

*Gofynwch am:*

*Ffôn:*

*E-Bost:*

*Ein Cyf:*

*Eich Cyf:*

*Dyddiad:*

1 Tachwedd 2021

Annwyl Rieni / Gwarcheidiaid / Staff Ysgol

Wrth i ysgolion ddychwelyd ar ôl yr egwyl hanner tymor, bu newidiadau i'r canllawiau ar hunan-ynysu pan fydd gan rywun yn eich cartref symptomau coronafirws neu wedi profi'n positif am coronafirws. Mae'r canllawiau newydd fel a ganlyn:

### **Wedi'ch brechu'n llawn neu rhwng 5 ac 17 oed**

Os ydy rhywun yn eich cartref â symptomau neu wedi profi'n positif a chithau wedi'ch brechu'n llawn neu rhwng 5 ac 17 oed, dylech hunanynysu a chymryd prawf PCR. Os yw'r prawf yn negatif, cewch stopio hunanynysu.

### **Heb eich brechu'n llawn**

Os yw rhywun yn eich cartref wedi profi'n positif a chithau heb eich brechu'n llawn, dylech hunanynysu am 10 diwrnod. Dylech gymryd prawf PCR ar ddiwrnod 2 ac 8. A dylech hunanynysu am 10 diwrnod hyd yn oed os yw eich profion PCR yn negatif.

### **Plant o dan 5**

Nid oes rhaid i blant o dan 5 oed hunanynysu na chymryd prawf os ydynt wedi dod i gysylltiad ag achos positif yn eu cartref neu rywle arall.

Os oes gennych chi unrhyw rai o symptomau'r coronafeirws (tymheredd uchel, peswch cyson newydd, colli blas neu arogl – neu newid yn y synhwyrau hynny), dylech hunanynysu gartref a chael prawf. Ni ddylech fynd i feddygfa, fferyllfa nac ysbyty. Mae hunanynysu yn berthnasol i oedolion a phlant o bob oed. Mae hunanynysu yn golygu nad ydych chi'n gadael y tŷ. Dylech hunanynysu ar unwaith os oes gennych chi symptomau a pharhau i hunanynysu hyd nes y cewch ganlyniad prawf PCR COVID-19.

Mae hwn yn newid i ganllawiau blaenorol, lle gallai brodyr a chwiorydd achosion cadarnhaol fod yn yr ysgol o hyd. O hyn ymlaen, bydd angen canlyniad prawf PCR negyddol ar ddisgyblion a staff cyn y gallant ddychwelyd i'r ysgol os oes achos o Covid yn y cartref.

Mae ein hysgolion yn parhau i weithio'n ddiflino i sicrhau bod addysg ein plant a'n pobl ifanc yn cael cyn lleied o aflonyddwch â phosib a bydd yr uchod yn ein cefnogi ni i gyd i

geisio cael hanner tymor mor normal ag y gallwn yn y cyfnod cyn y Nadolig. Rydym yn diolch i chi i gyd, fel bob amser, am gefnogi'ch ysgolion gyda hyn.

Mae'r lefel rhybu genedlaethol yn aros yn SERO am y 3 wythnos nesaf ac ar hyn o bryd mae lefel y risg ym Mae Abertawe yn cyfateb i'r sgôr "Uchel" ar ein fframwaith ysgolion. Adolygir y sgôr hon yn rheolaidd.

Diolch i chi, fel bob amser, am eich cefnogaeth barhaus.

Yn gywir



Helen Morgan-Rees  
Cyfarwyddwr Addysg

*Please ask for:*

*Direct Line:*

*E-Mail:*

*Our Ref:*

*Your Ref:*

*Date:*

1 November 2021

Dear Parents/Carers/School Staff

As schools return after the half-term break there have been changes to the guidance on self-isolation when somebody in your household has coronavirus symptoms or has tested positive for coronavirus. The new guidance is as follows:

#### **Fully vaccinated or aged 5 to 17**

If someone in your household has symptoms or has tested positive and you are fully vaccinated or aged 5 to 17 you should self-isolate and take a PCR test. If your test is negative you can stop isolating.

#### **Not fully vaccinated**

If someone in your household has tested positive and you are not fully vaccinated you should self-isolate for 10 days. You should take a PCR test on day 2 and day 8. You should self-isolate for 10 days even if your tests are negative.

#### **Children aged under 5**

Children aged under 5 do not have to self-isolate or take a test if they have been a contact of a positive case in their household or otherwise.

If you have any coronavirus symptoms (a high temperature, a new continuous cough or a loss or change of taste or smell), you should self-isolate at home and get a test. You should not go to a GP surgery, pharmacy or hospital. Self-isolation applies to adults and children of all ages. Self-isolation means that you do not leave the house. You should self-isolate straight away if you have symptoms and until you receive the results of a COVID-19 PCR test.

This is a change to previous guidance, where siblings of positive cases could still be in school. From now on, pupils and staff will need a negative PCR test result before they can return to school if there is a case of Covid in the household.

Our schools continue to work tirelessly to ensure that the education of our children and young people have as little disruption as possible and the above will support us all in trying to have as normal a half-term as we can in the lead up to Christmas. We thank you all, as always, for supporting your schools with this.

The national alert level remains at ZERO for the next 3-weeks and the level of risk in Swansea Bay is currently equivalent to the “High” rating on our schools framework. This rating is reviewed regularly.

Thank you, as always, for your continued support.

Yours sincerely

A handwritten signature in black ink that reads "Helen Morgan-Rees". The signature is written in a cursive style with a period at the end.

Helen Morgan-Rees  
Director of Education