



**Cabot Primary School**



Isniin 9<sup>ka</sup> Noofember 2020

### **Akhbaarta cusub ee Covid 19.**

Gacaliyayaal Waalidiin iyo Daryeelayaal,

Maadaama aan billownay usbuucii labaad ee Xilliga cusub iyadoo uu waddanku ku jiro kala xirnaan, waxaan jeclaan lahaay inaan idiin soo gudbiyo akhbaar cusub ee ku saabsan tallaabooyinka qaar aan u baahannahay inaan qaadno si ay bulshadeenna u ahaato mid nabdoon sida ugu badan ee macquulka ah.

### **Hagidda cusub ee Dowladda**

Laga billaabo 5<sup>ta</sup> Noofember dowladda waxay soo saartay hagidda soo socota taasoo ay tahay in dhammaanteen aan raacno.

Fadlan fiiri websaydka hoose si aad u hesho hagid buuxda.

<https://www.gov.uk/guidance/new-national-restrictions-from-5-november>

### **keenidda iyo ka-kaxeeynta carruurtaada ee dugsiga.**

- Fadlan dugsiga kaalay oo keli ah waqtiga lagu qoondeeyey ee keenidda iyo kaxeeynta carruurta. Haddii aad horey u timaadid, waxaad dheereyneysaa safka waxaadna ka dhigeysaa mid aan u nabdooneyn adiga laf-ahaantaada iyo dadka kale.
- Fadlan u jirso ugu yaraan 2 mitir kooxaha kale.
- Iyadoo la tixraacaaya hagidda cusub, fadlan keen kana kaxeey oo keli ah dadka gurigaada ku nool ama kooxdaada taakulada.
- Haddii aad awooddo, fadlan xiro weji-daboolka marka aad dugsiga soo booqaneysid.
- Fadlan naga caawi in tirada dadka dugsiga imaanaaya aad yareysid. Waqtiga kaxeeynta, hal qof ee guri walba ayaa imaan kara dugsiga.
- Marka aad kaxeysid canuggaada, fadlan ku sii soco jidka hal-jihada ah adigoo jidkaas dugsiga uga baxaaya sida ugu dhaqsaha badan ee macquulka ah si aad uga hortagto saxmad (ciriiri).

### **Calaamadaha iyo tijabooyinka Covid 19**

Hubi in adiga ama canuggaada aad qabtaan calaamadaha, kuwaasoo ah: xummad sare, qunfac cusub oo joogta ah, isbeddel ku dhaca dhadhanka iyo urinta.

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

**Learn together, respect each other, achieve forever**

Headteacher Tom Burton Halston Drive, St Pauls, Bristol, Bristol BS2 9JE

Tel: 0117 3772630 Email: [Cabotp@bristol-schools.uk](mailto:Cabotp@bristol-schools.uk) Web: [wwwcabot.bristol.sch.uk](http://wwwcabot.bristol.sch.uk)





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Haddii aad qabtid mid ka mid ah calaamada ugu waaweyn ee coronavirus (COVID-19), sida ugu dhaqsaha badan tijaabo isaga qaad. Guriga joog ilaa aad natiijada ka ogaaneysid. Fadlan noo sheeg sida ugu dhaqsaha badan haddii canuggaada ama qof guriga idiin kula nool ay qabaan calaamadaha Covid 19 ama laga helay Covid 19. Dib ha u dhigin soo-sheegidda haddii uu canuggaada qabo. Fadlan dugsiga si degdeg ah u soo wac si aad noogu sheegto. Haddii lagu sheegay in cudurka aad qabtaan maalmaha Sabtida ama Axadda ama habeenki waqti dambe, fadlan soo wac nambarka soo socda: 074072977692.

### **Xiritaanka fasallada**

Haddii la xaqiijiyo cudurka in laga helay arday ama shaqaale, waxaa laga yaabaa inaan u baahanno inaan xirno fasallada ogeysiin kooban gudaheeda. Tan waxay ku dhacday dugsiga badan oo Bristol ku yaal. Waxaan u baahannahay annagana inaan taas isu-diyarinno in ay ka dhici karto Cabot. Fadlan hubi inaan haaysanno nambarka taleefankaada ugu dambeeyey. Aad ayey muhiim u tahay inaad sida ugu dhaqsaha badan ee macquulka ah aad u imaan kartid si aad canuggaada u kaxeysid.

### **Shaqaleynta**

COVID wuxuu xitaa saameeyey shaqaalaha. Sida uu u saameeyey bushadeenna qaarkood waa ay is-xakameynaayaan sababtoo ah waxaa la soo xiriiray qolooyinka raad-raaca iyo daba-galka ama carruurtooda ayaa ay cayimeen dugsiyada kale ama kalkaaliyayaasha in ay xiriir dhaw sameeyeen. Tan waxaa ku jira aniga. Waxaa ila soo xiriiray qolooyinka raad-raaca iyo daba-galka App. usbuucii la soo dhaafay waxayna ii sheegeen inaan is-xakameeyo.

Ilaa iyo hadda waxaan ku guuleysannay inaan sii wadno tallaabooyin heerar sareeya si aan u daboolno fasallada. Laakiin, haddii ay soo baxdo arrin ah inaan haaysanin shaqaale ku filan dugsiga, waxaa laga yaabaa in ay noqoto lagamamaarmaan inaan fasallada xirno ogeysiin kooban gudahooda. Waxaan rajeyneynaa in ay tan dhicin, laakiin haddi ay dhacdo, sida ugu dhaqsaha badan ee macquulka ah ayaan kuula soo socodsii doonaa. Waxaan caddeynaayaa sida aan aaminsanahay in ay muhiim u tahay bulshada dugsiga in ay ogaadaan in shaqaalaha dugsiga uu iyaguna saameeyey COVID.

Aad ayaad ugu mahadsan tihiiin sida aad noola shaqeynsaan si aan carruurteenna, qoysaskeenna, shaqaalaha iyo bulshada guud ahaan ay ugu nagaadi lahaayeen bad-qab.

Mahadsanidiin,

Tom Burton  
Madaxa Macallimiinta  
Dugsiga Hoose ee Cabot

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