

**SADDEX CVEID-19**

**MADAXWEYNAHA  
BARASHADA**

**QORSHAHA**

**Sanad Dugsiyeedka 2020-21**

*Dukumintigaani wuxuu bixiyaa qaabka guud ee qorshayaashayada waxbarasho sanad dugsiyeedka soo socda. Waxay usii socon doontaa in la cusbooneysiyo sidii wax dheeraad ah Macluumaadka ayaa la helayaa go'aanna waa la gaari karaa.*

Ogast 7, 2020

# Sanad Dugsiyeedka 2020-21

Iyada oo shaqaalaha Pelican Rapids ay qorsheynayaan faahfaahinta sanadka soo socda ee diiradda la saarayo wuxuu sii ahaanayaa *waxa ugu wanaagsan ardaydeena* . Waxaa naga go'an nabadgelyo iyo caafimaad

Waxbarista, ku xirnaanshaha ardaydeenna iyo iskaashiga qoysaska si aan kuwan u mareyno biyo aan nadiif ahayn. Waxaan aaminsanahay in waxbarashadu tahay iskaashi u dhexeeya ardayga, qoyska, iskuulka iyo bulshada. Hadda, in ka badan sidii hore, annaga oo ah barayaasha iyo waalidiinta, waxaan haysannaa fursad aan ku daydo xirfadaha nolosha loogu talagalay carruurtayada iyo ardaydayada. Waxaan dhamaanteen baranaa sida loola macaamilo raali ahaanshaha, ka baaraandegidda isbeddelada socda, luminta murugada iyo raadinta macno xaaladaha nololeed cusub.

Xasilooni iyo adkeysii ayaa lagu kasbadaa waqtiyada dhibaataysan. Ka dib markii ay ka gudbeen biyahaas gu'gii ina dhaafay, waxaan isu nimid iskuul iyo bulsho ahaan. Sidii aan u taageeri lahayn ardaydeena mid kalena waxaan ku helnay VIKING xoog.

**Si wada jir ah ayaan u sameyn karnaa tan!**

Brian Korf, Ku-simaha Maamulaha / Maamulaha PRHS  
Derrick Nelson, Madaxa VES / Maamulaha Hawlaha VES  
Jerry Ness, Kormeeraha Ku-meel-gaarka ah



SADDEXAAD CODID-19 QIIMAYNTA KOONFUR-FASALKA EE 2020-21 ayaa sii ahaanaya cusboonaysiin maadaama macluumaad dheeri ah la helayo go'aanna la gaari karo.

**Maaddaama isbeddelada socda ay sii soconayaan waxaan sii wadi doonnaa inaan ku dhajinno cusboonaysiinta degmada:**

- Website [www.pelicanrapids.k12.mn.us](http://www.pelicanrapids.k12.mn.us)  
CVEID-19 BARASHADA tab
- Facebook [cantalyaaga Dugsiyada Dadweynaha Rapids](#)

# Sedex CELID-19 Moodooyinka Barashada

- Barashada Moodhadhka Muuqaalka oo ay abuurtay gobolka (oo ay ku jiraan tirada Kiisaska COVID-19 ee degmo kasta) ayaa go'aamin doona nooca waxbarasho ee badbaadada ah ee degmadu waxay bixin kartaa wakhti go'an.
- Barashada masaafada waxay u noqon doontaa khiyaar ardayda sanadka oo idil (xitaa marka Degmadu ka hawlgasho Nidaamka Wax-u-barashada shakhsi ahaaneed ama kuwa isku-dhafan).
- Ardayda ayaa laga yaabaa inay u beddelaan / ka beddelaan ikhtiyaarka barashada masaafada inta lagu jiro biririfta waxbarashadda (saddexdii biloodba mar ardayda PRHS ama seddex-biloodlaha loogu talagalay ardayda VES). Ka dhaafitaan ayaa u baahan ogolaanshaha maamulayaasha dhismaha.
- Degmooyinka ayaa soo bandhigi doona aalado (iPads ama laptops) oo loogu talagalay dhammaan ardayda dhigata fasalada K-12. Taageero farsamada ardayga / waalidka ayaa waliba la heli doonaa.

## BARASHADA IN-QOFKA

Ardayda ayaa ku soo laabata dugsiga dhismayaasha dugsiga ee soo socda gobolka ugu hadda jira tilmaamaha caafimaadka iyo badbaadada

(oo ay ku jiraan daboolida wajiga by dadka oo dhan dhismaha).  
Iskuulku wuxuu u socdaa si caadi ah [jadwal](#)

## BARASHADA DISTANCE

Dhammaan waxbarashada iyo aqoonta shaqada waxaa lagu qabtaa guriga. Fasalada maalinlaha ah waa kuwa iskaa ah (waxaa loo arki karaa live ama la duubay).  
Qaabkan waxbarasho ayaa ah ikhtiyaarka la heli karo wakhti kasta qoysas

