

CYLCHLYTHYR/NEWSLETTER



Ysgol Uwchradd Tywyn

Haf / Summer 2024

Mae holl staff Ysgol Uwchradd Tywyn yn estyn eu dymuniadau gorau i Flwyddyn 11 wrth iddynt symud ymlaen. Mae'r garreg filltir hon yn nodi cwblhau blynyddoedd o waith caled, twf, a phrofiadau bythgofiadwy.

Rydym yn gobeithio y byddwch yn edrych yn ôl ar eich amser yma gyda hoffter ac yn teimlo'n barod iawn ar gyfer y bennod nesaf yn eich bywydau, boed hynny'n golygu addysg bellach, mynd i'r gweithle, neu archwilio cyfleoedd newydd.

Wrth i chi gychwyn ar y bennod newydd gyffrous hon, cariwch gyda chi'r gwersi rydych chi wedi'u dysgu, y cyfeillgarwch rydych chi wedi'u gwneud, a'r atgofion rydych chi wedi'u creu.

Llongyfarchiadau Blwyddyn 11, a phob lwc yn eich holl ymdrechion yn y dyfodol!

The entire staff at Ysgol Uwchradd Tywyn extends their best wishes to Year 11 as they move forward. This milestone marks the culmination of years of hard work, growth, and unforgettable experiences.

We hope you look back on your time here with fondness and feel well-prepared for the next chapter of your lives, whether that involves further education, entering the workforce, or exploring new opportunities.

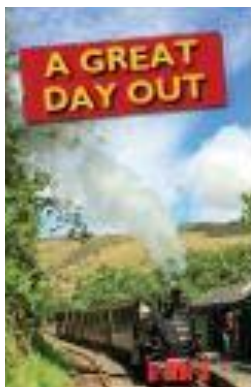
As you embark on this exciting new chapter, carry with you the lessons you've learned, the friendships you've made, and the memories you've created.

Congratulations Year 11, and best of luck in all your future endeavors!



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

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

www.tywyn.gwynedd.sch.uk

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

Ysgol Uwchradd Tywyn

Ffordd Yr Orsaf, Tywyn, Gwynedd, LL36 9EU

Pennaeth: Mr David Thorp

ADREF EIN HYSGOL RHINI DISGYBLION EIN CWRICWLWM I GYMRU CYSYLLTU





On Tuesday, June 25th, 2024, Year 11 students attended their annual Prom, held this year at the Woodlands in Brynchrug.

The pupils and staff looked exceptionally smart in their beautiful gowns and suits.

Year 11 students worked diligently to organize the event, starting with choosing the venue, helping decorate it, arranging the entertainment, food, music, and nominating their fellow students for the awards ceremony.

Upon arrival at the front of the school, the students were greeted by a large group of parents and onlookers eager to take pictures.

Students made grand entrances in a variety of vehicles, including luxury and prestige cars, tractors, and even a campervan.

Once at the Woodlands, attendees enjoyed a delicious buffet, a lively disco, and entertainment provided by Chris Pomeroy.

A highlight of the evening was the magic mirror photo booth, where students had great fun donning various props for some amusing pictures. Special thanks to Katie Daley for bringing this along.

The evening concluded with the highly anticipated Awards Ceremony. Over the past few weeks, students had secretly voted for the winners. The nominations were announced by Miss Tronet, and the winners came up one by one to receive their trophies.

The final awards, Prom King and Queen, were awarded to Ruby Hardy Owen and Tomos Evans.

"The pupils were a real credit to both the school and their parents. They conducted themselves exceptionally well, ensuring the evening was a complete success. I'm pleased that everyone enjoyed themselves. Thank you to everyone involved," said Miss Tronet.

All the staff at Ysgol Uwchradd Tywyn wish Year 11 the best as they move forward. We hope they will reflect on their time here fondly and feel well-prepared for the next chapter of their lives. We also extend our gratitude to the students for attending and to the staff and parents for their continued support.

A big thank you to the Woodlands for their hard work, delicious food, and for hosting the event. Special thanks also go to Miss Tronet, Miss Bethan Williams, Mr Phillips and Mr Thorp for ensuring this event could happen

Ar ddydd Mawrth, Mehefin 25ain, 2024, mynychodd disgyblion Blwyddyn 11 eu Prom blynyddol, a gynhaliwyd eleni yn y Woodlands ym Mryncrug.

Roedd y disgyblion a'r staff yn edrych yn hynod smart yn eu ffrogiau a'u siwtiau prydferth.

Gweithiodd disgyblion Blwyddyn 11 yn ddiwyd i drefnu'r digwyddiad, gan ddechrau gyda dewis y lleoliad, helpu i addurno'r lleoliad, trefnu'r adloniant, y bwyd, y gerddoriaeth, a chynrychioli eu cyd-ddisgyblion ar gyfer y seremoni wobrwyo.

Wrth gyrraedd blaen yr ysgol, croesawyd y disgyblion gan griw mawr o rieni a gwylwyr brwdfrydig yn awyddus i ddynnu lluniau.

Cyrhaeddodd y disgyblion mewn amrywiaeth o gerbydau, gan gynnwys ceir moethus a chlodfawr, tractorau, a hyd yn oed fan gwersylla.

Unwaith yn y Woodlands, mwynhaodd y mynychwyr fwffe blasus, disgo bywiog, ac adloniant gan Chris Pomeroy.

Un o uchafbwyntiau'r noson oedd y blwch llun hudol, lle cafodd y disgyblion lawer o hwyl yn gwisgo amrywiol ategolion ar gyfer rhai lluniau digrif. Diolch arbennig i Katie Daley am ddod â hyn i'r digwyddiad.

Daeth y noson i ben gyda'r Seremoni Wobrwyo a ddisgwyliid yn fawr. Dros yr wythnosau diwethaf, roedd y disgyblion wedi pleidleisio'n gyfrinachol dros yr enillwyr. Cyhoeddwyd yr enwebiadau gan Miss Tronet, a daeth yr enillwyr i fyny bob yn un i dderbyn eu tlws.

Aeth y gwobrau olaf anrhydeddus, sef Brenin a Brenhines y Prom i Ruby Hardy Owen a Tomos Evans.

"Roedd y disgyblion yn glod gwirioneddol i'r ysgol a'u rhieni. Roedd eu hymddygiad yn eithriadol o dda, gan sicrhau llwyddiant llwyr y noson. Rwy'n falch bod pawb wedi mwynhau eu hunain. Diolch i bawb a fu'n rhan o'r trefniadau," meddai Miss Tronet.

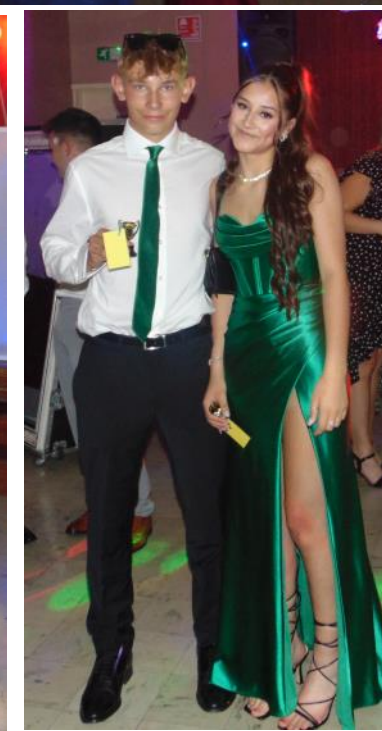
Dymuna'r holl staff yn Ysgol Uwchradd Tywyn y gorau i Flwyddyn 11 wrth iddynt symud ymlaen. Rydym yn gobeithio y byddant yn edrych yn ôl ar eu hamser yma yn gynnes ac yn teimlo eu bod wedi'u paratoi'n dda ar gyfer pennod nesaf eu bywydau. Rydym hefyd yn estyn ein diolch i'r disgyblion am fynychu ac i'r staff a'r rhieni am eu cefnogaeth barhaus.

Diolch yn fawr i'r Woodlands am eu gwaith caled, eu bwyd blasus, ac am gynnal y digwyddiad. Diolch arbennig hefyd i Miss Tronet, Miss Bethan Williams, Mr Phillips a Mr Thorp am sicrhau bod y digwyddiad hwn yn bosibl.











Eisteddfod Yr Ysgol / School Eisteddfod 10/7/24



Mae hi'r amser o flwyddyn yma eto!

It's that time of year again!

Bu'r Eisteddfod Ysgol flynyddol yn lwyddiant ysgubol, gyda llawer o ddisgyblion unwaith eto'n arddangos eu doniau anhygoel.

The annual school eisteddfod was a great success, with many pupils once again showcasing their incredible talents.

Aeth disgyblion o Gadfan, Dysynni, a Maethlon benben â'i gilydd, pob un yn benderfynol bod pob pwynt yn wirioneddol bwysig!

Pupils from Cadfan, Dysynni, and Maethlon went head to head, each determined that every point truly mattered!

O chwarae offerynnau, canu, actio, a dawnsio i gelf a chrefft, roedd y diwrnod yn llawn adloniant. Yn y prynhawn, aeth athrawon a staff ar y llwyfan, gan ddod â chwerthin a gwên i bawb.

