ᐅᖃᐅᔾᔨᒋᐊᕈᑎᒃᓴᑦ ᐊᖓᔪᖅᑳᖑᓵᖅᑐᓄᑦ

ᓄᑕᕋᓛᖅ ᓈᑲᑕᒃᑎᑉᐸᒡᒍᑐᒍ. ᓄᑕᕋᓛᖅ ᐊᑕᐅᓲᓐᓈᒍᒃᑯᑦ ᓇᓪᓚᖓᔭᕆᐊᖃᙱᒻᒪᑦ ᐊᑯᓂᐅᒍᐊᖅᑐᒃᑯᑦ. ᓂᐊᕐᑯᖓ ᐋᖅᑭᐅᒪᔪᓐᓂᕈᓐᓇᖅᑐᖅ. ᓄᑕᕋᓛᖅ ᐃᓅᓵᖅᑐᖅ ᐸᓪᓗᖓᑎᖃᑦᑕᙱᓪᓗᒍ. ᓄᑕᕋᓛᖅ ᓇᓪᓚᖓᑏᓐᓇᖅᐸᒡᒍᒍ ᓯᓂᓕᕌᖓᑦ.

ᓄᑕᕋᓛᖅ ᕿᐊᑏᓐᓈᒍᒃᐸᙱᓪᒍᒍ. ᓄᑕᕋᓛᖅ ᐃᓄᑑᖏᓐᓇᕋᓱᒋᓕᕐᓂᐊᖅᑐᖅ ᐊᒻᒪᒍ ᓴᙱᓐᓂᐊᖃᑦᑖᒍᓕᕐᒍᓂ. ᓄᑕᕋᓛᖅ ᕿᕕᐊᖓᓚᐅᐱᓪᓚᒡᒍᒍᓐᓂᑦ ᐅᕝᕙᓘᓐᓂᑦ ᓂᑉᓕᐊᕐᕕᒋᐊᕐᔪᒃᐸᒡᒍᒍ.

ᑲᒪᒋᑦᑎᐊᖅᐸᒡᒍᒍ ᐃᓅᖃᑎᖃᕐᓂᑦ. ᓄᑕᕋᓛᖅ ᖃᓄᐃᙱᑦᑐᓐᓇᕐᓂᖓ ᐊᒃᑐᖅᑕᐅᓂᖃᖅᐸᖓᒪᑦ ᐊᖓᔪᖅᑳᒥᓂᒃ ᐃᓅᖃᑎᖃᕐᓂᖓᒍᑦ. ᐅᖃᖃᑎᒋᑦᑎᐊᖅᐸᒡᒍᒍ ᐊᐃᑉᐸᐃᑦ ᑐᓴᐅᒪᑎᓪᓗᒍ ᐃᒃᐱᒋᔭᕐᓂᒃ ᐃᑲᔪᖅᑑᑎᔪᓐᓇᖅᑐᓯ. ᓄᑕᕋᓛᖅᑖᓴᖅᓱᓂ ᖁᕕᐊᓇᖅᑐᒻᒪᕆᐊᓗᒃ ᐃᓚᒋᒃᑐᒃᑯᑦ.

ᓄᑕᕋᓛᖅ ᑎᒍᒥᐊᖏᓐᓇᕆᐊᖃᙱᑦᑐᖅ. ᑎᒍᒥᐊᖅᑕᐅᖏᓐᓇᕈᒪᖃᑦᑕᓕᕐᓂᐊᖅᑐᖅ. ᐊᒃᓱᕈᕐᓇᖅᓯᓂᐊᖅᑐᖅ ᐃᓕᖕᓄᑦ ᖃᓄᐃᓕᐅᕈᒪᓕᕋᓗᐊᖅᑎᓪᓗᑎᑦ!

ᐃᒻᒧᓱᑦᑎᐊᖅᐸᒡᒍᒍ ᓄᑕᕋᓛᖅ. ᑲᒪᒋᔭᐅᑦᑎᐊᕐᓂᖅᓴᐅᓂᓂ ᐃᒃᐱᒋᖃᑦᑕᕐᓂᐊᖅᑕᖓ. ᐃᒻᒧᓱᖅᑐᖅᓯᒪᖃᑦᑕᙱᓪᓗᒋᑦ ᓯᓂᖕᓂᐊᓕᕌᖓᑕ.

