

**NASUWT
STUDENT
TEACHER
HANDBOOK**

Need advice and support on your teaching placement?

We are here to help.

Call **029 2054 6080** weekdays from 8.30am to 5.30pm

Email cymru-wales@mail.nasuwt.org.uk

Visit [www/nasuwt.org.uk/StudentHub](http://www.nasuwt.org.uk/StudentHub)





NASUWT – SUPPORTING YOU AT EVERY STAGE OF YOUR CAREER

The NASUWT is a democratic trade union and the only teachers' union to represent members in all parts of the UK. As a specialist union which only represents teachers, the NASUWT is the most focused and effective union representing your interests. The NASUWT leadership consists of qualified and experienced teachers elected by the members.

We recognise that everyone working in education deserves focused, specialist support for their respective roles. That is why the NASUWT is committed to working with unions that possess the necessary expertise and skills to represent non-teaching staff, with their broad range of contracts and diverse responsibilities. This approach allows the NASUWT to focus without compromise on the issues specific to teachers.

PERSONAL DEVELOPMENT WHEN YOU NEED IT

During your student teacher training and first years of teaching, we offer free webinars and seminars to members of the NASUWT.

- *Interview skills*
- *Job application form tips*
- *Behaviour management*
- *Working assertively*
- *Time management*
- *Induction rights*
- *Staying safe online*
- *Voice care and wellbeing*

I feel positive about my next step in teaching and ready to embrace the challenge.

Perfect for newly qualified teachers and aiming to increase my confidence before I start my first post.

I have gained insight and perspective into how far I have come.

Lovely people, practical, positive sessions.

See upcoming events on the NASUWT Student Hub at www.nasuw.org.uk/StudentHub or scan the QR code:





YOUR NASUWT PROFESSIONAL DEVELOPMENT JOURNEY

We offer a range of free professional development events throughout the year, timed to offer support when you need it.

DURING YOUR TEACHER TRAINING

Courses to complement your teacher training

We will email you invitations to relevant events taking place during your training, so make sure we have your current contact details.

Your final term of training

Job application and interview skills and tips – Looking for a new job can be intimidating, so we arrange for an experienced school leader who has worked in newly qualified teacher recruitment to share their experience and advice to help you get your ideal job.

WHEN YOU QUALIFY

July and August

Preparing for your first teaching post: New teacher seminars and webinars include:

- Your induction rights;
- Behaviour management;
- Voice care;
- Wellbeing.

November of your first year

During your first term in the classroom, we provide a day of professional development that typically includes:

- Time management;
- Working assertively;
- Performance management.

June of your first year

As you approach the end of your first year of teaching, we take the opportunity to review your progress and provide extra professional development. Sessions include:

- Behaviour management;
- Working with parents.



YOUR RIGHTS AS A STUDENT TEACHER

As a student undertaking initial teacher training, you have certain rights and entitlements to help you get the most out of your training.

If you have missed placements or significant parts of your training as a result of illness or unexpected life events, you may be able to negotiate an extension to your training year. This would be done with the training provider, and you may benefit from involving the National Union of Students (NUS) who have experience in these matters.

EXTENDING YOUR TRAINING

UNSURE ABOUT YOUR TRAINING PROGRESS

Seek support at the earliest opportunity if you feel as if you are struggling with your course or on a placement. Speak to your tutor or mentor and contact the NASUWT if the problem relates to your school placement. You are surrounded by people who want you to succeed and there are experienced education professionals available to support you.

If you feel as though you are not receiving the proper support from your placement school, put your concerns in writing to ensure you have an audit trail. Contact the NASUWT if you need to discuss the issues or require additional support.

ADDITIONAL IN-PLACEMENT SUPPORT

ALLEGATIONS AND COMPLAINTS

We are here to support you through informal and formal investigations. Our dedicated advisors and representatives are available to provide confidential advice and support if a complaint or allegation occurs while you are on placement.



BEHAVIOUR MANAGEMENT TIPS

You will need to establish yourself quickly as an able practitioner in the eyes of your pupils, who is able to gain the confidence, trust and respect needed from your pupils.

You will find it helpful to find out from the class/subject teacher(s) about the class and any particular issues or needs that should be considered when organising and delivering your teaching.

Familiarise yourself with the school behaviour policy and ensure your behaviour management plan is complementary to it.

