



# Wargeyska Rubuca Jiilaalka

Jan-Maarso 2026



## THRIVE wuu bilaabmay

Agaasimaha Waaxda Adeegyada Barashada Hore ee BrightSpark, Janine Meyers

### Maalin gaaban, xiriirro diirran!

Marka maalmuhu qabow noqdaan oo sanadku soo gabagaboobayo, waxan kaga mahadcelinaynaa daryeelka, dadaalka, iyo adkaysiga aad u keento carruurta iyo qoysaska aad u adeegto. Jiilaalku waa waqti lagu milicsado, cusbooneysiin, iyo bilow cusub—waan ku faraxsanahay inaan idinla galno xilligan cusub.

Waxaan haynaa war cajiib ah oo aan idinla wadaagno!

BrightSpark waxay ku faraxsan tahay inay ku dhawaaqdo in Barnaamijka **THRIVE uu bilaabmay**. Hadda waxaan bixinaa xulashooyin tababar oo ballaaran oo loogu talagalay bixiyeyaasha daryeelka carruurta ee qiimaha leh.

Xulasho kasta waxay leedahay heerar kala duwan oo isdhexgal, ka qaybgal, iyo taageero — taasoo macnaheedu yahay inaad dooran karto heerka tababarka ee kugu habboon!

Eeg dhammaan xulashooyinka tababarka adigoo baadhaya koodhka QR ama isticmaal xiriirka hoose!



<https://bit.ly/4rvDwl2>

### Su'aalo? Nala soo xiriir!



thrive@childcare.org



800-446-1114 (ikhtiyaarka 2)



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### Gudaha cadadkan:

Horumarinta Xirfadeed Fursadaha .....	2
Barashada Kooxda Waayo-aragnimada .....	3
Barashada Xirfadeed Bulshooyinka .....	4
Khayraadka Bixiyaha .....	4
Adeegyada Dhameystiran .....	5
Kalandarka THRIVE .....	6 & 7

Waxaan kuu rajaynayaa xilli ka buuxa dhiirigelin, korriin, iyo xiriir. Aan jiilaalkan ka dhigno mid aan caadi ahayn si wadajir ah!

## Jiilaalka 2026 Fursadaha Horumarinta Xirfadeed

Rubuca Jiilaalka waxaa ka buuxa fursado cajiib ah oo Horumarin Xirfadeed ah, oo ay ku jiraan:

MOWDUUCA TABABARKA	STARS	TAARIIKH(TAARIIKHDA)	WAQTI	GOOBTA	LUGADDA	QIIMAHA
Koritaanka maskaxda-Aasaaska	2.5	2/4/2026	5:30-8 PM	Zoom	Ingiriis	\$25
Koritaanka maskaxda-Arrimaha saameeya koritaanka iyo horumarka maskaxda	2.5	2/18/2026	6:30-8:30 PM	Zoom	Ingiriis	\$25
Koritaanka maskaxda-Isgaarsiinta iyo horumarinta luqadda Qaybaha 1 iyo 2	5	Qaybta 1 - 3/4/2026 Qaybta 2 - 3/18/2026	5:30-8 PM	Zoom	Ingiriis	\$45
Aan Tiroyno Siyaabo Badan: Baridda Xisaabta Carruurta Yaryar	2.5	3/14/2026	9:30 AM - 12 PM	Shakhs i ahaan Renton	Ingiriis	\$25

\*Waa in la ka-qaybqaataa labadaba si loo helo dhibcaha STARS

### Taxanaha Tababarka:

MOWDUUCA TABABARKA	STARS	TAARIIKH(TAARIIKHDA)	WAQTI	GOOBTA	LUGADDA	QIIMAHA
WAPM Practicas Inclusivas y Equitativas de Modelo de la Piramide Infantes y Toddler	14	Isniin, 2/9/2026 & 2/16/2026 Talaado, 2/10/2026 & 2/17/2026	6:00 - 9:30 PM	Zoom	Isbaanish	BILAASH
WAPM Practicas Inclusivas y Equitativas de Modelo de la Piramide PreK	14	Isniin, 3/2/2026 & 3/9/2026 Talaado, 3/3/2026 & 3/10/2026	6:30 - 9:30 PM	Zoom	Isbaanish	BILAASH
Taageerada Dhaqanka	10	3/24/2026 6/02/2026 9/08/2026 12/08/2026	6:00 - 8:30 PM	Zoom	Ingiriis	\$65

