

# Transition Mission! Cenhadaeth Pontio!



**Llanidloes School Cluster Transition 2020**

**Clwstwr Pontio Ysgol Llanidloes 2020**

## **Welcome to Llanidloes High Schools Transition Mission**

The Transition Mission aims to support the academic and pastoral transition from primary school to high school.

### **How to use the Transition Mission booklet:**

- Please work through the Transition Missions at home with on your own or with your parents ready for High School in September.

### **Parents Wanted!**

Please help your child complete the One Page Profile and please rreturn this to The Office, Llanidleos High School, Llangurig Road, SY18 6EX.

On the school website there is Transition folder with a video tour of the High School, a powerpoint with important information and a frequently asked questions and answer fact sheet.



For much more information please check out our website:

<http://www.llanidloeshighschool.co.uk/>

Information on:

- Welsh Medium Subjects - 5X60 - ASD Centre - Prospectus
- Attendance - Pupil Deprivation Grant - Derval Experience
- Welsh Baccalaureate - School Uniform - More Able & Talented
- School Council - Outstanding Exam Results - Contact us - 6<sup>th</sup> Form
- Subjects - Policies - Free School Meals - SMILE club **& MUCH MORE!**

## Cenhadaeth / Mission 1

### ***Fy Hunan-Bortread / My Self-Portrait***

“Byddwch yn chi eich hun, mae pawb arall wedi ei gymryd”

Be yourself, everyone else is taken” – Oscar Wilde

**Llun ohonof / A drawing of me...**

**Beth fyddai eraill yn dweud amdanaf /  
What others would say about me...**

**Y 3 uchaf / Top 3s...**

**Y pethau pwysicaf i fi:**

**Most important things to me:**

1-

2-

3-

**Fy hoff bynciau / My favourite subjects:**

1-

2-

3-

**Tu allan i'r ysgol rwy'n mwynhau:**

**Outside school I enjoy:**

1-

2-

3-

**Aim high, be confident...**

**Yn yr ysgol rwyf wedi cyflawni:**

**In school I have achieved:**

1-

2-

3-

**Tu allan i'r ysgol rwyf wedi cyflawni:**

**Outside school I have achieved:**

1-

2-

3-

**Sut allai athrawon eich cefnogi orau?**

**How could teachers best support you?**

1-

2-

3-

## Cenhadaeth / Mission 2

### *Capsiwl Amser / Time Capsule*

“Gwell tair awr yn rhy fuan na munud yn rhy hwyr”

Better three hours too soon than a minute too late” - William Shakespeare

Y tri peth mwyaf pwysig i fi yw / The top 3 most important things to me are:

1

2

3

Pa gyngor fyddai gennych i chi eich hun yn y dyfodol? / What advice would you give your future self?

1 –

2 –

3 –

4 –

Beth yw eich hoff bethau i'w gwneud? / What are your top favourite things to do?

1 –

2 –

3 –

4 –

Torrwch bennawd o bapur heddiw a gludwch e fan hyn.

Cut out a heading from today's paper and glue it here.

### Mission3

### **Growth Mindset**

“I haven’t failed. I’ve just found 10,000 ways that don’t work”– Thomas Edison



How would you rate your attitude & mindset to the following:

(1–Like it, 2–Don’t mind it, 3–Don’t like it) (**Circle your answer**)

Challenging yourself physically	1	2	3	Supporting others	1	2	3
Challenging yourself mentally	1	2	3	Receiving support	1	2	3
Learning something new	1	2	3	Receiving feedback from others	1	2	3
Making new friends	1	2	3	Doing easy work	1	2	3
Giving up	1	2	3	Improving your own work	1	2	3
Completing hard work	1	2	3	Being confident in all situations	1	2	3



When you come to Llanidloes High School you will be expected to have a **GROWTH MINDSET** so start to practice from now on by.....