To help maintain discipline and good order in the classroom:

1

Set boundaries

All children and young people like order and good discipline; they know where they stand and they understand what is required of them. From the outset, you need to tell them your expectations of them and also what they can expect from you. Spend some time in the first meeting with them setting out your personal behaviour policy.

2

Use positive language

Tell pupils what you do want them to do, not what you don't want them to do! The message is 'This is the way we behave in my classroom'. The use of the word 'thanks!' following an instruction is much more powerful than 'please'.

3 **We all make mistakes** – it's how we learn. Young people are embarrassed if they get the answer wrong; they think they have to be perfect all the time. Allow your pupils to learn together and find answers to problems together. Two people getting an answer wrong, or indeed right, is better than one person alone getting it wrong or right.

4 **Tell your class(es)** what your rewards and sanctions will be. Keep your sanctions doable and commensurate with the rule that has been flouted. Children and young people recognise fairness and prefer to be treated as the individuals they are, rather than as just part of a difficult group. Reward appropriate behaviour regularly; a smile, a stamp on their work and a word of encouragement.

5 **Learn to be assertive**
Both your body language and your verbal language need to show that you are assertive, neither weak nor aggressive. Sarcastic teachers do not get the best learners; kind but firm teachers do. There is a big difference between engaging in banter with pupils you know well and putting pupils down. Use a firm, clear tone of voice, rather than a 'raised' voice.

6 **Dealing with anger**
It is impossible to deal with a very angry person, adult or child, when they are in a temper. The best thing to do is to remain calm and let the person know that you are going to help them, when they are ready, to resolve the problem. Try to keep control of your own emotions no matter what the other person may be feeling. If possible, thank the rest of the group for getting on with their work so that they do not become embroiled in a difficult situation, but see that you have the situation contained.

7 **Use humour**
Remember your sense of humour and recognise that of your pupils. It's hard to be angry or aggressive with someone who makes you laugh.
The NASUWT has produced a range of guidance on managing classroom behaviour, which is for all teachers throughout their careers. Visit www.nasuwt.org.uk.



WHAT IF YOU HAVE A PROBLEM DURING YOUR TRAINING?

- Try to address problems or concerns at the earliest opportunity.
- Speak to your tutor or training provider.
- Good communication with your trainers and mentors is key.
- Call the NASUWT for confidential advice if problems persist.

WHAT CAN THE NASUWT OFFER YOU?

- Advice and representation if you have problems on your school placements.
- Professional development through your training, first years of teaching and beyond.
- A range of benefits and discounts on services and activities.
- Free student membership.
- Confidential advice.
- Cross-sector representation.
- Teacher focused.

DURING TRAINING

- Free membership.
- Support on placements.
- Training and lectures delivered through your training provider.
- Lifestyle benefits, discounts and savings.

WHEN YOU QUALIFY

- Free membership.
- *Starting Out*, the NASUWT's guide for new teachers.
- Free continuing professional development (CPD) provision.
- Advice, support and representation for work-related issues.
- Induction planner to help guide you through the induction process.

YOUR FINAL YEAR OF TRAINING

- Finding Your First Teaching Post lecture to help you stand out for the right reasons and obtain your ideal job.
- Access to lifestyle benefits and services.
- Legal advice and support.

DURING AND AFTER YOUR FIRST YEAR

- Free membership period.
- A free professional development event in November to support early career teachers.
- A free professional development seminar or webinar in June of your first academic year.
- Active engagement with you, the members, to decide union policy.
- Access to a network of local volunteers and representatives.
- CPD training for members.
- Professional legal advice and representation.
- Free conferences and events covering current hot topics in education.
- Development courses and support for members wanting to assist their colleagues and become involved in the democratic structure of the NASUWT.

More money in your pocket, thanks to the NASUWT

As an NASUWT member, you can take advantage of over 250 discounts and exclusive offers on your home, car, electrical goods, eating out, leisure activities, retail gift cards, holidays and travel.

Our twice-monthly Benefits and Services eZine features exclusive deals, discounts and free prize draws. If you do not receive this, contact membership@mail.nasuwt.org.uk or 03330 145550.

A small proportion of these offers will easily cover the cost of your NASUWT subscription and help you save more.

And, if you recruit other teachers to the NASUWT, you can get Love2Shop vouchers too!


Check out www.nasuwtbenefits.co.uk or scan the QR code on your membership card.