ᓄᑕᕋᓛᖅ ᑐᐸᑐᐊᕋᖓᑦ ᐊᖃᑲᐅᑎᒋᕙᒡᒍᒍ. ᑕᒪᓐᓇ ᑐᑭᓯᒍᑎᒋᓂᐊᖅᑕᖓ ᓇᒡᓕᕆᔭᐅᓂᕐᒥᓂᒃ ᐊᒻᒪᒍ ᒥᐊᓂᕆᔭᐅᓂᕐᒥᓂᒃ.

ᐅᔾᔨᖅᑐᖃᑦᑕᕐᓗᑎᑦ ᖃᓄᑦᑑᖓᒪᖕᒐᑕ ᕿᐊᓪᓚᑦᑖᖅᑐᑦ ᕿᐊᓪᓚᑦᑖᙱᑦᑐᓪᓗ. ᐅᔾᔨᖅᑐᑦᑎᐊᖃᑦᑕᕐᓗᑎᑦ ᓯᕗᓪᓕᖅᐹᒥ ᐅᑭᐅᒥ.

ᐃᓕᖕᓂᒃ ᑲᒪᒋᑦᑎᐊᖅᐸᒡᒍᑎᑦ. ᐳᐃᒍᖅᑕᐃᓕᕙᒡᒍᑎᑦ ᓂᕆᑦᑎᐊᖃᑦᑕᕆᐊᖃᕋᐊᑦ, ᐅᕕᓂᓂᐊᖃᑦᑕᕆᐊᖃᕋᐊᑦ, ᐊᒻᒪᒍ ᑕᖃᐃᖅᓯᖃᑦᑕᕆᐊᖃᕋᐊᑦ. ᓄᑕᕋᓛᖅ ᐊᖓᔪᖅᑳᖃᕆᐊᓕᒃ ᐃᖕᒥᓂᒃ ᑲᒪᑦᑎᐊᖅᐸᒃᑐᓂᒃ.

ᐃᑲᔪᖅᑕᐅᔪᒪᒍᑎᑦ ᖃᐅᔾᔨᒋᐊᖃᑦᑕᕐᓗᑎᑦ! ᐊᓈᓇᖅᑐᖅ ᐃᑲᔪᖅᑕᐅᖃᑦᑕᕆᐊᖃᒻᒪᕆᒃᑐᖅ. ᐊᓈᓇᐃᑦ ᐅᐸᓯᒪᖃᑦᑕᕐᓗᒍ, ᓴᕈᑦᒍ ᐊᓇᐅᓂᖅᓴᖅ, ᐊᓈᓇᑦᑎᐊᑦ/ᐊᑖᑦᑎᐊᑦ, ᐃᓚᓐᓈᑎᑦ, ᐅᕝᕙᓘᓐᓂᑦ ᐊᓯᖏᑦ ᐃᑲᔪᕈᓐᓇᖅᑐᑦ ᐃᒫᓐᓈᖅᑐᐃᔪᓐᓇᖅᑐᑦᒍ. ᐊᒃᓱᕈᕈᕕᑦ ᖁᕕᐊᓱᙱᒃᑯᕕᑦᒍᓐᓂᑦ, ᐅᖃᖃᑎᖃᖃᑦᑕᕐᓗᑎᑦ ᐋᓐᓂᐊᕐᕕᖕᒥ ᐋᓐᓂᐊᕐᕕᒃᔪᐊᕐᒥᓐᓂᑦ.

