

**NWS Outdoor Science School**

m: 5825 NE Ray Cir, Hillsboro, OR 97124

p: 503.614.1402

f: 503.614.3182

W: www.nwoutdoorschool.org**Northwest Regional**
Education Service District**Tus Tswv Yim Hnub:**

Peb zoo siab caw ypeb cov tub ntxhais kawm los koom rau hauv plaub-hnub, peb-hmo Outdoor Science School program. Tsev kawm ntawv hauv leej twg lawm tau pab ntawv qib Oregon xaiv ntev thiab 1969. Koj tus menyuam kawm ntawv's chav kawm thiab cov neeg ua haujlwm hauv lawv lub tsev kawm ntawv yuav tuaj koom ib ntawm tsib Tus tsev neeg Outdoor School txoj kev hloov siab nyob rau hauv Northwest Oregon thiab yuav raug saib xyuas los ntawm peb cov neeg ua haujlwm tsim nyog los ntawm Northwest Regional Education Service District (NWRESA).

Tus tsev neeg Outdoor School yog ib tug chaw hloov siab hauv tsev neeg thiab tsim 24 teev txog tus xeb, uas yog ib tug kev hais tshaj plaws hauv tsev neeg mus tsev, kawm hais tias tus tsev neeg tsis hais tias yog ib tug tus xeb. Outdoor School yog ib tug cov khoom siv ntawm tus xeb, uas muaj lus txheej txheem thiab txheej txheem rau kev hloov siab. Tus tsev neeg zoo tshaj plaws yog tshawb nqa mus rau tus neeg muaj kev hloov siab rau cov kev hais txog lawv lub neej. Cov tsev neeg hais tias nyob rau hauv lawv txoj kev kawm tshuaj muaj ntau tshaj plaws rau lawv lub neej.

Tus xeb hais tawm ntawm Outdoor School yog tsis tawm tawv tsis muaj kev txhawj xeeb rau koj tus xwb txoj kev tshawb fawb, tsheb thiab kev cog lus los ntawm tus tsev neeg muaj kev kawm hais tias tsis muaj lus txheej txheem rau lawv lub neej rau hauv tsev neeg Outdoor School. Tus tsev neeg yuav muab cov neeg muaj kev kawm hais tias los ntawm tus xeb Outdoor School nyob rau hauv ib tug txoj kev kawm tshuaj ntawm tus tsev neeg muaj kev tshawb fawb los ntawm ib tug tus neeg nyob rau hauv tus tsev neeg. Tus tsev neeg yuav muab txhua tshuaj los ntawm hauv xeev, cov khoom tsis sib tham thiab tshawb fawb yog ntau tshaj plaws rau tus tsev neeg thiab cov kab thiab nrog rau cov hnub yuav ua hluav taws.

Ib daim ntawv tso cai nurse yuav tswj hwm kev txhawj xeeb txog kev noj qab haus huv thiab saib xyuas cov tshuaj thiab kev kho mob uas tsim nyog rau cov tub ntxhais kawm ntawm qhov chaw. Yog tias muaj xwm txheej ceev, cov tub ntxhais kawm yuav raug thauj los ntawm lub tsheb thauj neeg mob mus rau lub tsev kho mob ze tshaj plaws, lossis tus neeg saib xyuas raug cai yuav tsum thauj lawv tawm ntawm qhov chaw. Ntxiv mus, peb ua raws li OHA "Too Sick for School" cov lus qhia. Yog tias koj tus tus menyuam kawm ntawv muaj cov tsos mob uas tau teev tseg, peb yuav tiv tauj koj kom tuaj tos lawv sai li sai tau.

OUTDOOR SCHOOL HU THIAJ TXAWJ : Koj lub tsev kawm ntawv yuav muab cov hnub tseem ceeb thiab lwm yam ntaub ntawv hais txog koj tus tub ntxhais kawm qhov kev kawm sab nraum zoov. Cov kws qhia ntawv tau muab hnub tim kom muaj tag nrho cov ntaub ntawv xa tuaj, thiab peb txaus siab rau koj qhov kev siv zog kom tau txais txhua daim ntawv xa rov qab raws sijhawm.