From playing instruments, singing, miming, and dancing to arts and crafts, the day was packed with entertainment. In the afternoon, teachers and staff took to the stage, bringing laughter and smiles to everyone.

Daeth y diwrnod i ben gyda sioe ffasiwn wych, lle bu disgyblion yn cerdded i lawr y llwyfan ffasiwn mewn dillad creadigol wedi'u gwneud yn gyfan gwbl o ddeunyddiau wedi'u hailgylchu.

The day concluded with a fabulous fashion show, where pupils strutted down the catwalk in creative fashion wear made entirely from recycled materials.

Roedd hi'n ddiwrnod llawn hwyl, gan roi cyfle i ddisgyblion arddangos eu doniau, mynegi eu sgiliau, a gweithio gyda'i gilydd fel tîm.

It was a day full of fun, giving pupils the chance to showcase their talents, express their skills, and work together as a team.

Diolch arbennig i Deri Young (Blwyddyn 9) a Des George o Neuadd Aberdyfi am reoli'r goleuadau a'r sain yn fedrus.

Special thanks to Deri Young (Year 9) and Des George from Neuadd Aberdyfi for expertly managing the lights and sound.

Llongyfarchiadau i Alanna Fox (Blwyddyn 9), enillydd y gadair.

Congratulations to Alanna Fox (Year 9), the winner of the chair.

A'r tîm buddugol ar gyfer 2024 yw **Maethlon!**

And the winning team for 2024 is **Maethlon!**

Diolch yn fawr i'r holl ddisgyblion a'r staff a gymerodd ran. Gwnaeth eich gwaith caled a'ch ymarferion dalu ar ei ganfed, gan ei wneud yn ddigwyddiad llwyddiannus, a ffordd ardderchog i orffen y tymor ysgol.

A big thank you to all the pupils and staff who participated. Your hard work and rehearsals paid off, making it a successful and enjoyable event to end the school term.







Gwnaeth staff Ysgol Uwchradd arddangos eu doniau mewn perfformiad ysblennydd yn cynnwys canu, dawnsio, a gweithredu.

Gyda ymddangosiad arbennig gan Gareth yr orangutan!

Roedd y disgyblion wedi'u difyrru'n llwyr a mwynhau'r sioe yn fawr iawn.

Da iawn pawb!

Ysgol Uwchradd's staff showcased their talents in a spectacular performance featuring singing, dancing, and acting.

With a guest appearance from Gareth the orangutan!

The pupils were thoroughly entertained and enjoyed the show immensely.

Well done to everyone!



Dawn Northern

Dechreuodd Dawn weithio fel cymhorthydd dosbarth yn Ysgol Uwchradd Tywyn ym mis Medi 2016. Daeth ag angerdd a brwdfrydedd dros Celf a Dylunio a chariad at weithio gyda phobl ifanc gyda hi. Roedd wedi ennill statws Myfyriwr y Flwyddyn ei hun tra'n dilyn ei chwrs Celf a Dylunio yn yr Ysgol Addysg a Dysgu Gydol Oes.

Tra'n gweithio mewn sawl maes o'r cwricwlwm gydag amrywiaeth o bobl ifanc o bob oed yn nyddiau cynnar ei gwaith yn yr ysgol, daeth yn amlwg yn fuan fod ei phrofiad a'i diddordeb mewn maes arbennig yn dod yn fwyfwy gwerthfawr. Roedd nifer y dysgwyr a ddewisodd ddilyn TGAU Celf, Tecstilau a Dylunio Graffeg yn gyson uchel, ac roedd llawer yn gwerthfawrogi'r cyfle i weithio mewn grŵp bach ac ychydig yn arafach, rhywbeth yr oedd Dawn yn gallu ei gynnis o fewn amgylchedd yr ystafell ddosbarth.

Roedd cymaint o bobl ifanc na fyddai fel arall wedi gallu cynhyrchu eu gwaith gorau, wedi'u hysgogi gan anogaeth a chynghor Dawn yn ogystal â'i atgyfnerthiad o'r negeseuon a gyflwynwyd gan yr athro/athrawes ddosbarth. Dros y blynyddoedd mae hi wedi dangos cymaint o amynedd (er iddi gael ei gwrthio i'r eithaf gan rai ar adegau!)

Pryd bynnag roedd cynhyrchiad yr ysgol a gwisgoedd yn ofynnol roedd Dawn bob amser yn hapus i roi ei hamser i helpu gyda'r rhain hefyd. Cymerodd ran yn yr eitem staff ar gyfer Eisteddfodau'r ysgol a gweithiodd ar brosiectau unigol gyda disgyblion unigol i'w helpu i gymryd rhan hefyd.

Nid yw hyn yn berthnasol i Gelf a Dylunio yn unig; Roedd Dawn hefyd yn gallu cynnig ei phrofiad o Arlwyio i'r dosbarthiadau Technoleg Bwyd. Dangosodd ei dull tawel a chalonogol yn y sesiynau hyn, (sy'n aml yn brysur a swnllyd), i'r disgyblion, mai cynllunio a chadw pen cŵl sydd ei angen. Helpodd hi nhw i drefnu eu hunain, i ddilyn eu ryseitiau, i gadw amser pan oedd angen, i weithio'n ddiogel yn y gegin a hefyd i glirio ar ôl eu hunain.

Mae cymaint o ddisgyblion wedi elwa o bresenoldeb Dawn yn eu hystafell ddosbarth i gynnig mewnwelediad a phrofiad, sefydlu perthnasoedd cadarnhaol ac annog cynnydd.

Ar ran yr holl ddisgyblion hynny a'r athrawon sydd wedi gweithio ochr yn ochr â Dawn, mae Ysgol Uwchradd Tywyn yn diolch ac yn cydnabod ei chyfraniad. Dymuniadau gorau o hyn ymlaen Dawn a mwynhewch y camau nesaf.



Dawn began working as classroom assistant at Ysgol Uwchradd Tywyn in September 2016. She brought with her a passion and enthusiasm for all things Art and Design and a love of working with young people. She had achieved Student of the Year status herself whilst following her own course in Art and Design at the School of Education and Lifelong Learning.

Whilst working in many areas of the curriculum with a variety of young people of all ages in the early days of her work at the school, it soon became evident, that her experience and interest in a particular area became more and more valued. Numbers of students choosing to follow Art, Textiles and Graphic Design at GCSE was consistently high, and many appreciated the opportunity to work in a small group at a slower pace, which Dawn was able to provide within the classroom environment.

So many young people who might otherwise not have been able to produce their best work, were motivated by Dawn's encouragement

and advice as well as her direction and reinforcement of messages delivered by the class teacher. Over the years she has shown so much patience (even though at times pushed to the limit by some!)

Whenever there was school production and costumes were needed Dawn was always happy to give her time to help with these too. She participated in the staff item for the school Eisteddfodau and worked on solo projects with individual pupils to help them participate too.

This doesn't apply solely to Art and Design; Dawn was also able to offer her experience of Catering to the Food Technology classes. Her calm and reassuring approach in these, often busy and noisy sessions, demonstrated to pupils that planning and keeping a cool head is what's needed. She helped them to organise themselves, to follow their recipes, to keep time when required, to work safely in the kitchen and also to clear up after themselves.

So many pupils have benefited from Dawn's presence in their classroom to provide insight and experience, establishing positive relationships and encouraging progress.

On behalf of all those pupils and the teachers who have worked alongside Dawn, Ysgol Uwchradd Tywyn gives thanks and acknowledgement of her contribution. Best Wishes from here on in Dawn and enjoy the next instalment.

Megan Jones

Dechreuodd Meg ei gyrfa addysgu fel hyfforddai yma gyda'r Adran Saesneg.

Yn ystod y cyfnod hwn, dangosodd botensial a gwreiddioldeb mawr yn ei dulliau a phrofodd ei bod yn aelod gwerthfawr o'r tîm.

Roedd ei swydd gyntaf yn Ysgol Bro Idris, ond yn fuan cafodd ei themtio'n ôl i'r goleuadau llachar a'r adran hapus i barhau o'r man lle gadawodd hi!

Yn ystod ei thair blynedd fer yma, mae hi wedi datblygu cryn ddilyniant ymhlith disgyblion drwy drefnu gweithgareddau amrywiol amser cinio ac ar ôl ysgol. Rwy'n gwybod bod pawb a fynychodd wedi gwerthfawrogi'r rhain.

Mae Meg wastad wedi bod yn athrawes ofalgar, tosturiol sydd wedi rhoi anghenion ei dysgwyr yn gyntaf, yn aml drwy gyflwyno dulliau arloesol a diddorol. (Peidiwch â sôn am y sleim!!)

Rydym yn dymuno'n dda iddi wrth iddi ymgymryd â'i chyfrifoldebau newydd a'r heriau sydd o'i blaen yn Nolgellau, ac rwy'n siŵr y gwelwn lawer mwy ohoni yn y dyfodol.

Pob lwc, Meg, a pheidiwch â bod yn ddieithr!



Meg started her teaching career as a trainee here with the English Department.

During this time, she showed great potential and originality in her approaches and proved to be a valued member of the team.

Her first job was at Ysgol Bro Idris, but she was soon tempted back to the bright lights and happy department to pick up from where she left off!

During her three short years here, she has developed quite a following among pupils by arranging various lunchtime and afterschool activities. I know these have been appreciated by all who attended.

