



# Plan Document



**2020**

*Excellence Through Equity*  
Moorhead Area Public Schools

**2021**

# Shaxda tasmada

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# Balanqaadkeena

## Farriin ka timid Agaasimaha Guud Brandon Lunak



In kasta oo wali ay jiraan aqoonsiyo la taaban karo oo ku saabsan cudurka faafa ee COVID-19 iyo saamaynta uu ku yeeshay sanad dugsiyeedka 2020 -21, waxaan rabnaa inaan kula wadaagno qorshaheenna si aad si nabadgelyo leh ardayda iyo shaqaalaha ugu soo celin karto fasalada. Waxaan diyaarinay seddex nooc oo kaladuwan si aan si waadax ah uga jawaabno baahiyaha nabadgeliyadeena bulshooyinka. Iyadoo aan loo eegin qaabka, waxaan leenahay ballanqaadyo joogto ah:

- Waxaan ilaalin doonaa ardaydayada marka hore.
- Waxaan daryeeli doonaa deriskeena.
- Waxaan u baahanahay gacmaheena oo dhan si kor loogu qaado caqabadan.
- Waxaan sii ahaaneynaa kuwa xoog leh, iyo is aamina.

“

Waxaa naga go'an badqabka ardayga iyo shaqaalaha iyo wanaagga iyo sinnaanta waxbarashada

Waxaad mudan tahay waxbarasho taya sare leh ee aad ka filaysay degmaddeenna waxaana naga go'an caawinta ilmo kasta inuu ku guuleysto sannad dugsiyeedka 2020 - 2021.

Waad ku mahadsan tihiin tabarugaada, dadaalkaaga iyo samirka markaan ka shaqeyno waqtigan aan la hubin anagoo ah qoys Spud ah.

”

# Goals

Return to Learn | Moorhead Area Public Schools

## yoolalkayaga

1

### Badqabka

Caafimaadka iyo badbaadada ardayda iyo shaqaalaha ayaa ah ahmiyadeena ugu sareysa. Qorshayaashayadu waxay ku saleysan yihiin hagida CDC, Waaxda Caafimaadka iyo Waaxaha Waxbarashada.

2

### dabacsanaan

Himiladeena koowaad waa inaan sameyno sida ugu wanaagsan wax barasho fool ka fool ah. Si kastaba ha noqotee, qorshayaasha ayaa ah taxane si loogu oggolaado dhaqdhaqaaqa u dhexeeya moodooyinka ku saleysan baahida loo qabo.

3

### Sinnaan

Natiijooyin heer sare ah ayaa ka yimaada fursadda. Waxaan rabnaa inaan ardayda siinno agabyada ay ugu baahan yihiin inay ku guuleystaan nooc kasta oo waxbarasho ah. Waxaa naga go'an hubinta in arday kastaa helo waxbarasho tayo leh oo ay u baahan yihiin oo ay u qalmaan.

4

### Bulshada

Kulligeen waxaan haysannaa xaalado iyo fikrado kala duwan sida ay ula xiriiraan caqabadaha masiibada. Waxaa naga go'an in aan qiimeyno Spud oo aan iskula dhaqano si naxariis iyo qadarin leh. Waxaan sii ahaaneynaa kuwa xoog leh, iyo is aamina.

# District Calendar 2020-21

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**MOORHEAD**  
AREA PUBLIC SCHOOLS

ool; Spring Break  
cher Conferences  
); Memorial Day  
or E-12 Students  
..... Graduation  
l Ed Flex Half Day  
..... Flex Day  
icy Make-up Day

August 31-September 3.....PD/Workshop  
September 1, 2, 3.....K-8 Back to School  
September 7..... Labor Day  
September 8..... E-12 Classes Begin  
October 2..... No School; PD  
October 12, 13.....K-12 Parent-Teacher Conferences  
October 14.....No School; K-12 Parent-Teacher Conferences  
October 15-16..... No School; MEA  
November 6..... End of 1st Quarter  
November 9..... No School; PD  
November 26-27..... No School; Thanksgiving  
December 10..... Grades 7-12 Parent-Teacher Conferences  
December 24..... Winter Break Begins  
January 4..... E-12 Classes Resume  
January 18..... No School; PD  
January 22..... End of 2nd Quarter/1st Semester  
February 12..... No School; Possible Emergency Make-up Day  
February 15..... No School; President's Day  
February 25..... Grades 7-12 Parent-Teacher Conferences  
March 11, 16, 18.....K-6 Parent-Teacher Conferences  
March 26..... End of 3rd Quarter  
March 29-April 2..... No School; Spring Break  
April 27..... Grades 7-12 Parent-Teacher Conferences  
May 31..... No School; Memorial Day  
June 4..... Last day for E-12 Students  
June 6..... Graduation  
June 7..... Special Ed Flex Half Day  
June 8..... Flex Day  
June 7, 8..... Possible Emergency Make-up Day

| JANUARY 2021 |    |    |    |    |    |    | FEBRUARY |    |    |    |    |    |  |
|--------------|----|----|----|----|----|----|----------|----|----|----|----|----|--|
| S            | M  | T  | W  | T  | F  | S  | S        | M  | T  | W  | T  | F  |  |
|              |    |    |    |    | 1  | 2  |          | 1  | 2  | 3  | 4  | 5  |  |
| 3            | 4  | 5  | 6  | 7  | 8  | 9  | 7        | 8  | 9  | 10 | 11 | 12 |  |
| 10           | 11 | 12 | 13 | 14 | 15 | 16 | 14       | 15 | 16 | 17 | 18 | 19 |  |
| 17           | 18 | 19 | 20 | 21 | 22 | 23 | 21       | 22 | 23 | 24 | 25 | 26 |  |
| 24           | 25 | 26 | 27 | 28 | 29 | 30 | 28       |    |    |    |    |    |  |
| 31           |    |    |    |    |    |    |          |    |    |    |    |    |  |

| MARCH |    |    |    |    |    |    | APRIL |    |    |    |    |    |  |
|-------|----|----|----|----|----|----|-------|----|----|----|----|----|--|
| S     | M  | T  | W  | T  | F  | S  | S     | M  | T  | W  | T  | F  |  |
|       | 1  | 2  | 3  | 4  | 5  | 6  |       |    |    |    | 1  | 2  |  |
| 7     | 8  | 9  | 10 | 11 | 12 | 13 | 4     | 5  | 6  | 7  | 8  | 9  |  |
| 14    | 15 | 16 | 17 | 18 | 19 | 20 | 11    | 12 | 13 | 14 | 15 | 16 |  |
| 21    | 22 | 23 | 24 | 25 | 26 | 27 | 18    | 19 | 20 | 21 | 22 | 23 |  |
| 28    | 29 | 30 | 31 |    |    |    | 25    | 26 | 27 | 28 | 29 | 30 |  |

| MAY |    |    |    |    |    |    | JUNE |    |    |    |    |    |  |
|-----|----|----|----|----|----|----|------|----|----|----|----|----|--|
| S   | M  | T  | W  | T  | F  | S  | S    | M  | T  | W  | T  | F  |  |
|     |    |    |    |    |    | 1  |      |    | 1  | 2  | 3  | 4  |  |
| 2   | 3  | 4  | 5  | 6  | 7  | 8  | 6    | 7  | 8  | 9  | 10 | 11 |  |
| 9   | 10 | 11 | 12 | 13 | 14 | 15 | 13   | 14 | 15 | 16 | 17 | 18 |  |
| 16  | 17 | 18 | 19 | 20 | 21 | 22 | 20   | 21 | 22 | 23 | 24 | 25 |  |
| 23  | 24 | 25 | 26 | 27 | 28 | 29 | 27   | 28 | 29 | 30 |    |    |  |
| 30  | 31 |    |    |    |    |    |      |    |    |    |    |    |  |

**KEY**

- No School
- No School, all schools and district offices closed
- No School for Students / Professional Development
- End of Quarter / Semester
- Parent-Teacher Conference (varies by school)
- Possible Emergency Make-up Days: Feb. 12, June 7, 8
- Payroll Date: July 31, Aug. 31, Sept. 30, Oct. 30, Nov. 30, Dec. 23, Jan. 29, Feb. 26, March 26, April 30, May 31

REVISED 021920 APPROVED

**KEY**

-  No School
-  No School, all schools and district offices closed
-  No School for Students / Professional Development
-  End of Quarter / Semester
-  Parent-Teacher Conference (varies by school)
-  Possible Emergency Makeup Days: Feb. 12, June 7, 8
-  Payroll Date: July 31, Aug. 31, Sept. 30, Oct. 30, Nov. 30, Dec. 23, Jan. 29, Feb. 26, March 26, April 30, May 28, June 30

## iskaashigayaga

Maaddaama Dugsiyada Dadweynaha ee Aagga Moorhead (MAPS) ay soo saareen qorshaha ku noqoshada wax-u-barashada, iskaashiga shaqaalaheenna, qoysaska iyo hay'adaha gobolka ayaa muhiim u ahaa tallaabo kasta.

---

## **Keli wax yar ayaan sameyn karnaa** **Kuligeen wax badan ayan qaban karnaa**

HELEN KELLER

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### Feedback

awaab celin

Jawaab celinta waxaa lagu soo ururiyey sahaminta waalidiinta / mas'uuliyiinta iyo shaqaalaha xagaagii si loo fahmo heerarka guud ee raaxada ee dib ugu laabashada dugsiya iyo taxadarka amniga. Soo-jeedinta la helay ayaa la isticmaalay, oo ay la socoto hagitaan ka socota Waaxda Waxbarshada ee Minnesota (MDE) iyo Waaxda Caafimaadka ee Minnesota (MDH) si loo abuuro qorshe aamin ah oo ku soo laabto dugsiya ardayda iyo shaqaalaheenna.

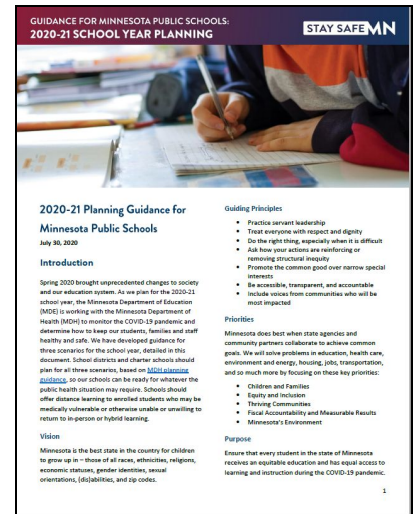
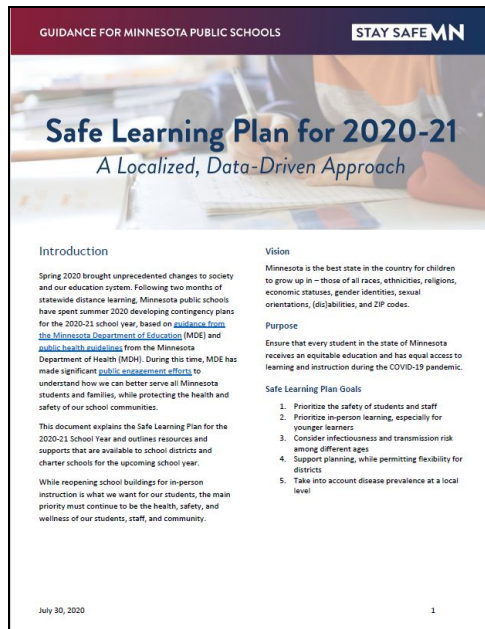
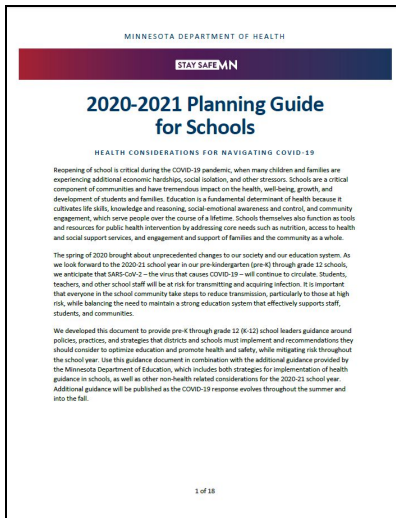
**Jawaab-celinta Waalidka**  
[Parent Survey Feedback](#)

Jawaab celinta shaqaalaha  
[Staff Survey Feedback](#)

# Hagida Gobolka

Khamiista, Luulyo 30, Guddoomiyaha Gobolka Minnesota, Wal Walz ayaa ku dhawaaqay Qorshaha Badbaadada ee Minnesota ee sanad dugsiyeedka 2020 -21. Qorshahan maxalliga ah, ee xogta laga wado wuxuu ka caawiyaa dugsiyada maxalliga ah inay doortaan qaab waxbarasho oo ka jawaabaya baaxadda kiisaska COVID-19 ee ka jira gobolkooda.

