



# Ysgol Gyfun Gwynllyw

## Pennaeth: Miss Elan Bolton

Heol Folly, Trefddyn, Pontypŵl, Torfaen, NP48JD

Tel : (01495) 750405

<http://gwynllyw.weebly.com>



[YGGSwyddfa@gwynllyw.schoolsedu.org.uk](mailto:YGGSwyddfa@gwynllyw.schoolsedu.org.uk)



13eg o Fawrth 2020

Annwyl riant/ofalwr,

### CORONAFEIRWS – YSGOLION I AROS AR AGOR

Gwnaeth Llywodraeth y DU newidiadau pwysig ddoe (12.03.20) i'r ffordd y mae gofyn i ni i gyd helpu ar hyn o bryd i reoli achosion Coronafeirws.

Y ddwy brif neges a gyhoeddwyd ynglŷn ag ysgolion oedd:

- dylai ysgolion aros ar agor fel y gall plant barhau i ddysgu, ond
- dylai unrhyw un â pheswch parhaus **newydd** neu dymheredd uchel aros gartref (hunan-ynysu) am 7 diwrnod, a rhoi gwybod i'w hysgol.

Ar hyn o bryd rydym yn gwneud pob dim i leihau tarfu o ganlyniad i'r achosion sy'n codi ar hyn o bryd. Rydym yn gwybod ein bod yn gallu dibynnu arnoch chi i'n helpu trwy ddilyn y cyngor ynglŷn â danfon eich plentyn i'r ysgol, glendid dwylo ac, os oes angen, hunan-ynysu. Rydym hefyd yn cymryd camau pellach yn yr ysgol i ategu negeseuon ynglŷn â glendid dwylo ac mae ein timau glanhau adeiladau yn canolbwyntio ar fannau allweddol mewn ysgolion, fel dolenni drysau, ffyn canllaw a desgiau.

Y negeseuon allweddol o gyngor y Llywodraeth yw:

- Os oes gennych symptomau o haint coronafeirws (COVID-19), waeth pa mor ysgafn ydyn nhw, arhoswch gartref a pheidiwch â gadael eich tŷ am 7 diwrnod o'r amser pan ddechreuodd eich symptomau. (Gweler **Gorffen Hunan-Ynysu** isod ar gyfer rhagor o wybodaeth). Bydd hyn yn helpu i warchod eraill yn eich cymuned tra eich bod yn heintus.
- Blaengynlluniwch a gofynnwch i eraill am help i sicrhau eich bod yn gallu aros gartref yn llwyddiannus
- Gofynnwch i'ch ffrindiau a theulu i'ch helpu i gael y pethau y mae eu hangen arnoch chi i aros gartref.
- Arhoswch o leiaf 2 fetr (rhyw 3 cham) i ffwrdd o bobl eraill yn eich cartref ble bynnag y bo hynny'n bosibl.
- Cysgwch ar eich pen eich hun, os yw hynny'n bosibl.
- Golchwch eich dwylo'n rheolaidd am 20 eiliad, gan ddefnyddiwr dŵr a sebon pob tro.



Bydd pob dysgwr yn llwyddo

- Arhoswch i ffwrdd o unigolion bregus fel yr henoed a'r rheiny sydd â chyflyrau iechyd sylfaenol cymaint ag sy'n bosibl. Os oes gennych chi broblemau iechyd eich hunain, efallai bydd angen i chi drafod gyda'ch gweithwyr gofal iechyd proffesiynol.
- Does dim angen i chi ffonio NHS111 er mwyn hunan-ynysu. Os yw eich symptomau'n gwaethygu yn ystod eich amser gartref neu os nad ydyn nhw'n well ar ôl 7 diwrnod, cysylltwch â NHS 111 ar-lein. Os nad oes gennych chi gysylltiad gyda'r rhynggrwyd, dylech chi ffonio NHS 111. Mewn argyfwng meddygol, ffoniwch 999.

Mae gwybodaeth bellach ar gael ar y gwefannau canlynol os oes angen:

- Beth i'w wneud os oes gennych chi symptomau o'r Coronafeirws - <https://llyw.cymru/beth-iw-wneud-os-oes-gyda-chi-symptomau-coronafeirws?>
- Coronafeirws Newydd (COVID-19) – cyngor ar hunan-ynysu <https://icc.gig.cymru/pynciau/gwybodaeth-ddiweddaraf-am-coronavirus-newydd-covid-19/cyngor-hunan-ynysu/> .

