



YSGOL UWCHRADD BODEDERN

Bro Alaw, Bodedern, Ynys Môn, LL65 3SU
01407 741000
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Pennaeth : Mr Paul G. S. Matthews-Jones

13 Medi 2021

Annwyl Riant/Warcheidwad

Blwyddyn Newydd Dda! Mae hi wedi bod yn ddechrau gwych i'r flwyddyn academiaidd yn Ysgol Uwchradd Bodedern, yn llawn bywyd a bwrlwm. Mae cymaint wedi newid, ond mae'r hyn sy'n bwysig am Fodedern yn parhau yn eu lle sef gofal a chymorth i'n disgyblion. I helpu i gynnig y gofal uchaf i'n disgyblion mae'r tîm lles wedi tyfu. Ewch draw i'n gwefan i weld 'pwy 'di pwy' (o dan y pennawd Diogelu). Bellach mae gennym bennaeth blwyddyn i bob blwyddyn ysgol. Cysylltwch â'r isod os ydych yn dymuno cymorth a chyngor parthed **lles eich plentyn**:

Bl.7	–	Mr John Arwel Jones
Bl.8	–	Mr Paul Magee
Bl.9	–	Mr Sam Ellis
Bl.10	–	Mr Carwyn Owen
Bl. 11	–	Mr Huw Edwards
Bl.12 a 13	–	Mrs Awel Glyn

Diodydd Egni

Yn dilyn cyfarfodydd gyda'r cyngor ysgol cyn gwyliau'r haf, roedd y cyngor yn dymuno i'r ysgol ganolbwyntio ar 3 maes lles. Un ohonynt oedd addysgu disgyblion am ddiodydd egni.

Ni chaniateir diodydd egni yn yr ysgol.

Mae diodydd egni yn cynnwys lefelau uchel o gaffin a siwgr (y rhai non-diet), a all arwain at broblemau iechyd, sy'n cynnwys:

- Teimlo'n chwydlyd, poen bol a dolur rhydd
- Panig 'attacks', teimlad bod eich calon yn curo
- Cur pen
- Methu canolbwyntio

Dyma safle gwych sy'n rhoi gwybodaeth bellach i chi.

<https://www.healthforteens.co.uk/lifestyle/nutrition-diet/energy-drinks-just-the-facts/>

Covid -19

Rydym i gyd yn ymwybodol fod achosion yn cynyddu ar Ynys Môn, a thra fod dychwelyd i ryw fath o drefn arferol yn allweddol, rydym yn parhau i sicrhau fod mesurau penodol yn eu lle.

1. Mae'r system UNFFORDD yn fesur penodol ar gyfer lleihau risg Covid 19. Mae pawb wedi ymateb yn arbennig i'r newid hwn wythnos ddiwethaf. Dylid cadw at lif y ffordd unffordd ar bob achlysur.
2. Nid oes argymhelliad bod angen gwisgo gorchuddion wyneb fel mater o drefn mewn ysgolion, ond mae llawer o ddysgwyr a staff yn dewis gwneud hynny wrth symud o amgylch yr ysgol. Mae croeso i ddisgyblion barhau i wneud hynny. RHAID i ddisgyblion wisgo gorchuddion wyneb ar fysiau'r ysgol.
3. Rhaid i ddysgwyr a staff ddefnyddio'r orsaf glanhau dwylo ar fynediad i BOB YSTAFELL. Dylai pawb hefyd olchi eu dwylo yn y toiledau gyda sebon am o leiaf 20 eiliad.
4. Dylai pob athro sicrhau awyru da yn eu hystafelloedd drwy agor cymaint o ffenestri ag sy'n ymarferol bosibl.



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5. Mae gan bob dosbarth gynllun eistedd penodol, drwy wybod pwy yn union sy'n eistedd ymhle, gallwn adnabod unrhyw gysylltiadau agos.