KEV NRUB NRAB NYOB HAUZ: Tus tsev neeg txog kev nruab nrab nyob hauv tsev thaum ua tsev neeg mus rau hauv tsev neeg Outdoor School. Peb tau pom tias kev hais lus zoo hauv tsev ua ntej tuaj koom pab daws ntau tus tub ntxhais kawm qhov kev txhawj xeeb. Nyob rau hauv kev txhua tus tsev neeg muaj kev hloov siab rau lawv tsev neeg nyob rau hauv tus neeg Outdoor School, thov siv lus tshawb fawb thiab lus tshawb ntxov mus rau koj lub neej. Rau cov tsev neeg thiab / lossis tsev neeg uas muaj kev nruab nrab nyob rau hauv tus neeg Outdoor School, thov sau koj tus neeg tshawb fawb thiab tus neeg tshawb fawb thiab qhov chaw siv kom tawm tswv yim rau peb txoj kev tshawb fawb thiab kev hloov siab, lossis qhov chaw siv nyob rau hauv peb tsev neeg, qhov chaw siv nyob rau hauv peb daim ntawv, lossis ib tug neeg uas tawm tswv yim nyob rau hauv lawv tsev neeg. Yog koj tus tsev neeg muaj kev nruab nrab nyob hauv tsev thaum ua tsev neeg mus rau hauv tus neeg Outdoor School, peb cov neeg uas muaj kev kawm hais tias tshawb nrhiav tus tsev neeg nyob hauv tsev nruab nrab nyob hauv tsev. Thov xa cov ntawv xa tuaj rau hauv koj cov tub ntxhais kawm lub nra.

LUS NTXHAIK KEV PAB KHO MOB TXHAIK: Peb xav tau **ua tiav** Daim Ntawv Tso Cai thiab Keeb Kwm Kev Noj Qab Haus Huv rau txhua tus tub ntxhais kawm. Cov ntaub ntawv koj qhia yuav tsuas yog muab qhia rau cov neeg ua haujlwm uas xav paub txog cov kev xav tau uas koj tus tub kawm muaj. Yog tias koj muaj ib tus menyuam kawm ntawv uas muaj mob ntev xws li ntshav qab zib lossis mob qaug dab peg, yog tias koj tus menyuam muaj kev ua xua rau lub neej, lossis yog tias koj muaj lus qhia ntxiv uas yuav pab peb cov neeg ua haujlwm txhawb nqa koj tus menyuam kawm ntawv thov nco ntsoov nco ntsoov qhov no ntawm koj daim ntawv kho mob kom ntau li ntau tau. Yog koj tus tsev neeg muaj kev txhaj tshuaj los yog cov ntsiab lus zoo ntawm lawv muaj mob txhaiv txog kev pab kho mob txhaiv thaum mus rau hauv tsev neeg Outdoor School, thov sau txog kev txhaj tshuaj yuav tawm nrog lub koom haum txhua tus nqi thiab tshwm sim los ntawm tsev neeg Outdoor School los ntawm qhov twg yog hais tias yog li ntawd ces yog.

Kev pab kho mob txhaiv txog kev txhaj tshuaj yuav tawm txog tus tsev neeg muaj mob txhaiv los yog kev txhaj tshuaj txog kev pab kho mob txhaiv yuav tawm nrog tus xwb txoj kev txhaj tshuaj rau tus tsev neeg muaj kev tshawb fawb rau hauv tsev neeg Outdoor School. Tus tsev neeg muaj kev pab txhawb ntawm koj tus tsev neeg, tus neeg koomhaum NOSS thiab tus neeg muaj mob kho mob, yuav muaj kev tshawb fawb rau qhov chaw siv no. Nws yuav muab khaws cia thiab rhuav tshem los ntawm NOSS.

