



Ysgol Gymraeg Parc y Tywyn

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Pennaeth / Headteacher : Mr C Davies

05/07/2021

Ynghylch: Dosbarth Blwyddyn 3 Mrs E Evans - Gofyniad i hunanynysu (cyswllt ag achos)

RE: Year 3 Mrs E Evans' class - requirement to isolate (contact of a case)

****English Version below – scroll down**

Annwyl Riant / Gwarcheidwad,

Rydym wedi cael gwybod bod unigolyn yn ein hysgol wedi cael prawf positif am COVID-19. Hoffem eich sicrhau nad oes achos dybryd i boeni ar hyn o bryd a rhoi cymaint o wybodaeth i chi â phosibl.

Rydym yn gweithio'n agos gyda Chyngor Sir Caerfyrddin a GIG Cymru a'i rhaglen Profi, Olrhain, Diogelu (TTP), ac rydym yn dilyn yr holl gyngor ac arweiniad a roddir i ni.

Mae disgyblion a staff Blwyddyn 3 Mrs E Evans wedi'u nodi gan ei bod yn bosibl eu bod wedi dod i gysylltiad agos â'r unigolyn sydd wedi cael prawf positif. Mae'r tîm TTP wedi cadarnhau bod angen i ddosbarth Blwyddyn 3 Mrs E Evans eich plentyn hunanynysu am 10 diwrnod fel cam rhagofalus. **Diwrnod olaf y cyfnod ynysu yw dydd Sadwrn 10/07/2021.**

Rhaid i unrhyw un sydd wedi dod i gysylltiad ag achos aros gartref ac ni ddylent ymweld â lleoliadau, teulu na ffrindiau. Mae hunanynysu am 10 diwrnod yn lleihau lledaeniad COVID-19 yn y gymuned ehangach.

Gall pawb arall yn yr aelwyd barhau yn ôl yr arfer (ond os bydd eich plentyn yn dangos symptomau, bydd angen i'r aelwyd gyfan hunanynysu).

Mae'r broses hon o brofi ac olrhain cysylltiadau yn rhan o'r 'normal newydd' a lle mae ysgolion yn dilyn y canllawiau hyn yn ofalus, nid oes rheswm i bryderu.

Hoffwn fanteisio ar y cyfle hwn i'ch atgoffa y bydd angen i'ch aelwyd gyfan aros gartref a dilyn cyngor gan Iechyd Cyhoeddus Cymru os byddwch chi, eich plentyn neu unrhyw un yr ydych yn byw gydag ef yn dechrau dangos y symptomau canlynol:

- Peswch parhaus newydd a/neu
- Tymheredd uchel
- Colli eich synnwyr blasu neu arogl arferol neu newid i'r synhwyrau hynny.

Dylech drefnu prawf COVID-19 hefyd drwy ffonio 119 neu drwy fynd i <https://llyw.cymru/cael-prawf-coronafeirws-covid-19>

Os bydd eich plentyn yn mynd yn sâl y tu allan i oriau ysgol, gyda neu heb unrhyw un o symptomau COVID-19, neu os oes angen iddo hunanynysu, rhwng wybod i ni drwy ffonio Llesiant Delta ar 0300 333 2222 neu drwy anfon e-bost at TTP@deltawellbeing.org.uk a fydd yn hysbysu'r ysgol ar eich rhan.

Yn ystod oriau ysgol ac am bob mater arall sy'n ymwneud ag iechyd, rhwch wybod i'ch ysgol yn uniongyrchol.

Os ydych chi neu'ch plentyn yn teimlo'n sâl a bod angen cyngor meddygol arnoch, ffoniwch GIG 111 neu ewch i'w gwefan 111.wales.nhs.uk, neu ffoniwch eich meddyg teulu lleol.

Mae'r cynnig o brawf PCR COVID-19 bellach yn cael ei ymestyn i unrhyw un sydd wedi bod mewn cysylltiad ag achos wedi'i gadarnhau, a gellir ei drefnu fel yr uchod. Dylid cynnal profion cyn gynted â phosibl ar ddechrau ei gyfnod hunanynysu, ac eto ar ddiwrnod 8. Fodd bynnag, rhaid i'r cyswllt barhau i hunanynysu am y 10 diwrnod llawn hyd yn oed os yw'n cymryd prawf ac yn cael canlyniad negyddol. Os yw eich plentyn yn dal yn iach ar ddiwedd y cyfnod hunanynysu o 10 diwrnod, gall ddychwelyd i'w weithgareddau arferol eraill.

Mae Bwrdd Iechyd Prifysgol Hywel Dda hefyd yn ymestyn y cynnig o brawf i unrhyw un sydd â symptomau tebyg i ffliw, y rhai sy'n teimlo'n sâl yn gyffredinol a'r rhai sydd â hanes diweddar o fod mewn cysylltiad ag achos COVID-19.

