

The Welsh Network of Healthy School Schemes

Secondary Schools - Getting back to school and the school run

To keep your children safe and free from Coronavirus, schools have been making some important changes. Families can also play a part in keeping everyone safe.

Here are some tips on how you and your children can help.

Getting to and from school

- If children are able to walk or cycle to school, this is a great option. Remember to maintain a 2 metre distance with anyone that isn't part of your extended household.
- If travelling by car, to avoid crowding at the school gates, park further away from the school and then walk.
- For young people aged 11 and over and adults it is recommended that car sharing is only undertaken by people from your extended household bubble.
- Make sure:
 - everyone washes or sanitises their hands before getting in the car
 - windows are kept open
- If dropping your child off remember to maintain a 2 metre distance if stopping to talk to other parents or staff
- If you use public transport, everyone needs to wash their hands or use hand sanitiser before and after travel. Try to keep at least 2 metres apart from other passengers. Parents and children over the age of 11 also need to wear a mask or face covering.

[ADD FURTHER INFORMATION ABOUT DEDICATED SCHOOL TRANSPORT NEED WHERE RELEVANT](#)

In school

Wear a mask as requested

In secondary school, students may be required to wear masks within communal areas of the school where 2m social distancing is difficult to maintain. It is important that they know how to put masks on, use them properly, take them off and store or dispose of them safely.

When wearing a mask they should:

- Wash or sanitise their hands before putting their mask on.
- Cover both the nose and the mouth and make sure it fits snugly under the chin.
- Use the ties or the ear loops to remove it once no longer needed.
- Put disposable masks in a bin with a lid or into a plastic bag to bin at home
- Place reusable masks into a plastic bag to take home and wash.

Ideally pupils should have a number of dry, clean masks to use throughout the day. If this is not possible and the same mask has to be used again during the same day, the ties or loops should be used to take the mask out of the plastic bag being careful not to touch the front of the mask.

When wearing a mask they shouldn't:

- Touch the front of their mask with their hands. If they do, they should wash/sanitise their hands immediately.
- Put the mask on their forehead or around their neck.

Undertake frequent handwashing

- Ensure your child knows that they should wash their hands thoroughly with warm water and liquid soap for 20 secs, frequently throughout the day.

Staying away from school

- **Do not attend school** and self-isolate if you or your child:
 - have any symptoms of Coronavirus (self-isolate for 10 days)
 - live in a household with a person who has tested positive for Coronavirus (self-isolate for 14 days)
 - have been contacted by a contact tracer and told that you must self-isolate (self-isolate for 14 days)
- Arrange a test for anyone who has any of the following symptoms by going to www.gov.uk/get-coronavirus-test or dialling the free number 119:
 - New continuous cough
 - High temperature (above 37.8oC)
 - Reduced taste or smell (anosmia)
- If your child has symptoms and you are waiting for their test results they **must not attend school** and must self-isolate.
- If your child is a contact of a case, they must self-isolate for the full 14 days even if they have a negative test result.

Thank you - If we all do our bit to stop the spread of coronavirus,
the sooner we can all get back to normal.

Cynlluniau Ysgolion Iach - Rhwydwaith Cymru

Ysgolion Uwchradd - Dychwelyd i'r ysgol a hebrwng plant i'r ysgol ac oddi yno

I gadw eich plant yn ddiogel ac yn rhydd o'r Coronafeirws, mae ysgolion wedi bod yn gwneud rhai newidiadau pwysig. Gall teuluoedd hefyd chwarae rhan wrth gadw pawb yn ddiogel.

Dyma rai awgrymiadau ar sut y gallwch chi a'ch plant helpu.

Teithio i'r ysgol ac oddi yno

- Os yw'r plant yn gallu cerdded neu feicio i'r ysgol, mae hwn yn ddewis gwych. Cofiwch gadw pellter o 2 fetr oddi wrth un unrhyw un nad yw'n rhan o'ch aelwyd estynedig.
- Os ydych yn teithio mewn car, i osgoi gorlenwi ger gatiâu'r ysgol, parciwch ymhellach i ffwrdd o'r ysgol ac yna cerdded.
- I bobl ifanc 11 oed a throsodd ac oedolion argymhellir eich bod dim ond yn rhannu car â phobl o'ch swigen aelwyd estynedig.
- Sicrhewch fod:
 - pawb yn golchi neu'n diheintio eu dwylo cyn mynd i mewn i'r car
 - ffenestri'n cael eu cadw ar agor
- Os ydych yn gollwng eich plentyn cofiwch gadw pellter o 2 fetr os ydych yn aros i siarad â rhieni neu staff eraill
- Os ydych yn defnyddio trafndiaeth gyhoeddus, bydd angen i bawb olchi eu dwylo neu ddefnyddio hylif diheintio dwylo cyn ac ar ôl teithio. Ceisiwch gadw o leiaf 2 fetr ar wahân i deithwyr eraill. Mae angen i rieni a phlant dros 11 oed wisgo masg neu orchudd wyneb hefyd.

