



# YSGOL UWCHRADD BODEDERN

Bro Alaw, Bodedern, Ynys Môn, LL65 3SU

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**Pennaeth : Mr Paul G. S. Matthews-Jones**

10 Medi 2020

Annwyl Riant/Warchodwr

Yn dilyn bod ar agor am wythnos bellach, hoffwn gymryd y cyfle hwn i rannu diweddariad symptomau gan Lywodraeth Cymru 08/09/20 efo chi.

**Ni ddylai dysgwyr na staff fynychu'r ysgolion dan unrhyw amgylchiadau os ydynt:**

- **yn teimlo'n sâl efo unrhyw un o'r tri symptom COVID-19 sydd wedi eu hadnabod:**
  - **peswch newydd, parhaus,**
  - **tymheredd uchel, neu**
  - **golli synnwyr o flas neu arogl**
- **neu wedi profi'n bositif am COVID-19 yn y 7 diwrnod diwethaf;**
- **neu yn byw mewn tŷ gyda rhywun sydd â symptomau o COVID-19 neu sydd wedi profi'n bositif am COVID-19 yn y 14 diwrnod diwethaf.**

Mae Llywodraeth Cymru Newydd gyhoeddi diweddariad o'r symptomau y mae angen bod yn wylidwrus ohonynt *Welsh Government have published an update for symptoms you need to be aware of*

- [https://llyw.cymru/oes-angen-help-meddygol-arnoch-am-y-coronafeirws?\\_ga=2.255256072.1840368279.1599473384-1061534209.1587670156](https://llyw.cymru/oes-angen-help-meddygol-arnoch-am-y-coronafeirws?_ga=2.255256072.1840368279.1599473384-1061534209.1587670156)
- <https://gov.wales/check-if-you-need-coronavirus-medical-help>

## CANLLAWIAU LLYWODRAETH CYMRU:

**A oes angen help meddygol arnoch am y coronafeirws?**

Prif symptomau coronafeirws yw:

- tymheredd uchel: mae hyn yn golygu bod eich brest neu'ch cefn yn teimlo'n boeth i'w gyffwrdd (nid oes angen i chi fesur eich tymheredd)
- peswch newydd, parhaus: mae hyn yn golygu pesychu llawer am fwy nag awr, neu 3 neu fwy o byliau peswch mewn 24 awr (os oes gennych beswch fel arfer, gall fod yn waeth nag arfer)
- methu arogl neu flas neu golli eich synnwyr o arogl neu flas: mae hyn yn golygu eich bod wedi sylwi nad ydych yn gallu arogl na blasu unrhyw beth, neu fod pethau'n arogl neu'n blasu'n wahanol i'r arfer

Os byddwch yn datblygu un o'r symptomau hyn, dylech

- **ddilyn y [canllawiau hunanynysu](#)**
- **[gwneud cais i gael prawf coronafeirws](#)**

Gall y [gwiriwr symptomau COVID-19 ar-lein \(ar y GIG 111 Cymru\)](#) ddweud wrthy ch os oes angen help meddygol arnoch a dweud wrthy ch beth i'w wneud.

Peidiwch â mynd i'r feddygfa, fferyllfa neu'r ysbyty. Dim ond os yw'r gwiriwr symptomau'n dweud wrthy ch am ffonio 111 y dylech wneud hynny.



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## NODIADAU ATGOFFA SGRINIO AR GYFER DYSGWYR, STAFF AC YMWELWYR I'R YSGOL

| Byddwch yn wylidwrus o'r symptomau canlynol: |   |
|--|---|
| A  | tymheredd uchel: mae hyn yn golygu bod eich brest neu'ch cefn yn teimlo'n boeth i'w gyffwrdd (nid oes angen i chi fesur eich tymheredd)   |
| B  | peswch newydd, parhaus: mae hyn yn golygu pesychu llawer am fwy nag awr, neu 3 neu fwy o byliau peswch mewn 24 awr (os oes gennych beswch fel arfer, gall fod yn waeth nag arfer)                           |
| C  | methu arogl neu flasau neu gollu eich synnwyr o arogl neu flas: mae hyn yn golygu eich bod wedi sylwi nad ydych yn gallu arogl na blasu unrhyw beth, neu fod pethau'n arogl neu'n blasu'n wahanol i'r arfer |