Examples are illustrations of savings that can be made.


All offers are subject to change without notice. Prices quoted are correct at time of going to print (06/2022).

A circular image showing three people, two women and one man, in athletic wear, leaning forward in a starting position on a gym floor.

Save on your gym membership, digital fitness subscriptions and more via [YourFitnessClub](#).

A circular image of a roller coaster track curving through a wooded area under a cloudy sky.


I booked in advance and saved £75 on a family ticket to the Alton Towers resort.

A circular image of several shopping bags, including a blue one and a red one, on a surface.

I earned £55 in shopping vouchers by inviting four of my colleagues to join the NASUWT.

A circular image of a bright, modern interior space, possibly a holiday home, with a white sofa and a television.

I saved £120 on a week's summer holiday with [Hoseasons](#).

A circular image of a bright orange Vauxhall Corsa car parked and charging at a station.

Members can get a discount towards a new Vauxhall car with the [Vauxhall Partners Scheme](#).

GETTING INVOLVED

Do you want to be more involved in the NASUWT?

You could help by:

- encouraging your fellow student teachers to join the NASUWT;
- raise widely felt issues about teacher placements with the Union;
- speak to the NASUWT about organising events that student teachers are interested in;
- promoting free professional development events to fellow students.

Find out more.

Online at: www.nasuwt.org.uk/GettingActive

Help us to keep you informed


Changing address? Changing school?
Moving house? Tell Us



www.nasuwt.org.uk

In association with NUS

 @NASUWT

 NASUWT General Secretary @PatrickR_NASUWT

 @nasuwt

 <http://www.facebook.com/NASUWTWalesCymru>

NASUWT

Undeb yr Athrawon



CYMRU

The Teachers' Union

A background photograph showing a man in a blue sweater and a woman in a blue top smiling and looking towards the right. The man is in the foreground, and the woman is slightly behind him. The background is blurred, showing what appears to be a classroom or meeting room with a screen.

**NASUWT
LLAWLYFR I
ATHRAWON
DAN
HYFFORDDIANT**

Os byddwch angen cyngor a chefnogaeth yn ystod eich lleoliad addysgu, rydym yma i'ch helpu.

Ffoniwch **029 2054 6080** rhwng 8.30am a 5.30pm

Dydd Llun i Ddydd Gwener.

E-bost: cymru-wales@mail.nasuwt.org.uk

Gwefan: www.nasuwt.org.uk/StudentHub





NASUWT – YN RHOI CYMORTH I CHI AR BOB CAM O'CH GYRFA

Mae NASUWT yn undeb llafur democrataidd a dyma'r unig undeb athrawon sy'n cynrychioli aelodau ymhob rhan o'r DU. Fel undeb arbenigol sy'n cynrychioli dim ond athrawon, NASUWT yw'r undeb sydd â'r ffocws mwyaf ac sy'n fwyaf effeithiol o ran cynrychioli eich buddiannau. Mae'r arweinwyr yn athrawon cymwysedig a phrofiadol sy'n cael eu hethol gan yr aelodau.

Rydym yn cydnabod fod pawb sy'n gweithio ym maes addysg yn

haeddu cael cefnogaeth arbenigol sy'n canolbwyntio ar eu rolau perthnasol. Dyma pam fo NASUWT wedi ei ymrwymo i weithio gydag undebau sydd â'r arbenigedd a'r sgiliau sy'n angenrheidiol i gynrychioli staff nad ydynt yn addysgu, gyda'u hamrediad eang o gontractau a'u hamrywiol gyfrifoldebau. Mae'r agwedd yma'n caniatáu i NASUWT ganolbwyntio'n ddigyfaddawd ar y materion sy'n benodol berthnasol i athrawon.

DATBLYGIAD PERSONOL PAN FYDDWCH EI ANGEN

Yn ystod eich cyfnod fel athro/athrawes dan hyfforddiant a'ch blynyddoedd addysgu cyntaf, rydym yn cynnig seminarau a gweminarau sy'n rhad ac am ddim i aelodau NASUWT.

- *Sgiliau cyfweiliad*
- *Awgrymiadau da ynglŷn â ffurflenni cais am swydd*
- *Rheoli ymddygiad*
- *Gweithio'n hyderus*
- *Rheoli amser*
- *Eich hawliau yn ymwneud ag ymsefydlu*
- *Cadw'n ddiogel ar-lein*
- *Gofal llais a lles*

Dw i'n teimlo'n dda am y cam nesaf yn fy ngyrfa addysgu a dw i'n barod i dderbyn yr her.


