

Annwyl riant,

Mae Llywodraeth Cymru yn ariannu arolwg i ddeall effeithiau COVID-19 ar iechyd meddwl a lles plant, yn ogystal â'u lefelau gweithgarwch corfforol. Os ydych yn cytuno, gofynnir i'ch plentyn gwblhau holiadur ar-lein (dylai gymryd 10-15 munud) a dewisir rhai plant i wisgo monitor gweithgarwch (fel FitBit) am wythnos. Bydd y ddau beth yn cael eu hailadrodd ymhen ychydig fisoedd.

Cliciwch ar [y ddolen hon](#) i ddarllen rhagor am yr arolwg. Os ydych yn hapus i'ch plentyn/plant gymryd rhan, cwblhewch y ffurflen ganiatâd i rieni sydd ar gael drwy'r un ddolen.

Os oes gennych gwestiynau, mae croeso i chi gysylltu â mi.

Dear parent,

The Welsh Government is funding a survey to understand the effects of COVID-19 on children's mental health and well-being, as well as their physical activity levels. If you agree, your child will be asked to complete an online questionnaire (should take 10-15 minutes) and some children will be selected to wear an activity monitor (like a FitBit) for a week. Both will be repeated at a second time point a few months later.

Please click on [this link](#) (English version) to read more about the survey. If you are happy for your child(ren) to participate, please complete the parental consent form which you will find in the same link.

If you have any questions, please don't hesitate to contact us.

Cofion cynnes

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