2.10.21

Annwyl riant,

Mae eich plentyn wedi’i nodi yn gyswllt agos i achoso COVID-19 yn Ysgol Bodhyfryd.

Er bod yna risg y bydd eich plentyn yn caelCOVID-19, gall eich plentyn barhau i fynychu’r ysgol cyn belledbod eich plentyn yn teimlo’n iach.

I roi tawelwch meddwl ichi, rydym yn argymell eich bod yn trefnu prawf PCR (ar gyfer eich plentyn). Gallwchwneud hyn ar ôl derbyn y llythyr hwn ac ymhen 6 diwrnod. Gallwch drefnu prawf PCR ar-lein drwy wefan y GIG yn [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test)neu drwyffonio 119.

Yn gyffredinol, ry’n ni yn gwybod nad yw COVID-19 yneffeithio ar bobl ifanc mewn ffordd mor ddifrifol ag y maear eraill yn ein teuluoedd a’n cymuned. Ond er mwynhelpu 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 10 diwrnod nesaf, rydym ynargymell eich bod eich plentyn yn dilyn y cyngor isod.

▪⬝**Osgoi cyswllt ag unrhyw un sydd mewn perygluwch o effeithiau COVID-19.**   
Mae hyn yn cynnwys pobl hŷn, y rheini sydd â chyflyrauiechyd hirdymor, ac unrhyw un sydd heb cael cwrs llawno frechlyn COVID-19.

▪⬝**Bod ar wyliadwriaeth am symptomau newydd.**   
Os bydd eich plentyn yn dechrau teimlo’n anhwylus, pa mor ysgafn bynnag yw’r symptomau, dylai eich plentyngadw draw o’r ysgol a chael prawf PCR.

▪⬝**Cyfyngu ar gysylltiad â grwpiau mawr o boblgymaint â phosibl.**Ceisiwch gadw nifer y bobl sydd mewn cysylltiad agosâ’ch plentyn mor isel â phosibl. Osgowch gynulliadaumawr 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 arledaeniad llawer o heintiau, gan gynnwys COVID-19.

Os bydd eich plentyn yn dal i fod yn iach, ar ôl 10 diwrnod cewch ailgydio yn eich gweithgareddau arferol.

Rydym yn gwybod cymaint mae’r flwyddyn ddiwethafwedi 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 ynddiogel rhag effeithiau COVID-19. Rydym yn gobeithio y bydd modd i chi chwarae eich rhan drwy ddilyn y cyngoruchod.

Dymuniadau gorau,

Miss Nerys Davies

Dear parent,

Your child has been identified as a close contact of a case of COVID-19 at Ysgol Bodhyfryd

Although there is still a risk of your child getting COVID-19, your child can continue to attend school provided your child remains well.

For additional peace of mind we recommend that you book a PCR test for your child. You can do this on receipt of this letter and in 6 days time. You can book a PCR test online through the NHS website at [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test) or by calling 119.

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 your child can do to reduce the risk of spreading the infection. For the next 10 days we recommend 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 your child start to feel unwell, no matter how mild the symptoms are, 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 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 your child remains well after 10 days you can return to normal activities.

We know how disruptive the last year has been for everyone. This year we want to keep 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.

With best wishes,

Miss Nerys Davies