Meg has always been a caring, compassionate teacher who has put the

needs of her learners first, often by introducing innovative and interesting methods. (Just don't mention the slime!!)

We wish her well as she takes up her new responsibilities and the challenges that lay ahead in Dolgellau, and I'm sure we will see a lot more of her in the future.



Ymwybyddiaeth Awtistiaeth y Byd / World Autism Awareness 29/4/24-03/05/24

Bu pob dosbarth Blwyddyn 7 ac 8 yn dysgu am Awtistiaeth wythnos diwethaf yn ystod eu sesiynau Amser Cylch. Cafodd y disgyblion y cyfle i ddysgu mwy am y cyflwr er mwyn deall sut mae'n gallu effeithio pobl ac hefyd sut y gallwn ni fel ysgol helpu rhai o'n disgyblion sydd gyda'r cyflwr ymdopi gyda bywyd ysgol. Rhannodd rhai o'r disgyblion eu profiadau nhw ac hefyd profiadau aelodau o'u teuluoedd.

During their Circle Time sessions last week, all Year 7 and 8 had the opportunity to learn more about Autism and how it can affect people. They also discussed how pupils with Autism feel in different situations and how we as a school can help them. Some pupils shared their experiences of living with Autism and also discussed how autism has affected family members.



'Wythnos Ymwybyddiaeth Iechyd Meddwl' / 'Mental Health Awareness Week'

Ar ddydd Mawrth, cafodd disgyblion Ysgol Uwchradd Tywyn amser gwych mewn 'Disgo Tawel' a gynhaliwyd yn y Ganolfan Hamdden. Nod sylfaenol y digwyddiad oedd rhoi cyfle i'r myfyrwyr gael hwyl, ac yn ôl pob sôn, roedd yn llwyddiant ysgubol!

Roedd y disgo tawel yn brofiad cyffrous lle roedd y myfyrwyr yn dawnsio i gerddoriaeth trwy glustffonau di-wifr, gan greu awyrgylch unigryw a difyr. Roedd y digwyddiad yn boblogaidd iawn, a chafodd y disgyblion fwynhad mawr o'r profiad newydd hwn.

Diolch o galon i Jo Edwards o Wasanaethau Ieuencid Gwynedd a Bethan Williams o Ysgol Uwchradd Tywyn am eu hymdrechion diwyd wrth drefnu'r digwyddiad gwych hwn. Sicrhodd eu gwaith caled a'u cyd-drefniant bod popeth yn rhedeg yn esmwyth a bod y myfyrwyr wedi cael amser cofiadwy. Yn ogystal, mae ein diolchiadau'n cael eu hymestyn i'r Ganolfan Hamdden am ddarparu'r lleoliad perffaith a'r cymorth i gynnal y disgo tawel.

Mae llwyddiant y digwyddiad yn tynnu sylw at effaith gadarnhaol ymdrechion cydweithredol yn y gymuned, ac roedd yn ysgafnhau'r drefn arferol i'r myfyrwyr, gan roi cyfle iddynt ymlacio a mwynhau eu hunain yn llwyr.

the community, and it was a delightful break from the usual routine for the students, allowing them to unwind and enjoy themselves thoroughly.

On Tuesday, pupils of Ysgol Uwchradd Tywyn had a fantastic time at a 'Silent Disco' held at the Leisure Centre. The primary objective of the event was to provide the students with an opportunity to have fun, and by all accounts, it was a resounding success!

The silent disco was an exciting experience where students danced to music through wireless headphones, creating a unique and entertaining atmosphere. The event was met with enthusiastic participation, and the pupils enjoyed every moment of this novel experience.

A heartfelt thank you goes out to Jo Edwards from Gwynedd Youth Services and Bethan Williams from Ysgol Uwchradd Tywyn for their dedicated efforts in organizing this wonderful event. Their hard work and coordination ensured that everything ran smoothly and that the students had a memorable time. Additionally, gratitude is extended to the Leisure Centre for providing the perfect venue and support for hosting the silent disco.

The success of the event highlights the positive impact of collaborative efforts within



Wythnos Ymwybyddiaeth Tlodi Mislif / Period Poverty Awareness Week 20-24/5/24

Yn ystod 'Wythnos Tlodi Mislif', gwnaethom gamau sylweddol i fynd i'r afael â thlodi mislif drwy roi cynhyrchion mislif ar gael i bob disgybl yn rhad ac am ddim. Dosbarthwyd y cynhyrchion hyn o Hafan yn ystod amser cofrestru, gan sicrhau mynediad hawdd a dirgel i'r holl fyfyrwyr mewn angen. Roedd y bocsys a ddarparwyd yn cynnwys amrywiaeth o eitemau hanfodol: tamponau, padiau mislif, padiau eco y gellir eu haildefnyddio, cadachau colur, bag mislif y gellir ei aildefnyddio, a sach hot siocled. Yn ogystal, roedd pants mislif ar gael ac yn gyflym yn dod yn ddewis poblogaidd ymhlith y disgyblion.



During 'Period Poverty Week,' we took significant steps to address and combat period poverty by making period products available to all pupils free of charge. These products were distributed from Hafan during registration time, ensuring easy and discreet access for all students in need. The boxes provided included a variety of essential items: tampons, sanitary pads, reusable eco pads, make-up wipes, a reusable sanitary bag, and a sachet of hot chocolate. Additionally, period pants were made available and quickly became a popular choice among the pupils.

Roedd yr adborth gan ein disgyblion yn gadarnhaol iawn. Nid yn unig y bu'r fenter yn ateb angen hanfodol ond hefyd yn meithrin amgylchedd cefnogol ac allgynhwysol. Mynegodd llawer o fyfyrwyr ddiolchgarwch am yr adnoddau a ddarparwyd, gan dynnu sylw at effaith y digwyddiad ar eu lles a'u bywydau bob dydd. Yn gyffredinol, rydym yn ystyried bod yr wythnos wedi bod yn hynod lwyddiannus ac yn fuddiol.

Mae tlodi mislif yn fater critigol sy'n effeithio ar fenywod, merched, a phawb sy'n mislifio ledled y byd. Mae'n cyfeirio at ddiffyg mynediad at gynhyrchion mislif priodol, cyfleusterau hylendid, rheoli gwastraff diogel, ac addysg amserol ar fislif a iechyd mislif oherwydd anawsterau ariannol. Gall y diffyg adnoddau hwn arwain at ganlyniadau difrifol, gan gynnwys colli cyfleoedd addysgol, absenoldebau gwaith, a dirywiad cyffredinol yn ansawdd bywyd.

The feedback from our pupils was overwhelmingly positive. The initiative not only met an essential need but also fostered a supportive and inclusive environment. Many students expressed gratitude for the resources provided, highlighting the impact of the event on their well-being and daily lives. Overall, we consider the week to have been highly successful and beneficial.

Period poverty is a critical issue that affects women, girls, and all people who menstruate around the world. It refers to the lack of access to proper menstrual products, hygiene facilities, safe waste management, and timely education on menstruation and menstrual health due to financial difficulties. This lack of resources can lead to severe consequences, including missed educational opportunities, work absences, and a general decline in the quality of life.



Mae tlodi mislif yn effeithio nid yn unig ar iechyd corfforol unigolion ond hefyd ar eu lles meddyliol ac emosiynol. Mae'r anallu i fforddio cynhyrchion mislif sylfaenol yn aml yn gorfodi pobl i ddefnyddio dewisiadau amgen annigonol neu anniogel, gan arwain at faterion iechyd fel heintiau. At hynny, gall y stigma a'r cywilydd sy'n gysylltiedig â mislif waethygu teimladau o embaras ac arwahanrwydd.

Mae'n hanfodol cydnabod bod unrhyw un sy'n mislifio yn gofyn am fynediad at gynhyrchion mislif a lleoedd hylan i'w defnyddio. Mae'r hawl i reoli eu cyfnod mislif heb gywilydd neu stigma yn sylfaenol. Ni ddylai unrhyw fyfyrwr golli ysgol, ni ddylai unrhyw oedolyn golli gwaith, ac ni ddylai unrhyw berson golli allan ar fywyd bob dydd oherwydd nad ydynt yn gallu fforddio'r deunyddiau angenrheidiol i reoli eu cyfnodau.

Ymdrin â thlodi mislif nid yn unig yn ymwneud â darparu cynhyrchion ond hefyd yn ymwneud â meithrin diwylliant o ddealltwriaeth a chefnogaeth, gan dorri i lawr ar y tabŵs sy'n gysylltiedig â mislif, ac yn sicrhau y gall pawb ffynnu heb y rhwystrau a osodir gan dlodi mislif.

Period poverty affects not just the physical health of individuals but also their mental and emotional well-being. The inability to afford basic menstrual products often forces people to use inadequate or unsafe alternatives, leading to health issues such as infections. Furthermore, the stigma and shame associated with menstruation can exacerbate feelings of embarrassment and isolation.

It is essential to recognize that anyone who menstruates requires access to menstrual products and hygienic spaces to use them. The right to manage their menstrual period without shame or stigma is fundamental. No student should have to miss school, no adult should have to miss work, and no person should have to miss out on daily life because they cannot afford the necessary materials to manage their periods.

