Rhestr adnoddau cymru ar gyfer mentrau teithio ysgol

Gwybodaeth i rieni ac ysgolion

Rhagarweiniad:

Wedi eu cynnwys ar y ddalen wybodaeth hon mae sefydliadau sy'n darparu cefnogaeth, cyngor ac adnoddau defnyddiol ar gyfer sefydlu, datblygu a pharhau gyda mentrau teithio ysgol yng Nghymru. Nid yw hon yn rhestr lawn o bell ffordd a lle da i gael gwybodaeth ychwanegol ddefnyddiol yw edrych ar y ddalen dolenni ar y gwefannau y sonnir amdanynt ar y ddalen hon.

Yn aml bydd awdurdodau lleol yn cynhyrchu eu hadnoddau eu hunain. I ganfod beth sydd ar gael cysylltwch â'ch awdurdod lleol neu edrychwch ar eu gwefan. Fel dewis arall bydd adran teithio ysgol Sustrans yn fodlon eich rhoi ar y trywydd iawn schools@sustrans.org.uk neu ffoniwch 0117 915 0100.

Polisïau Allweddol:

Cynlluniau Trafnidiaeth Cenedlaethol a Rhanbarthol
Cynllun Trafnidiaeth Cenedlaethol yw cynllun cyntaf Llywodraeth Cynulliad Cymru ar gyfer system drafnidiaeth integredig yng Nghymru. Mae'n adeiladu ar gynlluniau blaenorol, gan integreiddio trafnidiaeth gyhoeddus a chymunedol, cerdded a beicio. Cefnogir y Cynllun Cenedlaethol gan bedwar Cynllun Trafnidiaeth Rhanbarthol
Gwe:
http://wales.gov.uk/topics/transport/ntp/?lang=en

Arolwg Trafnidiaeth Cenedlaethol Cymru
Mae'n darparu ffeithiau a ffigurau am ymddygiad teithio yng Nghymru
Gwe:
http://wales.gov.uk/topics/statistics/publications/transport2009/?lang=en

Cynllun Gweithredu Cerdded a Beicio i Gymru 2009-13
Mae'r Cynllun Gweithredu hwn yn dwyn ynghyd yr holl fentrau allweddol y mae Llywodraeth Cynulliad Cymru a'i phartneriaid yn eu cynnal neu'n bwriadu eu cynnal er mwyn cefnogi neu gynyddu cerdded a beicio yng Nghymru. Un o brif nodau'r cynllun yw cynorthwyo i newid ymddygiad - fel bod mwy o bobl, hen ac ifanc, yn cerdded a beicio'n amlach. O ran Teithio i'r Ysgol, mae gan y Strategaeth ddau darged:

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Cerdded: Cynyddu canran y plant sy'n cerdded i'r ysgol i gyfateb i Gyfartaledd y DU o'i lefel bresennol, sef 39%, i 46% yn 2013.

Beicio: Treblu canran y plant sy'n beicio i'r ysgol yng Nghymru, o un y cant (11 - 16 oed) a dau y cant (7-11 oed) i dri y cant a chwech y cant yn y drefn honno yn 2013.

Gwe:
http://wales.gov.uk/docs/desh/publications/090223walkingactionplanen.pdf

Creu Cymru Egnïol
Amlinellu sut y bydd Cymru yn annog lefelau cynyddol o weithgarwch corfforol erbyn 2020 i gyflawni gwelliannau mewn iechyd a lles.

Mae gan y cynllun ddau darged lefel uchel mesuradwy sydd â'r nod o gael pawb i wneud 'un diwrnod yn fwy'. Ar gyfer plant, y targed yw symud y pwynt cyfartaledd o ran gweithgarwch corfforol ar gyfer rhai 11 i 16 oed o 60 munud y dydd ar 3.9 diwrnod i 60 munud y dydd ar 4.9 diwrnod erbyn 2020.

