



Polisi Bwyd a Ffitrwydd Ysgol Gyfan

Ysgol Gymraeg Ifor Hael

Whole School Food and Fitness Policy

Dyddiad/Date: *February 2017*

Dyddiad adolygu/Review date: *February 2020*

Introduction

This policy will enable schools to link the positive effects that diet and physical activity can bring to childrens' physical, mental and emotional well being.

A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) 2013 Regulations (which legislates previous Appetite for Life guidance). This sets out to improve the nutritional standards of food and drink provided in schools in Wales, whilst '**Creating an active Wales**', the Welsh Government Strategy for Sport and Active Recreation outlines ways to increase physical activity levels.

A recent report from the Chief Medical Officers '**Start Active, Stay Active**' states that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours **every** day.

When introducing a new Food and Fitness policy in our school, we consulted with:

- The school council.
- The school catering staff.
- The named person responsible for the policy (Miss R Fidler)
- The named governor responsible for the policy (Mr C Chapman)
- The governing body and teaching staff.

At Ysgol Gymraeg Ifor Hael we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping children and young people, and their future health.

We encourage a whole school community approach to food and fitness. The head teacher, staff and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle. Additionally, Ysgol Gymraeg Ifor Hael uses non-food rewards such as praise, stickers, games and star charts rather than confectionery.

We are committed to providing high quality inclusive PE lessons and health related exercise and work in partnership with Healthy Schools, PESS, Dragon Sports and other Community Sports organisations. A combination of all of these different aspects will ensure physical literacy levels of pupils will increase. Physical literacy is the development of fundamental skills such as running, jumping, throwing and catching from an early age so pupils can carry out these actions effectively.

The school will not advertise branded food and drink products on school premises, school equipment or books, and will ensure that any collaboration with business does not require endorsement of brands or specific company products high in fat, sugar or salt.

Aims

- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain life-long active life-styles and healthy eating habits
- To ensure that food and nutrition and physical activity become integral to the overall value system of the school and a common thread of best practice runs through the curriculum, the school environment and links with the wider community
- To develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the delivery of services, curriculum messages and the supporting environment.
- To ensure that pupils, teachers, parents, governors and all members of the wider school community are stakeholders and contribute to the aims and objectives of this policy.

Objectives

- To promote pupil participation and decision making in all aspects of food and fitness activities

- To ensure that activities related to food and fitness provided for pupils throughout the day are inclusive and consistent with curriculum guidance and Welsh Government regulations.
- To work in partnership with School Meal Providers (Chartwells) to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- To offer a broad range of inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels.
- To ensure that all physical activity and physical play is inclusive and/or a disability specific alternative is available.
- To ensure parents are informed about making healthy snack and lunchbox choices.

Implementation and Monitoring

- The named person responsible for co-ordinating the policy is Miss R Fidler.
- The governing body will take responsibility for the Food and Fitness policy and will nominate a link governor (Mr C Chapman).
- The School Council / Eco Committee are actively involved with the implementation of the Food and Fitness policy
- The Senior Management Team will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Food and Fitness Policy.
- The Senior Management Team and governors will monitor progress at regular intervals.

Physical Activity within the Curriculum

- The school is committed to providing 2 hours of timetabled, quality physical activity per week for every pupil.
- Opportunities for cross curricular links are explored and developed: Science / PSE – highlighting the health benefits of regular exercise.
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted.

Extra Curricular Physical Activity / Active Play

- There is a range of inclusive after school clubs appropriate to pupils across the entire age range.
- The school utilises Dragon Sport and PESS where appropriate
- Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity.
- The playground is 'zoned' into different activity areas to encourage all pupils to participate in activity during break and lunchtimes that is suitable to their ability.
- Children who are above a healthy weight can be referred to MEND (Mind, Exercise, Nutrition, Do it) where families get fit and healthy for free.

Outdoor Education

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds/local allotments.
- Pupils have the opportunity to join the school gardening club.
- The school aims to promote seasonal food produce.
- The school promotes environmental and sustainable initiatives such as Eco Schools and Forest Schools. Mrs E Rickus (Coordinator).

School Meals

- All school meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Healthy options are promoted which gives pupils the opportunity to try new foods.