Addressing period poverty is not just about providing products but also about fostering a culture of understanding and support, breaking down the taboos surrounding menstruation, and ensuring that everyone can thrive without the barriers imposed by period poverty.



'Diolch yn fawr am fy nwyddau newydd! Yn hollol an-hygoel, yn ddefnyddiol iawn ac yn argymell. Yn ffodus iawn i gael hwn ar gael, yn hapus iawn!' Disgybl Blwyddyn 11.

'So grateful for my new products! Absolutely amazing, really handy and recommended. Really lucky to have this available, very happy!' Year 11 pupil.





Wythnos Bwyta'n Iach / Healthy Eating Week

10/6/24-14/6/24



Ar gyfer 'Wythnos Bwyta'n Iach' eleni, cafodd disgyblion gyfle i flasgu amrywiaeth o fyrbrydau iachus a maethlon yn ystod eu toriad amser cinio. Nod y fenter hon oedd hyrwyddo arferion bwyta iachach ymhlith disgyblion ac annog iddynt droio ystod ehangach o fwydydd maethlon. Yn y bore, roedd disgyblion yn brysur yn paratoi byrbrydau cartref blasus gan ddefnyddio'r cynhwysion a ddarparwyd. Dan arweiniad Miss Tronet a Bethan Williams, dysgodd y disgyblion sgiliau coginio gwerthfawr a phwysigrwydd dewis cynhwysion iach. Roedd y sesiwn baratoi nid yn unig yn addysgol ond hefyd yn brofiad hwyliog a diddorol i bawb a gymerodd ran.



For 'Healthy Eating Week' this year, pupils had the opportunity to sample a variety of healthy and nutritious snacks during their lunchtime break. This initiative aimed to promote healthier eating habits among students and encourage them to explore a wider range of nutritious foods. In the morning, pupils were actively involved in preparing delicious homemade snacks using the ingredients provided. Guided by Miss Tronet and Bethan Williams, the students learned valuable cooking skills and the importance of choosing healthy ingredients. The preparation session was not only educational but also a fun and engaging experience for everyone involved.

Roedd y detholiad o fyrbrydau ar gynnig yn drawiadol ac amrywiol. Roedd yn cynnwys kebabs ffrwythau ffres, oedd yn liwgar ac yn llawn fitaminau, a sticeri moron a chiwcymbr, oedd yn cynnig opsiwn crengsiog ac adfywiol. Roedd hummus cartref, wedi'i wneud o bys, yn boblogaidd, gan gynnig dip hufennog a phrotein-gyfoethog ar gyfer y llysiau.

Ymhlith yr eitemau poblogaidd eraill roedd ffrwythau melys ond iach, a sleisys afal sych, oedd yn gniadwy ac yn faethlon. Roedd y creision betys a pharsnip yn unigryw, gan ddarparu amgen iachach i sgolodion tatws traddodiadol. Roedd olewydd hefyd ar gael, gan gynnig opsiwn sawrus sy'n gyfoethog mewn brasterau iach.

Roedd iogwrt wedi'i rewi gyda mwsli a ffrwythau sych yn ffeffryn arall, gan gyfuno gwead cŵl, hufennog yr iogwrt gyda'r crengsiogedd mwsli a'r melysrydd naturiol ffrwythau sych. Roedd cacennau reis wedi'u gorchuddio â naill ai ham neu fanana yn darparu byrbryd amrywiol a allai ateb dewisiadau sawrus a melys. Roedd bara bragu, bara trwchus a maethlon, yn ychwanegiad calonogol at y bwrdd byrbrydau.

Roedd yr eitem nodedig yn y meringue cartref wedi'i wneud gyda dŵr chickpea. Roedd y cynhwysyn arloesol hwn nid yn unig yn tynnu sylw at amlochredd coginio planhigol ond hefyd yn darparu opsiwn pwddin ysgafn a dymunol.

Roedd yn hyfryd gweld disgyblion yn rhoi cynnig ar fwydydd gwahanol, llawer ohonynt am y tro cyntaf, ac yn darganfod bod bwydydd iach yn gallu bod yn flasus hefyd! Llwyddodd y digwyddiad i ehangu eu gorfeliogion coginiol ac i ddangos iddynt y gall bwyta'n iach fod yn hwyl ac yn flasus.

Hoffem gymryd y cyfle hwn i estyn ein diolchiadau diffuant i'r disgyblion am eu brwdfrydedd a'u gwaith caled wrth baratoi'r bwydydd. Diolch arbennig i Bethan Williams a Miss Tronet am eu harweiniad a'u hymroddiad wrth wneud y digwyddiad hwn yn llwyddiant. Rydym hefyd yn gwerthfawrogi'r rhieni a roddodd eitemau bwyd yn hael, gan ei gwneud yn bosibl cynnig amrywiaeth mor eang o fyrbrydau.

Yn gyffredinol, roedd 'Wythnos Bwyta'n Iach' yn brofiad gwyach a feithrinodd agwedd gadarnhaol tuag at fwyta a choginio'n iach. Edrychwn ymlaen at barhau â'r traddodiad hwn yn y blynyddoedd i ddod ac annog ein disgyblion ymhellach i wneud dewisiadau bwyd iachach.

The selection of snacks on offer was impressive and diverse. It included fresh fruit kebabs, and carrot and cucumber sticks. Homemade hummus, made from chickpeas, was a hit, offering a creamy and protein-rich dip for the vegetables.

Other popular items included homemade fruit winders, a sweet yet healthy treat, and dried apple and beetroot crisps, which were delicious. The beetroot and parsnip crisps added a unique twist to the selection, providing a healthier alternative to traditional potato chips. Olives were also available, offering a savoury option rich in healthy fats.

Frozen yogurt with muesli and dried fruit was another favorite. Rice cakes topped with either ham or banana provided a versatile snack that could cater to both savory and sweet preferences. Malt loaf, a dense and nutritious bread, was a hearty addition to the snack table.

A standout item was the homemade meringue made with chickpea water, this innovative ingredient replacement not only highlighted the versatility of plant-based cooking but also provided a delightful, light dessert option.

It was wonderful to see pupils trying different foods, some for the first time, and discovering that healthy foods can taste good too! The event successfully broadened their culinary horizons and showed them that nutritious eating can be both enjoyable and delicious.

We would like to take this opportunity to extend our heartfelt thanks to the pupils for their enthusiasm and hard work in preparing the foods. Special thanks go to Bethan Williams and Miss Tronet for their guidance and dedication in making this event a success. We also appreciate the parents who generously donated food items, making it possible to offer such a wide variety of snacks.

Overall, 'Healthy Eating Week' was a fantastic experience that fostered a positive attitude towards healthy eating and cooking. We look forward to continuing this tradition in the coming years and further encouraging our pupils to make healthier food choices.



**'Mae'r bwyd hwn yn flasus.
Rwy'n hoffi'r afal sych a
winders ffrwythau y gorau!'**
Bradley Blwyddyn 8

**'This food is beautiful.
I like the dried apple and
homemade fruit winders the
best!'**
Bradley Year 8



Mis Balchder/ Pride Month

Yn ystod Mis Balchder, rhoddwyd y dasg i'r disgyblion greu poster yn canolbwyntio ar themâu "BALCHDER" a "DATHLU."

Gan ymgymryd â'r her, cynhyrchodd y myfyrwyr bosteri llaw dwyieithog, lliwgar a gwybodus. Cyflwynwyd pob cais i Bethan yn Hafan erbyn y dyddiad cau ar Fehefin 28, 2024.

Mis Balchder, a elwir hefyd yn Mis Balchder LHDT, yw digwyddiad mis o hyd sy'n ymroddedig i ddathlu balchder LHDT ac yn cydnabod cyfraniadau'r gymuned lesbiaidd, hoyw, deurywiol a thrawsrywedol.

Llongyfarchiadau i bawb a gymerodd ran!



During Pride Month, pupils were given the task of creating a poster focused on the themes of "PRIDE" and "CELEBRATION."

Embracing the challenge, students produced handmade, bilingual, colourful, and informative posters. All entries were submitted to Bethan at Hafan by the closing date of June 28, 2024.

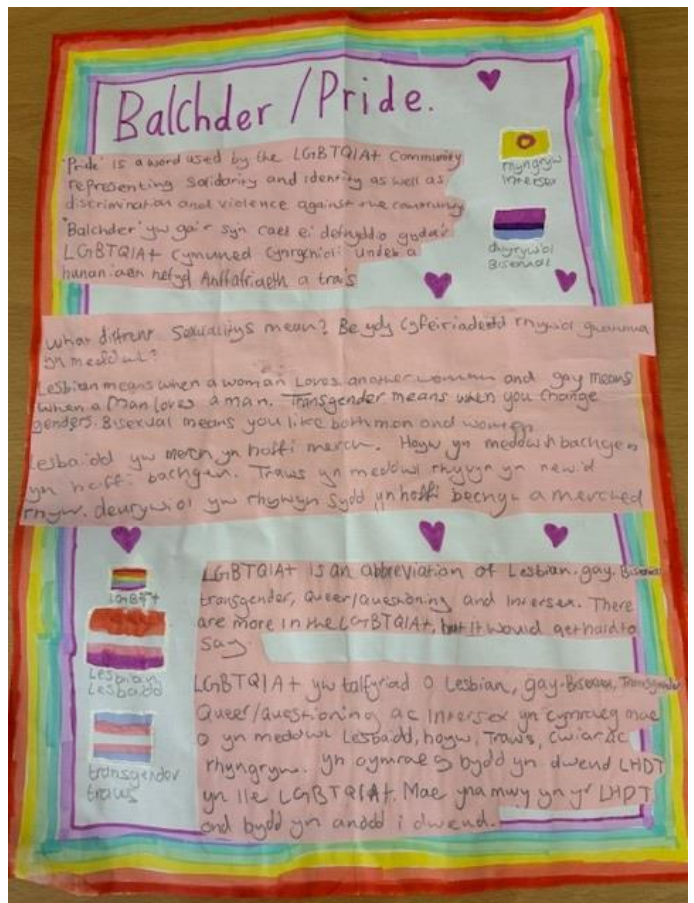
Pride Month, also known as LGBT Pride Month, is a month-long observance dedicated to celebrating LGBT pride and recognizing the

contributions of the lesbian, gay, bisexual, and transgender community.