STARECAT.COM

### DEVELOPING A **GROWTH MINDSET**

<b>INSTEAD OF.....</b>	<b>TRY THINKING....</b>
I’m not good at this	What am I missing?
I give up	I’ll use a different strategy
It’s good enough	Is this really my best work?
I can’t make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can’t do this	I am going to train my brain
I’ll never be that smart	I will learn how to do this
Plan A didn’t work	There’s always Plan B
My friend can do it	I will learn from them

## Cenhadaeth / Mission 4

### ***Newidiadau Cadarnhaol / Positive Changes***

“Hyfforddwch eich meddwl i weld yr hyn sy’n dda ymhob sefyllfa” - Anhysbys

“Train your mind to see the good in every situation” – Unknown

**Pan ymunaf ag Ysgol Uwchradd Llanidloes rwyf am:**  
**When I join Llanidloes High School I want to:**

1-

2-

3-



**Byddaf yn gwneud newidiadau cadarnhaol trwy / I will make positive choices by:**

1-

2-

3-

**Cenhadaeth / Mission 5**

**Eich Taith / Your Journey**

“Mae deallusrwydd heb dyhead fel aderyn heb adennydd”  
“Intelligence without ambition is a bird without wings” – Salvador Dali

Pan dyfaf i fyny rwyf am fod yn/When I grow up I want to be:

1-

a/neu and/or

2-

the journey  
of a thousand miles  
begins with  
**one**<sub>step.</sub>  
Lao-Tzu

Byddaf yn cyflawni hyn trwy  
I will achieve this by:

1-

2-

3-

4-

5-

6-

7-

8-



## *Cenhadaeth / Mission 6*

### *Dysgu wrth eraill / Learning from others*

“Dywedwch wrthyf ac anghofiaf. Addysgwch fi a chofiaf. Ymglymwch fi a dysgaf”

“Tell me and I forget. Teach me and I remember. Involve me and I learn”

- Benjamin Franklin

Rhowch gyfweiliad i rywun sydd o ddiddordeb i chi e.e. Athro, Meddyg, Peiriannydd ac ati  
Interview someone who you would find interesting eg. Teacher, Doctor, Mechanic etc

#### **Cwestiynau / Questions:**

1 –

2 –

3 –

4 –

5 –

6 –

7 –

#### **Atebion / Answers:**

1 –

2 –

3 –

4 –

5 –

6 –

7 –

## Cenhadaeth / Mission 7

“Rhaid bod diddordeb gennych mewn darganfod y ffordd orau, nid eich ffordd chi’n unig”

“You must be interested in finding the best way, not just your own way” – John Wooden

