YSGOL CAER ELEN

LLYFRYN LLES
~
Y DDERWEN

HAF 2020

CYLCHLYTHYR/
NEWSLETTER

FFÔN: 01437808470

E-bost: cynradd@ysgolcaerelen.cymru
E-bost : uwchradd@ysgolcaerelen.cymru
Gwefan/Website : ysgolcaerelen.cymru

MWYNHEWCH Y GWYLIAU A CHADWCH YN DDIOGEL!

GAIR Y PENNAETH

Gobeithio eich bod i gyd yn cadw'n iach ac yn ddiogel. Mae'n anodd credu ein bod bellach wedi cyrraedd diwedd y flwyddyn academiadd gyda'r Ysgol wedi cau ar Fawrth 19eg gan ailagor ar Fehefin 29ain. Am flwyddyn rhyfedd! Gwn fod y cyfnod digynsail yma yn profi'n heriol i bawb.

Pleser o'r mwyaf yw cyflwyno rhifyn arbennig o gylchgrawn yr Ysgol, Y Dderwen, i'ch sylw ar ddiwedd blwyddyn academaidd anodd. Fel y gwelwch o gynnwys y rhifyn yma rydym wedi canolbwyntio ar Iechyd a Lles disgyblion a rhieni er mwyn darparu cymorth a chefnogaeth i bawb.

Mae delio yn effeithiol ag argyfwng yn gofyn am gydweithrediad a gwaith tîm effeithiol. Does dim amheuaeth gennyf ein bod ni gyd fel holl rhanddeiliaid a theulu Ysgol Caer Elen wedi cydweithio'n arbennig o dda er mwyn ymdopi â'r her o gau'r Ysgol, addasu i'r sialens o addysgu plant o bell ac yna ailagor yr Ysgol o dan amodau heriol iawn.

Mae'r adborth cyson rydym wedi derbyn gan ddisgyblion, rhieni a llywodraethwyr yn seiliedig ar yr holl waith wedi bod yn hynod o gadarnhaol. Gwn eich bod chi fel rhieni yn gwerthfawrogi gwaith caled y staff er mwyn sicrhau bod dysgu effeithiol wedi parhau ar gyfer ein dysgwyr. Hoffwn hefyd ddiolch yn fawr iawn i'r disgyblion sydd wedi ymateb mor bositif a chreadigol i'r her o weithio o adref ac am gyflwyno gwaith safonol.

Hoffwn ddiolch i'r holl staff sydd wedi bod yn barod i gefnogi'r ddarpariaeth 'hyb' yn Ysgol Prendergast gan helpu'r gweithwyr allweddol i allu parhau i gefnogi'r achos cenedlaethol.

Rydw i hefyd yn hynod o ddiolchgar i'r staff atodol a gweinyddol sydd wedi helpu mewn amryw ffyrdd. Maent wedi ymateb i'r holl alwadau a cheisiadau gan rieni, cynnig cefnogaeth mentora a chwnsela dyddiol a staffio'r hybiau.

Deallaf fod cyd-destun pawb yn wahanol ac nid yw gweithio yn y cartref yn ddelfrydol. Mae gan nifer ohonoch gyfrifoldebau gofal plant, galwadau cefnogi aelodau o'r teulu neu rydych yn gwneud eich gorau i gefnogi partneriaid sydd yn ceisio cynnal busnesau mewn cyfnod economaidd anodd. Deallaf hefyd fod y cyfnod yma wedi bod yn gyfnod o straen dwys gyda nifer ohonoch yn gofidio am eich lles a'ch hiechyd personol a lles ac iechyd eich teuluoedd. Os oes angen cymorth arnoch mewn unrhyw ffordd yna cysylltwch â'r Ysgol yn syth.

Yn dilyn cyhoeddiad y Gweinidog Addysg Ms. Kirsty Williams ar Ddydd Iau, Gorffennaf 12ed, bydd ysgolion Cymru yn ailagor ar gyfer holl ddisgyblion ym Medi 2020. Fel Pennaeth mae'n allweddol fy mod yn ystyried yr heriau pellach a fydd yn ein hwynebu pan fyddwn yn ailagor i bawb ac i baratoi a chynllunio'n drylwyr. Rydw i eisoes wedi dechrau'r broses yma gyda'r Tîm Rheoli a'r llywodraethwyr. Gallaf eich sicrhau y byddwn yn gwneud popeth o fewn ein gallu i ddiogelu lles ac iechyd ein holl randdeiliaid wrth ddychwelyd ym mis Medi.

Bydd y 'normal' newydd pan fyddwn yn ailagor i bawb yn sicr yn wahanol a bydd tipyn o newid yn y tymor byr i'r ffordd y byddwn yn gweithredu fel sefydliad. Er hynny, edrychaf ymlaen at y diwrnod hwnnw pan fyddwn yn gallu croesawu pawb yn ôl yn ddiogel fel cymuned Ysgol Caer Elen.

Dymunaf wyliau hapus, ymlaciedig i chi gyd a diolch yn fawr iawn i bawb am eich cefnogaeth a chydweithrediad yn ystod y flwyddyn hon.

Mr M L Davies
Pennaeth Gweithredol

WORD FROM THE HEADTEACHER

We hope you are all keeping safe and well. It is hard to believe that we are now at the end of what has been an unprecedented academic year with the school closing to all learners and staff due to COVID-19 on March 19th before re-opening on June 29th. I realise that this period continues to prove challenging for everyone.

