



Ogow oo ku talaggal:

Caalami ah oo dugsiyada lug lagu tago

Waalidiinta Qaaliga ah:

Waxaan ku faraxsannahay inaanu idin la socodsiinno in dugsiyeennu ka qeybqaadan doono Maalinta Caalamka ee U Lugeynta Dugsiga, taasoo ku began _____. Maalintan waxaa loo xusaa sidan: ardeyda, waalidiinta, iyo shaqaalaha dugsiga dhammaan dugsiga lug ayaa lagu yimaadaa.

Socodka lugta ah ee maalinkan wuxuu nagu caawinayaa in loo digtoonaado:

- ✓ In carruurta la baro sida waddooyinka baabuurta loo gooyo.
- ✓ In dadka baabuurta wata la xusuusiyo inay dugsiyada agahooda qunyar ku socdaan.
- ✓ In carruurta loo sameeyo dariiqyo ay ku lugeeyaan, khaasatan dariiqyada u dhaxeeya dugsiga iyo guriga.
- ✓ In dadka loo muujiyo inay tixgeliyaan dadka lugta ku socda.
- ✓ In la horummariyo siday carruurta u heli lahaayeen jimicsi joogto ah oo uu xoog iyo caafimaad ugu jiro.
- ✓ In qoysaska lagu dhiirrigeliyo inay wada lugeeyaan, taasoo ah mid fudud oo uu caafimaad ku jiro.

Haddaba annu wada shaqeyno si annu bulshadeenna uga dhigno meel carruurta u fiican oo ay iyaguna ku lugeeyaan. Waxaad nagu caawin kartaa inaad carruurtaada dugsiga ula soo lugeyso _____.

Mahadsanidiin,

Haddii aad dooneyso inaad arrintan socodka ka sokow si kale noo caawiso, fadlan nagala soo xiriir taleefanka hoose.

Haddaba haddii aad si caadi ah ilmahaaga ula soo lugeyn jirtay ama ay ilmahaagu keligood dugsiga u soo lugeyaan, maalintan waa la idiin mahadcelinayaa, waxaana carruurta lagu dhiirrigelinayaa inay si taxaddar leh u lugeeyaan.

Haddii ilmahaagu dugsiga aysan u soo lugeyn—amaba aysan sidaas ku fakarin—arrintan ayaa ku caawin doonto inay bartaan dariiqo lugta ee u dhaxeeya guriga iyo dugsiga. Waxaad carruurta kala hadli kartaa khatarta iyo faa'iidada dariiqo lugta ee dugsiga.

Haddii aad meel fog ku nooshihiin ama haddii uu dariiqo khatar yahay oo aydnaan dugsiga u soo lugayn karin, baska ama baabuurka meel dhexe uga dega, dabadeedna inta idiin harsan dugsiga lug ku imaada. Faa'iido badan ayaa ku jirta inaad carruurtaada dugsiga ula soo lugeyso.