Ysgol Gyfun Cwm Rhondda
Heol Graigwen
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AT SYLW: POB RHIANT / GWARCHEIDWAD

27ain Tachwedd 2020

Annwyl Riant/Warcheidwad.

Fe'n hysbyswyd gan Iechyd Cyhoeddus Cymru bod yna ddau achos ychwanegol o COVID-19 wedi'i gadarnhau heddiw yn Ysgol Gyfun Cwm Rhondda heddiw.

Yn yr achosion hyn, roedd y disgyblion eisoes yn hunan-ynysu am gyfnod cyn cael eu profi ac yn parhau i hunan-ynysu ar hyn o bryd i ffwrdd o'r ysgol ac, o ganlyniad, ni fu'n rhaid adnabod grwpiau cyswllt agos yn yr ysgol.

Ar hyn o bryd, mae gennym wahanol grwpiau o blant yn hunan-ynysu a disgyblion a rhieni pob grwp cyswllt wedi eu hadnabod a chael gwybod. Does dim angen i rieni/gwarcheidwad na brodyr/chwiorydd disgybl sy'n ynysu i hunan-ynysu hefyd oni bai eu bod yn arddangos symptomau.

Os nad ydych wedi derbyn cyswllt gan yr ysgol, yna **does dim angen i'ch plentyn hunan ynysu ac fe ddylai fynychu'r ysgol.**

Fel rhan o strategaeth 'Profi, Olrhain, Diogelu' fe fydd yr ysgol yn dilyn y canllawiau sydd wedi'u mabwysiadu gan Lywodraeth Cymru.

Bydd ein hathrawon yn parhau i ddarparu cyfleoedd i dyddiol i ddisgyblion ddysgu o adref felly me'n bwysig bod eich plentyn yn gwirio Google Classroom a'i gyfrif Hwb yn ddyddiol. Mae croeso i chi drafod unrhyw agwedd o'r ddarpariaeth hon drwy ffonio Arweinydd Blwyddyn neu Arweinydd Cynydd eich plentyn.

Mae'r ysgol ar agor i bob disgybl arall. Hoffwn fanteisio ar y cyfle hwn i'ch sicrhau y byddwn yn dilyn canllawiau Iechyd a Diogelwch hynod dynn er mwyn sicrhau iechyd a diogelwch holl ddisgyblion a staff yr ysgol.

Rydym yn llawn sylweddoli bod hwn yn gyfnod anghyfarwydd a phryderus i ni gyd ac os ydych yn dymuno gwybodaeth bellach, mae yna bob croeso i chi gysylltu â ni yn uniongyrchol.

Yn ddiffunat,

Sara Elise Jones

(Pennaeth Dros Dro)

Atodiad 1: Sut i atal trosglwyddiad COVID-19

Os yw unigolyn sy'n byw yn eich aelwyd mewn perygl mawr o fynd yn ddifrifol wael gyda'r Coronafeirws, dylech chi fod yn ofalus iawn wrth roi'r mesurau iechyd y cyhoedd canlynol ar waith:

- Sicrhau bod pob aelod o'ch aelwyd yn golchi eu dwylo gyda dŵr a sebon yn rheolaidd am 20 eiliad (neu ddefnyddio hylif diheintio dwylo) a bod gyda nhw hylendid anadlol da.
- Mynd ati i gadw 2 fetr i ffwrdd o bobl sy'n agored i niwed sy'n byw gyda chi a'u hannog nhw i gysgu mewn gwely arall.
- Sicrhau bod unrhyw aelodau o'r teulu sy'n agored i niwed yn treulio cyn lleied o amser â phosibl mewn mannau sy'n cael eu rhannu megis y gegin, yr ystafell ymolchi a'r ystafell fyw, a bod unrhyw fannau sy'n cael eu rhannu yn cael eu hawyru'n dda.
- Os ydych chi'n rhannu toiled neu ystafell ymolchi gyda pherson sy'n agored i niwed, mae'n bwysig eich bod yn glanhau'r ystafell bob tro rydych chi'n ei defnyddio, gan lanhau arwynebau rydych chi wedi cyffwrdd â nhw.
- Glanhau a diheintio arwynebau yn y cartref yn rheolaidd, yn enwedig arwynebau rydych chi'n cyffwrdd â nhw yn aml.
- Osgoi rhannu tyweli â'r unigolyn sy'n agored i niwed.

Cofiwch fesurau iechyd y cyhoedd cyffredinol i leihau risg yr haint yn ein cymuned trwy:

- Aros gartref gymaint â phosib.
- Cadw'n ddiogel y tu allan i'ch cartref, gan gynnwys cadw pellter cymdeithasol (o leiaf 2 fetr) wrth fod yn agos i bobl nad ydyn nhw'n byw yn yr un aelwyd â chi.
- Gwisgo gorchudd wyneb mewn mannau cyhoeddus prysur (e.e. trafnidiaeth gyhoeddus a siopau) i amddiffyn pobl eraill.
- Golchi dwylo'n rheolaidd gyda dŵr a sebon am 20 eiliad (neu ddefnyddio hylif diheintio dwylo) a sicrhau hylendid anadlol da.