It is a pleasure to present to you at the end of a difficult year a special issue of the school newsletter 'Y Dderwen'. We have focused on the Health and Well-being of pupils and parents in this issue in order to provide help and support for everyone.

Dealing effectively with an emergency requires effective cooperation and teamwork. I am proud of the fact that all stakeholders and the whole community of Ysgol Caer Elen has worked together extremely well to cope with the challenges of closing the school, adapting to the challenge of educating children through distance learning and then to plan, prepare and re-open the School under very challenging conditions.

The feedback we have received from pupils, parents and governors based on all this work has been extremely positive. I know that you as parents appreciate the hard work of the staff in ensuring that effective learning has continued for our learners. I would like to thank the pupils who have responded so positively and creatively to the challenge of working from home and for presenting work of a high standard.

I would also like to thank all the staff who have been willing to support the 'hub' provisions at Ysgol Prendergast during lockdown in order to help the key workers to continue to support the national cause.

I am extremely grateful to the ancillary and administrative staff who have helped in various ways. They have responded to all calls and requests from parents, offered mentoring support on a daily basis and provided counselling for pupils as well as staffing the hubs.

I understand that everyone's context is different and working at home is not ideal. Many of you as parents have childcare responsibilities, are helping other family members as well as supporting partners who are attempting to run businesses in very difficult economic times. I also understand that this has been a time of great strain with many of you concerned about your own well-being and the personal health of your families. If we can be of any help in supporting you and your family, please do not hesitate to contact us at school.

Following the announcement on Thursday, July 12th by the Minister for Education, Ms. Kirsty Williams, schools in Wales will reopen for all pupils in September 2020. As Headteacher it is vital that I and the governing body plan and prepare carefully for the next set of challenges we will face when we reopen to all pupils. I have already started this process of planning with the Senior Leadership Team and governors and can assure you that we will do everything we can to protect the welfare and health of all our learners and staff.

The new 'normal' when we reopen for everyone in September will certainly be different and there will be some change in the short term to the way we operate as a school. However, I look forward to welcoming everyone back to Ysgol Caer Elen.

I wish you all a happy and restful holiday and thank you once again for all your support and co-operation during this year.

Mr M L Davies
Executive Headteacher

Stay Safe. Stay Learning.

Cadernid Digidol mewn Addysg
Digital Resilience in Education

Hwb®

Llywodraeth Cymru
Welsh Government

Cyngor diogelwch ar-lein i ddysgwyr oed cynradd

Mae'r rhyngrwyd yn lle gwych i'ch helpu i gadw mewn cysylltiad â'ch ffrindiau a'ch teulu, gwneud eich gwaith ysgol a gwylio fideos neu chwarae gemau. Serch hynny, mae hi'n bwysig iawn dilyn y cyngor yma i'ch helpu i gadw'n ddiogel. Os byddwch chi'n cael unrhyw broblem, neu os ydych chi'n poeni, siaradwch â rhiant neu ofalwr neu oedolyn cyfrifol.

Er mwyn bod yn ddiogel ar-lein, dylwn i:

- dim ond siarad ar-lein â ffrindiau a theulu dwi'n eu hadnabod yn y byd go iawn
- peidio byth â chlicio ar 'Derbyn' neu 'Iawn' mewn gwahoddiad i sgwrsio, rhannu lluniau neu chwarae gemau gan unrhyw un dwi ddim yn eu hadnabod mewn bywyd go iawn
- peidio byth â rhoi gwybodaeth bersonol i neb fel rhif ffôn, cyfeiriad neu gyfeiriad e-bost, neu enw fy ysgol – mae rhai pobl yn esgus bod yn rhywun arall ar-lein
- rhoi rhywbeth dros fy ngwe-gamera pan na fydda i'n ei ddefnyddio
- gofyn i oedolyn cyfrifol helpu i newid y gosodiadau ar fy apiau, fy ffôn, fy nghyfrifiadur neu fy nyfais llechen i fy nghadw i'n ddiogel

- defnyddio gwefannau dwi wedi dysgu amdanyn nhw yn yr ysgol pan fydda i ar-lein
- cwestiynu'r pethau bydda i'n eu gweld ar-lein cyn penderfynu eu credu – dydy popeth ar-lein ddim yn wir
- peidio byth â chlicio ar ddolenni mewn e-bost neu negeseuon sy'n gofyn i mi fewngofnodi a rhannu fy manylion – efallai ei fod yn sgam neu'n dric, felly mae hi bob tro'n well mynd i'r wefan neu'r ap yn uniongyrchol
- gofyn i ffrindiau a theulu os yw'n iawn i mi rannu unrhyw luniau ohonyn nhw cyn gwneud hynny
- bod yn garedig ar-lein bob tro a pheidio â dweud pethau a allai ypsetio rhywun, hyd yn oed os ydw i'n meddwl ei fod yn jôc
- dysgu am yr holl help sydd ar gael os bydda i angen hynny, fel Meic a Childline
- peidio byth â bod ofn siarad â rhywun cyfrifol am unrhyw beth sy'n fy mhoeni i neu gamgymeriad dwi wedi'i wneud – mae yna bob amser rywun sy'n gallu fy helpu
- dweud wrth rywun cyfrifol os byddaf yn poeni neu'n ypset am unrhyw beth dwi'n ei weld neu ei glywed ar-lein neu os bydd rhywun dieithr yn gofyn am gael bod yn ffrind i mi

Help os bydd angen

Meic

Meic yw'r llinell gymorth i blant a phobl ifanc hyd at 25 oed yng Nghymru.

