

# Ibikenewe ku muryango mu kwigira mu rugo

*ABABYEYI & ABAREZI: Mu gihe umugi wacu na Steti turimo kwitegura ingamba zo kurinda umutekano wa kominoti, twateguye ibisabwa kugirango abanyeshuli n'imiryango yabo babyifashishe mu kwiga no kwimenyereza ubumenyi bakoresheje ikoranabuhanga kimwe nuko abarimu basanzwe babyigisha mu mashuri. Nkuko bisanzwe rero, kurikirana amakuru ya SPS, dukurikire ku mbuga nkoranyambaga, mu binyamakuru no kuvoma iyamamaza rya SPS aho riri hose.*



## UMWUGA WO KWIGA ICYONGEREZA

**Ibibazo bigenga Kwigira mu Rugo:**

- N'ibihe bitabo mugezeho musoma mu ishuri/ cyangwa ibyo usoma ku giti cyawe? Nibiki bigushimisha ukunda gusoma?
- Ufite za devwari cyangwa imikoro utararangiza, ibizamini byo kwandika /imishinga ugomba kuzuza?
- Nizihe mbuga nkoranyambaga nakwifashisha igihe nigira mu rugo?

**Itabire ibi bikurikira byagufasha kwigira mu rugo buli muni:**

- **Gusoma:** Soma iminota 30 buli muni kandi uganyire nabo mu muryango wawe ibyo wasomye. Babyeyi, muyobore ibyo biganirako mukurikije ibi: Ninde mukinnyi mukuru muli iyo nkuru? Ninde wakubera incuti muli abo bakinnyi? Kubera iki? Ni ikihe kibazo nyamukuru muli iyo nkuru? Hari icyo bikwibutsa waba warahuye nacyo? Kubera iki?
- **Kwandika:** Rangiza imyandiko cyangwa imikoro/ imishinga utashoboye kurangiriza mu ishuri; Andika ibyo wakoze buli muni muli jurunali yawe; Aho wabona inyigisho zo mu rugo zishimishije: [video](#); [NYT article](#); [TED-Ed Blog](#).



## IMIBARE

**Fasha umunyeshuli wawe gukomeza kwiga yifashishije imfashanyigisho zikulikira:**

- Umunyeshuli wawe ashobora gukomeza gukoresha inkoranyambaga agiye kuli clever maze agashaka ipaji ya distrikti- Carnegie Learning, MATHia, Khan Academy, Desmos, Code.org, College Board, etc.
  - A Blackboard shell containing resources for your students' class
- Abanyeshuli biga amasomo ya Alg1, Geo, na Alg2 bashobora kubona ibyigisho byabo aha hakurikira [here](#)
- Niba ufite abanyeshuli muli AP, bashobora kubona imyimenyerezo aha hakurikira [here](#)



## AMASOMO MBONEZAMUBANO

**Nk'umunyeshuli wiga amateka,** urimo kubaho mu bihe bidasanze bizandikwa maze umunsi umwe bikazsomwa mu bitabo by'amateka.

Ibaze ibi bibazo mu gihe urimo gutekereza no kwibonera ibirimo kuba:

- Ni buryo ubuzima burimo guhinduka muli Amelika no mu isi yose?
- N izihe ngaruka za vubavubona ubona wawe n'icyorezo cya COVID-19?
- Kuri wowe niki utekereza kizaba ingaruka z'icyorezo cya COVID-19?
- Ni ibihe byorezo byabaye, n'ingaruka zabyo zashize vuba cyangwa zamaze igihe?
- Tekerezako wahawe akazi na kompani ishinze kwandika amakuru igusaba kwandika inkuru mu kinyamakuru ku cyorezo cya COVID-19. Ni ibiki uzandika? Ni izihe gihamya uzerekana? Ese uko ubona ibintu biratandukanye nuko wakagombye kubibona uri mu kindi gihugu kitari Leta Zunze ubumwe z'Amerika?

