



## 1. Gemau am Oes – Ymunwch nawr!

Mae 26% o blant yn nosbarthiadau derbyn ysgolion Cymru yn ordew.

Rhaglen Mesur Plant (Mai 2015),  
Iechyd Cyhoeddus Cymru

Mae Gemau am Oes yn ymgyrch 8 wythnos sy'n anelu at ysbrydoli plant 5-11 oed i fod yn fwy heini yn ystod tymor yr Hydref a thu hwnt.

Mae nifer o syniadau i ysbrydoli'r teulu cyfan – gemau tu mewn, gemau grŵp a gemau awyr agored.

Lansiwyd yr ymgyrch ar 12 Hydref gan Frankie Jones, y gymnast o Gymru, Ken Skates, y Dirpwy Weinidog Diwylliant, Chwaraeon a Thwristiaeth, a'n partneriaid Gymnasteg Cymru, Diverse Cymru ac Urdd Gobaith Cymru.

**Wrth gofrestru i gael pecyn rhad ac am ddim drwy wefan [www.newidamoes.org.uk](http://www.newidamoes.org.uk) bydd pob teulu yn derbyn olwyn hwyl, pecyn o gardiau gweithgaredd, poster a thaflen sticeri.**

Byddwn yn annog rhieni i lwytho lluniau neu ffilmiau o'u plant yn gwneud y gweithgareddau Gemau am Oes ar Facebook a Twitter [www.facebook.com/newidamoes](http://www.facebook.com/newidamoes) @newidamoes

Bydd pawb sy'n danfon llun neu fideo yn mynd mewn i raffl fawr ac mae'r gwobrau'n cynnwys esgidiau chwaraeon wedi'u haddasu'n arbennig.

## 1. Games4Life Wales- Sign up now!

26% of reception class children in primary schools in Wales are overweight or obese.

Child Measurement Survey (May 2015)  
Public Health Wales

Games4Life Wales is an eight week campaign aiming to inspire 5-11 year old children to be more active during the Autumn term and beyond.

It is full of fun ideas to get the whole family moving and includes indoor games, group games and outdoor games.

It was launched on 12 October by Welsh gymnast Frankie Jones, Ken Skates, Deputy Minister for Culture, Sport and Tourism and our partners Welsh Gymnastics, Diverse Cymru and Urdd Gobaith Cymru.

**By signing up online for a free fun Games4Life Wales pack at [www.change4lifewales.org.uk](http://www.change4lifewales.org.uk) every child will receive a fun wheel, activity cards, poster and sticker sheet.**

We will be encouraging families to tell us how they get on by posting images or films of their children taking part in the Games4Life Wales activities on Facebook and Twitter [www.facebook.com/c4lwales](http://www.facebook.com/c4lwales) and @c4lwales

All those who post images or films will be entered into a prize draw which will include a number of prizes including customised trainers.

## Sut fedrwch chi helpu?

### **Ymunwch nawr ac annogwch eraill i ymuno drwy rannu yr e-bost hwn o fewn y rhwydwaith Cynlluniau Ysgolion Iach,**

yn eich cylchlythyrau, ar eich hysbysfyrdau, ayyb.

**Mae gennym dudalen o adnoddau at eich defnydd sy'n cynnwys delweddau jpg o logos a phosteri ar gyfer sgriniau teledu, y we a phrint ac erthygl gyffredinol am yr ymgyrch.**

<http://change4lifewales.org.uk/supporters/resourcesdownloads/resources/?skip=1&lang=cy>

**Byddwch y cyntaf i glywed y diweddaraf am ymgyrch Gemau am Oes:**

- Dilynwch ni ar Twitter @newidamoes
- Hoffwch ni ar Facebook

<https://www.facebook.com/C4LWales>

## How can you help?

**Sign up now and encourage others to sign up by sharing this email within the Welsh Network of Healthy Schools,** in your newsletters, on your noticeboards, etc.

We would also like to encourage pre-school families to sign up too.

**We have a page of resources for your use which includes jpg images of logos and posters both web and print and a generic article about the campaign.**

<http://change4lifewales.org.uk/supporters/resourcesdownloads/resources/?skip=1&lang=en>

**Be the first to hear the latest about the Games4Life Wales campaign:**

- [Follow us on Twitter @C4LWales](#)
- [Like us on Facebook](#)

<https://www.facebook.com/NewidamOes>

## **Am fwy o wybodaeth/For more information:**

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