## Gorffen hunan-ynysu

- Dylech aros gartref am 7 diwrnod ar ôl cychwyn eich symptomau. Ar ôl 7 diwrnod, os ydych chi'n teimlo'n well ac os nad oes gennych chi dymheredd uchel bellach, gallwch fynd yn ôl at eich patrwm byw arferol. Os nad oes arwyddion eich bod yn gwella ac os nad ydych chi wedi ceisio cyngor meddygol, dylech gysylltu â NHS 111 ar-lein, sef 111.nhs.uk. Os nad oes gennych gysylltiad â'r rhynggrwyd, dylech ffonio NHS 111.
- Gall peswch bara am nifer o wythnosau gyda rhai pobl, er bod y coronafeirws wedi clirio. Nid yw peswch parhaus yn unig yn golygu bod rhaid i chi barhau i hunan-ynysu am fwy na 7 diwrnod.
- Bydd diweddariadau pellach ar gael o dudalennau ICC ar y we <https://icc.gig.cymru/>

Rydym yn gwybod y bydd gan bobl nifer o gwestiynau dros y dyddiau a'r wythnosau nesaf, a'r lle gorau i ddechrau cael atebion yw gwefan llywodraeth y DU ar gyfer y Coronafeirws <https://www.gov.uk/government/topical-events/coronafeirws-covid-19-uk-government-response>.

Byddwch yn deall fod y sefyllfa'n symud yn gyflym ac efallai bydd newidiadau pellach yn cael eu cyhoeddi yn y dyddiau a'r wythnosau sydd i ddod.

Bydd adroddiadau ar newidiadau sylweddol trwy'r cyfryngau a byddwn yn cysylltu â chi eto os oes unrhyw newidiadau a allai effeithio ar reolaeth ein hysgol.



Dear parent/carers,

## **CORONAVIRUS – SCHOOLS TO REMAIN OPEN**

The UK Government made some important changes yesterday (12.03.20) to the way we are all currently being asked to help manage the Coronavirus outbreak.

The two main messages about schools announced were that:

- schools should remain open so that children can continue their learning, but
- anyone with a **new** persistent cough or high temperature should stay at home (self-isolate) for 7 days, and let their school know.

At this time we are doing all we can to minimise the disruption being caused by the current outbreak. We know that we can rely on you to help us by following the advice about sending your children to school, good hand hygiene and, if necessary, self-isolation. We are also taking additional measures in school to re-inforce hand hygiene messages, and our building cleansing teams are focusing their work on key areas within school such as door handles, bannisters and desks.

The key messages from the Government's advice are:

- If you have symptoms of coronavirus infection (COVID-19), however mild, stay at home and do not leave your house for 7 days from when your symptoms started. (See **Ending Isolation** below for more information). This action will help protect others in your community whilst you are infectious.
- Plan ahead and ask others for help to ensure that you can successfully stay at home
- Ask your friends and family to help you to get the things you need to stay at home.
- Stay at least 2 metres (about 3 steps) away from other people in your home whenever possible.
- Sleep alone, if that is possible.
- Wash your hands regularly for 20 seconds, each time using soap and water.
- Stay away from vulnerable individuals such as the elderly and those with underlying health conditions as much as possible. If you have underlying health issues you may need to consult with your own healthcare professionals.
- You do not need to call NHS111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Further information is available on the following websites if you need it:

- What to do if you have symptoms of Coronavirus - <https://gov.wales/what-do-if-you-have-symptoms-coronavirus>.



Bydd pob dysgwr yn llwyddo

- Novel Coronavirus (COVID-19) - self-isolation advice  
<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/self-isolation-advice/>.

### Ending self-isolation

- You should remain at home until 7 days after the onset of your symptoms. After 7 days, if you feel better and no longer have a high temperature, you can return to your normal routine. If you have not had any signs of improvement and have not already sought medical advice, you should contact NHS 111 online at 111.nhs.uk. If you have no internet access, you should call NHS 111.
- A cough may persist for several weeks in some people, despite the coronavirus infection having cleared. A persistent cough alone does not mean you must continue to self-isolate for more than 7 days.
- Further updates will be available from the PHW webpages available <https://phw.nhs.wales/>.

We know that people will have lots of questions over the coming days and weeks, and the best place to start to get answers is the UK government Coronavirus dedicated website <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>.

You will appreciate that the situation is fast moving, and that further changes may be announced in the coming days and weeks.

Significant changes will be reported in the mainstream media and we will contact you again if there are any changes which significantly affect the running of our school.

Yours Sincerely



Ms Elan Bolton  
Headteacher





Bydd pob dysgwr yn llwyddo