18 Mawrth 2021

Profi Olrhain Diogelu GIG Cymru: Hunan-brofi ar gyfer COVID-19 gyda Phrofion Llif Unffordd

Annwyl Riant / Gofalwr Blwyddyn 10 - 13,

Yn ddiweddar, cyhoeddodd Llywodraeth Cymru y byddai rhaglen wirfoddol o brofion COVID-19 asymptomatig ar gael yn rhad ac am ddim mewn lleoliadau addysg a gofal plant ledled Cymru. Mae'r cynnig hwn ar gael i'r holl staff, dysgwyr ym mlynyddoedd 10-13.

Ynghyd â'r mesurau rheoli haint sylfaenol rydym wedi eu rhoi ar waith, megis cadw pellter cymdeithasol a hylendid dwylo da, bydd y profion yn ein galluogi i ddarparu sicrwydd pellach i gymuned ehangach yr ysgol.

Nid oes gan hyd at un o bob tri unigolyn sydd wedi'u heintio â COVID-19 unrhyw symptomau ac, felly, gallent fod yn trosglwyddo'r feirws heb yn wybod iddynt. Rhan o'r gwaith o reoli lledaeniad y feirws yw adnabod unigolion heintus sydd heb symptomau a gofyn iddynt hunanynysu. Mae profion Dyfais Llif Unffordd (LFD) wedi'u defnyddio'n helaeth ac yn llwyddiannus i ganfod COVID-19 mewn unigolion asymptomatig. Mae cyflymder a chyfleuster profion LFD yn helpu i ganfod y feirws mewn unigolion asymptomatig na fyddent, fel arall, yn cael eu profi. Maent wedi'u cymeradwyo'n glinigol ac maent yn hollbwysig yn y frwydr yn erbyn y feirws.

Am fod y profion yn fwy sensitif gyda llwythi feirysol uwch, mae risg y ceir canlyniad negatif i brawf pan fo llwythi feirysol yn isel (e.e. ar gamau cynnar haint). Dyna pam yr argymhellir y dylid cynnal profion LFD gyda bwlch o 3-4 diwrnod rhyngddynt, **wedi 6am ond cyn dod i'r ysgol ar Ddydd Llun a Dydd Iau yn ystod y tymor**, er mwyn gwella cyfraddau canfod drwy nodi unrhyw achosion na chawsant eu canfod yn ystod y prawf cyntaf ac unrhyw heintiau newydd.

Dolenni:

3a – Fideo Hyfforddiant Prawf Llif Unffurf

4a – Prawf Llif Unffurf – Canllawiau

Os byddwch yn cael **canlyniad prawf positif** gan ddefnyddio LFD, mae'n debygol y byddwch yn heintus. Bydd rhaid i chi hunanynysu ar unwaith a **chael prawf PCR o fewn 24 awr** i'ch canlyniad LFD positif. **Mae'n rhaid hefyd cysylltu a'r ysgol yn syth ar 01792-870003 i'n hysbysu o hyn.** Caiff y broses olrhain cysylltiadau ei sbarduno yn dilyn canlyniad positif i brawf LFD a bydd angen i'ch cysylltiadau agos hunanynysu nes i chi gael canlyniad eich prawf PCR. Os bydd canlyniad y prawf PCR yn bositif bydd yn rhaid i chi a'ch cysylltiadau agos hunanynysu. **Bydd angen i**

chi hysbysu'r ysgol o'r canlyniad PCR yn syth hefyd, beth bynnag yw'r canlyniad.

Ni ddylid ystyried bod canlyniad negatif i brawf LFD yn fodd i lacio neu anwybyddu'r gofyniad i gadw pellter cymdeithasol na mesurau atal haint eraill y bwriedir iddynt leihau'r risg o drosglwyddo'r feirws. Mae prawf LFD yn adnodd ychwanegol sy'n cyfrannu at leihau'r risg honno.

Sut mae'r profion yn gweithio

Os byddwch yn cytuno i gymryd rhan, bydd angen i chi lenwi a dychwelyd ffurflen gydsynio i'r Ysgol. Ceir dolen i'r ffurflen gydsynio ar Microsoft Forms isod:

https://forms.office.com/Pages/ResponsePage.aspx?id=Ug4_TzS3ZEGUCRtgHRR5k5mHuNSLQ8VPl4kSylBgmH5UNEJINVZJR0xaRFlLN1RFRkhZSFRVS0JWSy4u

Ni fydd eich plentyn yn derbyn pecynnau o brofion heb i chi roddi eich caniatad ar y ffurflen hon.

