

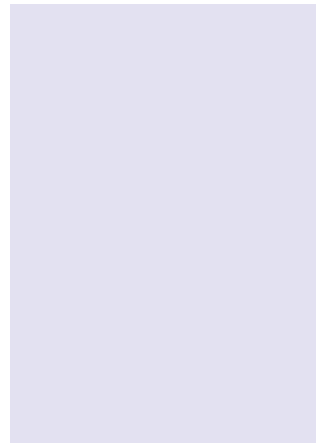
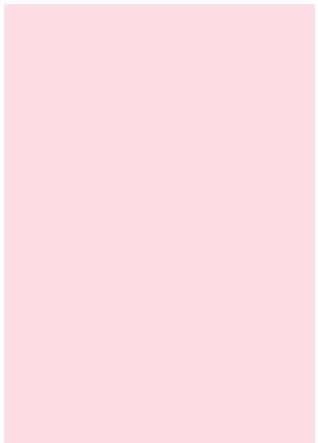
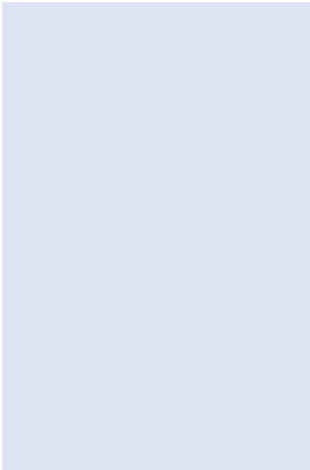
Amashule ya Leta yo muri NSW – ni urumuri

Time to start school

Family guide to starting Kindergarten

Harageze gutangura ishule

Indongozi y'imiryango ijanye no gutangura Kindergarten



NEW SOUTH WALES
DEPARTMENT
OF EDUCATION
AND TRAINING





Kaze kw'ishule

Harageze gutangura ishule

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Intango ibereye y'ishule

Utanguye kwitegurira i muhira imbere y'uko ishule ritangura, bizogufasha hamwe n'umwana wawe kwiyumvamwo ko ishule rigira ritangure koko.

Ingene wewe n'umwana wawe mwokwitegurira ishule

Igihe gisa n'ikigeze – umwana wawe agira atangure umusi wa mbere mu buzima bushasha kandi buhimbaye. Ushobora kuba uriko uribaza aho wohera mu gutegura umwana wawe kugira atangure ishule.

Turazirikana ko ari intambwe ikomeye kuri umwe wese. Kuri twebwe ni igikorwa gikomeye kugira dufashanye neza mu gufasha umwana wawe mu gihe ariko ariga.

Intambwe yawe ya mbere kw'ishule woca ku bakozi b'ishule. Nibo kimenyetso ciza c'ubuyobozi. Barafasha mu kukuyobora, mu gihe hoba hari ivyo ukeneye kumenya. Barashobora kandi kuguha isango mu gihe ukeneye kubonana n'umuyobozi, abigisha canke abandi bakora kw'ishule, mu gihe wokenera kuvugana n'umwe muribo.



Umwiteguro i muhira

Hari ibintu bikenewe gutegura, kwibangikanya amahera hamwe no gutegekanya imbere y'uko ishule ritangura.

Gutegekanya amahera

Gutangura ishule bisaba amahera, nk'ayo kugura imyambaro y'impuzu n'ibirato vy'ishule. Vyogufasha mu gihe utegekanije imbere amahera yo kugura ivyo bintu.

Imyambaro y'ishule

Ishule umwana wawe azokwigako rizokumenyesha ibijanye n'umwambaro w'ishule, naho uwugurira. Inkofero nazo nyene ziri mu mwambaro w'ishule, zigafasha kwikingira izuba. Mu bisanzwe hari umwambaro ujanye n'uko hashushye, hakanye canke no kwintonora imitsi. Ishule rirashobora kukumenyesha akaguriro zigurishirizamwo, canke ibikoresho vyawo.

Kugira ibiciro ntivyiyongere, amashule menshi arakoranzira hamwe imyambaro itanzwe n'abana bakuze iyo itakibakwira.

Mu gihe woba utarandikisha umwana wawe, usabwe kuja kw'ishule ukamwandikisha kandi ukeneye kumenyesha umuyobozi mu gihe umwana wawe yoba afise ubumuga canke hari ibintu bimumerera nabi abifunguye canke abinyoye.

Amahera y'intererano

Ubuzezi buzogusaba gutanga amahera y'intererano woronka, kugira bateze imbere ibijanye no kwiga hamwe no kwintonora imitsi. Bashobora kugusaba kuriha hagati y'umwaka amahera yo gutembera kugira umwana wawe yungure ubumenyi mw'ishule, canke mu gihe yoba ari mu vyo kwintonora imitsi canke kuvuza umuziki, bashobora kugusaba ayandi mahera yo gukotesha ibikoresho hamwe no kubunguruzwa babajana ahariko habera ibirori.

Imfashanyo y'amahera

Mu gihe woba ufise ingorane zijanye n'amahera y'ishule, usabwe gusaba umubonano n'umuyobozi w'ishule kugira mubivugane. Igisata co Gufasha Abanyeshule (Student Assistance Scheme) gishobora kugufasha.

Gusubizwa umusoro ujanye no Kwiga

Amahera amwe amwe ajanye no kwiga bashobora kuyagubiza mu gihe ukwije ibisabwa. Ukeneye inkuru y'imvaho, raba kuri:

www.ato.gov.au



Kuja no kuva kw'ishule

Umwana wawe ashobora kuba akwije ibisabwa kugira yoroherewe mu rugendo biciye mu Gisata Kijanye n'lyunguruzwa ry'Abanyeshule (School Student Transport Scheme). Ico gisata gifasha mu gufata itereni, amabisi, ubwato hamwe n'amabisi y'ingendo ndende.