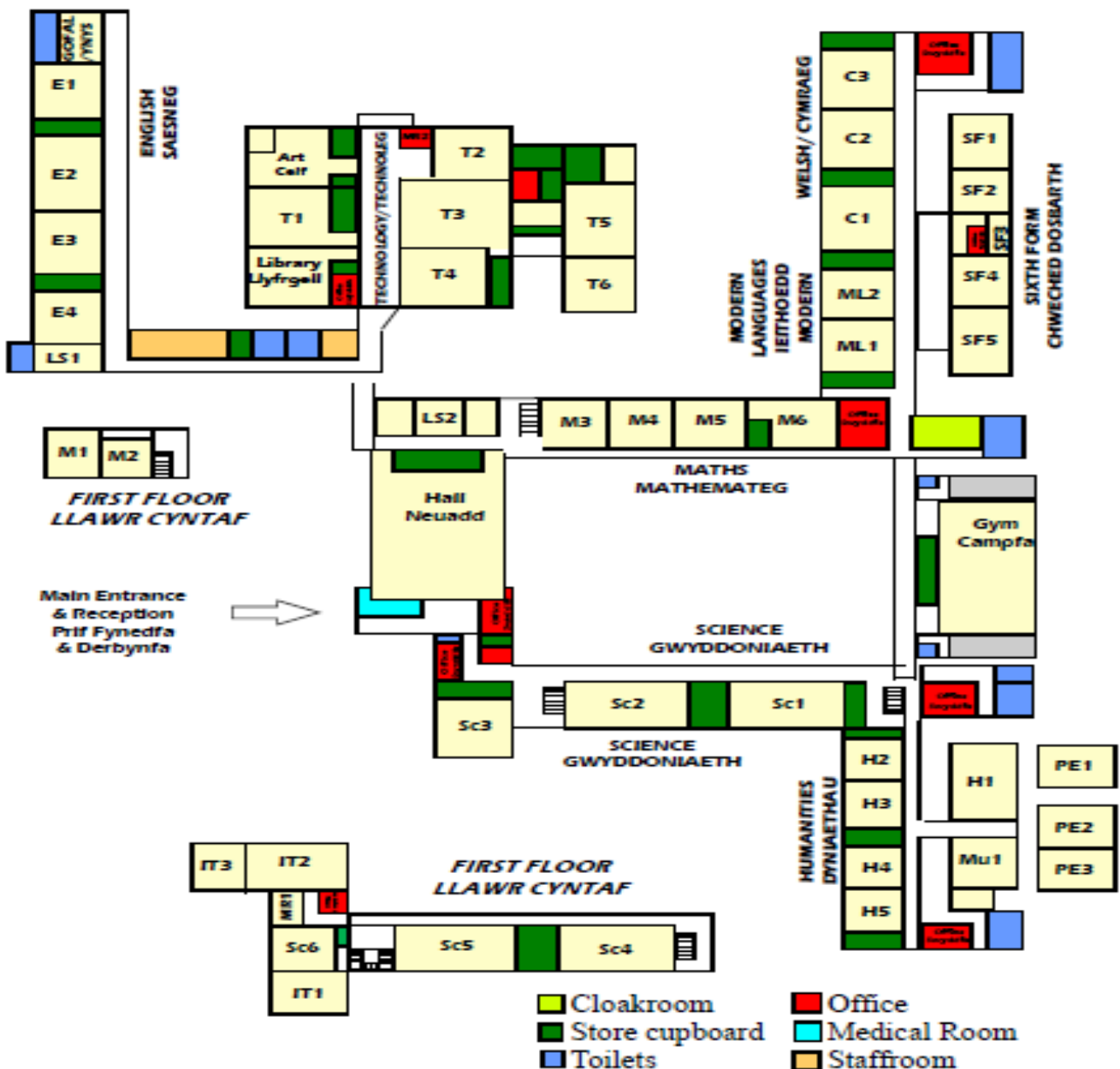
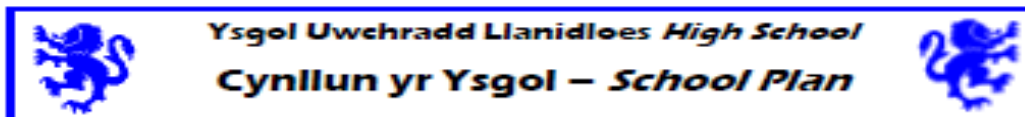
**Pan rydych ar eich dyddiau ymweld, ffeindiwch a labelwch ar eich map:**

**When you are on your visit days find and label on your map:**

1- Y Cwad/The Quad! 2- Caban AG/PE Cabin                      3- Toiledau/Toilets 4- Safle Bws / Bus Bay

5- Swyddfa'r Pennaeth/Headteachers Office 6- Basn Pysgod aur (Swyddfa)/Goldfish Bowl (Office)

7- Cyrtiau Tennis /Tennis Courts                      8- ystafelloedd TGCh/ICT suites



## Cenhadaeth / Mission 8

### ***Penblethau Diwrnod Sefydlu / Induction Day Dilemmas!***

Cewch eich peledu â gwybodaeth newydd pan gyrraeddwch Ysgol Uwchradd Llanidloes felly ewch i ymchwilio er mwyn cael peth gwybodaeth am eich ysgol newydd. Gwefan:

You will be bombarded with new information when you arrive at Llanidloes High School so do some research to get to know your new school. Website:

[www.llanidloeshighschool.co.uk](http://www.llanidloeshighschool.co.uk)



