ISRAEL GOVERNMENT

Ministry of Education

 Pedagogical Administration

Division A & # 39; Counseling psychological service

י"ד/חשון/תש"פ

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Gal boina toh kisaimat a Nu le Pa te kom a hetsahna

Ngailut Nu Le Pa te,

Tuni jingkah matah chun Gaza Strip apat rocket kikaplut toh ikithou bom uvin ahi. Hijeh in Gal Apat Kiven doh na ding a Thupeh Peho thusei apat Themjilna (school) hileh Natohna mun hileh ama ho thusei ngailhah ding in aum in ahi.

Hitobang a gal le tol aum phat leh lungboina hin seithei louva ibob ding mong ahi, chuleh chapang ahi in chuleh mi pilhingsa hileh gichat na ibob ding ahi. Ahinai nu le pa hina jal a chapang ho lungmon na leh lung awlmo louna ding a lhamona ipeh diu ahi, chuleh thu le umdan leh chedan ihil tei diu ahi, chuleh phat leh mol kihei lamdang hin lungsungasuhboi ding ahi, hijeh a thil soh hi aphat dung jui a alah dan thepna na leh adinpi ding dan ikihil tei diu ahi.

Thu le la boina asuo phat leh, tileh tua thusoh tobang chung a chapang ho in apilhingsa ho umchan leh kho heidan avet a khosa diu ahi. Hijeh a boina aum phat leh amasa pen a pung khatna ahi lou leh pung nina, ahilou leh akipat nikho hi chapang hilna ding a phat lemchang leh poimo tah ahi.

BOINA KIMAI TUO PI NA DING A KISINSAH DING DAN THEMKHAT VELHA UTE

\*Kiven ding dan thupeh peho (פיקוד העורף ) thusei jui ding ahi:

Mi pilhingsa ho in chapang kom a thupeh peho thusei ajui diuva hoisel ahil ngai ahi. Chuleh mi pilhing ho in thupeh kipe ho hi chapang in avet a serious tah a alah na ding a pilhingsa ho in thupeh kipe hi i serious tah a ajui masat ding ahi. Hiteng hileh chapang in pilhingsa natoh chu ama huhdoh na ding kibol a akilah ding achung a lhamon na anei ding ahi. Hiche hi mi jouse ding a phachom ahi.

\*Kivenbit na ding a kisem ho thah sei kit ding ahi

Nu le Pa te in chate kom a boina aum phat leh kivenbit na ding a thil kisem leh kibol ho hi athah beh a sei peh kit ngai ahi. Tekah na in kiseileh, siren – kiven na ding a thil kilha ging ho agin phat leh ipi bol ding ham? Ahilou leh agin jou phat leh ipi bol ding ham? Ikom ivel a ipi bol ding ham? Kiti ho thupeh jui ding dan avel a hilthah ding ahi.

\*Boina atah tah in lhung taleh kiman chah ding dan

Deisah ahileh, thusei leh lasah hi lunggel mei mei ahi lou leh nuijat tah seilou ding ahinla ithusei leh lasah chu kichih set a seilhah ding aphai. Police leh sepoy ho miveng tup ding ho in abol thei chen abol uva japi aventup u ahi tia sei ding ahi.

\*Chapang in atoh ding le atham ding le pan alah ding dan

In sung manchah hileh thilkeu hileh chapang in chapang panpi thei ding ahilou leh aman chah thei ding thil ho chu chapang khut a pehlut ding ahi.

\*Routine jui sah ding

Ahi thei chan a chapang in Kiven ding dan thupeh peho (פיקוד העורף ) thusei ajui diuva tilkhou na peh ding ahi. Tekah na, school kai ding a kiseina mun a school che ding leh gan ho kai ding a tilkhou na peh ding ahi, ahilou leh school kai lou na ding a kiseina mun ho a khat le khat kijah mat tuo na asem a mitoh kichep bomna asem ding a tilkhou ding ahi. Routine jui hin chapang atilkhou in lungmon na ape in ahi.

\*Kijahmat tuo leh kipeh suon na

Chapang hi mi toh akijah mat tuo ding hi thilpha ahi, insung mi hileh loi le pai hileh kihou lim a lunggel leh lungsung seikhom na phat peh ding, chuleh tilkhou ding ahi. Mi pilhingsa in chapang kom a lunggel leh gichatna anei ho jong sei pih ding a welcome ahi. Chapang hi akum leh ama tatoh dung jui a thu le la amat toh dan chu vet a houlim pi ding ahi.

\*Chapang adeh a mi toh kibang louva lip dehset ho

Chapang hileh pilhingsa hileh akhong gin dung jui a apil dehset mi um ahi, mijou se kho hei dan kibang lou ahi. Chapang hi ama hina vet a angai chat leh athil bol theina tatoh a angai chat chu peh ding ahi.

\*Jilkung/ Mivelkol a pang ho

Chapang chan chin hetna ding a Jilkung hileh chapang vekol a pang ho hitoh kijah mat tuo a chapang um chen leh khanchan het a pha ahi. Emergency aum phat leh chapang chung chang hetmasat hi poimo mama ding ahi.

\*Changlhat lou ding ahi

Boina nei ahilou leh lungjin na nei ahilou leh lhasetna leh kanna in abob lai mi hi aching umsah lou ding ahi. Hitobang dinmun nei chun psychologist ahilou leh nurse ahilou leh mivekol ho naki jahmat pi ding naki houmat pi ding panpina nathum ding ahi.

LUNGMON NA LEH LHAMON NA IN INEI DIUVIN IKINEM UVE

MI KHOHSAH LEH MI BOIPI HO