Hamagara kuri: 1800 227 774
canke (02) 9891 8900
www.transport.nsw.gov.au

Aho barerera abana inyuma y'amasaha y'ishule

Ibigo vyitaho abana inyuma y'amasaha y'ishule (Outside of School Hours - OOSH) biri ku mashure nyene abana basanzwe bigako canke amashure vyegeranye. Ishure ryawe rirashobora kuguha inkuru y'aho bakorera ivyo bikorwa mu karere urimwo. Ivyo bikorwa birarishisha amahera kandi ushobora kuba uri mu bemerewe kuronka imfashanyo yo kurera abana Imfashanyo yo Kurera Abana (Child Care Benefit) kugira bagufashishe ayo mahera.

Hamagara kuri: Centrelink 136 150
www.centrelink.gov.au



Andika izina ry'umwana wawe ku kintu cose

Ushobora:

- gukoresha ikimenyetso c'irangi ku mpuzu, inkofero n'ibirato, ubarire canke ugorore ku bikoresho bwite vy'umwana
- kuraba ko ibimenyetso bitazimanganye bitumwe no kumesurwa
- kurabira hamwe n'umwana wawe ibiri mw'isaho imisi yose mw' ijoro
- ishure ryose rirafise aho babika ibintu vyatowe, rero ni haba hari ikintu umwana yatakaje, bariza mu biro.



Ingene umwana wawe akurikira mw'ishule

Nta buhizi umwana wawe akeneye imbere yo gutangura Kindergarten – abana ntibitezwe kuba bazi gusoma canke kwandika. Igihambaye ni uko wewe n'umwana wawe mwumva muremye ku vyerekeye gutangura ishule.

Ivyo wewe n'umwana wawe mwokora imbere yo gutangura ishule

Mu bintu mwokorana n'abana imbere yo gutangura ishule kugira bizoborohere kw'ishule harimwo:

Ubuhinga bw'indimi

- kuririmbira hamwe
- kuvugana mujajura no guhinyanyura amajambo
- kubwiriza umwana gukora ibintu bisanzwe, akarorero nko gutekera isaho yiwe
- gukoresha ibitabo mu kwinezeza, akarorero nko kuraba ibicapo
- kudoma urutoke ku bicapo mu bitabo, mu binyamakuru, ku mboneshakure canke kuri interenete/ubuhinga bwa none
- guhimiriza umwana wawe kuganira n'abandi.

Ubuhinga bwo kwandika

- guha umwana wawe amakaramu y'ibiti n'amakaramu y'amabara atandukanye kugira acape, afyirigitishe canke yandike
- kwandika ibiharuro n'indome
- guhimiriza umwana wawe kwandika atanguje indome nkuru mu kwandika izina ryiwe, akarorero nka Jack.

Ubuhinga bujanye n'ibiharuro

- guhimiriza umwana wawe kumenya ibiharuro bijanye n'amajambo nka: vyinshi, vyinshi kuruta, bike cane
- gufasha umwana wawe gutandukanya ibintu biri mu migwi idasa, akarorero nk'ibicapo vy'imfuruka
- kuvuga ivyerekeye ibihushane – hejuru no hasi, muni no hejuru, imbere n'inyuma, umutaga n'ijoro.

Ubuhizi wisangije / bw'imibano

- umwana wawe mutegekanirize akanya ko gukina n'abandi kugira bige gusangira no gukuranwa
- himiriza umwana wawe gusukura ikibanza neza iyo ahejeje gukina
- fasha umwana wawe kwiga kuvuga amazina yiwe, hamwe n'aho aba
- umwana wawe mumenyeshe amategeko n'igituma ashirwaho.

Ubuhizi bujanye n'ibintu

- kumumenyereza gucagagura ibintu akoresheje umukasi
- kumuha uburyo bwo gukina akoresheje ibintu yubaka hamwe n'utundi dufindo
- gukina inkino zo gusimba umugozi.

Bandanya gukina

Inkino ni kimwe mu bintu bihambaye abana bakeneye, kandi rero ibi ntaco bihindura mu gihe abana batanguye Kindergarten. Abana bakina kubera biryoshe, ariko mu gihe bakina baba bariko bariga.

Mu gihe abana bakina, baba bariko barakoresha ibihimba vyabo vy'umubiri, bagakoresha ubwenge, bakiga no kwisigura hamwe no gufashanya. Bariga ingene ibintu bigenda, hamwe no kumenya ingene bifata bijanye n'uko biyumva. Usabwe guha umwana wawe akanya ko kuruhuka no gukina imisi yose iyo avuye kw'ishule.



Ubuzima bwo kw'ishule

Ishule ryose rirafise igihe co kwinjira no gusohoka, ariko mu bisanzwe ivyirwa bitangura isaha zitatu zo mu gitondo bigahera mu ma saha cenda y'umuhingamo, kuva ku wambere gushika ku wagatanu. Abanyeshule barafise umwanya uhariwe kuruhuka no gufungura hamwe no gukina.

Imbere yo kwinjira canke gusohoka, abanyeshule bashobora gusabwa kuja hamwe bose kugira bumvirize umuyobozi, abigisha canke abanyeshule barongoye abandi, mu gihe bafise ivyo bashikiriza.

Ni itegeko kuja kw'ishule

Amategeko aratomora ko abana bose bakwije imyaka yo gutangura kwiga bategerezwa kuja kw'ishule. Mu gihe abana basivye kwiga, baba bahombye ibintu bihambaye cane. Bishobora kandi kugira ingaruka mbi mu guta intumbero y'ivyigwa. Barahomba kandi mu bijanye no kunga ubucuti hamwe n'abandi. Iryo vyose bishobora kugira ingaruka mbi ku kuntu abana babona ishule hamwe n'ivyo bashobora kurangura.

Mu gihe umwana wawe yacerewe canke yasivye

Mu gihe umwana wawe yacerewe, uzotegerezwa kubanza gusinya mu biro vy'ubuyobozi bw'ishule kugira yemererwe kwinjira; niko bigenda kandi mu gihe utoye umwana wawe imbere yo gusohoka, bitumwe n'imvo iyo ariyo yose.