ᐊᑐᓕᖅᑎᓇᓂᖅ ᐃᓄᐃᑦ ᐱᒻᒪᕆᐅᑎᑕᖏᓐᓂᒃ

ᐅᔾᔨᖅᑐᑦᑎᐊᕆᐊᖃᕐᓂᖅ ᐸᕐᓇᒃᓯᒪᑦᑎᐊᕆᐊᖃᕐᓂᕐᓗ

ᐸᕐᓇᒃᐸᓪᓕᐊᓗᑎᑦ ᓯᖓᐃᓂᕐᓄᑦ ᖃᐅᔨᑐᐊᕈᕕᑦ ᓯᖓᐃᓂᕐᓂᒃ. ᓄᑕᕋᐃᑦ ᖃᓄᐃᙱᓐᓂᐊᖅᑐᖅ ᖃᓄᐃᙱᒃᑯᕕᑦ! ᐃᓱᒪᒃᓴᖅᓯᐅᕈᑎᒋᑦᑎᐊᓗᒍ ᖃᓄᐃᙱᑦᑐᓐᓇᕐᓂᑦ ᐊᒻᒪᓗ ᓇᖕᒥᓂᖅ ᐋᓐᓂᐊᙱᑦᑐᓐᓇᕐᓂᑦ. ᑕᒪᓐᓇ ᖃᐅᔨᕙᓪᓕᐊᓂᕆᓂᐊᖅᑕᐃᑦ ᐊᒥᓱᓂᒃ ᐊᓯᔾᔨᖅᑐᓂᒃ ᐱᑕᖃᕐᓂᐊᖅᑐᖅ. ᑲᔪᖅᑐᖅᑕᐅᔭᕆᐊᖃᕐᓂᐊᖅᑐᑎᑦ ᐃᓚᖕᓄᑦ.

ᐃᖅᑲᐅᒪᔾᔪᑏᑦ ᐊᐃᑉᐸᓈᒃᑐᓄᑦ

- ✓ ᐃᑲᔪᖅᑐᕐᓗᒍ ᐊᓈᓇᙱᓵᖅᑐᖅ. ᖃᓄᖅ ᐃᒃᐱᒋᓂᖓ ᐅᔾᔨᖅᑐᖅᐸᒡᒍᒍ. ᐊᓯᔾᔨᖅᐸᓪᓕᐊᔪᓂᒃ ᑎᒥᐊᒍᑦ ᖃᓄᐃᙱᑦᑐᓐᓇᕐᓗᒍ.
- ✓ ᐅᔾᔨᖅᑐᑦᑎᐊᕐᓗᒋᑦ ᐊᖓᔪᒃᑖᑦ ᓄᑕᕋᑎᑦ ᑲᒪᒋᔭᐅᑦᑎᐊᕆᐊᖃᕐᒥᔪᑦ. ᖃᐅᔨᒪᓂᐊᖅᐳᓯ ᐊᖓᔪᒃᑖᑦ ᓄᑕᕋᑦ ᖁᕕᐊᓱᒍᓐᓂᖃᑦᑕᕐᓂᐊᕐᒪᑕ ᓄᑖᒥᒃ ᓄᑕᕋᓛᖃᓕᖅᑎᓪᓗᒍ.
- ✓ ᓄᑖᖅ ᐊᓈᓇᙱᓵᖅᑐᖅ ᓂᕿᖃᖃᑦᑕᕆᐊᓕᒃ iron-ᖃᑦᑎᐊᖅᑐᓂᒃ ᐊᒻᒪᒍ calcium-ᖃᑦᑎᐊᖅᑐᓂᒃ. ᓂᕿᖃᖅᑎᖃᑦᑕᕐᓗᒍ ᐃᓄᒃᓯᐅᑎᓂᒃ, ᐊᒻᒧᒪᔪᓂᒃ, ᐅᕕᓗᕐᓂᒃ, ᐸᑎᕐᓂᒃ, ᐊᒻᒪᒍ ᖃᔪᖅᑐᖅᑎᖃᑦᑕᕐᓗᒍ.
- ✓ ᓄᑕᕋᓛᖅ ᓴᓚᐅᓯᖃᑎᒋᑦᑎᐊᖅᐸᒡᒍᒍ. ᐃᓅᖃᑎᒋᑦᑎᐊᓕᕈᓐᓇᕐᓂᐊᖅᑕᐃᑦ ᑕᐃᒪᐃᓕᐅᖃᑦᑕᕈᕕᑦ. ᑕᒪᓐᓇ ᐃᑲᔪᖅᑑᑕᐅᖕᒥᔪᖅ ᐊᐃᑉᐸᕐᓄᑦ ᑕᖃᐃᖅᓯᕈᓐᓇᕐᑯᑉᓗᒍ.
- ✓ ᐃᓅᖃᑎᒌᑦᑎᐊᓕᕐᓗᓯᒃ ᐅᖃᖃᑎᒌᒃᐸᒡᓗᓯᒃ ᖃᓄᖅ ᐃᑲᔪᖅᑑᑎᔪᓐᓇᕐᒪᖔᑉᐸᓯᒃ.