Congratulations to everyone who participated!



Posteri yn y rownd derfynol / The finalists's posters



Rhaglen Mentora Ffiseg / Physics Mentoring Programme

Blwyddyn 9 / Year 9

Mae grŵp o ferched Blwyddyn 9 wedi cwblhau'r Rhaglen Mentora Ffiseg sy'n cael ei rhedeg gan Brifysgol Aberystwyth yn llwyddiannus. Dros y cwrs chwe wythnos, datblygodd y merched eu hyder mewn Ffiseg trwy archwilio camsyniadau cyffredin mewn grymoedd, ynni a thrydan yn ogystal ag ystyried y gwahanol ffyrdd y mae Ffiseg yn cysylltu â'n bywydau bob dydd a llwybrau gyrfa posibl. Gwnaethant hefyd ddatblygu eu sgiliau gwaith tîm, datrys problemau a chyfathrebu trwy gyfres o heriau cystadleuol.

Cafodd y merched, ynghyd â rhai o'u ffrindiau, eu gwahodd i Seremoni Wobrwyo arbennig yn y Brifysgol ddydd Mawrth lle cawsant gyfle i fynd ar daith o amgylch yr Adran Wyddoniaeth, gweld y Planetariwm a chael cyfle i ddal i fyny gyda'u mentoriaid. Rydym yn edrych ymlaen at gynnal y cyfle hwn i ddisgyblion Blwyddyn 9 y flwyddyn nesaf hefyd.

A group of Year 9 girls have successfully completed the Physics Mentoring Programme which is run by Aberystwyth University. Over the six week course, the girls developed their confidence in Physics by exploring common misconceptions in forces, energy and electricity as well as considering the different ways Physics links to our everyday lives and possible career routes. They also developed their team work, problem solving and communication skills through a series of competitive challenges.

The girls, along with some of their friends, were invited to a special Awards Ceremony at the University on Tuesday where they were treated to a tour of the Science Department, saw the Planetarium and had chance to catch up with their mentors. We look forward to offering this opportunity to pupils in Year 9 next year too.



Cystadleuaeth Peirianeg / Engineering competition 24/6/23

Dydd Llun 24ain o Fehefin gwelwyd sawl dysgwr o Ysgol Uwchradd Tywyn yn cipio'r gwobrau uchaf mewn seremoni wobrwyo peirianeg cenedlaethol.

Roedd y gystadleuaeth o'r enw "Prif Beiriannydd - Pe baech yn Beiriannydd beth fydddech chi'n ei wneud?" yn gosod y dasg i bob unigolyn nodi problem/rhwystredigaeth o ddydd i ddydd ac i ddyfeisio ateb, gyda disgrifiad o'r cynnig a llythyr at y beirniaid yn egluro sut roeddent wedi dewis eu dyluniad.

Cyflwynwyd y ceisiadau ac aethant drwy rownd ragarweiniol o feirniadu. Yn dilyn hyn, craffodd panel o beirianwyr ar y ceisiadau a i greu y rhestr fer a ddewis enillydd, canmoliaeth uchel a rhagoriaeth.

Cyrhaeddodd sawl cais o Ysgol Uwchradd Tywyn y rhestr fer derfynol ac fe'u dangoswyd yn y seremoni wobrwyo yng Nghaerdydd.

Derbyniodd yr anrhydeddau uchaf:

Enillwyr Blwyddyn 7: Gwilym Jones a Catrin Owen
Canmoliaeth Uchel Blwyddyn 7: Nel Pughe a Polly Richards
Enillwyr Blwyddyn 8: Aneira Jones a Harry Davies
Canmoliaeth Uchel Blwyddyn 8: Owen Angood ac Ava Hussien

Hoffem ddiolch i Mrs Spencer am roi'r cyfle i ni gymryd rhan mewn cystadleuaeth mor nodedig-Aneira Jones 8T



Monday 24th of June saw several Ysgol Uwchradd Tywyn learners scoop top awards at a National engineering awards ceremony.

The competition called "Primary Engineer - If you were an Engineer what would you do?" set the task for each individual to identify a day to day issue/problem and devise a solution, with an outline of the proposal and letter to the judges explaining how they had chosen their design.

Entries were submitted and underwent a preliminary round of judging. Following this a panel of engineers scrutinised the shortlisted entries and chose a winner, highly commended and distinction.

Multiple entries from Ysgol Uwchradd Tywyn reached the final shortlist and were displayed at the award ceremony at Cardiff.

Receiving top honours were;

Year 7 Winners: Gwilym Jones and Catrin Owen
Year 7 Highly commended: Nel Pughe and Polly Richards
Year 8 winners: Aneira Jones and Harry Davies
Year 8 Highly commended: Owen Angood and Ava Hussien

We would like to thank Mrs Spencer for giving us the opportunity to take part in such a prestigious competition-Aneira Jones 8T

Trip STEM Blwyddyn 9 Prifysgol Abertawe / Year 9 STEM trip to Swansea University 12/7/24

Ar ddydd Gwener 12fed Gorffennaf, ymwelodd blwyddyn 9 ag Adran Cemeg Prifysgol Abertawe i gynnal amrywiaeth o weithgareddau ymarferol yn eu labordai modern diweddaraf.

Gwnaeth y disgyblion asbirin eu hunain, cynnal titradiadau ac arbrawf hydoddiannau cymhleth.

Gwnaethant hefyd fwynhau taith o amgylch y campws a her ar-lein ynghylch cemegau.

Mwynhaodd y disgyblion y profiad yn fawr.

On Friday 12th July, year 9 visited the Chemistry Department at Swansea University to conduct a range of practical experiments in their state-of-the-art laboratories.

Pupils made their own aspirin, carried out titrations and completed a complex solution experiment.

They also enjoyed a campus tour and online challenge all about chemicals.

The pupils thoroughly enjoyed the experience.



Trefnwyd gan y Fforwm Byw'n Iach!

Roedd y Fforwm Byw'n Iach eisiau cynnal digwyddiad hwyliog am ddim i ddangos i fyfyrwyr nad yw ymarfer corff yn gorfod bod yn drafferth - gall fod yn hwyl! Er gwaethaf y glaw trwm, cymrodd 85 o fyfyrwyr brwdfrydig ran. Yn gyntaf, ystyriwyd canslo'r digwyddiad, ond cawsom ein syfrdanu gan nifer y myfyrwyr a arhosodd er gwaethaf y tywydd.

Enillwyr:

Finley Linstead
Leah Pugh
Jacob Bradshaw
Charlie McDowall
Jayden Green
Kieran Wright
Cian Jones
Layla Stone-Williams

Lleoliadau Cuddio Enillwyr:

Y tu ôl i'r ffens ger yr Astro
Y tu ôl i'r ystafell Gelf
Yn yr hen ardd ysgol

Heliwr Gorau:

Mr. Ethan Rodgers, a redodd trwy'r amser, gan neidio dros rheiliau a rhwystrau eraill.

Bydd yr enillwyr yn derbyn taleb Amazon gwerth £5.

Yn sicr, digwyddiad y byddwn yn ei gynnal eto!

Organized by the Healthy Living Forum!

The Healthy Living Forum wanted to host a fun, free event to show students that exercise doesn't need to be a chore—it can be fun! Despite the pouring rain, 85 enthusiastic students participated. Initially, we considered cancelling the event, but we were overwhelmed by the number of students who stayed despite the weather.

Winners:

Finley Linstead
Leah Pugh
Jacob Bradshaw
Charlie McDowall
Jayden Green
Kieran Wright
Cian Jones
Layla Stone- Williams

Winning Hiding Spots:

Behind the fence near the AstroTurf
Behind the Art room
In the old school garden

Top Hunter:

Mr. Ethan Rodgers, who tirelessly ran the entire time, jumping over rails and obstacles.

Winners will receive a £5 Amazon voucher.

This was definitely an event we will hold again!





Teithiodd grŵp o ddysgwyr blwyddyn 10 sy'n astudio TGAU Daearyddiaeth i Gaerdydd yn ddiweddar am arhosiad dros ddwy noson yng nghanol y ddinas. I lawer yn y grŵp, hon oedd eu taith ysgol gyntaf dros nos a'u hymweliad cyntaf â Chaerdydd, gan eu bod wedi colli'r cyfle i wneud hynny yn eu hysgolion cynradd ym mlwyddyn 6 oherwydd y pandemig Covid.



