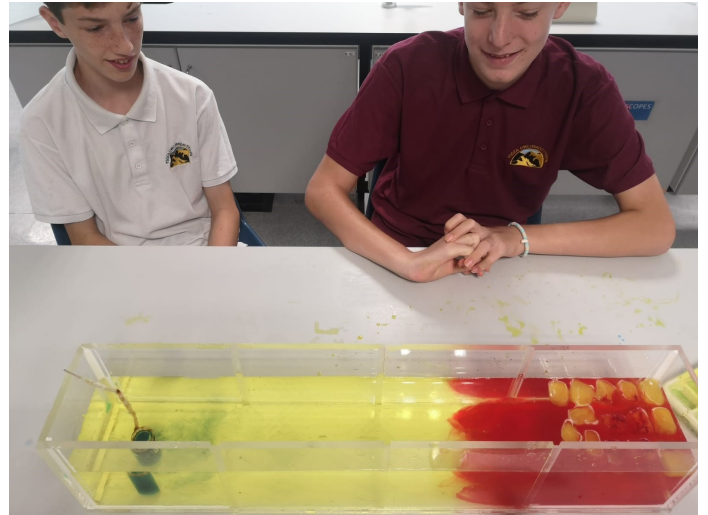
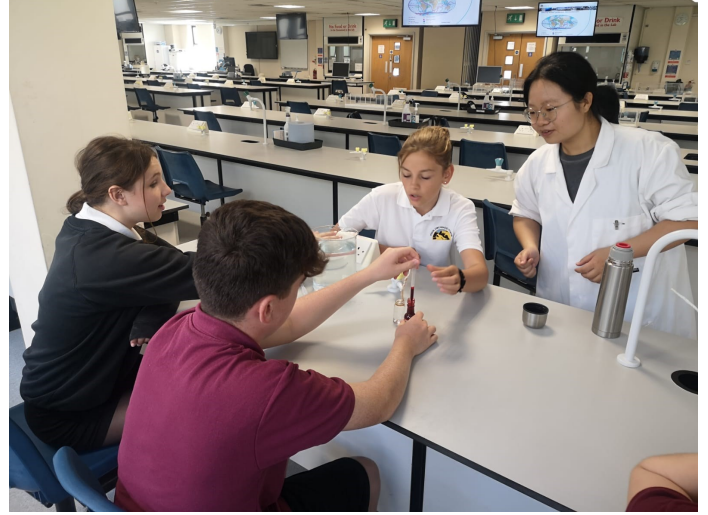
Mwynhaodd y disgyblion eu diwrnod yn fawr iawn, a chafodd pawb brofiad gwych.

On Friday 8th September, Year 8 pupils enjoyed a trip to Bangor University's School of Ocean Science Department.

They took part in a range of hands on experiments and investigations to observe the effect on climate change, acidification and global warming on our oceans.

The pupils thoroughly enjoyed their day, and a great experience was had by all.





## STEM - Sesiwn Roboteg / STEM Robotics Session—Blwyddyn 8 / Year 8

Ar y 15fed o Fedi, daeth ymwelwyr o 'Technocamps' i arwain sesiwn roboteg ar gyfer Blwyddyn 8. Rhoddwyd robot ac iPad i bob pâr neu grŵp. Yn gyntaf roedd yn rhaid i ni wneud braich ar gyfer y robot o Lego ac yna cawsom ei godio gan ddefnyddio ap ar yr iPad. Roedd y robot a'r iPad wedi'u cysylltu gan Bluetooth ac unrhyw beth a godwyd gennym ar yr iPad; Byddai'r robot yn gwneud. Fe wnaethon ni arbrofi gyda'r gwahanol gyfarwyddiadau a'i godio i fynd mewn sgwâr. Ar ôl hynny, cawsom dri chwestiwn gwahanol:

1/ I wneud i'r robot godi tri bloc yn ei dro, gan fynd yn ôl i'r dechrau bob tro i osod y brics i lawr cyn mynd i'r un nesaf,

2/ I wneud robot gwthio i lawr dwy ochr pont heb gyffwrdd â hi eich hun ac yna dychwelyd i'r llinell gyhwyn,

3/ I wneud i'r robot droi melin wynt ymlaen heb ei gyffwrdd eich hun.

