



## ၂၀၂၀ မဲရဒစ်ကို (Meredith) တၢ်ထီၣ်ကိအတၢ်စ့ၢ်တၢ်ကျိၤလၢတြၢးသ့ၣ်ညါတဖၣ်

ပသးခုဒီးတၢ်လိာ်မ့ၢ်က့ၤကိဖိကိးစးဒီးလၢတၢ်သ့ၣ်ထီၣ်အပူၤန့ၣ်လီၤ! တၢ်အိၣ်သးကလီၤဆိဝဲတစဲးခိဖျိလၢပဘၣ်လူၤထွဲ တၢ်အိၣ်ဆုၣ်အိၣ်ချအတၢ်န့ၣ်လီၤအယိန့ၣ်လီၤ.ပအဲၣ်ဒီးဒုးသ့ၣ်ညါနၤတၢ်စ့ၢ်တၢ်ကျိၤဒီးတၢ်ဘျၢလၢပၤကိဖိဒီးမိၢ်ပၢ်ပၤက့ၢ် ထွဲတဖၣ်ကဟံၣ်သ့ၣ်ပၤသးဝဲအစီၢ်န့ၣ်လီၤ.

### ကိထီၣ်တၢ်ဆၢကတီၢ်တဖၣ် : စီၤခိ ၈:၃၀နာ်ရံၣ် - ဟါခိ ၃:၂၅နာ်ရံၣ်

- ဆၢကတီၢ်အခါန့ၣ်လီၤ (ကိတချူးထီၣ်မ့တမ့ၢ်ကိပျၢ်လံန့ၣ်လုၤတက့ၤန့ၣ်လီၤတသ့ဘၣ်)
- တၢ်သ့ၣ်ထီၣ်ကအိးထီၣ်လၢစီၤခိ ၈:၀၀နာ်ရံၣ်.ကိဖိတဖၣ်ကဘၣ်လဲၤလိၤလိၤလၢအတီၤပူၤ
- ကိပျၢ်လၢဟါခိ ၃:၂၅နာ်ရံၣ်
- တၢ်ဟဲတုၤ

တၢ်ဟဲတုၤဘၣ်ဆၢဘၣ်ကတီၢ်အတၢ်ရဲၣ်လီၤ		
<b>ကါဘၢးစံတၢ်န့ၣ်လီၤအလီၢ်</b> <ul style="list-style-type: none"> <li>• ၆ တီၤကဘၣ်န့ၣ်လီၤလၢတၢ်မဲၣ်ညါမ့ၢ်ထီၣ်အတြၢတခိ</li> <li>• ၇ တီၤကဘၣ်န့ၣ်လီၤလၢတၢ်မဲၣ်ညါတြၢလၢအအိၣ်ဘူးဒီးနွံတီၤအတီၤ</li> <li>• ၈ တီၤန့ၣ်လီၤလၢတၢ်မဲၣ်ညါ</li> <li>• တြၢလၢမ့ၢ်န့ၣ်တကပၤ</li> <li>• လဲၤလိၤလိၤလၢတၢ်န့ၣ်လီၤအတီၤဒၣ်ဝဲ</li> <li>• သူတၢ်သ့စုဖဲလၢန့ၣ်လီၤလၢတီၤဒၢးပူၤအခါ</li> </ul>	<b>တၢ်ပတုၣ်ဖးသိလုၣ်လီၤလၢမ့ၢ်န့ၣ်တကပၤ</b> <ul style="list-style-type: none"> <li>• လၢပၤလၢဟဲထီၣ်ကိလၢခိၣ်ဒီးဟဲလၢသိလုၣ်သ့ၣ်တဖၣ်ကဘၣ်ဖးလီၤလၢမ့ၢ်န့ၣ်တကပၤ</li> <li>• ကဘၣ်န့ၣ်လီၤလၢတြၢလၢတၢ်ကပၤလၢအဘူးဒီးပုၤနွံတီၤကိဖိအတီၤ</li> <li>• လဲၤလိၤလိၤလၢတၢ်န့ၣ်လီၤအတီၤဒၣ်ဝဲ</li> <li>• သူတၢ်သ့စုဖဲလၢန့ၣ်လီၤလၢတီၤဒၢးပူၤအခါ</li> </ul>	<b>ကျဲနီၢ်စံၢ် ၄၇ Hoover-Meredith တၢ်ဟံၣ်လီၤကါအလီၢ်</b> <ul style="list-style-type: none"> <li>• လၢပၤလၢအဟဲလၢခိၣ်ဒီးဟဲလၢသိလုၣ်တဖၣ်အစီၢ်</li> <li>• န့ၣ်လီၤတၢ်သ့ၣ်ထီၣ်ပူၤလၢကလံၤထံးအတြၢတခိ</li> <li>• လဲၤလိၤလိၤလၢတၢ်န့ၣ်လီၤအတီၤဒၣ်ဝဲ</li> <li>• သူတၢ်သ့စုဖဲလၢန့ၣ်လီၤလၢတီၤဒၢးပူၤအခါ</li> </ul>
<b>ပုၤဟဲတုၤစးတဖၣ်အစီၢ်:</b> ကိဖိတဖၣ်ကဘၣ်လဲၤလိၤလိၤလၢတၢ်မဲၣ်ညါအတြၢဒီးဆိၣ်ဒၢလွဲ.ပုၤဘၣ်မူဘၣ်ဒါကပျဲန့ၣ်လီၤအိၣ်ဒီးအဝဲသ့ၣ်ကဘၣ်လဲၤလိၤလိၤလၢအတီၤပူၤ		
<b>ဟးထီၣ်/က့ၤဆိသ့ၣ်တဖၣ်အစီၢ်:</b> နမ့ၢ်ဟဲအိၣ်ဆိနဖိလၢတၢ်စ့ၢ်တမံၤစ့ၢ်တမံၤစ့ၢ်န့ၣ်,နကဘၣ်ကိး(၂၄၂-၇၂၆၇)ဘိပုၤကပျဲအဝဲသ့ၣ်ဟးထီၣ်လၢတီၤဒၢးပူၤဆူတၢ်ချၢန့ၣ်လီၤ.		





