***Cofia ddweud. Cadwa’n ddiogel.* Llythyr i rieni/gofalwyr**

3.7.23

Annwyl Riant/Gofalwr

**Ynghylch: Rhaglen ar-lein yr NSPCC - *Cofia ddweud. Cadwa’n ddiogel.***

Mae'n bleser gen i roi gwybod ichi y byddwn ni’n cymryd rhan yn rhaglen ar-lein yr NSPCC - ***Cofia ddweud. Cadwa'n ddiogel.*** y tymor hwn. Mae’r rhaglen yn cynnwys gwasanaeth ar-lein a gweithgareddau dosbarth cysylltiedig. Mae *Cofia ddweud. Cadwa'n ddiogel.* yn rhaglen ddiogelu sydd ar gael i bob ysgol gynradd yn y Deyrnas Unedig ac Ynysoedd y Sianel. Mae’n ceisio helpu plant i ddeall yr holl wahanol fathau o gam-drin ac i adnabod yr arwyddion o gam-drin a hynny mewn ffordd addas i blant. Mae’r plant yn cael eu dysgu i siarad os oes rhywbeth yn eu poeni, unai gydag oedolion y gellir ymddiried ynddyn nhw neu gyda Childline.

Yn y gwasanaethau ar-lein mae negeseuon *Cofia ddweud. Cadwa'n ddiogel.* yn cael eu cyflwyno mewn ffordd hwyliog a rhyngweithiol gyda chymorth eu masgot Buddy ynghyd ag ymddangosiadau arbennig gan Ant a Dec. Yn dilyn y gwasanaeth, bydd gwirfoddolwyr yr NSPCC sydd wedi cael eu hyfforddi’n arbennig yn cyflwyno gweithdy i’n plant Blwyddyn 5/6 a fydd yn gwella ac yn adeiladu ar yr hyn mae’r disgyblion wedi’i ddysgu yn y gwasanaeth.

Rydyn ni wedi astudio cynnwys y deunyddiau ac rydyn ni’n hyderus iawn eu bod yn addas i blant ysgol gynradd. Erbyn diwedd y rhaglen, rydyn ni’n sicr y bydd y plant yn teimlo eu bod wedi cael eu grymuso – ac yn gwybod sut gallant ddweud a chadw’n ddiogel. Rydym hefyd yn sicr y bydd gwirfoddolwyr NSPCC sy'n dod i'r ysgol yn cadw at arfer diogel mewn perthynas â COVID-19.

Os hoffech chi gael mwy o wybodaeth am y rhaglen *Cofia ddweud. Cadwa'n ddiogel.* ewch i wefan yr NSPCC [www.nspcc.org.uk/speakout](http://www.nspcc.org.uk/speakout) neu fe fyddwn i’n falch o drafod unrhyw gwestiynau sydd gennych chi.

**Gwasanaeth wedi ei addasu i'w ddefnyddio gartref**

Mae'r NSPCC hefyd wedi datblygu fersiwn wedi ei haddasu o'r gwasanaeth i rieni/gofalwyr ei ddefnyddio gartref gyda'u plant. Gellir dod o hyd iddo yma:[www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/). Gyda chymorth enwogion, mae'r ffilm yn canolbwyntio ar sut gall plentyn gael cymorth os oes ganddo ofnau neu bryderon.

I ategu'r gwasanaeth, mae adnoddau y gellir eu defnyddio i hwyluso trafodaeth bellach wrth wneud gweithgareddau gyda'ch plant. Mae'r rhain yn cael eu cynnal ar wefan NSPCC [www.nspcc.org.uk/activities](http://www.nspcc.org.uk/activities).

**Gwefan o dan 12 Childline**

Mae gan Childline wefan gyda chyngor addas i oedran ar gyfer plant ysgolion cynradd ar bynciau fel bwlio. Mae yno gemau ac adnoddau rhyngweithiol hefyd. Gall eich plentyn ymweld â’r wefan [www.childline.org.uk/kids](http://www.childline.org.uk/kids).

Os hoffech gael gwybod rhagor am waith yr NSPCC, neu edrych ar yr amrywiaeth o wybodaeth a chyngor sydd ar gael i rieni a gofalwyr, ewch i’w gwefan [www.nspcc.org.uk/parents](http://www.nspcc.org.uk/parents).

**Siarad PANTS gyda’ch plant**

Mae siarad PANTS yn sgwrs syml i helpu i gadw eich plentyn yn ddiogel rhag camdriniaeth rywiol.  O P hyd at S, mae pob llythyren o PANTS yn rhoi rheol syml ond gwerthfawr a all helpu i gadw'ch plentyn yn ddiogel.  Gallwch ddarganfod mwy a lawrlwytho'r adnoddau am ddim yn [www.nspcc.org.uk/pants](http://www.nspcc.org.uk/pants).