Free School Meals

- This school considers free school meals as an important part of the social inclusion/child poverty agenda.
- Parents are sent regular reminders to ensure that they are made aware of their potential eligibility, and reassured about how the system works at school (pupils who are eligible for free meals are not prevented from sitting with their friends who may bring sandwiches from home.)
- The uptake of free school meals is considered a key indicator for school performance .
- Steps are taken to protect the identity of pupils receiving Free School Meals.

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
- Pupils are involved in food preparation and cooking skills development and develop an understanding of food hygiene through their learning
- cross-curricular links are made by cooking in relevant contexts across the curriculum
- Pupils learn about healthy balanced diet using the latest resources eg The Eatwell Plate
- Pupils have an opportunity to see how food choices are affected by many factors including the media and the messages they convey (eg fizzy drinks without sugar)
- Pupils have an opportunity to learn about growing food / food production and issues of sustainability, food miles, food waste, seasonal food, recycling and composting.

Healthy Lunchboxes (Appendix A: Drinks permitted in school)

- WG Information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake.
- Children are educated on the content of a healthy packed lunch.
- A Healthy Packed Lunch leaflet has been developed and distributed to parents.
- All pupils are encouraged to recognise their '5 a day' portions in their lunchboxes

Healthy Breakfast Club

- The school has a Welsh Government Free Breakfast Club running in the school providing nutritionally balanced food.
- The school supports and takes part in promoting Healthy Breakfasts via newsletters, posters, school web site, displays etc.

Fruit

- Only fresh fruit & fresh milk are available during snack times.
- The School Council/ Eco-committee are consulted in decisions to support the uptake of fruit snacks during play times.

School Milk

- Free milk is offered to all Foundation Phase pupils each day.
- Cleanliness in refrigerators is maintained and temperatures are recorded for safety.

Drinking Water

- Children have access to fresh, clean water at school throughout the school day.
- The school promotes 'Water Bottles on Desks'.

Oral Health

- The school is part of 'Designed to Smile' which is an NHS Dental programme funded by the Welsh Government helping children to have healthier teeth. (Foundation Phase)
- The school actively promotes oral health messages for example, tooth-brushing twice a day, limit sugary food, healthy snacks, fruit, milk and water at break times.
- The school advises its pupils and parents to visit a dentist on a regular basis.
- The school encourages the use of mouth guards for contact sports to reduce the risk of oro-facial injuries.

Useful Links

Welsh network of Healthy School Schemes –

www.wales.gov.uk/topics/health/improvement/schools/schemes

Physical Activity

30, 40, 50 Club – <http://www.welshathletics.org/schools.aspx>

Climbing Higher – <http://wales.gov.uk/topics/cultureandsport/sportandactivererecreation/climbing>

Dragon sport – www.sportwales.org.uk

Eco-schools – www.eco-schools.org

In Perspective Food and Fitness –

<http://wales.gov.uk/topics/health/improvement/index/perspective/?lang=en>

In The Zone – <http://www.getinthezone.org.uk/>

PE and School Sport (PESS) – <http://www.sportwales.org.uk/community-sport/education/pe--school-sport.aspx>

Physical activity and Nutrition Network for Wales – www.physicalactivityandnutritionwales.org.uk

Safe Routes to School – www.saferoutestoschools.org.uk

The Class Moves! – www.wales.gov.uk/topics/health/improvement/index/class

The Health Promoting Playground – www.wales.gov.uk/topics/health/improvement/index/playground

Sport Wales, What is Physical Literacy - <http://www.youtube.com/watch?v=R8PIXqp3JpA>

Nutrition

Appetite for Life – www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink

Healthy Eating in Schools (Wales) Measure 2009

www.legislation.gov.uk/mwa/2009/3/contents

British Nutrition Foundation – www.nutrition.org.uk

Cooking Bus – www.wales.gov.uk/topics/health/improvement/schools/cooking

Farmhouse Breakfast Week – www.hgca.com/breakfast

Food in the School Curriculum in Wales –

<http://wales.gov.uk/topics/educationandskills/schoolshome/curriculuminwales/guidanceresources/foodandfitness>

