

Post Penalltau

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Post Penalltau – 22/01/2025 SCROLL DOWN FOR ENGLISH VERSION

Annwyl Deuluoedd



PAWB Diogelwch Ar-lein – WhatsApp

Yn ddiweddar rydym wedi cael gwybod am ddigwyddiadau yn ymwneud â chamddefnyddio grwpiau WhatsApp. Hoffem atgoffa rhieni/gofalwyr a phlant mai'r oedran lleiaf ar gyfer defnyddio WhatsApp yw 16 neu hŷn.

Mae WhatsApp yn gymhwysiad sgwrsio y gellir ei ddefnyddio ar ffôn symudol neu lechen, mae'n gadael ichi anfon negeseuon, delweddau a fideos at ffrindiau. Gallwch gael sgwrsiau un i un a grŵp.

Rydym yn annog pob rhiant/gofalwr i gadw llygad ar ffôn symudol eu plentyn a/neu weithgareddau ar-lein sy'n ymwneud â'r cyfryngau cymdeithasol. Mae'r plant yn cael eu hatgoffa'n gyson bod yn rhaid iddynt ddweud wrth oedolyn y maent yn ymddiried ynddo os ydynt yn derbyn unrhyw beth amhriodol o unrhyw gais. Mae hyn yn gysylltiedig â gwersi ABCCh ar olion traed digidol a diogelwch ar-lein.

Rwyf wedi atodi canllaw WhatsApp rhiant/gofalwr isod, yn ogystal rydym yn ychwanegu awgrymiadau diogelwch ar-lein yn rheolaidd i'n gwefan: [Ysgol Penalltau - Cefnogaeth Teuluol / Family Support](#)

What Parents & Carers Need to Know About

WHATSAPP

16+
in UK & EU;
12+ rest of world.

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, and making voice and video calls. The app offers end-to-end encryption, meaning messages can only be read by the sender and the recipient(s). Not even WhatsApp can read them. Updates to its privacy policy in 2021 reportedly caused millions of users to leave the app. But the new policy was widely misinterpreted: it only related to WhatsApp's business features, not to personal messages.

Prize Scams

WhatsApp users occasionally receive messages from unauthorised third parties or fraudsters pretending to offer prizes – encouraging recipients to click a link to win. A common scam involves a warning that someone's WhatsApp subscription has run out, aiming to duped them into disclosing payment details. Other scams include instructions to forward a message to earn a gift or reward.

Disappearing Messages

With 'disappearing messages', users can send messages that vanish from WhatsApp after seven days. A new feature also erases photos and videos from chats after they've been viewed. These files can't be saved or forwarded on, making monitoring what children are discussing problematic – and if someone sent your child an inappropriate message, it would be difficult to prove. Content can be reported to WhatsApp, however, ensure your child knows how to do this.

Enabling Fake News

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India, some outbreaks of mob violence were reported to have been sparked by false allegations shared on the app. WhatsApp have taken steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

'Only Admins' and Cyberbullying

Group chats and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

Connections with Strangers

To start a WhatsApp chat, you need the mobile number of the person you want to message (they also need to have the app). WhatsApp can also access the address book on someone's device and recognise which of their contacts use WhatsApp. If your child has given their mobile number to somebody they don't know, that person could then use it to get in touch via WhatsApp.

Live Location Sharing

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." Indeed, it is a useful method for a child to let loved ones know they are safe. But if your child is in a chat with people they don't know, it means they will be exposing their location to them, too.

Advice for Parents & Carers

Report Potential Scams

Advise your child not to engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they will be given the option to report that number as spam. They can also report a contact or a group as spam by tapping on the contact or group name to open their profile and scrolling down to 'report spam'.

Explain about Blocking

If your child receives spam or offensive messages, calls or files from a contact, they should block them. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – they would also need to be deleted from the device's address book. The option to block someone is on their contact info screen.

Create a Safe Profile

Even though someone would need your child's phone number to add them as a contact, as an extra precaution it's worth altering your young one's profile settings to restrict who can see their photo and status. The options are 'view none', 'my contacts' and 'nobody'. Choosing one of the latter two ensures that profile is protected.

Leave a Group

If your child is part of a group chat that makes them feel uncomfortable, or has been added to a group that they no longer want to be part of, show them how to use the group's settings to leave. If someone exits a group, the admin can add them back in once, if they leave a second time, it is permanent.

Use Location Features Sparingly

If your child needs to use 'live location' to show you or their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives 'live location' options of 15 minutes, one hour or eight hours. However, your child can manually choose to stop sharing their position at any time.

Delete Accidental Messages

If your child has posted a message in the wrong chat or sent a message that they immediately regret, they can delete it. Tap and hold on the message, choose 'delete' and then 'delete for everyone'. WhatsApp allows seven minutes to delete a message after it's sent – but it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

Fact-Check Messages

You can now fact-check messages that have been forwarded at least five times in WhatsApp, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was accurate or not. It's a good way to encourage young people to question things they see online.

Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Click, a web resource that helps parents and children thrive in a digital world.

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BLWYDDYN 6

Trip Preswyl Llangrannog

Bydd ein disgyblion blwyddyn 6 yn cael cynnig y cyfle i gael arhosiad preswyl am wythnos yng Nghanolfan yr Urdd Llangrannog y tymor hwn ar Fai 12 – 16eg. Bydd hwn yn llawn gweithgareddau hwyliog a chyfle i'r disgyblion profi taith algysiol gyda'u cyfoedion a disgyblion o ysgolion Cymraeg eraill clwstwr Cwm Rhymni. Cost y daith fydd £246. Gofynnwn yn garedig i flaendal cychwynnol o £100 gael ei roddi i mewn i'r swyddfa erbyn 19/02/25. Bydd taliad terfynol yn ddyledus erbyn 10/04/25.