Mae'n berffaith i athrawon newydd gymhwyso, a'r nod yw cynyddu fy hyder cyn dechrau yn fy swydd gyntaf.

Dw i wedi gweld a deall cymaint yw fy natblygiad hyd yn hyn.

Pobl hyfryd, a sesiynau ymarferol a chadarnhaol.

I weld beth yw'r digwyddiadau sydd ar y gweill, ewch i wefan NASUWT i athrawon dan hyfforddiant ar www.nasuwt.org.uk/StudentHub neu sganiwch y cod QR:





EICH TAITH DATBLYGIAD PROFFESIYNOL GYDA NASUWT

Rydym yn cynnig amrywiaeth o ddiwyddiadau datblygiad proffesiynol rhad ac am ddim drwy gydol y flwyddyn, i roi cymorth i chi pan fyddwch ei angen.

YN YSTOD EICH CYFNOD HYFFORDDI

Cyrsiau i fynd law yn llaw â'ch hyfforddiant

Byddwn yn anfon negeseuon e-bost i'ch gwahodd i ddiwyddiadau perthnasol sydd ar waith yn ystod eich cyfnod hyfforddi, felly gwnewch yn siŵr bod gennym eich manylion cysylltu diweddaraf.

Tymor olaf eich cyfnod hyfforddi

Sgiliau ac awgrymiadau da ynglŷn ag ymgeisio am swyddi a chael cyfweiliadau. Mae chwilio am swydd newydd yn gallu bod yn frawychus, felly rydym yn gwahodd arweinydd ysgol sydd â phrofiad o benodi athrawon newydd gymhwyso i rannu eu profiad a'u cyngor er mwyn eich helpu i gael eich swydd ddelfrydol.

AR ÔL I CHI ENNILL EICH CYMHWYSTER

Gorffennaf ac Awst

Paratoi ar gyfer eich swydd addysgu gyntaf.

Bydd ein seminarau a'n gweminarau i athrawon newydd yn cynnwys:

- Eich hawliau yn ymwneud ag ymsefydlu;
- Rheoli ymddygiad;
- Gofal llais;
- Lles.

Tachwedd yn eich blwyddyn gyntaf

Yn ystod eich tymor cyntaf yn yr ystafell ddosbarth, byddwn yn cynnal diwrnod o ddatblygiad proffesiynol sydd fel arfer yn cynnwys:

- Rheoli amser;
- Gweithio'n hyderus;
- Rheoli perfformiad.

Mehefin yn eich blwyddyn gyntaf

Wrth i chi gyrraedd diwedd eich blwyddyn gyntaf o addysgu, byddwn yn cymryd y cyfle i adolygu eich datblygiad a rhoi rhagor o ddatblygiad proffesiynol i chi. Bydd ein sesiynau'n cynnwys:

- Rheoli ymddygiad;
- Gweithio gyda'r rhieni.



EICH HAWLIAU FEL ATHRO/ATHRAWES DAN HYFFORDDIANT

Fel athro/athrawes dan hyfforddiant cychwynnol, mae gennych hawliau ac iawnderau arbennig i'ch helpu i gael y budd gorau o'ch cyfnod hyfforddi.

Os byddwch wedi colli lleoliadau addysgu neu rannau sylweddol o'ch hyfforddiant oherwydd salwch neu ddigwyddiadau annisgwyl yn eich bywyd, mae'n bosibl y gallwch gael estyniad i'ch blwyddyn hyfforddi drwy drafod gyda'ch darparwr hyfforddiant. Byddai o fudd i chi gynnwys Undeb Cenedlaethol y Myfyrwyr (UCM) sydd â phrofiad o'r materion hyn.

**YMESTYN
EICH
CYFNOD
HYFFORDDI**

**ANSICR
YNGLYN
Â'CH
CYNNYDD
AR YR
HYFFORDDI
ANT?**

Os ydych yn cael trafferth gyda'ch cwrs neu leoliad addysgu, gofynnwch am gymorth gynted ag y gallwch. Siaradwch â'ch tiwtor neu'ch mentor a chysylltwch â NASUWT os yw'r broblem yn ymwneud â lleoliad mewn ysgol. Mae llawer o bobl o'ch cwrmpas sydd eisiau i chi lwyddo, ac mae gweithwyr proffesiynol sydd â phrofiad ym maes addysg ar gael i'ch cefnogi.