Fruity Friday – www.fruityfriday.org

Primary School Free Breakfast Initiative –

www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/breakfast

Think Healthy Vending – www.wales.gov.uk/topics/health/improvement/index/vending

Think Water – www.wales.gov.uk/topics/health/improvement/index/water

Food Competencies – www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/

Eatwell Plate – www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf

Food & Fitness

British Heart Foundation – www.bhf.org.uk

Food and Fitness – promoting healthy eating and physical activity for children and young people in Wales. Five Year Implementation plan – <http://wales.gov.uk/topics/health/improvement/index/plan>

Health Challenge Wales – <http://wales.gov.uk/hcwsuite/healthchallenge>

Mend, a Weight Management programme for children- www.mendprogramme.org

Change For life – www.change4lifewales.org.uk

Rural regeneration Unit – www.ruralregeneration.org.uk

APPENDIX A:

Drinks that are permitted in primary schools * At meal times only, not at break times ** Rice milk is not recommended for pupils under five years old	Drinks that are not permitted in primary schools
Plain water – still or carbonated	Squash of any kind, including sugar free squash.
Plain milk – semi skimmed or skimmed.	Flavoured waters including sugar free flavoured water.
Fruit juice* – still or carbonated	Sports or energy drinks
Vegetable juice – still or carbonated	Fizzy soft drinks including diet or sugar free fizzy drinks, e.g. cola, lemonade
Plain soya, plain rice** or plain oat drinks.	Fruit juice or vegetable juice combined with plain milk or plain yoghurt (eg dairy smoothies)
Fruit juice combined with water* - still or carbonated	Fruit juice or vegetable juice combined with plain soya, plain rice or plain oat drinks
Vegetable juice combined with water* – still or carbonated	Flavoured milk, yoghurt or soya, rice or oat drinks
Blended drinks* - a drink made singly or in combination with a blend or puree of fruit, vegetables, fruit juice or vegetable juice.	Tea or coffee
	Hot chocolate

Cyflwyniad i'r polisi

Bydd y polisi hwn yn galluogi ysgolion i gysylltu effeithiau cadarnhaol deiet a gweithgarwch corfforol o ran lles corfforol, meddwl ac emosiynol plant.

Mae deiet gwael a diffyg gweithgarwch corfforol yn gwneud cyfraniad mawr o ran cynyddu lefel gordewdra a phroblemau iechyd cysylltiedig ymhlith plant. Mewn ymateb i'r pryderon hyn lluniodd Llywodraeth Cymru Reoliadau Bwyta'n Iach mewn Ysgolion (Gofynion a Safonau Maeth) (Cymru) 2013 (sy'n deddfu canllawiau blaenorol Blas am Oes). Mae'n nodi ffyrdd o wella safonau maeth y bwyd a'r ddiod a ddarperir yn yr holl ysgolion cynradd, uwchradd ac arbennig ac unedau cyfeirio disgyblion a gynhelir gan Awdurdodau Lleol yng Nghymru.

Mae '**Creu Cymru Egniol**', Strategaeth Llywodraeth Cymru dros Chwaraeon a Hamdden Actif, yn amlinellu ffyrdd o gael plant i fod yn fwy actif. Mae adroddiad diweddar gan Brif Swyddogion Meddygol y DU, 'Start Active, Stay Active', yn nodi y dylai plant a phobl ifanc wneud gweithgarwch corfforol cymedrol i egniol am o leiaf 60 munud a hyd at sawl awr **bob** dydd.

Wrth gyflwyno polisi Bwyd a Ffitrwydd newydd yn ein hysgol, buom yn ymgynghori â:

- Y cyngor yr ysgol
- Y staff arlwyo
- Y person a enwir sy'n gyfrifol am y polisi (Miss R Fidler)
- Y llywodraethwr a enwir sy'n gyfrifol am y polisi (Mr C Chapman)
- Y corff llywodraethol a'r staff addysgu.

Yn Ysgol Gymraeg Ifor Hael rydym wedi ymrwmo i annog ein disgyblion i fyw bywydau egniol ac iach. Credwn y bydd plant iach yn gallu manteisio'n llawn ar y cyfleoedd addysgol sy'n cael eu darparu gan yr ysgol. Mae'r bartneriaeth gartref a'r ysgol yn hanfodol wrth lunio iechyd plant a phobl ifanc, yn y dyfodol.