<https://biphdd.gig.cymru/newyddion/datganiadau-ir-wasg/annog-profion-covid-19-ar-gyfer-trigolion-rhanbarth-hywel-dda-sydd-ag-ystod-ehangach-o-symptomau/>

Dylai unrhyw un sydd ag unrhyw un o'r symptomau ehangach hyn aros gartref hyd nes bod canlyniad ei brawf yn hysbys. Nid yw'n ofynnol i aelodau eraill o'r aelwyd hunanynysu os yw person yn profi'r symptomau ehangach hyn. Fodd bynnag, rhaid i unrhyw un sy'n cymryd prawf hunanynysu hyd nes bod y canlyniad wedi'i dderbyn.

Mae'n bwysig bod pob un ohonom yn parhau i fod yn wiliadwrus ac yn cadw pellter cymdeithasol, ac yn parhau i olchi ein dwylo'n aml er mwyn atal lledaeniad y feirws cymaint ag y gallwn.

Gobeithio bod y wybodaeth hon o gymorth ac yn ddefnyddiol; rydym yn deall y gall hyn fod yn amser pryderus. Fel bob amser, rydym yn gwerthfawrogi eich cefnogaeth barhaus. Os oes gennych unrhyw gwestiynau, mae croeso i chi gysylltu â ni.

Dolenni defnyddiol

Profi Olrhain Diogelu <https://llyw.cymru/profi-olrhain-diogelu-coronafeirws>.

Gwybodaeth gyffredinol am COVID-19 <https://llyw.cymru/amddiffyn-eich-hun-ag-eraill-rhag-y-coronafeirws>

Symptomau a hunanynysu <https://llyw.cymru/gwiriad-olrhain-cysylltiadau-dyddiol-symptomau-canllawiau-chymorth>

Cymorth meddygol <https://llyw.cymru/os-oes-symptomau-gyda-chi-oes-angen-help-meddygol-arnoch-am-y-coronafeirws>

Dear Parent / Guardian,

We have been informed that an individual at our school has tested positive for COVID-19. We would like to reassure you that there is no immediate cause for concern and provide you with as much information as possible.

We are working closely with Carmarthenshire County Council and NHS Wales Test, Trace, Protect (TTP), and are following all the advice and guidance provided to us.

Pupils and staff members of Mrs E Evans Year 3 class have been identified as potentially coming into close contact with the individual that has tested positive. The TTP team have confirmed with us that your child will need to self-isolate as a precaution for 10 days. **The last day of the isolation period is Saturday 10/07/2021.**

Contacts of cases must stay at home and should not visit locations, relatives or friends. Self-isolation for 10 days reduces the spread of COVID-19 into the wider community.

Everyone else in the household can continue as normal (however if your child becomes symptomatic, the whole household would then need to self-isolate).

This process of testing and contact tracing is part of the 'new normal' and where schools follow these guidelines carefully, there is no cause for alarm.

We would like to take this opportunity to remind you that if you, your child, or anyone you live with, begins to display the following symptoms you must all stay at home and follow advice from Public Health Wales:

- A new continuous cough and/or
- A high temperature
- A loss of or change in your normal sense of taste or smell.

A COVID-19 test should also be arranged by contacting 119 or through <https://gov.wales/apply-coronavirus-test>

If your child becomes unwell outside of school hours, with or without any of the COVID-19 symptoms or needs to self-isolate, please report this to us by calling Delta Wellbeing on 0300 333 2222 or by emailing TTP@deltawellbeing.org.uk who will notify the school on your behalf.

During school hours and for all other health-related issues please inform your school directly.

If you or your child feels unwell and you need medical advice, please phone NHS 111 or visit their website 111.wales.nhs.uk or call your local GP.

The offer of a COVID-19 PCR test is now extended to anyone who has been in contact with a confirmed case, which can be arranged as above. Tests should be taken as soon as possible at the start of their self-isolation period, and again on day 8. The contact, however, must continue to self-isolate for the full 10 days even if they take a test and the result is negative. If your child is still well at the end of the 10-day period of self-isolation, they can return to their other usual activities.

Hywel Dda University Health Board is also extending the offer of a test to anyone with flu-like symptoms, those generally feeling unwell and those with a recent history of being in contact with

a known COVID-19 case. <https://hduhb.nhs.wales/news/press-releases/covid-19-tests-now-being-encouraged-for-people-in-the-hywel-dda-region-with-a-wider-range-of-symptoms/>

Anyone exhibiting any of these wider symptoms should stay at home until the result of their test is known. There is no requirement for other household members to self-isolate if a person is experiencing these wider symptoms. However, anyone who takes a test must self-isolate at least until the result has been received.

It is important that we all remain vigilant and maintain social distancing, continue to wash our hands frequently and wear a face covering where required to prevent the spread of the virus as much as we can.

We hope that the information we've provided is reassuring and helpful during what we appreciate can be an anxious time. As always, we appreciate your continued support. If you have any questions, please do not hesitate to get in touch.

Useful links

Test Trace Protect <https://gov.wales/test-trace-protect-coronavirus>.

General COVID-19 information <https://gov.wales/protect-yourself-others-coronavirus>

Symptoms and self-isolation <https://gov.wales/symptoms-and-self-isolation-contact-tracing>

Need medical help <https://gov.wales/check-if-you-need-coronavirus-medical-help>

C Davies

Pennaeth / Headteacher