## BARASHADA HYBRID

Ardayda fasal walba waxay u qeybsanyihiin labo koox

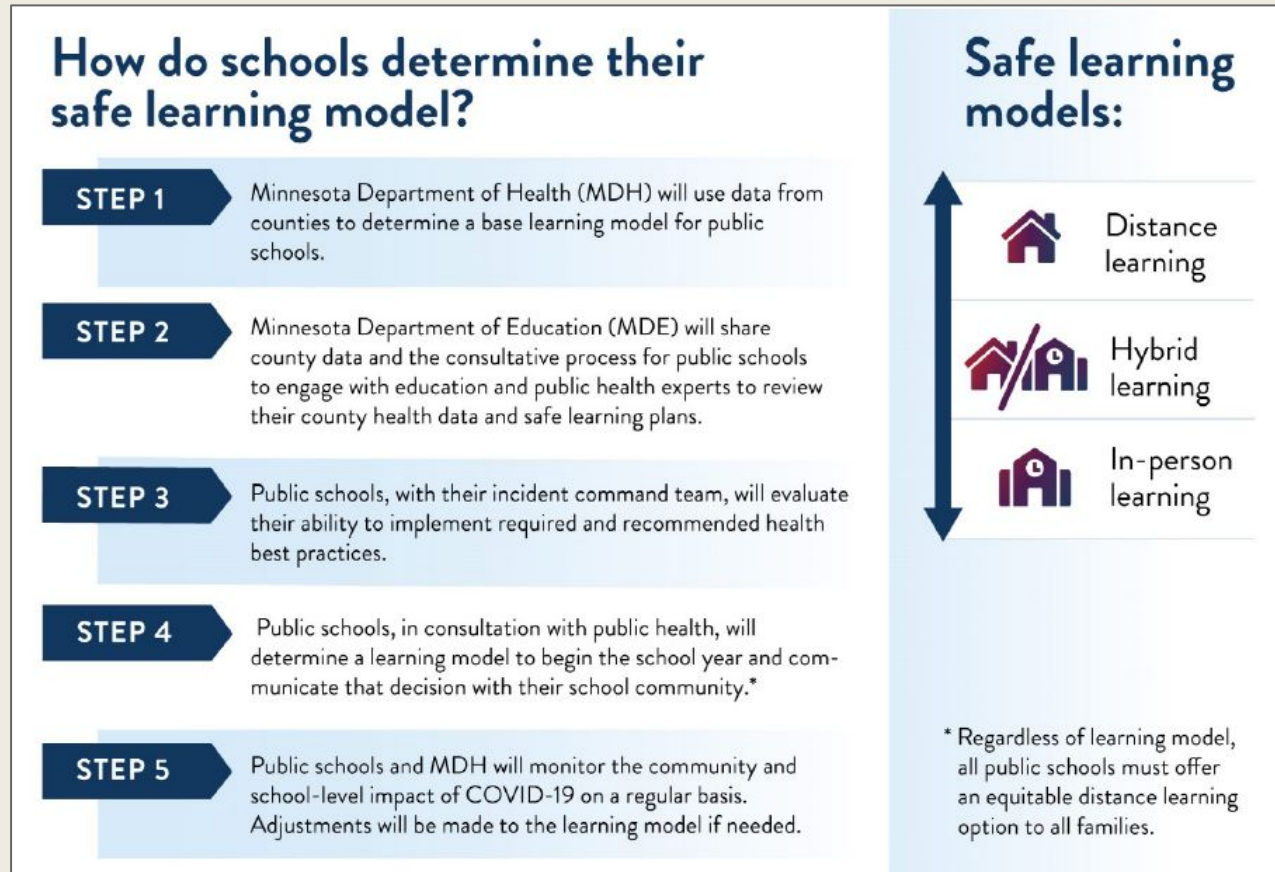
**Kooxda A:** Wax-barashada shakhsiga ah Talaadada iyo Khamiista

Fogaanta barashada Arbacooyinka iyo Jimcaha

**Kooxda B:** Wax-barashada qof ahaaneed Arbacooyinka iyo Jimcaha  
[Barashada masaafada Talaadada iyo Khamiista](#)

# Qaab deegaan, xog aruurinta

- Amarka Fulinta ee Gobolka Walz ee 20-82 wuxuu dhigayaa in dhamaan iskuulada dadweynaha Minnesota ay qasab noqoto u hoggaansan cabirrada ay go'aamisay Waaxda Caafimaadka Minnesota (MDH) gudaha hirgelinta ama kala beddelashada udhaxeysa saddexda nooc ee barashada.
- Si loo bilaabo sannad dugsiyeedka 2020-21, MDH waxay diyaarisay cabirro **iyadoo la isticmaalayo dadweynaha degmada xogta caafimaad ee lagu taageerayo go'aaminta moodooyinka waxbarasho ee degmo walba.**



Si loo go'aamiyo nooca barashada aasaasiga ah, degmooyinka dugsiya ayaa lagula tallin doonaa b-toddobaadle qadarka dacwadda (in ka badan 14 maalmood) degmada uu ku nool yahay. Xogtan ayaa ah tirada kiisaska ay degmadu degto ee MN in ka badan 14 maalmood 10,000kii qofba markii laga soo qaado saamiga aruurinta (marka qof la tijaabiyo).