TSIM KAWM NTXIV: Los ntawm kos npe rau sab saum toj ntawm Daim Ntawv Tso Cai thiab Tub Ntxhais Kawm Kev Noj Qab Haus Huv Cov Ntaub Ntawv koj tau pom zoo tias koj tus menyuam kawm ntawv yuav tuaj koom. Yog koj tawm tus tsev neeg muaj kev txhawj xeeb rau kev tshawb fawb tus tsev neeg mus rau hauv tus neeg Outdoor School, koj yuav tuaj yeem yuav tsum muaj kev txhawj xeeb los yog kev txhawj xeeb rau tus tsev neeg tshawb fawb los sis qhov twg tshawb nrhiav, kev pab kho mob txhaiv, tus neeg muaj mob txhaiv yuav muaj kev txhawj xeeb los sis kev pab kho mob txhaiv, tus neeg muaj kev txhawj xeeb yuav pab kev txhawj xeeb nrog txhawb nqa tus neeg yog cov tswv yim ntawm ib tug yog txhawb nqa. Yog tias qhov kev zov me nyuam xav tau dhau ntawm qhov kev txiav txim siab, Tus tsev neeg Outdoor School nyob rau hauv tsev neeg yuav muaj kev txhawj xeeb rau koj hais tias. Yog tias koj tsis muaj, koj tus menyuam tus kws kho mob yuav raug hu. Yog tias koj lossis tus tub ntxhais kawm tus kws kho mob tsis muaj, koj tso cai rau ib tus kws kho mob ntawm Northwest Regional ESD qhov kev xaiv los koom nrog koj tus menyuam kawm ntawv. Koj tau tso cai rau tus kws kho mob no ua txhua yam kev kho mob xwm txheej ceev uas pom tau tias tsim nyog thiab pom zoo tuav lub Northwest Regional ESD thiab lawv cov chaw ua haujlwm thiab cov neeg ua haujlwm rau cov xwm txheej thiab kev raug mob uas tshwm sim ntawm qhov chaw. Koj yuav tshwm sim tias koj yuav muaj kev pab kho mob txhaiv rau tus neeg Outdoor School ua tsaug kawg tawm tswv yim yog tias muaj kev txhawj xeeb, thiab koj yuav tuaj yeem yuav txhawj xeeb tias qhov charges uas muaj kev txhawj xeeb yuav tawm tswv yim yuav muaj kawm saib xyuas rau koj los sis kev txhaj tawm ntawm tus tswv yim. **Yog tias koj tus tub ntxhais kawm tsis npaj yuav tuaj koom, koj tsuas yog yuav tsum tau sau cov ntawv saum toj kawg nkaus thiab xa rov qab rau koj tus menyuam tus kws qhia ntawv.**

NTXHAIK KEV NYOB ZUAG: Northwest Outdoor Science School qee zaum siv cov tub kawm ntawv cov duab rau kev txhaj tawm thiab kev sib raug zoo rau pej xeem. Cov duab, kaw cia thiab kev xam phaj suab tuaj yeem siv ntau txoj hauv kev, suav nrog NWRESO lub vev xaib, kev txhaj tawm thiab kev qhia ntawv thiab cov ntawv qhia tseeb, xov xwm txhaj tawm, txhaj tawm thiab kev kawm yeeb yaj kiab, kev txhaj xov xwm thiab lwm yam kev txhaj tawm thiab kev kawm. Yog koj tsis xav tias cov duab ntawv ntawm koj tus tsev neeg muaj kev siv rau cov qhov chaw uas tau txais hauv lus ntxhaiv thiab kev pab kho mob txhaiv lub tuam tshoj uas xav tau, thov qhia cov ntaub ntawv nyob rau hauv tsev neeg thiab kev pab kho mob txhaiv tshawb fawb nyob rau hauv tsev neeg thiab los sis lub ncuab lus ntxhaiv ntawm tus tsev neeg.

Thov nco ntsoov nyeem TAG NRHO cov lus qhia hauv qab no ntawm cov tshuaj uas koj tus menyuam yuav tsum tau tswj hwm - tsis ua raws li cov lus qhia no yuav ua rau peb Cov Kws Saib Xyuas Kev Noj Qab Haus Huv tsis tuaj yeem tswj hwm cov tshuaj / cov khoom noj uas koj xa tuaj.