[YCHWANEGWCH RAGOR O WYBODAETH AM ANGHENION PENODOL AM GLUDIANT I'R YSGOL LLE BO HYNNY'N BERTHNASOL](#)

Yn yr ysgol

Gwisgwch fasn yn ôl y gofyn

Mewn ysgol uwchradd, efallai y bydd yn ofynnol i fyfyrwyr wisgo masgiau yn ardaloedd cymunedol yr ysgol lle mae'n anodd cadw 2m o bellter cymdeithasol. Mae'n bwysig eu bod yn gwybod sut i wisgo masgiau, eu defnyddio nhw'n iawn, eu tynnu a'u storio neu eu gwaredu'n ddiogel.

Pan fyddant yn gwisgo masg dylent:

- Olchi neu ddiheintio eu dwylo cyn gwisgo eu masg.
- Gorchuddio'r trwyn a'r geg a sicrhau ei fod yn ffitio'n glyd o dan yr ên.
- Defnyddio'r clymau neu'r dolenni clust i'w dynnu pan na fydd ei angen mwyach.
- Rhoi masgiau tafladwy mewn bin gyda chaead neu i mewn i fag plastig i'w daflu gartref
- Rhoi masgiau y gellir eu haildefnyddio mewn bag plastig i fynd â nhw adref a'u golchi.

Yn ddelfrydol, dylai disgyblion gael nifer o fasn sych, glân i'w defnyddio drwy gydol y dydd. Os nad yw hyn yn bosibl a bod yn rhaid defnyddio'r un masg eto yn ystod yr un diwrnod, dylid defnyddio'r clymau neu'r dolenni i dynnu'r masg allan o'r bag plastig gan fod yn ofalus i beidio â chyffwrdd blaen y masg.

Pan fyddant yn gwisgo masg ni ddylent:

- Gyffwrdd â blaen eu masg gyda'u dwylo. Os byddant yn gwneud hynny, dylent olchi/diheintio eu dwylo ar unwaith.

- Ni ddylent roi'r masg ar eu talcen neu o amgylch eu gwddf.

Golchi dwylo'n aml

- Sicrhewch fod eich plentyn yn gwybod y dylai olchi ei ddwylo'n drylwyr â dŵr cynnes a sebon hylif am 20 eiliad, yn aml drwy gydol y dydd.

Cadw draw o'r ysgol

- **Peidiwch â mynd i'r ysgol** a hunanynyswch os ydych chi neu'ch plentyn:
 - ag unrhyw symptomau o'r Coronafeirws (hunanynyswch am 10 diwrnod)
 - yn byw mewn aelwyd gyda pherson sydd wedi profi'n bositif am y Coronafeirws (hunanynyswch am 14 diwrnod)
 - os oes swyddog olrhain cysylltiadau sydd wedi cysylltu â chi i ddweud wrthy ch y dylech hunanynysu (hunanynyswch am 14 diwrnod)
- Trefnwch brawf i unrhyw un sydd ag unrhyw rai o'r symptomau canlynol drwy fynd i www.gov.uk/get-coronavirus-test neu ddeialu'r rhif am ddim 119:
 - Peswch cyson newydd
 - Tymheredd uchel (dros 37.8oC)
 - Llai o flas neu arogl (anosmia)
- Os oes gan eich plentyn symptomau a'ch bod yn aros am ei ganlyniadau ei brawf **ni ddylai fynd i'r ysgol** a rhaid hunanynysu.
- Os yw eich plentyn yn gyswllt achos, rhaid iddo hunanynysu am y 14 diwrnod llawn hyd yn oed os bydd yn cael canlyniad prawf negyddol.

Diolch - os byddwn i gyd yn gwneud ein rhan i atal lledaeniad coronafeirws, y cynharaf y gallwn i gyd ddychwelyd i'r arfer.