

Kakōlkōl eo nān ānbwinnin nān kilaaj jiljilimjuon ilo Hawaii Melele ko reaorōk im kajjitōk ko ekkā kajjitōk kaki



Marshallese

Kōpellok

Ilo wāween ko rej jelōt jōdikdik ro ilo Hawaii, ewōr jet kakien ko rekāāl nān ajri ro rej deļōn kilaaj jiljilimjuon bwe ren kadedeikļōk kakōlkōl in ānbwin, me rej bar ṅaetan loļok-ajri-eājmuur.

Taktō ro me elōn aer laiĵen, ri-kōjparok ānbwin, ak nōj ro elap aer tijemļok* rej kōmman loļok-ajri-eājmuur ko.

Loļok-ajri-eājmuur ej juon wāween eo emman nān jōdikdik ro nān aer maroñ kōnono ippān taktō ro kōn ājmuur im ineemman eo, im kōmman bwe en maroñ jelmae ie jorrāan kein im bōbrae jorrāan ko ikijĵien ājmuur āinwōt kilep, kōbaatat, im nana an mour. Ej barāinwōt juon wāween eo emman nān ajri eo nājūm nān aer bōk wā ko ilo iien eo eĵĵet.

Ta eo ij aikuj in jela?

Ijĵino ilo 2017-2018 jikuuļ iio in, aolep ajri ro rej deloñe kilaaj jiljilimjuon ej aikuj in kadedeikļok etale eo ikijĵien ānbwinnin āinwōt an waļok ilo kakien ko an bukon eo ([HRS§302A-1159](#)).

Ajri eo maroñ bōk kakōlkōl eo ikijĵien ānbwinnin iumwin (12) allōn ko mokta jān an jino jikuuļ.

Jinen/Jemen ak ri-kōjparok ro rej aikuj kadedikļok [Form 14](#) (Student's Health Record) nān jikuuļ eo elañne renaaj likūt etan ajri eo nān kilaaj jiljilimjuon.

Ej aikuj ke bwe en dedeļok form eo?

Aet. Ilo raan eo ajri eo nājūm enaaj kōmmane iien loļok nān kakōlkōl eo, kwōn bareinwōt leļok primary Form 14 eo im ej ikijĵien ājmuur nān air kadeļoñe ilo iien loļok eo aer. Kōroļok Form 14 nān jikuuļ eo an ajri eo nājūm elañne enaaj likūt etan nān kilaaj jiljilimjuon.

Link nān Form 14:

Nān download kape in Form-14 im kōn melele ko reļapļok ikijĵien kilaaj jiljilimjuon kōn ta ko ej aikuj kōmman nān kakōlkōl in ānbwinnin eo, etal nān www.hawaiipublicschools.org Kapukōt ilo "Physical Exam."

Etke eaurōk?

Ilo tōre eo im jōdikdik elōn im ļap oktak ko ikijĵien ānbwin, eñjake, im an emmakūtĵit ippān ro jet. Ilo tōre in, kwōj jōdikdik kwōmaroñ in bōk elōn kain nañinmej ko, elōn iaier kwōmaroñ in kar bōbraeik. Iien loļok-ajri-eājmuur an ajri eo ej iien eo emman eĵĵet nān jōdikdik eo nān kōnono ippān taktō ro aer kōn jabdewōt inepata ko ikijĵien ājmuur, im emaroñ jibañ ilo aer jelmae im bōbrae men ko ikijĵien ājmuur. Ej bareinwōt lelok iien emman nān bōke wā ko im rekar jab bōke im bōk wā ko jet im rej rōjañe bwe jōdikdik ro ren bōke.

American Academy eo an Pediatrics ej rōjañe bwe ajri ro im jōdikdik ro ren kōmmane loļok-ajri-eājmuur ippān ri-kōjparok ānbwinier eĵĵab iietļok jān joun kōtaan ilowaan juon iio.

Kain taktō rot ej kakōlkōl kein ikijĵien ānbwin?

Kakōlkōl kein ikijĵien ānbwinnin ej kōmman jān taktō ro ewōr air laiĵen, taktō in jibañ ro, ak nōj ro ļab air tijmenļok.*

* Ekoba naturopathic taktō ro rej waļok ilo [HRS§455-8](#)

Wōn eo enaaj kōllā wōnean kakōlkōl kein?

