


YSGOL CASMAEL

Pennaeth/Headteacher: Mrs Amanda Lawrence

Amserlen wythnosol/Weekly timetable



16.5.22-20.5.22

Dydd Llun	Addysg Gorfforol/Physical Education Dosbarth Mrs.James(Gwyrdd)
Dydd Mawrth	Dosbarth Melyn a Phinc - Gwersi Nofio/Yellow and Pink Class - Swimming Ymarfer Dawns - amser ysgol/Dance Practise in school time Addysg Gorfforol/ Physical Education Dosbarth Mrs.Phillips(Glas) Ymarfer rygbi heno i bl 5 a 6 Rygbi practise tonight for year 5 and 6 3.15 – 4.15p.m
Dydd Mercher 	Starting/Decharau 11.5.22 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.cognitoforms.com/UrddGobaithCymru/FfurflenArchebuChwaraeonUrddGobaithCymruSportsBookingForm2 Please make sure you have registered and paid for these sessions. PWYSIG – ymarfer dawns heno i bawb sydd yn y Grwp Dawnsio Important – Dance practise tonight for all who are in the Dance group. 3.15 – 4.15p.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 Clwb Garddio/Gardening Club 3.15-4.15 p.m (Bl.2-6)
Dydd Gwener	Gwersi Llinynnau/String and Harp Lessons Cyflwyniad gan yr RNLI/RNLI presentation

Cyfeiriad/Address: Ysgol Casmael, Casmael, Hwlfordd, Sir Benfro SA62 5RL

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Dyddiadau Pwysig/Important dates

26.5.22 - Cystadleuaeth Rygbi yr Urdd/Urdd Rugby competition

30.5.22- 3.6.22 - Hanner Tymor/Half Term

31.5.22 - Eisteddfod yr Urdd - Grwp Dawns, Parti Deulais a'r Deuawd.
(Dance group, two part choir and the duet.)

6.6.22-8.6.22 - disgyblion "Y" i Ysgol Bro Gwaun

13.6.22-15.6.22 - Disgyblion "S" i Ysgol Bro Gwaun

13.6.22-16.6.22 - Cwrs Croeso Preseli

20.6.22 - 22.6.22 - Disgyblion "G" i Ysgol Bro Gwaun

23.6.22 - Cystadleuaeth Criced/Cricket competition

1.7.22 - Diwrnod trosglwyddo - Ysgol Preseli/Bro Gwaun a Caer Elen
Transition day

5.7.22 - Bl.5 - Ysgol Preseli (As we are no longer considered a catchment school for Preseli, if you would like your child to be a part of this then I suggest you ring up and ask to be included).

15.7.22 - Diwedd y Tymor/End of term.

Y diweddaraaf am Coronafeirws

Wrth i ni ddechrau gwella o'r sefyllfa rydyn ni wedi bod yn delio gydag am y ddwy flynedd ddiwethaf, mae diweddariad isod o ran symptomau a hunan-ynysu. Fel ysgol rydym yn gweithio o ganllawiau a ddarparwyd gan Lywodraeth Cymru, "Gyda'n gilydd tuag at ddyfodol mwy diogel". Os oes gennych unrhyw gwestiynau neu bryderon, cysylltwch â ni os gwelwch yn dda..

<https://llyw.cymru/sites/default/files/publications/2022-05/covid-19-cynllun-pontio-hirdymor-cymru-o-bandemig-i-endemig.pdf>

Corona Virus Update

As we begin to recover from the situation we have been dealing with for the last two years, please find below an update with regards to symptoms and self-isolation. As a school we are working from guidance provided by the Welsh Government, "Together for a Safer Future". If you have any questions or concerns please get in touch.

<https://gov.wales/sites/default/files/publications/2022-05/wales-long-term-covid-19-transition-from-pandemic-to-endemic.pdf>

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Self-isolation: guidance for people with COVID-19 and their contacts

What you should do if you have COVID-19 symptoms, have tested positive for COVID-19, or have been in contact with somebody who has COVID-19.