Gwe:
http://wales.gov.uk/docs/phhs/publications/activewales/100121activewalesen.pdf

Adnoddau Trafnidiaeth Allweddol:

Gwasanaeth Teithio Ysgol Sustrans
Dalenni gwybodaeth, templedi, cysylltiadau a chefnogaeth gyffredinol ar gyfer eich ymdrechion i annog rhagor o ddisgyblion i feicio a cherdded i'r ysgol.
Gwe: http://www.sustrans.org.uk/schooltravel

Traveline Cymru
Gwybodaeth am wasanaethau trafnidiaeth gyhoeddus, yn cynnwys cynllunydd siwrnai.
Gwe: http://www.traveline-cymru.info/

Hyfforddiant Beicio
Fel arfer darperir hyfforddant beicio i ysgolion drwy adrannau diogelwch ffyrdd awdurdodau lleol. Mae CTC, mewn partneriaeth â Llywodraeth Cynulliad Cymru a Chwaraeon Cymru, yn cyflwyno Safonau Cenedlaethol ar gyfer Hyfforddiant Beicio yng Nghymru a'i frand a elwir yn Bikeability. Mae gwefan CTC yn rhestru hyfforddwyr beicio annibynnol yng Nghymru.
Gwe: http://www.ctc.org.uk
Gwe: http://www.bikeability.org.uk/

CTC Cymru
Cangen Cymru o 'r Cyclists' Touring Club, sy'n hyrwyddo ac yn cefnogi beicio yng Nghymru.
Gwe: www.ctc.org.uk

Undeb Beicio Cymru
Corff llywodraethu chwaraeon beicio yng Nghymru. Mae Beicio Cymru yn darparu gwybodaeth am feicio perfformiad, hyfforddi, offer, yswiriant ac aelodaeth. Mae ei gynllun Go-Ride yn cyflwyno beicwyr newydd i fyd chwaraeon beicio ac yn rhoi llwyfan i wella sgiliau trin beic.
Gwe: http://britishcycling.org.uk/wales

> "Mae [Creu Cymru Egnïol] yn cydnabod yr angen i alluogi pobl i ddod yn fwy corfforol egnïol, drwy greu awyrgylch addas a gefnogir gan raglenni wedi'u targedu, sy'n creu newid mewn ymddygiad."

Llywodraeth Cynulliad Cymru, 2009, Creu Cymru Egnïol

Strydoedd Byw
Ymgyrch genedlaethol i adennill y strydoedd oddi wrth draffig a gwneud y lleoedd y mae pobl am gerdded a threulio amser ynddynt yn ddiogel a glân. Mae Strydoedd Byw hefyd yn cyd-drefnu wythnos Cerdded i'r Ysgol (www.walktoschool.org.uk).
Gwe: http://www.livingstreets.org.uk

Cefnogi Teithio Diogelach yng Nghymru:

Llwybrau Diogel mewn Cymunedau
Yn 2008 disodlodd rhaglen Llwybrau Diogel mewn Cymunedau fenter Llwybrau Diogel i'r Ysgol Llywodraeth Cynulliad Cymru. Mae ysgolion yn parhau'n rhan o'r fenter hon.

Gwiriwch wefan eich awdurdod lleol a chysylltwch â'ch Swyddog Teithio Ysgol i gael rhagor o arweiniad.

Diogelwch Ffyrdd Cymru
Mae Diogelwch Ffyrdd Cymru yn datblygu ac yn cydlynu mentrau ac ymgyrchoedd diogelwch ffyrdd yng Nghymru. Mae'n gweithio'n agos gyda phob un o'r 22 Awdurdod Lleol yng Nghymru, Llywodraeth Cynulliad Cymru, pedwar Heddlu Cymru, y tri gwasanaeth Tân ac Achub, Ymddiriedolaeth GIG Gwasanaethau Ambiwlans Cymru a'r Gymdeithas Frenhinol er Atal Damweiniau i sicrhau ymagwedd gydgysylltiedig tuag at ddiogelwch ffyrdd yng Nghymru.
Gwe: http://www.roadsafetywales.co.uk/

Iechyd:

GIG Cymru - Gwasanaeth Gwybodaeth Iechyd Cymru
Gwybodaeth a chyngor am bob math o faterion cysylltiedig ag iechyd yng Nghymru.
Gwe: http://www.wales.nhs.uk/

Newid am Oes
Ymgyrch genedlaethol sy'n codi ymwybyddiaeth am bwysigrwydd ffyrdd o fyw iach. Mae gan y wefan nifer o adnoddau lliwgar am ddim sydd wedi eu hanelu at deuluoedd a phobl ifanc
Gwe: http://www.wales.gov.uk/change4life