Number of cases per 10,000 over 14 days, by county of residence	Learning Model
0-9	In-person learning for all students
10-19	In-person learning for elementary students; hybrid learning for secondary students
20-29	Hybrid learning for all students
30-49	Hybrid learning for elementary students; distance learning for secondary students
50+	Distance learning for all students

# Jawi waxbarasho oo aamin ah

## CODSADADA FACEBOOK XARUNTA

Maaskalada waa in la xidhaa by qof kasta oo ka mid ah dhismayaasha dugsiga & dushiisa basaska

Of Gobolka MN ayaa sameyn doona sii 4 waji-bixinno ah arday kasta & shaqaale qof (1 wejiga maro daboolka & 3 tuurida maaskaro) oo noqon doona loo qaybiyey qoysaska ka hor bilowga dugsiga. Intaa waxaa dheer, shaqaalaha mid walbaa wuxuu heli doonaa 1 waji gaashaan.

## DIWAANGALINTA IYO FARSAMADA CUDURKA CUDURKA

Caafimaadka maalin walba hubinta heerkulka & gacmo nadiifiye dhammaan shaqaalaha iyo ardayda marka laga soo galo dhismayaasha

### YES:

Ardayda oo dhami way galaan  
Irida 1aad

### PRHS:

Ardayda iyo shaqaaluhu way galaan  
Albaabaha 2 ama 8

## KU SAMEE COVID-19

### Astaamaha iyo / AMA DAQIIQADII 100 AAD WAA LA XIRIIR GURIGA

◊ Shaqaale ama arday ayaa noqon doona go'doonsan loogu talagalay Meelaha inta aad sugeyso guriga  
H MDH & OTCPH waxay noqon doonaan la ogeysiyeey xaqiijinta Kiisaska covid-19  
◊ Shaqaalaha, qoysaska iyo dadweynaha waa la ogeysiin doonaa Covid-19 kiis (yada) ah dhismayaasha iskuulka

## How to Safely Wear Your Mask



**Step 1:** Wash or sanitize your hands.



**Step 2:** Make sure the top of the mask is over your nose and the bottom is under your chin.



**Step 3:** Place the mask over your nose and mouth before you use the ear straps or tie it behind your head.



**Step 4:** Move the mask around so it covers nose, mouth, and chin completely.



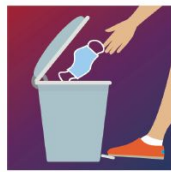
**Step 5:** The tops of some masks can bend. Press your fingers on the top of the mask to make them fit tight around your nose.



**Step 6:** Do not touch the mask while wearing it. Use the mask ear straps or ties if you need to make it fit better.



**Step 7:** Use the mask ear straps or ties to take it off. Do not touch the front.



**Step 8:** Throw away if mask is disposable.



**Step 9:** Wash your mask by machine or by hand before you use it again.



**Step 10:** Wash or sanitize your hands again.

# Wadashaqayn lala yeesho waalidiinta jawiga barashada aaminka ah

Waxaan uga mahadcelineynaa kaalmadaada abuurida jawi waxbarasho badbaado leh annaga ardayda & shaqaalaha.

- Hubso in ilmahaagu (carruurtaadu) keenaan a maaskaro oo lagu xidho dugsiga mid kasta maalin.
- Samee qiimeyn caafimaad oo dhakhso ah maalin kasta cunuggaaga (carruurtaada) wuxuu aadaa iskuulka.
- Ilmahaaga ku hay guriga haddii ilmahaagu (carruurtaadu) waxay leeyihiin kuleyl in ka badan 100 digrii ama wixii ka dambeeya Calaamadaha covid19.
- Ogeysii xafiiska dugsiga haddii ay jirto cid reerkaaga ayaa leh togan Natiijada baaritaanka COVID-19.
- Raac Waaxda Minnesota ee tilmaamaha badbaadada caafimaadka ee at guriga.

STAY SAFE MN

## Prevent the Spread of COVID-19

Wash your hands

Get tested when sick

Stay 6 feet from others

Wear a mask

Stay home when able

Work from home when able

### WATCH FOR SYMPTOMS

Fever

Cough

Shortness of breath

Chills

Headache

Muscle pain

Sore throat

Loss of taste or smell

For more information, visit [health.mn.gov](https://health.mn.gov)  
HOTLINE: 651-297-1304 or 1-800-657-3504

**mi MINNESOTA**

Minnesota Department of Health  
Contact [health.communications@state.mn.us](mailto:health.communications@state.mn.us) to request an alternate format.  
06/10/2020

## DON'T FORGET TO WASH

1 WET YOUR HANDS

2 APPLY SOAP

3 WASH YOUR HANDS for 20 seconds

4 RINSE WELL

5 DRY YOUR HANDS

6 TURN OFF WATER with paper towel

**mi DEPARTMENT OF HEALTH**  
651-201-5414, [www.health.state.mn.us](https://www.health.state.mn.us)

Don't forget to scrub between your fingers, under your nails, and the top of your hands.

## Daryeelka maaskaro wajiga

Ings Daboolida wejiga ayaa kaliya la saari karaa waqtiyada cuntada, ama bannaanka marka fogeynta bulshada waa lagu dhaqmi karaa

Cover Daboolida wejiga waa inay ahaataa had iyo jeer ku maydh saabuun iyo biyo.

Mas Maaskaro wax lagu tuuri karo waa in la isticmaalo mar keliya.