ᐃᓄᙱᐃᓂᖅ

ᓄᑕᖅᑲᓂᒃ ᐱᕈᖅᓴᐃᓪᓗᓂ ᐃᓐᓇᕐᓄᑦ ᐅᖃᐅᔾᔨᒋᐊᕈᑕᐅᔪᑦ

ᓯᖓᐃᓂᖅ, ᐃᕐᓂᓯᒃᓵᓂᖅ, ᐊᒻᒪᓗ ᐃᕕᐊᖏᒃᑯᑦ ᐊᒫᒪᒃᑎᑦᑎᓂᖅ

Nunavut

ᖃᐅᔨᒋᐊᕐᑏᑦ QAUJIGIARTIIT

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CENTRES OF EXCELLENCE FOR CHILDREN'S WELL-BEING
Children and Adolescents with Special Needs

ᐅᖃᐅᔾᔨᒋᐊᕈᑎ ᓯᖓᐃᓂᐅᑉ ᒥᒃᓵᓄᑦ

ᐊᕐᓇᐅᑉ ᓯᖓᐃᔪᑉ ᖃᓄᐃᓐᓂᖓ ᖃᓄᐃᙱᑦᑎᐊᓇᐊᖃᕐᓂᖓ ᐊᒃᑐᖅᓯᓂᖃᓱᖅ ᓄᑕᕋᓛᕐᒧᑦ. ᐃᓐᓇᑐᖃᐃᑦ ᐅᖃᐅᔾᔨᓯᒪᓱᑦ ᐊᕐᓇᐃᑦ ᓯᖓᐃᓛᓵᕋᖓᑕ ᑲᒪᒋᔭᐅᑦᑎᐊᖃᑦᑕᓇᐊᖃᕐᒪᑕ. ᐊᕐᓇᖅ ᓯᖓᐃᔪᖅ ᓄᖅᑲᖓᖃᑦᑕᓇᐊᖃᙱᑦᑐᖅ ᓂᓇᑦᑎᐊᖃᑦᑕᕐᓗᓂᓗ. ᑕᐃᒪᐃᖃᑦᑕᕈᓂ ᓯᖓᐃᓗᓂ ᐃᕐᓂᓯᓕᕈᓂᓗ ᐊᒃᓱᕈᙱᓐᓂᖅᓴᐅᓇᔭᖅᑐᖅ. ᐃᑲᔪᖅᑐᖅᑕᐅᖃᑦᑕᓇᐊᓕᒃ ᐃᓱᒫᓗᒃᑎᑕᐅᖃᑦᑕᙱᑦᓗᓂ ᐃᓅᓯᒃᑯᑦ.

ᓈᑦ ᓇᕿᒻᒥᔭᐅᑎᑉᐸᒡᓗᒍ ᐊᒻᒪᓗ ᓄᑭᑎᑦ ᓱᖃᖓᓗᐊᕐᑯᓇᒋᑦ ᓇᕿᒻᒥᔭᐅᑎᑉᐸᒡᓗᒋᑦ.

ᓄᑕᕋᓛᑦ ᐃᓅᓱᑦ ᖃᓄᐃᑦᑑᓂᐊᕐᓂᖏᑦ ᓇᓗᓇᕈᓐᓃᑲᐅᑎᒋᑉᓗᑎᒃ! ᐃᓐᓇᑐᖃᐃᑦ ᐅᖃᐅᔾᔨᓯᒪᓱᑦ ᖃᐅᔾᔨᐊᐃᖃᑦᑕᕐᑯᔾᔨᑉᓗᑎᒃ ᖃᓄᖅ ᓄᑕᕋᓛᖅ ᐱᕙᓪᓕᐊᓂᖃᕐᒪᖔᑦ ᓯᖓᐃᒋᔭᐅᑉᓗᓂ ᖃᐅᔾᔨᒪᔭᐅᓕᕈᓐᓇᕐᑯᑉᓗᒍ.

