Keep active, keep healthy!

Active Journeys at Ysgol Gynradd Aberteifi

Ceredigion County Council were successfully awarded a grant by the Welsh Government Local Transport Fund 2016/17 to undertake improvements in the vicinity of Cardigan Primary School which were part-funded by Cardigan Town Council. The scheme was implemented and also part-funded by Ceredigion County Council, which saw the introduction of a new 20 mph zone with traffic calming to help create a safer environment to encourage more pupils to walk, scoot and cycle to school.

These Active Travel journeys help the children to be healthier, prevent obesity, improve concentration within the classroom and also help reduce vehicle congestion and carbon emissions outside the school gates. The school has yet again been successful in achieving the prestigious platinum award from the Eco-Schools programme for their dedication and commitment to improving environmental and eco aspects within the school.

The school is also part of Sustrans Wales Active Journeys Scheme encouraging and enabling more children to travel to school by bike, scooter or on foot with the Eco Council playing an active role in implementing this aspect. Thanks to the grant funding, new cycle and scooter shelters have been installed on school grounds which are proving so popular with the pupils that an extra scooter shelter has been installed. Cardigan Primary School celebrate pupils' success regularly and with two new scooters and helmets being supplied pupils now have the opportunity to be 'Scooterer of the Week' as part of the school's 'Pupil of the Week'.

Wider footways with new surfacing and raised table crossings have been installed to aid mobility scooters and pushchair users. A new path has also been installed to provide a safer route to the swimming pool.

For those driving pupils to school please park responsibly in the car park or try parking further away from the school and walk the remainder of the journey.

We hope that continued community co-operation will help keep our school safe and healthy.

Donna Hanly
(Head Teacher)

Cllr John Adams-Lewis
(Chair, Cardigan School Governing Body)

Cyngor Sir Ceredigion County Council

Llywodraeth Cymru Welsh Government

Cadw'n heini, cadw'n iach!

Teithiau Iach yn Ysgol Gynradd Aberteifi

Cafodd Cyngor Sir Ceredigion grant gan Gronfa Trafnidiaeth Leol Llywodraeth Cymru 2016/17 i wneud gwelliannau yn ardal Ysgol Gynradd Aberteifi, wedi'u cyllido'n rhannol gan Gyngor Tref Aberteifi. Cafodd y cynllun ei weithredu a'i gyllido'n rhannol gan Gyngor Sir Ceredigion gan gyflwyno parth 20 milltir yr awr newydd gyda mesurau gostegu traffig i helpu i greu amgylchedd mwy diogel ac annog mwy o ddisgyblion i gerdded, sgwtera a beicio i'r ysgol.

Mae'r Teithiau Iach yma yn helpu'r plant i fod yn fwy iachus, atal gordewdra, gwella canolbwyntio yn y dosbarth a hefyd yn helpu i leihau tagfeydd ac allyriadau carbon y tu allan i gatiau'r ysgol. Unwaith eto mae'r ysgol wedi llwyddo i ennill gwobr platinwm dylanwadol rhaglen Eco-sgolion am ei hymrwymiad a'i hymroddiad at wella agweddau amgylcheddol ac eco yn yr ysgol.

Mae'r ysgol hefyd yn rhan o Gynllun Teithiau Iach Sustrans Cymru sy'n annog ac yn galluogi mwy o blant i feicio, sgwtro neu gerdded i'r ysgol, gyda'r Cyngor Eco yn chwarae rôl weithredol wrth roi'r agwedd hon ar waith. Diolch i'r cyllid grant, mae llochesi newydd i feiciau a sgwteri wedi cael eu codi ar dir yr ysgol, ac yn dilyn eu poblogrwydd gyda'r disgyblion mae lloches ychwanegol wedi cael ei hadeiladu ar gyfer sgwteri. Mae Ysgol Gynradd Aberteifi yn dathlu llwyddiant disgyblion yn rheolaidd a gyda dau sgwter newydd a helmedau'n cael eu darparu bydd cyfle gan ddisgyblion i fod yn 'Seren Sgwtro'r Wythnos' fel rhan o wasanaeth 'Disgybl yr Wythnos' yr ysgol.

Mae troedffyrdd lletach gyda wynebau ffordd newydd a chroesfannau bwrdd wedi'u codi wedi cael eu gosod i helpu sgwteri symudedd a defnyddwyr cadeiriau gwthio. Mae llwybr newydd wedi cael ei adeiladu hefyd i ddarparu ffordd fwy diogel i'r pwll nofio.

Os ydych chi'n gyrru disgyblion i'r ysgol, cofiwch barcio mewn modd cyfrifol yn y maes parcio neu beth am barcio ymhellach i ffwrdd o'r ysgol a cherdded gweddill y ffordd.

Gobeithio y bydd cydweithredu parhaus â'r gymuned yn helpu i gadw ein hysgol yn ddiogel ac yn iach.

Donna Hanly
(Pennaeth)

Y Cynghorydd John Adams-Lewis
(Cadeirydd, Corff Llywodraethu Ysgol Aberteifi)

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