# Tilmaamaha leexinta bulshada ee dugsigta

- ◇ WADOOYINKA (6 feet) on dabaqyada xafiiska weyn & wadajirka aagagga
- ◇ A Qalabka wax lagu arko
- ◇ Arrival Imaatinka la-isweydaarsaday & waqtiyada bixitaanka iyo goobaha
- ◇ Ks Alwaaxyo isku mid ah jihada & kala fog sida ugu macquulsan
- ◇ Kids isticmaalka boorsooyinka dhabarka inay iska ilaali inaad gasho khaanadaha u dhexeeya fasal kast



## Adigoo adeegsanaya nooca qalin

- ◇ Groups Kooxo isku arday ah ayaa isku beddalaya isku koox fasalada iyo cuntada
- ◇ Xaddid dhexgalka kooxaha kale ee ay ku yaalliin

# Nadaafadda oo socota ee gacmaha & jeermis dusha sare ee dusha sare

- **Fasallada:** nadiifinta maalinlaha ah / fayadhowrka saxanka weelka, tirinta, gacanta albaabka, sagxadaha dhidid / go'ay; macallimiintu waxay ku buufin doonaan miiskooda, miisaskooda / miisaskooda a jiritaanka dhalada buufin.
- **Dhamaan musqulaha** waxay sii wadan doonaan nadaafada / fayadhowrka maalinlaha ah.
- **Saabuunta gacmaha lagu** dhaqdo ee dhammaan fasalada VES waxaa loo adeegsan doonaa markay ardaydu imanayaan, qadada ka hor, iyo ka dib markii ay ka baxsan yihiin fasalka.
- Nadiifiyaha **gacmaha** ayaa laga heli doonaa fasalada PRHS, isticmaalka weelka lagu maydho gacmaha markay awoodaan.
- **Fayadhawrka sahayda la** siiyay (tusaale ahaan tuwaalada waraaqaha, saabuun, gacmo nadiifiye, fayadhowr tirtiraha).
- **Tirtirida walxaha jilicsan ee** aan lagu nadiifin karin fasalka - roogagga, barkimooyin, barkimooyin, caruur ay ku dhegan yihiin, sagxad jilicsan.
- **Biyo cabitaanka oo loogu talagalay buuxinta dhalada oo keliya** (madaxa xumbo ayaa curyaamsan)

# Jadwalka Maalinlaha ee Dugsiga Hoose ee Viking K - 6

## IN-QOFKA BARASHADA

Kormeer imaatin hore

- 7: 25-7: 45 am

**Quraac waxaa loo adeegsaday  
sidii fasal**

- 7:30 am

**Fasalladu waxay bilaabanayaan 7:  
45-ka aroornimo**

**Qadada waxay u adeegtay sidii  
fasal**

**Kala dirida 3:15 pm**

**Waalidku waxbay iska dhigayaan /  
soo qaadaan**

**ardayda dugsiga kahor iyo kadib:**

- Chauncey Martin Field Parking Lot
- Dhammaan ardayda waxay isticmaalaan Door # 3

**Baska laga tuuro / soo qaado:**

- Dhammaan ardayda waxay isticmaalaan Door # 1

## DHAQANKA BARASHADA

**Eeg jadwalka macalinka**  
(waxaa lagu dhejin doonaa  
barnaamijka 'Seesaw app')

**Goobaha**

Seesaw, Google Suite,  
Classkick, Zoom

**Shaqada guriga:**

- **Fasalada K - 2** 1 hr
- **Fasalada 3 - 4** 1.5-2 hrs
- **Fasalada 5 - 6** 2-2.5 hrs

**Waqtiga celcelis ahaan  
maalintii oo dhan**

**fasalo masaafada iskugu jira**

## HYBRID BARASHADA

Ardayda fasal kasta  
waxaa loo qaybinayaa 2  
kooxood

( qoysaska waa la hayn  
doonaa )

**Kooxda A:**

**Wax-barashada qof  
ahaaneed**

Talaado & Khamiista  
**Barashada masaafada**  
Arbacada & Jimcaha

**Kooxda B:**

**Wax-barashada qof  
ahaaneed**

Arbacada & Jimcaha  
**Barashada masaafada**  
Talaado & Khamiista

## Viking Preschoolka

### BARASHADA IN-QOFKA

**Dugsiga barbaarinta 3 sano jirka  
2 ikhtiyaar fasalka:**

Orn Subax 7:45 - 11:00 subaxnimo  
(2 maalmood usbuucii)  
No Gelinka dambe 12 - 3:15 pm  
(2 maalmood usbuucii)

**Dugsiga barbaarinta 4 sano jirka  
2 ikhtiyaar fasalka:**

Orn **Subax** 7:45 - 11:00 subaxnimo  
(4 maalmood Talaadada - Jimcaha)  
No **Gelinka dambe** 12 - 3:15 pm  
(4 maalmood Talaadada - Jimcaha)

### BARASHADA DISTANCE

Jadwal isku mid ah oo qof ahaaneed ah laakiin  
ka qayb geli lahaa gabi ahaanba

### BARASHADA HYBRID

**Dugsiga barbaarinta 3 sano jirka**

**Kooxda A:** Shakhsi ahaan

**wax-barashada** Arbacada

**Fogaanshaha barashada** Jimcaha

**Kooxda B:** Wax-barashada shakhsiga  
ah Jimcaha

**Fogaanshaha barashada** Arbacada

**Dugsiga barbaarinta 4 sano jirka**

**Kooxda A:** Wax barashada shakhsiga

ah Talaadada iyo Khamiista

**Fogaanshaha barashada** Wed &

Jimcaha

**Kooxda B:** Wax-barashada qof

ahaaneed ee Arooska & Jimcaha

**Fogaanta barashada** Talaadada iyo

Khamiista



Iskaashiga waalidka / mas'uulka ee dugsiya waa qeyb muhiim u ah arday kasta waxbarashada waxaan uga mahadcelineynaa kaalmadaada abuurista waxbarashada ugu suurta galsan deegaanka. Hoos waxaa ku yaal talo bixinno iyo xusuusino kaa caawinaya inaad si wanaagsan u taageerto cunuggaaga.