Rhadffôn: 0808 80 23456
Neges SMS: 84001
IM/Sgwrs ar-lein: www.meic.cymru

Childline

Mae Childline yn wasanaeth preifat a chyfrinachol am ddim lle gallwch siarad am unrhyw beth.

Ffôn: 0800 1111
Ar-lein: www.childline.org.uk

Ewch i **hwb.llyw.cymru** am lawer mwy o wybodaeth am gadw'n ddiogel ar-lein.

OGL © Hawlfraint y Goron 2020 Llywodraeth Cymru WG40660

Stay Safe. Stay Learning.

Cadernid Digidol mewn Addysg
Digital Resilience in Education

Hwb®

Llywodraeth Cymru
Welsh Government

Online safety top tips for primary aged learners

The internet is a great place to help you stay in touch with your friends and family, to do your school work and to watch videos or play games. However, it's very important to follow these tips to help keep you safe. If you have any problems, or you are worried remember you can always talk to a parent or carer, or a grown up you trust.

To stay safe online I should:

- keep all my usernames and passwords safe and not share with my friends
- only talk online to friends and family that I know in real life
- never click on 'Accept' or 'Yes' to invitations to chat, share pictures or play games from anyone I don't know in real life
- never give anyone my personal information like my telephone number, home or email address, or the school I go to – not everyone is who they say they are online
- keep my webcam covered when I'm not using it
- ask a grown up I trust for help to change the settings on my apps, phone, computer or tablet to keep me safe
- stick to websites that I have learned about in school when I'm online

- check out things I see online before deciding to believe them – not everything online is true
- never click on links in emails or messages that then ask me to login and share my details – it could be a scam or a trick, so it's always best to go to the website or app directly
- always ask my friends and family if it's okay before I share any pictures that they are in
- always be kind online and don't say things that may upset someone, even if I think it's a joke
- learn about all the help that I can get if I need it, like Meic and Childline
- never be scared to talk to someone I trust about anything that is worrying me or a mistake that I've made – there is always someone who can help me
- tell someone I trust if I get worried or upset about anything I see or hear online or if someone I don't know asks to be my friend

Help if you need it

Meic

Meic is the helpline service for children and young people up to the age of 25 in Wales.

Freephone: 0808 80 23456
SMS Text: 84001
Online chat: www.meic.cymru

Childline

Childline is a free, private and confidential service where you can talk about anything.

Call: 0800 1111
Online: www.childline.org.uk

Visit **hwb.gov.wales** for lots more information about keeping safe online.

OGL © Crown copyright 2020 Welsh Government WG40660

Stay Safe. Stay Learning.

Cadernid Digidol mewn Addysg
Digital Resilience in Education

Hwb®

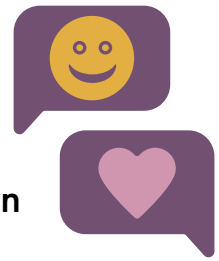
Llywodraeth Cymru
Welsh Government

Cyngor diogelwch ar-lein i ddysgwyr oed uwchradd

Mae'r rhyngrwyd yn declyn ffantastig mae modd ei ddefnyddio i gadw mewn cysylltiad â'ch ffrindiau a'ch teulu, cael gafael ar adloniant, fel fideos a gemau ar-lein, a chael cefnogaeth gyda'ch dysgu a'ch gwaith ysgol.

Yn amlwg mae nifer o fanteision, ond mae hi'n bwysig cofio am y risgiau a dilyn y cyngor isod er mwyn eich helpu i gadw'n ddiogel.

Os byddwch yn cael unrhyw broblemau, neu os ydych chi'n poeni am rywbeth, cofiwch eich bod bob tro'n gallu siarad ag oedolyn rydych chi'n ymddiried ynddo neu gofynnwch am gyngor yn ddienw drwy gysylltu â gwasanaethau cymorth fel Meic neu Childline (mae eu manylion cyswllt isod).



- Defnyddiwch gyfrineiriau cryf (saesneg yn unig), peidiwch byth â'u rhannu, a meddyliwch am osod dilysu aml-ffactor pan fo'n bosibl.
- Cofiwch na fydd pawb ar-lein yn dweud pwy ydyn nhw go iawn – peidiwch â rhannu unrhyw wybodaeth bersonol, hyd yn oed os ydyn nhw'n ymddangos yn ddibynadwy.
- Siaradwch â'ch rhieni neu eich gofalwyr am lle rydych chi'n mynd a beth rydych chi'n ei wneud ar-lein, yn union fel byddech chi'n ei wneud mewn bywyd go iawn.
- Rhowch rywbeth dros eich gwe-gamera pan na fyddwch yn ei ddefnyddio.
- Meddyliwch cyn i chi anfon unrhyw luniau - ar gyfer beth maen nhw'n cael ei ddefnyddio? A fyddai modd iddyn nhw gael eu rhannu ymhellach heb eich cydsyniad? Cofiwch unwaith y byddwch chi wedi anfon delwedd at rywun arall neu ei rhannu ar-lein, gall unrhyw un wneud copi ohoni.
- Cofiwch, hyd yn oed os ydych chi'n gwneud camgymeriad, mae yna gamau gallwch chi eu cymryd i leihau'r effaith, er enghraifft, gofyn i lwyfannau cyfryngau cymdeithasol dynnu'r cynnwys i ffwrdd.
- Edrychwch yn rheolaidd ar eich gosodiadau preifatrwydd ar apiau, ffonau, cyfrifiaduron neu ddyfeisiau llechen.