PAWB

Wythnos Iechyd Meddwl

Mae'r wythnos sy'n dechrau ar 3/02/2025 yn wythnos Ymwybyddiaeth Iechyd Meddwl. Bydd yr wythnos hon yn canolbwyntio'n wirioneddol ar weithgareddau lles ar draws yr ysgol ac fel rhan o'r wythnos hon rydym yn gofyn i ddisgyblion ddod i'r ysgol wedi gwisgo mewn dillad sy'n gwneud iddynt deimlo'n hapus ar ddydd Mawrth y 4/02/2025.



PAWB

Eisteddfod Ysgol

Byddwn yn cynnal ein eisteddfod ysgol ar 6/02/2025. Bydd hwn yn gyfle i ddisgyblion berfformio'r eitemau y maent wedi bod yn ymarfer y tymor hwn o flaen eu ffrindiau.



PAWB

Cymorth Darllen

Oes gennych chi fore neu brynhawn rhydd? Hoffech chi neu aelod o'ch teulu wirfoddoli rhywfaint o'ch amser sbâr i gefnogi plant gyda'u darllen? Os mai 'ydw' yw'r ateb, gadewch i'r swyddfa wybod os ydych ar gael i ddod i wrando ar amrywiaeth o blant yn darllen a hyd yn oed cael paned! (does dim rhaid i chi allu siarad Cymraeg!). Sylwch y bydd angen i wirfoddolwyr hefyd gwblhau gwiriad DBS trwy'r ysgol.



PAWB

Gweithdy ADY i Rieni

Ar Ddydd Llun 27/01/2025 am 4:30pm – 5:30pm byddwn yn cynnal gweithdy i rieni lle byddwn yn rhannu sut rydym yn cefnogi ein disgyblion ag Anghenion Dysgu Ychwanegol. Bydd hyn yn cynnwys rhannu gwybodaeth a strategaethau am sut rydym yn cydweithio fel cymuned ysgol yn ogystal â phartneriaid allanol er mwyn i ni fod yn lleoliad mor gynhwysol â phosibl.

Dear Families



EVERYONE

Online Safety Tips – WhatsApp

Recently we have been made aware of incidents related to the misuse of WhatsApp groups. We would like to remind parents/carers and children that the minimum age for using WhatsApp is 16 or over.

WhatsApp is a chat application which can be used on a mobile phone or tablet, it lets you send messages, images and videos to friends. You can have one to one and group conversations.

We urge all parents/carers to keep an eye on their child's mobile phone and/or online activities involving social media. The children are constantly reminded that they must tell a trusted adult if they receive anything inappropriate from any application. This is linked to PSHE lessons on digital footprints and online safety.

I have attached a parent/carer WhatsApp guide below, in addition we regularly add online safety tips to our website: [Ysgol Penalltau - Cefnogaeth Teuluol / Family Support](#)

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YEAR 6

Llangrannog Residential Trip

Our year 6 pupils will be offered the opportunity to have a week residential stay in the Urdd Centre in Llangrannog this term on May 12th – 16th. This will be full of fun activities and the chance for the pupils to experience a residential trip with their peers and pupils from other welsh schools from the Cwm Rhymni cluster. The cost of the trip will be £246. We ask kindly that an initial deposit of £100 is given in to the office by 19/02/25. Final payment will be due by 10/04/25.



EVERYONE

Mental Health Week

The week beginning the 3/02/2025 is Mental Health Awareness week. This week will have a real focus on wellbeing activities across the school and as part of this week we are asking that pupils come to school dressed in clothes that make them feel happy on Tuesday the 4/02/2025.



EVERYONE
School Eisteddfod

We will be holding our school Eisteddfod on 6/02/2025. This will be an opportunity for pupils to perform the items that they have been practicing this term in front of their friends.



EVERYONE
Reading Support

Do you have a free morning or afternoon? Would you or a family member like to volunteer some of your spare time to support children with their reading? If the answer is yes then please let the office know your availability to come and listen to a range of children read and even have a cuppa! (you do not have to be able to speak Welsh!). Please note volunteers will need to also complete a DBS check through school.



EVERYONE

ALN Workshop for Parents

On Monday 27/01/2025 from 4:30pm – 5:30pm we will be holding a workshop for parents where we will be sharing how we support our pupils with Additional Learning Needs. This will include sharing information and strategies about how we work together as a school community as well as with external partners in order for us to be as inclusive a setting as possible.

Cysylltiadau pwysig a all fod o ddefnydd i chi / Important contact details that could be of use to you:

Samaritans: 116 123 (24 awr y dydd / 24 hours a day)

Wales Domestic Abuse Helpline: 0808 80 10 800 (8.00am-2.00pm & 8.00pm-2.00am pob dydd / every day).

Mind Cymru: 0300 123 3393

Childline: 0800 1111 (24 awr y dydd / 24 hours a day)

Women's Aid: 01495 742061 (24 awr y dydd / 24 hours a day)

Eastern Valley Food Bank: 01495 760605

Mae Croeso i chi gysylltu gyda Ysgol Gymraeg Penalltau yn Gymraeg neu Saesneg
You are welcome to contact Ysgol Gymraeg Penalltau in Welsh or English