### Isgaarsiinta

Haddii adiga, waalid ahaan / Ilaaliye, aad wax su'aalo ah qabtid, waa suura gal kala xiriir macallimiinta emaylka dugsiya.

### Deegaanka waxbarasho

- Waxaan kugu dhiirigelinaynaa, waalid ahaan / ilaaliye, inaad gacan ka geysato abuurista jawi waxbarasho bilaash ah, oo loogu talagalay adiga arday (yaasha).
- Waxaan kugu dhiirigelinaynaa, waalid ahaan / ilaaliye ahaan, inaad qabsatid door firfircoon xagga ka caawinta ardaygaaga / geedi socodka hanaanka wanaagsan fahmaan waxbarashadooda. Waalid ahaan / ilaaliye ahaan, adigu waad ahaan doontaa inaad awood u yeelatid inaad la socoto horumarka maalinlaha ah ee ardayga / casharka fasal kasta oo loo maro Google ardayga Koontada Fasalka / Seesaw.
- Waalid / daryeele ahaan, waad awoodi doontaa inaad la socoto horumarka meeleynta ardayga / buundooyinka ee loo maro Skyward (*fasalada 4-6 oo keliya*)

### Waxyaabaha laga Filayo Fasalka qadka

- Barashada masaafada waa kordhinta fasalka
- Waxaan kugu dhiirigelinaynaa, waalid ahaan / ilaaliye, inaad xusuusiso ardaygaaga (iintaada) inay daawadaan casharro duuban oo midkasta ka mid ah xiisado fasal oo ka maqnaa fasalka Google ama Seesaw.
- Sababtoo ah barashada masaafada waa kordhinta ah fasalka, ardayga (yaasha) waa inay raacaan anshaxa waxyaabaha laga filayo kulan kasta oo nool sida haddii ay kujiraan fasalka jir ahaaneed.
- Waxaan kugu dhiirigelinaynaa, waalid ahaan / ilaaliye, inaad soo gasho maalin kasta ardayada (ardayda) laxiriira shaqadooda iskuulka.

### Dheeraad ah macluumaad ku saabsan Fogaanta VES (Virtual) Waxbarid

Waxaa loo qiimeyn doonaa sida caadi ah Waxay u baahan doonaan dhameystiran loo xilsaaray shaqeynta taariikhda ugu dambeysa Hubi Seesaw / Google Fasalka iskuulka maalmood Teknolojiyadda ayaa noqon doonta ku saleysan internetka Heshiiska Laga bilaabo La xiriir kasta arrimaha farsamada ama haddii kale leh macallinka qolka jiiifka Arday kasta oo ku xadgudba tikniyoolajiyadda Isticmaalka la aqbali karo Heshiiska ayaa lahaan kara qalab la bakhtiiyay iyo mid kale ha yeesho Beddelka Sinaanta ah [Khibrad waxbarasho](#)

# Jadwalka Maalinlaha ee Iskuulka ee PRHS (fasalada 7-12)

## IN-QOFKA BARASHADA

**Kormeer kormeer**  
Imaanshaha  
7:15 - 7:55 am  
Quraac Loo Adeegay  
7:35 - 7:55 am  
Muddada 1  
7:55 - 8:55 am  
Muddada 2aad  
8:59 - 9:55 am  
Muddada 3aad  
9:59 - 10:55 am  
Qadada Sare ee Jr.  
10:55 - 11:25  
am  
Muddada 4 (Sr. Sare)  
10:59 - 11:55  
am  
Muddada 4 (Jr. Sare)  
11:29 - 12:25  
pm  
Qadada Sare  
11:55 - 12:25  
pm  
Muddada 5  
12:29 - 1:25 pm  
Muddada 6  
1:29 - 2:25 pm  
Muddada 7aad  
2:29 - 3:25 pm

## DHAQANKA (VIRTUAL) BARASHADA

Muddada 1  
7:55 - 8:55 am  
Muddada 2aad  
8:59 - 9:55 am  
Muddada 3aad  
9:59 - 10:55 am  
Muddada 4 (Sr. Sare)  
10:59 - 11:55  
am  
Muddada 4 (Jr. Sare)  
11:29 - 12:25  
pm  
Muddada 5  
12:29 - 1:25 pm  
Muddada 6  
1:29 - 2:25 pm  
Muddada 7aad  
2:29 - 3:25 pm

**Aaladaha:** Google Suite

Ardayda ayaa raaci doona fasalka maalinlaha ah [jadwal](#)

## HYBRID BARASHADA

Ardayda fasal kasta waxaa loo qaybinayaa 2 kooxood ( qoysaska waa la hayn doonaa )

### Kooxda A:

**Wax-barashada qof ahaaneed**  
Talaado & Khamiista  
**Barashada masaafada**  
Arbacada & Jimcaha

### Kooxda B:

**Wax-barashada qof ahaaneed**  
Arbacada & Jimcaha  
**Barashada masaafada**  
Talaado & Khamiista



Iskaashiga waalidka / mas'uulka ee dugsiya waa qeyb muhiim u ah arday kasta waxbarashada waxaan uga mahadcelineynaa kaalmadaada abuurista waxbarashada ugu suurta galsan deegaanka. Hoos waxaa ku yaal talo bixinno iyo xusuusino kaa caawinaya inaad si wanaagsan u taageerto cunuggaaga.

