



Confident children
literate for life.

SOFALE NEWS

SOMALI FAMILY LEARNING AND REGENERATION PROJECTS
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Sofale News is a quarterly bilingual newsletter and aims to support parents and carers new to English Education System with information, advice and guidance about their children's education and the importance of good home/school and community links.

Sofale News waa wargeys sadexdii bilba mar soo baxa, wuxuu waalidiinta ku cusub habka waxbarashada wadankan Ingiriiska u gudbiyaa warbiximo, talooyin iyo hagiis ku aadan dhinaca waxbarashada caruurta iyo sida ay muhiim u tahay in xiriir wadashaqayni ka dhexeeyo qoyska, dugsiga iyo ururada bulshada.

PARENTS CAN MAKE A DIFFERENCE WAALIDIINTU WAXAY SAMAYN KARAAN WAX-ISBEDEL

TACKLING TRUANCY

Parental responsibility:

As a parent you have the legal responsibility for making sure your school-registered child attends school regularly.

Missing out on education severely affects children's life chances. Truancy is always in the news – but what does it mean for parents and what can parents do to tackle the problem?

Helping your school teachers.

- When your child has to miss school because he or she is ill - contact the school on the first morning of your child's illness. Staff will be concerned if they do not hear anything.
- If your child has to visit a doctor or dentist, try to arrange an appointment after school hours or during the holidays.

If you need to take your child out of school, discuss the reasons with the school as soon as possible. Some short absences are acceptable – but reasons such as shopping travel, using children as interpreters or birthday event are not acceptable reasons.

Taking holidays abroad in term time:

- Remember that you should not expect your child's school to agree to a family

XALINTA KA BAAQASHADA DUGSIGA

Is-xilqaanka waalidka:

Sharci ahaan, waalidku wuxuu si buuxda masuul ka yahay dugsiga ka-baaqashada ilmahiisaa ka diiwaangashan dugsiga.

Ka baaqashada dugsiga waxay saamayn xun ku tahay mustaqbalka iyo fursadaha ardayga, waana arin marwalba laga dodo si waalidku kaalintiisa uga qaato xal-u-helidda sababta ka baaqashada dugsiga.

Caawinta macalimiinta dugsiga

- Marka ardaygu jiro awgeed ka baaqdo dugsiga, degdeg ula xiriir dugsiga iyo macalinkiisa si aad u war galisid jirada soo haleeshay ardayga
- Ardayga jiran u ballami takhtarka xilliyada laga baxo dugsiga ama waqtiga fasaxa lagu jiro.

Haddii aad u baahatid in aad ardayga ka kaxaysid dugsiga, kala hadal dugsiga sababta arrintaada, waxaa mar marka qaarkood dugsigu ogolaan karaa maqnaansho muddo gaaban. Lama ogolaan karo fasaxa gaaban oo ku saabsan arrimaha sida soo dukaamaysiga, faystada sanad guurada dhalashada iyo wixii la mid ah.

Saffar aadidda xilli dugsiiyeedka

- Xusuusnow in dugsigu ogolaan karin in qoysku fasax dibedda u aado xilliga dugsigu socdo. Dugsiyadu waxay qoyska u ogolaan karaan fasax safar ilaa toban casho sanadka dhexdiisa, fasaxaasi, ma aha sharci oo madaxa dugsigu waa kuu diidi karaa ama ogolaan karaa.

holiday abroad during term time. Schools have the discretion to grant up to ten school days a year for holidays – but it is not an automatic entitlement and only schools can authorise these absences.

- Always talk to the school before you book your holiday and work with the school to minimise any effect on your child's education.
- Book early – the cost of holidays can be an issue – but booking holidays early can mean that you are more likely to get lower prices for school holiday times.

Five Tips for preventing truancy problems:

1. Make sure your child understands how important it is to attend school regularly and that you do not approve of him or her missing school.
2. Take an active interest in your child's schoolwork. Ask them about their day, praise and encourage their achievements at school.
3. If your child tells you they are bored at school ask to meet with their teachers.
4. If your child makes excuses to try to avoid going to school, listen to them - you may find there is an underlying problem. It could be problems with schoolwork – it could be bullying.
5. Make sure that your child gets to school on time. Arriving late can be disruptive for your child and the other children in the class.

The costs of missing out:

- All absences come at a price – children missing school may not be able to keep up with school work. In a busy school day it is difficult for your child's teacher to find the extra time helping them to catch up.
- Missing two weeks of term time in each year of a child's school life is the same as missing one whole school year.
- It's not only academic work that is affected by missing school. Missing out on the social side – especially at primary school – can affect children's ability to make and keep their friendships, a vital part of growing up.

- Waqti hore oo munaasab ah buug garayso safarka, heli kartaa sicir jaban, kuguna filaata tobanka casho.

