Suspension factsheet: supporting your child's wellbeing

Parent/carer information

Urwandiko rw'uguhagarikwa: Gushigikira ukumererwa neza kw'umwana wawe

Ibimenyeshejwe Umuvyeyi/umurezi

Ingene woshigikira umwana wawe

Ahantu heza ho gutangurira igihe uriko urashigikira ufasha amagara y'umwana wawe n'ukumererwa neza kwiwe mu gihe aba yahanywe ntaje kw'ishuri ni ukwegeranya inkuru z'abahinga n'impanuro zabo. Ku vyerekeye mpanuro zoroshe gushira mu ngiro n'inkuru zo gushigikira ukumererwa neza kw'umwana wawe, ronderera ku rupapuro rukurikira:

- kumererwa neza (Wellbeing)

Ukuganira neza kandi kwugurutse hagati y'i muhira n'ishuri bifasha gutanga ku banyeshuri uburyo bwiza bwo gutera imbere nk'umuzinga.

- Shira mu mutekano umwana wawe umwemeze ko afise agateka n'agaciro mu kibano c'ishuri.
- Vugana ikibazo cose cerekeranye n'ishuri.
- Korera hamwe n'umurwi w'ishuri kugira ngo mushireho uburyo n'inzira zo gushigikiramwo umwana no gushira mu bikorwa intonde zishigikira uwana wawe yisutse ku vyigwa.
- Jana n'umwana wawe mu nama ifatirwamwo ingingo y'ukumuhagarika. Ishobora kuba amaso mu yandi, ku murongo ngurukanabumenyi canke ku mvugirakure [Telefone], hakoreshejwe ubuhinga bwokworohereza ibiganiro rwose.
- Vugana n'umwana wawe ku nyifato nziza zituma habaho ukwiga kwiza, mu mutekano kandi kugatuma n'abandi bose bigira ahantu heza kandi hiyubashe.
- Tera intege umwana wawe kenshi muvugane ivyiyumviro vyiwe n'uko babona ibintu mu buryo bwo kumuha agateka n'ukumwubaha.

Kwigira muhira igihe uba wahagaritswe kuja kw'ishuri uri mu gihano

- Umukozi w'ishuri azokurondera n'umwana wawe kenshi muri ico kiringo c'igihano c'uguhagarikwa kuja kw'ishuri kw'umwana wawe.
- Fasha umwana wawe mu kumushiriraho imyanya y'ibiringo vy'ibikorwa ku musi, murondere ahantu hatagira urwamo, kandi umubaze ukugene ivyigwa vyiwe biriko biragenda.
- Raba neza ko afise imyanya wo kuruhuka, anywe amazi kandi umushigikire, umufashe igihe arengewe canke afise ubwoba, ahagaritse umutima.
- Shiraho umwanya wo kwinonora imitsi
- Cungera umwana wawe igihe ariko arakoresha ubuhinga bwa none mu mutekano. Ikoreshwa ry'umuhora w'ubuhinga bugezweho (Using technology) rirafise inkuru n'ibindi bintu ushobora gusanga vyokugirira akamaro.

Aho wokura ibigufasha

- Ibikubiye muri ukwo kwiga (Learning packages)
- Kwigisha abagendana ubumuga n'impanuro z'ukubashigikira (Disability learning and support advice)
- Ingingo ngenderwako zerekeye uguhindura inyifato n'ingeso: Imfashanyo abavyeyi (Behaviour support toolkit: support for parents)
- Gufasha umwana wawe kwigira muhira (Helping your child learn from home)
- Umurongo wihuta wo gufasha abana (Kids Helpline) ni wo murongo wonyene wa Telephone w'ibikorwa vyo guhanura no kugira inama abamaze imyaka 5 gushika ku myaka 25 utarihishwa amahera. Hamagara kuri 1800 55 1800.

Ibikorwa vyo gusobanura mu rundi rurimi

Nimba wipfuza gushikira ishuri kandi ukaba ukeneye imfashanyo y'uwugusobanurira mu rurimi rw'Ikingereza, usabwe guhamagara ibikorwa vyo gusobanura kuri Telephone kuri 131 450, ubabarire ururimi ushaka kandi uce usaba umuntu ari kuri iyo mashini ahamagare ishuri. Uwo ari kuri iyo telephone azoca akuronderera umusobanuzi ku murongo agufasha muri ico kiganiro. Nta mahera uzorihishwa kuri uwo yagufashije gusobanura mu rundi rurimi.