



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

Beth os na allwn ni gerdded i'r ysgol?

Os ydych chi'n byw yn rhy bell neu os nad oes gennych amser i gerdded yr holl ffordd, gallwch barcio a cherdded i helpu'ch plentyn i ennill ei fathodyn WOW a'n helpu i symud i fyny'r bwrdd arweinwyr. Parciwch o leiaf 10 munud i ffwrdd o'r ysgol a cherddwch / olwyno gweddill y ffordd.

Lle nad yw cerdded i'r ysgol yn opsiwn, mae ein tîm ysgolion yn gweithio gyda staff yr ysgol, gan gynnwys SENCO, i sefydlu fersiwn o WOW sy'n gweithio orau ar gyfer anghenion yr ysgol.

Er mwyn sicrhau cynwysoldeb, rydym yn cynnig amrywiaeth o awgrymiadau i ddisgyblion nad ydynt yn gallu teithio'n llesol i'r ysgol, mae'r rhain yn cynnwys bod yn Llysgenhad WOW, arwain cynulladau, creu hysbysfyrddau teithio Lle sol, a gweithgareddau eraill o fewn y diwrnod ysgol.

Os oes gennych unrhyw gwestiynau am addasrwydd WOW mewn ysgolion SEND neu os oes gennych awgrymiadau ar sut y gallwn wella, byddem wrth ein bodd yn clywed eich meddyliau. E-bostiwch walktoschool@livingstreets.org.uk

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.

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 teithiau i'r ysgol yn y car am deithiau cerdded i'r ysgol.

133 Whitechapel High Street, Aldgate, E1 7QA

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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.

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.

Where walking to school isn't an option, our schools team work with school staff, including SENCO, to establish a bespoke approach to WOW that works best for their school community's needs.

To ensure inclusivity, we offer a range of suggestions to schools for those that are unable to travel actively to school, these include pupils becoming WOW Ambassadors, leading assemblies, creating active travel notice boards, and other activities within the school day.

If you have any questions on the adaptability of WOW in SEND schools or have suggestions of how we can improve, we would love to hear your thoughts. Please email walktoschool@livingstreets.org.uk

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.

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 and yoghurt pots. 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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