



YSGOL GYNRADD GYMRAEG BRYN Y MÔR



Headteacher:
Mrs. Collins

DIOGELWCH YN YR HAUL

Yn ystod Tymor yr Haf, gallwn ddisgwyl dyddiau hirfelyn, tesog, gobeithio!
Ond gyda'r haul daw peryglon llosg haul, yn enwedig i blant ifanc.

Mae amddiffyn plant rhag yr haul yn hanfodol bwysig a gall ysgolion ystyried nifer o bwyntiau er mwyn osgoi llosg haul.

- Lleihau'r amser lle mae plant allan yn yr awyr agored yn ystod cyfnodau cynhesaf y dydd drwy geisio cynnal digwyddiadau awyr agored cyn 11 a.m. ac wedi 2 p.m.
- Annog plant i wisgo hetiau a dillad addas yn ogystal â defnyddio eli haul ffactor uchel.
- Cynnwys rhieni yn hyn i gyd gan sicrhau eu bod yn deall pwysigrwydd amddiffyn eu plant rhag yr haul.
- Yfed digon o ddŵr er mwyn hydradu'r corff.

Mae gan yr ysgol Bolisi Diogelwch yn yr Haul.

Amddiffyn – darparu amgylchedd sy'n golyg bod disgyblion a staff yn ddiogel ar ddiwrnodau heulog.

Addysgu – dysgu am ddiogelwch yn yr haul er mwyn newid ymddygiad.

Cydweithredu – gweithio gyda rhieni, llywodraethwyr a'r gymuned ehangach i atgyfnerthu'r ymwybyddiaeth o ddiogelwch yn yr haul.

SUN SAFETY



The beginning of the Summer Term will, hopefully, herald the start of hot sunny days. However, with the sun come the dangers of sunburn, especially for younger children.

The protection of children is vitally important and there are a number of points schools can instigate to prevent the children getting sunburn.

- Minimise the time that children are exposed to the highest temperatures of the day by trying to hold outdoor activities before 11.00 a.m. and after 2.00 p.m.
- Encourage children to wear hats and appropriate clothing as well as using high protection sun cream.
- Involve parents and make sure they understand the importance of their children being protected from the sun.
- Drink plenty of water to keep body hydrated.

The school has a Keeping Safe in the Sun Policy y. A reminder of the main elements of the policy are:

Protection – providing an environment that enables pupils and staff to stay safe on sunny days.

Education – learning about sun safety to influence behaviour.

Collaboration – working with parents, governors and the wider community to reinforce sun safety awareness.

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