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NHS WALE

Profi
Olrhain
Diogelu

Test
Trace
Protect

Llywodraeth Cymru
Welsh Government

A yw'ch plentyn yn dychwelyd i'r ysgol uwchradd neu'r coleg?

Os yw o dan 18 oed neu wedi ei frechu'n llawn, nid oes rhaid iddo hunanynysu os yw'n dod i gysylltiad ag achos coronafeirws sydd wedi ei gadarnhau

Dylai gael prawf PCR ar ddiwrnod 2 a diwrnod 8, os cewch eich adnabod fel cyswilt.

Rhaid hunanynysu'n syth os yw'n datblygu symptomau

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Yn dychwelyd i'r ysgol uwchradd neu'r coleg?

Symptomau?
Aros gartref a chofia gymryd prawf PCR

Dim symptomau?
Cofia barhau i gymryd profion llif unffordd cyson
Cymera'r brechlyn os yw'n cael ei gynnig i ti
Golcha dy ddwylo'n rheolaidd
Gwisgo gorchuddion wyneb pan fo'r angen

#DiogeluCymru

Yn gywir

Paul G. S. Matthews-Jones
Pennaeth



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13 September 2021

Dear Parents / Guardians

Happy New Year! It's been a brilliant start to the academic year at Ysgol Uwchradd Bodedern, the school has been full of life. So much has changed, but our core values have stayed the same, which is to care for and to support our pupils. To help deliver the highest support, our pastoral team has grown. The 'who's who' of school staff is available on our website (under Safeguarding). We now have a head of year for each year. Contact your child's head of year if you require support and advice concerning your **child's welfare**:

Bl.7	-	Mr John Arwel Jones
Bl.8	-	Mr Paul Magee
Bl.9	-	Mr Sam Ellis
Bl.10	-	Mr Carwyn Owen
Bl.11	-	Mr Huw Edwards
Bl.12 a 13	-	Mrs Awel Glyn

Energy Drinks

Following a number of meetings with the school council before the summer holidays, the council wished the school to focus on 3 aspects of welfare, one of which was energy drinks.

The school does not permit energy drinks in school.

Energy drinks contains high levels of caffeine and sugar (non-diet brands), which can lead to health problems, including:

- Feeling sick, stomach pains and diarrhoea
- Panic attacks, increased heart rates
- Head aches
- Lack of concentration

Visit the link below for further information

<https://www.healthforteens.co.uk/lifestyle/nutrition-diet/energy-drinks-just-the-facts/>

Covid -19

We all agree the importance for all our learners that school resumes with some sort of normality. However, we are aware that cases are rising on Anglesey, and I can assure you that we still have specific measures in place.

1. The new ONE-WAY system is a specific measure to reduce contact. And everybody responded superbly last week. It remains imperative that all pupils and staff use the one-way system at all times.
2. While face coverings are not mandatory in schools, many pupils and staff use face coverings when moving around the school on the one-way system. This practice is to be welcomed. All pupils must continue to use face coverings on all school buses.
3. All pupils and staff must use the hand sanitiser when entering ALL classrooms. Everyone should also wash their hands regularly with soap for at least 20 seconds.
4. All staff will ensure good ventilation, we encourage that all windows are open where that is practically possible. We also have CO2 monitors in classrooms.



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5. All classes have Seating plans. By keeping a record of where all pupils sit in classes, we will be able to identify any close contacts.

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Is your child returning to secondary school or college?

If they are under 18, or fully vaccinated they no longer need to self-isolate if they are a contact of a confirmed coronavirus case

They can get a PCR test on day 2 and day 8 if they are identified as a contact

And they must self-isolate immediately if they develop symptoms

#KeepWalesSafe

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Returning to secondary school or college?

Symptoms?
Stay at home and get a PCR test

No symptoms?
Keep doing your regular lateral flow tests
Get the vaccine if you're offered it
Wash your hands regularly
Wear face coverings when needed

#KeepWalesSafe

Yours sincerely

Paul G. S. Matthews-Jones
Headteacher