Cofia ddweud. Cadwa'n ddiogel. Llythyr i rieni/gofalwyr

Ysgol Cynddelw
Ffordd Newydd
Glyn Ceiriog
Wrecsam
LL20 7HH

April 2023

Annwyl Riant/Gofalwr

Ynghylch: Rhaglen ar-lein yr NSPCC - *Cofia ddweud. Cadwa'n ddiogel.*

Mae'n bleser gen i roi gwybod ichi y byddwn ni'n cymryd rhan yn rhaglen ar-lein yr NSPCC - ***Cofia ddweud. Cadwa'n ddiogel.*** y tymor hwn. Mae'r rhaglen yn cynnwys gwasanaeth ar-lein a gweithgareddau dosbarth cysylltiedig. Mae *Cofia ddweud. Cadwa'n ddiogel.* yn rhaglen ddiogelu sydd ar gael i bob ysgol gynradd yn y Deyrnas Unedig ac Ynysoedd y Sianel. Mae'n ceisio helpu plant i ddeall yr holl wahanol fathau o gam-drin ac i adnabod yr arwyddion o gam-drin a hynny mewn ffordd addas i blant. Mae'r plant yn cael eu dysgu i siarad os oes rhywbeth yn eu poeni, unai gydag oedolion y gellir ymddiried ynddyn nhw neu gyda Childline.

Yn y gwasanaethau ar-lein mae negeseuon *Cofia ddweud. Cadwa'n ddiogel.* yn cael eu cyflwyno mewn ffordd hwyliog a rhyngweithiol gyda chymorth eu masgot Buddy ynghyd ag ymddangosiadau arbennig gan Ant a Dec.

Rydyn ni wedi astudio cynnwys y deunyddiau ac rydyn ni'n hyderus iawn eu bod yn addas i blant ysgol gynradd. Erbyn diwedd y rhaglen, rydyn ni'n sicr y bydd y plant yn teimlo eu bod wedi cael eu grymuso – ac yn gwybod sut gallant ddweud a chadw'n ddiogel.

Os hoffech chi gael mwy o wybodaeth am y rhaglen *Cofia ddweud. Cadwa'n ddiogel.* ewch i wefan yr NSPCC www.nspcc.org.uk/speakout neu fe fyddwn i'n falch o drafod unrhyw gwestiynau sydd gennych chi.

Adnoddau ychwanegol

Gweithgareddau i blant gartref

Cadwch yn brysur wrth ddysgu am gadw'n ddiogel a siarad gyda'n gweithgareddau yn y cartref ar gyfer plant ysgol gynradd. Mae'r rhain i'w cael ar wefan yr NSPCC - www.nspcc.org.uk/activities

Canolbwynt Diogelwch Ar-lein

Efallai yr hoffech hefyd ymweld â'n Hwb Diogelwch Ar-lein i gael cyngor a gwybodaeth ar ystod eang o wahanol bynciau diogelwch ar-lein gan gynnwys hapchwarae, cyfryngau cymdeithasol, rhannu delweddau noeth, rheolaethau rhieni a mwy.

Gallwch hefyd ddod o hyd i wybodaeth am ddiogelwch ar-lein ar gyfer teuluoedd plant sydd ag anableddau ac anghenion ychwanegol. Rydyn ni wedi gweithio gydag 'Ambitious about Autism' a rhieni a gofalwyr sydd â phlant ag anableddau ac anghenion ychwanegol i greu gweithgareddau i helpu i siarad am ddiogelwch ar-lein y gallwch ddod o hyd iddo yn www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-families-children-with-send.

Gwefan o dan 12 Childline

Mae gan Childline wefan â chyngor i blant oed cynradd sy'n addas ar gyfer eu hoed ar bynciau fel bwlio. Mae gemau ac adnoddau rhyngweithiol ar gael hefyd. Gall eich plentyn ymweld â'r wefan www.childline.org.uk/kids.

Mae gan wefan Childline adnodd hygyrchedd hefyd, gallwch gael rhagor o wybodaeth amdano drwy glicio ar y ddolen hygyrchedd yn y ddewislen Cael Cymorth. Gall plant ei ddefnyddio i wneud y canlynol:

- Darllen y wefan yn uchel
- Newid maint a ffont y testun
- Newid tudalennau gwe i destun yn unig
- Ychwanegu masg neu bren mesur i'w helpu i ganolbwyntio ar ran o'r dudalen yn unig
- Chwyddo rhannau o'r dudalen we
- Cyfieithu'r wefan i dros 120 o ieithoedd

Siarad PANTS gyda'ch plant

Sgwrs syml yw Siarad PANTS i helpu i gadw plant yn ddiogel rhag camdriniaeth rywiol. Mae pob llythyren PANTS, o P i S yn rhoi neges syml ond pwysig a all helpu i gadw plant yn ddiogel. Gallwch chi gael rhagor o wybodaeth a lawrlwytho adnoddau rhad ac am ddim ar www.nspcc.org.uk/pants.