Hoos waxaad kaheleysaa dukumiintiyada tusaalaynta hagitaan ee Qorshaha Dib-ugu-soo noqoshada Dugsiga Dadweynaha ee Moorhead Area.



**qorshe waxbarasho oo**

**badbaado leh**

**Tilmanta qorsheynta**

**qorshaynta hagida**

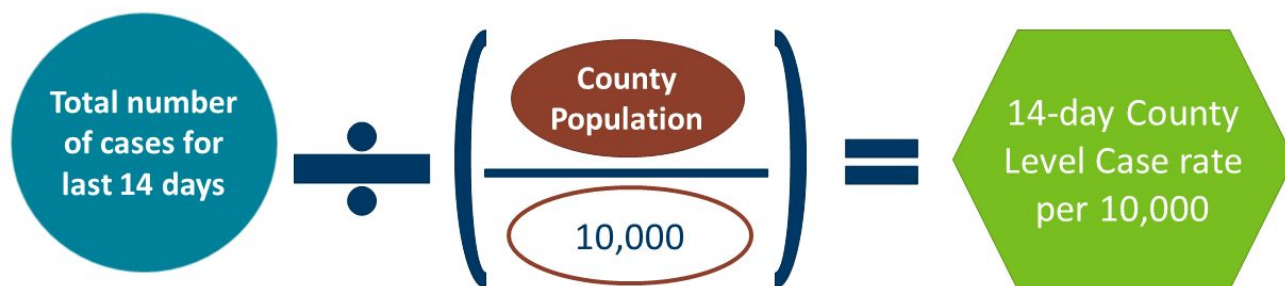
Based on guidance from the Minnesota Departments of Education and Health, the learning model is dependent on county-level case rates of COVID-19. The chart below outlines ranges of case numbers and defines which of the three learning models (in-person, hybrid or distance learning) schools will follow based on the total number of cases.

| 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   |

Qaabka waxbarashada, MAPS waxay u tixgelisaa dugsiga hoose sida fasalada K-6 iyo sare sida Fasalada 7-12.

Caanooboraha ayaa laga arki karaa hoosta. Khamiis kasta, Iskuullada Dadweynaha ee Moorhead waxay heli doonaan qadarka kiisaska cusub ee Degmada Clay. Tilmaamaha ayaa toddobaad kasta lagu cusboonaysiin doonaa websaydhka ku soo noqoshada Baro.

Qiimaha Kiiska 14-ka maalmood ah waxaa bixisa Waaxda Caafimaadka ee Minnesota waxaana laga heli karaa halkan. [accessed here](#).



### Tilmaanta Qorshaha Barashada Nabdoon ee Qoysaska

Qeybta Waxbarshada ee Minnesota waxay soo saartay Tilmaanta Qoyska ee Qorshaha Barashada Amaanka ee Minnesota oo ku qoran dhowr luqadood oo ay qoysasku tixraaci karaan macluumaad dheeri ah oo ku saabsan hagida gobolka.

- [English](#)
- [Somali](#)
- [Spanish](#)





# Mental & Social-Emotional Health

Return to Learn | Moorhead Area Public Schools

## Caafimaadka Maskaxda & Bulshada

Caafimaadka maskaxda iyo shucuurta-shucuurta waa muhiimada ugu weyn. Dugsi kastaa wuxuu qorsheeyay barashada-shucuurta bulsheed-ka oo qayb ka ah manhajka lagu bixiyo nooc kasta oo waxbarasho ah. La-taliyayaasha bara bara shucuurta bulsheed waxay sii wadi doonaan inay sidaas ku sameeyaan dhammaan qaababka waxbarasho. La-taliyayaasha dugsi waxay sii wadayaan inay la shaqeeyaan ardayda shaqsi ahaan sidoo kale. Xalalka Caafimaadka Dabeecadda iyo Xarunta Caafimaadka Maskaxda ee Lakeland waxay sii wadi doonaan inay adeegyo siiyaan ardayda u baahan wax ka qabashada dhibaataada sidoo kale.

Walbahaarka COVID-19 iyo carqaladeynta nolosha waxay kordhin kartaa welwelka iyo walaaca ardayda, shaqaalaha, qoysaska iyo bulshada. MAPS waxay siineysaa ilo qoysaska oo dhan, lataliyayaasha iskuulka, shaqaalaha bulshada iyo xiriiriyaasha ayaa lasocda qoysaska shaqsiyaadka sida loogu baahdo.

Hoos waxaa ku yaal ilo ay heli karaan ardayda dhammaan nooc kasta oo waxbarasho ah.

- Xalalka Daryeelka Caafimaadka Dhaqanka (<http://www.solutionsinpractice.org/>)
- Lakeland Mental Health Center (<https://www.lmhc.org/>)
- [Minnesota Association for Children's Mental Health - COVID Resources](#)
- [Minnesota Association for Children's Mental Health - Trauma Resources](#)

# Learning Models

Return to Learn | Moorhead Area Public Schools

## Qaababka waxbarasho

### Iskuulka oo la tago

- Ardaydu waxay dhiganayaan iskuulka maalin kasta iyadoo la siinayo fasallo caadi ah, iyadoo la raacayo taxaddarro dheeri ah oo xagga amniga ah oo ay ka mid yihiin weji daboolasho.
- Iskuulada ayaa abuuri doona inta udhaxeysa ardayda sida ugu macquulsan, laakiin si adag looma qaban doono ilaa 6 fiid oo fogeynta bulshada.

### Waxbarasho isku dhafan

- Ardaydu waxay ku xaadiraan iskuulka jadwal wax laga badalay.
- Shaqada iskuulka waxaa lagu dhammeeyaa iyada oo loo marayo qaab-dhismeed shaqsiyeed iyo masaafad.
- Jadwalka ardayda ayaa xaddidaya tirada ardayda ee dhaqdhaqaaqa ku socota inta lagu jiro maalinta.
- Qiyaasta fasalka iyo basaska oo la dhimay 50%.
- Xannaano caruur ayaa loo heli doonaa inta lagu jiro maalinta dugsiga ee loogu talagalay carruurta u-qalma ee shaqaalaha aasaasiga u ah 5-12.

### Barasho masafo fog

- Dhammaan shaqooyinka tacliinta waxaa lagu dhammeystiraa guriga.
- Waxbarida waxaa ka mid ah wada shaqeynta maalinlaha ah ee lala yeesho macalinka.
- Jadwal fasal maalinle ah oo qaabaysan.
- Imaatinka maalinlaha ah ayaa loo baahan doonaa.
- Ku hawlan synchronous (waqtiga-dhabta ah) iyo qaab-dhismeedka dabacsan (dabacsan) wax-barashada.
- Xannaano caruur ayaa loo heli doonaa inta lagu jiro maalinta dugsiga ee loogu talagalay carruurta u-qalma ee shaqaalaha aasaasiga u ah 5-12.

# Akademiyada Spud

Spud Academy waa tusaale masafo u ah kaliya qoysaska heli kara. Ardayda ka diiwaangashan Spud Academy waxay ku bartaan nooc masafo waxbarasho ah oo simistarka dhan ah iyadoo aan loo eegin qaabka wax barashada ee degmada inteeda kale ay la kulmayaan.

- Macallimiin u go'ay iyo kooxo waxbarasho oo joogto ah
- Iskuulka wuxuu soo saaray Chromebook
- Wadahadal maalinle ah, khadka tooska ah oo lala yeesho macallinka iyo asxaabta
- Jadwal fasal maalinle ah oo qaabaysan
- Imaatinka maalinlaha ah iyo kaqeybgalka ayaa loo baahan yahay
- Adkeynta tacliimeed oo u dhiganta barashada shaqsig
- La kulan dhamaan heerarka fasalka iyo heerarka qalin jabinta MN
- Waxay kuxirantahay da'da ardayda (da'da), waxay u baahan doontaa taxadar waalid
- Adeegyada waxbarashada gaarka ah waxaa lagu bixin doonaa iyada oo loo marayo waxbarasho masaafad leh ardayda u qalanta

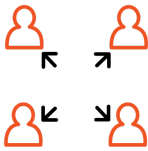
# Waxbarashada iskuulka la tagayo

0-9 cases: Everyone; 10-19 cases: Elementary

## Barashada iskuulka la tagayo



Ardayda dugsiga dhigata, 5 maalmood usbuucii oo ay weji ka weji u wejigooda wax ku bartaan macallimiinta oo ay la falgalaan asxaabta iyo ardayda kale ee fasalka dhigata.



Taxaddarro dheeri ah oo xagga nabadgelyada ah ayaa la raaci doonaa, oo ay ku jiraan waxyaabaha wejiga lagu daboolo. Iskuulada ayaa abuuri doona inta udhaxeysa ardayda sida ugu macquulsan, laakiin si adag looma qaban doono ilaa 6 fiid oo fogeynta bulshada.



Maalinta iskuulka waa laga gaabin karaa si loo waafajiyo waqtiyada u diyaar garowga macalinka iyo jadwalka basaska ee aaminka ah.

# Waxbarashada iskuulka la tagaayo

0-9 cases: Everyone; 10-19 cases: Elementary

## Qaab dhismeedka fasalka

### Preschool

- Ku xaddid cabirka fasalka illaa 15 arday.
- Isku-dubbaridid la-isku-waayey / soo-qaatay hab-nidaamiyaha.
- Alaabta lagu ciyaaro ee xaddidan adeegsiga hal fasal oo nadiif ah ka dib fadhi kasta.

### Grades K-6

- Ardaydu waxay wax ku bartaan kooxo koox.
- Isticmaalka istiraatiijiyadeed ee meelaha ballaaran.
- Qeybo dheeri ah.
- Meelaynta istiraatiijiga ah ee alaabta guriga.
- Fadhiiso / istaag dhibco.
- Isticmaal xaddidan oo agab wadaag ah
- Gacmo dhaqid joogto ah
- Maaskaro ayaa loo baahan yahay.

### Grades 7-8

- Ardaydu waxay wax ku bartaan kooxo koox.
- Kuraas kala durugsan si loo kala fogeya bulshada.
- Loogu talagay Chromebook-ka maalin kasta.
- Isticmaal xaddidan oo agab wadaag ah
- Ardayda ayaa ku sii jiraya fasalka lagu meeleeeyay, macallimiintuna way wareegaan.
- Maaskaro ayaa loo baahan yahay.