Os byddwch yn teimlo nad ydych yn derbyn y gefnogaeth briodol gan yr ysgol sy'n darparu eich lleoliad addysgu, cofnodwch eich pryderon i sicrhau bod gennych drywydd archwilio. Os hoffech drafod y materion neu os ydych angen cefnogaeth ychwanegol, cysylltwch â NASUWT.

**CEFNOGAETH
YCHWANEGOL
AR LEOLIADAU
ADDYSGU**

**HONIADAU A
CHWYNION**

Rydym yma i'ch cefnogi yn ystod ymchwiliadau ffurfiol ac anffurfiol. Mae ein hymgynghorwyr arbenigol a'n cynrychiolwyr ar gael i roi cefnogaeth a chyngor cyfrinachol i chi os gwneir unrhyw gwynion neu honiadau tra byddwch ar leoliad addysgu.



AWGRYMIADAU AM REOLI YMDDYGIAD

Bydd angen i chi ymddwyn mewn ffordd sy'n ennyn hyder, ymddiriedaeth a pharch gan eich disgyblion a pheri iddynt eich ystyried yn gyflym iawn yn ymarferydd galluog.

Byddai o fudd i chi gael gwybodaeth gan yr athro/athrawon dosbarth/pwnc am y dosbarth ac am unrhyw faterion neu anghenion penodol y dylech eu hystyried wrth drefnu a chyflwyno'ch addysgu.

Darllenwch bolisi ymddygiad disgyblion yr ysgol, a gwnewch yn siŵr bod eich cynllun rheoli ymddygiad chi'n cyfateb ag o.

Rhai awgrymiadau i'ch helpu i gadw disgyblaeth a threfn dda yn y dosbarth:

1

Gosodwch ffiniau

Mae pob plentyn a pherson ifanc yn mwynhau trefn a disgyblaeth dda; maent yn gwybod ymhle maen nhw'n sefyll ac yn deall beth mae pobl yn ei ddisgwyl ganddynt. O'r cychwyn un mae angen i chi ddweud wrthynt beth rydych yn ei ddisgwyl ganddynt a hefyd yr hyn y gallent ei ddisgwyl gennych chi. Pan fyddwch yn eu cyfarfod gyntaf, treuliwch ychydig o amser yn trafod eich polisi ymddygiad personol.

2

Defnyddiwch iaith bositif

Dywedwch wrth y disgyblion beth rydych eisiau iddynt ei wneud, nid yr hyn nad ydych eisiau iddynt ei wneud! Y neges yw 'Dyma'r ffordd rydym yn ymddwyn yn fy nosbarth i'. Mae defnyddio'r gair 'Diolch!' yn dilyn cyfarwyddiadau yn llawer mwy pwerus na 'Plis'.

3 Mae pawb yn gwneud – dyma sut rydym yn dysgu. Mae pobl ifainc yn teimlo cywilydd os ydynt yn cael yr ateb yn anghywir; maen nhw'n meddwl bod yn rhaid iddynt fod yn berffaith drwy'r amser. Gadewch i'ch disgyblion ddysgu gyda'i gilydd a chanfod atebion i broblemau gyda'i gilydd. Mae'n well pan fydd dau berson yn hytrach nag un yn cael ateb yn anghywir, neu'n gywir hyd yn oed.

4 Dywedwch wrth eich dosbarth(iadau) beth fydd eich gwobr a'ch cosb. Cadwch eich cosbau'n bethau y gall pawb eu gwneud ac yn gyfatebol â'r rheolau a gafodd eu torri. Mae plant a phobl ifainc yn adnabod tegwch a byddai'n well ganddynt gael eu trin am eu hymddygiad fel unigolyn, nag fel aelod o grŵp anodd. Gwobrwywch ymddygiad derbynol yn rheolaidd – gyda gwên, stamp ar eu gwaith a gair o anogaeth.