Atodiad 2: Beth i'w wneud os bydd eich plentyn yn datblygu symptomau

Byddwch yn effro i symptomau posibl o'r Coronafeirws yn ystod y cyfnod yma. Symptomau mwyaf cyffredin y Coronafeirws (COVID-19) yw un neu fwy o'r canlynol yn cychwyn:

- tymheredd uchel (yn uwch na 37.8°C)
- peswch cyson, newydd; a/neu
- methu arogli neu flasu neu unrhyw newid yn y synhwyrau yma

Os bydd unrhyw un yn eich aelwyd yn datblygu unrhyw un o'r symptomau yma, boed hynny'n symptomau ysgafn, mae angen iddo aros gartref (10 diwrnod ar gyfer y person sydd â symptomau a 14 diwrnod ar gyfer gweddill yr aelwyd). Rhaid hefyd dilyn y canllawiau: https://llyw.cymru/hunanynysu-canllawiau-aros-gartref-i-aelwydydd-coronafeirws-posibl

Atodiad 3: Hunan-ynysu > Aros gartref

Aros gartref

Tra bod eich plentyn yn aros gartref, rhaid iddo sicrhau ei fod yn gwneud y canlynol:

- aros adref
- peidio â mynychu'r ysgol
- peidio â mynychu ardaloedd cyhoeddus
- peidio â defnyddio trafnidiaeth gyhoeddus / tacsis
- gwneud unrhyw ymarfer corff yn eich cartref.

Mae canllawiau pellach ar gael gafael o'r ddolen hon; https://llyw.cymru/hunanynysu-canllawiau-aros-gartref-i-aelwydydd-coronafeirws-posibl

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FAO: ALL PARENTS / CARERS

27th November 2020

Dear Parent/Carer,

We have been advised by Public Health Wales that there have been two additional confirmed case of COVID-19 in Ysgol Gyfun Cwm Rhondda today. There is one new case in Year 8 and one in Year 12.

In both of these cases, the pupils were already self-isolating for a period before being tested and are continuing to self-isolate at home and, therefore, no school close contact groups have needed to be identified.

We currently have different close contact groups of pupils self-isolating with pupils and parents fully informed of their self-isolation periods. Parents and siblings of a pupil isolating do not need to isolate unless they show symptoms.

If you have not received communication from the school your child **does not need to self-isolate and should attend school.**

The process of testing and contact tracing is part of the new normal where schools and settings are required to follow the guidelines carefully as part of the "Test, Trace, Protect" strategy that Welsh Government has adopted.

All teachers will continue to provide daily opportunities for pupils to learn from home so it is important that your child checks Google Classrooms and their Hwb account daily. You are welcome to discuss any aspect of this provision by contacting your child's Head of Year / Progress Leader.

The school remains open for all other pupils. Please can I reassure you we will continue to be vigilant in adhering to all guidelines so that we can keep all children and staff safe. The health and safety of everyone in our school community is of paramount importance and we appreciate your full support during these times.

We fully appreciate that this is an unfamiliar and anxious time for us all and if you would like further information, please do not hesitate to contact us directly.

Yours sincerely,

Sara Elise Jones

(Acting Headteacher)

Appendix 1: How to stop COVID-19 transmission

If someone you live with is at high risk of severe illness from coronavirus, you should be particularly careful in implementing the following public health measures:

- Ensuring every member of your household washes their hands with soap and water regularly for 20s (or use hand gel sanitiser) and has good respiratory hygiene.
- Aim to keep 2 metres away from vulnerable people you live with and encourage them to sleep in another bed.
- Minimise as much as possible the time any vulnerable family members spend in shared spaces such as kitchens, bathrooms and sitting areas, and keep shared spaces well ventilated.
- If you do share a toilet or bathroom with a vulnerable person, it is important that you clean them every time you use them, wiping surfaces you have come into contact with.
- Clean and disinfect household surfaces regularly, especially 'high touch' surfaces.
- Avoid sharing towels with the vulnerable household member.

Please also remember general public health measures to reduce the risk of infection in our community by:

- Staying at home as much as possible.
- Staying safe outside your home, including by maintaining social distancing (at least 2 metres) when near people who are not your household members.
- Wearing cloth face coverings when in crowded public spaces (e.g. public transport and shops) to protect others.
- Regular hand washing with soap and water regularly for 20s (or use hand gel sanitiser) and good respiratory hygiene.

Appendix 2: What to do if your child develops symptoms

Please be aware of possible symptoms of coronavirus during this period. The most common symptoms of coronavirus (COVID-19) are recent onset of:

- fever (greater than 37.8°C);
- new persistent/continuous cough; and/or
- loss or change in sense of taste or smell.

If anyone in your household develops any of these symptoms, however mild, they need to stay at home (10 days for the person with symptoms and 14 days for the rest of the household) and must follow the guidance; https://gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus

Appendix 3: Self-isolating > Staying at Home

Stay at home

While your child is staying at home, they must make sure that they do the following:

- remain at home
- they must not attend school
- they must not go out to public areas
- they must not use public transport or taxis
- any exercise must be taken within your home.

Further guidance can be accessed here; https://gov.wales/self-isolation-stay-home-guidance-households-possible-coronavirus#section-38154