Rydym yn annog agwedd cymuned ysgol gyfan at fwyd a ffitrwydd. Bydd y pennaeth, y staff a'r corff llywodraethu'n sicrhau bod y bwyd a ddarperir gan Chartwells a'r cyngor a roddir i ddisgyblion yn yr ysgol yn hyrwyddo ffordd o fyw iach a gweithgar. Yn ogystal, mae Ysgol Gymraeg Ifor Hael yn defnyddio gwobrau nad dydynt yn fwyd, megis moliant, sticeri, gemau a siartiau sêr yn hytrach na melysion, lle'n berthnasol.

Rydym wedi ymrwmo i ddarparu gwersi o ansawdd uchel cynhwysol Addysg Gorfforol ac ymarfer sy'n gysylltiedig ag iechyd ac yn gweithio mewn partneriaeth ag Ysgolion Iach, PESS, Campau'r Ddraig a sefydliadau Chwaraeon Cymunedol eraill. Bydd cyfuniad o'r holl agweddau gwahanol hyn yn sicrhau bydd lefelau llythrennedd corfforol y disgyblion yn cynyddu. Llythrennedd corfforol yw'r datblygiad o sgiliau sylfaenol megis rhedeg, neidio, taflu a dal o oed cynnar er mwyn i ddisgyblion gyflawni'r gweithredoedd hyn yn effeithiol.

Ni fydd yr ysgol yn hysbysebu cynnyrch bwyd a diodydd 'brand' ar safle'r ysgol, offer ysgol neu lyfrau, a bydd yn sicrhau nad yw unrhyw gydweithrediad â busnesau yn mynnu ar dystio brandiau neu gynhyrchion cwmni penodol sy'n uchel mewn braster, siwgr neu halen.

Nodau

- Gwella iechyd cymuned yr ysgol gyfan drwy arfogi disgyblion â'r wybodaeth a'r sgiliau i sefydlu a chynnal arferion bwyta'n iach o fyw gydol oes
- Sicrhau bod bwyd a maethiad a gweithgarwch corfforol yn dod yn rhan annatod o system gwerthoedd cyffredinol yr ysgol a bod haen gyffredin o arfer gorau yn rhedeg drwy'r cwricwlwm, amgylchedd yr ysgol a chysylltiadau â'r gymuned ehangach
- Sicrhau bod disgyblion, athrawon, rhieni, llywodraethwyr a phob aelod o'r gymuned ysgol ehangach yn rhan-ddeiliaid ac yn cyfrannu at nodau ac amcanion y polisi hwn.

Amcanion

- Hyrwyddo cyfranogiad disgyblion a gwneud penderfyniadau ym mhob agwedd o weithgareddau bwyd a ffitrwydd
- Sicrhau bod gweithgareddau sy'n gysylltiedig â bwyd a ffitrwydd a ddarperir ar gyfer y disgyblion drwy gydol y dydd yn gynhwysol ac yn gyson ag arweiniad y cwricwlwm a rheoliadau Llywodraeth Cymru.
- Gweithio mewn partneriaeth gyda Darparwyr Prydau Ysgol (Chartwells) i sicrhau bod negeseuon cyson am safonau maeth a ffyrdd iach o fyw yn cael eu rhoi i'n disgyblion.

- Cynnig amrywiaeth eang o chwaraeon cynhwysol, diogel ac ysgogol dan do ac awyr agored, gweithgareddau chwarae a hamdden sy'n datblygu lefelau llythrennedd corfforol yn barhaus.
- Sicrhau bod yr holl weithgarwch corfforol a chwarae corfforol yn gynhwysol
- Sicrhau bod rhieni yn cael gwybod sut i wneud dewisiadau byrbrydau a bocsys bwyd iach.