**Arwyddair Ysgol Uwchradd Llanidloes yw:**  
**Llanidloes High School's Motto is:**



**Ystyr arwyddair Ysgol Uwchradd Llanidloes yw/Llanidloes High School's Motto means:**

**Beth yw'r Pwyllgor ECO? / What is the Eco Committee?**

**Beth yw 5X60 / What is 5X60?**

**Beth yw amser y gwersi? /What are the lessons times?**

Gwers/Lesson 1 - \_\_\_\_\_ - \_\_\_\_\_

Gwers/Lesson 2 - \_\_\_\_\_ - \_\_\_\_\_

Egwyl / Break

Gwers/Lesson 3 - \_\_\_\_\_ - \_\_\_\_\_

Gwers/Lesson 4 - \_\_\_\_\_ - \_\_\_\_\_

Cinio/Lunch

Cofrestru/Registration - \_\_\_\_\_ - \_\_\_\_\_

Gwers/Lesson 5 - \_\_\_\_\_ - \_\_\_\_\_

**Beth yw'r canllaw presenoldeb? / What is the attendance guidance?**

Cyfle gorau i lwyddo/Best chance of success - \_\_\_\_\_% - \_\_\_\_\_%

Angen dal i fyny gyda gwaith / Need to catch up work - \_\_\_\_\_% - \_\_\_\_\_%

Risg o dangyflawni /Risk of underachieving - \_\_\_\_\_% - \_\_\_\_\_%

Effaith wael arwyddocaol/Significant poor impact - \_\_\_\_\_% - \_\_\_\_\_%

Risg erlyniad / Risk of prosecution - \_\_\_\_\_% - \_\_\_\_\_%

## Cenhadaeth / Mission 9

### ***Penblethau Diwrnod Sefydlu / Induction Day Dilemmas!***

Cewch eich peledu â gwybodaeth newydd pan gyrhaeddwch Ysgol Uwchradd Llanidloes felly gwnewch nodiadau ar hyd y dydd!

You will be bombarded with new information when you arrive at Llanidloes High School so make sure you make notes as you go along!



Enw'r Grŵp  
Tiwtor / Tutor  
Group Name

Ystafell y Grŵp  
Tiwtor / Tutor  
Group Room

Enw' Athro  
Tiwtor / Tutor  
Teacher's Name



Beth yw canolfan GOFAL?  
What is the GOFAL  
centre?

Beth yw ystafell YNYS?  
What is the YNYS room?

Pwy sy'n gyfrifol am  
GOFAL ac YNYS? / Who is  
in charge of GOFAL &  
YNYS?

Beth yw'r uned ASD yn ystafell LS2? / What is the ASD  
Unit in room LS2?

Pwy sy'n gyfrifol am yr Uned  
ASD yn LS2? / Who is in charge  
of the ASD Unit in LS2?

Mae gan YU Llanidloes ddisgwyliadau uchel iawn o'r disgyblion / Llanidloes HS has very high expectations of pupils. Enwch rai / Name a few:

1 –

2 –

3 –

Mae YU Llanidloes yn cefnogi pob disgybl. Enwch rai mathau o gefnogaeth sydd ar gael / Llanidloes HS supports every pupil. Name a few types of support available:

1 –

2 –

3 –

Cenhadaeth / Mission 10

***Penblethau Diwrnod Sefydlu! Gwisg Ysgol – Nodwch y gwahaniaeth  
Induction Day Dilemmas! Uniform – Spot the nine differences***



## **Cenhadaeth / Mission 11**

Mania Miwsig / Music Mania

“Gall cerddoriaeth newid y byd am ei fod yn gallu newid pobl”

“Music can change the world because it can change people” - Bono

**Beth yw geiriau Anthem Genedlaethol  
Cymru? / What are the words to the  
Welsh National Anthem?**

**Beth yw eich hoff gân?  
What is your favourite song?  
Beth yw geiriau'r gân hon?  
What are the words to this song?**

## **Cyfarpar yr Ysgol School Equipment**

*Mae'n bwysig iawn i ddod â'r eitemau canlynol i'r ysgol BOB DYDD:*

It is very important to bring the following items to school EVERY DAY:

- A school bag / *Bag ysgol*
- 4 pens 2 black 2 green / 4 ben ysgrifennu 2 du 2 wyrdd
- Pencils/ *Pensiliau*
- A 30cm ruler / *Pren mesur 30cm*
- A protractor / *Onglydd*
- An eraser (rubber) / *Rhwbiwr*
- Pencil sharpener / *Naddwr pensiliau*
- Coloured pencils (not felt pens)/ *Pensiliau lliw (nid pennau ffelt)*
- A calculator (these are available from school) / *Cyfrifiannell*
- A homework diary (provided by the school) / *Dyddiadur gwaith cartref*
- A reading book / *Llyfr darllen*

### **Amser gwrs/ Lesson times**

Amser / Time	Gweithgaredd / Activity
08:55 am – 09:55 am	Gwers / Lesson 1
09:55 am – 10:55 am	Gwers / Lesson 2
10:55 am – 11:20 am	Egwyl / Break
11:20 am – 12:20 pm	Gwers / Lesson 3
12:20 pm – 1:20 pm	Gwers / Lesson 4
1:20 pm – 2:05 pm	Cinio / Lunch
2:05 pm – 2:35 pm	Cofrestru / Registration
2:35 pm – 3:35 pm	Gwers / Lesson 5

## ***Cyflwyno eich gwaith* Presenting your work**

By presentation we really mean how your written work looks.

