

Annwyl riant/gofalwr,

Mae ysgol eich plentyn wedi dewis bod yn rhan o fenter newid ymddygiad gyffrous i annog mwy o blant a'u teuluoedd i gerdded i'r ysgol. **Caiff WOW – yr her cerdded i'r ysgol** ei chyflwyno gan Living Streets, elusen y DU ar gyfer cerdded bob dydd, i helpu cymaint o blant â phosibl i brofi manteision cerdded i'r ysgol. Diolch i gyllid gan Lywodraeth Cymru, mae eich ysgol yn un o 170 i gymryd rhan yn y prosiect hwn.



Mae'r her sy'n cael ei harwain gan ddisgyblion yn galluogi plant i ddefnyddio dull hunanadrodd i nodi sut maen nhw'n cyrraedd yr ysgol bob dydd. Os ydynt yn teithio'n llesol (cerdded/troelli, seiclo, sgwtera neu Barcio a Cherdded) o leiaf unwaith yr wythnos am fis, cânt eu gwobrwyo â bathodyn. Mae mor syml â hynny!

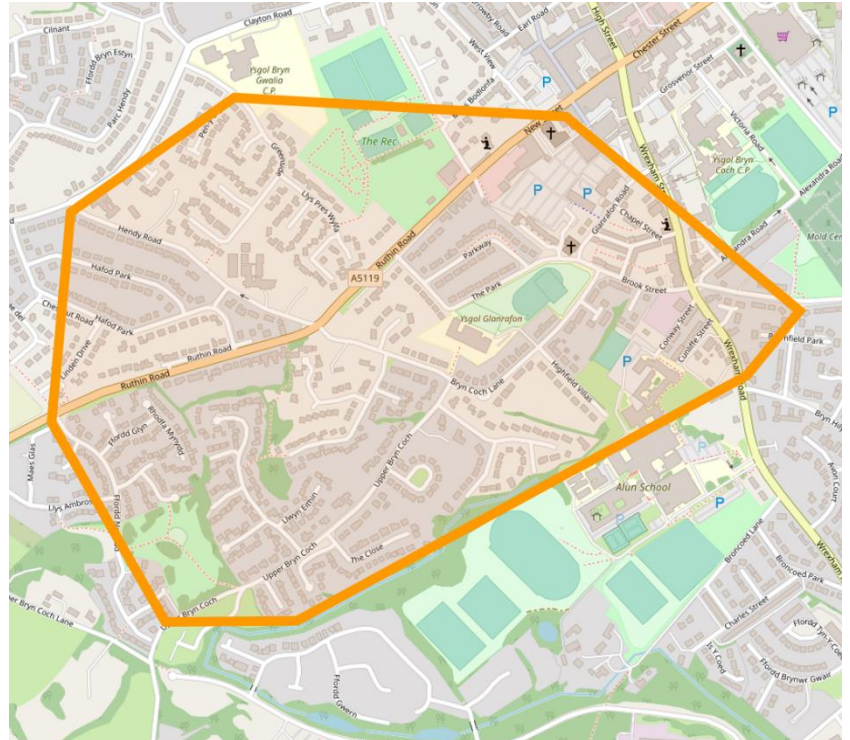
Beth yw manteision cerdded i'r ysgol?

- Mae'r plant yn teimlo'n iachach
- Mae'r plant yn cyrraedd yr ysgol wedi eu hadfywio ac yn barod i ddysgu
- Mae'n helpu i leihau tagfeydd a llygredd wrth gathau'r ysgol

Beth os na allwn ni gerdded i'r ysgol?

Parciwch a Cherddwch i helpu'ch plentyn i ennill ei fathodynau WOW. Gallwch barcio neu ddod oddi ar drafnidiaeth gyhoeddus **o leiaf ddeg munud i ffwrdd** o'r ysgol a cherdded gweddill y daith.

Parciwch tu allan i'r **gylchfa oren** ar y map i'r siwrne gyfri fel 'Parcio a Cherdded'.



Beth yw bathodyn WOW?

Mae 11 o fathodynau i'w hennill rhwng mis Medi 2023 a mis Gorffennaf 2024. Mae pob bathodyn wedi'i ddylunio gan ddisgybl o bob rhan o'r DU fel rhan o'n Cystadleuaeth Dylunio Bathodyn WOW blynyddol. Gellir ennill bathodyn bob mis os ydych teithio'n llesol o leiaf unwaith yr wythnos.

Bydd disgyblion yn cymryd rhan yn **Nhaith Gerdded Natur Prydain**, gan ennill bathodynau sy'n amrywio o'r llwynog trefol i Gamlas Rochdale, wrth ddod yn nes at fyd natur ledled Prydain.