ᓇᓗᓇᐃᕐᓱᒡᓗᒍ ᖃᓄᖅ ᓄᑕᕋᓛᖅ ᐊᑎᖃᕐᓂᐊᕐᒪᖔᑦ ᓯᖓᐃᓂᕐᓂ. ᐱᒻᒪᕆᐊᓘᖕᒪᑦ ᑭᓇᐅᓂᐊᕐᓂᖓᓄᑦ. ᐊᑏᑦ ᐃᓚᒋᒃᑐᓄᑦ ᑎᒍᒥᐊᖅᑕᐅᖏᓐᓇᓱᑦ. ᑭᓯᐊᓂ, ᐊᑦᑎᖅᓱᔪᓐᓇᕐᒥᒐᑉᓯ ᐃᑲᔪᖅᑎᒋᓯᒪᔭᑉᓯᓐᓂᑦ ᐃᓅᓯᓂ ᐊᒻᒪᓗ ᖁᔭᒋᓯᒪᔭᕐᓂᑦ.

ᑐᓄᒻᒧᑦ ᑭᖑᑉᐱᐊᕐᓱᖃᑦᑕᖏᑦᓗᑎᑦ ᐹᒋᔭᐅᔪᒃᑯᑦ. ᐃᓐᓇᐃᑦ ᐅᖃᖃᑦᑕᖅᓯᒪᔪᑦ ᓯᖓᐃᔪᒃᑰᖅ ᑐᓄᒻᒧᑦ ᑭᖑᑉᐱᐊᖅᑐᓗᑎᒃ ᐱᓱᒐᓱᖃᑦᑕᓇᐊᖃᖏᑦᑐᑦ ᐹᒋᔭᐅᔪᒃᑯᑦ, ᐃᕐᓂᓯᓕᕐᓗᓂ ᓈᒻᒪᖏᑦᑐᒃᑰᕈᑕᐅᔪᓐᓇᕐᒪᑦ.

ᖃᐅᔾᔨᒪᔭᐅᔭᕆᓇᐊᓖᑦ ᓯᖓᐃᔪᓄᑦ

- ᓱᐳᖅᑐᖃᑦᑕᖏᑦᓗᑎᑦ. ᐃᒥᖃᑦᑕᖏᑦᓗᑎᑦ ᐋᖓᔭᕐᓇᖅᑐᖅᑐᖃᑦᑕᖏᑦᓗᑎᑦ.
- ᓂᓇᑦᑎᐊᖃᑦᑕᕐᓗᑎᑦ. Iron-ᖃᖅᑐᓂᒃ ᓂᓇᕙᒃᓗᑎᑦ, ᓱᕐᓗ ᑎᖑᖕᓂᒃ, ᐆᒻᒪᑎᓂᒃ, ᑲᖑᕐᓂᒃ, ᐅᕕᓗᕐᓂᒃ, ᑐᖑᔾᔪᓇᒃᑐᓂᒃ ᐱᕈᖅᑐᓂᒃ, ᑕᖅᑐᓂᒃ ᐅᕙᕙᓗᓐᓂᑦ soy beans-ᓂᒃ, ᐊᒻᒪᓗ nuts-ᓂᒃ.
- ᓄᖅᑲᖓᔪᓐᓇᖏᑦᓗᑎᑦ ᐊᒻᒪᓗ ᐊᓃᕋᔪᒃᓗᑎᑦ ᓱᑕᑯᓗᖕᒥᒃ ᓇᐃᒪᔪᓐᓇᕐᑯᑉᓗᑎᑦ.

ᖃᐅᔾᔨᒪᔭᐅᔭᕆᓇᐊᓖᑦ ᐃᕐᓂᓱᑦᓂᐊᕐᓗᓂ ᐃᕐᓂᓂᐊᕐᓗᓂᓗ

ᐃᓇᐊᓛᖅᑕᐃᓕᓇᓱᒃᓗᑎᑦ. ᑕᒪᓐᓇ ᑕᖃᓐᓇᓗᐊᖅᑐᖅ, ᓱᑲᓐᓇᓗᐊᖅᑐᖅ, ᐊᒻᒪᓗ ᐃᕐᓂᓱᑦᓂᖅᓗᓂ ᐊᒃᓱᕈᕐᓇᕐᓂᖅᓴᒻᒪᓇᐊᓗᒃ. ᐃᓇᐊᓛᕈᕕᑦ ᐃᕐᓂᓱᖕᓂᑦ ᐊᑯᓂᐅᓂᖅᓴᐅᓂᐊᖅᑐᖅ.