A group of year 10 learners studying GCSE Geography travelled to Cardiff recently for a two-night stay in the heart of the city centre. For many in the group this was their first overnight school trip and first time visiting Cardiff, having missed out on the opportunity to do so in

their Primary schools in year 6 due to the Covid pandemic.

Mae'r cwrs TGAU Daearyddiaeth yn gweld dysgwyr yn astudio Caerdydd fel enghraifft o ddinas fyd-eang - dinas sydd wedi'i chysylltu ac yn rhyngweithio drwy fasnach a chyfathrebu gyda lleoedd eraill ledled y byd.

Yn ystod y daith, roedd blwyddyn 10 yn gallu gweld golygfeydd Caerdydd, megis Stadiwm y Principality; pencadlys BBC Cymru; Media Wales; Prifysgolion Caerdydd; Y Senedd; a Chanolfan Mileniwm Cymru, ac i drafod a ddylai Caerdydd gael ei hystyried fel dinas fyd-eang.

Roedd cyfle hefyd i weld pobl yn teithio i'r gwaith, gyda gweithwyr yn cyrraedd Caerdydd ar y trênn, car, a bws, gyda ymweliad â'r Cyfnewidfa Fysiau newydd Caerdydd. Mae newidiadau mewn manwerthu yn rhan arall o'r cwrs TGAU y llwyddodd y grŵp i'w astudio yng Nghaerdydd, gyda phawb yn gwneud y gorau o ymweliad â Marchnad Caerdydd, sawl arcêd siopa, Stryd y Frenhines a Chanolfan Dewi Sant i gymryd rhan mewn therapi manwerthu!

Mwynhaodd y grŵp ymweliad â Bae Caerdydd a thaith gerdded dros y Morglawdd i ddysgu am adfywiad Bae Caerdydd o 'Tiger Bay', yr ardal dociau gynt yng Nghaerdydd a arferai allforio glo ledled y byd.

Mae gwaith maes yn rhan sylweddol o'r cwrs TGAU Daearyddiaeth, gyda'r elfen Daearyddiaeth dynol o'r gwaith maes eleni yn edrych ar newid dros amser mewn amgylchedd trefol. Roedd ymweld â Chaerdydd yn rhoi cyfle i'r grŵp gymharu ein prifddinas â'n tref enedigol, Tywyn. Casglwyd data yn Stryd y Frenhines a Stryd y Santes Fair ar fore Gwener a diwedd y prynhawn, gyda chyfrifon cerbydau, cyfrifon cerddwyr, Arolygon Ansawdd Amgylcheddol a lefelau sŵn gan ddefnyddio ap ar eu ffôn. Roedd y profiad hwn yn agoriad llygad go iawn i'r grŵp, gan weld pa mor brysur yw'r ddwy brif stryd yng Nghaerdydd ar brynawn Gwener yn ystod awr frys!

Doedd hi ddim i gyd yn waith, gan i ni fwynhau noson o hwyl yn bowlïo yn y Superbowl. Cafodd pawb amser gwych!

Mrs Mumford

The GCSE Geography course sees learners studying Cardiff as an example of a global city – a city that is connected and interacts through trade and communication with other places around the world. During the trip, year 10 were able to see the sights of Cardiff, such as the Principality stadium; the BBC Wales headquarters; Media Wales; Cardiff Universities; The Senedd; and Wales Millennium Centre, and to discuss if Cardiff should be classed as a global city. There was also an opportunity to see commuting taking place, with workers arriving into Cardiff by train, car, and bus, with a visit to the new Cardiff Bus Interchange. Changes in retail is another part of the GCSE course that the group were able to study in Cardiff, with everyone making the most of a visit to Cardiff Market, several shopping arcades, Queen Street and St David's Centre to take part in some retail therapy!

The group enjoyed a visit to Cardiff Bay and a walk over the Barrage to learn about the redevelopment of Cardiff Bay from 'Tiger Bay', the former docklands area of Cardiff that once exported coal around the world.

Fieldwork is a significant part of the GCSE Geography course, with the human Geography element of the fieldwork this year looking at change over time in an urban environment. Visiting Cardiff gave the group an opportunity to compare our capital city with our hometown, Tywyn. Data was collected at Queen Street and St Mary's Street on a Friday morning and late afternoon, with vehicle counts, pedestrian counts, Environmental Quality Surveys and noise levels using an app on their phone. This experience was a real eye opener for the group, seeing how busy the two main streets in Cardiff are on a Friday afternoon at rush hour!

It was not all work though as we enjoyed an evening of fun bowling at the Superbowl. A wonderful time was had by all!

Mrs Mumford



Wythnos Iechyd Meddwl a Lles / Mental Health and Wellbeing Week

Gwasanaethau Ieuenctid Gwynedd / Gwynedd Youth Services– Coed Y Brenin

Cafodd 5 disgybl o flwyddyn 10 gyfle i gymryd rhan mewn digwyddiad beicio yng Nghoed y Brenin fel rhan o Wythnos Iechyd Meddwl a Lles Gwasanaethau Ieuenctid Gwynedd.

Cymerodd y disgyblion ran mewn sesiwn tair awr a gyflwynwyd gan Pedal MTB lle buont yn gweithio ar amrywiaeth o sgiliau a datblygu eu technegau marchogaeth. Mae beicio nid yn unig yn wych ar gyfer ffitrwydd corfforol, ond hefyd yn hwb mawr i iechyd meddwl, mae'n gyfle i annog pawb i fynd ar eu beiciau a phrofi manteision a llawenydd iechyd meddwl wrth feicio.



5 pupils from year 10 were given the opportunity to take part in a cycling event at Coed Y Brenin as part of Gwynedd Youth services Mental health and wellbeing week.

The pupils took part in a three-hour session delivered by Pedal MTB where they worked on a variety of skills and developed their riding techniques. Cycling is not just great for physical fitness, but also a great boost for mental health, lets encourage everyone to get on their bikes and experience the joy and mental health benefits of cycling.



Hywel Pitts a Gareth y Orangutan/ Hywel Pitts and Gareth the Orangutan

05/06/24

Heddiw, cawsom y pleser o groesawu Hywel Pitts a Gareth yr Orangutan i Ysgol Uwchradd Tywyn ar gyfer bore llawn hwyl a cherddoriaeth. Casglodd disgyblion blynyddoedd 5, 6 a 7 o Ysgol Uwchradd Tywyn, Craig y Deryn, Penybryn, Dyffryn Dulas a Pennal am 9:30 AM yn brydlon ar gyfer awr o gerddoriaeth, hwyl a chwerthin. Roedd hwn yn gyfle gwych i'n disgyblion fwynhau perfformiad trwy gyfrwng y Gymraeg.

Cymerodd Hywel Pitts, cyfansoddwr, cerddor a pherfformiwr talentog o Lanberis, y llwyfan ochr yn ochr â Gareth. Hywel yw'r prif leisydd y band dwyieithog Fight Lions ac yn cyflwyno'r podlediad Podpeth. Roedd ei berfformiad bywiog, yn cynnwys caneuon doniol yn Gymraeg ddaru cydio yn y gynulleidfa ac ddoth â naws llawen i'r neuadd.

Roedd y digwyddiad yn cynnwys rhan rhyngweithiol lle gallai disgyblion ymgysylltu gyda Hywel a Gareth trwy ofyn cwestiynau. Un o uchafbwyntiau'r bore oedd gêm o'r enw "Enwa 5 Peth," lle'r oedd Gareth yr Orangutan yn gwahodd gwirfoddolwyr i restru'n gyflym bum eitem o fewn categori penodol.

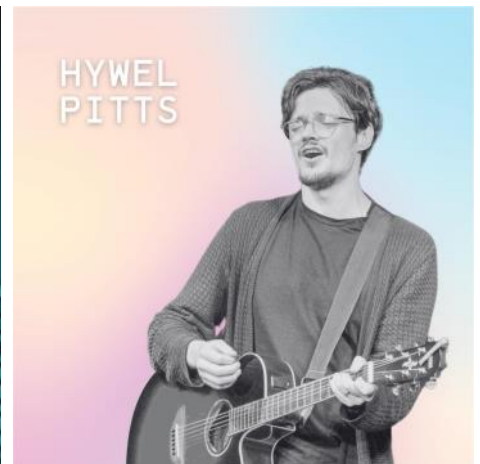
Hoffem estyn ein diolch diffuant i Hywel a Gareth am eu hymweliad. Mwynhaodd y disgyblion a'r staff yr holl brofiad difyr a chyfranogol yn fawr.

Today, Ysgol Uwchradd Tywyn had the pleasure of welcoming Hywel Pitts and Gareth the Orangutan for an entertaining and musical morning. Students from years 5, 6 and 7 of Ysgol Uwchradd Tywyn, Craig y Deryn, Penybryn, Dyffryn Dulas, and Pennal gathered promptly at 9:30 AM for an hour filled with music, fun, and laughter. This was an excellent opportunity for our pupils to enjoy a performance through the medium of Welsh.

Hywel Pitts, a talented Welsh composer, musician, and performer from Llanberis, took the stage alongside Gareth. Hywel is the lead vocalist of the bilingual band Fight Lions and hosts the podcast 'Podpeth'. His dynamic performance, featuring playful Welsh songs, resonated with the audience and brought a joyful atmosphere to the hall.