| Os yw unrhyw un o'r symptomau uchod yn bresennol:   |   |
|---|---|
| D   | Mae angen dilyn y <a href="#">canllawiau hunan-ynysu</a> Mae angen hunan-ynysu am 10 diwrnod o'r diwrnod dangos y symptomau. Peidiwch mynd i'r ysgol o gwbl |
| E   | Mae angen <a href="#">gwneud cais i gael prawf coronafeirws</a>   |
| F   | Hysbyswch yr ysgol o hyn  |
| Gall y <a href="#">gwiriwr symptomau COVID-19 ar-lein (ar y GIG 111 Cymru)</a> ddweud wrthyh os oes angen help meddygol arnoch a dweud wrthyh beth i'w wneud. |   |

Os oes unrhyw deulu/unrhyw un sy'n byw gydag aelod o staff neu ddysgwr yn dangos symptomau posib o COVID-19 (A-C), bydd rhaid i'r aelod o staff neu ddysgwr beidio â mynychu'r lleoliad ysgol a bydd rhaid iddynt aros adref a chychwyn ar gyfnod o ynysu yn y cartref. Dylid hysbysu'r ysgol o hyn.

**Os yw'r plentyn neu unrhyw un yn y tî yn arddangos unrhyw un o'r symptomau yna ni ddylent gael eu gyrru i'r ysgol.**

Hoffwn ddiolch i chi am eich cyd-weithrediad parod a'ch cefnogaeth.

Yn gywir

Paul Matthews-Jones

Pennaeth



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**Pennaeth : Mr Paul G. S. Matthews-Jones**

10 September 2020

Dear Parent/Guardian

*Today the school has been open for a week, and I wish to take this opportunity to share with you a Symptoms update from Welsh Government dated 08/09/20.*

## **Under no circumstances should learners or staff attend schools if they:**

- **feel unwell, and have any of the three identified COVID-19 symptoms**
  - a new continuous cough
  - a high temperature
  - or loss of taste or smell
- **or they have tested positive to COVID-19 in the past 7 days**
- **or live in a household with someone who has symptoms of COVID-19 or has tested positive to COVID-19 in the past 14 days.**

### **WELSH GOVERNMENT GUIDANCE**

#### **Check if you need coronavirus medical help**

*The main symptoms of coronavirus are:*

- *a high temperature: this means you feel hot to touch on your chest or back (you do not need to measure your temperature)*
- *a new, continuous cough: this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)*
- *a loss or change to your sense of smell or taste: this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal*

*If you develop one of these symptoms, you should:*

- **[follow the self-isolation guidance](#)**
- **[apply for a coronavirus test](#)**

*The [COVID-19 online symptom checker \(on NHS 111 Wales\)](#) can tell you if you need medical help.*

*Do not go to a GP surgery, pharmacy or hospital. Only call 111 if the symptom checker advises you to do so.*



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## SCREENING REMINDERS FOR LEARNERS, STAFF AND VISITORS TO SCHOOL

| Watch out for the following symptoms: |   |
|---------------------------------------|---|
| A                                     | A high temperature: they feel hot to touch on their chest or back (you do not need to measure temperature)  |
| B                                     | A new, continuous cough? This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if they usually have a cough, it may be worse than usual) |
| C                                     | A loss or change to your sense of smell or taste? (Have you noticed you cannot smell or taste anything, or things smell or taste different to normal?)                          |

| If any of the above symptoms are shown:   |  |
|---|--|
| D   | Follow the <a href="#">self-isolation guidance</a> <span style="float: right;">They <u>must</u> self-isolate at home for at least <b>10 days</b> from when the symptoms started. They <u>must not</u> attend school</span> |
| E   | <a href="#">Apply for a coronavirus test</a>   |
| F   | Notify this school of this   |
| The <a href="#">COVID-19 online symptom checker (on NHS 111 Wales)</a> can tell you if you need medical help. Do not go to a GP surgery, pharmacy or hospital. Only call 111 if the symptom checker advises you to do so. |  |

Any family/household member of any member of staff member or learner who displays possible symptoms of COVID-19 (A-C) then the staff member or learner must not attend the school setting but must remain at home and commence a period of household isolation. Again the school should be notified of this.

**If the child or anyone in the household have viral symptoms they should not be admitted to school.**

Thank you for your continued co-operation and your support.

Yours sincerely

Paul Matthews-Jones  
Headteacher