### Grades 9-12

- Chromebook loogu talagalay maalin kasta.
- Alwaaxyo ayaa kala durugsan fogeynta bulshada.
- Goobaha waxbarasho ee ardayda ayaa jeermis galay inta udhaxeysa xiisadaha fasalka.
- Maaskaro ayaa loo baahan yahay.
- Hallways-ka ayaa loo calaamadayn doonaa inuu hago socodka ardayda.

# Barasha iskuulka la tagaayo

0-9 cases: Everyone; 10-19 cases: Elementary

## Jadwalka Tusaalaha Muhiimka ah ee Fasalka

### Jadwalka dugsiga hoose

Ahmiyadaha waxbarashadda Badbaadada, barashada shucuurta bulshada, hormarinta xirfadaha barashada is-toosinta, heerarka aqoonta mudnaanta.

- Ardaydu waxay u joogaan koox kooxeed maalinta oo dhan.
- Quraac iyo Qadada fasalka.
- Waqtiga bannaanka waxaa ku jiri kara “waji xidhka.”
- Maalin gaaban
- Diyaargarow firfircoon oo loogu talagalay barashada isku-dhafan.

### Jadwalka waxbarasho ee dugsiga hoose

|            |                         |
|------------|-------------------------|
| 8:00 am    | Arrival / Breakfast     |
| 30 minutes | Morning Meeting         |
| 75 minutes | Math                    |
| 30 minutes | Movement, Music, or Art |
| 15 minutes | Read Aloud / Snack      |
| 75 minutes | Reading                 |
| 30 minutes | Lunch in Classroom      |
| 30 minutes | Recess / Outdoor Time   |
| 30 minutes | Writing Workshop        |
| 1:40 pm    | Students Depart         |

### Jadwalka waxbarasho ee dugsiga dhexe

- Ardaydu waxay ku nagaan doonaan fasaladooda loo qoondeeyay macallimiintuna waxay u wareegi doonaan ardayda.
- Meelaynta gaarka ah ee jadwalka ayaa loo qaddarin doonaa ardayda leh baahiyo aad u sareeya sida lagu caddeeyay IEP.

### Jadwalka waxbarasho ee dugsiga sare

- Ardayda waxay lahaan doonaan jadwal caadi ah ka dib taxaddar dheeraad ah oo amniga la xiriira.

## Waxbarashada isku dhafka ah

10-19 cases: Secondary; 20-29 cases: Everyone; 30-49 cases: Elementary

### Barashada isku dhafka ah

Haddii qadarka kiisaska bulshada uu ka sarreeyo 10 sare ama ka sare 20 ee dugsiga hoose, waxaan ku jiri doonnaa qaab waxbarasho oo isku-dhafaan. Dugsiga Dadweynaha ee Moorhead, waxaan u abuuray qorshe badbaado iyo hal abuur leh shaqsi ahaan iyo barashada masaafada ah. Qaababka barashada isku-dhafka ah, kaliya 50% awooda fasalada 'iyo basaska' ayaa loo isticmaalaa si loo bixiyo jahawareerka ugu badan ee bulshada ardaydana ay la galaan jadwal wax laga badalay.



Shaqada iskuulka waxaa lagu dhammeystiraa iyadoo la adeegsanayo aaladaha shaqsigga iyo masaafada barashada masaafada ee talantaaliga ah (A ama B) maalmood.



Jadwalka ardayda ayaa xaddidaya tirada ardayda ee dhaqdhaqaaqa ku socota inta lagu jiro maalin.



Ardaydu waxay ku xaadiraan iskuulka iyadoo jadwalka wax laga badalay.



Qaabka tixgelinta qoyska - ardayda isla qoys ah oo la siinayo jadwal isku mid ah.



Shuruudo adag oo fogeynta bulshada ayaa la fulinayaa.



Fasallo la dhimay iyo tirada caruurta basaska ayaa jira.

- **Jadwalka A / B macnaheedu wuxuu yahay kala badh jirka ardayda ayaa xaadira maalin loo qabtay.**



# Barashada isku dhafka ah

10-19 cases: Secondary; 20-29 cases: Everyone; 30-49 cases: Elementary

## *Jadwalka Kooban ee Degmada*











### Track A

#### Week A

Monday, Tuesday, Wednesday: In-Person learning  
Thursday, Friday: Distance learning

#### Week B

Monday, Tuesday: In-Person learning  
Wednesday, Thursday, Friday: Distance learning

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
|   |   |   |   |   |
|  |  |  |  |  |

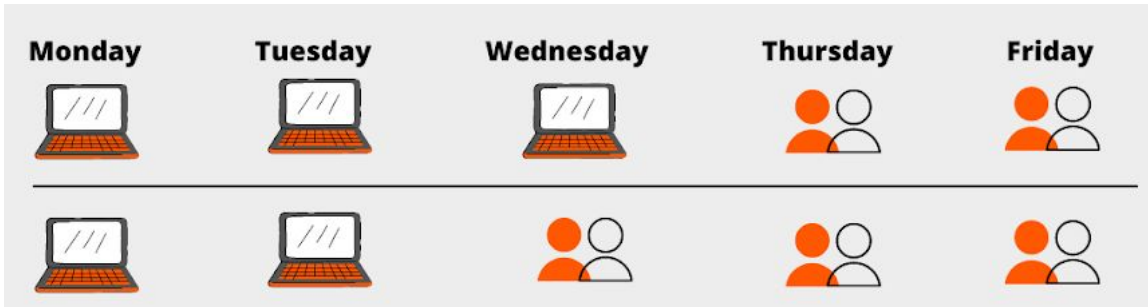
### Track B

# Week A

Monday, Tuesday, Wednesday: Distance learning  
Thursday, Friday: In-Person learning

# Week B

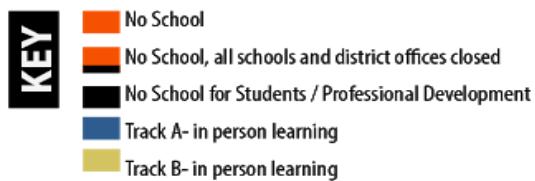
Monday, Tuesday: Distance learning  
Wednesday, Thursday, Friday: In-Person learning



## Barashada isku dhafka ah

10-19 cases: Secondary; 20-29 cases: Everyone; 30-49 cases: Elementary

### Sample Calendar



***Maalinta waxbarida waxaa lagu soo gaabiyey hal saac jadwalka AAABB / AABBB  
u diyaarinta macalinka iyo qorsheynta.***

# Waxbarashada isku dhafka ah

10-19 cases: Secondary; 20-29 cases: Everyone; 30-49 cases: Elementary

## Qaab dhismeedka fasalka

### Preschool

- Ku xaddid tirada fasalka 15 arday.
- Isku-dubbaridid la-isku-waayey / soo-qaatay hab-nidaamiyaha.
- Alaabta lagu ciyaaro oo ku kooban isticmaalka hal fasal oo la nadiifiyo fadhi kasta ka dib.

### Grades K-6

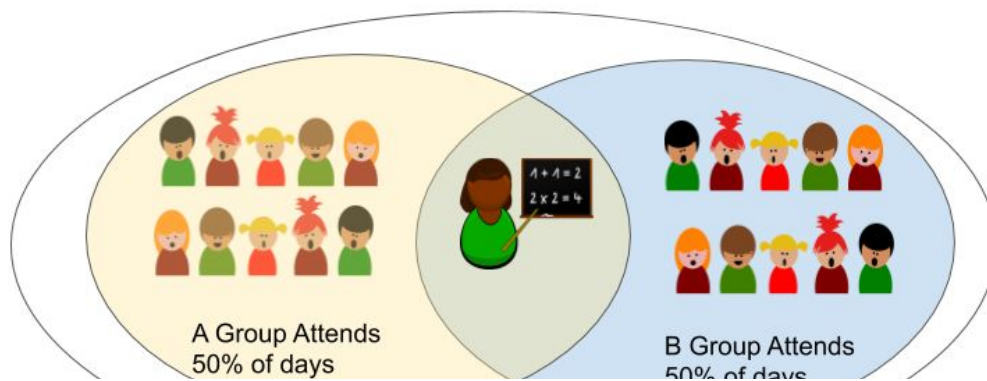
- Istimaaalka istiraatiijiyadeed ee booska.
- T kooxaha ayaa hoos loo dhigay 50%.
- Meelaynta istiraatiijiga ah ee alaabta guriga.
- Fadhiiso / istaag baro
- Istimaaalka xadidan ee qalabka la wadaago.
- Dhaqid joogto ah.
- Maaskarada loo baahan yahay.

### Grades 7-8

- Chromebooks loogu talagalay isticmaalka maalin kasta.
- Ku sii jir fasallada loo qoondeeyey macallimiintuna way wareegayaan.
- Miisasku way kala fogyihiin kala fogaynta bulshada.
- Maaskarada loo baahan yahay.
- Istimaaalka xadidan ee qalabka la wadaago.

### Grades 9-12

- Chromebooks loogu talagalay isticmaalka maalin kasta.
- Miisasku way kala fogyihiin kala fogaynta bulshada.
- Meelaha wax lagu barto ardayda ayaa jeermis dil lagu sameeyay xilliyada fasallada.
- Maaskarada loo baahan yahay.
- Hallways-ka ayaa loo calaamadayn doonaa inuu hago socodka ardayda.



# Waxbarashada isku dhafka ah

10-19 cases: Secondary; 20-29 cases: Everyone; 30-49 cases: Elementary

## Jadwalka Tusaalaha Muhiimka ah ee Fasalka

### Jadwalka tusaalaha dugsiga hoose

#### Maalinta dugsiga

Ahmiyada waxbarasho

Badqabka, Barashada  
Dareenka Bulshada,  
horumarinta xirfadaha  
xirfadaha barashada ee  
is-haga, heerarka mudnaanta  
tacliinta

- Ardaydu waxay ku sii jiraan kooxo kooxeed maalintii oo dhan.
- Quraac iyo Qadada fasalka.
- Waqtiga bannaanka waxaa ku jiri kara “waji xidhka.”
- Maalin gaabin.
- Diyaargarow firfircoon oo loogu talagalay barashada masaafada

### Elementary On Site Sample Schedule

|            |                                |
|------------|--------------------------------|
| 8:00 am    | Arrival / Breakfast            |
| 30 minutes | Morning Meeting                |
| 75 minutes | Math                           |
| 30 minutes | Phy Ed, Music or Art - Push In |
| 15 minutes | Read Aloud / Snack             |
| 75 minutes | Reading                        |
| 30 minutes | Lunch in Classroom             |
| 30 minutes | Recess / Outdoor Time          |
| 30 minutes | Writing Workshop               |
| 1:40 pm    | Students Depart                |

# Barashada isku dhafka ah

10-19 cases: Secondary; 20-29 cases: Everyone; 30-49 cases: Elementary

## Maalinta Guriga

- Waxbarashadu waxay ka dhacdaa dugsiga gudihiisa.
- Isku darka barashada tikniyoolajiyadda iyo la'aanteed.
- Waxay kordhisaa waxbarashada shaqsiga ah.
- Adeegyada Tier II iyo EL iyo xoogaa SPED.