Mu gihe umwana wawe yari amaze imisi ataza kw'ishule, uzosabwa kuja gusigura imvo zabitumye. Mu bisanzwe insiguro itangwa mu rwandiko rwemeza igituma umwana yari amaze imisi asiba hanyuma umwana agashikiriza urwo rwandiko umwigisha wiwe, mu gihe asubiye kw'ishule. Urashobora kandi no gutanga insiguro, mu gutera akamo ishule.

Gutora abana inyuma y'ivyirwa

Imisi yose ivyirwa biheze, umwana wawe n'abo bigana bazokoranira hamwe mu kibanza cagenywe. Umwigisha w'umwana wawe azorindirira hamwe n'abana. Witwararike kumenyesha umwana n'umwigisha umuntu azokwama aza gutora umwana imisi yose basohotse. Abana bashobora kubabara mu gihe wewe canke uwundi wese aje kubatora atevye. Urabaza umwigisha wabo umwanya mwiza wo gushikirako inyuma y'umutaga.

Kugumiririza ntudebukirwe

Abana bari muri Kindergarten bashobora kuruha mw'ijoro kubera ibintu vyinshi bitandukanye kandi biryoshe birirwa barakora. Kuri iyo mvo, vyofasha mu gihe utohindura umwanya ukorerako ibintu nk'igihe abana baja kwiyoza, gufungura no gusomesha umwana. Ni nkenerwa ko umwana aryama agasinzira neza imisi yose.



Ingene utunganya inzandiko

Mu gihe umwana wawe yasivye kw'ishule, ushobora gushikiriza urwandiko rurimwo ibi bikurikira:

- shiramwo izina ry'umwana wawe n'ishule yigamwo
- shiramwo italiki/amataliki hamwe n'iminsi umwana wawe yasivye
- sigura igituma umwana wawe yasivye
- tanga izindi nsiguro zoba zikenewe

Mu gihe umwana wawe azosiba imisi irenga itatu, usabwe kubimenyesha ubuyobozi bw'ishule. Umwana wawe agarutse, usabwa kwandika insiguro mu rwandiko.

Kugira urabe ingene buzuzza impapuro n'insiguro mu ndimi 34, raba kuri

School Attendance

https://www.det.nsw.edu.au/languagesupport/documents/index_s.htm

Kwirinda impanuka mu kuja no kuva kw'ishule

Imbere yo kujabuka ibarabara ,usabwe kwibuka kujabuka uciye mu kibanza cabigenewe ufashe umwana wawe ukuboko. Mu gitondo no ku mutaga, imiduga iba ari myinshi mu mabarabara yegereye ishule. Usabwe kudahagarika canke gusiga imodoka yawe aho bajabukira, kandi usabwe kubahiriza ibimenyetso vyose vyo gukinga impanuka n'aho bahagarika imodoka.

www.rta.nsw.gov.au

Abana bafise ingabirano kandi bafise ubwenge burengeye ubw'abandi

Abana bafise ingabirano kandi bafise ubwenge burengeye, baba barusha abandi mu vyerekeye ubumenyi, ubukerebutsi, canke ububangutsi mu vy'imibano hamwe n'umubiri. Amashule yose ya leta muri NSW araha uburyo abana bafise ingabirano kandi bafise ubwenge burengeye ubw'abandi. Usabwe kuja kubaza umuyobozi kw'ishule kugira baguhe urutonde rw'ivyigwa batanga.

www.curriculumsupport.education.nsw.gov.au/policies/gats

Abanyeshule bafise ubumuga

Mu gihe umwana wawe yoba afise ubumuga canke hari ibindi akeneye kubera amagara yiwe, usabwe kubimenyeshya umuyobozi mu maguru masha. Igisata kiraba indero no gukarisha ubwenge Department of Education and Training kiratanga imfashanyo zirangutse ku bana bafise ubumuga.

www.schools.nsw.edu.au/studentssupport/programs/disability.php

Abanyeshule bafise ingorane zo kwiga, n'ukuvuga abanyeshule bafise ingorane zihambaye mu vyerekeye ivyigwa, ubumuga buto buto bwo mu mutwe hamwe n'ingorane zo kuvuga, bafashwa n'igice c'ishule Learning Assistance Program.

www.schools.nsw.edu.au/studentssupport/programs/lrngdifficulty.php



Ivyegeranyo

Mu mwaka wose uzoronka n'imiburuburi ivyegeranyo bitari musi ya bibiri bijanye n'ingene umwana wawe akurikira, mu bisanzwe ivyegeranyo bitangwa mu mpera y'igice ca 2 na 4. Harategekanywa uburyo abavyeyi n'abigisha bahura bakaganira ibijanye n'ingene umwana akurikira, ariko mu gihe hari ikiguhagaritse umutima, saba umwigisha isango kugira mubivugane.

Mushobora kwishikira kw'ishule, guhamagara canke mukabandikira mubicishije mu buhinga bwa none kugira muganire ikintu cose kibahagaritse umutima. Abasiguze barashobora kuboneka mu gihe mubasavye.



Ubuhinga bwa none kw'ishule

Gerageza uko ushoboye kuronka inkuru zijanye n'ubuhinga bwa none abana bazoba bariko barakoresha i muhira, kw'ishule canke ahariho hose.

Ukeneye inkuru y'imvaho, raba kuri:

www.schools.nsw.edu.au/click

Ibisabwa mu kwitegurira ishul

SHIRA AKAMENYETSO KU GIKORWA ICARICO COSE WAMAZE KUBANGURA.
(IBIKORWA VYOSE NTIBIKWEREKEYE).

Umwaka imbere y'uko umwana wawe atangura ishule

- Itaba ubutumwa bwo kubabwira ingene ishule ritunganiye.
- Iyo incanco zigeze, saba bapime ingene umwana wawe yumva kandi abona.
- Mu gihe umwana wawe ameregwa nabi hari ibintu afunguye canke anyoye, iyo afise ingorane z'amagara canke ubumuga, usabwe kubimenyeshya ishule mu maguru masha kandi usabe umubonano kugira ubonane n'umuyobozi w'ishule.
- Uzuza urupapuro rujanye n'ukwiyunguruza mu gihe bikwerekeye (ihweze ku rupapuro 5).
- Rondera uwuzoza arakwirikirana umwana wawe imbere canke inyuma y'amasaha y'ivyigwa. Uzuza urupapuro basabirako imfashanyo ya OOSH ni vyaba bikenewe (ihweze ku rupapuro 5).