Shan tusaale oo kaa caawin kara xilka kaa saaran ka hortagga ka baaqashada dugsiga

- 1- U fasir ,una faaf-faahi ardayga ahmiydda ay leedahay aadidda dugsiga, hana u ogolaan marnaba in uu ka baaqdo ama u gooyo xisadaha dugsiga
- 2- Si joogto ah ula soco in uu ka shaqeeyo hawsha loo soo diray, ku faani, kuna dhiiragali horumarka uu ka samaynayo shaqada dugsiga.
- 3- Haddii ilmuhu kuu sheego in uusan jeclayn dugsiga, arrinta la socodsii barahiisa, waxna ka waydii arrintaas iyo sababaha dhaliyey.
- 4- Marka ardaygu kuu sheegoto cudurdaar si uu uga baaqdo dugsiga, arrinta ka dheqeyso waxaa dhici karta in ay jirto dhibaato qarsoon oo ahaan karta in uusan ka shaqayn hawl loo soo diray ama uu ka cabsanayo in lagu aabyoondoono ama niyad jabin lagu sameeyey.
- 5- La soco oo xaqiiji in ardaygu tegey dugsiga saacaddii laga rebey. Ka daahidda dugsiga dhibaato ayey u keenaysaa isaga iyo ardayda kaleba oo fasalka ku jirta.

Saamaynta ka baaqashada dugsiga

- ka baaqashada dugsigu waxay ardayga u keentaa in uu la soconwaayo duruusta, ama in macalinkiiisu haysan waqti dheeri ah oo ku caawiyo ardaygiisa..
- Waxaa laysku raacsanyahay in ka baaqasho fasalka laba todobaad, ay u dhiganto hal sano oo dugsi la'aan ah.
- Ka baaqashada dugsigu ma aha oo kali ah in ay saamayso waxbarashada ardayga, balse waxay si wayn u saamaysaa ardayga, xagga la dhaqanta bushada, saaxiibada oo qayb muhiim ah ka ah koritaanka iyo firfircoonida dhalaanka.
- Mar kasta la xiriir dugsiga ka hor inta aadan isu diyaarin safarka fasax aadidda, kana caawi dugsiga saamaynta safarku ku yeelan karo waxbarashada ardayga

Attendance Legislation:

- Parents are committing an offence if they fail to ensure their child's regular attendance at school.
- Prosecution could result in a fine of up to £2,500, a jail sentence of up to 3 months or a community sentence.
- Alternatively, Education Welfare Officers, Police Officers and Head-teachers have the authority to issue penalty notices to parents of between £50 and £100. Failure to pay a properly issued penalty notice will result in prosecution as set out above.
- Parenting contract - where parents need support to prevent their child from truanting, schools and LEAs may offer to enter into a parenting contract. This is a voluntary two sided agreement between the parent and school or LEA under which the parent agrees to comply with certain requirements and the school or LEA agrees to provide them with the support

Sharciga u degsan dhigashada dugsiiga

- Waalidku wuxuu galayaa dambi hadii ay dhacdo in ilmihisu ay si joogto ah u dhigan waayo dugsiiga uu ka diiwaan gashanyahay
- Xeer ilaaliyuhu wuxuu codsan karaa in waalidku (1) bixiyo ganaax dhan ilaa £2500 (2) xabis ilaa 3 bilood ah (3) lagu ciqaabo qabasho shaqo dano bulsho
- Haddii kale, sargaalka daryeelka caruurta, booliska ama madaxa dugsiiga, waxay amar ku bixin karaan in waalidka loo gudbiyo ganaax u dhexeeya min £50 ilaa £100. Haddii uu bixin waayo, waxaa arrinta loo gudbinaya xeer ilaaliyaha sida kor ku xusan.
- Markai waalidku u baahanyahay gacan siin xagga dhibaataada ka haysata ka baaqashada dugsiiga, madax dugsiiga iyo qaybta waxbarashada gobolka, waxay kala saxiixan karaan heshiis laba dhinac ah si waalidka looga caawiyo dhibaataada, waalidkuna dhinaciisa ballan qaadayo fulinta qodobada heshiiska.

Can hunger play part in missing out on some school classes?

Gaajeesnaantu ma ahaan kartaa sabab ardaygu u gooyo xisadaha qaarkood?

Food and Nutrition

Make sure that children should not leave home in the morning without having breakfast.

Well balanced food contributes to growth, mental ability, health and happiness. So parents must take care to provide it to the children in the right amount.

The usual Somali food consisting of rice, pasta or bread with lamb, chicken or fish prepared with mild spices and vegetables constitute good food particularly if supplemented with fresh fruits and vegetables.

It is advisable to avoid providing the children junk food such as burgers and chips, and other food containing artificial flavouring and colourings.

