Annwyl [ysgol]

Hoffem roi gwybod i chi am lansiad Tu Fas Tu Fewn Sustrans, adnodd am

ddim i helpu rhieni sy’n edrych ar ôl eu plant gartref.

Mae cerdded, beicio a sgwtera’n ffyrdd gwych o gadw’n iach ac yn egnïol yn

gorfforol ac yn feddyliol. Yn ystod y cyfnod hwn, pan fo angen inni aros gartref

ar y cyfan, mae’n anoddach gwneud y gweithgareddau hyn.

Mae Tu Fas Tu Fewn Sustrans yn cynnig syniadau hwyliog ac ysbrydoliaeth i

rieni er mwyn cynnwys gweithgareddau addysgol, iechyd a llesiant yn eu

cartrefi.

Gall rhieni ddefnyddio’r adnoddau trwy gofrestru i dderbyn ein cylchlythyr

rhieni am ddim. Dros bedair wythnos, byddant yn derbyn fideos,

gweithgareddau ar thema, gemau a heriau wedi’u cynllunio gan ein

swyddogion ysgolion profiadol.

Os ydych chi’n meddwl y gallai’r adnoddau hyn fod yn ddefnyddiol i’ch

disgyblion sy’n cael eu haddysgu gartref, rhowch wybod i rieni amdanynt.

Rhannwch y ddolen gofrestru gyda rhieni a gofalwyr:

[https://www.sustrans.org.uk/campaigns/outside-in/tu-fas-tu-fewn-sustrans/](about:blank)

Mae mwy o wybodaeth ar y wefan

[https://www.sustrans.org.uk/campaigns/outside-in/sustrans-outside-in-information/tu-fas-tu-fewn-sustrans-gwybodaeth/](about:blank)

Os bydd gennych unrhyw gwestiynau, cysylltwch ag

[education@sustrans.org.uk](about:blank)

Dymuniadau gorau gan Sustrans

Dear [school],

We wanted to let you know about the launch of Sustrans Outside In, a free

resource to help parents who are looking after their children at home.

Walking, cycling and scooting are great ways to keep active and healthy in

body and mind. During this time where we are mostly required to stay at

home, these activities become harder to do.

Sustrans Outside In provides fun ideas and inspiration for parents to bring

education, health and wellbeing activities into their home.

Parents can access resources by registering for our free parent newsletter.

Over four weeks, they’ll receive weekly videos, themed activities, games and

challenges designed by our experienced school officers.

If you think these resources would be useful to your home schooled students,

please let parents know about it.

Share the registration link with parents and carers:

[https://www.sustrans.org.uk/campaigns/outside-in/](about:blank)

To find out more visit

[www.sustrans.org.uk/campaigns/outside-in/sustrans-outside-in-information/](about:blank)

If you have any questions, get in touch at [education@sustrans.org.uk](about:blank)

All the best from Sustrans