Part of:

- [Self-isolating](#)

First published:

19 March 2020

Last updated:

4 May 2022

Contents

- [Main points](#)
- [What you should do if you have symptoms of COVID-19](#)
- [If you test positive on any COVID-19 test \(PCR or LFT\)](#)
- [Shared parental responsibility](#)
- [Children under the age of 5](#)
- [People sitting GCSE, AS, A Level and vocational examinations](#)
- [Close contacts](#)
- [Health and social care staff and those working in special educational provision](#)
- [During your self-isolation period](#)
- [Help and financial advice whilst self-isolating](#)
- [Ways to avoid spreading COVID-19 to people you live with](#)

Main points

COVID-19 has not gone away and is likely to remain with us globally.

Even though restrictions have been lifted, you should do all you can to keep yourself and others safe.

Help us to continue to disrupt the transmission of the virus by:

- self-isolating when you feel unwell
- wearing masks in crowded places

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- keeping up to date with your vaccinations

Continuing with protective behaviours is important and will help to minimise exposure to and spread of COVID-19, as well as other respiratory infections and other diseases

What you should do if you have symptoms of COVID-19

If you have any of the main symptoms of COVID-19, you should self-isolate and take a **lateral flow test (LFT)**

You can order LFTs online or call 119 between 7am and 11pm (calls are free)

Continue to self-isolate until you get your LFT test result

The main symptoms of COVID-19 are

- a high temperature
- a continuous cough
- loss or change of taste or smell

If you have a negative LFT test

You can leave self-isolation immediately.

If you test positive on any COVID-19 test (PCR or LFT)

- You should self-isolate for 5 full days. Day 1 is the day after your symptoms started or the day after you had the test, if you do not have symptoms (whichever is earlier).
- Take a lateral flow test (LFT) on day 5.

If the day 5 LFT is negative

- **Report your LFT result.**
- You should take another LFT on day 6.
- If your day 6 is also negative and you do not have a high temperature, you can leave self-isolation on day 6 as the risk you are still infectious is much lower and you can safely return to your normal routine.
- If you still have a high temperature or feel unwell, you should continue to self-isolate until it returns to normal, or you feel better.

If the day 5 or 6 LFT test is positive

- **Report your LFT result.**
- You should continue taking daily LFTs until you get 2 negative tests in a row, taken a day apart, or until day 10 – whichever is sooner.
- You do not need a negative LFT test on day 10 to leave self-isolation.

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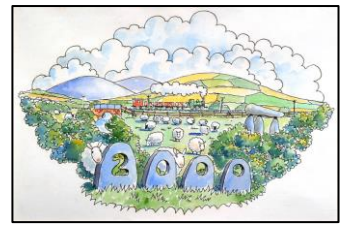
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- If you still have a high temperature or feel unwell, you should continue to self-isolate until it returns to normal, or you feel better.

If you do not have symptoms but you test positive

You may be advised to take a PCR or LFT as part of workplace arrangements.

If you have recently tested positive for COVID-19 (within the last 90 days) you should take a LFT instead of a PCR. This is because there is a risk that a PCR test may detect residual traces of the virus leftover in your body.

If your test result is positive, you should self-isolate and follow the above self-isolation guidance.

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	

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Summary of how the 5 day isolation rule works

Days Action

9

10 No more testing required and can leave self-isolation on day 10

NHS Wales Test, Trace, Protect

If you test positive, the NHS Wales Test, Trace, Protect service may contact you. They will call from 029 2196 1133, or text or email from NHSWALESTTP to give you advice on self-isolation.

They will need to find out who you have been in close contact with recently. You may choose to complete contact tracing through an online form (eform), and they will send a secure one-time code to you via text message.

This will include the link to the eform you need to complete. It is important that you complete the form as quickly as possible and provide details of your contacts so they receive the correct advice.

Please complete the occupation / key worker status sections and work and educational locations, as this information will help to spot cluster areas. If you are a student or pupil, please answer the question 'What is your job title?' by selecting 'Student' and use the postcode of your place of learning for the employer's address field. If you have multiple jobs and/or places of learning, please provide the address you attend most frequently under workplace and include the others in the places you have visited.

If you cannot complete the eform, a contact tracer will attempt to call you by phone. Read more information about [contact tracing](#).

