

Templed Polisi Teithio Egnïol

Yn Ysgol Gynradd Llanrug rydym yn annog disgyblion a rhieni i deithio i'r ysgol drwy feicio, sgwtera neu gerdded (teithio egnïol) pryd bynnag y bo hynny'n bosibl.

Mae'r polisi teithio ysgol hwn yn egluro sut y byddwn yn annog teithio egnïol i'r ysgol.

Byddwn yn trafod y polisi gyda'r disgyblion ac yn ail-edrych arno yn gyson er mwyn sicrhau ei fod yn berthnasol. Ar gyfer disgyblion sy'n methu teithio mewn modd egnïol i'r ysgol, rydym yn eu hannog i ddefnyddio trafnidiaeth gyhoeddus neu rannu car.

Os oes gennych unrhyw syniadau ar gyfer gwella'r sefyllfa ar gyfer cerddwyr a beicwyr yn neu o amgylch yr ysgol, neu os oes gennych unrhyw gwestiynau ynglŷn â theithio i'r ysgol, cysylltwch â Mrs Rhian Thomas neu eich Swyddog Ysgol Sustrans, Gwen Thomas, gwen.thomas@sustrans.org.uk.

Rhai manteision teithio egnïol:

- gwella iechyd meddyliol a chorfforol drwy weithgaredd corfforol
- sefydlu ymddygiad teithio egnïol cadarnhaol
- hyrwyddo annibyniaeth a gwella ymwybyddiaeth o ddiogelwch
- lleihau tagfeydd, sŵn a llygredd yn y gymuned
- lleihau effaith amgylcheddol y daith i'r ysgol.
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Er mwyn annog disgyblion i gerdded, beicio neu sgwtera i'r ysgol yn aml bydd yr ysgol yn:

- hyrwyddo cerdded, beicio a sgwtera fel ffordd gadarnhaol o deithio
- dathlu cyflawniadau'r rheiny sy'n cerdded, beicio a sgwtera i'r ysgol
- darparu manau storio beiciau a sgwteri ar safle'r ysgol
- darparu hyfforddiant cerdded/beicio/sgwtera o ansawdd uchel i'r holl ddisgyblion sy'n dymuno cyfranogi.
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Er mwyn gwneud cerdded, beicio a sgwtera i ac o'r ysgol yn brofiad cadarnhaol i bawb, disgwyliwn i'n disgyblion:

- Gerdded, a reidio'n synhwyrol a diogel a dilyn Rheolau'r Ffordd Fawr
- gwirio bod eu beic neu sgwter yn addas ar gyfer y ffordd ac yn cael ei gynnal a'i gadw'n rheolaidd
- ymddwyn mewn ffordd sy'n eu dangos hwy a'r ysgol yn y modd gorau posibl ac ystyried anghenion pobl eraill wrth gerdded, beicio a sgwtera
- ystyried gwisgo helmed feicio ar gyfer beicio a sgwtera
- sicrhau y gallant gael eu gweld gan ddefnyddwyr eraill y ffyrdd, drwy ddefnyddio goleuadau a gwisgo dillad gweledd uchel, fel sy'n briodol.
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Er lles ein disgyblion, disgwyliwn i rieni a gofalwyr:

- annog eu plentyn i gerdded, beicio neu sgwtera i'r ysgol pryd bynnag y bo hynny'n bosibl
- annog eu plentyn i fanteisio ar gyfleoedd i ddatblygu eu cymhwysedd a'u hyder wrth gerdded, beicio a/neu sgwtera
- ystyried cerdded, beicio a/neu sgwtera gyda'u plentyn ar y daith i'r ysgol, gan o bosibl ymuno â theuluoedd eraill fel 'bws cerdded' neu 'trên beiciau/sgwtera'
- rhoi cyfarpar i'w plentyn, megis dillad gweledd uchel, goleuadau, clo a helmed feicio fel sy'n briodol
- sicrhau bod beiciau a sgwteri sy'n cael eu reidio i'r ysgol yn addas ar gyfer y ffordd ac yn cael eu cynnal a'u cadw'n rheolaidd.

