

Talaab qaadka Ka Gudubka Xanaanada (Preschool) u gudubka Dugsi-bilowga (Kindergarten)

Making the Move from Preschool to Kindergarten—Somali version

Tilmaame loogu tala galay wallidka leh 4 – 5 jir ee hela howlaha waxbarashada gaar-ahaneed ee preschool-ka

Marka ilmahaagu ka gudbo howlaha dhalaanka hore iyo preschoolka ee waxbarashada gaar-ahaneed, oo ay u gudbaan kindergartenna dugsi-gaareed (elementeriga), waa heer dhib badan isla markaana xiiso leh. Ilmaagu xirfado badan ayeey ka barten preschoolka. Xirfadahan waxey ilmahaaga ka caawinayaan in ay kindergartenna ku gulestaan. Waxaad kalo ilmahaaga ka caawinai kartaa in ay diyaar u noqdaan kindergartenna, hadaad talabadaha soo socda raacdid.

Waqtiga lagu jiro sanadka ugu dambeeya, ee ilmahaagu aadayaan waxbarashada gaar-ahaneed ee preschoolka:

Isu aruuri akhbaarada dugsi-gaareed ee ilmahaaga u dooreyso

- ❑ Qofka maamulaha ka ah ilmahaaga qorshohooda waxbarashada gaar-ahaneed ee preschoolka waxaad weydise, halkaad ka heli karto akhbaaraha aad u baahantahay si aad ilmahaaga ugu qorto kindergartenna. Degmo dugsiyeed walba si kala yara duwan ayeey wax u qabtaan, marka waa muhiim in aad akhbaar sax ah qoyskaaga u hesho. Qof ka shaqeeya xarunta is-diwaan gelinta dugsi-gaareed degmadaada ayaa ku sharixi kara habka nidaamku u shaqeeyo. Qofkan waxuu ku sheegaya xarakaad doorashada dugsi-gaareed waqtiga xadidan ee in aad go'aanka aad dugsi ku dooranayso ku gaarto. ★
- ❑ Waxaad Heshaa gal ama sanduuq aad ku keydiso waraaqaha ku saabsan kindergartenna oo idil.
- ❑ Ogow doorka waalidka ka ciyaarayo, xaquuqaha ay leyihiin, iyo masuuliyadda ka saaran qorsheynta waxbarasho ee ilmahaaga. Waxaad wici karta hey'adda PACER, oo waxaad weydin karta in aad la hadasho qof waalidka u dooda. Haddaad Somali, waqooyiga bari ee Asia, ama Hispanic/Latino tahay, waxaad weydiisan karta qof lukhadaada ku hadla in aad la hadasho.
- ❑ Ka kheyb qaado habeenada laga hadlayo akhbaarada ku saabsan amuuraha dugsi-gaareed. Haddaad doneyso, waxaad booqan karta, dugaasida iyo fasalada aad rajada ka leedahay, si aad u arakto in ay ku haboonyihiin ilmahaaga.

- ❑ La kulan kooxda Waxbarashada gaar-ahaneed (IEP-team), si aad u wada go'aansataan dugsi-gaareed iyo fasalka ilmahaadu aadi doono dugsi-gaareedka kugu soo food leh. Weydii in ay kulanka ka soo qeyb galaan qof ka socda dugsi-gaareed cusub, si ay kaaga caawiyaan xill'i ka-gudubka.

Ilmaha ku qor dugsi-gaareed cusub, oo wax ka ogow dugsi-gaareedka:

- ❑ Isu soo aruuri waxii akhbaaro ah, oo buuxi foomamka ee ilmaha laga doonayo dugsi-gaareedka kindergartenna-ka. Ogow waxii talaal ah ee ilmahaaga u baahanyihiin inta dugsi-gaareedka bilaaban.
- ❑ Kala hadal macalimiinta dhiga preschool-ka hab aad ilmaha ugu diyaarin karto xill'iga ay u gudubayaan kindergartenna-ka
- ❑ Hadi Englishku aheyn lukhadaada hooyo, weydi shaqaalaha degmada ama preschool-ka ku cawiyaan. Waxey ku heli karaan qof dugsi-gaareed cusub jooga oo kuu turjuma.
- ❑ Booqo dugsi-gaareed cusub, ka qeyb qaado xarakaadka lagu qabanayo kindergartenna-ka.
- ❑ Codso buugga ardeyda, jadwalka dugsi-gaareed iyo jariiradda dugsi-gaareedka daabaco, si aad macluumaadka dugsi-gaareedka ula socoto. Eeg haday jiraan xarakaad dugsi-gaareed qabanayo oo aad adiga iyo ilmaha ka wada kheyb qaadan kartaan.
- ❑ La kulan maamulaha dugsi-gaareed oo bar ilmahaaga. Weydii haday jiraan dad kale ee dugsi-gaareed jooga oo adiga iyo ilmahaaba idin caawin kara.