Leaving self-isolation

To reduce the chance of passing COVID-19 on to others, after leaving self-isolation after 5 full days and 2 negative LFTs you should:

- try and minimise contact with others and avoid crowded settings particularly indoor settings
- if you are visiting vulnerable people in places such as care homes or hospitals, you should follow the relevant visitor guidance
- work from home if you are not already doing so and are practically able to
- pay extra attention to hand washing and wearing a face covering

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There is additional guidance for those working in **health and social care** and **special educational provision**.

Shared parental responsibility

Try to avoid moving a child with COVID-19 symptoms or who has tested positive, between households. This may increase the spread of the virus.

If possible the child should stay with one household during the self-isolation period. If this is not possible, the child should continue to self-isolate for 5 full days as described above. Close contacts in both households should follow the guidance above.

Children under the age of 5

Children under 5 do not need to take a test, even if they have COVID-19 symptoms. They can take a test if a doctor advises it, or if a parent believes a test is absolutely necessary and in the best interests of a child.

If they have symptoms, they do not need to self-isolate. They should stay home until they are well enough to return to school or childcare setting.

If a child takes a test and it is positive, they should self-isolate for at least 5 full days. The child and contacts need to follow the guidance above.

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Hunanynysu: canllawiau i bobl â COVID-19 a'u cysylltiadau

Yr hyn y dylech ei wneud os oes gennych symptomau COVID-19, os ydych wedi profi'n bositif am COVID-19, neu os ydych wedi bod mewn cysylltiad â rhywun sydd â COVID-19.

Rhan o:

- [Hunanynysu](#)

Cyhoeddwyd gyntaf:

19 Mawrth 2020

Diweddarwyd ddiwethaf:

4 Mai 2022

Cynnwys

- [Prif bwyntiau](#)
- [Beth ddylech chi ei wneud os oes gennych symptomau COVID-19](#)
- [Os byddwch yn profi'n bositif ar unrhyw brawf COVID-19 \(PCR neu LFT\)](#)
- [Cyfrifoldeb rhiant a rennir](#)
- [Plant o dan 5 oed](#)
- [Pobl sy'n sefyll arholiadau TGAU, Safon UG, Safon uwch a rhai galwedigaethol](#)
- [Cysylltiadau agos](#)
- [Staff iechyd a gofal cymdeithasol a'r rhai sy'n gweithio mewn darpariaeth addysgol arbennig](#)
- [Yn ystod eich cyfnod hunanynysu](#)
- [Help a chynghor ariannol wrth hunanynysu](#)
- [Ffyrdd o osgoi lledaenu COVID-19 i bobl sy'n byw gyda chi](#)

Prif bwyntiau

Nid yw COVID-19 wedi diflannu ac mae'n debygol o aros gyda ni yn fyd-eang.

Er bod cyfyngiadau wedi'u codi, dylech wneud popeth o fewn eich gallu i gadw eich hun ac eraill yn ddiogel.

Helpwch ni i barhau i darfu ar drosglwyddiad y feirws drwy:

- hunanynysu os nad ydych chi'n teimlo'n dda
- gwisgo masg mewn manau prysur
- sicrhau eich bod yn cael eich brechlynnau

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Mae parhau ag ymddygiadau amddiffynnol yn bwysig a bydd yn helpu i leihau'r tebygolrwydd o ddod i gysylltiad â COVID-19 a'i ledaenu, yn ogystal â heintiau anadlol eraill a chlefydau eraill.

Beth ddylech chi ei wneud os oes gennych symptomau COVID-19

Os oes gennych chi unrhyw un o'r prif symptomau COVID-19, dylech hunanynysu a [chymryd prawf llif unffordd \(LFT\)](#).

