



DIOGELWCH HAUL

Gofynnwn i chi ddarllen y wybodaeth yma am
gadw'n ddiogel yn yr haul



Eli haul

- Gofynnir i rieni/gofalwyr ddarparu eli haul a'i anfon i'r ysgol wedi ei labelu ag enw'r disgybl.
- Gofynnir i rieni/gofalwyr roi eli haul ar eu plant cyn cyrraedd yr ysgol;
- Goruchwylir y disgyblion, ac fe'u hanogir i ail-roi eli haul ar eu cyrff yn ystod y dydd lle bo'n briodol;
- Ni fydd staff yr ysgol yn rhoi eli haul ar unrhyw ddisgybl;
- Ni ddylai disgyblion ddefnyddio eli haul ei gilydd oherwydd peryglon alergedd

Ymwybyddiaeth o ofal Haul:

- Bydd staff yn trafod gyda'r disgyblion bwysigrwydd diogelwch rhag yr haul
- Anogir disgyblion i wisgo dillad a fyddai'n eu diogelu ynghyd a eli haul pan fyddant yn agored i'r haul (e.e hetiau sy'n gorchuddio'r clustiau, yr wyneb a'r gwddw, sbectol haul uwch-fioled priodol, gwisg llewys hir);
- Anogir disgyblion i ddod â potel ddwr i'r ysgol ac yfed mwy o ddwr pan fydd y tywydd yn boeth

Gwybodaeth defnyddiol

<https://www.sunsafeschools.co.uk/>

<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer>

<http://www.wales.nhs.uk/sitesplus/888/tudalen/45005>



SUN SAFETY

We kindly ask you to read the information about
sun safety at the school



Sunscreen

- Parents/guardians are asked to provide sun cream and send to the school appropriately labelled with the pupil's name
- Parents/guardians are asked to apply sun cream on their children prior to arriving at the school
- Pupils will be supervised and encouraged to re-apply sun cream throughout the day where necessary.
- Staff will not apply sun cream on any pupil
- Pupils should not use each other's sun cream due to allergies

Sun Care Awareness

- Staff will discuss the importance of being protected from the sun with the pupils
- Pupils will be encouraged to wear protective clothing and sunscreen when exposed to the sun (e.g. hats that cover the ears, face and neck, appropriate UV sunglasses, long sleeved clothing)
- Pupils will be encouraged to bring water bottles and to drink more water during hot weather

Useful information

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