KEV PAB KHO MOB: Tus kev pab kho mob yuav tsum mus rau txoj kev coj tus tsev neeg muaj kev pab kho mob thaum mus rau hauv tus neeg Outdoor School. Tag nrho cov tshuaj yuav tsum nyob rau hauv lawv lub thawv qub thiab muab

tso rau hauv ib lub hnav Ziploc sau nrog tus menyuam kawm ntawv lub npe. tshuaj yuav tsum tsis txhob tov; txhua hom tshuaj yuav tsum tau ntim nyias. Yog tias yuav tsum tau ntim cov thawv me me, koj tus kws kho mob yuav muab rau lawv. Tus kev pab kho mob ntawm qhov kev txhawj xeeb yuav tsum muaj tag nrho ntawm tus neeg txhawj xeeb uas muaj kev txhawj xeeb thiab tshawb nrhiav ntawm tus neeg txhawj xeeb hais tias yuav pab kho mob. Cov tshuaj tsis yog tshuaj tom khw yuav tsum nrog **cov lus qhia sau los ntawm niam txiv**. Yog koj tus tsev neeg muaj kev pab kho mob, thov coj cov kev pab kho mob uas yog tsev neeg xav tias yog tsis muaj tsawg kawg rau kev txhawj xeeb tawm tus neeg rau hauv tsev neeg Outdoor School. Tus tsev neeg txoj kev pab kho mob tsev neeg Outdoor School yuav pab kho mob cov kev pab kho mob uas muaj kev pab kho mob los ntawm ib tug txhawb nqa tawm tswv yim txoj kev pab kho mob los yog tus neeg txhawb nqa. **Tsis txhob** ntim cov tshuaj hauv koj tus menyuam lub nra. Tag nrho cov tshuaj thiab cov ntim yuav raug xa rov qab mus rau tus kws qhia ntawv hauv chav kawm thaum kawg ntawm lub lim tiam. Yog tias koj tus menyuam siv lub tshuab nqus pa lossis EPI cwj mem thov suav nrog koj cov tshuaj.

VITAMINS/TSHEB SIV: Txhua tsheb siv/ tsheb siv yuav tsum muaj ib tug kev txhawj xeeb los ntawm tus neeg txhais lus tawm tswv yim rau kev pab kho mob. (Saib OAR 581-021-0037 <http://goo.gl/ovHkBg>). Daim ntawv yuav tsum muaj lub npe ntawm tus menyuam kawm ntawv, lub npe ntawm cov vitamin / ntxiv, koob tshuaj, sijhawm, lub hom phiaj, kos npe los ntawm tus kws kho mob thiab hnuv tim. (Piv txwv ntawm cov vitamins / ntxiv: melatonin, lactaid, probiotics, vitamins txhua hnuv, tshuaj ntsuab, tshuaj homeopathic, enzymes). Thov sau daim ntawv qhia kev noj qab haus huv nrog Daim Ntawv Tso Cai thiab Tub Ntxhais Kawm Kev Noj Qab Haus Huv History, yog tias xa cais suav nrog lub npe ntawm lub tsev kawm ntawv thiab qhov chaw uas koj tus menyuam tuaj koom. Tus tsev neeg txoj kev pab kho mob tsev neeg Outdoor School yuav tsis pab kho mob cov tsheb siv/ tsheb siv uas tsis muaj kev txhawj xeeb hauv qab no.

KEV PAB KHO MOB LOS TSAV TSHEB: Tus neeg txhawb nqa tus tsev neeg Outdoor School muaj kev tshawb fawb los sis hais tias yuav pab kho mob cov tsheb tsav tsheb tawv. Cov tshuaj no yuav muab faib, raws li qhov xav tau, rau tus menyuam kawm ntawv raws li tus kws kho mob cov lus txiav txim. Tus kawm ntawv neeg nram qab ntawd tau muab rau hauv ib tus kawm los sis cov tsheb tsav tsheb tawv (ib qho kev pab kho mob uas muaj cov ntaub ntawv tsis siv los sis tsuas yog ib tug cov ntaub ntawv pab kho mob) yuav tsum muaj ib tug qhov chaw siv. Tus kev pab kho mob uas muaj rau hauv tsev neeg yuav muaj nyob rau hauv lub tsev neeg thiab yuav muaj nyob rau hauv lus ntxhaiv thiab kev pab kho mob txog kev txhaj tshuaj yuav tsum muaj hauv tus neeg txhaj tshuaj thiab kev pab kho mob lub tuam tshoj.

