



*Tsoom Kav Tswj ntawm
Cov Neeg Ntseeg Siab*

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*Txhawb txhua tus me
nyuam kom muaj txoj kev
ntshaw los ua tau yam zoo
tshaj plaws txhua hnuv*

Plaub Hlis 5, 2024

Rau Cov Neeg Ua Haujlwm thiab Twin Rivers School Community,

Thaum peb pib paub txog cov lus cog tseg ntawm lub caij nplooj ntoo hluv - nrog rau huab cua sov thiab kev ua si sab nraum zoov - Kuv xav siv sijhawm ib pliag kom nco ntsoov txhua tus ntawm qhov tseem ceeb ntawm kev tsom mus rau peb cov hom phiaj kev kawm thaum peb mus txog rau xyoo kawm ntawv kawg. Tseem muaj ntau yam uas yuav ua kom tiav ua ntej lub tswb nrov kawg, thiab txhua hnuv suav nrog kev txhim kho kev vam meej ntawm peb cov neeg kawm yav tom ntej.

Ib qho tseem ceeb ntawm lub sijhawm no ntawm lub xyoo yog lub sijhawm xeem lub xeev tom ntej. Lub qhov rais TR xeem pib hnuv Monday, Plaub Hlis 8, thiab xaus rau hnuv Friday, Tsib Hlis 17. Thov hu rau koj tus thawj xibfwb yog tias koj muaj lus nug txog koj lub tsev kawm ntawv hnuv xeem. Qhov yooj yim hais, kev xeem hauv xeev zoo li kev kuaj xyuas kom pom tias cov tub ntxhais kawm ua tau zoo npaum li cas hauv lawv txoj kev kawm, muab sijhawm rau peb los ntsuas qhov kev kawm tau zoo thiab thaj chaw uas peb yuav tsum tsum mus rau txhua tus tub ntxhais kawm qhov kev xav tau ntawm kev kawm. Ntxiv rau qhov muab kev nkag siab zoo rau cov tub ntxhais kawm kev nce qib, cov kev xeem no pab peb txheeb xyuas thaj chaw rau kev loj hlob ntawm kev tshaj lij los ntawm kev txheeb xyuas peb cov kws tshaj lij kev kawm uas lawv tuaj yeem nthuav qhia kev qhia rau cov tub ntxhais kawm.

Hauv TR, peb nco ntsoov tias kev ntsuas tseem ceeb rau kev qhia thiab kev kawm.

Raws li cov kws qhia ntawv npaj los pab peb cov tub ntxhais kawm ua lawv qhov zoo tshaj plaws, kuv xav ua tsaug rau peb tsev neeg uas tau pab ua lub luag haujlwm tseem ceeb hauv kev ua kom cov menyuam npaj txhij los ua lawv qhov zoo tshaj plaws. Hauv kuv qhov kev paub, kuv paub tias kev sim tuaj yeem ua rau muaj kev ntxhov siab. Thov nco ntsoov koj cov menyuam tias txhua yam lawv yuav tsum tau ua yog sim lawv qhov zoo tshaj plaws thiab lawv yuav ua tiav lawv txoj haujlwm. Ua tsaug rau koj cov menyuam thiab txhawb kom lawv so kom zoo, nyob twj ywm, thiab ua tib zoo tsum ntsoov. Koj txoj kev koom tes hauv kev taug kev no yog qhov tseem ceeb, thiab ua ke, peb tuaj yeem pab peb cov tub ntxhais kawm mus txog qhov siab tshiab ntawm kev ua tiav.

Cia peb mus txog rau lub xyoo kawm ntawv uas tseem tshuav nrog kev txaus siab, kev txiav txim siab, thiab kev cog lus rau kev ua tau zoo. Los ntawm kev ua haujlwm ua ke, peb tuaj yeem ua kom ntseeg tau tias txhua tus tub ntxhais kawm muaj lub sijhawm ua tiav, ob qho tib si hauv chav kawm thiab dhau mus.