Ibintu vy'ishule bimwe bimwe uzokenera kugura

- Umwambaro w'ishule (zijanye n'ibihe bishushe, bikanye canke no kwintonora imitsi).
- Inkofero yo kwikingira izuba (mu bisanzwe iba iri kumwe n'umwambaro w'ishule).
- Ibirato vy'ishule hamwe n'ibirato vyo kwirukamwo (mu gihe badashobora gupfunga imigozi, gerageza Velcro).
- Isaho batwarira ku mugongo (hari aho ishule rishobora kuba rizifise).
- Ico batwaramwo imfungurwa (baza umwana wawe atore ico ashobora kugurura).
- Icupa ry'ibinyobwa.
- Ikoti ry'imvura.
- Ico kwambara mu gusiga amarangi (agapira gashaje kazoba kamaze).
- Isaho yo gutwaramwo ibitabo.

Amataliki ajanye n'ibice vy'ishule

Umwaka w'ishule ugizwe n'ibice bine vyose biri hamwe bikagira ibice bibiri vy'umwaka. Mu bisanzwe, abana bo muri Kindergarten batangura umusi ukurikira intango y'amashure ku bandi bana. Abana bamwe bo muri Kindergarten batangurira ku bihe bitandukanye kugira umwigisha abanze amarane umwanya n'umwana wese. Ishule rizobikumenyeshya.

Ushobora kuraba amataliki y'ibice vy'ishule mu kurondera kuri:

<http://www.schools.nsw.edu.au/calendar/>

* Amataliki yo gutangurirako ishule ashobora kuba ari inyuma mu mashure amwe amwe yo mu burengero bwa NSW. Baza ishule ryawe aho uherereye.

** Baza ishule ryawe mu gihe amataliki atandukanye.

Umwaka umwana wawe atangurirako ishule

- Nzero – ushobora kumara akanya hamwe n'umwana wawe imisi yose umumenyereza ibintu azokora amaze gutangura ishule nk'akarorero gushushanya.
- Andika amazina y'umwana wawe ku kintu cose!
- Itwararike kuba ufise inomeri ya telefone y'ishule.
- Igisha umuhungu wawe ingene bihagarika ku mwanda muto mu gihe yoba atarabimenya.

Mw'ijoro buca ishule ritangura

- Shira ahabona impuzu, ibirato n'amashesheti vy'umwana wawe.
- Ushobora gutegura induhuro y'umwana wawe mw'ijoro ugaca uyishira muri frigo.
- Fasha umwana wawe gutegura isaho yo gutwara kw'ishule.
- Shira mu kamwanya akabutura ko musi, umwambaro w'amashesheti n'impuzu zo guhindura vyo gutegekanya.
- Menyeshya umwana wawe ko ivyo bintu biri mw'isaho yo ku mugongo mu gihe vyoshika akiyononako kw'ishule.

Umusi wa mbere

- Gira umwizero kandi uhimbarwe n'umusi wa mbere hamwe n'umwana wawe.
- Reka umwana wawe agerageze kwiya mbika impuzu.
- Fundikanya imishatsi miremire canke uyisuke.
- Siga umwana wawe amavuta yo kwikingira izuba imisi yose mu gitondo. Batari mw'ishule ategerezwa kwambata inkofero y'ishule.
- Fata amafoto!

Indwi za mbere z'ishule

- Ishule rizokumenyeshya mu gihe vyoba nkenyerwa ko umutekerera ibikenewe nk'ibijanye no kwintonora imitsi, utugene canke inyubakwa basomeramwo ibitabo.
- Mu ndwi za mbere amashure atanguye abana bararuha cane. Umwana wawe akeneye gusinzira cane.
- Mu gitondo, gaburira umwana wawe imfungurwa ngirakamaro mu mubiri kugira ashobore kumara umusi neza.
- Itwararike ko umwana wawe azi uwuza kumutora ku musi ku musi.
- Misi yose mw'ijoro raba mw'isaho y'umwana wawe ko hoba hari inzandiko zavuye kw'ishule canke ivyo atahejeje gufungura.
- Gerageza kuraba ko ivyo umwana yama yakoze mu gatondo abigira akamenyero.
- Tangura kumenyereza umwana wawe gusomera ibitabo i muhira.
- Yugana n'umwigisha ibijanye no gufasha mw'ishule mu gihe ubishoboye.
- Ganira n'umwana wawe ibijanye n'ingene umusi wagenze kw'ishure.
- Ni nkenyerwa cane ko umwana wawe abandanya aronka umwanya wo kuruhuka, gukina hanze no gukora ibintu bimuryohera mu gihe amaze gutangura ishule.



Abavyeyi b'abana bari kw'ishule

Ikinyamakuru mu buhinga bwa none (ezine) kigamije gufasha abavyeyi kumenya inkuru zerekeye ubuzima bwo kw'ishule.

Ukeneye inkuru y'imvaho raba kuri:

www.schools.nsw.edu.au/ezine



Ahabitse inkuru z'imisi y'ishule

Bigufasha gutegura ibijanye n'ubuzima bwo kw'ishule no muhira. Ikibanza kibangutse co gukuramwo inkuru zerekeye ishule.

Ukeneye inkuru y'imvaho raba kuri:

www.schools.nsw.edu.au/schooldays



Isomero rya Kindergarten

Amasomero ya Kindergarten ni ibibanza bihimbaye kandi vy’umunezero. Abana bashobora gufundana n’abagenzi babo bicaye hasi, bashobora gukinira mu tuzu dutoyi, kumviriza umwigisha ariko arasoma igitabo canke bakicara ku ntebe kugira bandike canke bacape. Bazokwiga guharura, ibicapo vy’imfuruka, ivyo kwigana, ubumenyi, kuririmba, gutemberera inzu basomeramwo ibitabo, gukoresha za mashini zigezweho hamwe no kugira uruhara mu mirimo itandukanye.