## Elementary Off Site Sample Schedule

|                   |   |
|-------------------|---|
| 30 minutes        | Morning Message / Breakfast               |
| 30 minutes        | Dream Box Online                          |
| 30 minutes        | Math Work Places Extensions               |
| 30 minutes        | Movement / Outdoor Break Time             |
| 30 minutes        | Lexia Core 5 Online                       |
| 30 minutes        | Independent Reading / Literacy Choice     |
| 30 minutes        | Lunch                                     |
| 30 minutes        | Writing Workshop Extensions               |
| 30 minutes        | Phy. Ed., Music, or Art                   |
| 30 minutes        | Project Based Learning / Inquiry Projects |
| Learning Day Ends |   |

# Barashada isku dhafka ah

10-19 cases: Secondary; 20-29 cases: Everyone; 30-49 cases: Elementary

## Tusaale Jadwalka dugsiga dhexe

- 
- Ardaydu waxay ku nagaan doonaan fasaladooda loo qoondeeyay macallimiintuna waxay u wareegi doonaan ardayda.
- Qoysaska K-12 waxaa loo xilsaarayaa inay iskuul yimaadaan isla maalintaas.
- Meelaynta gaarka ah ee jadwalka ayaa loo qaddarin doonaa ardayda leh baahiyo aad u sareeya sida lagu caddeeyay IEP.
- K-6 waxay raaci doontaa nidaamka waxbarashada dugsiga hoose halka 7-12 ay raacidoonto heerka waxbarasho ee dugsiga sare.

| Grade 5 Sample Schedule                    |  |                                   |                       |
|--|--|-----------------------------------|-----------------------|
| <b>Start Time</b><br>7:45 a.m.             |  | <b>Read Aloud</b><br>20 min       |                       |
| <b>Attendance/Breakfast</b><br>7:45 - 7:50 |  | <b>Teacher Swap</b>               |                       |
| <b>Homeroom Math</b><br>50 min             | <b>Homeroom Reading Workshop</b><br>50 min | <b>Reading Workshop</b><br>50 min | <b>Math</b><br>50 min |
| <b>Connections</b><br>30 min               |  | <b>Number Corner</b><br>20 min    |                       |
| <b>Recess</b><br>20 min                    |  | <b>Writing Workshop</b><br>25 min |                       |
| <b>Lunch</b><br>30 min                     |  | <b>Science/Social</b><br>35 min   |                       |
| <b>Student Dismissal</b><br>1:20 p.m.      |  |                                   |                       |

# Barashada isku dhafka ah

10-19 cases: Secondary; 20-29 cases: Everyone; 30-49 cases: Elementary

## Grade 6 Sample Schedule

### Start Time

7:45

### Attendance/Breakfast

7:45 - 7:50

### Specials

40 min

### Social Studies: Homeroom

60 min

| Rotation 1                       | Rotation 1           | Rotation 1           | Rotation 1           | Rotation 1           | Rotation 1           |
|----------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| <b>Math</b>                      | <b>Language Arts</b> | <b>Science</b>       | <b>Math</b>          | <b>Language Arts</b> | <b>Science</b>       |
| 55 min                           | 55 min               | 55 min               | 55 min               | 55 min               | 55 min               |
| <b>Connections</b><br>30 min     |                      |                      |                      |                      |                      |
| <b>Lunch</b><br>30 min           |                      |                      |                      |                      |                      |
| Rotation 2                       | Rotation 2           | Rotation 2           | Rotation 2           | Rotation 2           | Rotation 2           |
| <b>Language Arts</b>             | <b>Science</b>       | <b>Math</b>          | <b>Language Arts</b> | <b>Science</b>       | <b>Math</b>          |
| 55 min                           | 55 min               | 55 min               | 55 min               | 55 min               | 55 min               |
| <b>Recess</b><br>20 min          |                      |                      |                      |                      |                      |
| Rotation 3                       | Rotation 3           | Rotation 3           | Rotation 3           | Rotation 3           | Rotation 3           |
| <b>Science</b>                   | <b>Math</b>          | <b>Language Arts</b> | <b>Science</b>       | <b>Math</b>          | <b>Language Arts</b> |
| 55 min                           | 55 min               | 55 min               | 55 min               | 55 min               | 55 min               |
| <b>Student Dismissal</b><br>1:20 |                      |                      |                      |                      |                      |



# Barashada isku dhafka ah

10-19 cases: Secondary; 20-29 cases: Everyone; 30-49 cases: Elementary

## Grade 7-8 Sample Schedule

|                          | Period 1       | Period 2       | Period 3       | Period 4       | Lunch   | Period 5       | Period 6 (Advising) |
|--------------------------|----------------|----------------|----------------|----------------|---------|----------------|---------------------|
| <b>362 (Room 1)</b>      | Language Arts  | Exploratory    | Science        | Math           | Covered | Social Studies | Language Arts       |
| <b>363 (Room 2)</b>      | Social Studies | Language Arts  | Exploratory    | Science        | Covered | Math           | Social Studies      |
| <b>364 (Room 3)</b>      | Math           | Social Studies | Language Arts  | Exploratory    | Covered | Science        | Math                |
| <b>365 (Room 4)</b>      | Science        | Math           | Social Studies | Language Arts  | Covered | Exploratory    | Science             |
| <b>216 (Room 5) open</b> | Exploratory    | Science        | Math           | Social Studies | Covered | Language Arts  | Exploratory         |

|               |               |       |               |
|---------------|---------------|-------|---------------|
| Bell Schedule |               | Lunch | 11:40 - 12:10 |
| P1            | 9:05 - 10:00  | P4    | 12:10 - 1:00  |
| P2            | 10:00 - 10:50 | P5    | 1:00 - 1:50   |
| P3            | 10:50 - 11:40 | P6    | 1:50 - 2:50   |

### Hawlaha curuurta dugsiya dhexe ee maalmaha guriga

- Akhris Madaxbanaan
- Waxqabadyada kordhinta ku saleysan maadada
- Casharada La Furay
- Fursadaha Muusikada Shakhsiyeed
- Fursadaha Waxbarasho Jirka
- Mashruucyada baaritaanka
- Adeegyada Tier II iyo EL iyo xoogaa SPED

# Barashada isku dhafka ah

10-19 cases: Secondary; 20-29 cases: Everyone; 30-49 cases: Elementary

## High School Sample Schedule

- Ardayda waxaa lagu qori doonaa mid ka mid ah labada koox (A / B) kooxahaasna waxaa loo qoondeyn doonaa maalmo la filayo inay jir ahaan dugsiga u xaadiraan.
- Hoyga jadwalka waxaa loo tixgelin doonaa ardayda leh baahiyaha sare sida ay tilmaameen maamulka, macallimiinta iyo lataliyayaasha.
- Fasalada maqaarka ah waxay qaadan doonaan ilaa 38 daqiiqo, fasallada xannibkuna waxay noqon doonaan 80 daqiiqo.
- Qadada: Xidhnaa Campus waxaana loo adeegsaday hoosta tilmaamaha masaafada jireed.
- Xulashada waa la qiimeynayaa. Go'aanno ayaa laga qaadan doonaa waxa la doorto ee la bixin doono iyadoo lagu saleynayo haddii fasalka lagu qaban karo iyadoo la qaadayo tallaabooyin nabadgelyo.

| Tusaale jadwalka dugsiga sare             |  |
|---|--|
| <b>1st period:</b><br>8:25 - 9:02 am      | <b>Block 1:</b><br>8:25 - 9:45 am                            |
| <b>2nd period:</b><br>9:07 - 9:45 am      |  |
| <b>3rd period:</b><br>9:50 - 10:27 am     | <b>Block 2:</b><br>9:50 - 11:10 am                           |
| <b>4th period:</b><br>10:32 - 11:10 am    |  |
| <b>5th period:</b><br>11:15 - 11:52 am    | <b>Block 3:</b><br>11:15 am - 12:35 pm OR<br>11:40 am - 1 pm |
| <b>6th period:</b><br>11:57 am - 12:35 pm |  |
| <b>7th period:</b><br>1:05 - 1:42 pm      | <b>Block 4:</b><br>1:05 - 2:25 pm                            |
| <b>8th period:</b><br>1:47 - 2:25 pm      |  |

# Barashada isku dhafka ah

10-19 cases: Secondary; 20-29 cases: Everyone; 30-49 cases: Elementary

## Waxqabadka caruurta dugsiga sare ee maalinta guriga

- Akhriska iyadoo loo diyaargarobayo wadahal qof ahaaneed ama ka qeybgalka qoraallada wada hadalka ee internetka lala yeesho asxaabta
- Daawashada muxaadaroyinka la duubay, qorista qoraallada, iyo diyaarinta qodobbada jahwareerka ee lagala hadlayo macallimiinta maalinta ku xigta
- Waxqabadyada milicsiga ee ka dambeeya shaybaarrada ama waxqabadyada kale ee wax lagu weyddiiyo inta lagu jiro waxbarashada shaqsiga ah
- Cilmi baaris
- Qorista

## Tusaale jadwalka waxbarashada kale

Iyada oo ay ugu wacan tahay tirada fasalka oo yar awgeed, weecinta bulshada ayaa u oggolaaneysa ardayda inay galaan shaqsi ahaan shan maalmood usbuucii. Waxbarashada kale ma raaci doonto jadwalka A / B sida Moorhead High School.

### ● Red River Area Learning Center

- Maalinta iskuulka ayaa bilaaban doonta 9-ka subaxnimo waxaana shaqada laga eryi doonaa 3:30 pm.
- Diiraddu waxay ku saleysan tahay xudunta, koorsooyinka loo baahan yahay ee qalinjabinta.
- Xulashada qaarkood ayaa wali lagu bixin doonaa PE, Caafimaadka iyo Farshaxanka.
- Isku darka kooxdu way xadidi doontaa.

### ● West Central Academy

- Waxay ilaalin doontaa jadwalka hadda jira.

# Barashada masaafada fog 2.0

30-49 cases: Secondary; 50+ cases: Everyone

## Barashada masaafada fog 2.0

Haddii bulshada tiradeedo gaadho 30+ dugsi sare ama 50+ dugsi hoose, waxaan u dhaqaaqi doonnaa qaabka barashada masaafada oo waxaan kusii jiri doonnaa qaabkaas ugu yaraan labo usbuuc si aan u fududeyno wareegga fiditaanka COVID-19 oo buuxa. Dugsiyada Dadweynaha ee Moorhead, waxaan diyaarinay qorsheyaal tilmaam oo u oggolaanaya macno, waxbarasho laxiriirta inay ku dhacdo moodel masaafada fog. Jawiga barashada masaafada, dhammaan shaqooyinka tacliinta waxaa lagu dhammeystiraa guriga. Ardaydu waxay heli doonaan tilmaamo iyaga oo adeegsanaya macalinkooda maalinlaha ah. Imaatinka maalinlaha ah ayaa loo baahan yahay cabirka imaanshaha waxaa horseedi doona kaqaybgalka kalfadhiga maalinlaha ah iyo dhammaystirka meeleynta. Qalafsanaanta tacliimeed waxay u dhigantaa waxbarashada shaqsiyeed waxayna la kulmi doontaa shuruudaha heerarka tacliimeed. Waxaa naga go'an inaan hubinno in arday walba uu helo waxbarasho loo siman yahay oo loo siman yahay helitaanka barashada iyo waxbarista inta dugsiyadu xiran yihiin.



Dhammaan shaqooyinka tacliinta waa la dhammaystiray guriga.



Qalabaynta tacliinta oo u dhiganta waxbarashada gofka.



xaadirin maalinlaha ah ayaa loo baahan doonaa.



Tilmaamaha waxaa ka mid ah isdhexgalka maalinlaha ah ee macalinka iyo ardayga.



Habka barashada fogaanta ayaa socon doonta ugu yaraan 2 toddobaad si loo fududeeyo wareegga buuxa ee COVID-19.



Xaadirin ay hogaamineyso kaqaybgalka fadhiga maalinlaha ah iyo dhameystirka meeleynta.

# Spud Academy

Barashada masaafada fog ayada oo an loo eegin kiisaska

## Spud Academy

Iskuulada Dadweynaha ee Moorhead waxay ku faraxsan yihiin inay soo bandhigaan Spud Academy, loogu talagalay ardayda K-12 ee doorbida ikhtiyaarka barashada masaafada inta lagu jiro sanad dugsiyeedka 2020-21. Xulashadan waa la heli karaa iyadoon loo eegeyn go'aanka degmada ee ku laabashada dugsiga shaqsi ahaan, isku dhexjir ama muuqaal masaafo dheer.

