


YSGOL CASMAEL

Pennaeth/Headteacher: Mrs Amanda Lawrence

Amserlen wythnosol/Weekly timetable



31.1.22-4.2.22

Dydd Llun	Addysg Gorfforol/Physical Education Dosbarth Mrs.James(Gwyrdd)
Dydd Mawrth	Dosbarth Melyn a Phinc - Gwersi Nofio/Yellow and Pink Class - Swimming (Swimming costume and a hat please) Addysg Gorfforol/Physical Education Dosbarth Mrs.Phillips(Glas)
Dydd Mercher 	Clwb yr Urdd -Clwb Chwaraeon Amrywiol Bl.2-6 Mae'n hanfodol i bob plentyn fod yn aelod o'r Urdd er mwyn iddynt fynychu'r clwb hwn. Mae'r clwb yn cael ei redeg gan yr Urdd y tymor hwn, ar gost o £2.00 y sesiwn. Multi Sports Club Bl.2-6. It is essential for all children to be Urdd members for them to attend this club (See details below). This will be run by the Urdd this term, at a cost of £2.00 per session. Please make sure you have registered for the club as well as having joined the Urdd. Pupils receiving free school meals will receive free Urdd membership and can attend the club for free. https://www.cognitofirms.com/UrddGobaithCymru/FfurflenArchebuChwaraeonUrddGobaithCymruSportsBookingForm2 Please make sure you have registered and paid for these sessions. Hyfforddiant pel droed bl.5 a 6/Years 5 and 6 football training 3.30-4.30p.m
Dydd Iau	Addysg Gorfforol Dosbarth Mrs.George (Melyn) & Mrs. Lawrence Class Physical Education (Pinc) Gwersi Chwythbrennau ac offerynnau taro/Woodwind Lessons and percussion lessons
Dydd Gwener	Gwersi Llinynnau/String and Harp Lessons

Dyddiadau Pwysig/Important dates

7.2.22 - Cystadleuaeth Pel Droed - Llanelli/football competition - Llanelli

14.2.22 - Dyddiad cau ar gyfer yr Eisteddfod Cylch/Name for the Eisteddfod Cylch need to be registered by today.

Cystadlaethau Llwyfan Eisteddfod yr Urdd/Urdd Eisteddfod On-Stage Competitions

Erbyn hyn mae eich plentyn wedi derbyn copïau o ddarnau canu a llefaru ar gyfer eisteddfod yr Urdd. Fel arfer, byddem wrth ein bodd os byddai pob plentyn yn gwneud ymdrech i ddysgu'r darnau.

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By now, your child should have received copies of the singing and reciting pieces for the Urdd Eisteddfod. As usual, we would be delighted if as many children as possible made the effort to learn the pieces. You can find some prerecorded examples here:

<https://www.ysgolpenygroes.cymru/eisteddfod-yr-urdd-2022/>

Cystadleuath Cogurdd Competition

Cystadleuaeth gognio yr Urdd yw Cogurdd sydd yn agored i ddisgyblion 4,5 a 6. Os hoffech eich plentyn gymryd rhan yn y gystadleuaeth, rhaid iddynt gystadlu yn rownd un sydd yn cael ei gynnal ar ôl ysgol yn ystod yr ail wythnos o fis Chwefror. Fe fydd yr enillydd yn mynd ymlaen i gystadlu yn y rownd Sirol. Mae'r manylion a'r ryseitiau ar gael wrth ddilyn y linc yma:

https://www.urdd.cymru/files/2116/3897/4386/PECYN_GWYBODAETH_COG_URDD_2022.pdf

Cogurdd is the Urdd cooking competition which is open to pupils in years 4,5 and 6. If your child wishes to take part in the competition, they must compete in the 1st round which will be held after school in the second week of February. The winner will go on to compete in the County round. The detail and recipes are available by following this link:

https://www.urdd.cymru/files/3316/3887/6212/COGURDD_INFORMATION_PACK_2022.pdf

15.2.22 - Cystadleuaeth Rygbi'r Urdd/Urdd Rugby competition

21.2.22-25.2.25 - Hanner Tymor/half Term

1.3.22 - Dydd Gwyl Dewi/St. David's Day

11.3.22 - Eisteddfod Cylch

3.3.22 - Diwrnod y Llyfr/World Book Day

15.3.22 - Rygbi'r Urdd Rugby

19.3.22 - Eisteddfod Sir

5.4.22 - Eisteddfod Celf a Chrefft/Art and Craft Eisteddfod

8.4.22 - Gwyliau Pasg/Easter Holidays

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Covid – 19 - Prif bwyntiau

Os oes gennych chi symptomau COVID-19, dylech hunanynysu a threfnu prawf PCR cyn gynted â phosibl.

