



YSGOL GYMUNEDOL TRIMSARAN

'Gwnawn ein gorau glas'

Hylendid - Hygiene

Canllaw ar Atal a Rheoli Heintiau Cymru/ Infection, Prevention & Control Guidance <https://phw.nhs.wales/services-and-teams/harp/infection-prevention-and-control/guidance/accordians/docs/infection-prevention-and-control-guidance-2019-for-childcare-settings-0-5-years-in-wales-nurseries-childminding-and-playgroups/>

Canllaw Cyfeirio Cyflym - Atal a Rheoli Heintiau/Quick Reference Guide – Infection Prevention and Control

<https://phw.nhs.wales/services-and-teams/harp/infection-prevention-and-control/guidance/recommended-time-to-keep-individuals-away-from-settings-english-july-2020/>

<https://phw.nhs.wales/services-and-teams/harp/infection-prevention-and-control/guidance/recommended-time-to-keep-individuals-away-from-settings-welsh-july-2020/>

Canllawiau Covid-19 GIG Cymru/NHS Wales Covid 19 Guidelines
Coronavirus (COVID-19) - Public Health Wales (nhs.wales)

e-Bug

e-Bug

Asiantaeth Safonau Bwyd/Food Standards Agency (Hylendid Bwyd)

<https://www.food.gov.uk/>

<https://www.food.gov.uk/cy>

<https://www.food.gov.uk/cy/food-safety>

<https://www.food.gov.uk/food-safety>

Sneezesafe – Parents Zone (sneezesafe.com.au)

Kids Zone (sneezesafe.com.au)

Carex - Caring for hands for over 25 years - Carex

Llau-pen / Headlice – 140407headlicefactsheeten.pdf (wales.nhs.uk)

<https://www.nhs.uk/conditions/head-lice-and-nits/>

<http://www.wales.nhs.uk/sitesplus/888/page/43732>

<http://www.wales.nhs.uk/sitesplus/888/tudalen/44189>

Ffliw/Flu - <http://www.wales.nhs.uk/sitesplus/888/tudalen/44184>

<https://www.nhs.uk/conditions/flu/>

Ein Gweledigaeth:

Annog Annibyniaeth **B**yw'n lach **C**yynnig Cyfleoedd



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	Cynllun Gwên / Design to Smile – https://www.designedtosmile.org/welcome-croeso/welcome/
Bwyd a Ffitrwydd – Food & Fitness	Chwaraeon a Hamdden Actif Sports and Leisure Home – Actif Asiantaeth Safonau Bwyd/Food Standards Agency (Hylendid Bwyd) https://www.food.gov.uk/ https://www.food.gov.uk/cy https://www.food.gov.uk/cy/food-safety https://www.food.gov.uk/food-safety Newid am Oes / Change4Life https://www.nhs.uk/change4life Food a Fact of Life http://www.foodafactoflife.org.uk/ Llywodraeth Cymru/Welsh Government Pecynnau cinio iach: taflen LLYW.CYMRU Healthy Lunchboxes (gov.wales) Canllaw Bwyta'n Dda/Eatwell Guide Canllaw bwyta'n dda LLYW.CYMRU The Eatwell Guide - NHS (www.nhs.uk)
Diogelwch – Safety	Gwefan School Beat Website (Rhaglen Craidd yr Heddlu/School Police Liaison Programme) https://www.schoolbeat.org/ https://www.schoolbeat.org/parents/ Diogelwch Ffyrdd Sir Gâr/Road Safety Carmarthenshire https://www.carmarthenshire.gov.wales/home/council-services/travel-roads-parking/road-safety/ https://www.carmarthenshire.gov.wales/home/council-services/travel-roads-parking/road-safety/child-car-seat-checking/ Gwasanaeth Tân ac Acub Canolbarth a Gorllewin Cymru/Mid and West Wales Fire and Rescue Service Diogelwch (tancgc.gov.uk) Your Safety - Mid and West Wales Fire and Rescue Service (mawwfire.gov.uk) RNLI Water Safety Advice And Tips - Know The Risks (rnli.org)

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	Network Rail Safety in the community - Network Rail
Defnyddio a Chamddefnyddio Sylweddau – Substance Use and Misuse	Gwefan School Beat Website (Rhaglen Craidd yr Heddlu / School Police Liaison Programme) https://www.schoolbeat.org/ https://www.schoolbeat.org/parents/ https://www.schoolbeat.org/en/parents/know-what-could-affect-your-child/substance-misuse/ Ash Cymru/Wales - (Ysmygu / Smoking) https://ash.wales/ Deddfwriaeth Ddi-Fwg/Smoking Legislation Deddfwriaeth ddi-fwg: canllawiau ar y newidiadau o fis Mawrth 2021 [HTML] LLYW.CYMRU Smoke-free law: guidance on the changes from March 2021 [HTML] GOV.WALES
Datblygiad Personol a Chydberthynas - Personal Development & Relationships	Gwefan School Beat Website (Rhaglen Craidd yr Heddlu / School Police Liaison Programme) https://www.schoolbeat.org/ https://www.schoolbeat.org/parents/ ChildLine https://www.childline.org.uk/ NSPCC Talk PANTS & Join Pantosaurus - The Underwear Rule NSPCC Stop It Now! Stop It Now! Wales - Stop It Now Parents Protect Sexual Abuse Learning Programme - Parents Protect
Amgylchedd - Environment	3 R's – Reduce, Re-use, Recycle http://www.recycling-guide.org.uk/rrr.html Cyngor Sir Gâr/Carmarthenshire County Council Recycling, Bins and Litter (gov.wales)
Iechyd a Lles Meddyliol ac Emosiynol -	ChildLine https://www.childline.org.uk/ MEIC Home - Home - Meic (meiccymru.org)

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Mental &
Emotional Health
& Well-being

Samaritans

<https://www.samaritans.org/>

Meddwl

meddwl.org • [Meddyliau ar Iechyd Meddwl](#)

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