



GYMNASTEG ERYRI GYMNASTICS

Cynhaliwyd Cystadleuaeth Gymnast Profiadol ym Mhenygroes dydd Sul, 25 Tachwedd 2012.

An **Experienced Gymnast Competition** was held at Penygroes on Sunday, 25 November 2012.

Yn cynrychioli'r ysgol 'roedd/Representing the school were:

Dan/Under 13 – **Sasha Cowley 7M** **2il/2nd**
Dan/Under 19 - **Mared Gruffydd 12E** **3ydd/3rd**



Hefyd ar y 28 Tachwedd 2012 'roedd Ysgol David Hughes yn cystadlu mewn Cystadleuaeth Gymnasteg Canolradd/Nofis yng Nghanolfan Tennis Caernarfon.

Bu llawer o ddisgyblion yn cymeryd rhan, gwelir y canlyniad isod.

Also on the 28 November 2012 Ysgol David Hughes took part in a Competition for Intermediate/Novice Gymnasts at the Caernarfon Tennis Centre.

Many pupils competed and here are the results:

Lowri Owen 7Y Nofis/Novice **3ydd/3rd**
Alex Boss 9O Canolradd/Intermediate **1af/1st**



30/11/2012

Tîm Genethod Nofis Blwyddyn 7/Girls Novice Team Year 7
2il/2nd

Lowri Owen 7Y
Nieve Lindley 7E
Jade Flinn 7Y
Cara Leung 7Y



Tîm Bechgyn Canolradd Blwyddyn 9
Boys Intermediate Team Year 9

1af/1st

Alex Boss 9O
Gavin-Wyn Williams 9M
Kane Roberts 9Y
Huw Edwards 9M

Llongyfarchiadau iddynt i gyd ac i bawb a fu'n cystadlu. Roedd dros 280 o blant yn cystadlu drwy Eryri.

Congratulations to all the pupils who took part. There were over 280 children competing throughout Eryri.





30/11/2012



Llongyfarchiadau i **Lora Jones 11R, Davey Brooks 11N, Lauren Ridges 11E, Awel Medi Evans 12E, Connor Lavery 12I, Aerin Vaughan 12M, a Jess Flint 12M** am cael eu dewis fel Llysgenhadon Chwaraeon Ynys Môn 2012-2013.

Congratulations to **Lora Jones 11R, Davey Brooks 11N, Lauren Ridges 11E, Awel Medi Evans 12E, Connor Lavery 12I, Aerin Vaughan 12M, and Jess Flint 12M** on being selected as Anglesey Sports Ambassadors for 2012-2013.



Gwersi Pel-droed / Pel Fasged / Badminton / Rygbi i bechgyn a genethod ar ôl Ysgol **pob nos lau 3.30yp-4.30yp** yn yr Neuadd Chwaraeon – Croeso i unrhyw un ddod lawr.

Football / Basketball / Badminton / Rugby sessions for Boys and Girls after school **every Thursday 3.30pm-4.30pm** in the Sportshall – All pupil welcome.



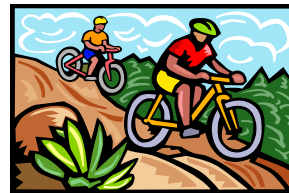
Gwersi Caiacio yn Canolfan Hamdden Plas Arthur **pob nos Fercher 5.20yp-6.15yp** i ddisgyblion Ysgol David Hughes – AM DDIM – Troi i fyny a mwynhau.

Indoor Kayaking sessions at Plas Arthur Leisure Centre **every Wednesday evening 5.20pm-6.15pm** for David Hughes pupils – FOR FREE – Just turn up and enjoy.



Unrhyw ddisgybl gyda diddordeb mynd ar daith beicio mynydd i fynd i weld Barry Edwards y Swyddog 5x60. Hefyd unrhyw ddisgyblion gyda diddordeb cael gwersi sgio yn y flwyddyn newydd yn Llandudno (6 gwrs am £36) ewch i weld y swyddog 5x60.

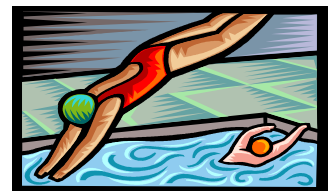
Any pupils interested in going on a mountain biking visit to see Barry Edwards the 5x60 Officer. Also any pupils interested in skiing sessions in Llandudno in the new year (6 lessons for £36) to see the 5x60 officer.



Gwersi spinning (beicio) i genethod Ysgol David Hughes **pob amser cinio Dydd Gwener** yn y Neuadd Chwaraeon.

Spinning sessions (bikes) for Ysgol David Hughes girls **every Friday lunchtime** in the Sportshall.

Gwersi nofio am ddim i ddisgyblion **blwyddyn 7 a 8** sydd yn methu nofio. Yn pwll nofio Canolfan Hamdden Plas Arthur **pob dydd rhwng 10-14 Rhagfyr a 17-20 Rhagfyr 4yp – 4.45yp**. Am fwy o wybodaeth ewch i weld y swyddog 5x60.



Free swimming lessons for pupils in Year 7 and 8 that can't swim. In the pool at Plas Arthur Leisure Centre every day between **December 10-14 & 17-20 4pm-4.45pm**. For more information please see the 5x60 Officer.