Gweithredu a Monitro

- Y person a enwir sy'n gyfrifol am gydlynu'r polisi yw Miss R Fidler.
- Bydd y corff llywodraethol yn cymryd cyfrifoldeb am y polisi Bwyd a Ffitrwydd a bydd yn enwebu llywodraethwr cyswllt (Mr C Chapman).
- Bydd y Cyngor / Pwyllgor Eco Ysgolion yn cymryd rhan weithredol wrth weithredu'r polisi
- Bydd yr Uwch Dîm Rheoli yn sicrhau bod digon o hyfforddiant ac adnoddau digonol ar gyfer staff sy'n ymwneud â chyflwyno nodau ac amcanion Polisi Bwyd a Ffitrwydd yr ysgol.
- Bydd yr Uwch Dîm Rheoli a'r llywodraethwyr yn monitro cynnydd yn rheolaidd.

Gweithgareddau Corfforol yn y Cwricwlwm

- Mae'r ysgol yn ymrwymedig i gynnig dwy awr yr wythnos o addysg gorfforol o safon fel rhan o'r amserlen i bob disgybl
- Ystyrir a datblygir cyfleoedd i greu cysylltiadau trawsgwricwlaidd (e.e. Gwyddoniaeth / ABCh / Daearyddiaeth) sy'n amlgu manteision iechyd ymarfer corff rheolaidd
- Hyrwyddir cyfleoedd i ddatblygu addysg awyr agored anturus, ag elfen gorfforol yn rhan ohoni e.e. cyfeiriadu, datrys problemau

Gweithgareddau corfforol a chwarae actif allgyrsiol

- Mae ystod o glybiau ar ôl ysgol ac amser cinio sy'n gynhwysol a/neu'n benodol i ddisgyblion anabl ac sy'n briodol i ddisgyblion o bob oedran
- Mae'r ysgol yn defnyddio Campau'r Ddraig / mentrau 5x60 i gefnogi gweithgareddau allgyrsiol, lle'n berthnasol
- Cefnogir chwarae actif amser cinio/amser egwyl drwy farciau iard chwarae/parthau ac offer chwarae
- Mae gan yr ysgol iard chwarae ac ardaloedd chwaraeon a hamdden priodol sy'n ddiogel ac yn addas at y diben
- Gall teuluoedd cael eu cyfeirio at MEND ydynt yn poeni am bwysau eu plant

Cyfleoedd Addysg Awyr Agored a Garddio

- Fel rhan o'r cwricwlwm, caiff disgyblion eu hannog i dyfu ffrwythau a llysiau ar dir yr ysgol / rhandiroedd lleol.
- Caiff disgyblion ym mhob grŵp oedran gyfle i ymuno â chlwb garddio ar ôl ysgol / amser cinio
- Mae'r ysgol yn cyfrannu at fentrau amgylcheddol a chynaliadwyedd fel Ego-Sgolion ac Ysgolion Coedwig. Cydlynnydd – Mrs E Rickus

Prydau Ysgol

- Mae prydau ysgol yn cydymffurfio â Rheoliadau Bwyta'n Iach mewn ysgolion (Gofynion a Safonau Maeth) (Cymru) 2013
- Mae dewisiadau iach yn cael ei annog sy'n rhoi siawns i'r plant trio bwydydd newydd.

Prydau Ysgol am Ddim (PYADD)

- Mae'r ysgol yn ystyried prydau ysgol am ddim fel rhan bwysig o'r agenda tlodi cynhwysiant / plentyn cymdeithasol.
- Mae rhieni yn cael eu atgoffa'n rheolaidd i sicrhau eu bod yn cael gwybod am eu cymhwyster posibl, (nid yw disgyblion sy'n gymwys i gael prydau am ddim yn cael eu hatal rhag eistedd gyda'u ffrindiau
- Mae'r nifer sy'n manteisio ar brydau ysgol am ddim yn cael ei ystyried yn ddangosydd allweddol ar gyfer perfformiad ysgolion.
- Cymerir camau i ddiogelu manylion adnabod disgyblion sy'n cael prydau ysgol am ddim.