So NEATNESS is important.

These are the rules that we would like you to keep to:

1. Use a black pen to write work in your books.

Use a pencil to draw diagrams and maps.

Use green pen to correct work

Use a ruler to underline headings and date and to draw all straight lines.

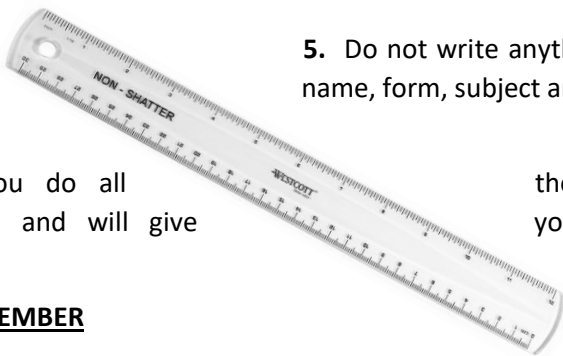
2. Write 'Gwaith Dosbarth'/'Gwaith Cartref' on the left of the page.

Put the date on the right hand side

Write the heading on the next line down and underline it once.

3. All work missed must be copied up or completed where necessary as soon as possible – the onus on this lies with you.

4. Corrections – Draw a single line through the mistake



5. Do not write anything on the cover of your exercise books other than your name, form, subject and the teacher's name.

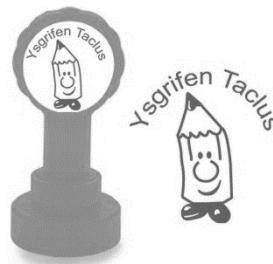
If you do all  
read, and will give

these things, your work will look good, will be a pleasure to  
you a feeling of pride.

### **REMEMBER**

Ask your Form Tutor about how to present

your work if you are not sure.



## ***Rheolau'r Ysgol School Rules***

### **Attendance**

- Aim at the highest possible attendance record
- Try to make medical appointments outside schools hours
- Avoid holidays during term time
- If you are late sign in at the office
- Do not leave school without permission from the Headteacher, or the Deputy
- If you have been given permission to leave school you must sign out in the school office and sign in on return.

### **Classroom Expectations**

- Enter rooms sensibly and go straight to your work place
- When your teacher talks to the whole class remain silent and concentrate
- Eating and chewing are not allowed
- Any mobile phones should be out of sight in bags and switched off
- Any coats or non uniform jumpers should be removed
- At the end of the lesson you should not begin to pack away your books until you are told to do so by your teacher
- You should leave the room in an orderly manner when you are told to do so

### **Break and lunchtime.**

- In fine weather you are expected to go outside
- Put your litter in the bins
- In bad weather you should be reading or talking quietly in the hall
- Respect other people's property
- Don't damage any part of the school, report any accidents
- Bags are to be left in classrooms
- You must not purchase food or drink from the sports centre between 8:45am and 3:55pm
- Equipment such as pianos, computers etc should be left alone unless there is staff permission to use them.

## **General**

### **Movement about the school**

- Don't run.
- Walk in a single file on the left.
- There should be a minimum of talk and noise.

### **Property**

- If you find or lose property report it immediately to the Office.
- Do not bring valuable property to school. The school is not responsible for any lost property
- Do not, under any circumstances, bring dangerous or potentially dangerous implements or substances to school. This not only includes illegal substances, knives of any sort and air guns of any type including imitation guns but also cigarette lighters and matches. The punishment for bringing dangerous implements or substances to school can be severe.

### **Medical**

- If you are unwell or have an accident, tell your teacher, they will send you to the Main Office.
- During break and lunch – report to the Main Office.
- Please do not phone home. If we feel that your parents/guardians need to be contacted, then we will do this for you.
- Smoking is strictly forbidden.

### **Fire Drill**

- On hearing the Fire Alarm you should proceed as quietly as possible to the assembly area at the Tennis Courts.

## ***Gwisg Ysgol School Uniform***

All learners must wear the prescribed school uniform, details of which are given below.

