

Cynlluniau Ysgolion Iach - Rhwydwaith Cymru

Dychwelyd i'r ysgol a hebrwng plant i'r ysgol ac oddi yno

I gadw eich plant yn ddiogel ac yn rhydd o'r Coronafeirws, mae ysgolion wedi bod yn gwneud rhai newidiadau pwysig. Gall teuluoedd hefyd chwarae rhan wrth gadw pawb yn ddiogel.

Dyma rai awgrymiadau ar sut i aros yn ddiogel yn yr ysgol.

Teithio i'r ysgol ac oddi yno

- Os yw'r plant yn gallu cerdded neu feicio i'r ysgol, mae hwn yn ddewis gwyb.
- Os ydych yn teithio mewn car, i osgoi gorlenwi ger gatiau'r ysgol, parciwch ymhellach i ffwrdd o'r ysgol ac yna cerdded. Mae hyn hefyd yn eich helpu i gadw'n egnïol.
- Os ydych yn cludo plant y tu allan i'ch aelwyd estynedig (plant o dan 11 oed yn unig), sicrhewch fod:
 - pawb yn golchi neu'n diheintio eu dwylo cyn mynd i mewn i'r car
 - ffenestri'n cael eu cadw ar agor
 - dim ond yr un grŵp o blant sy'n teithio yn eich car
- Os ydych yn defnyddio trafndiaeth gyhoeddus, mae angen i rieni a phlant olchi neu ddiheintio eu dwylo cyn ac ar ôl teithio. Ceisiwch gadw o leiaf 2 fetr ar wahân i deithwyr eraill. Mae angen i rieni a phlant dros 11 oed wisgo masg neu orchudd wyneb hefyd.

Ger gât yr ysgol

- Cadwch eich pellter 2 fetr oddi wrth eraill sy'n gollwng eu plant a cheisiwch beidio ag aros yn rhy hir ar yr iard chwarae. Bydd hyn yn helpu i leihau ciwiau ac yn galluogi rhieni eraill i ollwng eu plant yn ddiogel.
- Peidiwch â chyrhaedd yr ysgol yn rhy gynnar i'w codi a pheidiwch ag aros yn rhy hir ar yr iard chwarae.

Yn yr ysgol

- Siaradwch â'ch plentyn am olchi dwylo gan gynnwys sut i olchi eu dwylo'n drylwyr â dŵr cynnes a sebon (am o leiaf 20 eiliad) ac eglurwch y bydd angen iddynt olchi eu dwylo'n rheolaidd drwy'r dydd.

Cadw draw o'r ysgol

- **Peidiwch â mynd i'r ysgol** a hunanynyswch os ydych chi neu'ch plentyn:
 - ag unrhyw symptomau o'r Coronafeirws (hunanynyswch am 10 diwrnod)
 - yn byw mewn aelwyd gyda pherson sydd wedi profi'n positif am y Coronafeirws (hunanynyswch am 14 diwrnod)
 - os oes swyddog olrhain cysylltiadau sydd wedi cysylltu â chi i ddweud wrthyfch y dylech hunanynysu (hunanynyswch am 14 diwrnod)
- Trefnwch brawf i unrhyw un sydd ag unrhyw rai o'r symptomau canlynol drwy fynd i www.gov.uk/get-coronavirus-test neu ddeialu'r rhif am ddim 119:
 - Peswch cyson newydd
 - Tymheredd uchel (dros 37.8oC)

- Llai o flas neu arogl (anosmia)

- Os oes gan eich plentyn symptomau a'ch bod yn aros am ei ganlyniadau ei brawf **ni ddylai fynd i'r ysgol** a rhaid hunanynysu.
- Os yw eich plentyn yn gyswllt achos, rhaid iddo hunanynysu am y 14 diwrnod llawn hyd yn oed os bydd yn cael canlyniad prawf negyddol.

Diolch - os byddwn i gyd yn gwneud ein rhan i atal lledaeniad coronafeirws, y cynharaf y gallwn i gyd ddychwelyd i'r arfer.

The Welsh Network of Healthy School Schemes

Getting back to school and the school run

To keep your children safe and free from Coronavirus, schools have been making some important changes. Families can also play a part in keeping everyone safe.

Here are some tips on how to stay safe whilst at school.

Getting to and from school

- *If children are able walk or cycle to school, this is a great option.*
- *If travelling by car, to avoid crowding at the school gates, park further away from the school and then walk. This also helps you to stay active.*
- *If you transport children outside of your extended household (children under 11 only), make sure:*
 - *everyone washes or sanitises their hands before getting in the car*
 - *windows are kept open*
 - *only the same group of children travel in your car*
- *If you use public transport, parents and children need to wash or sanitise their hands before and after travel. Try to keep at least 2 metres apart from other passengers. Parents and children over the age of 11 also need to wear a mask or face covering.*

At the school gate

- *Keep your 2 metre distance from others who are dropping off and try not to stay too long in the playground. This will help to reduce queues and allow other parents to drop off their children safely.*
- *Don't arrive at school too early to pick up and don't stay too long in the playground.*

In school

- *Talk to your child about handwashing including how to wash their hands thoroughly with warm water and liquid soap (for at least 20 seconds) and explain they will need to wash their hands regularly throughout the day.*

Staying away from school

- **Do not attend school** and self-isolate if you or your child:
 - *Has any symptoms of Coronavirus (self-isolate for 10 days)*
 - *live in a household with a person who has tested positive for Coronavirus (self-isolate for 14 days)*
 - *have been contacted by a contact tracer and told that you must self-isolate (self-isolate for 14 days)*
- *Arrange a test for anyone who has any of the following symptoms by going to www.gov.uk/get-coronavirus-test or dialling the free number 119:*
 - *New continuous cough*
 - *High temperature (above 37.8oC)*
 - *Reduced taste or smell (anosmia)*

- *If your child has symptoms and you are waiting for their test results they **must not attend school** and must self-isolate.*
- *If your child is a contact of a case, they must self-isolate for the full 14 days even if they have a negative test result.*

*Thank you - If we all do our bit to stop the spread of coronavirus,
the sooner we can all get back to normal.*