- ကသံဉ်ကသီခဲလၢ်န့ဉ်တၢ်ကဘဉ်ဟ်အီၤလၢကသံဉ်သရၣ်မုဉ်အရူပူၤလၢတၢ်ဟ်ကီၤကသံဉ်အလီၤဒ်တၢ်ဘျၢအိဉ်ဝဲအသိးန့ဉ်လီၤ. ကိတိလၢအသူတၢ်သါဘံးကသံဉ်ခးလီၤန့ဉ်နကဘဉ်ဟ်စိဉ်လံာ်လၢကသံဉ်သရၣ်မုဉ်လီၣ်န့ဉ်နကသံဉ်အလံာ်ပျဲလၢကိတိအကသံဉ်သရၣ်မုဉ်အအိဉ်န့ဉ်တက့ၢ်. လၢတၢ်ဆူးတၢ်ဆါတစးတမွဲးအဖီခိဉ်မ့ၢ်ဘဉ်လီၤအီၤကသံဉ်တခါကိတိကသံဉ်သဂ့ဉ်မုဉ်ကဒုးအီၤအဝဲသ့ဉ်ထဲလနီမ့တမ့ၢ်အၤဘံၤဖရိဖုတအါန့ဉ်ယဲၢ်ဖျၢဉ်ဆူလၢတနံဉ်အတီၢ်ပူၤဘဉ်.




**Parent COVID-19 Pandemic Guidelines**


Des Moines Public Schools

DMPS follows the Iowa Department of Public Health, Polk County Public Health, and the CDC to provide guidelines to determine when a student is well enough to attend school during the COVID-19 pandemic. The guidance will be modified to meet appropriate public health and safety needs, as necessary. These guidelines are for anyone entering a DMPS building or attending a DMPS event.


The general message to families, students, and staff is to **STAY HOME** if you are not feeling well during the COVID-19 Pandemic. Please consider the following:




Plan ahead to arrange how your child will be cared for if they stay home, or need to go home from school due to illness.



Notify the School Nurse if your child is ill and will not be at school. Please report all symptoms.



Notify the School Nurse if your child is positive for COVID-19 **OR** has been in close contact with someone with COVID-19.



Always notify the school office if your child's emergency contact information changes.

**TIP: Monitor your student's symptoms daily with the student symptom tracker**

**ATTENTION:** If your student has a chronic health condition, please touch base with your family physician, and prepare a plan in advance that sets clear parameters in case they develop COVID 19 symptoms. We want you and your student to be as prepared as possible to return to school.



