



Waalidiinta Raja Sare ka leh Waxbarashada Ilmahooda Adiga iyo Ilamhaaga Dugsiga Hoose Gaaray

(You and Your Elementary School-aged Child - Somali)

Sameyn ayaad ku yeelan karta ilmahaaga mustaqbalkoda, markaad hubiso in ilmahaaga dariiq wanaagsan waxbarashada ku bilabayan, oo adigana ka kheyb qaadaneyso waxbarashadoda. Sanadaha dugsiga hoose ayaa sal u ah in ay guul ka garan tacliinta. Waa marka ay ilmahaaga baranayaan asaaska akhriska, xisaabta, iyo madooyinka kale ee muhiimka u ah waxbarashada waqtiga dambe.

Wax ka ogow dugsiga ilmahaaga

Inta sanad dugsiyeedka bilaban, booqo dugsiga ilmahaagu adayan. So qaado koobi ah qorshaha habka waalidku uga kheyb qaadan karo amuuraha dugsiga, hadu jiro.

Inteysan ilmahaaga bilabin dugsiga, weydi macalimiinta ama maamulaha:

- Madooyinke la baraya fasalkan?
- Waqti intee ah ayaa maalin walba la baraya akhriska iyo xisabta?
- Imtixaano noce ah ayu dugsigu isticmalaya si loo cabiro horumarka ilmaha?
- Maalinta ugu horeysa ee la qabto wacdi gelinta dugsiga (School Orientation), ma la imaan kara ilmaheyga?
- Dugsigu ma leeyahay xarun waalidka akhbaar gelisa?
- Dugsigu miyuu gaaraya yoolashi laga doonayey ee maamulka gobolku shuruuday in uu gaaro?

Weydii maamulaha in uu ku tuso reboorka darajada tacliinta ee ardeyda si aad u aragto in ardeydu horumar garayaan. Waxaad kalo booqan kart bogga rc.education.state.mn.us si aad akhbaaro ku saabsan dugsiga u hesho.

La xiriir shaqaalaha dugsiga

Shaqaalaha dugsiga shuraaka ayaad ku tihiin horumarinta ilmahaaga. Wa iney raali ka yihiin in ay ku sacidan.

Waxyaabaha aad macalimiinta iyo maamulaha u sheegi karto:

- U sharax shaqaalaha dugsiga waxad daremeyso in ay ilmahaaga u baahanyihin, si ay u fahmaan oo ay uga qanciyan.
- La wadaag hadi wax dhibaata ah ka haysto guriga, oo saameyn ku yeelan karta waxbarashadoda; sida hadu waalidku kala tagay, ama bukan jiro.
- Markad la kulmeyso shaqaalaha dugsiga, hadey lukhadda Englishku kugu adaktahay, codso in qof turjuban ah, ee idinka caawiya xiriirka lagu doono.
- Codso in dugsigu waraaqaha kugu turjumo lukhadaada hooyo.

Wajibku adigu ku saran yahay in aad si fircooni leh uga kheyb qaadato waxbarashada ilmahaaga. Hadba xaddada ka kheyb qaadashadaadu intey dhantahay, ayey fursadda guusha ilmahaagana garsiisantahay.

Ku caawi ilmahaaga dugsiga hoose

Kuwan hoos ku xusan wa fikrado aad isticmaali karto, si aad ilmahaaga ugu saacido horumar.

