



RÂS LLIW / COLOUR RUN

Gwybodaeth/Information

- Gall disgyblion ddod i'r ysgol yn gwisgo crys-t gwyn/hen ddillad.
 - Mae croeso i rieni ddod i wyllo a 1:30 ymlaen.
 - Byddant yn rhedeg un lap o gae'r ysgol. A'r athrawon fydd yn gofalu am y powdr.
 - Mae'r powdr lliw yn startsh corn lliw ac felly nid yw'n wenwynig. Fodd bynnag, RHAID gwisgo sbectol haul (neu sbectol arferol, os yn briodol) neu gogls diogelwch.
 - Components Corn Starch (CAS #9005-25-8), Saleratus, Sodium Chloride Tri calcium phosphate, Preservative (E218)(CAS NO. 99-76-3) FD&C approved colours (FD&C Blue1, FD&C Yellow5, FD&C Yellow6, FD&C Re
 - Rhedeg, cerdded, sgipio - nid oes un ffordd o gwblhau'r cwrs.
 - Mi fydd Fan Hufen Iâ yna. Felly cofiwch ddod ag arian hefo chi.
 - Bydd Ambiwllans Sant Ioan yn bresennol.
 - Bydd y disgyblion yn dod allan ar y cae o 1:30pm ymlaen.
 - Byddant yn rhedeg mewn grwpiau fesul dosbarth.
 - Ffurflenni nawdd ac arian i'w dychwelyd ar y diwrnod (anwybyddwch y 10/7 fel y nodir ar y ffurflenni).
 - **Mae dolen isod, fedrwch chi plis llenwi, gan fod hwn yn rhoi caniatâd i'ch plentyn/plant gymryd rhan.**
 - Disgyblion ag Asthma i gymryd rhan os yw rhieni yn caniatáu, disgyblion i gario eu pwmpiau asthma a gwisgo mwgwd os ydynt eisiau (i leihau'r siawns o mewnanadlu'r pwdwr).
 - Mae croeso i unrhyw blentyn wisgo mwgwd os ydynt yn dymuno i leihau'r siawns o mewnanadlu'r pwdwr
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- *Pupils can come to school wearing white t-shirt/old clothes.*
 - *Parents are welcome and watch from 1:30 onwards.*
 - *They will be running a loop of the school field. And the teachers will be in charge of the powder.*
 - *Colour run powder is coloured corn starch and so is not toxic. However, sunglasses (or usual glasses, if appropriate) or goggles MUST be worn for safety.*
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 - *Run, walk, skip - there is no one way of completing the course*
 - *There will be an Ice Cream van there, so remember to bring money with you.*
 - *St John's Ambulance will be present*
 - *The pupils will be coming out on to the field from 1:30pm onwards.*
 - *They will be running in groups by class*
 - *Sponsorship forms and monies to be returned on the day (please ignore the 10/7 as stated on the forms)*
 - ***There is a link below, please fill in, as this gives permission for your child/ren to take part.***
 - *Pupils with Asthma to take part with parental consent, pupils to carry their asthma pumps with them and wear a mask if they want to (to reduce likelihood of inhaling the powder)*
 - *All pupils are welcome to wear a mask if they wish to reduce the likelihood of inhaling the powder.*