

Ysgol Gyfun Gymraeg Plasmawr

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Headteacher: Mr John D Hayes

Tachwedd 6ed, 2020

Annwyl riant / warcheidwad,

Fel y gwyddoch, fe fydd y cyfnod clo byr yn dod i ben ar ddydd Llun, Tachwedd 9fed, ac edrychwn ymlaen at gael yr ysgol gyfan nôl ar y safle. Ar hyn o bryd, nid oes gennym yr un achos o COVID-19 ymysg disgyblion a staff yr ysgol.

Yn ystod yr wythnosau diwethaf, rydym wedi gorfod ymateb i gyfres o achosion cadarnhaol o COVID-19 o fewn ein cymuned, wedi galw ar flynyddoedd cyfan o ddisgyblion i hunanynysu, wedi adolygu ein hasesiad risg a'n gweithdrefnau ac wedi profi ein gallu i ddarparu ystod eang o brofiadau dysgu cyfunol. Mae athrawon a'r mwyafrif o'r disgyblion erbyn hyn yn gwbl hyderus yn y defnydd o'n prif lwyfan digidol, sef Microsoft Teams, ar gyfer cyfathrebu ac ar gyfer dysgu ac addysgu.

Pe byddem yn gorfod delio â mwy o achosion cadarnhaol o COVID-19 yn ystod yr hanner tymor hwn, rwy'n hyderus fod ein systemau tracio ac olrhain yn gynhwysfawr a phenodol er mwyn medru adnabod y cysylltiadau agos i'r achos yn gyflym a'n bod yn medru sicrhau parhad yn y dysgu i'r disgyblion hynny fydd yn gorfod hunanynysu gartref.

Mae'n hanfodol bwysig ein bod yn gwneud popeth o fewn ein gallu i gadw'r feirws o'r ysgol, ac felly peidiwch anfon eich plentyn i'r ysgol os oes ganddynt unrhyw un o'r symptomau canlynol:

- tymheredd uchel: mae hyn yn golygu eich bod yn teimlo'n boeth i gyffwrdd ar eich brest neu eich cefn (nid oes angen i chi fesur eich tymheredd)
- peswch newydd, parhaus: mae hyn yn golygu pesychu llawer am fwy nag awr, neu dri neu fwy o byliau pesychu mewn 24 awr (os oes gennych beswch fel arfer, gall fod yn waeth nag arfer)
- colled neu newid i'ch synnwyr arogli neu flasau: mae hyn yn golygu eich bod wedi sylwi na allwch arogli na blasu unrhyw beth, neu mae pethau'n arogli neu'n blasu'n wahanol i'r arfer.

Yn wir, os oes gennych unrhyw amheuaeth am gyflwr iechyd eich plentyn, yna ystyriwch yn ofalus cyn anfon eich plentyn i'r ysgol; byddai'n well rhoi diwrnod neu ddau i weld a yw'r symptomau'n datblygu ymhellach nag anfon y plentyn i'r ysgol gydag unrhyw fath o amheuaeth am ei iechyd. Os yw eich plentyn yn dangos symptomau COVID-19, trefnwch brawf COVID cyn gynted â phosib a hunanynyswch nes i chi dderbyn y canlyniad.

Gofynnir yn garedig i chi gysylltu â'r ysgol yn syth os yw eich plentyn neu unrhyw aelod o'r teulu'n profi'n positif am COVID-19. Bydd angen i bob aelod o'r teulu hunanynysu am 14 diwrnod o bryd cychwynnodd y symptomau. Cysylltwch drwy ffonio'r swyddfa yn ystod oriau ysgol neu e-bostiwch y wybodaeth at post@ysgolplasmawr.cymru. Bydd angen i ni weld copi o'r neges fyddwch chi wedi ei dderbyn yn cadarnhau'r canlyniad positif. Mae unrhyw un sy'n profi'n positif i COVID-19 yn rhydd i ddychwelyd i'r ysgol ar yr 11eg diwrnod ar ôl i'w symptomau gychwyn, ac mae'r rheiny sy'n hunanynysu am 14 diwrnod yn rhydd i ddychwelyd i'r ysgol ar y 15fed diwrnod ar ôl eu cyswllt olaf gyda'r achos positif.