Her Iechyd Cymru
Canllawiau a gwybodaeth am weithgarwch corfforol a sut y gall newidiadau bach arwain at fanteision mawr.
Gwe: http://wales.gov.uk/hcwsubsite/healthchallenge/?lang=en

Rhwydweithiau Gweithgarwch Corfforol a Maethiad Cymru
Mae'r Rhwydweithiau yn cefnogi unigolion, sefydliadau a sectorau sydd â rôl mewn gwella maethiad a lefelau gweithgarwch corfforol yng Nghymru. Mae'r gwefannau yn rhoi mynediad at wybodaeth a fforwm ar gyfer rhannu gwybodaeth ac arfer gorau.
Gwe: http://www.physicalactivityandnutritionwales.org.uk/

Ieuenctid:

Canllaw Ar-lein
Sefydliad nid er elw sy'n datblygu ac yn cefnogi gwasanaethau gwybodaeth ar gyfer pobl ifanc yng Nghymru.
Gwe: http://www.canllaw-online.com/

Fforwm Ieuenctid Cymru ar Ddatblygu Cynaliadwy (WYFSD)
Sefydliad dan arweiniad ieuenctid ar gyfer pobl ifanc sydd â diddordeb mewn creu dyfodol cadarn a chynaliadwy i bawb.
Gwe: http://www.wyfsd.org

Mentrau Ysgolion

Ysgolion Eco - Cymru
Cynllun dyfarniadau amgylcheddol ar gyfer ysgolion sy'n gofyn am ymagwedd ysgol gyfan tuag at fynd i'r afael â materion, yn cynnwys teithio ysgol. Mae ysgolion sy'n cofrestru ar gyfer y cynllun dyfarniadau, ac yn cwblhau'r holl elfennau perthnasol yn derbyn Dyfarniad y Faner Werdd.
Gwe: http://www.eco-schoolswales.org/

Rhwydwaith Cymru o Gynlluniau Ysgolion Iach
Cefnogi datblygiad cynlluniau ysgolion iach lleol o fewn fframwaith cenedlaethol, gan annog datblygiad ysgolion sy'n hybu iechyd yn eu hardal.

Cynigir cyngor ac arweiniad o fewn y fframwaith cenedlaethol, yn cynnwys nodau a chanllawiau cenedlaethol ar rolau lleol a chenedlaethol, i gynlluniau lleol drwy gyhoeddiadau a digwyddiadau rhwydweithio cenedlaethol. Cysylltwch â'ch awdurdod lleol i ddod o hyd i'ch Cydlynydd Ysgolion Iach lleol

5x60
Wedi eu lleoli mewn ysgolion uwchradd, mae swyddogion 5x60 yn ymgynghori gyda disgyblion, gan wrando ar eu hangehonion a'r rhesymau sy'n eu rhwystro rhag cyfranogi mewn gweithgarwch corfforol, cyn datblygu rhaglen addas o weithgareddau. Bydd y gweithgareddau'n targedu'n bennaf unigolion sy'n llai egnïol ac yn dewis peidio â chyfranogi mewn Addysg Gorfforol.
Gwe: http://www.5x60.org.uk

Gwybodaeth Bellach

Ewch i wefan Teithio Ysgol Sustrans **www.sustrans.org.uk/schooltravel** i gael:

- y newyddion a'r wybodaeth ddiweddaraf ar faterion teithio ysgol
- gwybodaeth benodol ar bob un o ranbarthau'r DU
- adnoddau y gellir eu lawrlwytho yn cynnwys dalenni gwybodaeth eraill,
- astudiaethau achos, deunyddiau cwricwlwm a chylchlythyron

Ar gyfer ymholiadau Teithio Ysgol ffoniwch 0117 915 0100 neu anfonwch e-bost i **schools@sustrans.org.uk**

Ynglŷn â Sustrans

Mae Sustrans yn gwneud dewisiadau craffach yn bosibl, yn atyniadol ac yn anochel. Rydym yn elusen flaenllaw yn y DU sy'n galluogi pobl i deithio ar droed, beic neu drafnidiaeth gyhoeddus ar gyfer rhagor o'r siwrneiau yr ydym yn eu gwneud bob dydd. Rydym yn gweithio gyda theuluoedd, cymunedau, llunwyr polisïau a sefydliadau partner fel y gall pobl ddewis siwrneiau iachach, glanach a rhatach, gyda gwell lleoedd a gofodau i symud trwyddynt a byw ynddynt.