\*Waa inaad ka qayb gasho dhammaan taxanayaasha si loo helo saacadaha STARS

\*Waa inaad ka qayb gasho dhammaan taxanayaasha si loo helo saacadaha STARS

\*Waa inaad ka qayb gasho dhammaan taxanayaasha si loo helo saacadaha STARS

Eeg liiskayaga fasallada oo iska diiwaangeli adigoo isticmaalaya koodhka QR ee midigta!



Xusuusin - waa inaad leedahay akoon BrightSpark si aad u diiwaangeliso fasallada!

Haddii aadan lahayn akoon, iska diiwaangeli adigoo isticmaalaya koodhka QR ee midigta.



**Cusbooneysiinta Canshuurta libka**



Sababo la xiriira isbeddel ku yimid xeerka canshuuraha Gobolka WA, BrightSpark hadda waa inay canshuur iib ka qaadataa dhammaan tababarrada iyo buugaagta gacanta.

## Khibradaha Barashada Kooxda (GLE) ee Bixiyeyaasha CUSUB ee Diiwaangashan

Khibradaha Barashada Kooxda waxay taageeraan horumarka shuruudaha jadwalka ee Early Achievers. GLE-yadan waxay ku siin doonaan macluumaad ku saabsan EA, taageero farsamo, iyo mowduucyo ku saabsan baahiyaha carruurta oo hagi doona safarkaaga horumarinta tayada.

Waxaan bixinaynaa jadwal joogto ah oo dhowr jeer toddobaadkii ah si oo aan rajaynayo inay la jaanqaado jadwalkaaga. Eeg waxa soo socda rubuc-kan oo la xiriir Macallinka Barashada Hore si aad isdiiwaangeliso!

**Kaydso Xiriirka Zoom oo ku biir mid ka mid ah kalfadhiyada hoos ku xusan:** <https://bit.ly/48M45Br>

### Jan-Mar

Magaca	Taariikhda	Waqtiga
Hordhac EA	Khamiis – Janaayo 08, 2026	6:30 – 8:00pm
Deegaanka / Barashada Ciyaarta	Khamiis – Janaayo 15, 2026	6:30 – 8:00pm
Suuqgeynta iyo Cusboonaysiinta	Khamiis – Janaayo 22, 2026	6:30 – 8:00pm
Barnaamijkaaga Daryeelka Carruurta	Khamiis – Febraayo 05, 2026	6:30 – 8:00pm
Hordhac EA	Khamiis – Febraayo 12, 2026	6:30 – 8:00pm
Waqtiyada cuntada / Nafaqada	Khamiis – Febraayo 19, 2026	6:30 – 8:00pm
Dib u eegista WAC	Khamiis – Febraayo 26, 2026	6:30 – 8:00pm
Xogta Barnaamijka/CECI Hordhac EA	Khamiis – Maarso 05, 2026	6:30 – 8:00pm
Horumarinta Xirfadeed / Tababarrada Loo Baahan Yahay	Khamiis – Maarso 12, 2026	6:30 – 8:00pm
Diyaargarowga Degdegga ah	Khamiis – Maarso 19, 2026	6:30 – 8:00pm
Dib u eegista WAC	Khamiis – Maarso 26, 2026	6:30 – 8:00pm

### GALABGAARAH - HORDHACEA

**Isticmaal Xiriirka Zoom-kan kalfadhiyada hoos ku xusan:** <https://bit.ly/4osVuYU>

### Jan-Mar

Magaca	Taariikhda	Waqtiga
Hordhac EA	Talaado – Janaayo 20, 2026	1:00 – 2:30pm
Hordhac EA	Talaado – Febraayo 17, 2026	1:00 – 2:30pm
Hordhac EA	Talaado – Maarso 17, 2026	1:00 – 2:30pm

## Bulshooyinka Barashada Xirfadlayaasha

BrightSpark waxay kugu martiqaadaysaa inaad kordhiso aqoontaada barashada hore adigoo ku biiraya Bulshooyinka Barashada Xirfadlayaasha (PLC)! PLC-yadan waxay sidoo kale ku siin doonaan fursad aad kula xiriirto xirfadlayaasha kale ee barashada hore. la shaqee, weydii su'aalo, oo hel kheyraad! Taariikh ahaan bulshooyinkan waxaa si toos ah loo hogaamin jiray, laakiin sanadihii u dambeeyay si muuqaal ah ayaa loo maamuli jiray. Waxaan haynaa abaalmarino baqtiyanasiib ah dhammaadka PLC kasta - markaa hubi inaad ka soo qayb gasho!