Sicrhewch fod gan eich plentyn orchudd wyneb / mwgwd yn ei boced neu yn ei fag cyn gadael y tŷ yn y bore. Mae gormod o ddisgyblion yn honni nad oes ganddynt fwgwd, sydd yn torri un o reolau COVID yr ysgol. Fel y gwyddoch, mae'n orfodol i bawb wisgo gorchudd wyneb mewn manau cyhoeddus yn yr ysgol. Rwy'n annog disgyblion i wisgo gorchudd wyneb yn yr ystafelloedd dosbarth yn ogystal. Mae mwyafrif disgyblion Blynnyddoedd 7 ac 8 wedi bod yn gwisgo eu mygydau mewn gwersi yr wythnos yma.

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Os yw eich plentyn yn teithio ar fws yn ôl ac ymlaen i'r ysgol, eglurwch wrthynt eto bwysigrwydd gwisgo mwgwd a'r angen i gadw at yr un grŵp o ffrindiau ar y bws. Buasai eistedd yn yr un sedd ar gyfer pob siwrne yn gymorth hefyd. Tybed, oes yna ffordd arall, ddiogel y gall eich plentyn gyrraedd yr ysgol heb orfod teithio ar fws am y tro?

Anogwch eich plentyn i gymdeithasu gyda'r un grŵp o ffrindiau dosbarth amser cinio. **Gofynnaf yn garedig i chi ddarparu pecyn bwyd dyddiol wythnos nesaf gan fod staff y gegin ond yn medru cynnig darpariaeth gyfyngedig iawn am y tro. Fe wnaif i eich hysbysu pan fydd y gegin yn gallu cynnig gwasanaeth llawn eto.**

Rydym yn parhau i ganiatáu i ddisgyblion wisgo eu cit addysg gorfforol i'r ysgol ar ddiwrnodau gwersi addysg gorfforol. Os dymunant, gallan nhw wisgo gwaelod tracwisg yr ysgol neu unrhyw waelod tracwisg du, plaen arall (dim streipiau na logos), ynghyd â'u siwmperi gwddf V ysgol neu hwdi gyda logo'r ysgol arni, a chotiau ysgol du ar ddiwrnodau pan fydd y tywydd yn oer / gwlyb. Dewiswyd gwisg AG yr ysgol yn ofalus i'w wisgo mewn haenau i helpu i reoli tymheredd y corff ac i beidio â rhwystro perfformiad athletaidd.

Y dewis yw: Trowsus byr rygbi / pêl-droed du; Sgort du; Haen waelod ddu; Top llawes hir du / gwyn; Crys-T marŵn (CA3) / Du (CA4); Crys rygbi / pêl-droed marŵn; Top thermol ¼ sip du; Sanau chwaraeon marŵn.

Mae'r holl eitemau hyn ar gael yn siop YC Sports ar Cowbridge Rd East. Rydym yn argymhell bod disgyblion yn dod ag esgidiau ymarfer, sanau a chrys-T sbâr pan ragwelir glaw. Caniateir iddynt ddefnyddio ciwbicl toiled i newid i ddillad sych ar ddiwedd y wers.

Bydd nifer fwy o glybiau allgyrsiol a gynhelir y tu allan yn ailgychwyn yr wythnos nesaf. Edrychwch am gyhoeddiadau ar gyfrifon Twitter @plasaddgorff a @pel_droed

Mae dydd Gwener, Tachwedd 13eg yn ddiwrnod Plant mewn Angen. Fe fydd caniatâd i ddisgyblion wisgo gwisg anffurfiol y diwrnod hwnnw, gan gynnwys cit addysg gorfforol o'u dewis. Fe fyddwn yn gwneud casgliad ariannol ar gyfer yr elusen yn ystod gwers 1.

Cadwch yn ddiogel yn ystod y cyfnod anodd hwn.