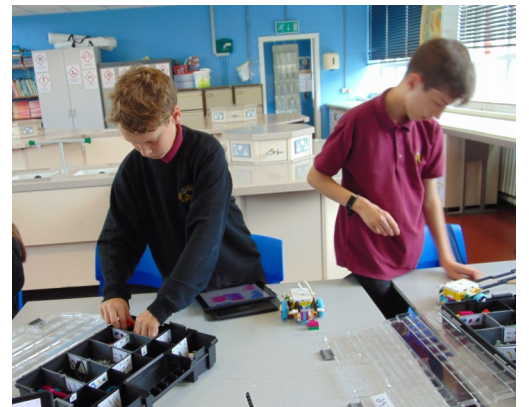
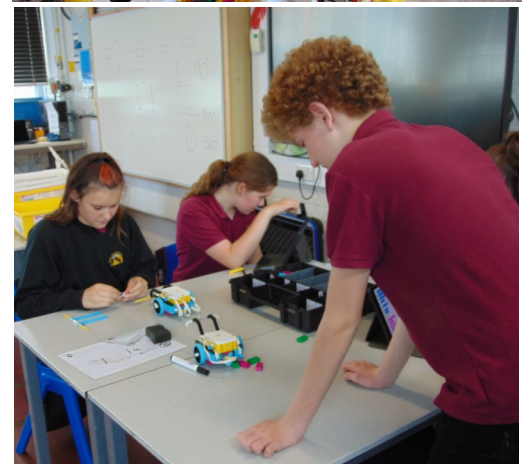
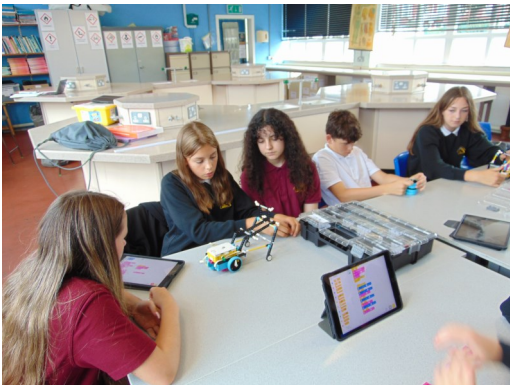
On the 15th of September, visitors from Technocamps came to lead a robotics session for Year 8. Each pair or group were given a robot and an iPad. We first had to make an arm for the robot from Lego and then we got to code it using an app on the iPad. The robot and the iPad were connected by Bluetooth and anything we coded onto the iPad; the robot would do. We experimented with the different instructions and coded it to go in a square. After that we had three different challenges:

1/ To make the robot pick up three blocks in turn, going back to the start every time to place the brick down before going to the next one,

2/ To make a robot push down both sides of a bridge without touching it yourself and then returning to the starting line,

3/ To make the robot turn a windmill on without touching it yourself.

# technocamps





## Trip STEM Blwyddyn 9 –Digwyddiad BING23 20 Hydref 2023– Sir Y Fflint

### STEM trip Year 9—BING23 event 20 October 2023—Flintshire

Mentrodd grŵp o wyddonwyr Blwyddyn 9 drosodd i Sir y Fflint ar gyfer digwyddiad BING23 ar 20 Hydref i ymgysylltu ag ystod o sefydliadau addysgol, prifysgolion, elusennau a busnesau lleol i gael gwybod am yrfaedd posibl.

Llongyfarchiadau mawr i **Alanna** a **Zoe** a gwblhaodd bedwar pos a osodwyd gan Toyota ac sydd wedi cyrraedd y safle 1af, gan ennill robot i'r ysgol.

Felly er gwaethaf taith bws mini hir iawn mewn llifogydd, roedd yn daith werth chweill!

**"Rydw i mor falch fy mod i wedi cael y cyfle i fynd i Sir y Fflint, ac er ei bod hi'n amser hynod o ddiŷyr a diddorol iawn, doeddwn i ddim yn disgwyl i Alanna a minnau ennill robot ar ei gyfer!**

**Roedd gennym dair her, un yr un i Alanna a fi, ac un i ni ei wneud gyda'n gilydd.**

**Roedd yn rhaid i Alanna i droi pwysau i'w ochr arall. Roedd yn rhaid i mi reoli robot i godi curiad a'i drosglwyddo i bot, yna buom yn gweithio gyda'n gilydd i ddatrys jig-so. Fe wnaethon nhw ychwanegu'r amseroedd gyda'n gilydd a'n rhai ni yn lwcus oedd y cyflymaf!" - Zoe Murfin**



A group of Year 9 scientists ventured over to Flintshire for the BING23 event on the 20th October to engage with a range of local educational organisations, universities, charities and businesses to find out about potential careers.