### Bulshooyinkan waxaa si gaar ah loogu talagalay ka qaybgalayaasha Early Achievers!

Waxaankamidnahaybixiyeyaashadaryeelkacarruurtaeeqoyska,macallimiintaXarunta Daryeelka Carruurta,shaqaalaha co- macallimiin iyo kaaliyayaal macallimiin,



Fadlan ogow in bulshooyinkan waxbarasho aysan bixin saacadaha STARS

Indhaha ku hay email-yada bilaha ee PLC. Waxay faahfaahinayaan dhammaan PLC-yada dhaca bil kasta, iyo sidoo kale taariikhaha, waqtiyada, mowduucyada, iyo xiriiriyayaasha Zoom-ka.

## Kheyraadka Bixiyeyaasha



### Farriin Amni oo Muhiim ah

Badbaadadaada iyo nabadgelyada maskaxdaada muhiim ayay noo tahay. Dhammaan shaqaalaha Early Achievers waxay mar walba imaan doonaan iyagoo wata calaamad aqoonsi sawir ah oo rasmi ah oo ay bixiso BrightSpark oo si cad u muuqata. Caadiyan ma sameyno booqashooyin adigooon ballan lahayn; Si kastaba ha ahaatee, haddii aan dhibaato ku qabno inaan kula xiriirno oo aan rabno inaan hubinno in wax walba hagaagsan yihiin, waxaan si kooban u soo booqan karnaa si aan u hubinno.

Hadafkeenu waa inaan mar walba ilaalino waayo-aragnimo ammaan ah, ixtiraam leh, oo la saadaalin karo mar kasta oo aan kula xiriirno. Haddii aad waligaa aad su'aalo ka qabto booqasho, aad rabto inaad xaajijiso aqoonsiga shaqaale, ama aad u baahan tahay kalsooni ka hor ama inta lagu jiro is-dhexgalka, fadlan ha ka waaban inaad nala so xiriirto. Waxaan halkan u joognaa inaan ku taageerno oo aan hubino inaad dareento kalsooni iyo raaxo markaad la shaqeyso kooxdeena.

## Adeegyada Dhameystiran



Qoysaska dhexdiisa iyo xilliyadii hore ee waxbarashada, taageeridda daryeelka dareenka ee ilmaha iyo ilmaha yaryar waa mid la mid ah caawinta koritaanka jirka. Xitaa ka hor inta aysan carruurta hadlin, waxay horumarinayaan aasaaska kalsooni, kalsooni, iyo xiriir caafimaad qaba. Is-dhexgalka fudud ee maalinlaha ah sida aan uga jawaabno baahiyahooda, aan u raaxaysano, oo aan wadaagno waqtiyo farxad leh, waxay ka caawisaa qaabaynta sida ay adduunka u fahmaan.

Daryeelayaasha iyo xubnaha qoyska waxay sameyn karaan farqi weyn iyagoo diiradda saaraya xiriirka, isgaarsiinta, iyo daryeel deggan oo joogto ah. Marka dadka waaweyn ogaadaan calaamadaha carruurta, la hadlaan maalintii, oo ay bixiyaan kalsooni jilicsan xilliyada walbahaarka, carruurta yaryar waxay bartaan inay ammaan yihiin oo la fahmay. Waayo-aragnimadan hore waxay dhisaan aasaaska shucuurta ee taageera barashada sanado badan.