Gallwch archebu profion llif unffordd ar-lein neu ffonio 119 rhwng 7am ac 11pm (mae galwadau am ddim)

Cofiwch hunanynysu nes y cewch ganlyniad eich prawf llif unffordd

Prif symptomau COVID-19 yw

- tymheredd uchel
- peswch cyson
- colli eich synnwyr o flas neu arogl neu sylwi ar newid ynddo

Os cewch ganlyniad prawf LFT negatif

Gallwch roi'r gorau i hunanynysu ar unwaith

Os byddwch yn profi'n bositif ar unrhyw brawf COVID-19 (PCR neu LFT)

- Dylech hunanynysu am 5 diwrnod llawn - diwrnod 1 yw'r diwrnod ar ôl i'ch symptomau ddechrau neu'r diwrnod ar ôl ichi gael y prawf, os nad oes gennych symptomau (pa un bynnag sydd gynharaf)
- Cymerwch brawf llif unffordd (LFT) ar ddiwrnod 5

Os yw'r prawf LFT yn negatif ar ddiwrnod 5

- [Rhowch wybod am ganlyniad eich prawf llif unffordd](#)
- Dylech gymryd LFT arall ar ddiwrnod 6
- Os yw eich prawf hefyd yn negatif ar ddiwrnod 6 ac nad oes gennych dymheredd uchel, gallwch roi'r gorau i hunanynysu ar ddiwrnod 6 gan fod y risg eich bod yn dal yn heintus yn llawer is a gallwch ddychwelyd i'ch trefn arferol yn ddiogel
- Os oes gennych dymheredd uchel o hyd, neu os ydych yn teimlo'n sâl, dylech barhau i hunanynysu nes ei fod yn dychwelyd i normal, neu nes rydych yn teimlo'n well

Os yw'r prawf LFT yn bositif ar ddiwrnod 5 neu 6

- [Rhowch wybod am ganlyniad eich prawf llif unffordd](#)
- Dylech barhau i gymryd profion llif unffordd dyddiol nes y cewch 2 brawf negatif yn olynol, ddiwrnod ar wahân, neu tan ddiwrnod 10 – pa un bynnag sydd gyntaf

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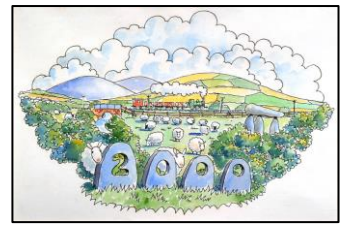
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- Nid oes angen prawf LFT negatiff arnoch ar ddiwrnod 10 i roi'r gorau i hunanynysu
- Os oes gennych dymheredd uchel o hyd neu os ydych yn teimlo'n sâl, dylech barhau i hunanynysu nes ei fod yn dychwelyd i normal, neu nes rydych yn teimlo'n well

Os nad oes gennych symptomau ond yn profi'n bositif

Efallai y cewch eich cynghori i gymryd prawf PCR neu LFT fel rhan o drefniadau'r gweithle.

Os ydych wedi cael prawf COVID-19 positif yn ddiweddar (o fewn y 90 diwrnod diwethaf) dylech gymryd prawf llif unffordd yn lle PCR. Y rheswm dros hyn yw oherwydd bod perygl y gall prawf PCR ganfod olion gweddilliol y feirws sydd dros ben yn eich corff.

Os yw canlyniad eich prawf yn bositif, rhaid i chi barhau i hunanynysu a dilyn y canllawiau hunanynysu uchod.

5 diwrnod hunanynysu – sut mae'n gweithio

Diwrnod Beth i'w wneud

0 Symptomau'n dechrau, neu brawf positif

1 Dechrau cyfrif y dyddiau hunanynysu

2

3

4

5 Dechrau profion llif unffordd dyddiol gartref

6 O ddiwrnod 6 i 9, cewch stopio hunanynysu os cewch ddau brawf negatiff dyddiol ar ôl ei gilydd.

7

8

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5 diwrnod hunanynysu – sut mae'n gweithio