## COVID-19 GUTEGANYA

## SEKONDELI

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## SIYANSI

**Komezwa wige igihe usoma cyangwa wimenyereza siyansi ubikora kabili mu cyumweru.** Siyansi tubana nayo aho turi hose. Shishikarira kwiga ibyo ubona mu bidukikije. Reba ikintu cya siyansi kidasanzwe kiguteye amatsiko maze ugikoreho ubushakashatsi ureba ibyacyanditweho, videwo, cyangwa amashusho acyigana.

- Garagaza icyo wemera: tekereza cyangwa wandike ibyo utekereza bishobora kuba iyo hateye impungenge
- Ereka gihamya: igihe usoma cyangwa urangije gusoma ikinyamakuru, kureba videwo, cyangwa gukora umulimo cyangwa kwigana ibintu
- Sangiza ibitekerezo byawe kandi uhuze gihamya n'icyo ushaka kwemeza
- Ereka ibintu bifite aho bihuriye, ereka ingaruka zabyo, garagaza aho bihuriye n'ubuzima bwawe



## IMYITOZO NGORORAMUBILI & UBUZIMA

Hari uburyo bwinshi bwo guhimba no kwimenyereza imikino ngororamubili no gusigasira ubuzima mu rugo— gerageza izi nkoranyambaga maze utangire urebe uko bigenda:

- [Wellness Ideas for Families](#)
- [Health at Home](#)
- [Fitness Calendars for Elementary](#)
- [Tools for an Active Home](#): uru rubuga ni urw' amasomo yakozwe n'abahagarariye amashuri rwitwa OPENPhysEd kandi rusaba gukora urufunguzo rwawe rw'ibanga maze ukinjiramo byihuse. Ibitekerezo birimo ibikorwa, ibikoresho byo kugorora ingingo, aho kubona za videwo, ibikorwa bihuza abanyeshuli bo mu myaka yose.
  - Abanyeshuli bose bafise uburenganzira bwo kureba Video and Fitness Module no kuli WELNET. Log binjiye muli Clever cyangwa [hano](#).



## UMUZIKA

Imenyereze igikoresho cya muzika cyawe cyangwa amajwi ukoreheje uko ubyiga mu ishuli. Hari imikino ushobora kwigiraho kandi ushobora kubona muli [JW Pepper](#) cyangwa ukoresheje YouTube. **Izindi mfashanyigisho :** <https://nafme.org/>, <https://www.waeaboard.net/>



## IMYUGA

Shushanya/siga irangi/shishikarira imikino yo gufundura amayobera rimwe cyangwa cyangwa kabili mu cyumweru. Komeza wige amagambo watangiye kwiga mu gihembwe cya 2 mu isomo ry'imyuga. **Imfashanyigisho :** <https://www.waeaboard.net/>



## INYIGISHO ZO KU NKORANYAMBAGA

Inyigisho dusanga ku mirongo nkoranyambaga biboneka k ubuntu wifashishije urufunguzo rwawe rw'umunyeshuli ukoresha winjira muli **Clever:**

- ThinkCentral (Journeys Online): umunyeshuli ashobora gusoma no kumva imigani, n'inyandiko zivuga ibintu bitabayeho
- Moby Max: umunyeshuli ashoboora kwiga ubumenyi bwa ELA akeneye mu kwiyigisha we ubwe
- Typing.com: abanyeshuli bashobora kwiga kwandikisha orudinatori bu buryo bwaza kandi bushimishije
- Starfall na PBS Kids: izo mbuga zombie ziriho imikino myiza, za videwo, n'indi mikino ya rusange ihuza ibikorwa bya benshi
  - iCivics: Abanyeshuli bashoora kwifashisha imikino mu kwimenyereza ikinyabupfura no kongera ubumenyi mu myigire yabo
- Pearson Realize: Abanyeshuli bashobora kwifashisha ibitabo biri ku mbuga nkoranyambaga maze bagasubiromu amasomo bize