



*Tsoom Kav Tswj ntawm
Cov Neeg Ntseeg Siab*

*Michelle Rivas
Tuam Thawj Coj*

*Michael Baker
Lwm Thawj Coj*

*Christine Jefferson
Tus Neeg Saib Xyuas
Ntaub Ntawv*

*Stacey E. Bastian
Tus Neeg Hauv Pawg*

*Basim Elkarra
Tus Neeg Hauv Pawg*

*Linda Fowler, J.D.
Tus Neeg Hauv Pawg*

*Rebecca Sandoval
Tus Neeg Hauv Pawg*

*Tuam Thawj Tswj
Steve Martinez, Ed.D.*

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

Peb Hlis 24, 2024

Rau Cov Neeg Ua Haujlwm thiab Twin Rivers School Community,

Thaum tsev kawm ntawv tawm, zaub mov dawb yuav txuas ntxiv rau cov menyuam yaus thiab cov tub ntxhais hluas hnuv nyoog 18 xyoo thiab qis dua ntawm cov chaw xaiv nyob thoob plaws Twin Rivers Unified School District. Ua tsaug rau cov nyiaj pab los ntawm US Department of Agriculture, peb [qhov Kev Pab Cuam Caij Ntuj Sov](#) yuav pib rau lub Rau Hli 10 thiab txuas ntxiv mus txog Lub Xya Hli 18. Cov menyuam yaus tsis tas yuav mus kawm Tsev Kawm Ntawv Twin Rivers thiaj li koom tau. Tsis muaj nqi, tsis muaj daim ntawv thov, thiab tsis muaj ntaub ntawv xav tau.

Tshaj li 10 xyoo dhau los, peb tau ua haujlwm kwv yees li 128,000 pluas noj pub dawb thaum lub Rau Hli thiab Lub Xya Hli los ntawm peb Lub Caij Ntuj Sov Noj Mov. Cov zaub mov tau txais kev noj qab haus huv thiab ua raws USDA cov lus qhia zaub mov.

Peb nkag siab qhov tseem ceeb ntawm cov zaub mov muaj txiaj ntsig zoo thiab tau cog lus tias yuav ua txhua yam ua tau kom tshem tawm txhua yam teeb meem nkag mus. Ntau qhov chaw noj mov lub caij ntuj sov muaj kev lom zem kawm thiab ua si lom zem kom cov menyuam yaus thiab cov tub ntxhais hluas tuaj yeem noj zaub mov noj qab haus huv thaum nyob ua si thiab nrog phooj ywg. Cov chaw noj mov lub caij ntuj sov yog qhov chaw nyab xeeb. Peb xav kom koj tshawb xyuas cov ntaub ntawv muab rau ntawm Lub [Chaw Pabcuam Noj Qab Haus Huv lub vev xaib](#) kom pom qhov chaw nyob ze koj.

Memorial Day Weekend

Peb cov tsev kawm ntawv thiab lub chaw lis haujlwm hauv nroog tau kaw hnuv Memorial Day, Monday, Tsib Hlis 27. Thaum peb nkag rau Hnuv Memorial Hnuv so, kuv xav siv sijhawm ib pliaj los ceeb toom txhua tus txog qhov tseem ceeb ntawm kev nyab xeeb thaum lub sijhawm ua kev zoo siab thiab nco txog. Hnuv Memorial Hnuv so feem ntau yog qhov pib tsis raug cai ntawm lub caij ntuj sov, lub sijhawm rau kev sib sau sab nraum zoov, barbecues, thiab tsev neeg tawm mus. Thaum peb txhawb kom koj txaus siab rau lub sijhawm tshwj xeeb no nrog cov neeg koj hlub, peb kuj xav kom koj ua qhov tseem ceeb ntawm kev nyab xeeb hauv txhua yam koj ua.

Nov yog qee qhov kev ceeb toom kev nyab xeeb kom nco qab:

- **Xyaum Kev Nyab Xeeb Dej:** Yog tias koj npaj yuav siv sijhawm nyob ze dej, thov nco ntsoov saib xyuas cov menyuam yaus thiab xyuas kom txhua tus hnav cov khoom flotation tsim nyog.
- **Nyob twj ywm hydrated:** Nrog sov sov, nws yog ib qho tseem ceeb kom nyob twj ywm hydrated thoob plaws lub asthiv. Txhawb kom koj tsev neeg haus dej kom ntau, tshwj xeeb tshaj yog tias koj yuav siv sijhawm sab nraum zoov.

Nplooj 2

- **Taug kev nyab xeeb:** Yog tias koj tab tom tsoo txoj kev mus rau lub lis piam so, nco ntsoov buckle, ua raws li tag nrho cov kev cai tsav tsheb, thiab zam kev tsav tsheb tsis zoo. Npaj koj txoj kev ua ntej thiab tso sijhawm ntxiv rau kev ncuaj sijhawm.
- **Kev Nyab Xeeb Hluav Taws Xob:** Yog tias koj tab tom npaj ib qho barbecue lossis campfire, ceev faj kom tsis txhob muaj xwm txheej. Khaws qhov chaw nyab xeeb ntawm qhov hluav taws kub, tsis txhob tawm hluav taws tsis muaj neeg saib xyuas, thiab xyuas kom tag nrho tua thaum koj ua tiav.

Qhov tseem ceeb tshaj, cia peb siv sijhawm los qhuas thiab nco txog cov neeg siab tawv uas tau ua kev txi zoo kawg nkaus hauv kev pabcuam rau peb lub tebchaws. Thaum peb txaus siab rau txoj kev ywj pheej uas lawv tau tawm tsam los tiv thaiv, cia peb ua lub luag haujlwm thiab ua tsaug rau lawv txoj kev txi.

Xav kom koj muaj kev nyab xeeb thiab lom zem hnuv Memorial hnuv so!



Steve Martinez, Ed.D.
Tuam Thawj Tswj, Twin Rivers Unified