5 Dysgwch fod yn hyderus
Mae'n rhaid i iaith eich corff a'ch iaith lafar ddangos eich bod yn hyderus, ac nid yn wan nag yn ymosodol. Dydy athrawon sarcastig ddim yn creu'r dysgwyr gorau; athrawon caredig ond cadarn sy'n cael y dysgwyr da. Mae gwahaniaeth mawr rhwng mwynhau sgwrs ddoniol gyda disgyblion yr ydych yn eu nabod yn dda a bychanu disgyblion. Defnyddiwch dinc cadarn, clir i'ch llais yn hytrach na 'chodi' eich llais.

6 Ymdriniwch â dicter
Mae'n amhosibl delio â pherson blin iawn – yn oedolyn neu'n blentyn – pan fyddent wedi colli eu tymer. Y peth gorau i'w wneud yw aros yn dawel a gadael i'r person wybod eich bod yn mynd i'w helpu nhw i ddatrys y broblem pan fydden nhw'n barod. Ceisiwch gadw rheolaeth ar eich emosiynau eich hun sut bynnag y mae'r person arall yn teimlo. Os gallwch, diolchwch i weddill y grŵp am fwrw ymlaen gyda'u gwaith fel nad ydyn nhw'n cael eu tynnu i mewn i sefyllfa anodd, ond sicrhewch eich bod yn cadw rheolaeth ar y sefyllfa.

7 Defnyddiwch hiwmor
Cofiwch eich synnwyr digrifwch a chydnabyddwch y synnwyr hwn yn eich disgyblion. Mae'n anodd bod yn flin neu'n ymosodol gyda rhywun sy'n gwneud i chi chwerthin.

Mae NASUWT wedi cynhyrchu amryw ganllawiau ar reoli ymddygiad yn y dosbarth, i'w defnyddio gan bob athro/athrawes drwy gydol eu gyrfaoedd. Ewch i www.nasuwat.org.uk.



BETH I'W WNEUD OS CEWCH BROBLEM YN YSTOD EICH CYFNOD HYFFORDDI

- Ceisiwch ymdrin â phroblemau neu bryderon gynted ag y bo modd.
- Siaradwch gyda'ch tiwtor neu'ch darparwr hyfforddiant.
- Mae'n hanfodol eich bod yn cyfathrebu'n dda â'ch hyfforddwyr a'ch mentoriaid.
- Cysylltwch â NASUWT i gael cyngor cyfrinachol os bydd y broblem yn parhau.

BETH ALL NASUWT EI GYNNIG I CHI?

- Cynrychiolaeth a chyngor os byddwch yn cael problemau ar eich lleoliadau ysgol.
- Datblygiad proffesiynol drwy gydol eich cyfnod hyfforddi, eich blynyddoedd addysgu cyntaf a thu hwnt.
- Amrywiaeth o ddisgowntiau a bargeinion wrth brynu gwasanaethau neu fwynhau gweithgareddau hamdden.
- Aelodaeth am ddim i athrawon dan hyfforddiant.
- Cyngor cyfrinachol.
- Cynrychiolaeth ar draws y sector.
- Ffocws ar yr athrawon.

YN YSTOD EICH HYFFORDDIANT

- Aelodaeth rad ac am ddim.
- Cymorth yn ystod eich lleoliadau addysgu.
- Hyfforddiant a darlithoedd a ddarperir drwy eich darparwr hyfforddiant.
- Buddiannau i'ch dull o fyw, disgowntiau ac arbedion.

AR ÔL I CHI ENNILL EICH CYMHWYSTER

- Aelodaeth rad ac am ddim.
- *Dechrau Arni*, canllaw NASUWT i athrawon newydd.
- Darpariaeth rad ac am ddim ar gyfer datblygiad proffesiynol parhaus (DPP).
- Cyngor, cymorth a chynrychiolaeth ar faterion yn ymwneud â gwaith.
- Cynlluniwr Ymsefydlu i helpu i'ch tywys drwy'r broses ymsefydlu.

BLWYDDYN DERFYNOL EICH HYFFORDDIANT

- Darlith ynglŷn â Dod o hyd i'ch Swydd Addysgu Gyntaf i'ch helpu i gael argraff dda ar gyflogwyr a chael gafael ar eich swydd ddelfrydol.
- Gallwch gael gafael ar wasanaethau a buddiannau i'ch dull o fyw.
- Cyngor a chymorth cyfreithiol.