ᓴᑦᐅᓱᖕᓇᖅᑐᒦᑦᓗᑎᑦ ᐅᐃᒪᓇᖕᒋᑦᑐᒥ. ᐃᓄᐃᑦ ᐃᑲᔪᖅᑐᑦ ᐃᕐᓂᓱᑦᓂᖅᑎᑦᓗᑎᑦ ᐅᖃᑦᑕᑦᑎᐊᑐᐃᓐᓇᓇᐊᓛᑦ ᐃᑲᔪᖅᑐᐃᓗᑎᒃ ᐃᕐᓂᓱᒃᑐᒥᒃ ᓴᑕᐅᓱᒍᓐᓇᕐᑯᑉᓗᒍ.

ᓄᑕᕋᓛᖅ ᐃᕐᓂᐊᓇᓗᒍ ᐃᕐᓂᖃᑦᑕᕐᓂᖅ ᒪᓕᒃᓗᒍ. ᐃᓄᐃᑦ ᐅᒃᐱᕈᓱᒃᑐᑦ ᐊᕐᓇᖅ ᓄᖅᑲᖅᑎᑦᑎᓇᓱᒋᐊᖃᖏᓐᓂᖓᓄᑦ ᓄᑕᕋᓛᖅ ᐊᓂᓇᓱᒃᑎᑦᓗᒍ ᐅᕝᕙᓘᓐᓃᑦ ᐃᕐᓂᕙᑦᓕᐊᓂᕐᒥᒃ ᓱᑲᐃᑦᓕᑎᑦᑎᓇᓱᒋᐊᖃᖏᓐᓂᖓᓄᑦ.

ᐃᒪᕐᒥᒃ ᐆᓇᖏᑦᑐᒥᒃ ᓂᒃᓕᓇᖏᑦᑐᒥᒃ ᐃᒥᕐᓗᑎᑦ ᐊᐅᓈᕈᕕᑦ. ᑕᒪᓐᓇ ᐊᐅᖏᔭᖅᐸᑦᓕᐊᓂᕐᒥᒃ ᐋᖅᑭᒋᐊᕈᑕᐅᕙᒃᑐᖅ ᐊᐅᒃᑎᑦᓗᑎᑦ ᐃᕐᓂᓱᖕᓂᒃᑯᑦ.

ᐊᒃᓱᕈᕐᓇᖅᑐᒥᒃ ᐱᓕᕆᐊᖃᖅᑕᐃᓕᒋᑦ ᐃᕐᓂᐊᓂᒃᑯᕕᑦ. ᐅᕐᑯᒪᐃᑦᑐᓂᒃ ᑎᒍᓱᖃᑦᑕᖏᑦᓗᑎᑦ ᐅᑉᓗᓂᒃ ᖃᐃᔪᓂᒃ ᐃᕐᓂᖅᑳᕐᓗᑎᑦ.

ᖃᐅᔾᔨᒪᓂᐊᖅᐳᑎᑦ ᐃᓚᖏᑦ ᐃᕐᓂᓵᖅᑐᑦ ᓂᒃᑲᑦᓗᖓᓂᖅᐸᖓᒪᑦ. ᐃᓛᓐᓂᒃᑯᑦ, ᐊᕐᓇᑦ ᕿᐊᓴᕐᓇᐃᓕᖅᐸᒃᑐᑦ ᓯᖓᐃᑉᓗᑎᒃ ᐃᕐᓂᓴᖅᑎᑦᓗᒋᑦᓗ. ᑕᒪᓐᓇ ᑕᐃᒍᓱᓕᒃ ᓯᖓᐃᕐᓂᒃᓗᓂ ᓂᒃᑲᑦᓗᖓᓂᕐᒥᒃ. ᑕᐃᑉᓱᒪᓂ, ᐊᓈᓇᑖᓴᖑᔪᖅ ᐃᓛᒃᑯᑦ ᐃᒡᓗᖅᑲᖅᑎᑕᐅᕙᓚᐅᖅᑐᖅ ᑕᖃᐃᖅᓱᕈᓐᓇᕐᑯᑉᓗᒍ ᑕᖅᑭᓗᒃᑖᑦᑯᑦ ᐃᕐᓂᐊᓂᒃᑳᖓᑦ. ᐃᒃᑲᔪᑕᐅᕙᓚᐅᖅᑐᑦ ᑲᒪᒋᔭᐅᑦᑎᐊᓕᖅᓗᓂᓗ ᑕᐃᒪᐃᑦᑕᓇᐊᖃᖅᐸᑦ. ᐃᒃᑲᔪᑕᐅᕙᓚᐅᖅᑐᑦ ᑕᖃᐃᖅᓱᕈᓐᓇᕐᑯᑉᓗᒍ ᐊᒻᒪᓗ ᖃᓄᐃᙱᑦᑎᐊᕈᓐᓇᕐᑯᑉᓗᒍ. ᑕᒪᓐᓇ ᑯᑦᑎᓂᖏᓐᓂᒃ ᒪᒥᑎᑦᑎᓂᐅᕙᖕᒥᔪᖅ, ᓴᐅᓂᖏᑦ ᐃᓂᒋᓚᐅᖅᑕᖏᓐᓄᑦ ᐅᑎᕈᓐᓇᕐᑯᑉᓗᒋᑦ ᐊᒻᒪᓗ ᓴᙱᓱᔪᓐᓇᖅᓯᕐᑯᑉᓗᒍ.