A huge congratulations to **Alanna** and **Zoe** who completed four puzzles set by Toyota and have achieved 1st place, winning a robot for the school.

So despite a very long minibus journey in floods, it was a worthwhile trip!

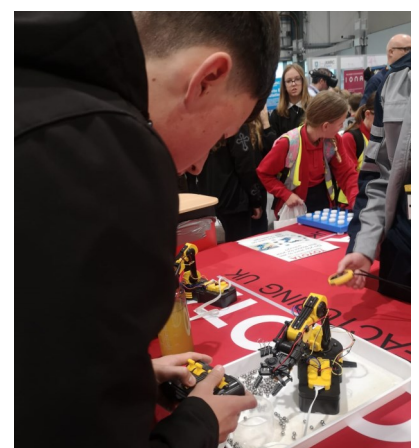
**"I'm so pleased to have had the opportunity to go to Flintshire, and while it was a really fun and very fascinating time, I didn't expect for Alanna and I to win a robot for it!**

**We had three challenges, one each for Alanna and I, and one for us to do together.**

**Alanna had to flip weight to their opposite side. I had to control a robot to pick up a beat and transfer it to a pot, then we worked together to solve a jigsaw. They added the times together and ours were luckily the fastest!"- Zoe Murfin.**



Llongyfarchiadau Zoe Murfin a Alanna Fox  
Congratulations to Zoe Murfin and Alanna



# Taith STEM i Orsaf Bŵer Trawsfynydd 15/11/23 STEM Trip to Trawsfynydd Power Station STEM

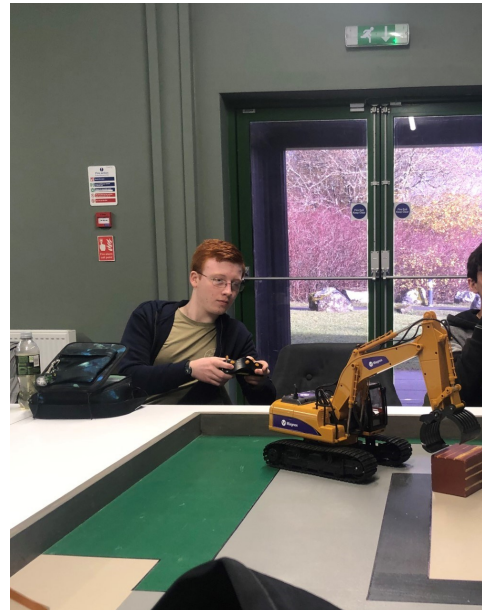
## Blwyddyn 11 / Year 11

Ar ddydd Mercher 15 Tachwedd cafodd myfyrwyr Ffiseg Driphlyg Blwyddyn 11 daith gyffrous i Orsaf Bŵer Niwclear Trawsfynydd i ddysgu am wastraff ymbelydrol, ynni niwclear a'r broses ddadgomisiynu.

Roedd y disgyblion wedi mwynhau'r diwrnod diddorol a llawn gybybodaeth.

On Wednesday 15th November Year 11 Triple Physics students were treated to an exciting trip to Trawsfynydd Nuclear Power Station to learn about radioactive waste, nuclear energy and the decommissioning process.

The students enjoyed the very interesting and informative day.





# Iechyd a Lles / Health and Wellbeing

## Diwrnod Iechyd Meddwl / Mental Health Day

Dydd Mercher 11eg Hydref, daeth Anwen, nyrs yr ysgol i wneud gweithgareddau amrywiol gyda'r disgyblion ar gyfer 'Diwrnod Iechyd Meddwl'.

On Wednesday 11 October, Anwen, the school nurse came to do various activities with the pupils for 'Mental Health Day'.

Roedd disgyblion a staff yn gwisgo melyn, ac yn cael hwyl gyda'r wahanol gweithgareddau ar gael amser cinio, a oedd yn cynnwys Cylchoedd Hwla a fflipio'r botel.



Pupils and staff wore yellow, and had fun with the various activities available at lunchtime, which included Hula Hoops and flip the bottle.

Enillydd y cylchoedd mwyaf hwla mewn munud oedd Mari Jones a Lia Williams blwyddyn 9.