TXOJ CAI TSHWJ XEEB LOS SIV LOS TSHAJ: Yog koj muaj ib txoj cai tshwj xeeb los siv los tshaj rau kev pab kho mob, thov qhia cov qhov chaw siv uas thov pom lus ntxhaiv nyob rau hauv lus ntxhaiv thiab kev pab kho mob txog kev txhaj tshuaj yuav tsum muaj hauv tus neeg txhaj tshuaj thiab kev pab kho mob lub tuam tshoj. Yog tias koj tus tsev neeg tsis muaj kev pab kho mob los sis txhawb nqa yuav tsum muaj kom cov tsheb siv los sis cov kev txhawb hauv tsev neeg tsis muaj kev pab kho mob los sis txhawb nqa. Koj nkag siab thiab pom zoo tias thaum muaj xwm txheej ua rau muaj kev phom sij rau lub neej, koj tus tub kawm lossis pawg ntseeg, tsis hais txog kev ntseeg lossis kev txiav txim siab ntawm tus kheej, yuav tau txais kev pab txhawb nqa lub neej thiab kev kho mob.

FQHAUB: Tag nrho cov zaub mov thiab khoom noj txom ncauj yog muab los ntawm Northwest Outdoor Science School thaum koj tus tub kawm nrog peb. Peb cov neeg ua haujlwm hauv chav ua noj tuaj yeem ua raws li yuav luag txhua qhov kev xav tau ntawm kev noj zaub mov thiab kev ua xua, suav nrog gluten-dawb, tsis muaj mis nyuj, noj tsis noj nqaij & vegan, kev tsis haum txiv ntoo, thiab feem ntau lwm yam kev txhawj xeeb txog kev noj haus. Thov nco ntsoov tias koj tau sau cov kev xav tau no rau ntawm Daim Ntawv Tso Cai thiab Tub Ntxhais Kawm Kev Noj Qab Haus Huv, thiab peb lub chaw haujlwm yuav tiv tauj koj yog tias peb tsis tuaj yeem ua raws li koj tus menyuam cov kev xav tau.

KEV TSHUA: Ib yam li nyob hauv lawv lub tsev kawm ntawv, cov tub ntxhais kawm ntawm Tsev Kawm Ntawv Sab Nraud yuav tau txais kev kawm huab cua los ntawm kev cia siab rau tus cwj pwm zoo. Yog tus tsev neeg muaj lus tawm ncaj hais tias tus tsev neeg muaj kev txhawj xeeb rau kev siv tauj ntsib txog qhov txoj kev siv hauv tus tsev neeg, peb cov neeg uas muaj kev kawm hais yuav siv qhov kev tshuaj xyuas kev tshawb fawb ntxiv. Nyob rau hauv

cov xwm txheej uas rov qab los yog tus cwj pwm phem heev, cov tub ntxhais kawm yuav tsum tau rov qab los tsev, yog li tus neeg saib xyuas raug cai / tus neeg laus uas tau txais kev pom zoo yuav tsum tuaj tos koj tus tub kawm sai li sai tau. Peb qhia tus tsev neeg mus rau hauv tus neeg tsev kawm ntawv lawv tsev neeg ua ntej no yuav yooj yim rau qhov kev tshuaj kev tshuaj xyuas kev tshawb fawb hauv tus neeg tsev neeg. Cov ntaub ntawv hais txog peb txoj kev txhawb nqa tus cwj pwm zoo muaj nyob rau ntawm peb lub vev xaib.

TSHEB XYOOS KHO MOB HAUJ LWM COV TSEV NEEG: Northwest Outdoor Science School yog cog lus los tsim ib qho chaw kawm conducive rau tag nrho txoj kev loj hlob thiab kev noj qab haus huv-kev xav thiab kev noj qab haus huv ntawm cov tub ntxhais kawm. Tus tsev neeg nyob hauv cov tsev neeg BIPOC, LGBTQ+ thiab cov tsev neeg ua si nyob rau hauv cov nqe lus yuav tsum muaj kev txhawb nqa, kev hlob nrog cov neeg, thiab kev txhawb nqa txog cov neeg nyob rau hauv tsev neeg thiab nyob rau hauv lawv lub neej. Cov kev paub no tuaj yeem xa cov tub ntxhais kawm cov lus uas lawv tsis koom nrog. Peb ua kom meej meej: txhua tus tub ntxhais kawm tau koom nrog thiab txais tos ntawm no. Peb tsis paub lus qhia cov lus txhaj tshuaj, muaj kev txhawj xeeb rau cov nqe lus uas pab lawv tau kev txhawj xeeb ntawm tus tsev neeg, thiab tsis hais tias yuav qhia ib tug tus tsev neeg los yog ib tug neeg tsev neeg txhaj tshuaj txog qhov txoj kev txhawj xeeb nrog lawv tsis muaj kev txhawj xeeb. Yog xav paub ntawv thov mus saib cov FAQ ntu ntawm peb lub vev xaib.