Yna bydd yr ysgol, o Ddydd Gwener 19 Mawrth, yn dosbarthu pecyn(nau) o brofion LFD i ddisgyblion a fydd yn eich galluogi i hunan-brofi gartref. Dylid gwneud cyn dod i'r Ysgol **fore Llun wedi 6am a bore lau wedi 6am**, ac yn ddelfrydol dylid gwneud y profion mor agos i fynd i'r ysgol â phosibl. Nid oes angen i'r profion LFD a ddarperir gael eu prosesu mewn labordy a gallant roi canlyniad cyflym mewn tua 30 munud. Ceir canllawiau cynhwysfawr ar hunan-brofi yn y daflen 'Cyfarwyddiadau ar Sut i'w Ddefnyddio' sy'n dod gyda'r pecyn prawf.

Ar ôl i'r prawf gael ei gynnal, **beth bynnag yw'r canlyniad**, rhaid cofnodi'r canlyniad ar-lein ar www.gov.uk/report-covid19-result.

Diben y profion

Mae'n bwysig pwysleisio mai diben y polisi profion addysg a gofal plant yw ategu'r mesurau rheoli sylfaenol (fel cadw pellter cymdeithasol a gwisgo gorchuddion wyneb) sydd eisoes wedi'u rhoi ar waith i alluogi dysgu wyneb yn wyneb i barhau ac i:

- Adnabod yn gyflym y rhai sydd ar y safle yn rheolaidd yn ystod oriau dysgu, sy'n cario'r feirws heb yn wybod iddynt, a gofyn iddynt hunanynysu er mwyn amharu cyn lleied â phosib ar addysg wyneb yn wyneb.
- Ategu data canlyniadau profion symptomatig gyda data canlyniadau profion asymptomatig i roi darlun o gyfraddau heintio i weld pa mor effeithiol yw'r mesurau rheoli sylfaenol sydd ar waith a helpu i nodi clystyrau'n gynnar. Yn ogystal ag ystod o ddata arall a chyngor iechyd y cyhoedd, gellir defnyddio'r wybodaeth hon i lywio penderfyniadau polisi cenedlaethol.

Ni ddylid edrych ar y polisi profi ar gyfer addysg a gofal plant fel profion er mwyn medru dychwelyd i ddysgu wyneb yn wyneb h.y. nid yw'n amod ar gyfer dod i'r safle neu gael addysg. Mae'r profion yn gwbl wirfoddol.

Cydsyniad/Preifatrwydd

Dylai pob unigolyn sydd am gymryd rhan sicrhau eu bod yn deall y broses brofi a darllen yr hysbysiad preifatrwydd. Os byddwch yn dewis cymryd rhan, byddwch yn ymrwymo i gynnal y prawf eich hun a darparu eich holl ganlyniadau (negatif neu bositif). Cedwir yr holl ddata yn unol a'n Hysbysiad Preifatrwydd GDPR a geir ar wefan yr ysgol.

Gyda'n mesurau diogelu sylfaenol a'n profion, byddwn yn helpu i leihau lledaeniad y feirws. Felly, rwy'n annog yn gryf bod pob aelod o staff a phob dysgwr sy'n gymwys yn defnyddio y profion. Fodd bynnag, dylai unrhyw un sy'n dewis peidio cymryd rhan barhau i ddod i'r ysgol os nad oes ganddynt symptomau.

Dylai pobl sy'n dewis peidio cymryd rhan yn y rhaglen brofi hon ddilyn y canllawiau cenedlaethol arferol ar hunanynysu a dylai unrhyw un gael prawf os bydd yn dangos symptomau.

Dolen: 8a – Prawf Llif Unffurf - Hysbysiad Preifatrwydd GDPR

Diolch ymlaen llaw am bob cydweithrediad,

Mr Dafydd Jenkins

Pennaeth

18th March 2021

Re: NHS Test, Trace, Protect: COVID-19 Rapid Lateral Flow Self-Test

Dear Year 10 – 13 Parent / Carer,

The Welsh Government has recently announced that a free and voluntary programme of asymptomatic COVID-19 testing will be available in education and childcare settings across Wales. This offer is available to all staff and learners in years 10-13.