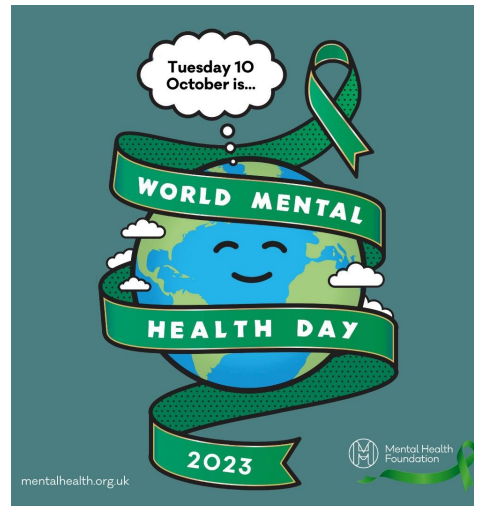
The winner of the most Hula Hoops in a minute was Mari Jones and Lia Williams year 9.

Enillwyr Fflipio'r botel oedd Bobby Ashford Blwyddyn 9 a Jack Rhodes Blwyddyn 11.

Flipping the bottle winners were Bobby Ashford Year 9 and Jack Rhodes Year 11.

Diolch yn fawr iawn i Anwen a Bethan am drefnu digwyddiad mor hwyllog i'r disgyblion.

Thank you so much to Anwen and Bethan for organising such a fun event for the pupils.





BBC

Plant mewn Angen  
Children in Need

Dydd Gwener / Friday 17/11/23

Mwynhaodd disgyblion a staff Ysgol Uwchradd Tywyn ddiwrnod o hwyl heddiw i ddathlu diwrnod Plant Mewn Angen. Roedd y disgyblion yn cael gwisgo dillad llachar a lliwgar drwy gyfrannu £1 yr un a chael blas ar ddewis gwych o gacennau a roddwyd i'w prynu yn ystod amser egwyl.

Cyrhaeddodd yr hwyl ei uchafbwynt amser cinio lle fentrodd staff i'r tanc sleim i godi arian ar gyfer yr achos pwysig hwn.

Hoffem ddiolch i rieni, staff a disgyblion am eu cefnogaeth barhaus i ddarparu cacennau i godi arian, i orsaf dân Aberdyfi am fenthyg y tanc sleim, ac wrth gwrs i'r athrawon a'r staff am fod mor fodlon i gymryd rhan.

Pupils and staff of Ysgol Uwchradd Tywyn enjoyed a day of fun today to celebrate Children in need day. Pupils were able to wear bright and colourful clothes by donating £1 each and were treated to a fantastic selection of donated cakes to buy at break times.

The fun reached its peak at lunchtime where staff braved the slime tank to raise money for this important cause.

We would like to thank parents, staff, and pupils for their continued support in providing cakes to raise money, Aberdyfi Fire station for the loan of the slime dunker, and of course to the teachers and staff for being such good sports in taking part.

Cyfanswm a godwyd /

Total amount raised

£567.66







**Dangos y cerdyn coch i hiliaeth yw prif elusen addysgol gwrth-hiliaeth y DU.**

**Fe'i sefydlwyd ym mis Ionawr 1996, diolch yn rhannol i rodd gan gôl-geidwad Newcastle United, Shaka Hislop.**

Mi gafodd disgyblion Ysgol Uwchradd Tywyn gwasanaeth lle cawsant eu haddysgu o amgylch hiliaeth ac roeddent yn rhan o drafodaethau dosbarth ar ffyrdd y gallwn atal hiliaeth ymlith pnciau eraill.

Gwisgodd disgyblion dillad coch Ddydd Gwener 20 Hydref I gefnogi'r achos ac fel Ysgol rydym yn falch o ddweud ein bod wedi codi **£303.75**.

Hoffem ddiach i bawb a gymerodd rhan am eu cefnogaeth a'u cyfruniad.

**Show Racism the Red Card is the UK's leading anti-racism educational charity.**

**It was established in January 1996, thanks in part to a donation by then Newcastle United goalkeeper Shaka Hislop.**

Pupils of Ysgol Uwchradd Tywyn attended assembly during the week where they were educated around racism amongst other topics.

Pupils wore red on Friday 20th October to support the cause, and as a school we are pleased to say we have raised **£303.75**.

We would like to thank everyone involved for their support and contribution.

# CYMORTH CANSER MACMILLAN

MACMILLAN  
CANCER SUPPORT

Dydd Gwener 23 Medi 2023, fe gynhaliom ni fel ysgol fore coffi llwyddiannus arall i godi arian i Macmillan.

Roeddem yn ffodus iawn o fod wedi derbyn detholiad gwych o gacennau a roddwyd gan rieni, disgyblion a staff.

