Llythyr ‘Rhybuddio ac Hysbysu’ o Lywodraeth Cymru

Annwyl Riant / Ofalwr,

Mae dau neu fwy o achosion positif o COVID-19 wedi bod ym mlwyddyn eich plentyn, Blwyddyn Meithrin yn YG Bro Ogwr.

Er bod yna risg y byddwch chi/bydd eich plentyn yn cael COVID-19, gallwch chi/eich plentyn barhau i fynychu’r ysgol cyn belled â’ch bod chi/eich plentyn yn teimlo’n iach. Os yw eich plentyn yn dechrau arddangos unrhyw un o symptomau COVID-19 peidiwch os gwelwch yn dda â’u hanfon i’r ysgol ac yn hytrach trefnwch brawf PCR ar unwaith. Gallwch drefnu prawf PCR ar-lein drwy wefan y GIG yn www.gov.uk/get-coronavirus-test neu drwy ffonio 119.

I roi tawelwch meddwl ichi, heblaw eu bod dan 5 oed, rydym yn argymell yn gryf bod eich plentyn yn defnyddio Profion Llif Ochrol (LFD) am 7 diwrnod er mwyn ceisio atal trosglwyddiad haint pellach yn yr ysgol. Rydym yn argymell bod y profion hyn yn cael eu defnyddio cyn yfed/bwyta yn y bore cyn mynd i’r ysgol. Rydym yn cydnabod efallai na fydd hi'n bosib i rai dysgwyr ymgymryd â phrofi’n ddyddiol e.e. rheini ag anghenion dysgu arbennig neu’r rheini sy’n rhy ifanc i dderbyn profi dro ar ôl tro.

Noder os gwelwch yn dda os yw'ch plentyn o dan 5 oed, ni ddylent ddefnyddio profion COVID-19 oni bai bod meddyg yn eich cyfarwyddo i wneud hynny neu os ydych chi'n credu bod prawf yn hollol angenrheidiol ac er budd gorau eich plentyn. Fodd bynnag, dylent aros o’r ysgol tra bod ganddyn nhw symptomau.

Mae nifer o ysgolion yng Nghymru yn cael LFTs er pwrpas profi cyson - gellir defnyddio'r LFTs hyn, neu eraill a allai fod yn eich tŷ i brofi'ch plentyn os yw’n cael ei adnabod fel cyswllt. Os oes angen mwy o LFTs arnoch chi/eich plentyn ac na allwch gael gafael ar brofion ar-lein neu trwy eich fferyllfa leol, cysylltwch â ni oherwydd ein bod yn cadw cyflenwad o LFTs ar gyfer disgyblion.

Yn gyffredinol, ry’n ni yn gwybod nad yw COVID-19 yn effeithio ar bobl ifanc mewn ffordd mor ddifrifol ag y mae ar eraill yn ein teuluoedd a’n cymuned. Ond er mwyn helpu i gadw eraill yn ddiogel, mae yna rai pethau y gallwch chi/gall eich plentyn eu gwneud i leihau’r risg o ledaenu’r haint. Dros y 7 diwrnod nesaf, rydym yn argymell eich bod chi/bod eich plentyn yn dilyn y cyngor isod.

- **Osgoi cyswllt ag unrhyw un sydd mewn perygl uwch o effeithiau COVID-19.**
  Mae hyn yn cynnwys pobl hŷn, y rheini sydd â chyflyrau iechyd hirdymor, ac unrhyw un sydd heb cael cwrs llawn o frechlyn COVID-19.

- **Bod ar wyliadwriaeth am symptomau newydd.**
  Os byddwch chi/bydd eich plentyn yn dechrau teimlo’n anhwylus, pa mor ysgafn bynnag yw’r symptomau, dylech chi / dylai eich plentyn gadw draw o’r ysgol a chael prawf PCR.

- **Cyfyngu ar gysylltiad â grwpiau mawr o bobl gymaint â phosibl.**
  Ceisiwch gadw nifer y bobl sydd mewn cysylltiad agos â chi/eich plentyn mor isel â phosibl. Osgowch gynulliadau mawr tu allan i’r ysgol, digwyddiadau cymdeithasol (e.e. partïon pen-blwydd) a gweithgareddau ar ôl ysgol.

- **Parhau i olchi eich dwylo yn rheolaidd.**
  Mae hon yn dal i fod yn ffordd bwysig o gyfyngu ar ledaeniad llawer o heintiau, gan gynnwys COVID-19.

Os byddwch chi/bydd eich plentyn yn dal i fod yn iach, ar ôl 7 diwrnod cewch ailgydio yn eich gweithgareddau arferol.

Rydym yn gwybod cymaint mae’r flwyddyn ddiwethaf wedi tarfu ar fywyd pawb. Y flwyddyn hon, rydym am eich cadw chi/cadw eich plentyn yn yr ysgol gymaint â phosibl, ond rydym hefyd am gadw ein cymunedau yn ddiogel rhag effeithiau COVID-19. Rydym yn gobeithio y bydd modd i chi chwarae eich rhan drwy ddilyn y cyngor uchod.

‘Warn and Inform’ Letter from Welsh Government

Dear Parent / Carer,

There have been two or more positive cases of COVID-19 in your child’s year group, Year Nursery at YG Bro Ogwr.

Although there is still a risk of you/your child getting COVID-19, you/your child can continue to attend school provided you/your child remain well. If your child starts to display any of the COVID-19 symptoms please do not send them to school and arrange a PCR test immediately. You can book a PCR test online through the NHS website at www.gov.uk/get-coronavirus-test or by calling 119.

For additional peace of mind, unless they are aged under 5 years, we strongly advise that your child undertakes LFD tests for 7 days to try and prevent spreading infection more widely in the school. We recommend that these daily tests are taken before eating/drinking in the morning before going to school. It is acknowledged that for some learners it may not be possible to undertake daily testing i.e. those with special educational needs or those that are too young to accept repeated testing.

Please note that if your child is under the age of 5 years old 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. They should however remain off school if they have a high temperature until it returns to normal and they feel better.

Many schools in Wales are supplied with LFTs for regular testing - these LFTs, or others that may be in your house can be used to test your child if they are a confirmed contact. If you/your child require more LFTs and cannot access tests online or through your local pharmacy please contact us as we hold a supply of LFTs for pupils.

We know that in general COVID-19 doesn’t affect young people as seriously as it does others in our families and community. But to help keep others safe, there are still some things you/your child can do to reduce the risk of spreading the infection. For the next 7 days we recommend you/your child:

- **Avoid contact with anyone at greater risk from the effects of COVID-19 infection.**
  This includes older people, those with long-term health conditions, and anyone who hasn’t received a full course of COVID-19 vaccine.

- **Be alert for new symptoms.**
  If you/your child start to feel unwell, no matter how mild the symptoms are, you/your child should stay away from school and get a PCR test.

- **Limit contact with large groups of people as much as possible.**
  Try to keep the number of people in close contact with you/your child to as few as possible. Avoid large gatherings outside of school, social events (e.g. birthday parties) and after-school activities.

- **Keep washing hands regularly.**
  This is still an important way to limit the spread of many infections, including COVID-19.

If you/your child remain well after 7 days you can return to normal activities.

We know how disruptive the last year has been for everyone. This term we want to keep you/your child in school as much as possible, but we also want to keep our communities safe from the effects of COVID-19. We hope that you will be able to play your part by following the advice above.

Diolch yn fawr