Waxaan aqoonsannahay caqabadaha COVID-19 masiibada ah ay u keento ardayda, shaqaalaha iyo qoysaska, waxaan u naqshadeyneynaa Spud Academy inay ku siiso bedel qiimo leh oo ah iskuul dhigashada dugsiga.

Iyada oo la waafajinayo tilmaamaha Waaxda Waxbarshada Minnesota (MDE), barnaamijkeena wuxuu siin doonaa ardayda wax barata dhamaan heerarka looga baahanyahay Gobolka Minnesota, Barteyaalka Af Ingiriisiga (EL) iyo adeegyada Waxbarashada Gaarka ah, fursadaha kaladuwanaanta iyo inbadan. Wax kasta oo jira IEPs iyo 504s waxaa laga yaabaa inay u baahdaan in dib loo eego ka hor bilowga diiwaangelinta ee Spud Academy haddii luuqad gaar ah iyo / ama adeegyadu aysan ku habooneyn barashada internetka.

Ardayda ku jirta darajooyinka K-12 waxay ku dhammeyn doonaan casharro ku saabsan bey'ad casri ah, oo ay la shaqeynayaan macallimiinta iyo shaqaalaha kale ee taageerada maalin kasta iyada oo loo marayo isku-xirnaan (laba-qaab, waqti-toos ah / live) iyo isku-dheellitirnaan (loo qorsheeyay isticmaale kasta si shaqsi ahaaneed si uu u buuxiyo baahiyaha). Ardayda waxay adeegsan doonaan aalado dhijitaal ah iyo arjiyada la heli karo iyaga oo adeegsanaya degmo ay ku yaalliin Chromebook.

Baahida shucuurta bulsheed ee ardayda waa qeyb muhiim ah oo ka ah nooc kasta oo wax lagu barto MAPS. Hawlaha dhismaha isku xirka ee taageeraya ardayga macalinka, ardayga ilaa xariirka

ardayga iyo xiriirka macalinka iyo xiriirka qoyska iyo waliba baaritaano isdaba joog ah ayaa qeyb ka noqon doona barnaamijka barida.

**Iyadoo qayb ka ah Spud Academy, ardayda kaqeybqaadata waxay:**

- U go'id diiwaan gelinta simistarka dheer. Ardaydu waxay ku sii nagaan doonaan iskuulada Spud Academy iyada oo aan loo eegin nooca wax barashada ee degmadu kujirto.
- Ka go'antahay imaatinka maalin kasta iyo kaqeybgalka koorsooyin kasta.
- Hayso macalin heersare ah iyo kooxo waxbarasho oo isdaba joog ah oo fasalada isku xirta iyo lataliye macalin oo ka mid ah fasalada asynchronous-ka ah.
- Maalin kasta la yeelo macallimiinta isla markaana xiriir is-weydaarsi joogta ah la yeelaya asxaabta.
- Samee jadwal fasal maalinle ah oo habaysan.
- Kaqeybgal waxbarashadda tacliimeed ee isla siman adkeysiga waxbarashada shaqsi ahaan.
- La kulan dhamaan heerarka fasalka iyo heerarka qalin jabinta Minnesota.

## Spud Academy

Barashada masaafada fog iyada oo an loo egeynin kiisaska

- Kasbo darajo ku saleysan dhammaystirka casharka. Darajooyinka horumarka waxaa lagu soo wargelin doonaa xilliyada si joogto ah loo qorsheeyey ee buundooyinka.
- Hel adeegyo taageero sida waxbarashadda gaadhka ah iyo adeegyada Luqadda Ingiriisiga ee jawiga waxbarasho masaafada fog.
- Waxay ubaahantahay feejignaan ku haboon qoyska iyo taageerada laxiriirta shaqadooda tacliimeed, iyadoo kuxiran da'da ardayga.

# Special Populations

Return to Learn | Moorhead Area Public Schools

## Dadka gaarka ah

### Waxbarashada gaarka ah

#### Adeegyada

- Waxaa loo sii wadaayaa in la siiyo dhammaan ardayda haatan helaya adeegyada.
- Waxaa lagu bixin doonaa dugsiga iyo masaafada wax lagu barto.
- Diyaarino waxbarasho duwan ayaa loo sameyn doonaa ardayda leh baahiyo daryeel caafimaad oo gaar ah hadba sida loogu baahdo si loo yareeyo halista ay ugu jiraan soo-gaadhista COVID-19.

#### Qiimeynta

- Waxaa loo qaban doonaa ardayda loo soo gudbiyey iyo kuwa u baahan dib-u-qiimeyn si ay u sii wadaan helitaanka adeegyada.
- Qiimeynta waa la dhameystiri doonaa ama loo sameyn doonaa ardaydaas aan la qiimeynin gu'gii la soo dhaafay sababtuna tahay Gobolka oo iskuullada u weecinaya barashada fog.

#### Jawiga

- Helitaanka fasallada waxbarashada gaarka ah ayaa dib loo eegi doonaa si ay ula kulmaan hagitaan qalloocsi xagga jidhka ah iyada oo la buuxinayo baahiyaha ardayda shaqsiyeed.

### Kulamada IEP ee Gaarka ah iyo Shirarka 504

- Kulamada waxaa lagu qaban doonaa shir taleefan ama qaab qaabeyn ah si loo xaddido booqdayaasha dhismayaasha dugsiga.

### Waraaqaha Nidaamka Xuquuqda Shakhsiga ee Waxbarashada Gaarka ah

- Waalidiintu waxay heli doonaan dukumiinti loogu magac daray Qorshaha Waxbarista Khilaafaadka kaas oo wax ka beddelaya IEP-ga ilmahaaga. Waxay sharraxi doontaa isbeddelada adeegyada waxbarashada gaarka ah iyo taageerooyinka dhaqan galaya ee sedexda shaydoo dhan loo adeegsado (Barashada Qofka, Barashada Iskuulka, iyo masaafada fog).

## **Ardayda barata luqada ingriiska**

Degmadu waxay u heellan tahay inay taageerto Barteyaalka Af Ingiriisiga si loogu guuleysto jawiga barashada masaafada. Koox turjubaanno gudaha ah ayaa loo tababaray oo loo diyaariyey inay u tarjumaan ardayda, shaqaalaha iyo qoysaska.

- Adeegyada “EL” waxaa loo waafajin doonaa si ay uga tarjumaan qaabka waxbarashada.
- Macallimiinta “EL” waxay la xiriiri doonaan qoysaska iyo ardayda si ay u go'aamiyaan hantida iyo baahiyaha ku jira qaab waxbarasho isku-dhafan ama masaafad ah.
- Xiriirka tooska ah ee ardayda iyo waalidiinta waxaa lagu sameyn doonaa iyadoo la adeegsanayo cod, video iyo qaabab kale oo elektaroonig ah.
- Isgaarsiinta waxaa lagu tarjumi doonaa afka guriga, hadba sida loogu baahdo.

## **Native American**

Gudiga waalidiinta ee Moorhead Indian Education iyo Liaisons waxay fursad u heleen in ay si wada jir ah dib u eegis ugu sameeyaan oo ay jawaab uga bixiyaan sedexda qaab ee barashada loogu talagalay MAPS Return to Learning Plan. Xiriirinta Waxbarashada Hindida ayaa loo heli doonaa taageerada qoysaska dhammaan qaababka waxbarasho.



# Health Services

Return to Learn | Moorhead Area Public Schools

## Adeegyada caafimaad

### Weji daboolka

U hoggaansanaanta Amarka Fulinta ee 20-81, dhammaan shaqaalaha iyo ardayda ka weyn da'da 5 waa inay xirtaan wejiga-dugsiga dhexdiisa iyo basaska.



- Waa inuu si buuxda u daboolaa sanko iyo afka.
- Difaaca wejiga ma ahan bedel la aqbali karo oo loogu talagalay daboolida wajiga laakiin waa la gashan karaa iyadoo lala socdo ilaalin dheeraad ah.
- Maaskaro ayaa lagu daray liistada bixinta ardayda. Ardayda ayaa la weydiisan doonaa inay dugsiga la yimaadaan waji-bixinno. Degmadu waxay lahaan doontaa maaskaro loogu talagalay ardayda haddii loo baahdo.
- Waaxda Waxbarashada Minnesota waxay siin doontaa hal (1) maaskaro waji wejiga ah mid kasta oo ka mid ah shaqaalaha iskuulka iyo ardayda.
- Degmadu waxay bixin doontaa hal (1) waji daboolid xubin kastoo shaqaale ah.
- Maaskaro la isticmaali karo ayaa loo heli doonaa booqdayaasha, shaqaalaha iyo ardayda haddii loo baahdo.
- Difaaca wejiga ayaa loo heli doonaa macallimiinta iyo shaqaalaha cayiman oo la cayimay waana la heli karaa haddii la codsado.
- Degmadu waxay la shaqeyn doontaa shaqsiyaadka shaqsiyaadka iyo ardayda aan u dulqaadan karin waji-gudubka sharciga awgood [health reasons](#).
- [MAPS FAQ: Face Coverings](#)

## Wasaarada caafimadka ee Minnesota

Si loo fududeeyo culayska saaran reer Minnesota ee aan awoodi karin inay daboosho maaskaro ama si fudud ay u helaan mid (sida sahaydii ugu dambeysay), Gobolku wuxuu iskaashi la sameynayaa hay'adaha si loo qaybiyo in ka badan 300,000 oo dib-loo-isticmaali karo, oo ah maaskaro maro ah. Maaskarada ayaa loo qaybiyaa guud ahaan gobolka ururada bulshada, bangiyada cuntada, wakaaladaha aagga, iyo bixiyeyaasha guryaha la awoodi karo. Qaybtan hal-mar ah waxay u oggolaan doontaa ururada iyo bixiyeyaasha awood u leh inay u qaybiyaan maaskaro kuwa ay u adeegayaan. Urur kastaa ayaa mas'uul ka ah go'aaminta sida loo qaybiyo maaskaro - fadlan hoos ka fiiri hay'adda kuugu dhow.

|                                     |                          |                    |
|-------------------------------------|--------------------------|--------------------|
| Great Plains Food Bank              | 1720 3rd Ave N           | Fargo, ND 58102    |
| Community Health Services Inc. (HC) | 810 4th Ave S, Suite 101 | Moorhead, MN 56560 |

## Gacmo Dhaqis

Jadwalka joogtada ah ee nadaafadda gacanta ayaa loo dhisi doonaa jadwalka dugsiga maalinlaha ah ee loogu talagalay dhammaan ardayda iyo shaqaalaha, oo ay ku jiraan gacmo-dhaqashada iyo fayadhowrka fayadhowrka inta lagu jiro iyo inta u dhexeysa nashaadaadka fasalka.

- Bar oo ku xooji gacma-dhaqidda saabuun iyo biyo ugu yaraan 20 sekan iyo / ama isticmaalka aaminka ah ee nadiifiye gacmo-gacmeed oo ay ku jiraan ugu yaraan 60% aalkolo
- Kormeerka isticmaalka nadiifinta gacmaha ee ardayda
- Hubso in carruurta iyo shaqaalaha dareenka u leh nadiifiyeyaasha gacmaha ay isticmaali karaan saabuun iyo biyo
- Adkee gacmaha maydhista inta lagu jiro waqtiyada muhiimka ah

## Baaritaan Caafimaad

Tilmaam kasta oo ka socota Xarumaha Xakamaynta Cudurrada, Degmadu ma isticmaali doonto goobta [mass screening](#).