The event included an interactive segment where students could engage with Hywel and Gareth by asking questions. One of the highlights was a game called "Name 5 Things," where Gareth the Orangutan invited volunteers to quickly list five items within a given category.

We would like to extend our heartfelt thanks to Hywel and Gareth for their visit. Both pupils and staff thoroughly enjoyed the delightful and engaging experience they provided.



Wythnos Cyfleoedd

Dydd Mawrth i Ddydd Iau 16-19 Gorffennaf 2024

Wythnos Cyfleoedd flynyddol yw un o ddigwyddiadau mwyaf disgwyledig calendr ysgol Ysgol Uwchradd Tywyn, ac mae wedi bod yn rhan bwysig o ddiwylliant yr ysgol ers bron i 30 mlynedd.

Yn ystod yr wythnos hon, mae'r amserlen ysgol arferol yn cael ei hatal a'i disodli gan weithgareddau wedi'u cynllunio i ddatblygu sgiliau hanfodol fel datrys problemau, gwaith tîm, cyfathrebu ac arweinyddiaeth.

Mae'r wythnos unigryw hon yn meithrin creadigrwydd ac yn herio disgyblion gyda thasgau sy'n ddifyr ac yn heriol, gan ei gwneud yn rhan hanfodol o'u profiad ysgol a'u datblygiad personol.

Ar gyfer disgyblion Blwyddyn 7, 8 a 9, trefnir amrywiaeth eang o weithgareddau awyr agored a chreadigol yn yr ardal leol. Mae gan ddisgyblion Blwyddyn 10 gyfle i gymryd rhan mewn gweithgareddau fel heicio, zipio a cherdded ceunant.

Mae Wythnos Cyfleoedd yn canolbwyntio ar ddatblygu sgiliau nad ydynt yn academiaidd sydd yn gynyddol yn cael eu gwerthfawrogi yn y gweithle. Mae athrawon yn arsylwi ar ddisgyblion mewn amgylchedd gwahanol i'r ystafell ddosbarth, ac maent wedi gweld bod yr hyder y mae'r disgyblion yn ei ennill o'r gweithgareddau hyn yn aml yn trosglwyddo i'w gwaith academiaidd.

Mae'r profiadau a'r sgiliau a enillir yn ystod Wythnos Cyfleoedd wedi'u cynllunio i bara am oes, gan roi'r disgyblion yr offer i wynebu heriau a sefyllfaoedd y gallent ddod ar eu traws ar ôl gadael yr ysgol.

Yn y pen draw, mae Wythnos Cyfleoedd yn cynnig rhywbeth i bawb, gan sicrhau bod pob disgybl yn gallu gweld gwerth a mwynhad yn y gweithgareddau.

Opportunities Week

Tuesday to Thursday 16-19 July 2024

The annual Opportunities Week is a highly anticipated event in the school calendar at Ysgol Uwchradd Tywyn, having been a significant part of the school's culture for nearly 30 years.

During this week, the regular school timetable is suspended and replaced with activities designed to develop essential skills such as problem-solving, teamwork, communication, and leadership.

This unique week fosters creativity and challenges students with tasks that are both engaging and demanding, making it a pivotal part of their school experience and personal development.

For students in Years 7, 8, and 9, a wide variety of outdoor and creative activities are organized within the local area. Year 10 students have the opportunity to participate in activities such as hiking, zip lining, and gorge walking.

Opportunities Week focuses on developing non-academic skills that are increasingly valued in the workplace. Teachers observe students in a different environment than the classroom, and they have found that the confidence students gain from these activities often carries over into their academic work.

The experiences and skills gained during Opportunities Week are designed to last a lifetime, equipping students to face challenges and situations they may encounter after leaving school.

Ultimately, Opportunities Week offers something for everyone, ensuring that each student can find value and enjoyment in the activities.



Blwyddyn 7 Diwrnodau Cyfleoedd / Year 7 Opportunity Days:

Rhai o'u gweithgareddau / Some of their activities

Rheilffordd Talyllyn Railway Graffiti

Kayak

Pwll Nofio / Swimming Pool

Gweithdy Gwyddoniaeth / Science Workshop





Blwyddyn 8 Diwrnodau Cyfleoedd / Year 8 Opportunity Days:

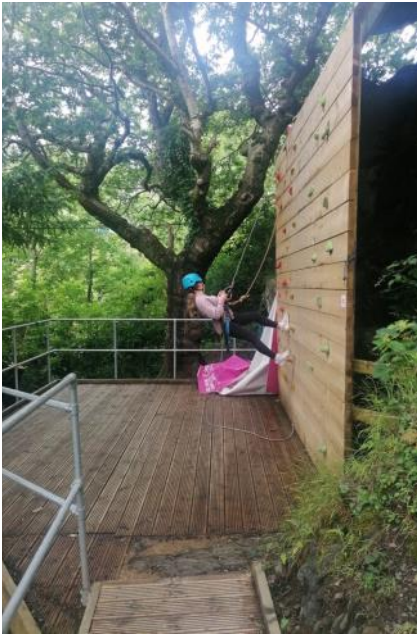
Rhai o'u gweithgareddau / Some of their activities

Outward Bound Golff Mini/Mini Golf Drymiau Samba/Samba Drums

Lles Coetiroedd/Woodland Wellbeing Cerdded-Aberdyfi / /Walking-Aberdyfi

Films a Gemau Ysgol / Films and School Games

Aqua Run a Disgo / /Aqua Run and Disco





Blwyddyn 9 Diwrnodau Cyfleoedd / Year 9 Opportunity Days:

Rhai o'u gweithgareddau / Some of their activities

Trampolîn/Trampoline

Cerdded / Walking

Gemau Tai/House Games

Zorbs

Coginio / Cooking: Pizza

Syrffio / Surfing

Gweithdy Gwyddoniaeth / Science Workshop

Samba

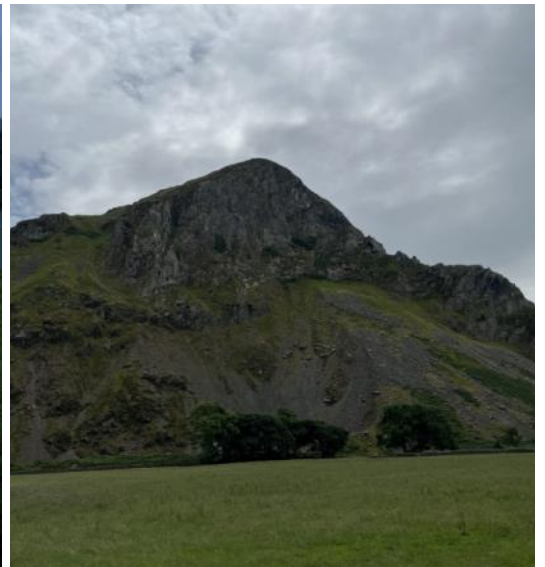


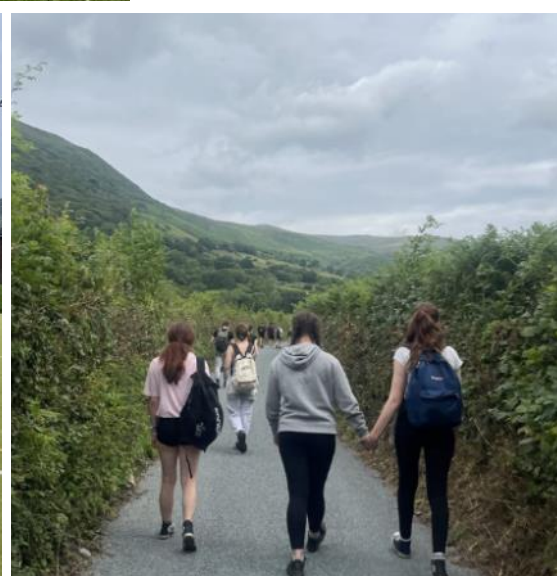


Blwyddyn 10 Diwrnodau Cyfleoedd / Year 10 Opportunity Days:

Rhai o'u gweithgareddau / Some of their activities

Zip wire Cerdded Ceuanant / Gorge Walking Cerdded/Walk
Aqua Run Datrys Problemau Gweithdy Golau / Lighting Workshop
Samba Disgo Di Sŵn / Silent Disco
Gemau a Ffilm / / Film and Games





Diolch o galon i bob aelod o staff am eich brwdfrydedd a'ch cefnogaeth yn ystod y Diwrnodau Cyfleoedd, ac i rieni am eu cefnogaeth barhaus.

Many thanks to each and every member of staff for your enthusiasm and support during Opportunity Days, and also to parents for their continued support.

Mabolgampau / Sports Day 21/6/24

Roedd Diwrnod Chwaraeon blynyddol Ysgol Uwchradd Tywyn, a gynhaliwyd ddydd Gwener, 21 Mehefin 2024, yn llwyddiant ysgubol.