Mae'n bryd i ni gyd ddechrau gwneud dewisiadau teithio craffach. Camwch ymlaen a chefnogwch Sustrans heddiw. **www.sustrans.org.uk**

Prif Swyddfa: Sustrans, 2 Cathedral Square, College Green, Bristol, BS1 5DD
www.sustrans.org.uk Llinell Wybodaeth Teithio Ysgol: 0117 815 0100

Ffotograffiaeth: © Staff Sustrans

Gellir llungopïo'r ddalen wybodaeth hon i'w defnyddio mewn ysgolion ac awdurdodau lleol. Ar gyfer atgynhyrchu mewn cyhoeddiadau eraill, cysylltwch â'r tîm Teithio Ysgol yn Sustrans am ganiatâd.

Mae Sustrans yn elusen gofrestredig rhif 326550 (Cymru a Lloegr) SCO39263 (Yr Alban)

Her Iechyd Cymru
Health Challenge Wales

Llywodraeth Cynulliad Cymru
Welsh Assembly Government

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Further information

Visit the School Travel website **www.sustrans.org.uk/schooltravel** for:

- latest news and information on Safe Routes to Schools
- specific information and events for each of the UK regions
- downloadable resources including other information sheets
- case studies, curriculum materials and newsletters

For School Travel enquiries call 0117 915 0100 or email schools@sustrans.org.uk

About Sustrans

Sustrans makes smarter travel choices possible, desirable and inevitable. We're a leading UK charity enabling people to travel by foot, bike or public transport for more of the journeys we make every day. We work with families, communities, policy-makers and partner organisations so that people are able to choose healthier, cleaner and cheaper journeys, with better places and spaces to move through and live in.

It's time we all began making smarter travel choices. Make your move and support Sustrans today. **www.sustrans.org.uk**

Head office: Sustrans, 2 Cathedral Square, College Green, Bristol, BS1 5DD
www.sustrans.org.uk School Travel info line: 0117 915 0100

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Her Iechyd Cymru Health Challenge Wales

Llywodraeth Cynulliad Cymru
Welsh Assembly Government

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Supporting Safer Travel in Wales

Safe Routes in Communities
In 2008, the Safe Routes in Communities programme replaced the Welsh Assembly Government's Safe Routes to School initiative. Schools remain part of this initiative.

Please check your local authority website and make contact with your School Travel Officer for further guidance.

Road Safety Wales
Road Safety Wales develops and co-ordinates Wales' road safety initiatives and campaigns. It works closely with all 22 Local Authorities in Wales, the Welsh Assembly Government, the four Welsh Police Forces, the three Fire and Rescue services, Welsh Ambulance Services NHS Trust and the Royal Society for the Prevention of Accidents to ensure a co-ordinated approach to road safety in Wales.
w: http://www.roadsafetywales.co.uk/

Health

NHS Wales – Health of Wales Information Service
Information and advice about all kinds of health related matters in Wales.
w: http://www.wales.nhs.uk/

Change4Life
A nationwide campaign raising awareness about the importance of healthy lifestyles. The website has many free to use colourful resources aimed at families and young people.
w: http://www.wales.gov.uk/change4life

Health Challenge Wales
Guidance and information about physical activity and how small changes can lead to big benefits.
w: http://wales.gov.uk/hcwsubsite/healthchallenge/?lang=en

Physical Activity and Nutrition Networks Wales
The Networks support individuals, organisations and sectors that have a role improving nutrition and levels of physical activity in Wales. The websites provide access to information and a forum for sharing knowledge and good practice.
w: http://www.physicalactivityandnutritionwales.org.uk/

Youth

Canllaw Online
A not for profit organisation which develops and supports information services for young people in Wales.
w: http://www.canllaw-online.com/

Welsh Youth Forum on Sustainable Development (WYFSD)
A youth led organisation for young people who are interested in creating a secure and sustainable future for all.
w: http://www.wyfsd.org

Schools Initiatives

Eco Schools - Wales
An environmental award scheme for schools which requires a whole school approach to tackling issues, including school travel. Schools that register for the award scheme and complete all the relevant elements receive the Green Flag Award.
w: http://www.eco-schoolswales.org/

Welsh Network of Healthy School Schemes
Supports the development of local healthy school schemes within a national framework, encouraging the development of health promoting schools in their area.