## Nidaamka baaritaan ee ardayda

Qoysasku waxay heli doonaan xasuusin qoraal ah oo maalinle ah si ay u qiimeeyaan astaamaha una joogaan guriga hadii ay qabaan mid ka mid ah calaamadaha hada lagu taxay

[MDH Decision Tree for People with COVID Symptoms in Youth, Schools and Childcare Programs](#)

- Markii aad ogaysiineyso iskuulka maqnaanshaha cunuga fadlan u sheeg xogheyaha calaamadaha saxda ah ee canuggaaga hayo.
- Ardayda waxaa lagu meelaynayaa waqtiyada imaatinka la buunbuunsan yahay iyo albaab gaar ah oo ay galaan.

- Baaraha ayaa fiirin doona heerkulka hal albaab maalin kasta sidaa darteed loo hubiyo kormeerka caafimaadka bulshada, iyadoo la siinayo xog sir ah oo xaddideysa isu imaatinka kooxda.
- Ardayda loo aqoonsado inay heerkul leeyihiin waxaa loo diri doonaa xafiiska caafimaadka, waxay sugi doonaan 15 daqiiqo oo teknolojiyada caafimaadka ayaa dib ufiirin doonta heerkulkooda.
- Haddii ay kusii wadaan heerkul sare, farsamada caafimaadku waxay raaci doontaa nidaamka Adeegyada Caafimaadka.
- Haddii heerkulku xalliyey waxay ku noqon karaan fasalka.

Intaa waxaa sii dheer, ardayda aan awoodin inay xirtaan maaskaro, oo ku lug leh dabeecado khatar sare leh ama leh daryeel shaqsiyadeed oo u baahan heerar sare ee xiriir dhow ayaa heli doona baaritaan heerkul maalin kasta.

### **Nidaamka baaritaan ee shaqaalaha**

Shaqaaluhu waxay heli doonaan xasuusin qoraal ah oo maalinle ah si ay u qiimeeyaan astaamaha oo ay guriga joogaan haddii ay qabaan mid ka mid ah calaamadaha hadda lagu taxay

[MDH Decision Tree for People with Covid Symptoms in Youth, Schools and Childcare Programs.](#)

- Shaqaalaha waa in ay raacan [Employee Exposure Plan](#).

### **Nidaamka baaritaan ee qofka booqanaya**

In kasta oo aan u mahadnaqno kaqeybgalka bulshada ee iskuuladeena, booqdeyaasha inta lagu jiro maalinta iskuulka aad bey u xadidnaan doonaan. Isku day ayaa la sameyn doonaa si loo dhiso iskaashi ku dhawaad.

- Soo booqdayaasha dhismayaasha degmada waxaa loo ogolaan doonaa ballan oo keliya.
- Haddii ay jiraan duruufo qotodheer oo u baahan booqde inuu ku dhex jiro dhismaha dugsiga waa inay:
  - Xidho maro daboosho wejiga marwalba si waafaqsan Amarka Fulinta 20-81;
  - Su'aalo baadhitaan oo dhammaystiran oo lala yeesho kaaliyaha maamulka;
  - Bixiyaan macluumaadka lagaala xiriirayo wixii ku saabsan dabagalka caafimaadka guud ee lagama maarmaanka ah;
  - Geliso waqtigooda saxda ah dhismaha iyo dibedda dhismaha iyo dhammaan goobaha la booqday, oo ay ku jiraan musqulaha la isticmaalo iwm;
  - Raac dhammaan siyaasadaha iyo nidaamyada Dugsiga Dadweynaha ee Moorhead, oo ay ku jiraan kuwa loogu talagalay in lagu maareeyo xakameynta cudurka.



# At Home COVID-19 Symptom Screening



## Step 1: Screening

All students and staff should assess, asking:

- Do you have a fever?
- Have you had a fever since you were last at school?
- Do you have a new cough?
- Do you feel short of breath?
- Does anyone at your house have COVID-19?
- Is anyone at your house waiting for the results of a COVID-19 test?

**Yes to any of Step 1 Questions?**

**SOLUTION**  
Student/staff stays home.

**No to all of Step 1 questions?**

## Step 2: Screening

All students and staff should assess, asking:

- Do you have chills?
- Do you have muscle aches?
- Do you have a sore throat?

## Situation 1

A student or staff member exhibits COVID-19 symptoms. See list of symptoms.

### HEALTH SERVICES ACTIONS

- Contact health services supervisor at [health.services@moorheadschools.org](mailto:health.services@moorheadschools.org) or 218-284-3811
- Isolate ill person from well people
- Ill person and nurse will don surgical mask
- Student/staff and their school household contacts sent home.
- Student/staff instructed to get tested
- Isolate for at least 10 days from symptom onset AND 24 hours after no fever, AND symptoms are improving.
- Household contacts including siblings of symptomatic persons must quarantine for 14 days.

### COMMUNICATION

- Send symptomatic letter for symptomatic individual.
- If staff member, notify Human Resources.

## Situation 2

A student or staff member are household contacts of a positive case.

### HEALTH SERVICES ACTIONS

- Contact health services supervisor at [health.services@moorheadschools.org](mailto:health.services@moorheadschools.org) or 218-284-3811
- Student/staff sent home
- Student/staff instructed to get tested
- Student/staff instructed to quarantine, even if they test negative for a full 14 days after date of last exposure to COVID-19 positive household contact.
- If student/staff close contact becomes symptomatic their minimum 10 day isolation starts on date of symptom onset.

### COMMUNICATION

- Send close contact letter to all identified close contacts.
- Communicate transition to 14 days of distance learning
- If staff member, notify Human Resources.

## Situation 3

A student or staff member tests positive for COVID-19.

### HEALTH SERVICES ACTIONS

- Contact health services supervisor at [health.services@moorheadschools.org](mailto:health.services@moorheadschools.org) or 218-284-3811
- Isolate positive person and send home immediately if present at school.
- Student/staff instructed to isolate for a minimum of 10 days AND no fever for 24 hours without fever reducing agents AND improvements of other symptoms, whichever is longer. (if never symptomatic, isolate for
- Household contacts including siblings of symptomatic persons must quarantine for 14 days.
- School-based close contacts will be identified and instructed to quarantine for 14 days.
- School levels of risk will be determined by health services supervisor in partnership with MDH.10 days after positive test)

### COMMUNICATION

- Health Services will notify Technology to send classroom and bus case letters.
- School close contact identified and interviewed by health services supervisor, instructed to quarantine for 14 days and seek testing on days 5-7.
- Health services supervisor will notify HR, Building Administration and LSN.



# Exposure Planning and Action

Adeegyada caafimaadku waxay la socon doonaan dhammaan kiisaska suurtagalka ah waxayna xaqiijiyeen kiisaska COVID-19. Dhammaan xiriirada dhow iyo kiisaska togan waxay u baahan yihiin in la soo ogeysiyo Clay County Public Health iyo Waaxda Caafimaadka ee Minnesota.

- [MDH Decision Tree](#)
- [MDH- What to do if you are waiting for COVID-19 test results](#)
- [MDH: What to do if you have had close contact with a person with COVID-19](#)
- **waxbarashada**
  - Waxaa la soo dhejin doonaa calaamadaha iyo sida loo soo sheego.
  - Macluumaad iyo waxbarasho ayaa la siin doonaa shaqaalaha, ardayda iyo waalidiinta muhiimada ay leedahay la socoshada astaamaha iyo guriga oo la joogo marka la jiran yahay.
- **Adeegyada Caafimaadka ayaa kormeeri doona dhammaan kiisaska suuragalka ah ee goobta ka jira.**
  - Shakhsiyaadka waa la baari doonaa oo waa laga goyn doonaa goorta la sheegayo astaamaha.
  - Meel u go'an, oo indho indheyn lagu kormeero ayaa la siin doonaa dadka calaamadaha cudurka qaba inta ay sugayaan inay guryahooda ku noqdaan.
  - Shakhsiyaadka sumowga leh iyo kuwa daryeelaba waxay xiran doonaan maaskaro qalliinka.
- **Nidaamka iyo ogeysiinta**
  - Ka dib marka la helo kiis togan, ama joogitaan dheeri ah oo qofka calaamadaha leh, adeegyada caafimaadku waxay la socon doonaan macallinka qoyska iyo macallinka fasalka si loo garto xiriir dhow oo suurtagal ah.
  - Ogeysiinta xiriir dhow oo suurtagal ah, oo ka dhow 6 fiit in ka badan 15 daqiiqo, ayaa ka imaan doonta adeegyada caafimaadka.
  - Haddii xiriir dhow ama tijaabo togan la xaqiijiyo, shaqaalaha iyo ardayda waxaa lagu meelayn karaa karantiil ku tiirsanaanta nooca soo-gaadhista.
  - Qoysasku waxay heli doonaan ogeysiis ku saabsan kiisaska la xaqiijiyay ee fasalada la wadaago ama haddii ay isla markaa baska raacaan. Ogeysiisyadan waxay ku imaan doonaan emayl, waxaa muhiim ah in aan haysanno cinwaanno e-mayl oo cusub oo loogu talagalay waalidiinta iyo mas'uuliyiinta.
- Adeegyada Caafimaadka iyo maamulka dhismuhu waxay ka caawin doonaan ardayda iyo qoysaska leh taageerooyinka loo baahan yahay, sida nafaqada iyo kala-guurka ku-meel-gaarka ah ee barashada masaafada, inta lagu gudajiro.
- Kheyraadka aadamiga wuxuu ku taageeri doonaa shaqaalaha macluumaadka, dejinta iyo ka tegida baahiyaha inta lagu gudajiro.
- [MAPS Exposure Plan](#)

# Safety Protocols

Return to Learn | Moorhead Area Public Schools

## Habmaamuska badqabka

### Calaamadaha badbaadada

Calaamadaha nabadgelyada ayaa lagu dhejin doonaa aagagga muhiimka ah ee dhisme kasta si ay u taageeraan dhaqamada aaminka ah iyo kuwa caafimaad qaba. Calaamadaha waxaa lagu heli doonaa luuqado badan oo ku habboon heerarka horumarka. Tusaalaha saxiixa saxeexa ayaa hoos lagu soo daray.

- Gacmo Dhaqis
  - [MHD-Germ Buster/Hand Washing](#)
- [Kala fogaansho](#)
  - Calaamadeeyaha tilmaamaya 6 'masaafada waxaa lagu meelayn doonaa meelaha fagaarayaasha ah si ay u taageeraan fogeynta bulshada.
  - Calaamadda amniga ayaa lagu dari karaa si kor loogu qaado mashquulka jirka ee ku saleysan xadka awooda baska MDE / MDH.
  - Saxeex jihada waxaa loo adeegsan doonaa sagxadaha si loogu taageero dhaqdhaqaaqa hal jiho iyo ballaca 6 "fogaan.
- [Weji dabool](#)
  - [MAPS FAQ- Face Coverings](#)
- [Stop the Spread of Germs](#)
- [Symptoms](#)

### Cabitaanka biyaha

Goobaha cabitaanka ayaa loo xiri doonaa si loogu isticmaalo shaqaalaha, ardayda iyo booqdayaasha.

Waxyaabaha soo socda ayaa la bixin doonaa:

- Saldhigyada dhalooyinka lagu buuxiyo ayaa ku sii jirayan halkoodi . Shaqaalaha iyo ardayda waxaa lagu dhiirigelinayaa inay keenaan dhalada biyaha ee shaqsiyeed si loogu buuxiyo.
- Hal mar oo la isticmaalo koobab, kuwa aan dhalada biyaha lahayn, waa la siin doonaa.