### **Uniform**

- White shirt
- Maroon jumper with school motif
- School Tie
- Black blazer with school motif
- Black **tailored** trousers or Black knee-length skirt
- Black socks or plain tights
- **Plain** black shoes



**No** skinny leg trousers; jeans; leggings; denim or denim-like material, are allowed.

Shoes should be low-heeled, plain black with no coloured laces; soles or stripes. Trainers and canvas shoes are not allowed.

Jewellery - No brooches, chains, badges, bracelets or colourful hair ornaments are to be worn and no facial piercings. Hair should be of a natural colour. A plain finger ring and small stud ear-ring may be worn.

Blazers should be worn to and from school and when pupils are moving around the school. If it is a very hot day pupils will be given permission to remove their blazers. Jumpers can be removed and the blazer worn over the shirt.

All items of kit, uniform and clothing worn to school, **MUST** be clearly marked with the owner's name.

## ***Dillad Ymarfer Corff P.E. Clothing***

### **Boys**

Short sleeve shirt with school motif

Rugby shirt – Reversible Amber

Black shorts

Amber socks

Swimming trunks [not Bermuda shorts]

Training shoes or equivalent

Football boots

Shin pads

Gumshield

### **Optional**

PE Sweatshirt

Zip up rain coat

### **Girls**

Short sleeve shirt with school motif

PE Sweatshirt

Black shorts

Amber socks

Swimsuit [One-piece]

Training shoes or equivalent

Football boots

Shin pads

Gumshield

### **Optional**

Black shorts

Running leggings

Zip up rain coat

All learners are required to take part in regular P.E. activities unless excused for medical reasons. Parents are asked to send notes on those occasions when a learner is not fit enough to take part in sports, although well enough to attend school. Those not taking part will need a waterproof coat.



*“Pan fo geiriau’n methu, mae cerddoriaeth yn siarad”*  
*“Where words fail, music speaks”* – Hans Christian Andersen

**Cenhadaeth / Mission 12**

***Oriel Gelf / Art Gallery***

“Nod celf yw cynrychioli nid ymddangosiad allanol pethau, ond eu harwyddocad mewnol” / “The aim of art is to represent not the outward appearance of things, but their inward significance” – Aristotle

**Tynnwch lun rhywbeth sy’n bwysig i chi / Draw something that is important to you.**

**Tynnwch lun rhywbeth nad yw’n bodoli/Draw something that doesn’t exist.**

## Cenhadaeth / Mission 13

### *Llythrennedd Corfforol/Physical Literacy*

“Gofalwch am eich corff, dyna’r unig fan sydd gennych i fyw”

“Take care of your body, it’s the only place you have to live”

strengt **H**  
 ex**E**rcise  
 e**A**t  
 Live  
 fi**T**ness  
 c**H**allenge  
 enjo**Y**

Cenhadaeth/Mission	Ymchwil/Ymarfer - Research/Practice	Cofnodi /Recording
1- Taflwch a daliwch pêl tenis yn erbyn wal 20 gwaith heb ei gollwng	Techneg Taflu a Dal	<input type="text"/>
2- Throw & catch a tennis ball against a wall 20 times without dropping it	Throwing & Catching technique	Faint?/How many?
Rhedwch 800m heb gerdded nac aros	Techneg camu ac amseru gorffen	<input type="text"/>
3- Run 800m without walking or stopping	Pacing technique & sprint finish timing	Pa mor hir?/How long?
Taflu pêl tenis mor bell ag y medrwch	Techneg taflu dros ysgwydd	<input type="text"/>
4- Throw a tennis ball as far as you can	Over arm throw technique	Pa mor bell? /How far?
5- Gwneud cymaint o godi ar eich eistedd ag y medrwch	Techneg codi ar eich eistedd	<input type="text"/>
Do as many continuous sit ups as you can	Sit up technique	Faint? / How many?

Pa chwaraeon hoffech chi gymryd rhan ynddynt a pham?

What sports do you take part in & why?

1 –

2 –

3 –

### **YMESTYNNOL/EXTENSION**

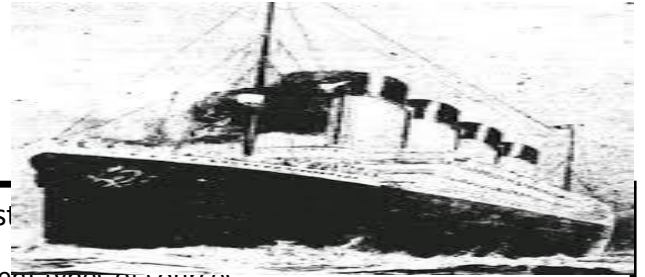
Dysgwch sut i jyglo’n gywir gyda 3 pêl!  
 Gwylwch fideo Help! You Tube am rai awgrymiadau.