## Isgaarsiinta

Haddii adiga, waalid ahaan / Ilaaliye, aad wax su'aalo ah qabtid, waa suura gal kala xiriir macallimiinta emaylka dugsiya.

## Deegaanka waxbarasho

- Waxaan kugu dhiirgelineynaa, waalid ahaan / ilaaliye, inaad caawiso abuurista jawi waxbarasho bilaash ah, oo ardaygaaga (yada)
- Waxaan kugu dhiirgelineynaa, waalid ahaan / ilaaliye ahaan, inaad qabsatid door firfircoon ee ka caawinta ardaygaaga hannaankaaga iyo si fiican u fahmaan waxbarashadooda.
- Waalid / daryeele ahaan, waad awoodi doontaa inaad la socoto horumarka maalin kasta ee cunuggaaga / casharka fasal kasta iyada oo loo marayo koontada Google Fasalka ardayga.
- Waalid / daryeele ahaan, waad awoodi doontaa inaad la socoto horumarka ardaygaaga meeleeyey / buundooyinka uu marayo Skyward.

## Waxyaabaha laga Filayo Fasalka qadka

- Barashada masaafada waa kordhinta fasalka iyo buundooyinka barashada barashada masaafada ayaa lagu tirin doonaa qalin jabinta.
- Waxaan kugu dhiirgelineynaa, waalid ahaan / ilaaliye, inaad la socoto imaanshaha ardayga ee kalfadhiyada fasalka tooska ah. 25% dhammaan buundooyinka ardayda ayaa lagu salayn doonaa imaanshaha.
- Waxaan kugu dhiirgelineynaa, waalid ahaan / ilaaliye, inaad xusuusiso ardaygaaga (iintaada) inay daawadaan casharro duuban oo midkasta ka mid ah xiisado fasal oo ka maqnaa fasalka Google.
- Sababtoo ah barashada masaafada waa kordhinta ah fasalka, ardayga (yaasha) waa inay raacaan anshaxa Waxyaabaha laga filayo kulan kasta oo Google Kulan oo toos ah sida waxay ku sugnaayeen fasalka jir ahaaneed.
- Waxaan kugu dhiirgelineynaa, waalid ahaan / ilaaliye, inaad soo gasho maalin kasta ardayda (ardayda) ee ku saabsan dugsigooda shaqada.

## Ardayga PRHS Filashooyinka

- ◇ Barashada masaafada ah waa kordhinta fasalka iyo fasalka fogaan wax lagu barto dhibcaha ayaa loo tirin doonaa qalin jabinta.
- ◇ Ardayda waxaa laga rabaa in adeegso magacooda iyo koontada shaqsiyeed @ vikes.us inaad gasho iskuul kasta kheyraadka.
- ◇ Ardayda ayaa sameyn doona arag / ka qaybgal noloshu oo dhan fadhiyada Google La kulanka IYO imaanshaha ayaa noqon doona qaatay. (25% fasalka ardayga waxay ku salaysnaan doontaa ka qaybgalka)
- ◇ Ardayda ayaa mas'uul ka noqon doona eegida maalin walba koorsooyinka Fasalka Google si loo arko waxay u baahan yihiin inay sameeyaan.
- ◇ Ardayda seegaya nool fadhiyada waa in ay daawadaan dhajiyay fadhi toos ah Fasalka Google.
- ◇ Ardayda ayaa raaci doona tilmaamaha ay macallimiintu bixiyaan iyaga fasalka Google.
- ◇ Ardayda ayaa dhammaystiri doona oo u gudbi dhammaan shaqada koorsada sida loo diray Google Fasalka.
- ◇ Ardayda ayaa noqon doonta mid firfircoon gudaha la xiriirida macallimiinta ilaa Google Hangout sidii dhibaatooyinka kac.
- ◇ Ardayda ayaa hubin doona Skyward oo rasmi ah darajo.
- ◇ Ardayda ayaa la xiriiri doonta qaybta tikniyoolajiyadda leh kombiyuutar kasta oo la xiriira su'aalo ama qalab arrimaha

# Naadiyada Vikes iyo / ama Daryeelka Ilmaha Ku saleysan Dugsiga

Program	When	Eligibility	Fees	Learning Models
Club Vikes	<ul style="list-style-type: none"> <li>◊ before &amp; after school</li> <li>◊ non-school Mondays</li> </ul>	all kids in grades K-6	yes	<ul style="list-style-type: none"> <li>◊ In-person</li> <li>◊ Hybrid</li> <li>◊ Distance</li> </ul>
School-Based Child Care	during school hours (when not receiving instruction in school building)	school-age children (age 12 & under) of Tier 1 critical workers	no	<ul style="list-style-type: none"> <li>◊ Hybrid</li> <li>◊ Distance</li> </ul>

**Laga bilaabo Sebtember 8, 2020 Vikes Club iyo / ama Xannaano Ilmaheenna Dugsiga ku-saleysan ayaa laga furi doonaa 6:30 am-6:00 pm, Isniinta-Jimcaha.**

**Naadiga Vikes Club** ayaa bixin doona daryeelka carruurta inta lagu gudajiro saacadaha caadiga ah ee hoos ku taxan qiimaha.

