

Medi 2016.

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 gennyf roi gwybod ichi y byddwn yn gweithio gyda'r NSPCC, elusen blant flaenllaw y DU, a byddant yn cyflwyno eu rhaglen **Cofia ddweud. Cadwa'n ddiogel. ar Fedi'r 9fed**. Dyma raglen ar gyfer pob plentyn bl 7 ledled y Deyrnas Unedig ac Ynysoedd y Sianel. Gyda chymorth eu masgot cyfeillgar, Buddy, byddant yn cyflwyno gwasanaeth i'r plant yn ein hysgol yn ogystal â gweithdy ar gyfer Blwyddyn 7.

"Mae'r NSPCC wedi fy helpu i fagu hyder i ddweud wrth bobl am fy mhryderon a fy mhroblemau." Adborth plentyn

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

Drwy wasanaethau 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 rhagor!"

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

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 yn nspcc.org.uk/preventing-abuse/keeping-children-safe/

Yn gywir,

**Mrs J Wyn
Pennaeth**

September, 2016.

Dear Parent/Guardian,

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.

I'm 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 September 9th**. This is a nationwide programme 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 Year 7.

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

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.

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,

**Mrs J Wyn.
Head.**