Waxyaabaha aad guriga ku qaban karto oo ka saacidaya ilmahaaga waxbarashada:

- Wax isla akhriya adiga iyo ilmahaaga. Ilmahaaga ha ku arko adigo si madadaala ah wax u akhrisanaya.
- Maktabadda iyo Internetka (hadi aad leedahay) u isticmala meelaha aad akhriska ka heshan, shaqada waxbarashada guriga (homework) ku xalisan, iyo waxyaabihi kale ee guriga dibadiisa ah oo aad xiiseyneysan.
- Xaqiiji in ilmahaaga qabanayo howsha tacliinta guriga (homework). Ilmahaaga sii fursad ay masuul iyaga isaga noqdan, oo ay iyaga howshi laga rabey ka so baxaan. Ficiladaa ku dhiira geli.
- Ka war hay ilmahaaga waqtiga ay fiirsanayan telefishionka, isticmalayan kombiyutarka, ama ay isticmalayan alabaha lagu ciyaaro ee telefishionka. Heyadda loo yaqan (American Academy of Pediatrics) aya fikrado ka siin kara amuurahan. AAP.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Media-and-Children.aspx
- Si wanaagsan u dhegeyso ilmahaaga hadalkooda, oo si joogta ah ula shekeyso. Waxa baaris lagu ogaaday, ilmaha la shekeysta dadka waaweyn in ay ardey wanaagsan noqdan, oo nolol farxad iyo caafimad leh ku koraan.

Waxaad ka qaban karto dugsiga si aad ilmahaaga tacliinta uga saacido:

- Sanad dugsiyeedka oo idil, la xiriir malimiinta ilmahaaga. Tus in aad xiiseyneyso tacliinta ilmahaaga, hab aad ku wada xiriirtaan isla garta, macalimiintu wey kaaga mahad celinayan.
- Ogow hamiyadda iyo yoolks macalimiintu u hayaan ilmahaaga. Yoolalku wey is bedelan fasal walba.
- Hadi aad ilmahaaga ka dareento wax dhaqan-isbedel xagga dugsiga ah, ama isbedel xagga horumarka ah, si dhaqsi ah ula xiriir macalimiinta.
- La xiriir macalimiinta hadu ilmahaaga dhibaato ku qaba la dhaqanka ama la-ciyaarta caruurta kale. Tani waxey ku masamaxeyso in aad garato, oo aad ka hortagto dhibaatooyinka dugsiga, inteysan meel xun gaarin.
- Hadi aad ku qanci weydo jawaabta, ku adkeyso in aad mar la wada kulanto macalinka, maamulaha iyo la-taliyaha dugsiga (School Counselor).
- La xiriir macalimiinta hadi ilmahaaga joogto dhibaato ugu qaba fahamka howsha guriga, ama cawinaad dheraad ah mar walba u bahanyihiin, ama aysan isku kalsoneyn.
- Xaadir ka noqo kulanka habeenka malimiinta iyo waalidka; isu diyaari inaad dhageysato iyo in aad hadasho. Waxa ku saacidi kara in aad su'aalaha horey u sii qoroto. Macalimiintu wa in ay si qaas ah uga hadlan ilmahaaga howshooda iyo horumarkooda. Ka fikir waxyaabaha macalimiinta ku sheegayan habeenka, oo dabayaaqadi dib ugu noqo macalinka si aad u hubiso halkey marayan.

Su'aalo?

Wax su'aal ah ma ka qabta dugsiga hoose ee ilmahaaga? Waxaad la hadli karta maamulaha ilmahaaga ama macalin. Waxaad kalo soo wici karta xarunta PACER Center (952) 838-9000 oo waxad codsan karta in aad la hadasho shaqaalaha PACER oo la shaqeeya mashruuca waalidiinta rajada sare ka leh ilmahooda.

Hey'adda PACER wa hey'ad Faa'iido aan u shaqeyn (nonprofit) ee gobolka Minnesota. Waxey saacidaa xuquuqaha waxbarashada caruurta dib u-dhaca leh iyo kuwa aan laheyn. Waxey bixisa tababaro, cawinaad shaqsiyeed, akhbaaro qoraal ah iyo wax sii dheer.

Daabicidda qoraalkan waxa ogolaansha bixiyey barnaamijka loo yaqaan "You and Your Elementary School-aged Child," U.S. Department of Education. Wasaaradda Waxbarashada.