XEEV THIAJ TXAUS & HUV NTUJ: Cov tub ntxhais kawm nyob hauv cabins feem ntau muaj 8 txog 12 tus tub ntxhais kawm, thiab 1 txog 2 Lub Tsev Kawm Ntawv Phaj Siab Cov tub ntxhais kawm Cov thawj coj. Tus tsev neeg muab lub tsev neeg homphim rau hauv tus neeg mus rau hauv tsev neeg Outdoor School tuaj yeem tshem. Cov chav da dej tau nruab nrog ib qho chaw tso quav tso quav thiab da dej, muaj qhov chaw hloov pauv ntiag tug muaj nyob hauv txhua lub tsev.

QHO NTXEEV & TXEEM TXEEM: Thov xa mus rau **LUB NROG & KOS LUB NPE RAU TUS TSEV NEEG** ua ntej packing rau Tsev Kawm Ntawv Sab Nraud. Tus npe ntawv no muaj qhov tseem ceeb ntawm txhais ua hauj lwm rau qhov tuaj tawm thiab qhov tsis tuaj tawm. Tus NWRESO tsis tshawb fawb txog kev npaj xtiag, kev sib tham los sis kev hluav taws ntawm cov npe hais tawm tus neeg, thov teem tsi tau pom cov qhua uas yog tsis muaj tsawg tshaj, cov txawv txav tsis txawv, thiab lwm yam. Yog ib qho yuav tsum nyob rau hauv qab lawm txog tus tsev neeg mus rau hauv tsev neeg Outdoor School, thov hais tias yog hais tias tus neeg txhawj xeeb yuav tawm, thov hu rau Outdoor School Office ntawm 503-614-1402 los sis odsofficeadmin@nwresd.k12.or.us thiab peb yuav sim nrhiav cov khoom ploj.

TUS TSWV TXHAB: www.nwresd.org/outdoorschool peb lub vev xaib muaj cov ntaub ntawv xov xwm, duab thiab ntau dua. Koj yuav thov pom qhov no muaj ib daim ntawv tsis pub (FAQ - Frequently Asked Questions), txoj kev siv qhov kev pab kho mob rau koj tus tsev neeg thiab cov video ntaub ntawv qhia txog seb kev pab kho mob no..

Peb cov tsev neeg Outdoor School zoo tshaj plaws yog tshawb nqa rau koj tus tsev neeg mus rau hauv tus neeg kev hloov siab uas yuav muaj kev txhawj xeeb hauv cov kev hais txog lawv lub neej. Yog tias koj muaj lus txhawb nqa txog kev txhua tus tsev neeg muaj kev mus, thov mus rau tus tsev neeg mus rau hauv tus neeg tsev neeg txhais lus rau kev txhua tus tsev neeg muaj kev mus. Yog tias, tom qab ua li ntawd, koj tseem muaj kev txhawj xeeb, thov hu rau peb lub chaw haujlwm loj ntawm (503) 614-1402 lossis odsofficeadmin@nwresd.k12.or.us. peb ntseeg tias **txhua** tus tsev neeg Tus tsev neeg muaj ntau tshaj plaws rau tus neeg rau hauv Outdoor Science School!

Kev txhawj xeeb,

Lub Tsev Neeg Outdoor School

Daim Ntawv Tso Cai thiab Daim Ntawv Keeb Kwm Kev Noj Qab Haus Huv ntawm Tus Menyuum Kawm Ntawv thiab Daim Ntawv Ceeb Toom Txog Kev Ntseeg/ Kev Coj Ua Kev Cai yuav tsum tau ua tiav ua lus Askiv. Thov hu rau koj tus xibfwb/kawm ntawv yog tias koj xav tau kev pab ua tiav cov ntawv no.