Oherwydd hyn, a chefnogaeth a haelioni parhaus pawb, rydym yn falch o ddweud ein bod wedi codi **£242.62** i'r elusen.

Hoffem ddiolch i Bethan Williams am drefnu'r digwyddiad, ac eto i rieni, disgyblion a staff am eu chefnogaeth!

On Friday 23 September 2023, we as a school held another successful coffee morning to raise money for Macmillan.

We were very fortunate to have received a fantastic selection of donated cakes and bakes by parents, pupil and staff.

Due to this, and everyone's continued support and generosity, we are pleased to say we have raised a fantastic **£242.62** for the charity.

We would like to thank Bethan Williams for arranging the event, and again to parents, pupil and staff for their support!



Cyfanswm a Godwyd  
Amount Raised  
**£242.64**





## Prosiect Garddio Llys Cadfan / Llys Cadfan Gardening Project



Mae Llys Cadfan wedi cael prosiect garddio cyffrous a ariennir gan y Loteri Genedlaethol.

Roeddem yn ffodus i gael dau siaradwr gwadd yn siarad â'n disgyblion blwyddyn 11 mewn gwasanaeth.

Siaradodd Dilys am yr ardd newydd sy'n cael ei hadeiladau ar dir gwastraff yn y cartref.

Bydd llysiau'n cael eu plannu, tyfu, eu cynaeafu, eu coginio a'u bwyta gan y preswylwyr sy'n byw gyda dementia.

Bydd y rhai nad oes ganddynt ddi-ddordeb mewn garddio yn gallu eistedd y tu allan a mwynhau'r blodau lliwgar gyda phaned a chacen.

Siaradodd Clare am ddementia ei hun, yn ei sawl ffurf a sut mae'n cynyddu ledled y byd a gall effeithio ar bobl ifanc yn ogystal â'r henoed.

Gorffennodd Clare gyda chwis bach y bu i flwyddyn 11 gymryd rhan.

Y gobaith yw y bydd rhai yn gwirfoddoli i fynd i Llys Cadfan i weithio ochr yn ochr â'r rhai sy'n byw gyda dementia wrth iddynt fwynhau cwmni pobl ifanc.

Gobeithiwn y bydd Blwyddyn 10 hefyd yn cymryd rhan, ac yn y flwyddyn newydd gall ein 'Fforwm Eco' ysgolion helpu i gynorthwyo Llys Cadfan gyda chadw'r ardd i fyny.

Llys Cadfan has undergone an exciting gardening project funded by the National Lottery.

We were fortunate to have two guest speakers speaking to our year 11 pupils at a service.

Dilys spoke about the New garden being built on wasteland in the home.

Vegetables will be planted, grown, harvested, cooked and eaten by residents living with dementia.

Those not interested in gardening will be able to sit outside and enjoy the colourful flowers with a cuppa and cake.

Clare spoke about dementia itself, in its many forms and how it is increasing around the world and can affect young people as well as the elderly.

Clare finished with a small quiz that Year 11 were able to join in with.

It is hoped that some will volunteer to go to Llys Cadfan to work alongside those living with dementia as they enjoy the company of young people.

We hope Year 10 will also be involved, and in the new year our schools 'Eco Forum' can help assist Llys Cadfan with the up keep of the garden.

## Wythnos Gwrth-fwlio 2023

DYDD LLUN 13 - DYDD GWENER 17 TACHWEDD

## Anti-Bullying Week 2023

MONDAY 13<sup>TH</sup> TO FRIDAY 17<sup>TH</sup> NOVEMBER

Trwy gydol yr wythnos yn ystod gwasanaethau a chofrestru rydym wedi canolbwyntio ar thema gwrth-fwlio ac yn fwy penodol thema 'Banter vs Bullying'.

Mae hyn wedi rhoi cyfle i'r disgyblion gael trafodaethau dosbarth sy'n caniatáu i'n myfyrwyr rannu eu meddyliau a'u syniadau trwy wahanol weithgareddau sy'n ymwneud â cherddoriaeth, celf, cyfathrebu cam, lle gellir dehongli ein geiriau, yn enwedig ar-lein.

Mae teclyn i rieni wedi cael ei greu gan y 'Gynghrair Gwrth-fwlio'  
<https://anti-bullyingalliance.org.uk/sites/default/files/uploads/attachments/Anti-Bullying%20Week%202023%20-%20Parent%20Pack%20FINAL.pdf>

Roedd cyfle hefyd i ddisgyblion addurno cerrig yn ystod amser cinio ar gyfer ein coeden garedig a leolir ym mlaen yr ysgol gyda negeseuon o gymhelliant, caredigrwydd a diolchgarwch.