Inta lagu jiro xiliga dugsigu xiran yahay:

- ❑ Dhowr asbuuc intuusan dugsigu bilaaban, bilow jadwal ah waqtiga jiiifka, waqtiga soo tooska subaxii, iyo waqtiga cunnada ee la mid ah jadwalka dugsiga.
- ❑ Ka caawi ilmahaaga in ay noqdaan kuwa isku kalsoon, adigoo u ogolanaya in ay iyaga door macquul ah sameeyaan; sida adoo oranaya; ma waxaad jeceshahay in shaarka gaduudan qaadato mise kan buluugga ah?
- ❑ Hadey macquul tahay u lugee ama gaariga ku tag dugsiga cusub si aad ilmaha ugu ciyaraan halka lagu ciyaarsiyo.
- ❑ Adigoo tababar uga dhigaya, u lugee halka baska dugsigu soo istaago ama dugsiga. Dib ugu noqo oo kala hadal waxyaabaha qatarta ah.
- ❑ Xirfadihii lagu soo baray kindergartenka ku celi oo wada tababarta, sida magacooda iyo magaca abahood in ay ku sheegaan, in ay safka ku socdaan, in ay kokood sugaan, iyo in ay tilmaan ama amar racaan sida iyago ciyaaraya.
- ❑ Ka qeyb gal kulanka habeenka dugsiga la furayo (open house). Qorshee in ilmahaadu la kulmaan macalimiinta. Sawiro uga qaad dugsiga iyo fasalkaba. Kala hadal dugsi malmeedka, jadwalka iyo xarakaadka ay qabanayaan.
- ❑ Wada booqda maktabadda oo u samee kaarka maktabadda buugaagta looga qaato. Sheekooyin u sheeg. Asbuuc walba buug ka amaahda maktabadda. Bugaag ka hadlaya dugsi aadista. Cinwaanada buugaagta qaarkood oo aan kugula talineyno waxaa ka mid ah:
 - ▶ *Look Out Kindergarten, Here I come* by Nancy Carlson;
 - ▶ *Kindergarten ABC* by Jacqueline Rogers
 - ▶ *The Kissing Hand* by Audrey Penn

★ Walidku waa in ay ogadaan

- Gobolka Minnesota dugsiga dadweynahu waa qeyb ka mid ah dugsiga degmada. Degmada aad

degantahay ayaa loo yaqan degmada deganka “resident district.” Degmo dugsiyeedyo badan waxey leyihiin xarun soo dhoweyn “Welcome Center,” xarunta akhbaarada qoyska “Family Information Center” ama xarunta qoyska cusub “New Families Center.” Xarunta waxaad ka heleysa dugaasida ilmahaagu aadi karaan iyo habka dugsigu u bixinayo gaadiidka.

- Waxaad codsan karta qof kuu turjuma iyo qoraal luqadaada ku qoran. Waxaad kalo weydiin karta qof shaqaale ah oo luqadaada ku hadla ee ku cawiya.
- Waxaa kaloo wanaagsan in aad ogato hadi ay jiraan dugaasi kale oo aad doran karto, sida dugaasida loo yaqaan magnetka, Jaatarka (charter) iyo fursadda aad dugsi kale ee ka baxsan degmadda ku dooran karto (open enrolment). Lakin la soco waxa dhici karta in aadan helin gadiid.
- Ilmaha leh qorshaha waxbarashada gaar-ahaneed, intooda badan, waxey helayaan fursad ay dugsi ku doortaan sida ilmaha kale u helaan, kuwaas oo ay ka mid yihiin dugaasida jaaliyadda ku yaal ee degaankooda ka mid ah. Ilmaha qaarkood waxa laga yabaa ineysan helin fursado badan oo ay dugaasi kala duwan ku doortan. Sababtauna; waxa laga yabaa in ay u baahanyihiin barnaamijyo iyaga u qaas ah, oo aan dugaasida oo dhan laga helin. Kooxda waxbarashada gaar-ahaneed waa in ay helaan dugsi bixiya howlaha iyo tageerada ku xusan qorshaha waxbarashada gaar-ahaneed. Waalidka waa xubno ka mid ah kooxda qorshaha waxbarashad gaar-ahaneed (IEP team).

Qraalo lacag la'aan, oo ay daabacday hey'adda PACER, ee loogu tala galay qoyska degan gobolka Minnesota: PACER.org; 952-838-9000; 800-537-2237.

Waraaqaha xarakaadka Aan wada hadalno iyo aan wada tirino, oo ku qoran Somali, Spanish, Hmong iyo English.

How to prepare Your Child with Disabilities for Kindergarten: Tips for Parents, ACTION sheet: PHP-c179