Mae Penguin a Ladybird wedi partneru gyda'r NSPCC i greu llyfr Pantosorws newydd sbon wedi'i anelu at blant 4 - 8 oed.  **Mae copïau o’r llyfr ar werth, naill ai yn rhai o siopau Matalan ac ar-lein, yn rhai o siopau SPAR neu yn** <https://shop.nspcc.org.uk/>  Mae llyfr cyntaf erioed yr NSPCC sydd wedi cael ei gyllido’n dorfol ar gael yn Saesneg, a bydd hefyd yn sicrhau bod y cynnwys ar gael yn Gymraeg. Bydd yr holl elw a gawn o werthu’r llyfr hwn yn cefnogi’r NSPCC.

**Cefnogwch ni wrth i chi siopa**

Efallai fod gennych chi ddiddordeb hefyd yn yr eitemau BUDDY newydd sydd ar gael yn siop yr NSPCC yn <https://shop.nspcc.org.uk/collections/buddy> sy’n anrhegion perffaith i blant – ac mae’r holl elw’n mynd at helpu i gadw plant yn ddiogel.

Yn gywir,

N W Davies



***Speak out. Stay safe.* parents/carers letter**

3.7.23

Dear Parent/Carer

**RE: NSPCC’s *Speak out. Stay safe.* online programme**

I am pleased to tell you that this term we will be participating in the **NSPCC’s *Speak out. Stay safe.* online** programme. This consists of an online assembly and supporting classroom based activities. *Speak out. Stay safe.* is a safeguarding programme available to all primary schools in the UK and Channel Islands. It aims to help children understand abuse in all its forms and to recognise the signs of abuse in a child friendly way. Children are taught to speak out if they are worried, either to a trusted adult or Childline.

In the online assembly, the *Speak out. Stay safe*. messages are delivered in a fun and interactive way with the help of their mascot Buddy as well as special guest appearances from Ant and Dec. Following-on from the assembly, specially trained NSPCC volunteers will also be delivering a workshop to our Year 5/6 children that will build-on and deepen pupil’s learning gained from the assembly.

We have studied the content of the materials and are extremely confident that they are appropriate for primary-school-aged children. By the end of the programme, we’re convinced children will feel empowered – knowing how they can speak out and stay safe. We are also assured that NSPCC volunteers coming to the school will adhere to safe practice in relation to COVID-19.

If you would like to know more about the *Speak out. Stay safe.* programme you can find information on the NSPCC website [www.nspcc.org.uk/speakout](http://www.nspcc.org.uk/speakout) or I would be happy to discuss any questions that you may have.

**Adapted assembly for home use**

The NSPCC has also developed an adapted version of their assembly for parents/carers to use at home with their children.This can be found here:[Watch our Speak out Stay safe assembly at home | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/safety/). With the help of celebrities, the film focuses on how a child can get support if they have any worries or concerns

To complement the assembly, there are some resources that can be used to enable further discussion whilst doing activities with your children. These are hosted on the NSPCC website [www.nspcc.org.uk/activities](http://www.nspcc.org.uk/activities).

**Childline Under 12’s Website**

Childline also have a website with age appropriate advice for primary school children on topics such as bullying. It also has games and other interactive tools. Your child can visit it at [www.childline.org.uk/kids](http://www.childline.org.uk/kids).

If you’d like to know more about the NSPCC’s work, or take a look at the wide range of information and advice which is available for parents and carers, please visit their website [www.nspcc.org.uk/parents](http://www.nspcc.org.uk/parents).

**Talking PANTS with your children**

Talk PANTS is a simple conversation to help keep your child safe from sexual abuse. From P through to S, each letter of PANTS provides a simple but valuable rule that can help keep your child safe. You can find out more and download the free resources at [www.nspcc.org.uk/pants](http://www.nspcc.org.uk/pants).

Penguin and Ladybird have partnered with the NSPCC to create a brand new Pantosaurus book aimed at children ages 4 - 8. **You can find copies of the new book on sale, either in Matalan’s selected stores and online, selected SPAR stores or at** <https://shop.nspcc.org.uk/>  NSPCC’s first ever crowd-funded book is available in English and they will also ensure the content is made available in Welsh. All profits from the sale of this book will support the NSPCC.

**Support the NSPCC while you shop**

You may also be interested in the NSPCC’s new selection of BUDDY goodies available from the NSPCC shop at <https://shop.nspcc.org.uk/collections/buddy> which make perfect gifts for children - and all profits go to help keep children safe.

Yours sincerely,

Miss Nerys Davies