Diwrnod Beth i'w wneud

9

10 Dim angen mwy o brofi a gallu gorffen ynysu ar ddiwrnod 10

Profi Olrhain Diogelu y GIG

Os ydych chi'n profi'n bositif, gall Gwasanaeth Profi, Olrhain, Diogelu GIG Cymru gysylltu â chi. Byddant yn ffonio o 029 2196 1133, neu'n anfon neges destun neu e-bost gan NHSWALESTTP i roi cyngor i chi ar hunanynysu. Bydd angen iddynt ddarganfod gyda phwy rydych wedi bod mewn cysylltiad agos â nhw'n ddiweddar. Gallwch ddewis cwblhau ffurflen olrhain cysylltiadau ar-lein (e-ffurflen), a byddant yn anfon cod untro diogel atoch drwy neges destun. Bydd y neges yn cynnwys y ddolen i'r e-ffurflen y mae angen i chi ei chwblhau. Mae'n bwysig eich bod yn llenwi'r ffurflen cyn gynted â phosibl ac yn rhoi manylion eich cysylltiadau fel eu bod yn cael y cyngor cywir.

Cwblhewch yr adrannau galwedigaeth / statws gweithiwr allweddol a lleoliadau gwaith ac addysg, gan y bydd yr wybodaeth hon yn helpu i adnabod ardaloedd clwstwr. Os ydych yn fyfyrwr neu'n ddisgybl, atebwch y cwestiwn 'Beth yw teitl eich swydd?' drwy ddewis 'Myfyriwr' a defnyddio cod post eich man dysgu ar gyfer cyfeiriad y cyflogwr. Os oes gennych nifer o swyddi a/neu leoedd dysgu, rhowch y cyfeiriad rydych yn ei fynychu amlaf o dan y gweithle a chynnwys y lleill yn y lleoedd yr ydych wedi ymweld â nhw. Os na allwch gwblhau'r e-ffurflen, bydd swyddog olrhain cysylltiadau yn ceisio eich ffonio. Darllenwch fwy o wybodaeth am [olrhain cysylltiadau](#).

Gadael hunanynysu

Er mwyn lleihau'r siawns o drosglwyddo COVID-19 i eraill, ar ôl rhoi'r gorau i hunanynysu ar ôl 5 diwrnod llawn a 2 LFT negatif:

- ceisiwch gyfyngu ar eich cysylltiad ag eraill ac osgoi lleoliadau gorlawn, yn enwedig lleoliadau dan do.
- os ydych yn ymweld â phobl sy'n agored i niwed mewn lleoedd fel cartrefi gofal neu ysbytai, dylech ddilyn y canllawiau perthnasol i ymwelwyr
- gweithiwch gartref os nad ydych eisoes yn gwneud hynny, ac os yw'n ymarferol ichi wneud hynny.
- gwneud ymdrech ychwanegol i sicrhau'ch bod yn golchi'ch dwylo'n drylwyr ac yn rheolaidd, ac yn gwisgo gorchudd wyneb.

Mae canllawiau ychwanegol ar gael i'r rhai sy'n gweithio ym maes [iechyd a gofal cymdeithasol](#) a [darpariaeth addysgol arbennig](#).

Cyfrifoldeb rhiant a rennir

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Ceisiwch osgoi symud plentyn sydd â symptomau COVID-19 neu sydd wedi cael canlyniad positif rhwng aelwydydd. Gall symud plentyn gynyddu lledaeniad y feirws.

Os yw'n bosibl, dylai'r plentyn aros gydag un aelwyd yn ystod y cyfnod hunanynysu. Os nad yw hyn yn bosibl, dylai'r plentyn barhau i hunanynysu am 5 diwrnod llawn fel y nodir uchod. Dylai cysylltiadau agos ar y ddwy aelwyd ddilyn y canllawiau uchod.

Plant o dan 5 oed

Nid oes angen i blant o dan 5 oed gymryd prawf, hyd yn oed os oes ganddynt symptomau COVID-19. Gallant gymryd prawf os bydd meddyg yn cynghori hynny, neu os yw rhiant yn credu bod prawf yn gwbl angenrheidiol ac er lles y plentyn.

Os oes ganddynt symptomau, nid oes angen iddynt hunanynysu. Ond dylent aros gartref nes eu bod yn ddigon da i ddychwelyd i'r ysgol neu i leoliad gofal plant.

Os bydd plentyn yn cymryd prawf a'i fod yn bositif, dylai hunanynysu am o leiaf 5 diwrnod llawn. Mae angen i'r plentyn a'r cysylltiadau ddilyn y canllawiau uchod.

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