Nplooj 2

Hnub ci dab noj hnub kev nyab xeeb

Nrog rau hnub ci dab noj hnub yuav los txog rau lub Plaub Hlis 8, nws yog ib qho tseem ceeb uas yuav tsum tau saib xyuas kev nyab xeeb. Yog tsis muaj kev ceev faj kom raug, saib dab noj hnub tuaj yeem ua rau muaj kev phom sij loj rau koj qhov muag.

Nov yog qee qhov kev ceeb toom tseem ceeb ntawm kev nyab xeeb kom ntseeg tau tias muaj kev lom zem pom dab noj hnub.

- **Saib Xyuas Cov Menyuam Zej Zog:** Xyuas kom txhua tus menyuam yaus raug saib xyuas los ntawm cov neeg laus thaum saib dab noj hnub kom ntseeg tau tias siv cov tsom iav hnub ci thiab cov hnub ci pom.
- **Siv Certified Solar Eclipse Eyeglasses:** Koj yuav tsum saib hnub ci dab noj hnub dhau los ntawm cov tsom iav tshwj xeeb lossis lub teeb pom kev hnub ci uas ua tau raws li International Safety Standard (ISO) 12312-2. Saib ncaj qha rau ntawm lub hnub yam tsis muaj tsom iav dab noj hnub yuav ua rau lub qhov muag puas. Tsis tas li ntawd, saib dab noj hnub los ntawm lub koob yees duab lens, binoculars los yog lub tsom iav raj yam tsis muaj lub hnub ci tshwj xeeb lim tiv thaiv rau pem hauv ntej ntawm optics yuav ua rau mob qhov muag loj.
- **Tshawb xyuas kev puas tsuaj:** Ua ntej siv cov tsom iav hnub ci pom zoo, tshuaj xyuas lawv kom muaj kev khawb, qhov lossis puas. Yog tias lawv muaj kev cuam tshuam hauv txhua txoj kev, tsis txhob siv lawv. Tej zaum lawv yuav tsis muaj kev tiv thaiv txaus.
- **Tsis txhob siv cov lim hauv tsev:** Tsis txhob sim ua koj tus kheej lub hnub ci lim dej lossis siv cov khoom siv tsis zoo xws li looj tsom iav dub lossis iav haus. Cov no tsis muaj kev nyab xeeb rau kev saib lub hnub ncaj qha thiab tuaj yeem ua rau qhov muag raug mob hnyav.
- **Qhia Txog Koj Tus Kheej:** Khaws koj tus kheej hloov tshiab ntawm cov lus pom zoo txog kev nyab xeeb los ntawm qhov chaw ntseeg tau, xws li NASA ([Tag Nrho Hnub Ci Kev Nyab Xeeb](#)) ([Tag Nrho Hnub Ci FAQ](#)).

Nyob ib ncig ntawm TR!

- Niaj hnub no, cov tub ntxhais kawm, cov tswv cuab hauv zej zog, cov qhua tshwj xeeb thiab cov tswv cuab hauv tsev kawm ntawv tau koom nrog peb rau kev txiav ribbon tshwj xeeb los ua kom tiav ntawm Foothill High School Baseball / Softball Complex. Nws yog qhov chaw zoo rau peb cov menyuam kawm ntawv thiab cov zej zog. Peb yeej tos ntsoov rau thawj qhov kev ua si hauv tsev ntawm qhov chaw tshiab.
- TRUSD tab tom tuav lub Rooj Sib Tham Kev Sib Tham rau Xib Fwb Hnub Wednesday, Plaub Hlis 10, ntawm Lub Chaw Haujlwm Hauv Cheeb Tsam. Cov neeg thov yuav tau txais lub sijhawm los ntsib cov thawj coj, xa cov ntawv rov qab thiab kev xam phaj ntawm qhov chaw. [Thov qhia qhov kev tshwm sim flyer](#).

Ua tsaug,



Steve Martinez, Ed.D.

Tuam Thawj Tswj, Twin Rivers Unified