- Meddyliwch pwy sy'n gallu gweld y cynnwys rydych chi'n ei rannu ar-lein a chofiwch am eich enw da neu ddrwg ar-lein.
- Gofynnwch bob tro i ffrindiau ac i deulu am eu cydsyniad cyn rhannu lluniau ohonyn nhw.
- Byddwch yn garedig ar-lein bob tro a pheidio â phostio unrhyw beth a allai ypsetio rhywun neu achosi tramgwydd.
- Dysgwch sut mae rhwystro cynnwys a riportio defnyddwyr sy'n aflonyddu pobl neu'n ymddwyn mewn ffordd sy'n amhriodol neu'n achosi tramgwydd.
- Gwiriwch ffynonellau gwahanol neu defnyddiwch wefan cadarnhau ffeithiau cyn credu gwybodaeth ar-lein neu ei rhannu'n gyhoeddus. Mae llawer o gamwybodaeth ar y rhyngrwyd, gwnewch yn siŵr bod yr wybodaeth rydych chi'n ei defnyddio neu'n ei rhannu yn ddibynadwy.
- Gadewch unrhyw wefannau neu apiau ar unwaith os bydd eu cynnwys yn eich gwneud yn anghyfforddus neu'n gwneud i chi boeni.
- Peidiwch byth â chlicio ar ddolenni mewn e-bost neu negeseuon sy'n gofyn i chi fewngofnodi a rhannu eich manylion – efallai ei fod yn sgam, felly mae hi bob tro'n well mynd i'r wefan neu'r ap yn uniongyrchol
- Dywedwch wrth oedolyn rydych chi'n ymddiried ynddo os oes unrhyw beth yn eich poeni chi ar-lein neu cysylltwch â gwasanaethau cymorth, fel Meic a Childline, er mwyn siarad yn gyfrinachol. Peidiwch â theimlo cywilydd i ofyn am help, mae cymorth ar gael ar gyfer beth bynnag rydych chi'n poeni amdano.

Help os byddwch angen

Meic
Meic yw'r llinell gymorth i blant a phobl ifanc hyd at 25 oed yng Nghymru.
Rhadffôn: 0808 80 23456
Neges SMS: 84001
IM/Sgwrs ar-lein: www.meic.cymru

Childline
Mae Childline yn wasanaeth preifat a chyfrinachol am ddim lle gallwch siarad am unrhyw beth.
Ffôn: 0800 1111
Ar-lein: www.childline.org.uk

I gael rhagor o wybodaeth am faterion ar-lein penodol, edrychwch ar ein llu o adnoddau diogelwch ar-lein ar **hwb.gov.wales.**

Os byddwch chi angen help i gael gwared â chynnwys sy'n eich ypsetio, fel cam-drin neu fygythiadau ar-lein, cynnwys treisgar neu gynigion rhywiol digroeso, ewch i wefan **reportharmfulcontent.com**

OGL © Hawlfraint y Goron 2020 Llywodraeth Cymru WG40653

Stay Safe. Stay Learning.

Cadernid Digidol mewn Addysg
Digital Resilience in Education

Hwb®

Llywodraeth Cymru
Welsh Government

Online safety top tips for secondary aged learners

The internet is a fantastic tool that can be used to stay connected with your friends and family, access entertainment, such as videos and online games, and for support with your learning and school work.

There are clearly many benefits, but it's important to also be aware of the risks and to follow the tips listed below to help you stay safe.

If you encounter any problems, or are worried about something, remember you can always talk to a trusted adult or seek advice anonymously by contacting support services such as Meic or Childline (contact information included below).

- Use strong passwords, never share them, and consider setting up two-factor authentication where possible.
- Remember not everyone online is who they say they are – don't share any personal information, even if they seem trustworthy.
- Talk to your parents or carers about where you go and what you do online, as you would in real life.
- Keep your webcam covered when not in use.
- Think before you send any photos – what are they being used for? Could they be shared further without your consent? Remember once you've sent an image to someone else or shared it online, anyone can make a copy of it.
- Remember even if you make a mistake there are steps you can take to reduce the resulting impact, for example, requesting that social media platforms remove content.

- Regularly review your privacy settings on apps, phones, computers or tablets.
- Consider who can see content you are sharing online and to be mindful of your online reputation.
- Always ask friends and family for consent before sharing pictures that they are in.
- Always be kind online and don't post anything that may upset or offend someone.
- Know how to block content and report users who are harassing people or behaving in a way that is inappropriate or offensive.
- Check different sources or use a fact checking website before believing information online or sharing it publicly. There is a lot of misinformation on the internet, make sure the information you access or share is reliable.
- Immediately leave any websites or apps where content makes you feel uncomfortable or distressed.
- Never click on links in emails or messages that then ask you to log in and share your details – it could be a scam, so it's always best to go to the website or app directly.
- Tell a trusted adult if something is worrying you online or contact support services, such as Meic and Childline, to talk confidentially. Don't be embarrassed to ask for help, there is support available for whatever you are worried about.

Help if you need it

Meic

Meic is the helpline service for children and young people up to the age of 25 in Wales.

Freephone: 0808 80 23456
SMS Text: 84001
Online chat: www.meic.cymru

Childline

Childline is a free, private and confidential service where you can talk about anything.

