

**DANH SÁCH KHAUJ KHAUM THIAB KHOM SIV RAU TUB NTXHAIS KAWM  
NTAWV**

Qhov nram no yog ib **daim ntawv** teev cov khoom uas pom zoo coj los. Koj tsis **tas yuav** khoom tshiab rau Tsev Kawm Ntawv Sab Nraum Zoov, Yog tias koj tsis muaj ib yam khoom, thov hu rau koj tus kws qhia lossis Tsev Kawm Ntawv Sab Nraud vim tias peb yuav muaj peev txheej rau cov tub ntxhais kawm qiv Peb pom zoo kom nqa cov khaub ncaws lossis khoom siv uas tsis muaj hnuv nyoog uas koj tau pw hauv koj lub tsev. Qhov tseem ceeb tshaj plaws yog muaj txaus **khaub ncaws** kom sov yog tias **huab cua** txias thiab kom qhuav yog tias los nag. Xaiv fleece lossis lwm yam ntaub sov, sai qhuav yog qhov zoo dua li paj rwb (uas siv sij hawm ntev dua los qhuav).

**Peb pom zoo kom sau txhua yam nrog koj tus menyuum lub npe thiab lub xeem!**

**KHOM SIV PW**

Hnab pw sov  
Paus  
Phuam ntxiv (rau pw nrog qhov rais qhib)

**KHAUJ KHAUM**

Tsho (3 lossis 4)  
Khaub ncaws lossis ris tsho hnyav (3 lossis 4 tug)  
Tsho sov  
Kaus mom sov  
Sweatshirt (Fleece yog qhov zoo tshaj)  
Khaub ncaws hauv qab (3-4 hloov)  
Tawv (4-6 tug)  
Pajamas  
Khaub ncaws kaw (1 lossis 2 tug)  
Khaub ncaws sov hauv qab / Long Johns  
Hnab looj tes  
Tsho tiv no ua kom tsis txhob ntub  
  
Khaub ncaws khau los yog khau uas tsis ntub

**KHOM SIV HUV**

Phuam da dej  
Ntxuav Ntaub / Tes phuam  
Txhuam txhuam hniav thiab tshuaj txhuam hniav  
Xab npum hauv lub thawv, Txhuam plaub hau / Txhuam plaub hau  
Txhuam / Txhuam  
Deodorant  
Tshav ntuj tiv thaiv hnuv (nchuav hauv Ziploc kom tsis txhob ua kom puas tsuaj)

**LWM YAM KHOM SIV TSEEM CEEB**

Hluav taws xob  
Lub raj dej  
Hnab me  
2 Hnab khib nyiab (Chaw nres nkoj rau ntim)

**YOG XAIV TAU**

Duab xis  
Ntawv nyeem/ Phau ntawv sau (rau lub sijhawm nyob twj ywm hauv tsev)  
Khoom siv sau ntawv (Ntawv, hnab ntawv, daim ntawv qhia, cwj mem thiab daim **ntawv ntim nyiaj**)  
Khau Flip Flops/ Khau dej (rau thaum da dej)

**Tshuaj: Thawj daim ntawv OTC lossis daim ntawv xaj yuav tsum muab rau tus kws qhia ntawv (saib daim ntawv kho mob).**

Ntim koj cov khoom siv rau hauv lub hnab ev khoom los yog lub hnab looj tes. **TSIS TXHOB** ntim koj cov khoom siv rau hauv ib lub hnab looj tes loj uas muaj qhov ncej sab nraud.

**TSIS TXHOB COJ cov** tshuaj uas tsis muaj ntawv sau kom meej, nyiaj, khoom siv hluav taws xob (**XOV TOOJ NTAWM TES**, saib ntse, & kev ua si video), tshuab plaub hau, tshuaj pleev plaub hau, tshuaj tsw qab & tshuaj pleev thaj chaw, pob zeb & lighters, rab riam los yog yam khoom noj—suav nrog qab zib los yog txhuam hniav.\*

\*Peb lees paub tias cov tub ntxhais kawm yuav xav tau cov khoom tsis nyob hauv daim ntawv teev npe lossis yuav xav tau kev pab rau ib yam khoom ntawm "Tsis Txhob Nqa" (piv txwv li, xov tooj ntawm tes rau CGMs, zom cov pos hniav ntawm 504/IEP, Cov Khoom Siv, lossis cov suab nrov tshem tawm lub mloog pob ntseg ). Thov hu rau peb yog tias qhov no cuam tshuam rau koj tus menyuum kawm ntawv.

**Thov hu rau ODS chaw ua haujlwm ntawm 503-614-1402 los yog  
ODSOfficeAdmin@nwresd.k12.or.us kom nug txog cov khoom ploj thiab pom thaum koj pom  
thawj zaug tias muaj yam ploj.**

**THOV TSEG TXHUA YAM “QI VALUE” NYOB HAUJ LWM.**

**TSEV KAWM NTAWV SAB NRAUV TSIS TAU TXAIS KEV POOB LOS YOG TAU NYIAG!**