### **Saldhigyada fayadhowrka iyo caqabadaha ka hortagga**

- Shaqaalaha adeegyada guryuhu waxay ka dhigi doonaan gacmo nadiifiyaha meelaha laga heli karo taraafikada, oo ay ka mid yihiin, laakiin aan ku xaddidnayn meelaha laga soo galo, kafateeriyada iyo jimicsiyada.
- [CDC- When and How to Use Hand Sanitizer in Community Settings](#)
- Xarumaha nadaafadda ayaa sidoo kale lagu meelayn doonaa aagagga ay ka heli karaan agagaarka dhisme dugsi kasta si ay u fududaato marin u helidda iyo fayadhowr guurguura ayaa la heli doonaa.
- Waxyaabaha qashin-qubka ah ee aan taaban taabashada waxaa la dhigayaa aagagga yaraynaya soo-gaadhista.
- Caqabado caag ah oo cad ayaa lagu rakibi doonaa meelaha ay shaqaaluhu si joogto ah ula falgalaan shakhsi ahaan dadweynaha.

### **Abuuritaanka kala fogaansho**

Waxaan ka shaqeyn doonaa sidii aan u abuuri lahayn dad badan inta ugu badan ee suuragalka ah maalinta oo dhan. Meelo ayaa la aqoonsaday, oo lagu qiimeeyay degmada oo dhan. Haddii loo baahdo xaalad waxbarasho oo isku-dhafan, boos ayaa laga helay degmada dhexdeeda iyo bulshada dhexdeeda taas oo loo adeegsan karo tilmaamaha ku saleysan dhismaha iyo degganaanta qolka. Intaa waxaa sii dheer, talaabooyinka soo socda ayaa la qaadi doonaa si loo bixiyo fogaan:

- Ka saarida ama bedelida alaabta si ay u taageeraan fogeynta bulshada;
- Dib-u-habeynta ama u dhaqaaqida meelaha shaqada;
- Dib-u-qaabaynta ama u guuraya barida barasho;
- Kormeer imaatinka iyo shaqo ka eryida si ay u oggolaato fogeyn oo aan u oggolaanin in lagu soo ururiyo goobaha dadweynaha;
- Saxeexyada iyo calaamadaynta sagxadda si loogu meeleeyo 6 "booska dhammaan meelaha bannaan ee dadweynaha.

### **Hawo Bixin**

Nidaamyada dhismaha ayaa la kormeeray si loo go'aamiyo u diyaarsanaanta dib-u-gelida. Waxaa loo kala hormarin doonaa wareegga hawada dibedda ee dhismayaasha.

- Adeegyada Guryuhu waxay la socon doonaan nidaamyada HVAC si ay u taageeraan hawo la aqbali karo.



- Bulshada Mareykanka ee Kuleylka, Qaboojinta iyo Injineerrada Hawada: [COVID-19 Preparedness Resources \(HVAC systems\)](#)

### **Nadiifinta iyo jeermis dilida**

Caafimaadka iyo wanaaga ardaydeena iyo shaqaalaheena ayaa muhiim u ah degmada. Waxaan bixinaynaa macluumaadka ka-hortagga COVID-19 iyo tilmaamaha dhammaan heerarka iyo sidoo kale kordhinta nadaafadda iyo jeermis-ka-qaadista goobaha dadweynaha iyo taabashada sare ee maalinta oo dhan si aan u ilaalinno deegaan aamin ah.

- Degmo dugsiyeedku waxay raaci doontaa tilmaamaha Waaxda Caafimaadka ee Minnesota iyo CDC ee ku saabsan nadaafadda iyo jeermiska waxyaabaha dugsi. Macluumaad dheeraad ah oo ku saabsan hagitaankan waxaad ka heli kartaa hoos:
  - [Minnesota Department of Health Guidance: Cleaning and Disinfection Guidance for Schools and Child Care Programs](#)
  - [CDC: Cleaning and Disinfecting Your Facility](#)
- Diyaarinta iyo dayactirka tas-hiilaad nadiif ah oo badbaado leh waxay ugu yeeraysaa qof kasta oo gala dhisme dugsi inuu iskaashi iyo gacan ka geysto
  - Shaqaalaha guryuhu waxay nadiifin doonaan oo jeermiska jeermis dilayaan, iyadoo diiradda saaraya taabashada sare iyo aagagga taraafikada, sida musqulaha, meelaha la wadaago iyo qalabka elektiroonigga ah ee la wadaago;
  - Dhammaan shaqaaluhu waa inay ku bixiyaan taageero fasal shaqsiyeed iyo boos xafiis, gaar u ah meelaha taabashada sare leh.
  - Adeegyada Guryuhu waxay u fidin doonaan shaqaalaha agab ay ku nadiifiyaan ugana jaan qaadaan fasalada iyo meelaha xafiiska.
  - Meelaha la wadaago, sida qolalka shirka, waxaa lagu keydin doonaa tirtireyaal iyo / ama sahay nadiifin si loo isticmaalo kahor iyo ka dib isticmaalka.

### **Booqashada**

Nidaamka booqdaha waa la waafajin doonaa si loo xaddido ka baxsan soo-gaadhista xarumaha degmada.

- Soo booqdeyaasha aan muhiimka u aheyn dhismayaasha degmada waa la xaddidi doonaa.
- Booqde kasta oo soo booqda dhismayaasha degmada waxaa loo oggol yahay oo keliya in la dhaafo aagagga dadweynaha ballanta.
- Nidaam baaritaan ayaa laga fulin doonaa dhammaan booqdayaasha soo gala dhismaha.
- Liis-hubinta Baadhitaanka booqdaha
- Qaadista dadka aan lala xiriirin iyo keenista shay ayaa la heli doonaa markii loo baahdo

## Jiilka (cohorts)

Mar alla markii ay suurta gasho, wada-noolaashaha ayaa la horumarin doonaa maalinta iyo maalinba maalinta ka dambeysa. Cohorts waa la xaddidi doonaa intii suurogal ah.

- Qeexitaanka Cohort: [CDC: FAQ for School Administrators on Reopening Schools](#);
- Qiimee meel banaan oo fasal ah iskuna diyaari in lagu taageero fogeynta bulshada;
- Cunto gaarsiinta fasalka ama meel fagaare ah oo lala socdo kooxda la aqoonsaday;
- Adeegsiga aaladaha wax lagu arko si loo taageero shaqaalaha, ardayda iyo qoysaska;
- Yaraynta meelaha dadku ku badan yihiin;
- Muuqaalka barashada isku-dhafan, is-dhexgalka ka baxsan jawiga fasalka wuxuu noqon doonaa mid xaddidan oo wada-hawlgalayaal ayaa loo abuuri doonaa si ay u ilaaliso fogeynta bulshada iyo in la joogteeyo 50% qolka deggan ee fasallada.

## Galitaan iyo bixitaan

Irida iyo marinnada laga baxo dib ayaa looga eegi doonaa dhammaan tas-hiilaadka degmada ee maareynta marin u helka iyo fogaanta.

- Albaabooyinka laga soo galo iyo meesha laga soo galo waxay lahaan doonaan nidaam sharciyeyn ah iyo qulqulka jihada, iyo marin u helidda ayaa xaddidan.
- Gaaritaanka dadweynaha wuxuu ku koobnaan doonaa albaabka weyn ee dhisme kasta.

## Goobaha la wadaago

Goobaha la wadaago waxaa loo isticmaali doonaa dhismayaasha keliya marka waxyaabaha soo socda la bixin karo:

- Isticmaalka buunbuuninta xarunta si loo xaddido degaanshaha;
- Kordhinta borotokoolka nadiifinta ka hor iyo ka dib isticmaalka;
- Nadiifiyaha gacmaha ayaa laga heli doonaa dhammaan meelaha la wadaago;
- Saxiix iyo waxbarasho ayaa la siin doonaa shaqaalaha iyo ardayda si ay u ilaashadaan jawi nabdoon;
- Xarumaha Ciyaaraha waxay raaci doonaan tilmaamaha soo socda:
  - [Stay Safe Guidance for Gyms, Studios and Fitness Centers](#)
  - [Re-opening of Public Swimming Pool and Aquatic Facilities](#)
- Goobaha ciyaarta
  - [Guidance for Schools and Child Care Programs](#)

## Kireynta xarumaha

- Kirada dhismaha gudaha waxay ku koobnaan doontaa isticmaalka gudaha mana loo kirayn doono wakaaladaha dibedda si loo xaddido ka baxsan soo-gaadhista xarumaha degmada.

- Ice Arena waxaa maamuli doona Magaalada Moorhead gudaheeda iyadoo la raacayo tilmaamaha la soo sheegay.
- Qalab dibadeed ayaa loo heli doonaa kiro iyada oo aan la marin dhismayaasha gudaha. Xarumaha waxaa mudnaanta la siinayaa ardayda Dugsiga Dadweynaha Moorhead Area.
- [Guidance for Safe Celebrations and Events](#)

### **Wax kabadalid qaab dismeedka**

- Hababka ardayda ee la habeeyay waxaa lagu sameyn doonaa xarumaha degmada oo dhan. Calaamadaha dabaqa ayaa la arki doonaa si loo aqoonsado qulqulka taraafikada dhammaan xarumaha.
- Adeegsiga hal-abuurka leh ee goobaha fasalka ayaa lagu isticmaali doonaa dhismayaasha dhexdooda si loo bixiyo kala-fogeyn. Heerka leexinta ee loo baahan yahay qolka fasalka wuxuu ku xirnaan doonaa qof ahaan, moodel nooc ah ama qaab masafo ah.



## **Gaadiidka**

### **Tirada ardayda**

- MDE / MDH ayaa go'aamin doonta tirada ardayda baskiiba. Aragtida barashada isku dhafan, degmadu waxay ku rari doontaa basas 50% ah awoodda wadayaasha.
- Gaadiidku wuxuu ka shaqeyn doonaa sidii loo abuuri lahaa boosas kala fog fogaan ahaaneed iyo taageerida ardayda yareysa jid kasta.
- Ardayda isku reerka ah waxay u baahan doonaan inay wada fadhiistaan.
- Ardayda waxaa laga yaabaa inay u baahdaan inay fadhiistaan daaqaadaha si ay u siiyaan kala soocid dheeri ah.
- Ardaydu baska ayay ridayaan iyadoo adeegsanaya kuraasta gadaasheeda waxayna ka dejinayaan baska horay iyo gadaal.
- Ardaydu waxay ka bixi doonaan baska hal mar waqti hore ee baska ilaa gadaal.

### **Awooda darawalnimo**

Waxaa naga go'an xaqiijinta tirada darawallada loo baahan yahay si loo waafajiyo dhammaan marinnada.

Abuurista dariiqooyin dheeri ah ayaa loo qaddarin doonaa iyadoo lagu saleynayo tilmaamaha miisaaniyadeed iyo qodob kale oo suurtoagal ah.

## Weji dabool

- Gobolku wuxuu u baahan yahay daboolida wajiga loogu talagalay dadka raacsan baska oo ay ku jiraan ardayda xanaanada illaa fasalka 12.
- Degmadu waxay lahaan doontaa daboolida wajiga lagu tuuro bas kasta haddii arday ubaahan yahay.
- Shirkadaha basaska waxay mas'uul ka noqon doonaan inay siiyaan shaqaalahooda daboolka ama ay hubiyaan inay wejigooda daboolayaan jidkooda.
- [MAPS FAQ: Face Coverings](#)

## caafimaadka iyo badbaadada

- Basaska iyo vankaba waa la buufin doonaa kadib waddo kasta iyadoo fiiro gaar ah loo yeelo meelaha taabashada sare leh
  - [Cleaning and Disinfection for Non-emergency Transport Vehicles](#)
- Nadaafadda gacmaha ayaa u heli doonta ardayda markay fuulaan baska.
- Hawo dheeri ah ayaa la bixin doonaa meeshii ay suuragal ka tahay qayb ahaan furitaanka dariishadaha iyo / ama saqafyada saqafka sida ay duruuftu saamaxdo.
- Calaamadda amniga ayaa lagu dari karaa si kor loogu qaado mashquulka jirka ee ku saleysan xadka awooda baska MDE / MDH.
- Jawiga waxbarasho isku-dhafan, dareewalka baska wuxuu ubaahan doonaa lix (6) fiin oo masaafada u weecinaya darawalka.