ᐅᖃᐅᔾᔨᒋᐊᕈᑎ ᐃᕕᐊᖏᒃᑯᑦ ᐊᒫᒪᒃᑎᑦᑎᖃᑦᑕᕐᓂᕐᒧᑦ

ᐃᕕᐊᖏᒃᑯᑦ ᐊᒫᒪᒃᑎᑦᑎᖃᑦᑕᕐᓂᖅ ᐱᐅᓂᖅᐹᖑᔪᖅ ᓄᑕᕋᓛᕐᒧᑦ ᐊᓈᓇᐅᔪᒧᑦᓗ! ᐊᒫᒪᐅᑎᓂᒃ ᐊᑐᖃᑦᑕᖏᑦᓗᑎᑦ ᑭᓯᐊᓂ ᐱᔭᕆᐊᖃᑦᓚᑦᑖᕈᕕᑦ. ᐊᒫᒪᐅᑎᓂᒃ ᐊᑐᖅᑎᑦᑎᖃᑦᑕᕐᓗᓂ ᐋᓐᓂᐊᓕᕈᑕᐅᔪᓐᓇᖅᑐᖅ ᑭᒍᑎᑯᓗᖏᓐᓂᒃᓗ ᓱᕈᐃᔪᓐᓇᖅᑐᖅ.

ᓄᑕᕋᓛᖅ ᐃᕕᐊᖏᕐᓂᒃ ᐊᒫᒪᒃᑎᖃᐅᑎᒋᓗᒍ ᐃᓅᕐᓂᑐᐊᖅᐸᑦ. ᐃᒻᒧᓕᐅᓕᖃᐅᑎᒋᓐᓇᖅᑐᖅ. ᑕᒪᓐᓇ ᐱᒻᒪᕆᐅᓂᖅᐹᖑᔪᖅ ᓯᕗᑦᓕᖅᐹᒥ ᓄᑕᕋᓛᖅᑖᖅᓗᓂ.

ᓄᑕᕋᓛᖅ ᒥᓗᖃᖅᑎᒥᐊᕐᓗᒍ ᐃᒻᒧᖃᖅᑑᔭᖏᒃᑲᓗᐊᖅᐸᑦ. ᐃᒻᒧᓕᐅᕐᓂᖅ ᐃᓛᓐᓂᒃᑯᑦ ᖃᑉᓯᓂᒃ ᐅᑉᓗᓂᒃ ᐱᕙᑦᓕᐊᓂᖃᑦᓕᖅᐸᒃᑐᖅ.

ᐃᒻᒧᐃᔭᖃᑦᑕᕐᓗᑎᑦ. ᐃᒻᒧᒃ ᐃᕕᐊᖏᕐᓂᑎᒥᐊᕈᖕᓂ, ᐃᕕᐊᖏᑦ ᓯᑎᔪᐊᓘᓕᕐᓂᐊᖅᑐᖅ ᐊᒻᒪᓗ ᐆᓇᖅᓯᑐᐃᓐᓇᓇᐊᖃᖅᑐᑎᑦ. ᓄᑕᕋᓛᑦ ᒥᓗᖃᖅᑎᑉᐸᒡᓗᒍ ᓂᐊᕐᑯᖓ ᐅᓗᐊᖏᓐᓂᑦ ᐊᒃᑐᐊᓗᒋᑦ. ᐃᒻᒧᖃᓗᐊᕈᕕᑦ, ᓄᑕᕋᓛᖅ ᑐᐸᕐᓗᒍ ᐃᒻᒧᐃᔭᕈᓐᓇᕐᑯᑉᓗᑎᑦ.

