

Canllawiau Diogelu Rhag yr Haul

Ysgol Pentreuchaf

Yn Ysgol Pentreuchaf ein dymuniad yw bod ein staff a'n disgyblion yn mwynhau'r haul yn ddiogel. Byddwn yn gweithio gyda staff, disgyblion a rhieni i geisio sicrhau hynny trwy:

ADDYSGU

Fel ysgol byddwn yn codi ymwybyddiaeth:

- pob disgybl o'r peryglon trwy gyflwyno o leiaf un wers 'Diogelu Rhag yr Haul' yn flynyddol.
- sut i gymryd mesurau call pan maent yn yr haul, yn ystod gwasanaethau boreol ar ddechrau tymor yr haf.
- rhieni a gwarcheidwaid o'r camau a gymerir gan yr ysgol ynghylch diogelu rhag yr haul a sut y gallant gynorthwyo.

DIOGELU

Tra perir tywydd poeth byddwn yn annog:

- plant a staff i aros yn y cysgod e.e. ger coed ar y buarth/cae chwarae, ger adeiladau'r ysgol.
- plant i aros dan do mewn tywydd eithriadol – fe'u cedwir mewn ystafell penodol dan oruchwyliaeth.
- plant a staff i yfed digonedd o ddŵr.
- gweithgareddau chwaraeon allanol i'w cynnal cyn 11:30 yb ac ar ôl 2.00 yp o hyn ymlaen.
- rhieni i gydymffurfio â pholisi gwisg Addysg Gorfforol yr ysgol gan gynnwys gwisgo hetiau haul yn yr ysgol, - plant i wisgo crysau 'T' llewys hir yn hytrach na chrysau isaf.
- pob aelod o staff i wisgo hetiau a chrys llewys hir pan maent ar ddyletswydd ar y buarth chwarae ac yn ystod gwersi chwaraeon.
- defnyddio eli haul ar wibdeithiau ysgol ac yn ystod oriau ysgol arferol (o leiaf SPF 15 – i'w roi gan rieni cyn bod y plant yn gadael y cartref) - ni allwn gyflenwi eli haul i bob disgybl yn ddyddiol oherwydd y gost).

Cedwir hylif ôl-haul yn yr ysgol at ddefnydd y person sydd â chyfrifoldeb dros gymorth cyntaf ar gyfer argyfyngau'n unig. Mewn achos difrifol, bydd prosesau gofal arferol cymorth cyntaf yr ysgol yn dod i rym.

Mabwysiadwyd

Cadeirydd

Tymor Adolygu

Sun Protection Safety Guidelines

Ysgol Pentreuchaf

At Ysgol Pentreuchaf we want our staff and pupils to safely enjoy the sun. We will work with staff, pupils and parents to try and ensure this through:

EDUCATING

As a school, we raise the awareness:

- of every pupil of the dangers through presenting at least one 'Sun Protection' lesson annually.
- how to take wise precautions when out in the sun, during morning assembly at the beginning of the summer term.
- of parents and guardians of the sun protection measures taken by the school and how they can assist.

PROTECTION

During hot weather, we encourage:

- children and staff to remain in the shade e.g. near trees on the yard/playground, by the school buildings.
- children to remain indoors in extremely hot weather – they are kept in a designated room under supervision.
- children and staff to drink plenty of water.
- external sports activities to be held before 11:30 am and after 2.00 pm from now on.
- parents to comply with the school's PE uniform policy, including wearing sun hats at the school, - children to wear long sleeved 'T' shirts rather than vests.
- every member of staff to wear hats and long sleeved shirt when on duty on the playground and during sports lessons.
- use sun lotion on school trips and during normal school hours (at least SPF 15 – to be administered by parents before the children leave home) - we are unable to provide every pupil with a daily supply of sun lotion due to the cost.

After-sun lotion is kept at the school, to be used in emergencies only by the person responsible for administering first-aid. In a serious case, the school's routine first-aid care processes shall be implemented.

Adopted
Chair.....
Term for review