Ivyo umwana wawe azokwiga kw’ishule

Umwanya munini muri Kindergarten uhariwe kongereza ubumenyi bw’abana mu gusoma no guharura. Hari ivyigwa bitandatu bifatwa nk’inkingi y’ubumenyi (Key Learning Areas) mu mashure mato mato.

Navyo bikaba ari ibi:

- Icongereza (English)
- Ibiharuro (Mathematics)
- Ubumenyi n’Ubuhinga (Science and Technology)
- Ivyigwa vyo Gushushanya (Creative Arts)
- Imibano mu Bantu n’Ibidukikije (Human Society and its Environment)
- Ukwiteza Imbere mu Vyiyumviro, Amagara n’Ukwinonora Imitsi (Personal Development, Health and Physical Education)

Wifuzza kuronka izindi nkuru zijanye n’ivyo umwana wawe azokwiga raba kuri Board of Studies mu buhinga bwa none.

www.boardofstudies.nsw.edu.au/parents

Ubuhinga bwa none bwo gutumatumanako

Igisata NSW Department of Education and Training kiraha umwana wawe umurungo wo kwandikirako kuri bwa buhinga bwa none kugira yongereze ububasha bwo kwiga ata nkomanzi. Isomero ryose ririmwo vya vyuma bikoresha ubuhinga bwa none bwo gutumatumanako.

Best Start Kindergarten Assessment

Abana batangura Kindergarten barushanya ubukerebutsi kandi baciye mu bintu bitandukanye. Best Start Kindergarten Assessment ni igipimo gifasha abigisha kugereranya ubumenyi bw’abana kugira bategure inyigisho bisunze ivyo umwana wese akeneye kumenya. Abigisha bazokwicarana n’umwana wawe umwaka w’ishule ugutangura kugira basuzume ivyo azi bijanye no kwandika no gaharura hanyuma bategure urutonde rw’ivyigwa biringaniye n’urugero rw’umwana wawe. Ukeneye insiguro mu rurimi rwawe raba kuri

Best Start Kindergarten Assessment

https://www.det.nsw.edu.au/languagesupport/documents/index_b.htm

“Uno musu wakoze iki kw’ishule?”

Mu gihe umwana wawe yokwishura iki kibazo avuga ati “Nta na kimwe”, gerageza umubaze ikindi kibazo: “Ni ayahe majambo wize uno musu?”, “Ni nde mwakinye mu karuhuko?”, “Ni igiki cakuryoheye kurusha ibindi uno musu kw’ishule?”





Kwitwararika abana

Birakenewe ko wewe n'umwana wawe mumenya ko imisi yose hariho umuntu kw'ishule wo kubafasha. Amashule yaratunganiye kandi urutonde rw'ibintu bikenewe mu gufasha abanyeshule no kubakingira impanuka.

Ingene abana baguma batekaniwe kandi bahimbawe

Ishule rizokumenyeshya igihe hari abacunze imicungararo y'ishule, ingene bitunganijwe gutora abana hamwe n'ubundi buryo abana bacungerwa umwanya wose.

Abigisha

Abigisha bo mu mashule ya Leta yo muri NSW baba barajeje za kaminuza kandi baranonosoye umwuga wabo. Baritwararika ivyo abana bato bakeneye kandi ntibazotangwa gufasha no kubereka inzira. Umwigisha w'umwana wawe azokumenyeshya uburyo bwiza bwo gukwirikirana umwana wawe hamwe n'intambwe ageze. Wokwama wamenyeshye umwigisha w'umwana wawe mu gihe hari ivyahindutse mu buzima bw'umwana wawe bishobora kugira ingaruka mbi ku bikorwa vyivye canke ukuryohereza n'ishule.

Abahanuzi bo kw'ishule

Abahanuzi bo kw'ishule ni abigisha babimazemwo igihe bakaba barize amashule ari hejuru ya kaminuza ajanye n'ukumviriza abantu bafise ingorane. Bashobora gufasha abana mu gihe bafise ingorane kw'ishule canke i muhira. Barashobora no gufasha imiryango kuronswa izindi mfashanyo ziva ahandi atari kw'ishule mu gihe bikenewe. Mu bisanzwe ushobora guhana isango n'umuhanuzi mu guhamagara kw'ishule.

Umugambi wiyamiriza gutoteza abandi

Amashule yose arafise imigambi ziyamirira kure gutoteza abandi mu guhimiriza ugushigikirana, gutsimbataza inyifato ibereye, kwigisha abana kwiubahiriza no kubaha abandi. Amashule arafise kandi uburyo bwo kugwanya agatotezo n'agasomborotso, abakozi bo kw'ishule nabo kandi barazi ingene bavyifatamwo mu gihe bishitse. Ushobora kuronka kw'ishule ryawe urwandiko rurimwo imigambi bafise yo kwiyamiriza itoterwa.

Ibindi vyo kwitwararika ku mwana

Amashule ya Leta arongereza abandi bakozi bafasha mu gihe bakenewe.

Mu vyo bakora harimwo:

- kunganira abigisha mu gihe hari abana bafise ingorane mu gukwirikira ivyigwa
- Abigisha abana kongereza mu gihe atari ururimi rwabo kavukire (English as a second language - ESL)
- abakozi bakomeza imigenderanire hagati y'ishule no mu mibano
- abakozi bitwararika ubumenyi bwa ba kavukire ba hano.



Mu gihe wobona umwana wawe yahinduye imibereho yiwe canke ufise amakenga ku mwana wawe mu bijanye n'ishule urashobora kuvyigana umwigisha wiwe, umuhanuzi wo kw'ishule canke umuyobozi. Vyoba vyiza cane ubiganiye amakenga ufise mu maguru masha.