Advice and guidance within the national framework, including national aims and guidance on local and national roles, is offered to local schemes through publications and national networking events. Contact your local authority to find your local Healthy Schools Coordinator.

5x60
Based in secondary schools, 5x60 officers consult with pupils, listening to their needs and the reasons that prevent them from participating in physical activity, before developing a suitable programme of activities. The activities will be mainly targeting individuals that are less active and prefer not to participate in PE.
w: http://www.5x60.org.uk

two per cent (ages 7-11) to three per cent and six per cent respectively in 2013.
w: http://wales.gov.uk/docs/desh/publications/090223walkingactionplanen.pdf

Creating an Active Wales
Outlines how Wales will encourage increased levels of physical activity by 2020 to deliver health and well-being improvements.

The plan has two measurable high level targets which aim to get everybody to do 'one day more'. For children, the target is to shift the average point of physical activity for 11 to 16 year olds from 60 minutes per day on 3.9 days to 60 minutes per day on 4.9 days by 2020.
w: http://wales.gov.uk/docs/phhs/publications/activewales/100121activewalesen.pdf

Key Transport Resources

Sustrans School Travel Service
Information sheets, templates, contacts and general support for your efforts to encourage more pupils to cycle and walk to school.
w: http://www.sustrans.org.uk/schooltravel

Traveline Cymru
Information about public transport services, including a journey planner.
w: http://www.traveline-cymru.info/

Cycle Training
Cycle training in Wales is usually provided to schools through local authority road safety departments. The CTC, in partnership with the Welsh Assembly Government and Sport Wales, are rolling out National Standards for Cycle Training in Wales and its brand which is called Bikeability. The CTC website lists independent cycle training instructors in Wales.
w: http://www.ctc.org.uk
w: http://www.bikeability.org.uk/

CTC Cymru
Welsh arm of the Cyclists' Touring Club, promoting and supporting cycling in Wales.
w: www.ctc.org.uk

Welsh Cycling Union
Governing Body of cycle sport in Wales. Welsh Cycling provides information about performance cycling, coaching, equipment, insurance and membership. Their Go-Ride scheme introduces young riders to the world of cycle sport and provides a platform to improve bike handling skills.
w: http://britishcycling.org.uk/wales

Living Streets
A national campaign to win back the streets from traffic and make the places people want to walk and spend time in safe and clean. Living streets are also co-organisers of Walk to School Week (www.walktoschool.org.uk).
w: http://www.livingstreets.org.uk

> "[Creating an Active Wales] acknowledges the need to enable people to become more physically active through creating an appropriate environment supported by targeted programmes that create behavioural change."
>
> **Welsh Assembly Government, 2009, Creating an Active Wales**

Wales resource list for school travel initiatives

Information for parents and schools

Introduction:

Included in this information sheet are organisations that provide useful support, advice and resources for setting up, developing and continuing school travel initiatives in Wales. This is by no means a complete list, a good place to find additional helpful information is to look on the links pages on the websites mentioned in this sheet.

Local authorities often produce their own resources. To find out what is available contact your local authority or look on their website. Alternatively the Sustrans school travel department will be happy to point you in the right direction schools@sustrans.org.uk or call 0117 915 0100.

Key Policies

National and Regional Transport Plans
The Welsh Assembly Government's first plan for an integrated transport system in Wales. It builds on previous plans, integrating public and community transport, walking and cycling. The National Plan is supported by four Regional Transport Plans.
w: http://wales.gov.uk/topics/transport/ntp/?lang=en

National Transport Survey Wales
Provides facts and figures on travel behaviour in Wales.
w: http://wales.gov.uk/topics/statistics/publications/transport2009/?lang=en

Walking and Cycling Action Plan for Wales 2009-13
This Action Plan brings together all the key initiatives which the Welsh Assembly Government and its partners are undertaking or planning to undertake in support of increasing walking and cycling in Wales. A key aim of the plan is to help secure a change in behaviour - so that more people, young and old, walk and cycle more often. Regarding Travel to School, the Strategy has two targets:

Walking: Increase the percentage of children who walk to school to match the UK National Average from its current level of 39% to 46% in 2013.

Cycling: To triple the percentage of children cycling to school in Wales, from one per cent (ages 11 – 16) and

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