Atgoffa pawb y gellir atal bwlio pan fyddwn i gyd yn dod at ein gilydd am garedigrwydd, derbyniad a chynhwysiant yn Ysgol Uwchradd Tywyn.

Throughout the week during assembly and registration periods we have focussed around the theme of anti-bullying and more specifically the theme of 'Banter vs Bullying'.

This has given the pupils opportunity for class discussions that allow our students to share their thoughts and ideas through different activities involving music, art, mis communication, where our words can be interpreted, especially online.

A tool for parents has been created by the 'Anti Bullying Alliance'  
<https://anti-bullyingalliance.org.uk/sites/default/files/uploads/attachments/Anti-Bullying%20Week%202023%20-%20Parent%20Pack%20FINAL.pdf>

There was also the opportunity for pupils to decorate stones during lunch times for our kindness tree located at the front of the school with messages of motivation, kindness and gratitude.

Reminding everyone that bullying can be prevented when we all come together-united for kindness, acceptance and inclusion at Ysgol Uwchradd Tywyn.



Bu disgyblion 7T yn trafod y gwahanol mathau o fwlio sydd yn bodoli a pha cyngor buasant yn ei gynnig i rhywun sydd yn cael ei bwlio ar-lein. Aethon i edrych ar bosteri gwrth-fwlio disgyblion llynedd.

Year 7T pupils discussed the different types of bullying that exist and what advice they offered to someone who is being bullied online. We went to look at pupils' anti-bullying posters last year.



## Trawma Diwrnod HMS/Trauma Informed Schools (Inset day) 27/10/23

Ar ddiwrnod HMS Dydd Gwener 27 Hydref, cymerodd y rhan fwyaf o'r staff ran mewn 'Hyfforddiant staff cyfan mewn cynlluniwyd y cwrs hwn i rymuso staff ysgolion i ddeall anghenion plant a phobl ifanc sydd wedi dioddef trawma neu sydd â phroblem iechyd meddwl.

Roedd hwn yn gwrs diddorol ac ysgogol a fydd yn sicr yn ein symud ni fel staff ymlaen i'n helpu i gynorthwyo myfyrwyr sydd angen y cymorth ychwanegol hwnnw.

Y tu allan i Hafan yn yr hen neuadd mae blwch llythyrau 'Rwy'n dymuno i'm hathro wybod' sy'n rhoi cyfle i blant neu bobl ifanc mewn ysgolion ddweud wrthym ni fel staff unrhyw beth, pa mor fawr neu fach, yr hoffent i chi ei wybod amdanynt.

Mae'n cynnig strategaethau i helpu addysgwyr i gysylltu â'u myfyrwyr a meithrin perthnasoedd ystyrlon a fydd, gobeithio, yn cael effaith gadarnhaol ar eu haddysg.

Fel rhan o'n hymrwymiad parhaus i sicrhau'r gorau i'n holl ddisgyblion bydd pob plentyn ym mlynnyddoedd 7,8,9 yn paratoi proffil un dudalen iddynt eu hunain gyda manylion am yr hyn y maent yn ei fwynhau, a beth yw'r ffordd orau i'w cefnogi, yn academaidd ac yn emosiynol.

Bydd gan bob athro a'r tîm cymorth dysgu fynediad at y rhain a byddant yn helpu'n fawr i gefnogi'r disgyblion.

On Inset day Friday 27th October, majority of staff took part in a 'Whole staff training in Trauma and Mental Health-Informed Schools' this course was designed to empower school staff to understand the needs of children and teenagers who have suffered a trauma or have a mental health issue.

This was a thought provoking, interesting course that will definitely move us as staff forward in helping us assist students who need that extra support.

Outside Hafan in the old hall there is a 'I wish my teacher knew' letterbox this provides an opportunity for children or young people in schools to tell us as staff anything, however big or small, which they would like you to know about them.

It offers strategies to help educators connect with their students and build meaningful relationships which hopefully will have a positive impact on their education.

As part of our continued commitment to ensure the best for all our pupils each child in years 7,8,9 will prepare a one-page profile for themselves with details of what they enjoy, and what the best way to support them, both academically and emotionally.