Mae Penguin a Ladybird wedi ffurfio partneriaeth â'r NSPCC i greu llyfr Pantosorws wedi'i anelu at blant rhwng 4 ac 8 oed. Mae copïau o'r llyfr newydd ar werth yn https://shop.nspcc.org.uk/ neu yn siopau dethol Matalan. Bydd yr holl elw o werthu'r llyfr hwn yn cefnogi'r NSPCC.

Os hoffech gael gwybod rhagor am waith yr NSPCC, neu edrych ar yr amrywiaeth o wybodaeth a chyngor sydd ar gael i rieni a gofalwyr, ewch i'w gwefan www.nspcc.org.uk/parents.

Os hoffech ofyn unrhyw gwestiynau am gynnwys y gwasanaeth yna cysylltwch â Miss B. Evans ar evansb215@hwbcymru.net

Yn gywir,

Mrs Sockett

Speak out. Stay safe. parents/carers letter

Ysgol Cynddelw
New Road
Glyn Ceiriog
Wrexham
LL20 7HH

April 2023

Dear Parent/Carer

RE: NSPCC's *Speak out. Stay safe.* online programme

I am pleased to tell you that this term we will be participating in the **NSPCC's *Speak out. Stay safe.* online** programme. This consists of an online assembly and supporting classroom based activities. *Speak out. Stay safe.* is a safeguarding programme available to all primary schools in the UK and Channel Islands. It aims to help children understand abuse in all its forms and to recognise the signs of abuse in a child friendly way. This includes: neglect, physical abuse, emotional abuse, sexual abuse, bullying and online abuse Children are taught to speak out if they are worried, either to a trusted adult or Childline.

In the online assembly, the *Speak out. Stay safe*. messages are delivered in a fun and interactive way with the help of their mascot Buddy as well as special guest appearances from Ant and Dec.

We have studied the content of the materials and are extremely confident that they are appropriate for primary-school-aged children. By the end of the programme, we're convinced children will feel empowered – knowing how they can speak out and stay safe.

If you would like to know more about the *Speak out. Stay safe.* programme you can find information on the NSPCC website www.nspcc.org.uk/speakout or I would be happy to discuss any questions that you may have.

Additional resources

Activities for children at home

Keep busy while learning about staying safe and speaking out with our at-home activities for primary school children. These are hosted on the NSPCC website www.nspcc.org.uk/activities.

Online safety hub

You may also like to visit the NSPCC Online Safety Hub where you will find advice and information on a range of different online safety topics including gaming, social media, sharing nudes, parental controls and more.

You will also find online safety information for families of children with additional needs and disabilities. We have worked with Ambitious about Autism and parents and carers who have children with additional needs and disabilities to create activities to help talk about online safety which you can find at www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-families-children-with-send.

Childline Under 12's Website

Childline also have a website with age appropriate advice for primary school children on topics such as bullying. It also has games and other interactive tools. Your child can visit it at www.childline.org.uk/kids.

The Childline website has an accessibility tool too, you can find out about it by clicking on the accessibility link in the Get Support menu. Children can use it to:

- Read the website out to them
- Change the text size and font
- Change webpages to just text only
- Add a mask or ruler to help them focus on just part of the page
- Magnify parts of the webpage
- Translate the website in to over 120 languages

Talking PANTS with your children

Talk PANTS is a simple conversation to help keep children safe from sexual abuse. From P through to S, each letter of PANTS provides a simple but important message that can help keep children safe. You can find out more and download the free resources at www.nspcc.org.uk/pants.

Penguin and Ladybird have partnered with the NSPCC to create a Pantosaurus book aimed at children aged 4 - 8. You can find copies of the new book on sale at https://shop.nspcc.org.uk/ or in Matalan's selected stores. All profits from the sale of this book will support the NSPCC.

Support the NSPCC

You may be interested in the NSPCC's new selection of BUDDY goodies available from the NSPCC shop at https://shop.nspcc.org.uk/collections/buddy which make perfect gifts for children - and all profits go to help keep children safe.

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 www.nspcc.org.uk/parents.

If you would like to ask any questions on the content of the assembly then please get in touch with Miss B. Evans on evansb215@hwbcymru.net

Yours sincerely,

Mrs Sockett