Learn how to juggle with 3 balls correctly!  
 Watch a YouTube ‘Help’ Video for some tips.



## Cenhadaeth / Mission 14

### Ditectifs Hanes / History Detectives



Ymchwilio Trychineb Titanic / Investigate the Titanic

Ymchwilio gwahanol fathau o ffynonellau / Research different types of sources

**Ffynonellau Cynradd** – gwybodaeth o'r cyfnod, gan bobl oedd yno. Mae ffoto yn ffynhonnell cynradd, am y tynnwyd ef yn 1912, gan rywun oedd yno

**Primary sources** – information from the time, from people who were there. A photo is a primary source, because it was taken in 1912, by someone who was there.

**Ffynonellau Eilaidd** – gwybodaeth a ysgrifennwyd wedi'r digwyddiad gan bobl nad oeddent yno. Mae darlun o'r llong yn suddo yn ffynhonnell eilaidd, gan fod neb ar y cychod achub yn ei baentio pan ddigwyddodd!

**Secondary sources** – information written after the event by people who were not there. A painting of the ship sinking is a secondary source, because nobody on the lifeboats was painting at the time it happened!

Pa mor hir a llydan oedd y Titanic?  
How long & wide was the Titanic?

Sawl person oedd ar fwrdd y Titanic? / How many people were on the Titanic?

Sawl person bu farw ar y Titanic?  
How many people actually died on the Titanic?

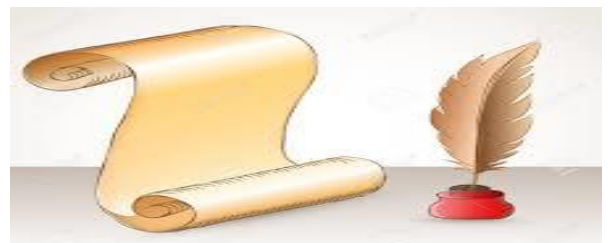
Sawl cwch achub oedd ar y Titanic? / How many lifeboats were on the Titanic?

Sawl person yr adroddwyd gan y New York Times y diwrnod canlynol eu bod wedi marw? / How many people were reported to have died the next day by the New York Times?

Pam nad oedd y gwylwr wedi gweld y rhewfryn yn dod / Why didn't the outlook not see the Iceberg coming?

Sut ellid bod wedi osgoi'r trychineb? / How could the disaster have been avoided?

Dychmygwch eich bod ar fwrdd y Titanic. Ysgrifennwch gofnodion eich dyddiadur gan ddisgrifio'r llong yn taro'r rhewfryn, yr ymdrech am y cychod achub ac yn olaf, y suddo. / Imagine that you were on board the Titanic. Write your own diary entries describing the ship hitting the iceberg, the struggle for the lifeboats and finally, the sinking.



# Mission 15 - Urdd



**My Area**  
Events and activities in your area

**Sports**  
Clubs, Competitions and Training

**Residential Centres**  
Come and stay

**Urdd Eisteddfod**  
All about the festival

**Join**  
Become an Urdd member

**Shop**  
Merchandise & magazines

## Sport Clubs in your area

Have you checked which sport clubs the Urdd offer in your area? From rugby for the whole family to table tennis sessions, we offer a wide variety of clubs across Wales.

[FIND OUT MORE](#)



## Urdd National Eisteddfod

The 2017 Urdd National Eisteddfod Bridgend, Taff Ely will be held on 29/05-03/06/2017.



## Sports

We offer weekly clubs, training and local sports competitions in a variety of sports as well as a number of high profile national sports events.



## Join the Urdd

Want to be part of the fun? 2016/2017 Membership is open!



## Our Residential Centres

Our centres offer amazing Welsh experiences to children, young people and families. Find out more!



## My area

Come to find out more about all the Urdd activities in your area!



## Shop

Visit our online shop to purchase some great gifts from T-shirts to Hoodies and Mistar Urdd!



**Tell us about your Urdd experiences:** .....

.....  
.....  
.....  
.....

**Tell us how you would like to be involved in the Urdd in high School:**.....

.....  
.....  
.....