John Hayes
(Pennaeth)

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November 6th, 2020

Dear parent / guardian,

The short, national lockdown period comes to an end on Monday, November 9th, and I look forward to having the whole school pupil population back on site on Monday. Currently, we have no recorded positive COVID-19 cases amongst our pupils or staff.

During the past few weeks we have responded to a series of positive COVID cases amongst our staff and pupils, instructed whole year groups to self-isolate or work at home, reviewed and amended our COVID risk assessment and working practices, and have tested our ability to provide a range of blended learning opportunities. Teachers and the majority of our pupils are confident in the use of our main digital learning platform, Microsoft Teams, for communicating and for teaching and learning purposes.

Should we have to deal with further positive COVID-19 cases, I am confident that we have thorough tracking and tracing procedures in place to quickly identify the close contacts of the case and that we could ensure the continuation of learning for those pupils who would have to self-isolate at home.

It is essential, however, that we all work together in trying to keep the virus away from the school, therefore, please do not send your child to school if they display any of the following symptoms:

- 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 have noticed you cannot smell or taste anything, or things smell or taste differently to normal

I would urge you not to send your child to school if there is any doubt about the health of your child. It may be prudent to allow one or two days to see if the symptoms develop further rather than risk sending your child to school with potential COVID symptoms. If your child displays any symptoms, you must arrange a test as soon as possible and self-isolate until the test result is confirmed.

I would kindly ask you to inform the school as soon as possible if your child or any member of your household receives a positive COVID-19 test result. If this occurs, all members of the household are required to self-isolate for 14 days from the onset of the symptoms. Please contact the school office during school hours, or otherwise e-mail: post@ysgolplasmawr.cymru. We will need to receive a copy of the confirmation text or e-mail regarding the positive test. Individuals who test positive to COVID-19 are allowed to return to school on the 11th day from the onset of their symptoms, and those who have been self-isolating for 14 days are allowed to return to school on the 15th day from their last known contact with the positive case.

Could you please reiterate the importance of wearing face coverings on school transport if your child travels by bus or coach to school? Keeping to the same friendship group when travelling on a bus and keeping to the same seats

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for every journey would also reduce the potential risk of transmission. I wonder, have you considered in the short term if there is another, safe means of travelling to school without having to catch the bus?

Please ensure that your child has a face covering in his/her pocket before they leave the house in the morning. There are too many pupils who arrive at school without a face covering and are in breach of one of our COVID rules. As you know, it is mandatory to wear a face covering in the communal areas in school. I would like to encourage as many pupils to take this practice into the classroom environment, in a further attempt to reduce the possibility of viral transmission. Many of our Year 7 and 8 pupils have been wearing masks in lessons all week.

Please could you encourage your child to stay within their class friendship group at lunchtime? **Could you please provide your child with a packed lunch next week as the kitchen staff are only able to provide a limited and restricted service for the time being? I will inform you when the catering team are back up to full capacity.**

We will continue to allow pupils to wear their PE kit to school on the days that they have PE lessons. If they wish, they may wear the school tracksuit bottoms or any other plain black tracksuit bottom (no stripes or logos), together with their school V neck jumpers or a school hoody, and black school coats on days when the weather is cold/wet. The school PE kit has been carefully selected to be worn in layers in order to help regulate body temperature and not to hinder athletic performance. The choices are:

Black rugby/football shorts; Black skort; Black base-layer leggings ; Black/white base-layer, long-sleeve top Maroon (KS3)/Black (KS4) T-shirt; Maroon rugby/football shirt; Black ¼ zip, thermal top; Maroon sport socks. All these items are readily available at YC Sports on Cowbridge Rd East. We recommend that pupils bring spare trainers, socks and t-shirt when rain is forecast. They will be allowed to use a toilet cubicle to change into dry clothes at the end of the lesson.

Many of our outdoor extra-curricular clubs will recommence next week. Keep an eye out for announcements on the @plasaddgorff and @pel_droed Twitter accounts.

Friday, November 13th is Children in Need day and we are eager to support the work of this charity. All pupils can wear informal clothes to school on the day, including their own choice of PE kit. All financial donations from pupils will be collected during lesson 1 on Friday.

Please keep safe during these difficult times.

John Hayes
(Headteacher)