

## YSGOL LLANLLECHID

**Profi llygaid** - os gwelwch yn dda a wnewch chi sicrhau fod eich plentyn yn cael profion llygaid am ddimyn rheolaidd, gan y gall eu golwg newid dros gyfnod. Gall nam ar y golwg effeithio darllen, sillafu a mathemateg. Mae'n arbennig o bwysig fod pob un o ddisgyblion B16 yn gwirio eu golwg cyn wynebu heriau dysgu'r ysgol uwchradd.

**Gemau x-box a chyfrifiadur dros y Nadolig** - nodyn i'ch atgoffa o bwysigrwydd sicrhau nad yw eich plentyn yn chwarae gemau cyfrifiadurol anaddas i'w oed. Gall gemau 12+, 16+ and 18+ fel Grand Theft Auto niweidio iechyd meddwl ac emosïynol eich plentyn yn ogystal ag effeithio ei g/allu i ddysgu. Byddwch yn cytuno mae'n siŵr fod sicrhau rhoddion a gweithgareddau addas i oed y plentyn yn fater o lles plant.

Ceir esboniad o'r codau ar [http://www.videostandards.org.uk/VSC/games\\_ratings.html](http://www.videostandards.org.uk/VSC/games_ratings.html) (Saesneg yn unig)



12: Video games that show violence of a slightly more graphic nature towards fantasy characters and/or non graphic violence towards human-looking characters or recognisable animals, as well as video games that show nudity of a slightly more graphic nature will fall into this category. Any bad language in the category must be mild and fall short of sexual expletives.



16: This rating is applied once the depiction of violence (or sexual activity) reaches a stage that looks the same as would be expected in real life. More extreme language, the encouragement of the use of tobacco and drugs and the depiction of criminal activities can be included in this category.



18: This adult rating is applied when the level of violence reaches a stage where it becomes **gross violence** and/or includes elements of specific types of violence. In general terms it is where the level of violence is so visually strong that it would **make the reasonable viewer react with a sense of revulsion**. This rating is also applied where the level of sexual activity is explicit which may mean that genitals are visible. Any game that **glamorises the use of real life drugs** will also probably fall into this category.



The video game may refer to or depict the use of drugs.



The video game may be frightening or scary for young children.



The video game may contain depictions of or material which may encourage discrimination.



The video game will contain bad language. At a 12 rating this will be mild swearing but at a 16 rating and above it will include sexual expletives.



The video game may encourage or teach gambling.



The video game will contain depictions of violence.



The video game may show nudity in a sexual setting.  
The video game may show sexual behaviour or sexual references.



The video game may contain horrific sounds or horror effects which may be shocking or cause revulsion to the viewer.



The video game can be played online possibly with or against other people.