Sababtoo ah ilmaha yar iyo ilmaha yaryar weli ma maamuli karaan cadaadiska kaligood, waxay ku tiirsan yihiin dadka waaweyn ee ku xeeran si ay u dejiyaan una xakameeyaan dareenkooda. Kuwani waa qaar ka mid ah hawlaha iyo hababka horumarka ee taageera daryeelka dareenka sannadihii hore:

- ◆ **Neefsashada Qoto Dheer ee Carruurta Yaryar** - Ilmaha yar yar waxay ka faa'iidaystaan neefsasho deggan marka la haysto, halka carruurta yar yar ay ku celcelin karaan neefsasho ciyaar leh iyagoo adeegsanaya buufisyo ama pinwheels.
- ◆ **Dhaqdhaqaaq Jilicsan iyo Nasasho** – Rux, ruxrux, fidis jilicsan, iyo yoga fudud ama qoob-ka-ciyaarka istaagga carruurta ayaa ka caawiya in la xoreeyo xiisadda.
- ◆ **Aqoonsiga Dareenka Hore** – Calaamadaynta dareenka iyo isticmaalka sawirro fudud ama buugaag ayaa ka caawiya ilmaha yar iyo carruurta yaryar inay bartaan dareenka ka hor inta aysan erayo helin.
- ◆ **Waqtiyo Fejignaan ee Jidhyada Yaryar** – Waqtiyo deggan oo leh muusig jilicsan, xumbo, ama walxo dareen deggan ayaa carruurta yaryar ka caawiya inay jirkooda dejiyaan.
- ◆ **Xirfadaha LaQabsigalyadaooloomarayo Co-Regulation** – Raaxo deggan oo joogtoohoo dadka waaweyn ah ayaa baraysa ilmaha yar iyo carruurta yar yar in dareenka waaweyn si nabad ah loo maareyn karo.

### Ma u baahan tahay taageero?

La-taliyayaasheenna **Caafimaadka Maskaxda** iyo **Tababarayaasha Ilmaha-Socod-baradka** waxay halkan u joogaan inay ku taageeraan! Waxay kaa caawin karaan inaad kobciso jawi bulsho iyo shucuureed oo wanaagsan fasalkaaga, xoojiso xirfadahaaga baridda, isla markaana ka dhigto maalin kasta mid adiga iyo carruurta aad daryeesho u noqota mid farxad leh. Waan jeclaan lahayn inaan kula xiriirno—nala soo xiriir aan wada shaqayno!

#### Adeegyada Ilmaha Yaryar:



#### Saadaha Xafiiska ee La-tashiga Caafimaadka Maskaxda:



Wixii faahfaahin dheeraad ah booqo boggayaga internetka iyo xiriirkeena Andrea Daniels: [daniels@childcare.org](mailto:daniels@childcare.org)

## Kalandarka THRIVE

Hel taageero gaar ah adigoo ku biiraya GLE ama la kulanka tababare. Bil kasta, waxaan bixinaa GLEs iyo saacado xafiis oo diiradda saaraya mowduucyada muhiimka ah—kaliya isticmaal URL-yada Zoom si aad ugu biirto mid ka mid ah barnaamijyada hoos ku xusan.

### Janaayo 2026

Kooxda Thrive	Mawduuca	Taariikhda	Waqtiga	Xiriirka Zoom
Taageerada Tababarka Ganacsiga	Office Hours	Talaado, Jan 6	6:00 – 7:30pm	<a href="https://bit.ly/bc-office-hours">https://bit.ly/bc-office-hours</a>
Emergent Coaching	GLE	Talaado, Jan 13	1:30 – 2:30pm	<a href="https://bit.ly/emergent-gle">https://bit.ly/emergent-gle</a>
SEL/TIC/EPP	La xiriir tababare	Talaado, Jan 13	6:30 – 7:30pm	<a href="https://bit.ly/connect-coach-zoom">https://bit.ly/connect-coach-zoom</a>
Jawaab Degdeg ah	Faylasha Carruurta iyo Shaqaalaha	Arbaco, Jan 14	6:30 – 8:00pm	<a href="https://bit.ly/rrc-gle">https://bit.ly/rrc-gle</a>
Taageerada Dhaqanka	GLE	Arbaco, Jan 21	1:30 – 2:30pm	<a href="https://bit.ly/bsc-gle">https://bit.ly/bsc-gle</a>
Barashada Bulshada iyo Dareenka	Barashada Bulshada iyo Dareenka ee fasalka	Khamiis, Jan 22	1:00 – 2:30pm	<a href="https://bit.ly/social-emotional-gle">https://bit.ly/social-emotional-gle</a>
Taageerada Tababarka Ganacsiga	GLE	Talaado, Jan 27	6:00 – 7:30pm	<a href="https://bit.ly/bus-support-gle">https://bit.ly/bus-support-gle</a>

