

# Wargeyska Mountain View

## Janaayo 20, 2016

Arbaco, Janaayo 27.....Shirarka Waalidka/Macalinka, 3:10-7:00 p.m.  
Qamiis, Janaayo 28.....Shirarka Waalidka/Macalinka, 12:40-7:00 p.m.  
Qamiis, Janaayo 28.....Ka Tagidda Dugsiga waa 12:40 p.m.  
Qamiis, Janaayo 29.....Ka Tagidda Dugsiga waa 12:40 p.m.

### Fariinta Agaasimaha

Todobaadkii la soo dhaafay, waxaan qoraalo ka helnay CHG, shirkad ka shaqeyso daryeelka caafimaadka halkaan Salt Lake Valley. Waxaan soo dhaweyneynaa naxariistooda. Waxaan awood u yeelan doonaa in aan isticmaalno qoraaladooda si aan u horumarino jimicsiga ardaydena. Cilmi baarista waxay muujisay in marka aan jimicsano, khaas ahaan ka hor inta aan la gaarin waqtiga aan u baahanahay in aan isticmaalno maskaxdena, shaqada ay qabato maskaxdena kor u kacdo. Inta u dhexeyso fasalkena Jimicsiga iyo fasalkena Nolosha Caafiimaadka (Healthy Living), waxaan Mountain View ka horumarinay jimicsi jirka iyo cunidda caafimaadka qabta.

### Waalidiinta iyo Agaasimeyaasha

Agaasimeyaasha waxay jecel yahiin in ay kula kulmaan, kula qeybsadaan waxa ku cusub Mountain View, iyo in ay ka jawaabaan su'aalaha laga yaaho in aad qabtid. Wada hadalkena xiga ee loo qabto Waalidiinta iyo Agaasimeyaasha waxaa lagu qaban doonaa Xarunta Waxbarashada Bulshada (Community Learning Center) maaalinta Talaadada, Janaayo 26, marka ay tahay 8:15 a.m. Waxaan rajeyneynaa in aan halkaas kugu aragno.

### Arrimaha?

Ujeedadena Mountain View waxay tahay in aan la kullano baahida aqoonta dhamaan ardayda, iyo in aan ardayda iyo qaangaarka siino jawi, jir ahaan iyo caatifad ahaan, ammaan ah. Haddii ay kugu soo dhacdo arrin, waxaan rajeyneynaa in aad na siin doontid fursad aan wax uga qabano. Inta badan dhibaatooyinka lagu arko dugsiga waxaa lagu xallin karaa wada hadal dhexmara ardayga, macalinka, waalidiinta, iyo/ama agaasimaha. Arrimaha waxaa loo soo jeedin karaa shaqaalaha dugsiga laga bilaabo macalinka cunugaada.

### Fariimaha iyo Isticmaalka Telefoonka

Si loo dhowro ammaanka caruurtaada, shaqaalaha dugsiga uma gudbin doonaan fariimo ardayda maxaa yeelay ma aha suurtoagal in shaqaalaha dugsiga xaqiijiyaan aqoonsiga qofka soo wacay. Caruurta waa in ay isticmaalaan telefoonka marka lala kulmo xaalad degdeg ah keliy. Si loo yareeyo wareerka iyo faragelinta, fadlan samayso qorshe aad ugu talogashay xaaladaha aan caadiga ahayn. Lama ogola in ardayda telefoonka u isticmaasho si ay ugu sheekeystaan. Shaqaalaha dugsiga uma gudbin doonaan fariimo caruurta. Lama ogola in macalimiinta iyo ardayda loo waco telefoonka waqtiga waxbarashada.