



20/04/2012

DATHLIADAU 100 O DDIWRNODIAU I FYND TAN Y GEMAU OLYMPAIDD/100 DAYS UNTIL THE OLYMPIC GAMES CELEBRATIONS

Bu nifer o ddisgyblion Blwyddyn 7 ym Mhlas Arthur, Llangefni yn cymeryd rhan mewn nifer o weithgareddau amrywiol sef, nofio, saethyddiaeth, ffensio, judo, pêl fased cadair olwyn, codi pwysau hefo Gareth Evans sy'n cystadlu yn y gemau, pêl-droed, athletau a badminton i ddathlu fod 100 o ddiwrnodiau i fynd tan cychwyn y gemau. 'Roedd 'Wenlock', mascot y gemau yno a chafodd pawb ddiwrnod i'w gofio!

A number of Year 7 pupils visited Plas Arthur, Llangefni to take part in a variety of activities – swimming, archery, fencing, judo, wheel chair basketball, weightlifting with Gareth Evans who is competing in the games, football, athletics and badminton to celebrate that there were 100 days until the start of the games. 'Wenlock' the Olympics mascot was there and everyone had a day to remember!



TRAWS GWLAD/CROSS COUNTRY

Llongyfarchiadau mawr i Mollie Davies, Blwyddyn 9 am ddod yn 10fed drwy Brydain yng Nghystadleuaeth Traws Gwlad ym Mherth, Yr Alban dros y Pasg. Fe lwyddod tîm genod lau Cymru ddod yn 3ydd.

Congratulations to Mollie Davies, Year 9 on coming 10th throughout Britain in a Cross Country competition in Perth, Scotland over Easter. The Welsh Girls Junior team came 3rd overall.

YMARFERION ATHLETAU/ATHLETICS PRACTICE

NAID UCHEL – dydd Llun a dydd Mawrth am 1pm yn y Neuadd Chwaraeon

TAFLU/NAID HIR/NAID DRIPHLYG – dydd Llun, Mawrth, Mercher a Iau am 1pm yn y Neuadd Chwaraeon

I bawb o Flwyddyn 8-11 sydd eisiau cystadlu yn Athletau Môn ar 11 Mai 2012. Cofiwch ddod a gwisg addas.

HIGH JUMP – Monday and Tuesday at 1pm in the Sports Hall

THROWING/LONG JUMP/TRIPLE JUMP – Monday, Tuesday, Wednesday, Thursday at 1pm in the Sports Hall

For all pupils in Year 8-11 who wish to compete at the Anglesey Athletics on 11 May 2012. Remember to bring suitable clothing.

