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LLYTHYR 9
20/11/2017

Annwyl riant/gofalwr,

Mae rhaglen yr NSPCC - Cofia ddweud. Cadwa'n ddiogel. - yn ymweld â'n hysgol i wneud yn siŵr fod gan ein disgyblion yr wybodaeth a'r ddealltwriaeth angenrheidiol i fod yn ddiogel rhag camdriniaeth. Mae'n bleser gennym roi gwybod ichi y byddwn yn gweithio gyda'r NSPCC, [elusen flaenllaw y DU i blant], a byddant yn cyflwyno eu rhaglen **Cofia ddweud. Cadwa'n ddiogel.** Dydd Iau, Tachwedd 23, 2017. Dyma raglen ar gyfer pob plentyn o oedran ysgol gynradd ledled y Deyrnas Unedig ac Ynysoedd y Sianel. Gyda chymorth eu masgot cyfeillgar, Buddy, byddant yn rhoi cyflwyniad i'r plant yn ein hysgol yn ogystal â gweithdy ar gyfer Blynyddoedd 5 a 6.

“Mae'r NSPCC wedi fy helpu i fagu hyder i ddweud wrth bobl am fy mhryderon a fy mhroblemau.” Adborth plenty (Ysgol Yng Nghymru).

Beth yw'r rhaglen Cofia ddweud. Cadwa'n ddiogel.?

Drwy gyflwyniadau a gweithdai rhyngweithiol sy'n addas i blant, bydd eu staff a'u gwirfoddolwyr sydd wedi cael hyfforddiant arbennig yn rhoi gwybodaeth i blant ynglŷn â bod yn ddiogel rhag niwed a sut i gael cymorth os oes ganddynt unrhyw bryderon. Byddant yn mynd ati mewn modd sensitif i drafod materion fel bwlio a cham-drin rhywiol heb ddefnyddio geiriau sy'n peri ofn nac iaith oedolion. Rydym wedi astudio cynnwys y deunyddiau ac wedi clywed gan ysgolion eraill sydd wedi cymryd rhan ac rydym yn gwbl hyderus eu bod yn briodol i blant sydd o oedran ysgol gynradd. Erbyn diwedd ein hymweliad, rydym yn sicr y bydd plant yn teimlo eu bod wedi cael eu grymuso – ac yn gwybod sut gallant ddweud a chadw'n ddiogel.

“Mae'r gwasanaeth hwn yn rhoi gwybodaeth bwysig mewn ffordd sy'n addas i blant – dylai fod yn orfodol ymhob ysgol. Gwasanaeth rhagorol!” Athro, Ysgol Gynradd Wistaston, Crewe

Os hoffech gael rhagor o wybodaeth am raglen yr NSPCC - **Cofia ddweud. Cadwa'n ddiogel.** - gan gynnwys cwestiynau cyffredin, ewch i wefan yr NSPCC sef nspcc.org.uk/schools neu dewch i siarad gyda fi a gallaf fi roi rhagor o wybodaeth.

Siarad am y Rheol Dillad Isaf gyda'ch plant :- Bydd gwaith yr NSPCC mewn ysgolion yn gymorth i annog sgysiaiu am fod yn ddiogel – ac mae ganddynt nifer o ddeunyddiau addas i blant i'ch helpu i barhau â'r sgwrs wedyn. Mae'r canllaw (sydd ar gael yn y ddwy iaith) yn defnyddio rheolau PANTS i addysgu plant mai nhw biau eu corff a nhw'n unig. Gallwch gael gwybod rhagor a lawrlwytho'r adnoddau'n rhad ac am ddim yn nspcc.org.uk/pants

Os hoffech gael gwybod rhagor am waith yr NSPCC, neu edrych ar yr amrywiaeth o wybodaeth a chyingor sydd ar gael i rieni a gofalwyr, ewch i'w gwefan yn nspcc.org.uk/preventing-abuse/keeping-children-safe/

Yn gywir,

Rebecca Allen, NSPCC

yn gweithio mewn partneriaeth â UDA Gwenffrwd a'r tim 'Ysgol Iach'.

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LETTER 9
20/11/2017

Dear parent/carer,

The NSPCC's **Speak out. Stay safe.** programme is visiting our school to make sure our pupils have the knowledge and understanding they need to stay safe from abuse. We are pleased to tell you that we will be working with the NSPCC, the UK's leading children's charity, who'll be delivering their **Speak out. Stay safe.** programme on Thursday, 23rd November 2017. This is a nationwide programme for every primary-school-aged child in the UK and Channel Islands. With the help of their friendly mascot Buddy, they'll be presenting an assembly to the children in our school as well as a workshop for Years 5 and 6.

"NSPCC has helped me to build the confidence to tell people about my worries and problems." Child's feedback (School in Wales).

What is the Speak out. Stay safe. programme? Through child-friendly, interactive assemblies and workshops their specially trained staff and volunteers will give our children information about how to keep themselves safe from harm and how to get help if they have any worries, sensitively discussing issues like bullying and sexual abuse, without using scary words or adult language. We have studied the content of the materials and heard from other schools who have participated and are extremely confident that they are appropriate for primary-school-aged children. By the end of their visit, we're convinced children will feel empowered – knowing how they can speak out and stay safe.

"This service provides important information in a child-friendly way – it should be made mandatory in all schools. A brilliant service!" Teacher, Wistaston Primary, Crewe

If you would like any more information about the NSPCC **Speak out. Stay safe.** programme, including frequently asked questions, you can find it on the NSPCC website nspcc.org.uk/schools or please come into speak to me and I can provide more information.

Talking about the Underwear Rule with your children:- The NSPCC's work in schools will help encourage conversations about staying safe – and they have a number of child-friendly materials to help you carry on the conversation afterwards. That includes 'The Underwear Rule', a simple way for parents to help keep children safe. The guide uses the rules of PANTS to teach children that their body belongs to them and them alone. You can find out more and download the free resources at nspcc.org.uk/pants

If you'd like to know more about the NSPCC's work, or take a look at the wide range of information and advice which is available for parents and carers, please visit their website nspcc.org.uk/preventing-abuse/keeping-children-safe/

Yours sincerely,

Rebecca Allen, NSPCC

working in Partnership with Ysgol Gwenffrwd SLT and the 'Healthy Schools' team of staff.