Roedd cyffro yn yr awyr yn gynnar yn y bore wrth i ddisgyblion gyrraedd Cae Rhianfa, gan wisgo lliwiau eu timoedd: glas ar gyfer Cadfan, coch ar gyfer Maethlon, a gwyrdd ar gyfer Dysynni. Roedd y teimlad cryf yma o ysbryd tîm yn gosod y naws ar gyfer y diwrnod, gyda disgyblion yn cefnogi eu cyd-aelodau tîm drwy gydol y digwyddiadau.

Yn ystod y diwrnod, cynhaliwyd amrywiaeth o gystadlaethau athletau, gan gynnwys rasys 100m, 200m, 300m, 400m, 800m, a 1500m, yn ogystal â'r naid hir, naid uchel, taflu pwysau, taflu disgen, gwaywffon, ac yn olaf, y ras gyfnewid. Roedd yr adran Addysg Gorfforol, ynghyd â grŵp ymroddedig o staff, yn rheoli'r digwyddiadau'n arbennig ar draws y cae, gan arddangos gwaith tîm a threfniadaeth eithriadol.

Yn ystod yr egwyl arferol yn y bore, mwynhaodd disgyblion amrywiaeth o fwyd poeth, byrbrydau, ffrwythau a brechdanau, gan eu cadw'n llawn egni ar gyfer gweithgareddau'r diwrnod. Daeth y diwedd glo mawreddog, sef y rasys cyfnewid, â chystadleuaeth ffyrnig ac awyrgylch trydanol, gyda chyd-aelodau tîm a ffrindiau yn cefnogi o'r ochr. Roedd yr awydd a'r ysbryd chwaraeon a ddangoswyd gan yr holl ddisgyblion yn wirioneddol ganmoladwy.

Roedd yr adran Addysg Gorfforol wedi'u syfrdanu'n llwyr gan y perfformiadau ac yn ddiolchgar iawn i'r holl staff am eu cefnogaeth amhrisiadwy. Wrth i'r diwrnod ddod i ben, roedd disgyblion yn aros yn eiddgar am gyhoeddi'r canlyniadau.

A'r tîm buddugol oedd... **Maethlon**, gyda Dysynni yn ail a Cadfan yn drydydd.

Da iawn pawb!



Our annual Ysgol Uwchradd Tywyn Sports Day, held on Friday, June 21, 2024, was a resounding success.

Excitement filled the air early in the morning as pupils arrived at Cae Rhianfa, proudly wearing the colours of their team houses: blue for Cadfan, red for Maethlon, and green for Dysynni. This vibrant display of team spirit set the tone for the day, with pupils

enthusiastically cheering on their teammates throughout the events.

The day featured a variety of athletic competitions, including the 100m, 200m, 300m, 400m, 800m, and 1500m races, as well as the long jump, high jump, shot put, discus, javelin, and finally, the relay race. The PE department, alongside a dedicated group of staff, efficiently managed the events across the field, showcasing exceptional teamwork and organization.

During the usual morning break, pupils enjoyed a selection of hot food, snacks, fruit, and sandwiches, keeping them energized for the day's activities.

The grand finale, the relay races, saw fierce competition and an electric atmosphere, with teammates and friends cheering from the sidelines. The enthusiasm and sportsmanship displayed by all the pupils were truly commendable.

The PE department was thoroughly impressed with the performances and deeply grateful to all the staff for their invaluable support. As the day drew to a close, pupils eagerly awaited the announcement of the results.

And the winning team was... **Maethlon**, followed by Dysynni in second place and Cadfan in third.

Well done everyone!









	Cadfan	Maethlon	Dysynni
Blwyddyn/Year7	141	123	160
Blwyddyn/Year 8	137	180	119
Blwyddyn/Year 9	143	176	134
Blwyddyn/Year 10	128	157	174
Cyfanswm/Total	549	636	587

Newyddion Chwaraeon / Sports News



Huge congratulations to Year 7 Girls for coming second in the Hoci Cymru North Wales regional finals.

The team played brilliantly to come 2nd behind Ysgol Botwnnog.

The team will go on to the National Finals, playing against teams from all over Wales next month.

Fantastic effort girls!

As a school, we are incredibly grateful for the continued support of Clwb Hoci Dysynni Hockey Club.

Llongyfarchiadau mawr i dîm Merched Blwyddyn 7 ar ei llwyddiant yn ffeinals rhanbarthol Hoci Cymru Gogledd Cymru.

Chwaraeodd y merched yn wych i ddod yn 2il tu ôl i Ysgol Botwnnog.

Bydd y tîm yn mynd ymlaen at y ffeinals cenedlaethol ac yn chwarae yn erbyn ysgolion o ar draws Cymru mis nesaf.

Da iawn chi ferched!

Fel ysgol, rydym yn ddiolchgar iawn i Glwb Hoci Dysynni am eu cefnogaeth barhaus.



Twrnaint Pêl-droed Cenedlaethol yr Urdd / Urdd National Football Tournament

Llongyfarchiadau i ddisgyblion Ysgol Uwchradd Tywyn a gymerodd ran yn Nhwrnaint Pêl-droed Cenedlaethol yr Urdd yn Aberystwyth ddydd Gwener 11 Mai gan gystadlu yn erbyn timau o bob cwr o Gymru. Mewn arddangosfa wefreiddiol o sgil a gwaith tîm, aeth tim Blwyddyn 7 ac 8 ymlaen i'r rownd derfynol gan ddod yn fuddugol, gan drechu Ysgol Gyfun Gwyr gyda sgôr o 1-0 i hawlio'r plât.



Dangoswyd ymdrech ganmoladwy hefyd gan dimau Blynnyddoedd 9 a 10, er nad oeddent yn symud ymlaen heibio i lwyfan y grŵp, roeddent yn wynebu gwrthwynebwyr aruthrol gyda gwynnwch a phenderfyniad.

Estynnwn ein diolch diffuant i'r Clwb Rotari am eu nawdd hael i'r citiau pêl-droed, a wisgwyd yn falch am y tro cyntaf, ac i Alana Lewis am ei hanogaeth amhrisiadwy, ei chefnogaeth, ac am hwyluso cyfranogiad y merched yn y twrnaint.

Congratulations to the pupils of Ysgol Uwchradd Tywyn who participated in the Urdd National Football Tournament in Aberystwyth last Friday, competing against teams from across Wales. In a thrilling display of skill and teamwork, the Year 7 & 8 team advanced to the final and emerged victorious, defeating Ysgol Gyfun Gwyr with a score of 1-0 to claim the plate.

A commendable effort was also shown by the Years 9 & 10 teams, despite not progressing past the group stage, they faced formidable opponents with resilience and determination.

We extend our sincere gratitude to the Rotary Club for their generous sponsorship of the football kits, which were proudly worn for the first time, and to Alana Lewis for her invaluable encouragement, support, and for facilitating the participation of the girls in the tournament.



Pêl-droed dan 16 oed Ysgolion Gwynedd / Gwynedd Schools under 16 football

Llongyfarchiadau i Scott Moncrieff, Tomos Evans, ac Alfie Davies o Ysgol Uwchradd Tywyn, yn ogystal â holl garfan pêl-droed Dan-16 Ysgolion Gwynedd, ar eu buddugoliaeth ragorol yng Nghwpan Cymdeithas Pêl-droed Ysgolion Cymru!

Daeth y gêm derfynol, a gynhaliwyd yn y Drenewydd, i ben gyda gornest giciau o'r smotyn llawn cyffro lle dangosodd y tîm eu medr, penderfyniad, a gwaith tîm i sicrhau'r fuddugoliaeth.

Mae'r cyflawniad gwyh hwn yn dyst i'w gwaith caled a'u hymroddiad drwy gydol y tymor. Da iawn i'r holl chwaraewyr, hyfforddwy, a chefnogwyr a gyfrannodd at y llwyddiant cofiadwy hwn!



Congratulations to Scott Moncrieff, Tomos Evans, and Alfie Davies from Ysgol Uwchradd Tywyn, as well as the entire Gwynedd Schools Under-16 football squad, on their remarkable victory in the Welsh Schools Football Association Cup!

The final match, held in Newtown, culminated in a nail-biting penalty shootout where the team showcased their skill, determination, and teamwork to secure the win.

This fantastic achievement is a testament to their hard work and dedication throughout the season. Well done to all the players, coaches, and supporters who contributed to this memorable success!

Rygbi o dan 14 Dolgellau / Dolgellau Under 14's Rugby



Yn ystod hanner tymor, cafodd pedwar bachgen o flwyddyn 8 brofiad anhygoel o chwarae rygbi ar Barc yr Arfau, Caerdydd fel rhan o dîm rygbi o dan 14 Dolgellau. Roedd y gêm yn rhan o ddigwyddiad i godi arian at Ganolfan Ganser Felindre.

Bu **Wil Pugh, Callum Brazier, Iwan Roberts** a **Harri Davies** yn chwarae i dîm Dolgellau a enillodd yn erbyn y Valley Ravens 49-13. Roedd yn gêm gyffrous a oedd werth ei weld. Da iawn fechgyn!

During half term, four boys from year 8 had the amazing experience of playing rugby on Cardiff Arms Park as part of the Dolgellau U14s team. The game was a part of a charity event to raise money for the Velindre Cancer Centre. **Wil Pugh, Callum Brazier, Iwan Roberts** and **Harri Davies** played for the Dolgellau team that beat the Valley Ravens 49-13. It was an exciting game and worth making the trip to Cardiff. Well done boys!