Ibintu vyofasha umuryango kwigira mu rugo

ABAVYEYI & ABAREZI: Umuji wacu na Steti turimo gutegura uburyoki tworinda umutekano wa kominoti, kandi twateguye ibisabwa kugirango abanyeshuli n'imiryango yabo babyifashishe mu kwiga no kwimenyereza ubumenyi bakoresheje ikoranabuhanga kimwe nuko abarimu basanzwe babyigisha mu mashuli. 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 ishuli/ cyangwa ibyo usoma ku giti cyawe? Nibiki bigushimisha ukunda gusoma?
- Ufite za devwari cyangwa imikoro utararangiza, ibizamini byo kwandika /imishinga ugomba kuzuza?
- Nizihe mbuga nkoranyambugs nakwifashisha igihe nigira mu rugo?

Ivyogufasha kwigira mu rugo buli munsi:

- **Gusoma:** Soma iminota 30 buli munsi kandi uganire nabo mu muryango wawe ibyo wasomye. Babyeyi, muyobore ibyo biganiro 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 ishuli; Andika ibyo wakoze buli munsi muli jurunali yawe; Aho wabona inyigisho zo mu rugo zishimishije: video; NYT article; TED-Ed Blog.

IBIHARURO

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 hakulikira here

KWIGA UBUMENYI BW'IMIBANO

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 buryoki ubuzima burimo guhinduka muli Amelika no mu isi yose?
- N izihe ngaruka za vubanavuba ubona watewe 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 kompanyi ishinzwe 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 INTEGUZA **SEKONDELI**

Ibintu vyofasha umuryango kwigira mu rugo

SIYANSI

Komeza 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
- Erekana 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
- Erekana ibintu bifite aho bihuriye, erekana ingaruka zabyo, garagaza aho bihuliye n'ubuzima bwawe

KUNONORA IMITSI & 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 amashuli 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.

IMVYINO N'INDIRIMBO

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 gufindura 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/

KWIFASHISHA UBUMENYI BWA NONE

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 orudinateri bu buryo bwza 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 kwifahisha imikino mu kwimenyereza ikinyabupfura no kongera ubumenyi mu myigire yabo
- Pearson Realize: Abanyeshuli bashobora kwifashisha ibitabo biri ku mbuga nkoranyambaga maze bagasubiromo amasomo bize