## Ardayda naafada ah

- 
- IEP ama 504 meela qorshayaal lagu wado ayaa dib loo eegi doonaa si ay ula kulmaan hagitaan jireed marka la buuxinayo baahiyaha ardayga shaqsiyeed.

## Aaga dejinta/qaadida

- Baska iyo waalidka iskuulka laga soo qaado iyo aag soo qaadida iyo waqtiyada rarida / soo dejinta ayaa laga yaabaa in loo baahdo in wax laga beddelo si loogu habeeyo suurtagalnimada kordhinta ardayda is-safridda.

# Food & Nutrition Services

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## Adeegyada cuntada iyo nafaqada

### Barashada iskuulka la tagaayo

- Quraac, qado, iyo cunto fudud waxay heli doonaan ardeyda maalin kasta goobta jooga.
- Ardayda waxay heli doonaan ikhtiyaar ay ku iibsadaan quraac, qado iyo cunto fudud ama waxyaalahan guriga uga soo qaataan.
- Cunnooyinku waxay noqon doonaan iskudhafan isku dhafan oo horay loo soo diyaariyey, iyo sidoo kale xulashooyinka kulul iyo kuwa qabow.
- Waqtiyada cuntada ayaa laga yaabaa in loo raro goobo koox yar oo ka baxsan kafateeriyada, oo ay ku jiraan meelaha fasalka lagu dhigto sida ay go'aamisay degmadu iyo goobahooda dugsi.
- Shaqaalaha iskuulku waxay taageeri doonaan gaadhsiinta meelaha kooxaha yar yar ah.
- Halkii ay ku habboon tahay, ardaydu waxay ka soo qaadan doonaan cunno jadwalka bucuurka si loogu oggolaado fogeynta jirka.
- Qurxinta jibbaarada jibbaarada / dhejisyada / dhejisyada / cajalad ayaa loo adeegsan doonaa sagxadaha kafateeriyada.
- Shaqaalaha Adeegyada Nafaqada ayaa xiran doona wejiga daboolka.
- Ardayda waxaa looga baahan doonaa inay gacmahooda dhaqaan kahor adeegga cuntada iyo adeegga cuntada ka dib. Saxiix iyo waxbarasho ayaa la bixin doonaa si loogu taageero shaqaalaha iyo ardayda nadaafadda gacmaha oo wanaagsan.

### Waxbarashada isku dhafka ama masaafada fog

- Xaaladda barashada isku-dhafan, ardayda u baahan waxay fursad u heli doonaan inay cuntada guriga ku qaataan maalmo aysan dugsi joogin.
- Xaaladda barashada masaafada fog, qoysaska u baahan waxaa lagu casuumi doonaa inay ka soo qaadaan cuntada horay loo diyaariyey goobaha loogu talagalay degmada oo dhan.

## Akademiyada Spud

- Cunto ayaa loo heli doonaa ardayda ka diiwaangashan Spud Academy.
- Macluumaadka ku saabsan sida loo soo qaato cuntada ayaa lagu dari doonaa marka la xaqiijiyo diiwaangelinta waxaana ku jiri doona ogeysiis iyo habsocodsiinta soo qaadashada.

# Child Care for Critical Workers

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## Daryeelka Ilmaha ee Shaqaalaha Dhibaateysan

Barnaamijyo xannaano carruureed oo loo sinnaado oo la awoodi karo ayaa lagama maarmaan u ah inay taageeraan qoysaska shaqeeya isla markaana siiyaan kobcinta iyo daryeelka ardayda. Daryeel loogu talagalay carruurta da'da dugsiga ku jirta ee shaqaalaha ka shaqeeya waaxaha muhiimka ah, waxay sii wadi doontaa inay muhiim u noqoto shaqaalaha safka hore si ay u sii wadaan la-dagaallanka masiibada.

- Barashada isku dhafka Iskuulka ama Fogaanta, daryeelka da'da dugsiga waxaa la siin doonaa carruurta da'da dugsiga ku jirta ee ka shaqeeya waaxda muhiimka u ah da'da 12 iyo wixii ka yar maalmaha marka dugsiga uu fadhiyo.
- Ardayda xaq u leh shaqaalaha qaybta muhiimka ah ee Tier 1, ee aan helin tilmaamaha, waxay xaq u leeyihiin inay helaan daryeel inta lagu jiro saacadaha dugsiga la qorsheeyay oo aan lacag ku fadhiyin.
- Shaqooyinka soo socda ayaa lagu cadeeyay Tier 1 ee [state critical worker list](#):
  1. Caafimaadka iyo caafimaadka dadweynaha;
  2. Dhaqangelinta sharciga, amniga dadweynaha iyo jawaabayaasha koowaad
  3. Cuntada iyo beeraha
  4. Laanta Garsoorka (adeegyada daruuriga ah)
  5. Ciidanka Qaranka
  6. Barayaasha iyo shaqaalaha iskuulka

## • **xogta xanaanada caruurta:**

- Quraac, Qado iyo cunto fudud ayaa la bixin doonaa.
- Ardayda waxaa la siin doonaa taageero xagga barashada masaafada waqtiga iyo caawinta xaga teknolojiyadda iyo jadwalka, laakiin tilmaamaha lama bixin doono. Ardayda ayaa u baahan doona inay keenaan qalab ay ku dhammaystiraan shaqadooda loo xilsaaray.
- Adeegyada Caafimaadka ee ka socda Iskuulada Dadweynaha ee Moorhead ayaa loo heli doonaa hadba sida loogu baahdo.
- Shaqaaluhu waa inay ku dhaqmaan nadaafad iyo jahawareer bulsheed ugu fiican.
- Caruurta waxaa laga ilaalin doonaa jirro iyo qandho. Waalidiinta iyo dadka ardayda masuulka ka ah waa lala xiriiri doonaa si ay u koriyaan ilmaha iyadoo la raacayo xeerarka degmada dugsi ee ku saabsan jirada.
- Macluumaadka diiwaangelinta ee loogu talagalay carruurta u qalma waxaa lagu bixin doonaa Waxbarashada Bulshada.

## • **daryeelka dugsiiga kadib:**

- Daryeelka caruurta waxaa bixin doona saacadaha dugsiiga kadib YMCA, oo si toos ah loola xiriiri karo 701-364-4117.
- Heerarka caadiga ah ee iskuulka kadib waa mas'uuliyada qoyska. Deeq waxbarasho ayaa loo heli karaa ardayda iyo qoysaska u qalma.
- Daryeelka ayaa laga bixin doonaa goobaha soo socda:
  - Dorothy Dodds Elementary
  - Robert Asp Elementary
  - S.G. Reinertsen Elementary
  - Ellen Hopkins Elementary

# Technology

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## Tikniyoolajiyadda

### Helitaanka qalabka

- Aaladda waxaa lagu meelaynayaa dhamaan ardayda K-12 ee ka diiwaangashan Spud Academy.
- Aaladda aaladda Spud Academy iyo ardayda dhigata Fasalka 5-12 ayaa loo qaybin doonaa kahor bilowga iskuulka.
- Aaladda loogu talagalay ardayda K-4 ee aan ka diiwaangashanayn Akadeemiyada Spud waxaa loo qorsheeyay inay soo baxaan dhamaadka Oktoobar.

### Helitaanka internetka

- Helitaanka internet ka jaban ee qiimaha jaban ayaa laga heli karaa qoysaska u qalma ee ka yimaada Midco, Sparklight ama 702 Isgaarsiinta oo ku kacaya \$ 6 illaa \$ 10 bishii.
- XUSUUSNO: Degmadani waxay la shaqeyn doontaa qoysaska sidii loo hubin lahaa ardayda inay marin u helka internet ka helaan.

### Caawinta iyo adeega

- Taageero farsamo ayaa la heli karaa 218-284-3340 laga bilaabo 7 subaxnimo - 3:30 pm Isniinta illaa Jimcaha.



# Co-Curricular Activities

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## Hawlaha wadajirka ah



### Hagitaanka MSHSL

Ku kalsoonow oo hirgali hagitaan ka socoda Dugsiga Sare ee Gobolka Minnesota si aad si nabadgelyo leh u qabato dhaqamada isboortiga, tartamada iyo munaasabadaha.

### Safarada ardeyda

Si kumeel gaar ah aya loo joojiyay

## naadiyada iyo nashaadaadka

Barnaamij kasta waa la qiimeyn doonaa si loo hubiyo in talaabooyinka badbaadada loo diyaarin karo naaddiga / nashaadaadka oo la dhammeeyo ka dib markii la raaco borotokoolka amniga lagama maarmaanka ah.

# Communication

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## Isgaarsiinta

Hadafkayagu waa wada xiriirka waa inaan wargalino, isku xirno oo aan dhiirrigelino kooxdeena Spud iyo bulshada Moorhead. Waxaa naga go'an in xiriir joogto ah lala yeesho shaqaalaha, ardayda iyo qoysaska sanad dugsiyeedka oo dhan.

Waxaan u hibeysanay Soo-noqoshada si aan u baranno aaladaha loogu talagalay shaqaalaheena, qoysaska iyo bulshada si aan si joogto ah ugu helno Soo-noqoshada ugu dambeysa si aan u barano macluumaadka

[Employee Return to Learn Extranet Link](#)

Xariirka Isku Xirka Qoyska Spud

Bogagga Internetka ee Dugsiyada Dadweynaha Moorhead

### Isgaarsin joogta ah

Waxaan ballan qaadeynaa inaan si joogto ah ula xiriireyno oo aan qoysaskayaga u sheegno wararka ugu dambeeya oo ay ku jiraan wixii isbeddello ah ee ku yimaadda qorshayaasha.

### La qabsiino ama joogta ah

Sida aan u soconno waqtiyadan aan la hubin, waxaan ognahay in qof walba uu ku qasban yahay in uu la qabsan karo qorshahan dareeraha ah. Waxaan weydiisanaynaa samir iyo ixtiraam qoysaska walaalaha ah ee Spud, maadaama qof walbaa u sameyn doono waxa u fiican ardaydooda (yaasha)

### U heenaanta bulshada

Qorshayaashayadu waxay kuxiranyihiin ka go'naashaha bulshadeenna inay midba midka kale nabad qab ku ahaato. Waxaan nahay qoys Spud ah. Inta aan ka qabanno is-caawinta midba midka kale, fursadaha sare ee aan haysanno ee ah ku sii-jiridda qaab-dhismeedka qof-ahaaneed.

Waxaan nahay reer Spud marka ugu horreysa uguna muhiimsan. In kastoo aan dhammaanteen duruufo kala duwan iyo fikrado kala duwan ka bixinno sidii ay ula xiriiri lahaayeen caqabadaha masiibada, haddana waxaan isula dhaqmeynaa si nimco iyo xushmad leh. Si wada jir ah ayaan uga dhigi karnaa sannadkan mid aad u fiican shaqaalaheena, ardayda iyo bulshada Spud.

**Waxaan sii ahaaneynaa kuwa xoog leh, isna aamina**