Along with the primary infection control measures we have implemented, such as social distancing and good hand hygiene, testing will allow us to provide some additional reassurance to the wider school community.

Up to one in three people who have COVID-19 have the virus without symptoms so could be transmitting the virus unknowingly. Part of controlling the spread of the virus requires identifying those infectious individuals who aren't showing any symptoms and asking them to self-isolate. Lateral Flow Device (LFD) tests have been widely and successfully used to detect COVID-19 in asymptomatic individuals. The speed and convenience of LFD tests supports detection of the virus in asymptomatic individuals who would not otherwise be tested. They are clinically approved and are crucial in the fight against the virus.

As the tests are more sensitive with higher viral loads, there is a risk of returning a negative result when viral loads are low (e.g. in the early stages of infection). This is why it is recommended that LFD tests are taken 3 to 4 days apart, **after 6am but before leaving for School on Monday and Thursday during term time,** to enhance detection by picking up any cases which were not detected during the first test and to catch any new infections.

Links:

3 – Lateral Flow Testing Instructional Video

4 – Lateral Flow Testing – Self Test Instructions

If you **test positive** using a LFD, it is likely that you are infectious and you must self-isolate immediately and book and take a polymerase chain reaction (PCR) test **within 24 hours** of your positive LFD test result. **You will also need to contact the School immediately on 01792-870003 to inform us of this.** Contact tracing will be triggered following a positive LFD and your close contacts will be required to self-isolate until you receive your PCR test result. If the PCR test result is positive you and your close contacts will have to self-isolate. **You will also need to inform the school of the PCR test result immediately, whether it be positve or negative.**

A negative LFD result should not be read as a means to relax or ignore social distancing or other virus prevention measures intended to reduce transmission – LFD is an additional tool that contributes to reducing risk.

How the tests work

If you agree to take part, a consent form will need to be completed and returned, a link to which can be found below:

https://forms.office.com/Pages/ResponsePage.aspx?id=Ug4_TzS3ZEGUCRtgHRR5k5mHuNSLQ8VPl4kSylBgmH5UNEJINVZJR0xaRFlLN1RFRkhZSFRVS0JWSy4u

Your child will not receive the LFD tests from the School if your permission is not forthcoming.

The school, from Friday 19 March, will distribute packs of LFD test kits to pupils which will enable self-testing from home. Tests should be taken before leaving the home for School on **Monday and Thursday after 6am** and ideally the tests should be taken as close to coming into school as possible. The LFDs supplied do not require laboratory processing and can provide a quick result in around 30 minutes. Comprehensive guidance on self-testing is contained in the 'Instructions for Use' leaflet which comes with the test kit.

Once the test has been conducted each test result, **whether positive, negative, or void,** must be logged online at www.gov.uk/report-covid19-result.

Purpose of testing

It is important to highlight that the purposes of the testing policy in education and childcare in Wales is to complement the primary control measures (such as social distancing and face coverings) that have already been put in place to enable face to face learning to continue and to:

- Rapidly identify those who are regularly on site during learning hours, who are unknowingly carrying the virus and ask them to self-isolate to reduce disruption to face to face education.
- Complement symptomatic results data with asymptomatic results data to provide a picture of infection rates as marker for the effectiveness, and implementation of primary control measures and to assist in the early identification of clusters. In addition to a range of other data and public health advice this information can be used to inform national policy decisions.

The testing policy for education and childcare should not be viewed as a 'test to enable' or 'test to return' to face to face learning i.e. it is not a condition of coming on to the site or accessing learning. Additionally, this testing offer is entirely voluntary.

Consent / Privacy

All individuals wishing to take part should familiarise themselves with the testing process and privacy notice. If you choose to participate, you are committing to self-administer the test and provide results for all tests (negative or positive). All data will be kept in compliance with our GDPR policy, details of which can be found on the school's website.

With our primary protective measures and testing, we will help to reduce the spread of the virus. I am therefore strongly encouraging all staff and learners to take the tests. However, anyone who chooses not to participate should still attend school if they are not displaying symptoms.

People who decline to participate in this testing programme should follow the usual national guidelines on self-isolation and anyone should get tested if they show symptoms.

Link: 8 – Lateral Flow Testing – Self Test – Privacy Notice

Thanks in anticipation of your co-operation

Mr Dafydd Jenkins

Head