Call: 0800 1111
Online: www.childline.org.uk

For further information on specific online issues see our extensive range of online safety resources on **hwb.gov.wales.**

If you need help removing upsetting content, such as online abuse or threats, violent content or unwanted sexual advances visit **reportharmfulcontent.com**

OGL © Crown copyright 2020 Welsh Government WG40653

DIOGELWCH DIGIDOL YN YSTOD COVID-19: DIOGELU RHAG DYLANWADAU NIWEIDIOL AR-LEIN

- Mae effaith COVID-19 yn golygu y bydd y rhan fwyaf ohonom gartref am gyfnod maith ac yn debygol o dreulio mwy o amser ar-lein.

- Mae'r byd ar-lein yn angenrheidiol i lawer o blant gael mynediad at waith ysgol ac mae'n cynnig manteision anferth, ac mae ein galluogi i gadw cysylltiad gyda theulu a ffrindiau yn un o'r rhai pennaf ohonynt yn ystod y cyfnod hwn. Ond, gall llawer o rieni deimlo yn bryderus am y cynnwys y mae eu plant yn cael mynediad ato.

- Er ei fod yn brin, mae risg y bydd mwy o weithgarwch ar-lein a theimladau o straen a bod yn ynysig gael eu camddefnyddio gan ddylanwadau negyddol a rhai sy'n meithrin perthynas amhriodol ar-lein i dargedu plant bregus a phobl ifanc yn uniongyrchol.

- Bydd dealltwriaeth o ddiogelwch digidol yn helpu rhieni a gofalwyr i ddiogelu eu hanwyliaid rhag niweidiau amrywiol, boed hynny'n gam-fanteisio'n rhywiol ar blant, twyll, neu ddylanwadau eithafol sy'n ceisio radicaleiddio pobl fregus.

- Gall eithafwyr ddefnyddio'r pandemig COVID-19 i hyrwyddo safbwyntiau llawn casineb, er enghraifft trwy ddamcaniaethau am gynllwyniau sy'n beio grŵp penodol am y feirws, neu trwy ledaenu camwybodaeth am ymatebion y grwpiau hyn iddo.

PA GAMAU ALLAF I EU CYMRYD I GADW FY MHLENTYN YN DDIOGEL AR-LEIN?

Os ydych wedi lawrlwytho apiau newydd neu brynu technoleg newydd i helpu i gadw cysylltiad yn y cyfnod hwn, cofiwch adolygu ac addasu gosodiadau preifatrwydd a diogelwch os byddwch chi neu eich plentyn yn ymuno â gwasanaeth ar-lein newydd.

Mae'r Llywodraeth wedi annog Darparwyr Gwasanaethau Rhyngrwyd i adael i rieni hidlo cynnwys yn rhwydd er mwyn i chi allu rheoli'r hyn y gall eich plentyn ei weld ar-lein.

Gallwch droi hidlenni sy'n gyfeillgar i deuluoedd ymlaen er mwyn helpu i atal cynnwys nad yw'n addas i oedran ifanc gael ei agor ar ddyfeisiadau yn eich cartref.

Mae Canolfan Rhyngrwyd Ddiogelach y Deyrnas Unedig yn rhoi cyfarwyddyd ar sut i wneud hyn.

Mae Internet Matters hefyd wedi darparu canllawiau cam wrth gam ar sut i sefydlu dulliau rheoli i rieni.

Adnoddau Pellach ...

Mae adnoddau ar gael i'ch helpu i ddeall a diogelu eich plentyn rhag gwahanol niweidiau ar-lein.

Mae **Hyb Rhieni Educate Against Hate** yn rhoi adnoddau a chyngor y llywodraeth i rieni a gofalwyr ar gadw pobl ifanc yn ddiogel rhag eithafiaeth.

Mae **Let's Talk About It** yn rhoi cefnogaeth i rieni a gofalwyr i gadw plant yn ddiogel rhag cael eu radicaleiddio ar-lein.

Mae gan yr **UK Safer Internet Centre** ganllawiau am y gosodiadau preifatrwydd, dulliau rheoli i rieni a nodweddion diogelwch rhyngrwyd y prif ddarparwyr gwasanaeth rhyngrwyd.

Mae **Parent Zone** yn gweithio gyda **Prevent** i roi cyngor diogelwch digidol i rieni.

Mae **Thinkuknow** yn rhoi adnoddau i rieni a gofalwyr i helpu i gadw plant yn ddiogel ar-lein.

Datblygodd **Childnet** gyfarwyddyd i rieni a gofalwyr i ddechrau sgwrs am ddiogelwch ar-lein a chadw rhai dan bump yn ddiogel ar-lein.

Mae **Parent Info** yn rhoi cymorth digidol a chyfarwyddyd i rieni a gofalwyr gan arbenigwyr a sefydliadau amlwg.

Cynlluniwyd cyfarwyddyd yr **NSPCC** i rieni a gofalwyr i helpu i gadw plant yn ddiogel ar-lein. Mae eu gwefan **Net Aware** a gynhyrchwyd mewn cydweithrediad ag O2, yn rhoi gwybodaeth benodol am ddiogelwch ynghylch apiau a gwefannau poblogaidd.

Gall **Childline** roi cyngor a chymorth os yw eich plentyn yn bryderus, trwy ddeialu 0800 1111 neu lawrlwytho'r ap 'For Me'.

Mae'r rhestr hon o adnoddau addysg ar-lein ar gyfer addysgu gartref yn cynnwys adnoddau i gefnogi lles meddyliol eich plentyn.