ᓄᑕᕋᓛᖅ ᑐᐹᖃᑦᑕᕐᓗᒍ ᐊᒫᒪᒃᑎᑦᑐᓐᓇᕈᒪᑉᓗᒍ. ᓄᑕᕋᓛᖅ ᖁᐃᒃᑎᑦᑐᑯᓘᒃᐸᑦ, ᓯᓂᖕᓂᖅᓴᐅᖃᑦᑕᓕᕋᔭᖅᑐᖅ. ᐊᒫᒪᒃᑎᒐᔪᒃᓗᒍ, ᐊᒫᒪᒃᑏᓐᓈᓗᖏᑦᓗᒍ. ᐱᒻᒪᕆᐊᓗᒃ ᐊᒫᒪᒃᑎᖃᑦᑕᕆᐊᖃᖅᑎᑦᓗᒍ ᐊᒻᒪᓗ ᖃᓄᐃᓕᐅᖅᑎᒃᑲᓐᓂᖃᑦᑕᕐᓗᒍ.

ᐃᕕᐊᖏᖅᑎᑦ ᐅᑎᖅᑕᕐᕕᒋᕙᒃᓗᑎᑦ. ᓄᑕᕋᓛᖅ ᐊᒫᒪᒃᑑᖓᑦ ᐊᑕᐅᓯᕐᒥᓐᓇᖅ ᐊᒫᒪᒃᑎᑉᐸᖏᑦᓗᒍ ᐃᕕᐊᖏᖅᑎᑦ ᐊᑐᓂ ᐊᔾᔨᒌᑦ ᒥᓗᖃᖅᑕᐅᑎᑉᐸᒃᓗᑎᑦ.

ᐃᒃᓱᕙᑦᑎᐊᕐᓗᑎᑦ ᐅᔾᔨᖅᑐᑦᑎᐊᕐᓗᑎᑦ. ᓇᑦᓚᖓᖃᑦᑕᖏᑦᓗᑎᑦ ᐊᒫᒪᒃᑎᑦᑎᑦᓗᑎᑦ ᐃᓅᓵᖅᑐᓂᒃ. ᓯᓂᒐᓱᖃᑦᑕᕐᓗᑎᑦ ᓄᑕᕋᓛᖅ ᓯᓂᓕᕋᖓᑦ. ᑕᐃᒪᓐᓇ, ᑕᖃᓯᒪᓗᐊᕈᓐᓃᕐᔭᖅᑐᑎᑦ ᑐᐸᒋᐊᖃᕈᕕᑦ ᓄᑕᕋᓛᖅ ᑐᐸᒃᑎᑦᓗᒍ ᐊᒻᒪᓗ ᑐᓴᕈᓐᓇᕐᓂᐊᕐᓗᒍ ᕿᓄᓕᖅᐸᑦ.

ᓂᓇᖓᔪᒃᓗᑎᑦ! ᓂᓇᖃᑦᑕᕐᓗᑎᑦ ᑳᖏᒃᑲᓗᐊᕋᖓᕕᑦ ᐃᒻᒧᖃᑦᑎᐊᕐᑯᑉᓗᑎᑦ.

ᐃᓄᒃᓯᐅᑎᓂᒃ ᓂᓇᕙᒃᓗᑎᑦ. ᐃᒻᒧᖃᑦᑎᐊᕈᓐᓇᕐᑯᑉᓗᑎᑦ, ᖃᔪᖅᑐᖅᐸᒃᓗᑎᑦ. ᓄᑕᕋᓛᖅ ᐊᓇᓛᕐᑭᒃᐸᑦ, ᑐᓐᓄᖅᑐᖅᐸᒃᓗᑎᑦ. ᓄᑕᕋᓛᖅ ᐊᓇᓛᕐᑭᓗᓂ ᐅᑉᐸᑎᑯᓗᐊ ᐊᐅᐸᓗᒃᓯᔪᓐᓇᕐᒪᑦ. ᐊᓇᔪᐃᕐᑯᓇᒍ, ᓂᕐᑭᑐᖅᐸᒃᓗᑎᑦ ᐅᖅᓱᓕᖏ.