Loļok-ajri-ājmuur ej juon men eo me emōj kōllāik wōnean, im Patient Protection im Affordable Care Act (ACA) ej leļok kiiō.

Ta in Patient Protection im Affordable Care Act?

Patient Protection im Affordable Care Act, ekkā aer ŋaetan “Affordable Care Act” ak “ACA,” ej juon kakien eo ekāal im Congress ekar kōweppān im jaini bwe en kakien jān President Barack Obama ilo Maaj 2010. Lukkuun kōttōpar eo an kakien in ej bwe ren kōkōmanmanļok, deļōne, im bok wōnean ko remmanļok ikijjien ājmuur im insurance in ājmuur ko ilo United States.

Wā rot ko rej menin aikuj nān kilaaj jiljilimjuon nān deļōn ijellokun kakōlkōl ko ikijjien ānbwinnin?

Ilo an kobaļok kakōlkōl ko ikijjien deļōne kilaaj jiljilimjuon, kakien ko an bukwōn eo an Hawaii ej barāinwōt kowaļok bwe aolep rej aikuj in bōk aolep wā ko āinwōt juon menin aikuj. Kōnono ippān ro rej bōk eddo in ājmuur kōn wā kein im ko jet rej menin aikuj bwe rūtto ro ren bōke.

Elōnļok meļeļe kōn wā ko reaorōk bwe kwōn bōke im kwōmaroñ loe ilo Hawaii Department eo an Health website: <http://health.hawaii.gov/docd/school-health-requirements/>

Ta eo enaaj waļok elañne ajri eo ejāmin bōk kakōlkōl ko ilo iien eo ej deļōne kilaaj jiljilimjuon?

Elañne ajri eo nājūm ejjab bōk kakōlkōl ko ilo raan eo jinoin tata ilo kilaaj jiljilimjuon, renaaj kōmālim wōt an itān jikuuļ. Bōtaab, Ra eo an Jeļāļokjeņ enaaj kowaļok etan ri-jikuuļ eo, atōrej eo an, im e-mail eo an nān Ra eo an Ājmuur. Ra eo an Ājmuur im Ra eo an Jeļāļokjeņ renaaj ļoor ippān Jinen/Jemen ajri eo ak ri-kōjparok ro kakien ilo iiō in jikuuļ eo nān rōjañe bwe en kōmman an iien loļok-ajri-eājmuur. Elañne kwōjjab koņaan aer jilkinļok meļeļe ko kōn ia eo kwōj pād ie nān Ra eo an Ājmuur, jouj im karoñļok jikuuļ eo mokta jān Oktoba 30.

Kwōj bōk ke joortoklik ko (insurance) nān baamle ko me edik wōnaer?

Aaet. Medicaid ej būrookraam in joortoklik eo jān federal im state eo rej ippān doon kake, eo im emaroñ kōllā wōnean taktō nān armej ro edik wōneaeer aer jerbal rūtto ak ajri. Etal nān Ra eo an Human Services MedQUEST online ilo: mybenefits.hawaii.gov/medicaid-faqs/ nān bōk eļapļok meļeļe.

Mour eo Ājmuur

Rūtto ro rej aikuj kōjenolok 60 minit (1 awa) ak ļapļok nān kōmmane emmakūtūt ko ilo juon raan. Ilo juon wiik, kakobaik aerobic, kōkajoorļok majeļ ko, im kōkajoorļok di ko im kōmmane emmakūtūt ko āinwōt etetal, ettōr, jabdewōt kain ikkure, push-up ko, kotak, ak ekeke kōn to ko. Barāinwōt, mōñā, mōñā ko nān kōājmuur enaaj kōjparok eok jān nañinmej āinwōt kilep, type 2 tōñal, im nañinmej in emmenono. Ukōte am idaak dān ko retōñal im mōñā ko lab jukwa ilowaan, joļ, im kūrrij ko ilo am mōñā men ko ejjeļok kūrrij ak milik ejjeļok kūrrij ilowaan, dān, leen wōjke, menin eddek ko, whole-grains ko, im protein ko me edik kūrrij ilowaan. Kwōmaroñ bōk meļeļe ko reļapļok jān an United States Department eo an Agriculture ChooseMyPlate.gov website.