Gushigikirana – umwana wawe, wewe n'ishule

Abana bararyoherwa no kubona abavyeyi babo n'abababungabunga kw'ishule bariko babafasha mu masomero, aho bafungurira canke babafasha mu bundi buryo. Ubushakashatsi buragaragaza ko abana bakora neza kw'ishule mu gihe abavyeyi babo canke abababungabunga kw'ishule bitwararika ibikorwa vyabo kw'ishule. Intererano yawe irahabwa agaciro.

Gira uruhara kw'ishule ry'umwana wawe

Uburwo wogira uruhara:

- gufasha mw'isomero
- kumviriza mu gihe abana bariko barasoma
- gufasha abana mu gukoresha ubuhinga bwa none
- gufasha mu gihe amashuri yatwaye abana gutembera
- gufasha aho bafungurira
- gufata mu mugongo umurwi w'inkino.

Ja mu baserukira abavyeyi

- Umugwi w'Abavyeyi n'Abanyagihugu (The Parents and Citizens' Association - P&C) kw'ishule ryose ni wo ufata ingingo zijanye n'ishule n'ingene amahera akoresha. Udashobora kuja mu manama, urashobora gufasha mu bindi uwo mugwi ukorera ishule, nk'imisi mikuru y'ishule no gutorokanya amahera y'imfashanyo.
- Inzego nyobozi z'ishule (School Councils) zigizwe n'abavyeyi, abigisha, umuyobozi hamwe n'abaserukira abandi mu mibano.
- Imigwi Mpanuzwajambo y' Indero ya ba Kavukire (Aboriginal Education and Consultative Groups - AECG) ikora ibishoboka vyose kugira abantu bo mu mibano y'ishule bagire ico baterera mu ndero ya ba Kavukire hamwe n'izindi ngorane mu rwego rwo hasi.
- Ishirahamwe ry'Abavyeyi b'Abana baba kure y'abandi (Isolated Children's Parents' Association) ryitaho guteza imbere ndero y'abana baba mu bice bitegereye abandi.



Kwitegura

Umwana wawe amaze gutangura ishule uzosanga hari amakete menshi hamwe n'ibinyamakuru ishule riza rirakurungikira. Ni icyumviro ciza ko utegekanya aho uza urabika ibintu vyose bijanye n'ishule nk'amakete, ibinyamakuru vy'ishule, ivyegeranyo vy'umwana hamwe n'ibikorwa kw'ishule.

Ushoboye kugura ico ubikamwo ivyo bintu, ushobora kuvyegeraniriza hamwe ukuye inkuru kuri:

www.schools.nsw.edu.au/news/schooldays

Sohora urupapuro rwa mbere hamwe n'izindi zigabura izo nzandiko kugira ico gikoreshe ubikamwo inzandiko kiboneke neza. Uzosangamwo ikirangamisi kizogufasha gukwirikirana imirimo ushinzwe kw'ishule hamwe n'amasango, aho wandika ibiranga ishule ndetse n'izindi nkuru n'inzandiko zifasha umwana wawe gukora ibikorwa vyo kw'ishule.



Gufungura neza imisi y'ishule

Umwana wawe arakeneye imfungurwa nziza kugira agire ingoga zo gukwirikira neza mw'ishule. Ivyo ugaburira umwana wawe mu gatondo bimufasha kumubungabunga igitondo cose gushika ku karuhuko. Umwana akeneye imfungurwa zinyuranye ku murango kugira zimuzigame umusi wose kw'ishule.

Gufungura kw'ishule

Umwana wawe azosanga gufungura kw'ishule bitandukanye n'ingene asanzwe afungura i muhira canke kw'ishule ryo kwimenyereza. Nta bibanza bihari vyo kubika imfungurwa kugira zigume zishushu canke zikanye. Kenshi na kenshi abana bicara ku vyatsi canke ku ntebe ndende maze bagashira imfungurwa ku mavi. Ni nkenerwa kandi ko bashobora gutekurura ivyo bahambiriyemwo imfungurwa zabo kugira ntibamare umwanya wabo wo gukina bariko barafungura.

Ingene wofasha umwana

- Gutekera imfungurwa uburwo bworoshe gutekurura, ibintu vyoroshe gufungura kandi bidatera umwanda.
- Andika izina ryiwe ku kintu atekeramwo imfungurwa, icupa ry'amazi hamwe n'ibindi bikoresho atekeramwo.
- Shiramwo icupa ry'ibarafu rikanyisha imfungurwa. Ritekere mu gatambara ko mu gikoni mu gihe iryo cupa ryova.
- Tekera imfungurwa mu bikoresho birinda ubushuhe canke mu dufuko dukanye.
- Irinde gutekera mu kamwanya guko bigora abana gutekurura.
- Ivyamwa bikikize udupapuro tworoshe two kwihanagura kugira ntivyonekare.
- Ibutsa umwana wawe gukaraba imbere yo gufungura no kuja mu kazu ka sugumwe mi bihe vyo kuruhuka.
- Ni waba watekeye imfungurwa zo ku murango mw'ijoro, ziraze muri firigo gushika hageze kuja kw'ishule.
- Misi yose tekerera umwana wawe icupa ry'amazi kandi umwibutse ko ashobora kuronka amazi umwanya wose aho yubakiwe kw'ishule.