All teachers and the Learning support teams will have access to these and will help greatly

## Croeso i'n Swyddogion 2023/24 Welcome to our Prefects of 2023/24



**O'r chwith i'r dde/From left to right: Lisa Jones, Megan Roberts, Bethany Odam, Tomos Gilbert, Kai Worthington, Brendan Hansford, Anae Angood, Elain Williams, Nia Haig, a/and Mari Jones.**

Cafodd y brynhawn o hyfforddiant mentora cymheiriaid, lle aeth yr hyfforddiant i'r afael â'r materion y gallai prefects ddod ar eu traws yn eu rolau.

Roedd hyn yn ymdrin â diogelu - cyfrinachedd / torri cyfrinachedd, postio arwyddion, ffiniau ynghyd â'u helpu i ddeall natur a phwrpas eu rôl fel 'cyfeillion'.

Bydd pob swyddog yn cael myfyriwr iau yr ydym ni fel staff yn teimlo y byddent o fudd i gael myfyriwr hŷn. Gallant weithredu fel model rôl i'r person ifanc hwnnw a helpu i gefnogi.

Mae swyddogion hefyd ar hyn o bryd yn y broses o sefydlu clybiau amser cinio a fydd ar gael i fyfyrwyr. Roedd y swyddogion hefyd yn helpu gyda noson agored trwy ddangos rhieni o gwmpas yr ysgol.

Prefects had an afternoon of peer mentoring training, where the training addressed the issues prefects may come across in their roles.

This covered safeguarding- confidentiality/breaking confidentiality, sign posting, boundaries along with helping them understand the nature and purpose of their role as 'buddies'.

Each prefect will be given a younger student who we as staff feel like they would benefit having an older student. They can act as a role model to that young person and help support them.

Prefects are also currently in the process of setting up lunch time clubs that will be available to students. The prefects also helped with open evening by showing parents around the school.

## Newyddion Chwaraeon / Sports News

Tîm pel droed Blwyddyn 9 yn chwarae yn Ysgol Ardudwy, Harlech y mis yma. 2-2 oedd y sgor ar y chwiban olaf, ac yn anffodus collodd yr hogiau ar giciau o'r smotyn.

The Year 9 Football team played in Ysgol Ardudwy, Harlech this month. 2-2 was the score on the final whistle and unfortunately the boys lost on penalty kicks.



Tîm Pel droed Blwyddyn 7 yn chwarae yn Ysgol Ardudwy Harlech. 3-3 oedd y sgôr ar y chwiban olaf ac enillodd Tywyn 3-2 ar giciau o'r smotyn.

The Year 7 football team played in Ysgol Ardudwy, Harlech. 3-3 was the score on the final whistle and Tywyn were winners in the penalty shootout with a score of 3-2.



Llongyfarchiadau i ferched blwyddyn 7/8 a chwaraeodd gêm wych o bêl-droed yn erbyn Ysgol Y Moelwyn Mis Hydref a dod adref fel enillwyr gyda buddugoliaeth anhygoel o 11-1. Da iawn merched!

Congratulations to year 7/8 girls who played an excellent game of football in October against Ysgol Y Moelwyn and came home as winners with an impressive 11-1 win. Well done girls!



Tim Pel Droed Blwyddyn 8 yn chwarae mis Hydref yn erbyn Ysgol Y Moelwyn. Colli oedd canlyniad y gem ond perfformiad campus gan y bechgyn i gyd. Da iawn.

Year 8 Football team played during October against Ysgol Y Moelwyn. A loss was the result of the game but an excellent effort by the team. Well done.



Tim Pel droed Blwyddyn 10 gyda canlyniad gwych 6-0 yn erbyn Ysgol Eifionydd. Da iawn bechgyn, i fewn ir rownd nesaf!

Year 10 football team with an excellent result 6-0 against Ysgol Eifionydd. Well done boys, into the next round!



# Ymarfer Rugbi

**Dydd Mercher 15/11/2023  
15:00 - 16:00**

**Cae Rhanfa, Tywyn**

**GYDA HYFFORDDWYR  
CLWB RYGBI  
DOLGELLAU**



**CLWB RYGBI  
DOLGELLAU**

## Ymarfer Rygbi

Gyda phoblogrwydd rygbi yn cynyddu yn Ysgol Uwchradd Tywyn yn ystod y blyneddau diwethaf, mae Clwb Rygbi Dolgellau yn awyddus i ddatblygu perthynas gyda'r ysgol.

Roeddem yn ffodus i gael sesiwn blasu gan hyfforddwyr y clwb ochr yn ochr â staff yr ysgol.