Bwyd a Maeth yn y Cwricwlwm

- Addysgir disgyblion i ddeall y berthynas rhwng bwyd, gweithgarwch corfforol a manteision iechyd byrdymor a hirdymor
- Mae disgyblion ym mhob cam allweddol yn meithrin sgiliau paratoi a choginio bwyd ac yn datblygu dealltwriaeth o hylendid bwyd.
- Gwneir cysylltiadau trawsgwricwlaidd drwy goginio mewn cyd-destunau perthnasol yn y cwricwlwm
- Mae disgyblion yn dysgu am ddeiet cytbwys iach gan ddefnyddio'r adnoddau diweddaraf ee'Platiad Eatwell' yr Asiantaeth Safonau Bwyd
- Caiff disgyblion gyfle i weld sut effeithir ar ddewisiadau bwyd gan nifer o ffactorau gan gynnwys y cyfryngau a'r negeseuon gwrthdarol y gallent eu cyfleu (e.e. diodydd swigod heb siwgr)
- Caiff disgyblion gyfle i ddysgu am dyfu bwyd/cynhyrchu bwyd a materion fel cynaliadwyedd, milltiroedd bwyd, gwastraff bwyd, bwyd tymhorol, ailgylchu a chompostio.

Bocsys Bwyd

- Ar ddechrau pob blwyddyn academiaidd, caiff rhieni/gofalwyr wybodaeth am ginio sy'n faethol gytbwys a hylendid pecynnau bwyd
- Hyrwyddir pecynnau bwyd iach
- Mae'r ysgol wedi datblygu ffurflen ar gynnwys bocws bwyd iach
- Mae pob plentyn yn cael eu hannog i adnabod dogn '5 y dydd'

Clwb Brecwast

- Mae'r brecwast yn cydymffurfio â'r Canllawiau Statudol i Awdurdodau Lleol a Chyrff Llywodraethu ar Frecwast am Ddim mewn Ysgolion Cynradd (2014)
- Anogir rhieni a phlant i fanteisio ar frecwast am ddim ac mae'r ysgol yn hyrwyddo brecwast iach drwy gylchlythrau, gwaith cwricwlwm, gwefan yr ysgol, arddangosiadau ac ati

Ffrwyth

- Cynnigir ffrwyth neu llaeth yn unig yn ystod amser chwarae
- Mae'r Cyngor Ysgol/Eco yn cael eu ymgynghori mewn penderfyniadau megis ffrwyth yn ystod amser chwarae

Llaeth Ysgol

- Cynnigir llaeth am ddim i blant y Cyfnod Sylfaen pob dydd.
- Caiff oergelloedd eu glanhau bob diwrnod a chaiff y tymheredd ei gofnodi er diogelwch

Dŵr

- Mae dŵr yfed ffres ar gael i ddisgyblion am ddim bob amser
- Caiff disgyblion yfed faint o ddŵr a fynnant yn ystod y dydd ac anogir iddynt ddod â photel o ddŵr gyda nhw i wersi

Iechyd y Geg

- Mae'r ysgol yn rhan o raglenni Cynllun Gwên (Cyfnod Sylfaen)
- Mae'r ysgol yn hyrwyddo negeseuon am iechyd y geg (e.e. brwsio dannedd ddwywaith y dydd, cyfyngu ar fwyd/diodydd siwgr, byrbrydau iach, ffrwythau, llaeth, a dŵr yn ystod yr egwyl)
- Mae'r ysgol yn annog cysylltiadau rhwng yr ysgol a'r cartref drwy gyfranogiad rhieni/gofalwyr mewn prosiectau a gweithdai iechyd y geg (deintydd)
- Mae'r ysgol yn annog y defnydd o amddiffyniadau ceg wrth wneud chwaraeon cyswllt i leihau'r risg o anafiadau i'r geg/wyneb

Dogfennau Cysylltiedig

Mesur Bwyta'n Iach mewn Ysgolion (Cymru) 2009:

<http://www.legislation.gov.uk/mwa/2009/3/contents>

Rheoliadau Bwyta'n Iach mewn Ysgolion (Gofynion a Safonau Maeth) (Cymru) 2013:

<http://www.legislation.gov.uk/wsi/2013/1984/made>

Bwyta'n Iach mewn ysgolion a gynhelir: canllawiau statudol:

<http://learning.wales.gov.uk/resources/browse-all/healthy-eating-in-maintained-schools/?lang=cy>

Canllawiau statudol Brecwast am Ddim mewn Ysgolion Cynradd:

<http://learning.wales.gov.uk/resources/browse-all/free-breakfast-in-primary-schools/?lang=cy>

Canllawiau Dewis Dŵr LIC:

<http://gov.wales/topics/health/improvement/index/water/?skip=1&lang=cy>

Bwyd a Diod mewn Clybiau ar ol Ysgol (CLILC):

<http://www.wlga.gov.uk/publications-and-consultation-responses-III/healthy-eating-in-schools-laferschool-clubs-information>

Cyfrifoldebau llywodraethwyr o ran bwyd ysgol: Arweiniad i Benaethiaid a Llywodraethwyr (CLILC):

<http://www.wlga.gov.uk/publications-and-consultation-responses-III/governors-responsibilities-for-school-food-a-guide-for-headteachers-and-governors>

Mewn Persbectif – Bwyd a Ffitrwydd:

<http://gov.wales/topics/health/improvement/index/perspective/?skip=1&lang=cy>

Dringo'n Uwch (Strategaeth LIC):

<http://gov.wales/topics/cultureandsport/sportandactiver recreation/climbing/?lang=cy>

Gwefannau Defnyddiol:

Gweithgareddau Corfforol

Chwaraeon Caerdydd (gan gynnwys 5x60, Campau'r Ddraig): http://www.sportcardiff.com/content.asp?nav=2868,5924,5925&parent_directory_id=2865

Chwaraeon Cymru:

Llythrennedd Corfforol: <http://physicalliteracy.sportwales.org.uk/cy/> ac

<http://www.youtube.com/watch?v=R8PIXqp3JpA>

Chwarae i Ddysgu (3-7 oed): <http://www.sportwales.org.uk/communitysport/education/specialist-projects/play-to-learn.aspx> ac

<http://sportwales.org.uk/chwaraeoncymunedol/addysg/chwarae-i-ddysgu.aspx?lang=cy&>

Aml Sgiliau a Champau'r Ddraig (7-11 oed): <http://sport.wales/chwaraeoncymunedol/addysg/aml-sgiliau-a-champau'r-ddraig.aspx?lang=cy&>

Sustrans – Teithio Actif: <http://www.sustrans.org.uk/cymru>

Clwb 30 40 50: <http://www.welshathletics.org/schools/teacher-education.aspx>

Brake Road Safety (digwyddiadau cerdded): <http://brake.org.uk/walkingbus>

Maeth

Yr Asiantaeth Safonau Bwyd: <http://www.food.gov.uk/>

Cymwyseddau Bwyd yr Asiantaeth Safonau Bwyd:

www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/

Sefydliad Maeth Prydain: www.nutrition.org.uk a 'Food a Fact of Life':

<http://www.foodafactoflife.org.uk/>

Focus on Food: <http://www.focusonfood.org/index>, gyda dolenni i'r Fframwaith Llythrennedd a

Rhifedd: http://www.focusonfood.org/case_reader?id=19

Ysgol Goginio Focus on Food (ryseitiau a fideos sgiliau coginio):

<http://www.focusonfoodcookscool.co.uk/>

Wythnos Frecwast Shake Up your Wake Up:

<http://www.shakeupyourwakeup.com/content/breakfast-week>

Fruity Friday: Cronfa Ymchwil Canser y Byd: <http://www.wcrf-uk.org/uk/get-involved/fundraiseus/fruity-friday>

Platiad Eatwell: www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf

Bwyd a Ffitrwydd

Rhwydwaith Gweithgaredd Corfforol a Maeth Cymru:

www.physicalactivityandnutritionwales.org.uk

Sefydliad Prydeinig y Galon: <https://www.bhf.org.uk/> a digwyddiadau ysgol:

<https://www.bhf.org.uk/get-involved/events/schools-events>

Her Iechyd Cymru: <http://www.healthchallengewales.org/home>

Newid am Oes: www.newidamoes.org.uk

Cynaliadwyedd a dysgu awyr agored

Eco-Sgolion: <http://www.eco-schools.org/> ac <http://www.ecoschools.org/menu/contacts/countries#g89F07493-F2A9-4232-A0CE-5F85A713E6F7>

Dysgu Awyr Agored Cymru: <http://www.outdoorlearningwales.org/home/>

Growing Schools: <http://www.growingschools.org.uk/>

Ymgyrch Sothach Sbwriel: <http://www.reallyrubbishcampaign.co.uk/>