



10/03/2014

CHWARAEON/SPORT

Athletau/Athletics

Dyma rhestr enwau y disgyblion a cafodd eu dewis i Dîm Athletau Dan Do Gogledd Orllewin Cymru a fydd yn cystadlu yng Nghwmbran dydd Sul 9 Mawrth.

Below is a list of pupils who have been chosen for the North West Wales Indoor Athletics Team who will be competing in Cwmbran on Sunday 9 March.

Gwenli Griffith
Erin Maloney
Sasha Cowley
Jack Davies
Guto Davies
Robert Boyes
Cai Roberts
Emily Ridges
Grace Eickman
Glesni Tegid
Hattie Bulloch
Alex Burgess
Jack Brookes
Luke Harris
Tom Scorer
Alex Boss

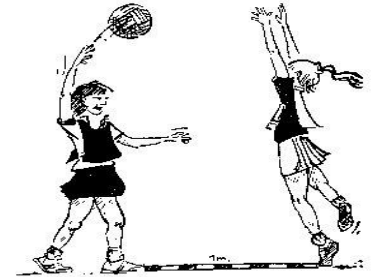
Hoci /Hockey

Llongyfarchiadau i Anna Hume 100 ar gael ei dewis i chwarae i dîm Hoci dân 16 Gogledd Cymru.

Congratulations to Anna Hume 100 who has been chosen to play for the North Wales Under 16s Hockey Team.



Pêl-rwyd/Netball



Llongyfarchiadau mawr i dîm dan 16 Pêl-rwyd ar ennill twrnament Eryri. Pob lwc iddynt yn nhwrnament Cymru yng Nglannau Dyfrdwy ar 29 Fawrth.

A huge congratulations to the Under 16s Netball Team on winning the Eryri Tournament. Good luck to them in the Welsh Championships in Deeside on 29 March.

YDH 12 v 10 Friars

YDH 6 v 4 Aberconwy

YDH 9 v 4 Dyffryn Nantlle

YDH 11 v 7 Rydal

YDH 11 v 2 Ysgol y Berwyn

5X60

Bydd sesiwn ffitrwydd/ras rhwystrau yn y neuadd chwaraeon **amser cinio dydd Llun** 10 Mawrth i ddathlu 'Sport Your Trainers Day' gyda'r Gemau Gymanwlad.

Fitness session/obstacle race in the sports hall **lunchtime Monday** 10 March to celebrate 'Sport Your Trainers Day' with the Commonwealth Games.



10/03/2014

TAITH NODDEDIG/SPONSORED CYCLE

Yn ystod mis Chwefror eleni, cododd Mr Philip Owen oddeutu £2500 i Ysbyty plant Alder Hey drwy feicio 450 milltir o Lanfairpwll i Lands' End yng Nghernyw. Plentyn Mr Owen yw Celt, disgybl blwyddyn 8 yn Ysgol David Hughes sydd yn aml yn gorfod ymweld ag Ysbyty Alder Hey ar gyfer trin clefyd ar ei arennau. Penderfynodd Mr Owen i gynnal y daith feicio i ddiolch i staff Alder Hey am yr oriau o waith caled y maent wedi rhoi i ofalu am Celt. Mae nawr yn ôl adref ac yn barod i gyflwyno'r arian i Alder Hey.

Mae'r ysbyty yn Lerpwl yng nghanol prosiect mawr i godi £30 miliwn ar gyfer offer i'r ysbyty newydd y maent wrthi yn ei adeiladu, a diolch i Mr Owen a thrigolion yr ardal, maent yn nes at eu targed.

Yn y llun, gallwch weld Mr Owen a Celt yn derbyn sic e am arian a godwyd gan ddisgyblion a staff yr ysgol tuag at ei ymdrech. Cyflwynwyd sic e o £1476.64 a gasglwyd drwy wahanol weithgareddau gan gynnwys gwasanaeth Nadolig, diwrnod di-wisg, canu carolau a rhoddion. Yn y llun hefyd mae Pennaeth Blwyddyn 8, Mr Alun Roberts, a thri o gynrychiolwyr y flwyddyn, sef Guto Tegid, Iestyn Jones a Llinos Williams.

Ar ran Mr Owen, Celt ac Alder Hey, diolch yn fawr iawn i bawb a gyfrannodd, mae'n sicr y bydd Alder Hey yn ddiolchgar iawn o'r rhodd.



During February of this year, Mr Philip Owen raised approximately £2,500 towards Alder Hey Hospital by cycling 450 miles from Lanfairpwll to Lands End in Cornwall. Mr Owen's son Celt is a pupil in year 8 in Ysgol David Hughes who often has to visit Alder Hey Hospital for treatment for his kidney disease. Mr Owen decided to undertake the sponsored bike ride to thank all the staff at Alder Hey for their hours of excellent treatment he receives when admitted. He's now back home and ready to present the proceeds to Alder Hey

The hospital in Liverpool is at present in the middle of a project to raise £30 million to purchase equipment for the new hospital that is presently being built, and thanks to Mr Owen and his friends from the area they are nearer to their target.

In the picture, you will see Mr Owen and Celt being presented with a cheque for £1476.64 from staff and pupils towards the cause. Also in the picture is Mr Alun Roberts, Head of Year 8 and 3 of Celt's fellow pupils, Guto Tegid, Iestyn Jones and Llinos Williams.

On behalf of Mr Owen, Celt and Alder Hey I would like to thank everyone who contributed, I'm sure Alder Hey will be very grateful for the donation.

Guto Tegid



10/03/2014

Triathlon Iau Llangefni Llangefni Junior Triathlon

Dydd Sul/Sunday 23.03.2014

Bydd y digwyddiad hwn yn cael ei gynnal yng Nghanolfan Hamdden Plas Arthur ac Ysgol Gyfun Llangefni i blant iau 8 – 16 oed. Bydd y digwyddiad nofio hwn yn y pwll a bydd y cymalau beicio a rhedeg yn digwydd ar y gwair.

The event will take place at Plas Arthur Leisure Centre and Ysgol Gyfun Llangefni for juniors aged 8 – 16. The swim even is pool based and the bike and run section will take place on grass.

Tristart 8 oed/years
T1 9 i/to 10 oed/years
T2 11 i/to 12 oed/years
T3 13 i/to 13 oed/years
leuenctid/Youth 15 i/to 16 oed/years
Super Sprint Agored/Super Sprint Open 8 – 16 oed/years

Cais ar-lein/Online entry
£6 + £1 Ffi/Fee

Neu £10 ar y diwrnod/Or £10 on the day

Cofrestru/Register 11am Ysgol Gyfun Llangefni

www.ruthinristars.co.uk



Y GYFRAITH/LAW

Unrhyw ddisgybl Blwyddyn 11 sydd â diddordeb yn astudio'r Gyfraith weld Miss Emma Roberts yn ystod amser egwyl dydd Mercher (12.03.14) yn ystafell 112.

Any Year 11 pupils with an interest in studying Law is to see Miss Emma Roberts during break on Wednesday (12.03.14) in Room 112.

