



Diogelwch Haul Sun Safety

Mae pelydrau'r haul yn gryf iawn dros yr haf a gallant niweidio croen plant. Efallai nad yw hyn yn ymddangos fel problem yn awr, ond yn anffodus gall arwain at ganser y croen yn ddiweddarach mewn bywyd. Mae iechyd a lles eich plentyn yn bwysig iawn i ni, a dyna pam ein bod wedi penderfynu i:

dysgu plant am amddiffyniad rhag yr haul
annog disgyblion i wisgo hetiau pan fyddant yn yr awyr agored
annog disgyblion i ddefnyddio hufen haul ffactor 15+ o leiaf yn ystod misoedd yr haf.

Mae eich cefnogaeth yn bwysig iawn i ni. Gallwch helpu drwy:

siarad â'ch plentyn ynglŷn â phwysigrwydd amddiffyniad rhag yr haul pan fyddant adref
anfon eich plentyn i'r ysgol gyda het haul
rhoi hufen haul ar eich plentyn ben bore

Gyda'n gilydd, gobeithio y cawn dymor hapus a diogel iawn!

The sun's rays are very powerful over the summer and they can damage children's skin. Maybe this doesn't appear a problem now but unfortunately it could lead to skin cancer later on in life. Your child's health and welfare is important to us and that's why we:

teach children about the importance of sun protection
encourage children to wear hats when out in the sun
encourage children to wear a high sun protector cream 15+ at least during the summer months

Your support is important to us. You can help by:

talking to your child about the importance of sun protection when they are at home
sending your child to school with a sun hat
applying suncream on your child in the mornings

Together, hopefully we can have a safe and happy term !