Ivyiyumviro bijanye n'akaruhuko n'igihe co kwivuna umusase

- Himbagura ivyamwa mu duhimba duto duto (kugira ivyamwa bimwe bimwe nk'imihwi, ama apples n'amapera ntivyonekare mu guhindura ibara, kanyurirako indimu) ubitekere mu gakopo gatoyi.
- Himbagura ibitegwa nk'ikaroti, iseleri na za cucumber ubihambirire mu kamwanya. Mu kandi gakopo, shiramwo utuntu bashobora gukoza nka yoghurt bakozamwo ikaroti.
- Uzokore turya dukate dusosa mw'ifu y'intete hanyuma udufondere hamwe. Tekera kamwe ku musi ko gufungura mu karuhuko canke utugumize i muhira kugira bivune umusase inyuma y'umutaga.
- Ibice vy'imicungwa canke uduhimba tw'inanasi bikanyishijwe cane biravuna inyota mu gihe hashushu.
- Hindura ubwoko bw'imikate; hari iyibumvye, iyo bita pita, iyikozwe mw'ifu rivuye mu ntete z'ubwoko bw'inshi canke iyindi irimwo ibisosa.
- Mu gihe ukoresheje itomati, zihimbagure mu duhimba duto duto udushire hagati y'ibindi biri mu mukate kugira ntibinyerere ngo bigore gufungura.
- Teka vyinshi mw'ijoro kugira hasagukeko ivyo gutekera ku musi ukurikira. Ushobora gukoresha ivyo bita quiche, uduhimba twa za pizza wakoreye i muhira, imboga zikaranze, i salade y'ama noodle canke isosiso.

Mu gihe ivyo watekeye bigarutse

Ntuhagarike umutima mu gihe umwana wawe adafunguye ivyo wamutekereye mu ntango. Rimwe na rimwe hari igihe abana baryohereye no gukina na bagenzi babo mu gihe co gufungura bakabura umwanya ukwiye wo gufungura.

Mu gihe umwana yoba ashonje cane avuye kw'ishule, urashobora kumwibutsa ko akwiye gufungura ivyo bamutekereye. Umwana azoteba amenyere gufungura.

Inda zo mu mushatsi

Birashika ugasanga rimwe na rimwe abana biga bafise inda mu mushatsi ariko nta sano bifitaniye no kubura isuku canke kugira umwanda. Inda zishobora kwandukira mu gihe abana bakina bafatana, ariko inda nta ngaruka mbi zifise ku magara y'umwana wawe.

Kugira ukingire umwana wawe inda zo mu mutwe:

- za urasuzuma imishatsi y'umwana wawe kenshi
- imishatsi miremire wame wayiboheye inyuma.

Mu gihe umwana wawe afise inda zo mu mutwe:

- Imishatsi yatsinanye yifatanure ukoresheje igisokozo, hanyuma uyisokoze washizemwo umuti w'umushatsi wera uheze ukoreshe igisokozo gifise amenyo yegeranye kugira ukuremwo inda zatsinaniyemwo canke amagi (nits) imisi yose gushika aho ata rigi risigara
- bandanya urungika umwana wawe kw'ishule
- bimenyeshe ishule kugira abandi bavyeyi basuzume imishatsi y'abana babo; umwana wawe ntibazomudomako urutoke
- Amashule rimwe na rimwe aragira umusi w'isekeza kugira bahagarike ningoga uruhererekane rw'inda zo mu mutwe.

Ukeneye inkuru y'imvaho raba kuri: www.health.nsw.gov.au/publichealth/environment/headlice/

Raba inkuru zisobanuwe mu rurimi rwawe *Head lice parent information sheet* https://www.det.nsw.edu.au/languagesupport/documents/index_h.htm



Ni ibiki bishika iyo umwana wawe agwaye?

Kw'ishule

Mu gihe umwana wawe agwariye canke akomerekeye kw'ishule, ishule rizoguhamagara hanyuma bamuronse imiti akeneye. Mu gihe umwana wawe agwaye bukebuke, ashobora kuja mu cumba c'abagwayi, akenshi kiba kiri iruhande y'ibiro vy'ishule, kugira aryame kandi bamukwirikirane. Mu gihe agwaye cane adashobora gusubira mw'ishule, bazoguhamagara kugira uze gutora umwana wawe. Ni naco gituma wokwama wamenyesheje ishule inomeru za telefone ukoresha.

I muhira

Umwana wawe musivye kw'ishule hanyuma urondere umuganga mu gihe umwana yoba afise:

- ubushuhe bwegereye 38°C canke burenga
- mu gihe adahwa canke acibwamwo
- afise ibimenyetso bikomeye vy'ibicurane
- ibiherehere mutazi icabiteye.

Ingwara zikunda kwandukira

Gumiza umwana i muhira kandi baza muganga vyihuta mu gihe umwana wawe afise kimwe muri ibi:

- **Agasama:** umucanwa muke, ibiseru vyinshi hanyuma agatangura kugira amaherehere avuye mu duhere dutoyi.
- **Ingwara y'amaso:** amaso arakurya ukaguma wiyagaza, agatukura kandi avamwo amosozi. Mu gihe usinziriyeye amaso ashobora gufatana.
- **Ibiturika:** uduherehere tuyimba tukazamwo amashira hanyuma tukamenekacane cane tuza mu maso, ku maboko, no ku ruhu rwo mu mutwe.
- **Agasera:** Akantu kicapa ku mubiri ukamengo wahiye.

Ukeneye inkuru y'imvaho ku ngwara zandukira hamagara NSW Health kuri (02) 9391 9000 canke urondere kuri www.health.nsw.gov.au

Kwikingira izuba

Amashule aragerageza gukingira abana ingaruka mbi zitewe n'imishwarara y'izuba mu kubaha ubwugamo bishobotse, hamwe no gusaba ko umwambaro w'ishule uba urimwo inkofero. Mu gihe umwana wawe ari ku kibuga ategerezwa kuba yambaye inkofero, canke naho azotegerezwa gukinira mu gatutu. Abana bashobora kandi kwambara amarori y'izuba kugira bakingire amaso yabo ntiyononwe n'izuba.

I muhira, imisi yose mu gatondo imbere y'uko umwana aja kw'ishule, mumenyereze kumusiga amavuta akinga izuba.

Ingorane z'amagara

Mu gihe umwana wawe yoba afise ingorane zijanye n'amagara, hari nk'imfungurwa canke ibinyobwa azira canke akeneye gufata imiti muganga yamwandikiye, utegerezwa kubimenyesha ishule. Ivyo bizoba mu gihe co kumwandikisha, ariko utegerezwa kumenyesha ishule mu gihe hari igihindutse mu magara y'umwana wawe.

