



PIB KAWM NTAWV LIG RAU XYOO 2015-16

Ntau tsev neeg hauv Tsoom Fwv Tsev Kawm Ntawv Nroog Xees Phos nyiam kom pib kawm ntawv lig zog nyob rau cov tsev kawm ntawv them ob (secondary). Saib rau ob peb yam, tsev kawm ntawv Johnson High School yuav pib thaum 8:30 sawv ntxov rau lub caij nplooj zeeg 2015, nrog rau txoj kev muaj sij hawm caij npav hauv zej zos (Metro Transit) tuaj kawm ntawv thiab mus tsev. Qhov khoos kas nov yog ua raws nraim li cov tswv yim uas sawv daws tau tshwm nyob rau cov rooj sib tham txog kev rov muab cov sij hawm pib kawm ntawv coj los xav dua.

Johnson High School raug xaiv los pib qhov khoos kas nov vim hais tias:

- Lub tsev kawm ntawv no nyob rau qhov chaw uas siv tau cov kev npav Metro Transit tam sim no
- Thawj tswj Michael Thompson twb muaj kev koom tes nrog Metro Transit yav tas los lawm
- SPPS yuav to taub hais tias kev koom tes nrog Metro Transit yuav pab tau ib lub tsev kawm ntawv magnet li cas

TXIAJ NTSIM NTAWM KEV HLOOV LUB SIJ HAWM PIB KAWM NTAWV

Pib Kawm Ntawv Lig

- Cov me nyuam uas pheej tsaug tsaug zog thiab sawv lig zog yuav tau pw ntau zog
- Yuav tsis muaj qhaj ntawv heev heev.
- Yuav tsis nkees thiab kawm tau ntawv.
- Yuav pab tau kev muaj dag muaj zog, tsis tau mus cuag tus neeg tu mob heev heev

Caij Cov Npav Hauv Zej Zos

- Muaj sij hawm caij cov npav hauv zos mus kawm ntawv thiab los tsev, mus xyaum kis las rau lim tiam xaus, koom txoos rau tsev kawm ntawv thiab khoos kas kawm ntau yam.
- Tau caij npav 7-hnub ib lim tiam, mus hauj lwm, xyaum hauj lwm, ua hauj lwm rau zej zos thiab mus kawm cov ntawv qib siab.
- Tub ntxhais yuav koom cov khoos kas tom qab lawb ntawv coob dua.

Cov tub ntxhais uas yuav tau thauj tuaj kawm ntawv yuav tau txais pib caij npav Metro Transit Go-To card dawb. Cov tub ntxhais mus taw uas tau noj sus dawb thiab txo nqi yuav tau txais pib npav Go-To card dawb thiab. SPPS tseem muaj npav rau cov tsev neeg hauv zej zos uas tsis yooj yim mus caij tau cov npav zej zos. Yuav muaj npav tuaj pab tos cov me nyuam uas niam txiv tsis tso siab rau lawv caij cov npav zej zos raws li tsim nyog, tiam sis cov tub ntxhais kawm ntawv nov yuav tsis tau txais kev pab rau kev caij cov npav zej zos.

Yog nej muaj lus nug txog Metro Transit thiab pib caij npav Go-To cards, hu rau James Jorissen ntawm 651-744-3583. Yog nej muaj lus nug txog lub sij hawm pib kawm ntawv, hu rau Steve Taylor ntawm 651-744-2857.

metrotransit.org | johnsonsr.spps.org



TXIAJ NTSIM NTAWM KEV HLOOV LUB SIJ HAWM PIB KAWM NTAWV



PW

Vim li cas pw kom txaus thiaj zoo rau cov hluas

- Qhov uas cov hluas mus pw lig hmo ntuj yog vim lawv lub hlwb tsis yog vim tus cwj pwm
 - Tau pw 9 teev los sis ntau dua yog qho zoo tshaj rau cov hluas
- Tiam sis, 69% ntawm cov tub ntxhais kawm ntawv hauv theem siab tsis tau pw txog 8 teev
- Cov hluas mus pw lig zog vim hais tias lawv lub cev ntaj ntsug tsis tau nkees txaus mus pw thaum ntov
- Cov hluas lub caj mus pw yog thaum 10:45 mus rau 11 teev tsaus ntuj
- Txawm pib kawm ntawv lig zog los cov hluas yeej mus pw tib lub sij hawm



KEV NOJ QAB NYOB ZOO

Thaum cov tub ntxhais kawm ntawv tau pw tsawg tshaj 8 teev

- Kev nyuaj siab, kev ntshai thiab kev nkees yuav nce tuaj
- Yuav cuam tshuam txog kev loj hlob ntawm lub hlwb (kev cim xeeb)
- Kev ua tsheb sib nraus yuav nce tuaj
- Kev ua kis las thiab ua ub ua no yuav tsawg tuaj
- Yuav nce kis lus thiab/los sis ntshav yuav siab tuaj
- Yuav ua rau coj tus cwj pwm tsis zoo
- Kev tua tus kheej yuav nce tuaj



TSEV KAWM NTAWV

Yog cov tub ntxhais pib kawm ntawv thaum 8:30 sawv ntov los sis lig zog

- Lawv yuav mus kawm ntawv dua thiab kev mus tsis ncau sij hawm yuav tsawg dua
- Kev hloov tsev kawm ntawv yuav tsawg dua
- Lawv yuav noj qab nyob zoo dua thiab yuav tsis tshua mus cuag tus kws ntsuam mob hauv tsev kawm ntawv
- Lawv yuav faj seeb zog tuaj
- Kawm tau qhab nia GPA zoo dua tuaj
- Tub ntxhais kawm ntawv yuav xeem tau tus MCA Leb zoo dua
- Cov tub ntxhais hauv theem ob (secondary) yuav noj tshais dua

*Tej ncauj lus no yog muab los ntawm: Examining the Impact of Later High School Start Times on the Health and Academic Performance of High School Students: A Multi-Site Study, Kyla L. Wahlstrom, Ph.D., University of Minnesota.

TEJ YAM UAS YUAV NYUAJ

Tej Yam Uas Yuav Nyuaj Rau Tsev Neeg thiab Tub Ntxhais Kawm Ntawv

- Cov tub ntxhais uas kawm hauv theem siab yuav zov tsis tau cov yau tom qab lawb ntawv
- Cov tub ntxhais kawm ntawv uas muaj ub no ua tom qab lawb ntawv yuav mus txog tsev lig zog
- Tej zaum cov tub ntxhais kawm ntawv uas ua kis las yuav mus koom tau ib nraib ntawm hoob kawg xwb vim lawv muaj mus sib tw kis las
- Cov tub ntxhais kawm ntawv yuav tsis muaj sij hawm ntau mus ua hauj lwm tom qab lawb ntawv

Tej Yam Uas Yuav Nyuaj Rau Tsev Kawm Ntawv

- Tej yam muaj ua tom qab lawb ntawv, xam tas nrho kev xyaum ua kis las thiab kev sib tw, yuav tas lig zog
- Tej zaum yuav tau hloov sij hawm rau kev kawm theem siab thaum yav tsaus ntuj los sis kev kawm kom tau qhab nia ntiv
- Yuav cuam tshuam tej yam uas cov neeg ua dej num niaj hnub ua

Nej cov tswv yim tseem ceeb heev.



"Sleep" symbol by Diego Naive, from thenounproject.com collection.