Os ydych wedi profi'n bositif am COVID-19, rhaid i chi hunanynysu a dilyn y canllawiau isod.

Dylech wneud prawf llif unffordd (LFT) ar ddiwrnod 5 eich cyfnod o hunanynysu ac ail brawf llif unffordd y diwrnod wedyn (dylech ei gymryd 12 i 24 awr ar ôl y prawf cyntaf). Bydd hyn yn helpu i ganfod a ydych yn parhau i fod yn heintus ac y gallech drosglwyddo COVID-19 i eraill.

Ni ddylech wneud prawf llif unffordd cyn diwrnod 5 o'ch cyfnod hunanynysu oherwydd mae'r risg o barhau i fod yn heintus a'r posibilrwydd o drosglwyddo'r feirws i eraill cyn y cyfnod hwn yn sylweddol uwch.

Cewch roi'r gorau i hunanynysu ar ôl 5 diwrnod llawn (ar ddiwrnod 6 eich cyfnod hunanynysu). Os ydych yn cael canlyniad prawf positif, dylech barhau i hunanynysu hyd nes y byddwch wedi cael prawf llif unffordd negatif ar ddau ddiwrnod yn olynol, neu tan ddiwrnod 10, pa un bynnag ddaw gyntaf.

Nid oes rhaid ichi gael prawf llif unffordd negatif ar ddiwrnod 10 i roi'r gorau i hunanynysu. Os oes gennych dymheredd o hyd, dylech barhau i hunanynysu hyd nes bydd eich tymheredd yn normal. Os ydych wedi bod mewn cysylltiad agos â rhywun sydd wedi profi'n bositif am COVID-19, dylech ddilyn y canllawiau hyn. Os nad ydych wedi'ch brechu'n llawn, mae'n ofynnol yn ôl y gyfraith i chi hunanynysu fel cyswllt agos am 10 diwrnod llawn.

Os ydych yn gyswllt agos, bydd y rheolau hunanynysu a pha brofion y dylech eu cymryd yn dibynnu ar y canlynol

- eich statws brechu covid-19
- eich oedran
- eich swydd

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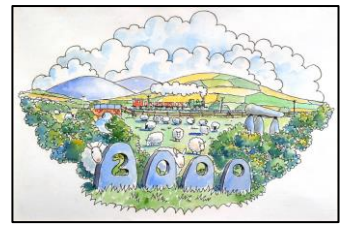
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5 diwrnod hunanynsu - sut mae'n gweithio

Diwrnod Beth i'w wneud

0 Symptomau'n dechrau, neu brawf positif

1 Dechrau cyfrif y dyddiau hunanynsu

2

3

4

5 Dechrau profion llif unffordd dyddiol gartref

6 O ddiwrnod 6 i 8, cewch stopio hunanynsu os cewch ddau brawf negatif dyddiol ar ôl ei gilydd.

7

8

9

10 Gorffen ynysu - dim angen mwy o brofion

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Covid -19 Update -Main points

If you have symptoms of COVID-19, you should self-isolate and take a PCR test as soon as possible.

If you have tested positive for COVID-19, you must self-isolate and follow the guidance below.

You should take a lateral flow test (LFT) on day 5 of your self-isolation period and a second lateral flow test the next day (you should aim to take it 12-24 hours after your first test). This will help determine if you are still infectious and potentially pass COVID-19 to others.

You should not take a LFT before day 5 of your self-isolation period because the risk of remaining infectious and therefore passing the infection onto others before this period is significantly higher.

You can leave self-isolation after 5 full days (on day 6 of your self-isolation period) if you test positive you should remain in self-isolation until you can return 2 consecutive negative LFT tests, or until day 10, whichever is sooner.

You do not need a negative LFT test on day 10 to leave self-isolation. If you still have a temperature, you should continue to self-isolate until your temperature has returned to normal.

If you are a close contact of someone who has tested positive for COVID-19, you should follow this guidance. If you are not fully vaccinated, you are legally required to self-isolate as a close contact for 10 full days.

If you are a close contact, self-isolation and what tests you should take will depend on:

- your vaccination status
- your age
- your occupation

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Summary of how the 5 day isolation rule works

Days Action

0 Your symptoms begin or you test positive

1 Start counting self-isolation days

2

3

4

5 Start home testing with lateral flow tests

6 From day 6 to day 8 you can end self-isolation if you have 2 negative tests on 2 consecutive days

7

8

9

10 Self-isolation ends - no more testing required

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