- **Isniinta (Maalinta Aan Iskuulka ahayn)** \$ 25 ee> / = 6 saacadood ilmo kasta iyo \$ 15 oo loogu talagalay <6 saacadood ilmo kasta.
- **Talaadada-Jimcaha (Maalmaha Iskuulka Caadiga ah)** \$ 4 kahor iskuulka (6: 30-7: 30am), \$ 6 saacadaha iskuulka kadib (3: 15-6: 00 pm), AMA \$ 9 kahor IYO saacadaha iskuulka kadib.

**Daryeelka Ilmaha ee Ku saleysan Dugsiga** (kaliya inta lagu jiro HYBRID ama BARASHADA DISTANCE)

- waxay siin doontaa daryeelka carruurta shaqooyinka muhiimka ah (daryeelka caafimaadka, adeegyada degdegga ah, barayaasha, shaqaalaha tamarta, iyo qaybinta cuntada) inta lagu jiro saacadaha caadiga maalin dugsiyeedka (7:30 subaxnimo ilaa 3 galabnimo).
- Tani waa bilaash.
- Waqti-guri iyo taageero ayaa la bixin doonaa inta lagu jiro saacadahaan.

**Haddii aad qabtid su'aalo ku saabsan u qalmidda, fadlan la xiriir Isku-duwaha Naadiga Vikes-ka:** Emily Evenson at [eevenson@pelicanrapids.k12.mn.us](mailto:eevenson@pelicanrapids.k12.mn.us) ama 218-863-5910 fidsan. 5022.

[Diiwaangelinta deyrta waxaa lagu heli karaa websaydhka dugsiga laga bilaabo 8/10/2020.](#)

## Cuntada Adeeg-Cunnada

**Cuntooyinka ayaa loo diyaarin doonaa (Grab & Go) dhammaan Modellada barashada**

### IN-QOFKA

- Ardaydu waxay soo maraan khadka tooska ahna weynaadaan cuntada horay loo diyaariyey
- Wax la cun koox koox ah

### DISTANCE & HYBRID

Faahfaahinta wali go'aan ayaa laga gaarayaa waqtigan

**Dukumintigaan ayaa loo sii wadayaa cusboonaysiinta maadaama macluumaad dheeri ah la helayo go'aanna laga gaari karo**

# Waxqabadka / Ciyaara

**Dugsiga Sare ee Minnesota State League (MSHSL) wuxuu sameeyay isbadal yar oo ku saabsan howlaha loogu talagalay**

**2020-21 sanad dugsiiyeedka usbuuca Ogosto 4:**

Cross Country - Waxay bilaabmi doontaa Agoosto 17. Dhacdooyinka ayaa ku xaddidan 3 kooxood iyo 1-2 dhacdo usbuucii.

Kubadda Cagta - Waxay bilaabmi doontaa Agoosto 17. Waxaa jiri doona 20% dhimis toddobaadyo ah, 30% dhimisna tirada

tartamada, wax khiyaanooyin ah, 1-2 kulan usbuucii. Postseason in la go'aamiyo.

Kubadda Cagta iyo Kubadda Cagta - Waxaa loo dhaqaaqay Maarso-Maajo. Kubadda cagta iyo kubbadda laliska ayaa laga yaabaa inay ku celceliyaan dayrta, laakiin ciyaar lahayn.

Cayaaraha gu'ga wuxuu bilaaban doonaa May wuxuuna soconayaa July



**Macluumaad dheeraad ah oo ku saabsan Hawlaha Manhajka Dheeraadka ah & Isboortiga ayaa loo sheegi doonaa si intaa ka sii badan faahfaahinta ayaa la heli karaa.**

## Gaadiidka

Bus Shirkadda baska will waxay la xiriiri doontaa qoysaska ka hor qaadashada iyo waqti qaadista

dib ayaa loo bilaabay dugsiga.

Wadayaasha iyo ardaydu waa inay xirtaan maaskaro (sahay ayaa loo heli karaa ardayda si loo iloobo).

Nadiifiyaha gacmaha ayaa la heli doonaa markii ay baska soo galaan

Capacity Awoodda baska / fiisinta ardayda:

→ kursi kasta oo kale

→ la fadhiiso xubnaha qoyska



# Adeegyada Caafimaadka Maskaxda ee Iskuulka ku saleysan

Adeegyada caafimaadka dhimirka ee iskuulka ku saleysan ayaa la heli karaa loogu talagalay carruurta iyo qoysaskooda ka qeyb galaya Iskuulada Pelican Rapids waxaa ku jira shaqsi, koox iyo daaweynta qoyska.

Adeegyadan waxaa bixiya Lutheran Social Adeegyada MN ee dugsiga muddada sannad dugsiyeedka iyo inta lagu jiro bilaha xagaaga. Iyada oo ay ugu wacan tahay xakameynta COVID-19 adeegyadan waxaa hadda lagu bixiyaa telehealth (fiidiyow ama taleefan).