YN YSTOD AC AR ÔL EICH BLWYDDYN GYNTAF

- Cyfnod o aelodaeth yn rhad ac am ddim.
- Digwyddiad datblygiad proffesiynol rhad ac am ddim ym mis Tachwedd i roi cymorth i athrawon ar gamau cynnar yn eu gyrfaedd.
- Seminar neu weminar datblygiad proffesiynol rhad ac am ddim ym mis Mehefin eich blwyddyn academiaidd gyntaf.
- Cysylltiad gweithredol â chi, yr aelodau, i benderfynu polisi'r undeb.
- Mynediad at rwydwaith o wirfoddolwyr a chynrychiolwyr lleol.
- Hyfforddiant datblygiad proffesiynol parhaus i aelodau.
- Cynrychiolaeth a chyngor cyfreithiol proffesiynol.
- Cynadledau a digwyddiadau am ddim yn ymwneud â phynciau llosg ym maes addysg.
- Cyrsiau datblygiad a chefnogaeth i aelodau sy'n dymuno cynorthwyo eu cydweithwyr a chymryd rhan yn nhrefn ddemocrataidd NASUWT.

MMwy o arian yn eich poced, diolch i NASUWT

Fel aelod o NASUWT, gallwch fanteisio ar fwy na 250 o ddisgowntiau a chynigion unigryw mewn perthynas â'ch cartref, eich car, nwyddau trydanol, mynd allan i fwyta, gweithgareddau hamdden, tocynnau rhodd, mynd ar wyliau a theithio.

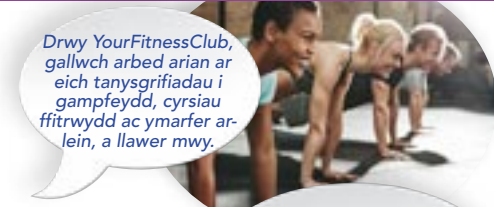
Mae ein eZine *Buddiannau a Gwasanaethau* bob deufis yn cynnwys bargeinion unigryw, disgowntiau a chystadlaethau rhad ac am ddim. Os nad ydych yn derbyn y cylchgrawn electronig hwn, rhowch wybod i ni ar membership@mail.nasuwt.org.uk neu 03330 145550.

Gallai cyfran fechan o'r cynigion hyn yn hawdd dalu am eich tansysgrifiad i NASUWT a'ch helpu i wneud arbedion pellach.

Hefyd, os byddwch yn recriwtio athrawon eraill i ymuno â NASUWT, gallwch gael tocynnau rhodd Love2shop hefyd!

Evch i www.nasuwtbenefits.co.uk neu sganiwch y cod QR sydd ar eich cerdyn aelodaeth.


Mae'r enghreifftiau'n dangos yr arbedion y gallech eu cael. Gallai'r holl gynigion a restrir gael eu newid heb unrhyw rybudd. Roedd yr wybodaeth am brisiau'n gywir ar amser ei hargraffu (06/2022).




Drwy YourFitnessClub, gallwch arbed arian ar eich tansysgrifiadau i gampfeydd, cyrsiau ffitrwydd ac ymarfer ar-lein, a llawer mwy.




Drwy gofrestru o flaen llaw dw i wedi arbed £75 ar docyn teulu i Alton Towers.



Dw i wedi ennill tocynnau rhodd gwerth £55 drwy wahodd pedwar o'm cydweithwyr i ymuno â NASUWT.



Dw i wedi arbed £120 ar wythnos o wyliau haf gyda Hoseasons.



Gall aelodau gael disgownt ar bris car Vauxhall newydd drwy'r cynllun 'Vauxhall Partners'.

CYFRANOGI

Hoffech chi gymryd mwy o ran yn NASUWT?

Gallech chi helpu drwy:

- annog eich cyd-athrawon dan hyfforddiant i ymuno â NASUWT;
- tynnu sylw'r Undeb at faterion o bryder cyffredin ynglŷn â lleoliadau addysgu;
- siarad â NASUWT am drefnu digwyddiadau sydd o ddiddordeb i athrawon dan hyfforddiant;
- hyrwyddo digwyddiadau datblygiad proffesiynol rhad ac am ddim i'ch cyd-athrawon dan hyfforddiant.

I gael rhagor o wybodaeth, ewch i'n gwefan ar
www.nasuwt.org.uk/GettingActive

Helpiwch ni i roi pob gwybodaeth i chi

Ydych chi'n newid eich cyfeiriad? Yn newid eich ysgol?
Yn symud tŷ? Dywedwch Wrthym!




www.nasuwt.org.uk

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