Cuntada iyo Nafaqada

Waxaa muhiim ah in aan subaxdii ilmaha laga saarin guriga iyagoon cunin quraacda.

Cuntada isu-miisaaman waxay saamayn wayn ku reebtaa koritaanka jirka, maanka iyo caafimaadka guud. Sidaas darted waxaa lagama maarmaan ah in waalidku ku quudiyo elmaha cunto ku filan isuna miisaaman.

Cuntada sida badan Soomaalidu quudato oo ah bariiska,baastada, roodhiga, caanaha iyo hilibka ariga, digaaga ama kaluunka aad bay u wanaagsantahay waliba marka lagu kordhiyo cagaarka iyo khudradda.

Waxaad taxadar ka yeelataa in ilmaha lagu quudiyo cuntada degdegga lagu cuno sida saanwiijka, bataatada shiilan iyo kuwa lagu dheehay ranjiga ama dhadhan gacmeedka.

Walking the Cycle of Transition

HOW YOU SUPPORT YOUR CHILD WITH THE TRANSITION TO HIGH SCHOOL

Entering high school is an exciting time for students. They are moving into different environment. This may often lead to anxiety or periods of unease. Here are some important steps for parents can take to help their children start high school on a positive note.

TIPS TO HELP PREPARE STUDENTS FOR HIGH SCHOOL

- Be Interested and enthusiastic about their move to high school. Your encouragement will help your child to make a successful transition to high school. Listen their experience and expectations.
- Attend the High School Open Evenings. These days are designed to help parents and their children prepare for starting high school. The child might feel apprehensive about changing from a small primary school to a larger high school with older children.
- Practice organizational skills. Get ready your Child's uniform well before the first day of the school. He/she will feel a sense of belonging to the school. Always check the child has got ready with the right kit for the school day and encourage that this is a good habit for learning better. Learn about school routines, timetables, school finishing times, sporting venues and teachers' names
- Discuss emergency and safety issues. Make sure the route to and from school are free of any danger. Listen to the child to express his/her views.
- Let your children know that you trust them and that they can trust you. Keep communication open about all your child's experiences, and make sure they know you're always available for help if something goes wrong.
- Encourage your child to develop good learning habit. Help your child to plan his/her time working out a weekly timetable detailing activities, interest and needs. Try to provide him/her with private and quiet space at home for his/her studies.

SIDE E AYAAD U CAAWIN KARTAA ILMAHAAGA MARKUU U WAREEGAYO DUGSIGA SARE.

Wakhtiga ardaydu dugsiga sare u gudbayaan waa wakhti xiiso badan. Mararka qaarkoodse waxay noqon kartaa mid laga walwalo ama aanan fududayn. Hadaba waxaan halkan ugu soo gudbinaynaa waalidiinta talaabooyin muhim u ah sidii ay uga caawin lahaayeen caruurtooda xilliga bilowga dugisga sare si dhib la'aan ah

Iskuday in aad ka hawlgashid talooyinka soo socda..

- Aad u Xiisee Himmad-badana u qab marka ay u gudbayaan dugsiga sare. Ku dhiirigalintaadu waxay ilmahaaga ka caawin doontaa in uu si sahlan ugu wareego dugsiga sare. Kana dhagayso khibradooda iyo waxay ka filanayaan dugsiga sare.
- Ka Qaybgal shirarka waalidka ee furitaanka Dugsiga Sare. Maalmahaas waxaa loogu tala-galay in laga caawiyoo waalidiinta iyo caruurtoodaba sidii ay ugu diyaar garoowi lahaayeen bilowga dugsiga sare.
- Isku-tababar una diyaargarow waxyaalaha lagaa rabo. Maalmo kahor la diyaargarow nooca dharka ama labiska laga rabo ardayga. Gabadha ama wiilka waxaa galaya dareen ah in ay ka tirsan yihiin dugsigaas sare. Markasta hubi in ardaygu haysto dhamaan agabka waxbarashada laga rabo kuna dhiiragali in uu caadaysto haysashada qalabka looga baahan yahay maalin dugsiyeedkasta. La soco hawlmaalmeedka dugsiga sida jadwalka duruusta, imtixaanada, waqtiga laga yimaado dugsiga, goobta isboortiga iyo magacyada macalimiinta ardayga.
- Kala hadal xaaladdaha amaanka iyo arimaha Deg-Dega ah Soo xaqiiji in wadada ama habka aadidda dugsiga iyo ku soo noqoshada guriga ay ka maranyihiin waxyaalo khatar ku ah ardayga. Dhegeso mar walba ardayga si uu fikradiisa u sheegto iyo waxa caawinkara.
- Marwalba dareensii ardayga in aad ku kalsoontahay si isaguna kuugu kalsoonaado. Jooqtee xiriirkiina wadhadalka iyo xog-iswaydaarsiga si aad u dareensiisid in aad marwalba heegan u tahay caawinaada ilmahaaga marka wax khaldamaan.
- Marwalba ku dhiiragali in uu horumar ka sameeyo hiyigiisa waxbarashada. Ka Caawi dejinta qorshe hawleedka dugsiga sida dejinta hawl maalmeedka, waxyaalaha u jecelyahay in uu sameeyo, baahidiisa iwm. Ku dadaal in ardaygu guriga ku leeyahay meel xasiloon oo u gaar ah si uu hawshiisa waxbarasho si habsami ah u samaysto.