Ardayda ama waalidiinta waxay adeegyo ka heli karaan kala xiriirida Becky Aaland, LAMFT at [becky.aaland@lssmn.org](mailto:becky.aaland@lssmn.org) ama 218-850-2297. Ardayda ama waalidiinta sidoo kale way la hadli karaan ardayga macalin, lataliyaha iskuulka ama shaqaalaha maamulka waxayna kaa caawin doonaan inay kugu xiraan caafimaadka maskaxda adeegyada.

**Adeegyada Caafimaadka Maskaxda ee Iskuulka ka dhisan oo ay ka mid yihiin daaweynta iyo wax ka qabashada ku saleysan xirfadaha waxaa lasiiyay in laga caawiyo calaamadaha oo ay ku jiraan:**

- dhib ku foognaanta fasalka
- dhib ku abuurto xiriir iyo saaxiibtinimo leh asxaabta
- dareenka carqaladeeya saaxiibtinimada iyo barashada oo ay ku jiraan murugo, cabsi, jahwareer, xanaaq iyo walaac, isku-kalsooni hoose, isku dhac oo ay la socdaan waalidiinta iyo mas'uuliyiinta kale
- is-dhaawicida ama fikradaha isdilka.

**Becky Aaland, MA, LAMFT**

Adeegyada Caafimaadka Dabecadaha / Iskuulka Pelican Rapids

[becky.aaland@lssmn.org](mailto:becky.aaland@lssmn.org) | 218-850-2297



Baadhitaanada ardayda fasalada 7 -12-ka ayaa dib u bilaabi doona

Mrs. Siebels, La-Taliyaha Iskuulka PRHS mar iskuul la bilaabo.

[lsiebels@vikes.us](mailto:lsiebels@vikes.us)

Mrs. Siebels 'Bogga La-talinta Dugsiga PRHS

Anxiety or stress during  
COVID-19 is normal



Take  
breaks



Connect  
with others



Ask for  
help

**STAY SAFE MN**

free confidential,  
anonymous

MENTAL HEALTH SUPPORT

7 DAYS/WEEK, 9 AM TO 9 PM



**Many of us are experiencing unprecedented levels of stress.** Whether you're working in a hospital or a farm field, a teacher at home or a parent balancing work and children, responding to emergencies or cleaning and stocking shelves, **we're here for you.**

TO REACH AN ON-CALL MENTAL HEALTH  
PROFESSIONAL VOLUNTEER, CALL TOLL-FREE AT

**833-HERE4MN**

(833-437-3466)

For questions related to	Contact name(s)	Email address	218-863-5910 extension #
<b>Attendance</b>	Gwen Lass (VES) Karen Jongeward (PRHS)	glass@vikes.us kjongewa@vikes.us	5302 4444
<b>Bussing</b>	Paul Restad	restad.paul@gmail.com	218-863-7000
<b>Child care (school-aged)</b>	Emily Evenson	eevenson@vikes.us	5022
<b>Early Family Childhood Education (ECFE)</b>	Terra Fitzsimmons	tfitzsim@vikes.us	5393
<b>English Language Learners (ELL)</b>	Sheryl Anderson (VES) John Peter (PRHS)	sanderso@vikes.us jopeter@vikes.us	5258 4114
<b>Health Office</b>	Cherie Lynnes	clynnes@vikes.us	5354 (VES) 4354 (PRHS)
<b>Meals</b>	Trudy Gorton (VES) Jessica Kulsrud (PRHS)	<a href="mailto:tgorton@vikes.us">tgorton@vikes.us</a> jkulsrud@vikes.us	5178 4287
<b>Mental Health</b>	Becky Aaland (VES) Lauren Siebels (PRHS)	<a href="mailto:baaland@vikes.us">baaland@vikes.us</a> lsiebels@vikes.us	5590 (VES) 4299 (PRHS)
<b>PRHS Office</b>	Karen Jongeward	kjongewa@vikes.us	4444
<b>Technology Student/Parent Support</b>	Ubelio Ferndandez (VES) Bill Simmons (PRHS)	<a href="https://www.pelicanrapids.k12.mn.us/domain/374">https://www.pelicanrapids.k12.mn.us/domain/374</a>	
<b>VES Office</b>	Lois Aas Gwen Lass	<a href="mailto:laas@vikes.us">laas@vikes.us</a> glass@vikes.us	5301 5302
<b>Viking Preschool</b>	Terra Fitzsimmons	tfitzsimmons@vikes.us	5393
<b>504 Plan</b>	Derrick Nelson (VES) Lauren Siebels (PRHS)	<a href="mailto:dnelson@vikes.us">dnelson@vikes.us</a> lsiebels@vikes.us	5220 4036

## Cusbooneysiinta ayaa kusii socon doonta dhejinta Degmada:

- [Websaydhka](#) shabakadda [www.pelicanrapids.k12.mn.us](http://www.pelicanrapids.k12.mn.us) COVID-19 BARASHADA tab
- Bogga Facebook Bogga **Iskuullada Pelican Rapids**  
Wali su'aalo ma qabtaa? U dir emayl: [ASK@VIKES.US](mailto:ASK@VIKES.US)