### Febraayo 2026

Kooxda Thrive	Mawduuca	Taariikhda	Waqtiga	Xiriirka Zoom
Taageerada Tababarka Ganacsiga	Office Hours	Talaado, Feb 3	6:00 – 7:30pm	<a href="https://bit.ly/bc-office-hours">https://bit.ly/bc-office-hours</a>
Emergent Coaching	La xiriir Tababare	Talaado, Feb 10	1:30 – 2:30pm	<a href="https://bit.ly/emergent-gle">https://bit.ly/emergent-gle</a>
Jawaab Degdeg ah	Shuruudaha Tababarka iyo Waxbarashada	Arbaco, Feb 11	6:30 – 8:00pm	<a href="https://bit.ly/rrc-gle">https://bit.ly/rrc-gle</a>
SEL/TIC/EPP	La xiriir Tababare	Talaado, Feb 17	6:30 – 7:30pm	<a href="https://bit.ly/connect-coach-zoom">https://bit.ly/connect-coach-zoom</a>
Taageerada Dhaqanka	La xiriir Tababare	Arbaco, Feb 18	1:30 – 2:30pm	<a href="https://bit.ly/bsc-gle">https://bit.ly/bsc-gle</a>
Iskaashiga Ka Hortagga Ka Saarista	GLE	Talaado, Feb 24	1:00 – 2:30pm	<a href="https://bit.ly/epp-gle">https://bit.ly/epp-gle</a>
Taageerada Tababarka Ganacsiga	GLE	Feb Talaado 24	6:00 – 7:30pm	<a href="https://bit.ly/bus-support-gle">https://bit.ly/bus-support-gle</a>

Sii wad bogga xiga

## Kalandarka THRIVE (Sii socota)

### Maarso 2026

Thrive Group	Topic	Date	Time	Zoom Link
Taageerada Tababarka Ganacsiga	Office Hours	Talaado, Mar 3	6:00 – 7:30pm	<a href="https://bit.ly/bc-office-hours">https://bit.ly/bc-office-hours</a>
Emergent Coaching	La xiriir Tababare	Talaado, Mar 10	1:30 – 2:30pm	<a href="https://bit.ly/emergent-gle">https://bit.ly/emergent-gle</a>
Jawaab Degdeg ah	GLE	Arbaco, Mar 11	6:30 – 8:00pm	<a href="https://bit.ly/rrc-gle">https://bit.ly/rrc-gle</a>
Taageerada Dhaqanka	GLE	Arbaco, Mar 18	1:30 – 2:30pm	<a href="https://bit.ly/bsc-gle">https://bit.ly/bsc-gle</a>
SEL/TIC/EPP	La xiriir Tababare	Talaado, Mar 17	6:30 – 7:30pm	<a href="https://bit.ly/sel-tic-epp">https://bit.ly/sel-tic-epp</a>
Taageerada Tababarka Ganacsiga	GLE	Talaado, Mar 24	6:00 – 7:30pm	<a href="https://bit.ly/bus-support-gle">https://bit.ly/bus-support-gle</a>
Daryeelka Ka Warqabka Dhaawaca	GLE	Arbaco, Mar 25	1:00 – 2:30pm	<a href="https://bit.ly/tic-gle">https://bit.ly/tic-gle</a>

Si aad u daawato warsirahan online ahaan Ingiriisi, Isbaanish ama Soomaali, isticmaal xiriirka hoose ama sawir koodhka QR.

Para ver este boletín en línea en inglés, español o somalí, use el siguiente enlace o escanee el código QR.

Si aad u aragto waraaqdaa warar oo ku baxaysa ama Soomaali, adeegso lifaaqa hoose ama iskaanka mari koodhka QR.



[bit.ly/4g0hUNX](https://bit.ly/4g0hUNX)

### La soco wargeyskeena Gu'ga!

"Spring waxay ku dartaa nolol cusub iyo quruxda cusub dhammaan waxa jira." – Jessica Harrelson