DIGITAL SAFETY DURING COVID-19: SAFEGUARDING FROM HARMFUL INFLUENCES ONLINE

The impact of COVID-19 means that most of us will be at home for an extended period and are likely to be spending increasing amounts of time online.

The online world is a necessity for many children in accessing school work and it delivers huge benefits, not least in enabling us to stay connected to family and friends during this period. However, many parents may feel concerned about the content their children are accessing.

Although rare, there is a risk that increased online activity and feelings of stress and isolation may be exploited by negative influences and online groomers of all kinds to target vulnerable children and young people directly.

An understanding of digital safety will help parents and carers safeguard loved ones from a range of harms, whether that's child sexual exploitation, fraud, or extremist influences seeking to radicalise vulnerable people.

Extremists may use the COVID-19 outbreak to promote hateful views, for example through conspiracy theories blaming a particular group for the virus, or through spreading misinformation regarding these groups' responses to it.

WHAT STEPS CAN I TAKE TO KEEP MY CHILD SAFE ONLINE?

If you have downloaded new apps or bought new technology to help stay connected at this time, remember to review and adjust privacy and safety settings if you or your child is signing up to a new online service.

Government has encouraged Internet Service Providers to allow parents to easily filter content to put you in control of what your child can see online.

You can switch on family friendly filters to help prevent age inappropriate content being accessed on devices in your home.

- The UK Safer Internet Centre provides guidance on how to do this.
- Internet Matters has also provided step by step guides on how to setup parental controls.

Further Resources ...

There are resources available to help you understand and protect your child from different harms online.

Educate Against Hate Parents' Hub provides resources and government advice for parents and carers on keeping young people safe from extremism.

Let's Talk About It provides support for parents and carers to keep children safe from online radicalisation.

UK Safer Internet Centre has guides on the privacy settings, parental controls and internet safety features of the major internet service providers.

Parent Zone works with **Prevent** to provide digital safety advice for parents.

Thinkuknow provides resources for parents and carers to help keep children safe online.

Childnet has developed guidance for parents and carers to begin a conversation about online safety, and on keeping under-fives safe online.

Parent Info provides digital support and guidance for parents and carers from leading experts and organisations

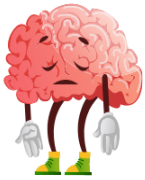
NSPCC guidance for parents and carers is designed to help keep children safe online. Their Net Aware website, produced in collaboration with O2, provides specific safety information on popular apps and websites.

Childline can provide advice and support if your child is worried, from dialling 0800 1111 or downloading the 'For Me' app.

This list of online education resources for home education includes resources to support your child's mental wellbeing.

MEDDYLFRYD O DWF: DATGANIADAU

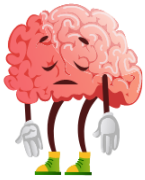
Gallaf newid fy meddylfryd gyda fy ngeiriau!



YN HYTRACH NA:		GALLAF DDWEUD:
Dwi ddim yn dda yn hyn.	1	Nid wyf yn dda yn hyn ETO, ond byddaf yn dysgu.
Rwy'n wych yn hyn.	2	Fe wnes i ymarfer a dysgu sut i wneud hyn.
Mae hyn yn rhy anodd.	3	Bydd angen ymdrech i ddod o hyd i'r strategaeth gywir.
Rwy'n ofni gwneud camgymeriad.	4	Gwneud camgymeriadau yw'r ffordd orau o ddysgu.
Rwy'n barod i ildio.	5	Gallaf lwyddo drwy ddod o hyd i well strategaeth.
Rwy'n methu gwneud hyn.	6	Mae angen i mi ofyn am help ac adborth.
Mae'n ddigon da.	7	Ai dyma fy ngwaith gorau? A allaf ei wella?
Dwi ddim am geisio rhag ofn y byddai'n methu.	8	Os byddaf yn methu, gallaf geisio eto nes i mi lwyddo
Maen nhw'n fwy clyfar na fi.	9	Beth alla i ddysgu wrthyn nhw?
Dydw i ddim yn dda ym Mathemateg.	10	Rydw i'n mynd i hyfforddi fy ymennydd ym Mathemateg.

MY GROWTH MINDSET STATEMENTS

I can change my mindset with my words!



INSTEAD OF:		I CAN SAY:
I'm not good at this.	1	I'm not good at this YET, but I will learn.
I am great at this.	2	I practised and learned how to do this.
This is too hard.	3	This will need effort to find the right strategy
I'm afraid I'll make a mistake.	4	Mistakes are how we learn best.
I give up.	5	I will succeed if I find a better strategy.
I can't do this.	6	I need to ask for some help and feedback.
It's good enough.	7	Is it my best work? Can I improve it?
I won't try because I might fail.	8	If I fail, I can try again until I succeed.
They're smarter than me.	9	What can I learn from them?
I'm not good at Maths.	10	I'm going to train my brain in Maths.

OS OES ARNOCH ANGEN SIARAD, RYDYM NI YMA I WRANDO

family lives

0808 800 2222

Mae Family Lives yn cynnig gwasanaeth llinell gymorth cyfrinachol a di-dâl* i deuluoedd sy'n darparu cymorth emosiynol, gwybodaeth, cyngor a chyfarwyddyd ar unrhyw agwedd ar rianta a bywyd teuluol.