Caiff y bathodynau eu creu yng Nghernyw o ddeunydd plastig wedi'i ailgylchu. Am ragor o wybodaeth, ewch i: livingstreets.org.uk/recycling

Yn y DU y llynedd, gwnaeth tua 2,000 o ysgolion a dros hanner miliwn o ddisgyblion fwynhau manteision cerdded i'r ysgol gyda WOW. A fyddwch chi'n ymuno â ni?

Dewch o hyd i ragor o wybodaeth a fideos defnyddiol yn: livingstreets.org.uk/wowlaunch

Gadewch i ni gyfnewid y teithiau hynny i'r ysgol yn y car am deithiau cerdded i'r ysgol.

133 Whitechapel High Street, Aldgate, E1 7QA

020 7377 4900 info@livingstreets.org.uk livingstreets.org.uk

Dear parent/carer,

Your child's school has chosen to be part of an exciting behaviour-change initiative to encourage more children and their families to walk to school. **WOW – the walk to school challenge** is delivered by Living Streets, the UK charity for everyday walking, to help as many children as possible experience the benefits of walking to school. Thanks to funding from Welsh Government, your school is one of 170 across Wales to take part in this project.



The pupil-led challenge enables children to self-report how they get to school every day. If they travel actively (walk/wheel, cycle, scoot or Park and Stride) at least once a week for a month, they get rewarded with a badge. It's that simple!

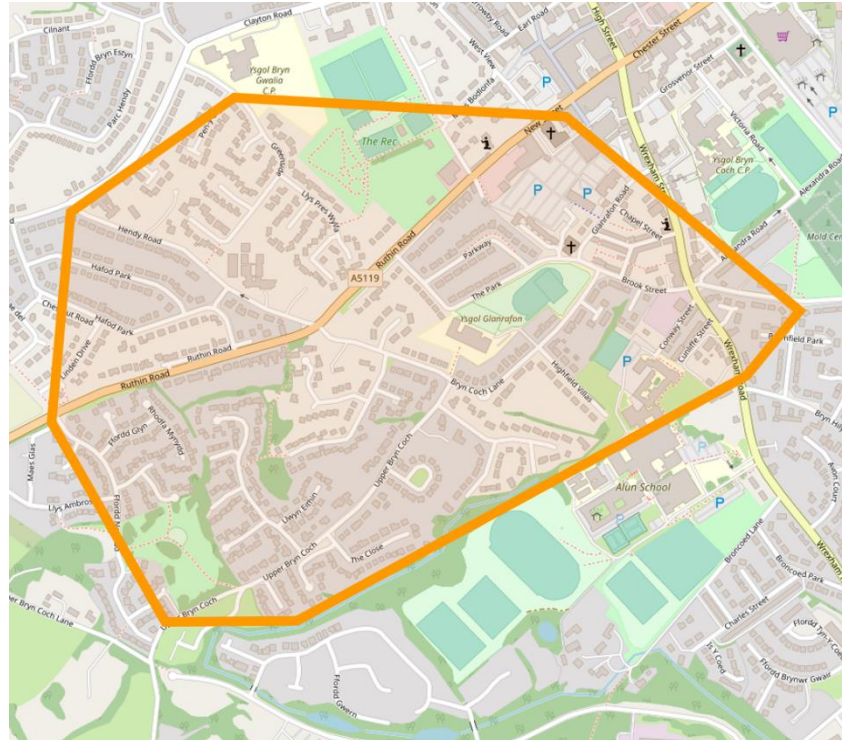
What are the benefits of walking to school?

- Children feel happier and healthier
- They arrive to school refreshed and ready to learn
- Helps reduce congestion and pollution at the school gates

What if we can't walk to school?

Park and Stride to help your child earn their WOW badges. You can park or hop off public transport **at least ten minutes away** from the school and walk the remaining journey.

Park outside the **orange zone** for the journey to count as 'Park and Stride'.



What is a WOW badge?

There are 11 badges to be earned from September 2023 – July 2024. Each badge has been designed by a pupil from across the UK as part of our annual WOW Badge Design Competition. A new badge can be earned every month if you walk/wheel, cycle, scoot or Park and Stride at least once a week.

Pupils will be taking part in **The British Nature Walk**, earning badges ranging from the Urban Fox to Rochdale Canal, while getting closer to the nature found across Britain.

The badges are made in Cornwall from recycled plastic material that was otherwise destined for landfill, including fridge trays, plastic plates and yoghurt pot off-cuts. For more information, visit: livingstreets.org.uk/recycling

In the UK, last year, around 2,000 schools and over half a million pupils enjoyed the benefits of walking to school with WOW. Will you join us?

Find more information and useful videos at: livingstreets.org.uk/wowlaunch

Let's swap those school runs for school walks.

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