



Sesiynau LLES byw

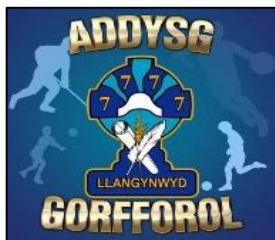
[Live WELLBEING Sessions]

Beth am ymuno gyda sesiwn LLES byw o'ch dewis chi trwy Google Meet?
[How about joining in with a live WELLBEING session of your choice through Google Meet?]

AMSER Y SESIYNAU // TIME OF SESSIONS = 11.00am – 11.45am



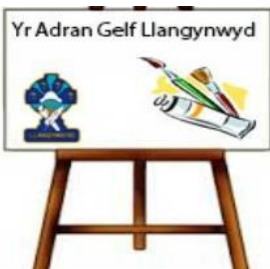
Google Meet



SESIWN YMARFER FFITRWYDD HiIT // HiIT FITNESS EXERCISE SESSION
Gyda'r ADRAN ADDYSG GORFFOROL // With the PHYSICAL EDUCATION DEPARTMENT
COD YMUNO // JOINING CODE – GOOGLE MEET = **addgorff**



SESIWN COGINIO BYW // 'SHORTBREAD' // LIVE COOKING SESSION
Gyda'r ADRAN TECHNOLEG // With the TECHNOLOGY DEPARTMENT
COD YMUNO // JOINING CODE – GOOGLE MEET = **technoleg**
Dewch o hyd i'r rhysait a'r cynhwysion trwy ddilyn y ddolen yma.
https://www.bbc.co.uk/food/recipes/shortbread_1290
Find the recipe and ingredients by following this link.



SESIWN CREU GWYNEBAU CREADIGOL // MAKING CREATIVE FACES SESSION
Gyda'r ADRAN GELF // With the ART DEPARTMENT
COD YMUNO // JOINING CODE – GOOGLE MEET = **self**