Noder:

- mae'r penderfyniad ynglŷn ag a yw plentyn yn gymwys i feicio, sgwtera neu gerdded yn ddiogel i'r ysgol ac adref yn un i'r rhiant(rhieni)/gofalwr(wyr) ei wneud. Nid oes atebolrwydd ar yr ysgol am unrhyw ganlyniadau i'r penderfyniad hwnnw
- mae'r polisi hwn yn cwmpasu'r daith i ac o'r ysgol lle nad oes cyfrifoldeb nac atebolrwydd ar yr ysgol. Pan fydd gweithgareddau cerdded, sgwtera a beicio yn cael eu harwain gan yr ysgol efallai y bydd rheolau a chanllawiau ychwanegol ynglŷn ag offer megis helmedi, dillad gwelededd uchel ac ati
- cynghorir rhieni i ystyried yswiriant priodol (gwiriwch yswiriant y cartref) gan nad yw yswiriant yr ysgol yn atebol am, nac yn yswirio ar gyfer, unrhyw golled neu ddifrod i feiciau a sgwteri sy'n cael eu defnyddio ar y ffordd i ac o'r ysgol.

Template Active Travel Policy

At Ysgol Gynradd Llanrug we encourage pupils and parents to travel to school by cycling, scooting and walking (active travel) wherever possible.

This school travel policy explains how we will be encouraging active travel to school. We will discuss the policy with the pupils and re-visit it periodically to ensure its relevance. For pupils unable to travel to school actively, we encourage use of public transport or car-share.

If you have any ideas to improve things at or around school for pedestrians and cyclists, or questions about travelling to school, please get in touch with Mrs Rhian Thomas or your Sustrans Schools officer Gwen Thomas, gwen.thomas@sustrans.org.uk

Some of the benefits of active travel are:

- improving both mental and physical health through physical activity
- establishing positive active travel behaviour
- promoting independence and improving safety awareness
- reducing congestion, noise and pollution in the community
- reducing the environmental impact of the journey to school.

To encourage pupils to walk, cycle or scoot to school frequently the school will:

- actively promote walking, cycling and scooting as a positive way of travelling
- celebrate the achievements of those who walk, cycle and scoot to school
- provide cycle and scooter storage on the school site
- provide high quality walking/cycling/scooter training to all pupils who wish to participate.

To make cycling and scooting to and from school a positive experience for everybody concerned, we expect our pupils to:

- walk and ride sensibly and safely and to follow the Highway Code
- check that their bicycle or scooter is roadworthy and regularly maintained
- behave in a manner which shows them and the school in the best possible light and to consider the needs of others when walking, cycling or scooting
- consider wearing a cycle helmet when cycling and scooting
- ensure they can be seen by other road users, by using lights and wearing high-visibility clothing, as appropriate.

For the wellbeing of our pupils, we expect parents and carers to:

- encourage their child to walk, cycle or scoot to school whenever possible
- encourage their child to take up opportunities to develop their competence and confidence in walking, cycling and/or scooting
- consider walking, cycling and/or scooting with their child on the school run, possibly joining with other families as a 'walking bus' or 'cycle/scooter train'
- provide their child with equipment such as high-visibility clothing, lights, a lock and cycle helmet as appropriate

- ensure that the bicycles and scooters ridden to school are roadworthy and regularly maintained.

Please note that:

- the decision as to whether a child is competent to cycle, scoot or walk safely to and from school rests with the parent(s)/carer(s). The school has no liability for any consequences of that decision
- this policy covers the journey to and from school where the school has no responsibility or liability. When walking, scooting and cycling activities are being led by the school there may additional rules and guidance concerning equipment such as use of helmets, high visibility clothing, etc
- parents are advised to consider appropriate insurance cover (check home insurance) as the school is not liable for, and its insurance does not cover, any loss or damage to bicycles and scooters being used on the way to or from school.