Os hoffech ddefnyddio ein gwasanaeth yn Gymraeg, mae ar gael rhwng 11am a 2.30pm ar ddyddiau'r wythnos. Gallwch drefnu apwyntiad ar ein gwefan.

www.familylives.org.uk **@FamilyLives**

Rydym yn creu gwell bywydau teuluol gyda'n gilydd

© Family Lives | Rhif cwmni cofrestredig: 3817762 | Rhif elusen gofrestredig: 1077722 | Cofrestrwyd yng Nghymru a Lloegr
* O linellau tir a'r rhan fwyaf o rwydweithiau ffonau symudol.

IF YOU NEED TO TALK, WE'RE HERE TO LISTEN

family lives

0808 800 2222

Family Lives offers a confidential and free* helpline service for families providing emotional support, information, advice and guidance on any aspect of parenting and family life.

If you would like to access our service in Welsh, this is available between 11am and 2.30pm, weekdays. You can book an appointment via our website.

www.familylives.org.uk

@FamilyLives

We build better family lives together

© Family Lives | Reg company number: 3817762 | Reg charity number: 1077722 | Reg'd in England and Wales.. 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ * From landlines and most mobile networks.

LLES A GOFAL Y DISGYBL

CARE AND WELL-BEING OF PUPILS

Yn ystod y cyfnod anodd hwn, hoffwn eich cyfeirio at y restr isod:
During these difficult times please find below some important contact details:

Childline : 0800 1111 - www.childline.org.uk

Kidscape : 02077 303 300 - www.kidscape.org.uk

Bullying online : 0808 800 222 - www.bullying.co.uk

Stop bullying : www.stopbullying.co.uk

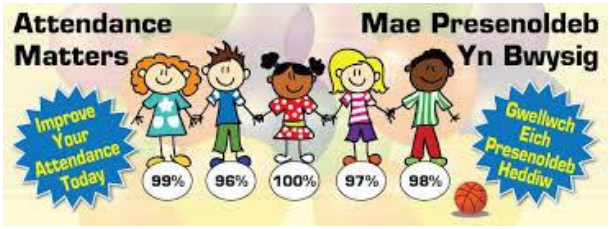
Samariad/Samaritans : 0808 164 0123 - www.samaritans.org

Wisekids : www.wisekids.org.uk

Meic : 0808 802 3456

Cwnselydd ysgol/School Counsellor :
school.counsellor@pembrokeshire.gov.uk

Swyddogion Diogelu/Safeguarding officers :
Mrs Samantha Morris
Mr Gareth Owens
Mr Michael Davies
01437 808 470



PRESENOLDEB ATTENDANCE

Ystyrir presenoldeb rheolaidd yn bwysig iawn yn Ysgol Caer Elen. Ein nod yw cael y graddau presenoldeb uchaf posib ar gyfer ein disgyblion.

Os bydd rhaid aros adref oherwydd salwch neu am unrhyw rheswm arall, dylai rhieni ffonio'r ysgol neu gadael neges ar linell absenoldeb yr ysgol cyn 8:30yb gan nodi'n glir y rheswm dros yr absenoldeb. Disgwylir galwad dyddiol dros gyfnod yr absenoldeb.

Gofynnir yn garedig i rieni beidio â threfnu gwyliau teuluol yn ystod y tymor. Ni ellir awdurdodi hyn heblaw am amgylchiadau arbennig.

Prydlondeb

Disgwylir i ddisgyblion gyrraedd yr ysgol yn brydlon. Os fydd disgybl yn hwyr, bydd angen adrodd i'r swyddfeydd perthnasol (cynradd/uwchradd).

Regular school attendance is considered to be of great importance at Ysgol Caer Elen. We aim to have the maximum attendance rates possible for our pupils.

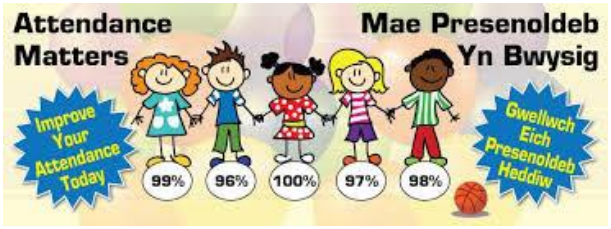
If a child is kept at home because of illness or any other reason, parents should phone school or leave a message on the absence line before 8.30am on the first day of absence giving a reason for the absence. We kindly request a daily phone call during the period of absence.

We kindly request that parents do not arrange family holidays during term time. No pupil will be given authorised permission to go on holiday during term time unless they are extenuating circumstances.

Punctuality

Pupils must arrive at school punctually. If a pupil is late, he/she needs to report this at the relevant school offices (primary/secondary).

100%



PRESENOLDEB ATTENDANCE

O dan y Ddeddf Addysg (1996), mae'n gyfrifoldeb i'r rhieni sicrhau fod eu mab/merch yn mynychu ysgol. Mae presenoldeb ysgol rheolaidd yn hanfodol a gall golli ysgol gael effaith arwyddocaol ar gyflwyniad dros gyfnod o flwyddyn fel y nodir isod:

Under the Education Act (1996), it is the responsibility of the parent to ensure that their son/daughter attend school. Regular school attendance is vital and missing school can have a significant impact on achievement over a one year period as illustrated below:

Presenoldeb	Dros gyfnod o flwyddyn:	Over a one year period:
95-100%	Y cyfle gorau o lwyddiant	Best chance of success
90-95%	Wedi colli o leiaf 2 wythnos o ddysgu	At least two weeks of learning missed
85-90%	Wedi colli o leiaf 4 wythnos o ddysgu	At least 4 weeks of learning missed
80-85%	Wedi colli o leiaf 5½ wythnos o ddysgu	At least 5 ½ weeks of learning missed
< 80%	Wedi colli o leiaf 7½ wythnos o ddysgu	At least 7 ½ weeks of learning missed

TARGEDAU'R YSGOL
SCHOOL TARGETS
2020-21

CYNRADD / PRIMARY
96.8%

UWCHRADD / SECONDARY
97.2%

#CYMRAEGYNYCARTREF

#WELSHATHOME

Dyma restr o adnoddau Cymraeg i'w defnyddio gartref.
Here are a few ideas on how to use the Welsh Language at home.

