



Cyffredinol / General

1. **Myfyrdodau Meddwlgarwch – Cwmwl Clyd / Mindfulness Meditation – Cosy Cloud**
Llyfrgell o fyfyrdodau sain dan arweiniad / Audio library of guided meditations.

Mae myfyrdodau a meddwlgarwch yn helpu / Mindfulness meditations will help;

- Gwella ffocws a'ch iechyd meddwl / improve focus and mental wellbeing
- Cynyddu lefelau hapusrwydd a hyder / increase levels of confidence and happiness
- Gostwng straen / reduce strain

<https://cosycloud.teachable.com/>

Enw defnyddiwr / Username – swyddfa@ysgolystrade.org

Cyfrinair / Password – **Strade123**

2. **Adnoddau Bitesize CA3 / KS3 Bitesize Resources**

Addas i ddisgyblion bl.7-9 / Appropriate for pupils in years 7-9

<https://www.bbc.co.uk/bitesize/levels/zh6vr82>

3. **Adnoddau Bitesize CA4 / KS4 Bitesize Resources**

Addas i ddisgyblion bl.10-11 / Appropriate for pupils in years 10-11

<https://www.bbc.co.uk/bitesize/levels/z8w76sg>

4. **Twinkl**

Adnoddau dysgu cyffredinol sy'n addas ar gyfer disgyblion blwyddyn 7 / General learning resources appropriate for pupils in year 7

<https://www.twinkl.co.uk/>

5. **Adnoddau Hwb Resources**

Addas i ddisgyblion bl.7-13 / Appropriate for pupils in years bl.7-13

<https://hwb.gov.wales/repository/tree?sort=created&language=cy>

CA3 – Llythrennedd / KS3 Literacy

1. Gwerthfawrogi Barddoniaeth (Cerddi) / *Appreciating Poetry*

Dyma ddolen at wefan sy'n cynnwys recordiadau o gerddi Cymraeg gyda gweithgareddau i gyd-fynd â nhw. Mae'r cerddi wedi eu rhannu i 8 thema gan gynnwys teulu, ffrindiau, natur a perthyn.

Here is a link to a website that includes recordings of Welsh poetry with various activities to go with them. The poems are split into 8 themes including family, friends, nature and belonging.

Addas ar gyfer disgyblion bl.7-9 / *Appropriate for pupils in years 7-9*

<http://www.barddoniaeth.cymru/>

2. Gweiddi (Tasgau Darllen a Deall / Ysgrifennu) (Reading and Writing Tasks)

Cylchgrawn digidol lliwgar a difyr sy'n darparu deunydd darllen a thasgau cysylltiedig / *A colourful and interesting digital magazine that provides reading material with related tasks.*

Adnodd ar gyfer bl.7-9 / *A resource for pupils in years 7-9*

<https://www.gweiddi.org/>

3. Adnoddau Profion Darllen Cenedlaethol – Gwefan Ysgol y Strade / *National Reading Tests Resources - Ysgol Y Strade website.*

<http://www.ysgolystrade.org/adnoddau-profion-cenedlaethol/>

4. Papur Newyddion i ddisgyblion bl.7-9 / *Newspaper for pupils in years 7-9*

https://www.cynnal.co.uk/cliciadur/papurau/rhifyn_13/index.html

CA3 – Rhifedd / KS3 Numeracy

- 1. Adnoddau Profion Rhifedd Cenedlaethol – Gwefan Ysgol y Strade / *National Numeracy Tests Resources - Ysgol Y Strade website.***

<http://www.ysgolystrade.org/adnoddau-profion-cenedlaethol/>

- 2. Times Tables Rockstars – Mathemateg / *Mathematics***

<https://www.ttrockstars.com/>

- 3. Sumdog – Mathemateg / *Mathematics***

<https://pages.sumdog.com/>

Adnoddau fesul dosbarth dysgu / *Resources as per teaching class*

Bydd gan nifer o ddosbarthiadau dysgu grŵp ar raglen 'TEAMS' (Microsoft) er mwyn rhannu tasgau a gwaith pwnc penodol. Bydd yr athro dosbarth yn diweddarau'r adnoddau yma yn ôl yr angen. Os oes unrhyw gwestiwn ynghylch y gwaith dan sylw, gall y disgyblion gysylltu'n uniongyrchol gyda'r athro trwy gyfrwng yr adnodd hwn.

Many individual classes have a group on the app 'TEAMS' (Microsoft) where teachers will share more subject specific tasks/work. The teacher will update these resources when necessary. If there are any questions regarding that work, pupils can contact the teacher through the app.

Anogir pob disgybl i fanteisio ar yr adnoddau uchod er mwyn parhau gyda'u haddysg tra eu bod oddi ar safle'r ysgol.

We encourage all pupils to make use of the above resources in order to continue with their education away from the school site.