Kuziririza

Ingwara bita anaphylaxis ni ingwara mbi kandi iza giturumbuka ituma umubiri uzira imfungurwa zimwe zimwe nk'ibiyoba, ubwoko bw'ifi ziba mu bigaragamba canke udukoko tumwe tumwe iyo tukuriye. Mu gihe umwana wawe hoba hari imfungurwa azira, ni ngombwa kubimenyesha ishule mu maguru masha kugira bafate ingingo zo kugabanya ibituma agwara. Ushobora gusabwa gufasha uwushinzwe aho bafungurira nk'akarorero kugira basubiremwo urutonde rw'imfungurwa.

www.allergyfacts.org.au



Inkuru za nkenerwa

NSW Department of Education
and Training

Hamagara kuri: (02) 9561 8000
www.det.nsw.edu.au

Inkuru zerekeye amashure yo muri NSW
www.schools.nsw.edu.au

Ubuhingana bwo kw'ishule *Click*
www.schools.nsw.edu.au/click

Guhana inkuru zijanye no
kwigisha no kwiga
Teaching and learning exchange (TaLe)

Inkuru zijanye no kwiga hamwe n'ibindi bishobora
gufasha mu bikorwa vy'ishule: Raba *Parents and
Community* kuri
www.tale.edu.au

Telefone y'Igisata co Gusigura Indimi:
Hamagara kuri: 131 450

Board of Studies
www.boardofstudies.nsw.edu.au/parents

Iyunguruzwa ry'abanyeshule
Hamagara kuri: 1800 227 774
canke (02) 9891 8900
www.transport.nsw.gov.au

Impanuro z'abavyeyi
www.raisingchildren.net.au

Ivyiyumviro vyo gufungura ku musase
hamwe no gufungura neza
www.healthykids.nsw.gov.au

Utuguriro tw'imfungurwa
nziza ku mashure
[www.schools.nsw.edu.au/studentsupport/
studentwellbeing/schoolcanteen/index.php](http://www.schools.nsw.edu.au/studentsupport/studentwellbeing/schoolcanteen/index.php)

Ingingo ngenderwako mu kubaho
neza kw'abanyeshule
[www.det.nsw.edu.au/policies/student_serv/
student_welfare/stude_welf/PD20020052.shtml](http://www.det.nsw.edu.au/policies/student_serv/student_welfare/stude_welf/PD20020052.shtml)

Ingingo zo kurwanya guturubika abandi
www.det.nsw.edu.au/antibullying
www.bullyingnoway.com.au
Raba inkuru zisobanuwe mu rurimi rwawe
Anti-bullying
[https://www.det.nsw.edu.au/
languagesupport/documents/index_a.htm](https://www.det.nsw.edu.au/languagesupport/documents/index_a.htm)

Abafise ubumuga
[www.schools.nsw.edu.au/studentsupport/
programs/lrngdifficulty.php](http://www.schools.nsw.edu.au/studentsupport/programs/lrngdifficulty.php)
[www.schools.nsw.edu.au/studentsupport/
programs/disability.php](http://www.schools.nsw.edu.au/studentsupport/programs/disability.php)

Best Start Kindergarten Assessment
Raba inkuru zisobanuwe mu rurimi rwawe
Best Start Kindergarten Assessment
[https://www.det.nsw.edu.au/languagesupport/
documents/index_b.htm](https://www.det.nsw.edu.au/languagesupport/documents/index_b.htm)

Indero y'abana barusha abandi
ubwenge kandi b'ingabirano
[www.curriculumsupport.education.nsw.gov.au/
policies/gats/assets/pdf/polsuppparent.pdf](http://www.curriculumsupport.education.nsw.gov.au/policies/gats/assets/pdf/polsuppparent.pdf)

Kuziririza
www.allergyfacts.org.au
[www.allergyfacts.org.au/PDF/
AnaphylaxisGuidelinesFinal.pdf](http://www.allergyfacts.org.au/PDF/AnaphylaxisGuidelinesFinal.pdf)
Raba inkuru zisobanuwe mu rurimi rwawe
Anaphylaxis
[https://www.det.nsw.edu.au/languagesupport/
documents/index_a.htm](https://www.det.nsw.edu.au/languagesupport/documents/index_a.htm)

kwinonora imitsi no gusama
akayaga muri NSW
www.dsr.nsw.gov.au

Ishirahamwe ry'Abavyeyi
n'Abanyagihugu
www.pandc.org.au

Umurwi Witaho Indero ya ba Kavukire
<http://www.aecg.nsw.edu.au/>

Gusubiza Umusoro ujanye n'Indero
[www.ato.gov.au/individuals/content.asp?doc=
content/00174278.htm](http://www.ato.gov.au/individuals/content.asp?doc=/content/00174278.htm)

Imfashanyo yo Kurera Abana
[http://www.centrelink.gov.au/internet/internet.
nsf/payments/childcare_benefit.htm](http://www.centrelink.gov.au/internet/internet.nsf/payments/childcare_benefit.htm)

Imfashanyo
Umurongo wa telefone wo gufasha
abana (Kids Helpline)

Umurongo wa telefone ya gusa kandi yo mw'ibanga
w'ibikorwa vy'ubuhanuzi ku bana bafise hagati
y'imyaka 5 na 25:
Hamagara kuri: 1800 551 800
www.kidshelpline.com.au



Igisata co Gusigura Indimi kuri Telefone

Hakaba hari ibindi wifuza kumenya, usabwe kuja kubibaza kw'ishule. Ukeneye umusiguzi yogufasha, hamagara Igisata co Gusigura Indimi kuri Telefone kuri **131 450** hanyuma usabe umusiguzi mu rurimi rwawe. Uwo muvuganye azohamagara kw'ishule hanyuma umusiguzi azoguma ari kuri telefone kugira agufashe mugihe muzoba muriko muravugana. Nta mahera bazogusaba.

Inkuru zisobanuye zerekeye ishule

Rondera inkuru zisobanuye zerekeye ishule mu ndimi nyinshi kuri:

www.det.nsw.edu.au/languagesupport/index.htm

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