CYFNOD SYLFAEN / FOUNDATION PHASE

Defnyddiwch y canlynol er mwyn ymarfer eich Cymraeg gartref.
Use the following as a means of keeping in touch with the Welsh language at home.

Hoffi Canu? Chwilich am **Caru Canu** ar Youtube.
Do you enjoy singing? Look for **Caru Canu** on Youtube.

Beth am lawrlwytho'r app - BydCyw.
Download the app - BydCyw

Tudalen facebook **Cyw** - cyfle i ddawnsio, gwrando ar straeon Cymraeg cyn mynd i'r gwely a llawer mwy.
Cyw facebook page - where you can listen to Welsh stories before bed time, dance with the characters and much more.

CYFNOD ALLWEDDOL 2 / KEY STAGE 2

Defnyddiwch y canlynol er mwyn ymarfer eich Cymraeg gartref.
Use the following as a means of keeping in touch with the Welsh language at home.

Hoff o **wyddoniaeth**? Gwyliwch rhain!
Do you enjoy **science**? Have a look at these!

Cyfres newydd Cymraeg **Lolipop.** Sganiwch y côd QR i wylio'r penodau.
A new Welsh series. Scan the QR code to watch all episodes.

Sganiwch y côd QR er mwyn clywed straeon yn y Gymraeg.
Scan the QR code in order to hear Welsh stories being read.

CYFNOD ALLWEDDOL 3 / KEY STAGE 3

Defnyddiwch y canlynol er mwyn clywed y Gymraeg gartref.
Use the following as a means of keeping in touch with the Welsh language at home.

HANSH

Dysgwch am chwedlau Cymru wrth wylio'r **Mabinogi-ogi.**
Learn about the Welsh tales - Mabinogi-ogi

Mae nifer ohonoch wedi cwrdd â **Sgrameer.** Beth am wylio ei raglenni?
Many of you have met **Sgrameer.** What about watching some of his shows?

Hoff o chwaraeon? Dyma'r côd QR i chi.
Enjoy sports? This is the QR code for you

Ysgol Caer Elen

#defnyddiadygymraeg

Cymraeg

CYW CYNNAR **£45** EARLY BIRD

Dysgu Cymraeg Learn Welsh

Dysgwch Gymraeg gyda ni – dulliau dysgu hyblyg ar gael.

You can learn Welsh with us – flexible learning options available.

Bydd croeso cynnes i chi!

learnwelsh@pembrokeshire.gov.uk 01437 770 180

dysgucymraeg.cymru
learnwelsh.cymru
Sir Benfro
Pembrokeshire

Llywodraeth Cymru
Welsh Government

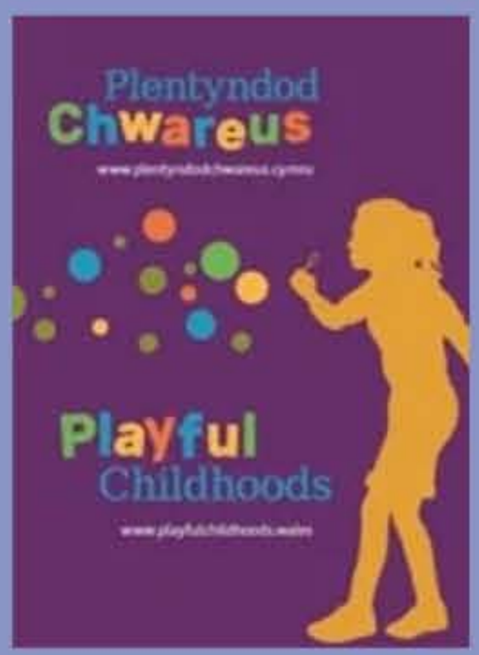
CYMRAEG Dysgu Learn

Learning Pembrokeshire
Sir Benfro yn Dysgu

eLSA support

ADNODDAU DEFNYDDIOL

USEFUL RESOURCES



CADWCH YN DDIOGEL ...

KEEP SAFE ...

ENFYS

CAER ELEN

Distawrwydd sydd ymhob man,
A'n bywyd sydd ar chwâl.
Ein gofid yn troi'n dristwch
A phobloedd byd yn sâl.

Y caeau gwyrdd a'r traethau
Sy'n wag, digyffro nawr;
A'r siopau sydd yn segur
Mewn trefi bach a mawr.

Clapio'n gwerthfawrogiad wnawn
A chodi llais mewn cân.
Ymbellhau gan sefyll draw
A golchi'n dwylo'n lân.

Cadw'n saff yw'r nod i bawb,
'Da'n gilydd down drwy hyn.
Ein henfys yw ein gobaith.
Daw eto haul ar fryn.

EMG
(1.4.20)