Cyfarwyddwr Strategol Gwasanaethau Gofal Cymdeithasol ac Addysg / Strategic Director of Social Care and Education Services
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Dyddiad / Date: 09.12.2021

Annwyl Rhieni / Gofalwyr

Gwybodaeth i rieni a/neu gwarcheidwaid

Gwyddwn pa mor aflonyddgar y bu'r flwyddyn ddiwethaf i bawb. Eleni rydym am gadw eich plentyn yn yr ysgol gymaint â phosibl, ond rydym hefyd am gadw ein hysgolion a'n cymunedau'n ddiogel rhag effeithiau COVID-19. Mae gan bawb ei rôl i chwarae os ydym am gyflawni hyn, a gofynnwn yn garedig am eich cefnogaeth.

Wrth i ni barhau i reoli Covid-19 yn ein lleoliadau addysgol, hoffwn eich atgoffa o rywfaint o wybodaeth allweddol:

Tri phrif symptom COVID-19 yw:

- tymheredd uchel: mae hyn yn golygu eu bod yn teimlo'n boeth i gyffwrdd ar eu brest neu ar eu cefn
- peswch newydd, parhaus: mae hyn yn golygu pesychu llawer am fwy nag awr, neu 3 neu fwy o gyfnodau peswch mewn 24 awr
- colled neu newid i'w hymdeimlad o arogl neu flas: mae hyn yn golygu eu bod wedi sylwi na allant arogli na blasu unrhyw beth, neu mae pethau'n arogli neu'n blasu'n wahanol i'r arfer.

Dear Parents/ Carers

Information for parents and/or guardians

We know how disruptive the last year has been for everyone. We want to keep your child in school as much as possible, but we also want to keep our schools and communities safe from the effects of COVID-19. Everyone has a role to play to if we are to achieve this and we kindly ask for your support.

As we continue to manage Covid-19 within our educational settings, we would like to remind you of some key information:

The **three key symptoms** of COVID-19 are:

- a high temperature: this means that they feel hot to touch on their chest or back
- a new, continuous cough: this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to their sense of smell or taste: this means they've noticed they cannot smell or taste anything, or things smell or taste different to normal.

Os yw eich plentyn dros 5 oed a bod ganddo **unrhyw un o'r tri phrif symptom hyn**, neu os oes unrhyw aelod arall o'r aelwyd yn dangos y symptomau hyn**:**

1. Peidiwch ag anfon eich plentyn i'r ysgol;
2. Trefnwch brawf PCR ar eu cyfer ar unwaith. Gallwch archebu prawf PCR ar-lein drwy wefan y GIG gov.uk/get-coronavirus-test neu drwy ffonio 119. Dylai unrhyw un arall yn eich cartref hefyd ynysu a chymryd prawf PCR.
3. Rhowch wybod i'r ysgol cyn gynted ag y bo'n rhesymol bosibl o'r rheswm dros absenoldeb eich plentyn (gan gynnwys unrhyw frodyr neu chwiorydd).

Os bydd eich plentyn yn cael **canlyniad positif,** cadwch eich plentyn gartref i **ynysu am 10 diwrnod a rhowch wybod i'r ysgol** cyn gynted ag y bo'n rhesymol bosibl fel y byddech gydag unrhyw absenoldeb arall. Dilynwch y rheolau a nodir ar llyw.cymru/canllawiau-hunanynysu. Rhaid iddynt beidio â dychwelyd i'r ysgol nes bod eu cyfnod ynysu ar ben a'u bod heb gael twymyn ers 48 awr. Os yw'r **prawf yn negyddol**, gall eich plentyn ddychwelyd i'r ysgol cyn gynted ag y bydd wedi mynd 48 awr heb symptomau acíwt.

Os yw eich plentyn o dan 5 mlwydd oed, dylent aros i ffwrdd o'r ysgol tra bod ganddynt symptomau. Rhaid iddynt beidio â dychwelyd i'r ysgol nes eu bod wedi gwella o unrhyw symptomau acíwt a'u bod yn teimlo ddigon da i wneud hynny. Ni ddylent gymryd profion COVID-19 oni bai bod hyn wedi'i gyfarwyddo gan feddyg neu os ydych yn credu bod prawf yn gwbl angenrheidiol ac er lles gorau eich plentyn.

Fel y rhiant/gwarcheidwad, bydd Profi Olrhain Diogelu yn cysylltu â chi naill ai drwy neges destun SMS i lenwi ffurflen olrhain electronig ar-lein neu dros y ffôn. Sicrhewch eich bod yn darparu manylion yr ysgol a fynychir, y sawl sy'n byw gyda chi a'r sawl sydd wedi dod i gyswllt â chi fel y gellir eu cynghori'n briodol (bydd hyn yn ein helpu i atal y feirws rhag lledaenu). **Noder nad yw TTP bellach yn hysbysu ysgolion am achosion positif fel mater o drefn er mwyn cael rhestrau cyswllt dosbarth.**

If your child is over the age of 5 years old and has **any of these three key symptoms**, or any other member of the household is showing these symptoms:

1. Do not send your child to school;
2. Arrange a PCR test for your child immediately. You can book a PCR test online through the NHS website at gov.uk/get-coronavirus-test or by calling 119. Anyone else in your household should also isolate and take a PCR test.
3. Inform the school as soon as reasonably possible of the reason for your child's absence (including any siblings).

If your child receives **a positive result,** please keep your child at home to **isolate for 10 days and inform the school** as soon as is reasonably possible as you would with any other absence**.** Follow the rules set out at gov.wales/self-isolation. They must not return to school until their isolation period is over and they are 48hrs from fever. If the **test is negative,** your child can return to school as soon as they are 48hr free of acute symptoms.

If your child is under the age of 5 years old they should remain off school whilst they have symptoms. They must not return to school until recovered from acute symptoms and are well enough to do so. They should not take COVID-19 tests unless directed to do so by a doctor or if you believe a test is absolutely necessary and in the best interests of your child.

As the parent/guardian you will be contacted by Test Trace Protect either by SMSs to complete an electronic tracing form online or by phone. Please ensure that you provide the details of the school attended, those who live in your household and those people who have had close-contact with your child so that they can be advised appropriately (this will help us to prevent the virus from spreading). **Please note that TTP no longer routinely notify schools of positive cases in order to obtain class contact lists.**

Byddwn yn parhau i fonitro'r sefyllfa yn ein hysgolion. Gyda llawer o ddiolch am eich cydweithrediad.

Please be assured we will continue to monitor our schools' position. With many thanks for your co-operation.

Yn gywir / Yours sincerely

Dr Lowri Vaughan Brown
Prif Swyddog Addysg/Chief Education Officer
Pennaeth Gwasanaethau Addysg/Head of Education Services

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Rydym yn croesawu gohebiaeth yn Gymraeg. Byddwn yn ymateb i unrhyw ohebiaeth yn Gymraeg ac ni fydd hyn yn arwain at unrhyw oedi. We welcome correspondence in Welsh. We will respond to any correspondence in Welsh which will not lead to a delay.