Roedd y sesiwn ar gyfer bechgyn o bob flwyddyn ysgol ac mae'n ymgais i gynyddu cyfleoedd i gymryd rhan y tu allan i'r ysgol.

## Rugby Training

With the popularity of rugby increasing at Tywyn High School in recent years, Dolgellau Rugby Club is keen to develop a relationship with the school.

We were fortunate to have a taster session by the club's coaches alongside school staff.

The session was for boys of all school years and is an attempt to increase opportunities to participate outside of school.



Ar Ddydd Gwener 10fed Tachwedd chwaraeodd Merched Ysgol Uwchradd o Flwyddyn 7 ac 8 yn erbyn Ysgol Godre'r Berwyn. 2-2 oedd y sgôr amser llawn, yna aeth y merched ymlaen i ennill ciciau cosb. Ymlaen i rownd 3! Da iawn!

On Friday 10th November Ysgol Uwchradd Girls from Year 7 and 8 played against Ysgol Godre'r Berwyn. 2-2 was the score at full time, then the girls went on to win on penalties. On to round 3! Well done!



Canlyniad gwych i'r merched ar Dydd Llun 13 Tachwedd. Dyffryn Nantlle 4, Ysgol Uwchradd Tywyn 9! Y sgorwyr oedd **Evie Holt** a **Mia Harvey**, da iawn merched. Ymlaen i'r drydedd rownd!

Great results for the girls team who played on Monday 13th November. Dyffryn Nantlle 4, Ysgol Uwchradd Tywyn 9! Goal scorers were **Evie Holt** and **Mia Harvey**, well done girls. On to round 3!



## Newyddion Hoci / Hockey News



Llongyfarchiadau i **Tilly Papirnyk** Blwyddyn 9 sydd wedi'i ddyfarnu yn chwaraewr y chwaraewyr y tymor ail adran 2022 i 2023 .

Da iawn Tilly, cyflawniad gwych!

Congratulations to **Tilly Papirnyk** year 9 who has been awarded for players player of the second division season 2022 to 2023.

Well done Tilly, a fantastic achievement!

### CLWB HOCI DYSYNNI HOCKEY CLUB

Ydych chi'n chwilio am glwb newydd i ymuno, beth am drïo hoci! Rydym yn cynnig hoci cyfeillgar a chystadleuol ar gyfer pob oedran a gallu

Looking for a new club to join, then why not give hockey a try! We run friendly and competitive hockey for all ages and abilities

#### DYMA EIN SESIYNAU X HERE ARE OUR SESSIONS

WALKING HOCKEY  
HOCI CERDDED  
+  
HOCI CYMDEITHASOL  
SOCIAL HOCKEY  
Dydd Llan / Monday  
6-7

TRAINING  
YMARFER  
13+ oed / age 13+  
Dydd Mawrth / Tuesday  
7-8:30

JUNIOR HOCKEY  
HOCI IAU  
5-11 oed / ages 5-11  
Dydd Iau / Thursday  
5-6

JUNIOR HOCKEY  
HOCI IAU  
11-15 oed / ages 11-15  
Dydd Iau / Thursday  
6-7

#### NEW FE ALLWCH HELPŴR CLWB DRŴY:

#### OR YOU CAN HELP THE CLUB BY:

- COACHING / HYFFORDDI
- UMPIRING / DYFARNŪ
- VOLUNTEERING / GIWRFODDOLI
- COMMITTEE MEMBER / AELOD O'R PWYLLGOR

#### DEWCH I YMUNO A NI X COME AND JOIN US

Am rhagor o wybodaeth cysylltwch â:  
For more information contact:

[dysynnihockey@gmail.com](mailto:dysynnihockey@gmail.com)

Club fwyaf  
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The friendliest  
club in Wales



Sesiynau ar gael  
hefo Clwb Hoci  
Dysynni!

Sessions  
available with  
Dysynni Hockey  
Club!



### Hoci dan 16.

Da iawn i'r Tîm Hoci dan 16 am gynrychioli'r ysgol yn ddiweddar yn nhwrnamaint Meirion Dwyfor yn erbyn ysgol Eifionydd, Botwnnog a Glan y Môr. Gorffennodd y merched yn ail yn y grwp ac yn mynd ymlaen i'r rownd nesaf. Da iawn genod!

### Under 16's Hockey.

Well done to the U16 Hockey Team for recently representing the school in the Meirion Dwyfor tournament against Eifionydd school, Botwnnog and Glan y Môr. The girls finished second in the group and progressed to the next round. Well done!