Making new friends

When you move to a new school you may only find a few people from your old school. You may not see them all the time so you will have to make new friends.

Making new friends can seem scary but it is fun to meet new people. Some tips on making friends.

- ❖ Smile and say hello
- ❖ Ask them their names
- ❖ Ask them some questions about their old school or themselves- but not too many and remember to let them answer and ask you questions back
- ❖ Listen to what they say and ask
- ❖ Some more questions.
 - ❖ Tell them a joke- write down your best joke....

Yeelashada Saaxiibo Cusub

Markaad u soo wareegto dugsi cusub waxaa laga yaabaa in aad hesho dhawr qof oo dhigan jiray dugsigaagii hore. Lagamana yaabo in aad had iyo jeer is aragtaan, sidaas awgeed waa in aad samaysataa saaxiibo cusub. Hadaba samaysashada saaxiibo cusub waxay noqon kartaa mid laga baqo, balse waxaa farxad leh in aad la kulanto dad cusub.

Talooyin sidaad u samaysan lahayd saxiibo.

- ❖ Dhoolo cadee, dhehna iska waran
- ❖ Waydii magacooda
- ❖ Waydii su'aalo ku saabsan iskoolkoogii hore ama iyaga laftooda-laakiinse ha badin, xasuusnow in aad u ogolaato in ay kaaga jawaabaan, su'aalana ku waydiiyaan
- ❖ Dhagayso waxay ku dhehaan, waydiina su'aalo kale.
- ❖ U sheeg wax lagu qoslo, hoosna ku qoro kaftankaaga ugu fiican

Homework School rules

All schools have rules. Sometimes we agree with the rules and sometimes we don't, but we know that we break a rule we get into trouble. Rules are made for different reasons:

1. To protect other people or property.
2. To help the school run smoothly.
3. To provide the best possible education for all pupils.

Xeerarka Dugisga

Dugsi kasta waxaa u degsan xeerar lagu maamulo. Marar badan waynu u hogaansanaanaa reerarka, marar kalene uma hogaansanaano xeerarka inagoo ogsoon in aan dhibaato la kulmidoono. Xeerarka u degsan dugsiga waxaa lagu soo koobikaraa saddex nooc oo kala ah:

1. Nabadgalinta dadka iyo hantida
2. Caawinidda dugsiga si hawsha dugsigu si habsami leh u hirgasho.
3. In ardaydu la siiyo tacliin iyo waxbarasho wacan

If you break the rules there are consequences which could result in you getting into trouble with school teachers.

What would be the consequences if a pupil broke the school rules?

Maxay ahaan kartaa ciqaabtu haddii arday jebiyo xeer u degsan dugsiga?

1. _____
2. _____
3. _____

BULLYING

KU AABYOODKA

Bullying is something both children and adults find difficult to talk about and even to admit it happens.

Bullying is also something called teasing, name calling, mocking, tormenting or "I'm just joking".

Whatever it is called it is not nice and it hurts.

Ku aabyoodku waa wax caruurta iyo dadka waawayni labaduba ayan jeclayn in ay ka hadlaan ama qirtaan dhibaato ay gaysteen.

Ku aabyoodku wuxuu noqonkaraa ku jeesjeesid, ugu yeerid magic xun, canjilid, xiisad ku abuurid ama in qof ku yiraahdo "Eraygaas waan ku kaftamayey"

List three types of bullying?

Sheeg saddex nooc oo qof ku aabyood ah?

1. _____
2. _____
3. _____

If you were being bullied what would you do? List three things you could do about it.

(Haddii qof kugu aabyoodo maxaad samayn? Sheeg saddex shay ood samayn lahayd?)

1. _____
2. _____
3. _____

What could you do if someone bullies you at school?

Maxaad samayn haddii qof kale gugu aabyoodo?

1. Hit them back/ Ku rogaal celi
2. Ignore it/ Is-ilowsii arinta
3. Avoid them/ ka xiriirjaro
4. Talk to the teacher or someone else./ U sheeg macalinka ama qof kale.

Which do you think is the right response? Sheeg jawaabta saxda ah.