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*Need help finding a Health Care Provider? The School Nurse can assist! Call or schedule an appointment [HERE!](#)*

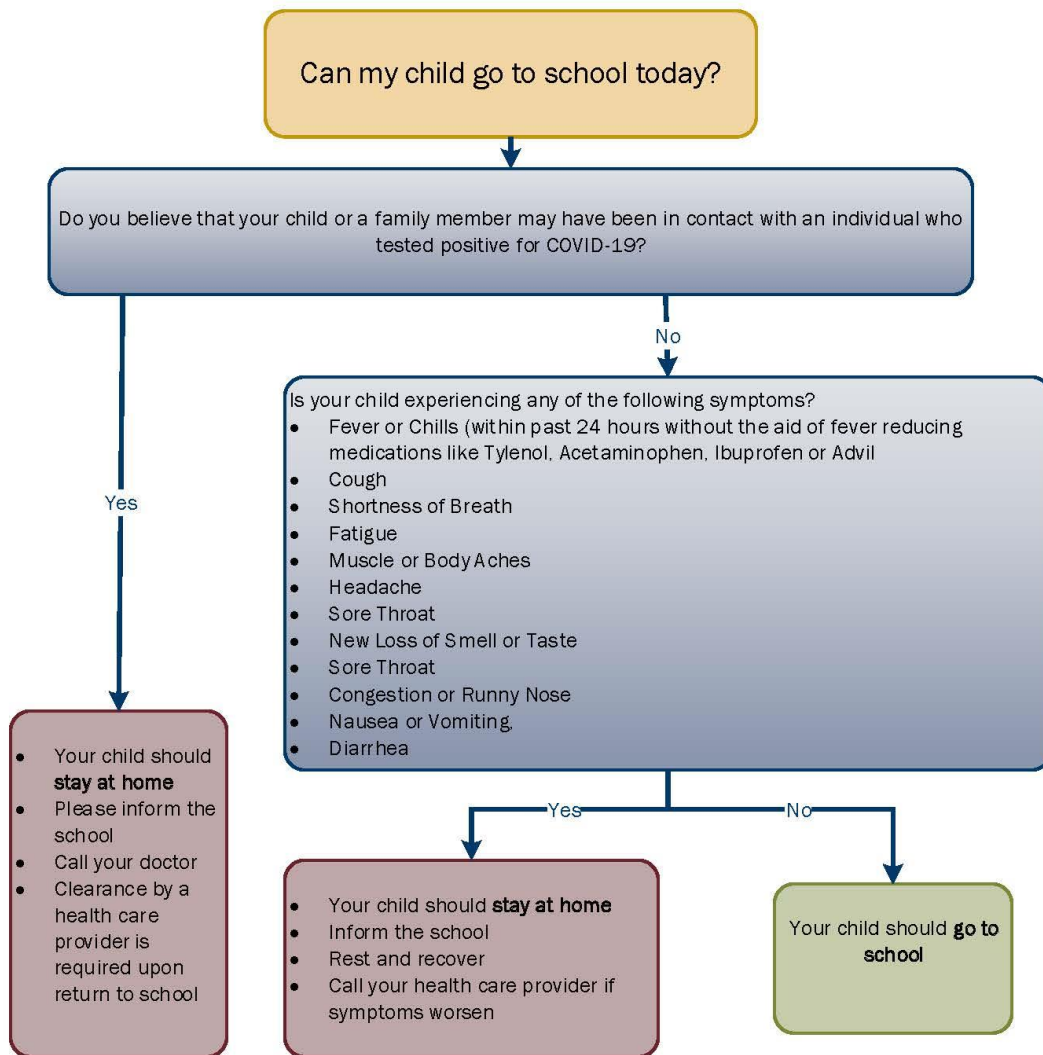
It is important that we stay vigilant as a community to protect everyone's health. Please Remember:

- Students are required to wear a face covering to school
- Students are to follow social distancing guidelines
- Contact your School Nurse with ANY questions or concerns!



## School Attendance Guidance Flowchart

Please use the student symptom tracker to document your child's health each day. It is available on the district website.



**NOTE:** If your student develops emergency warning signs for COVID-19 get medical attention immediately.

Signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

This list is not inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

