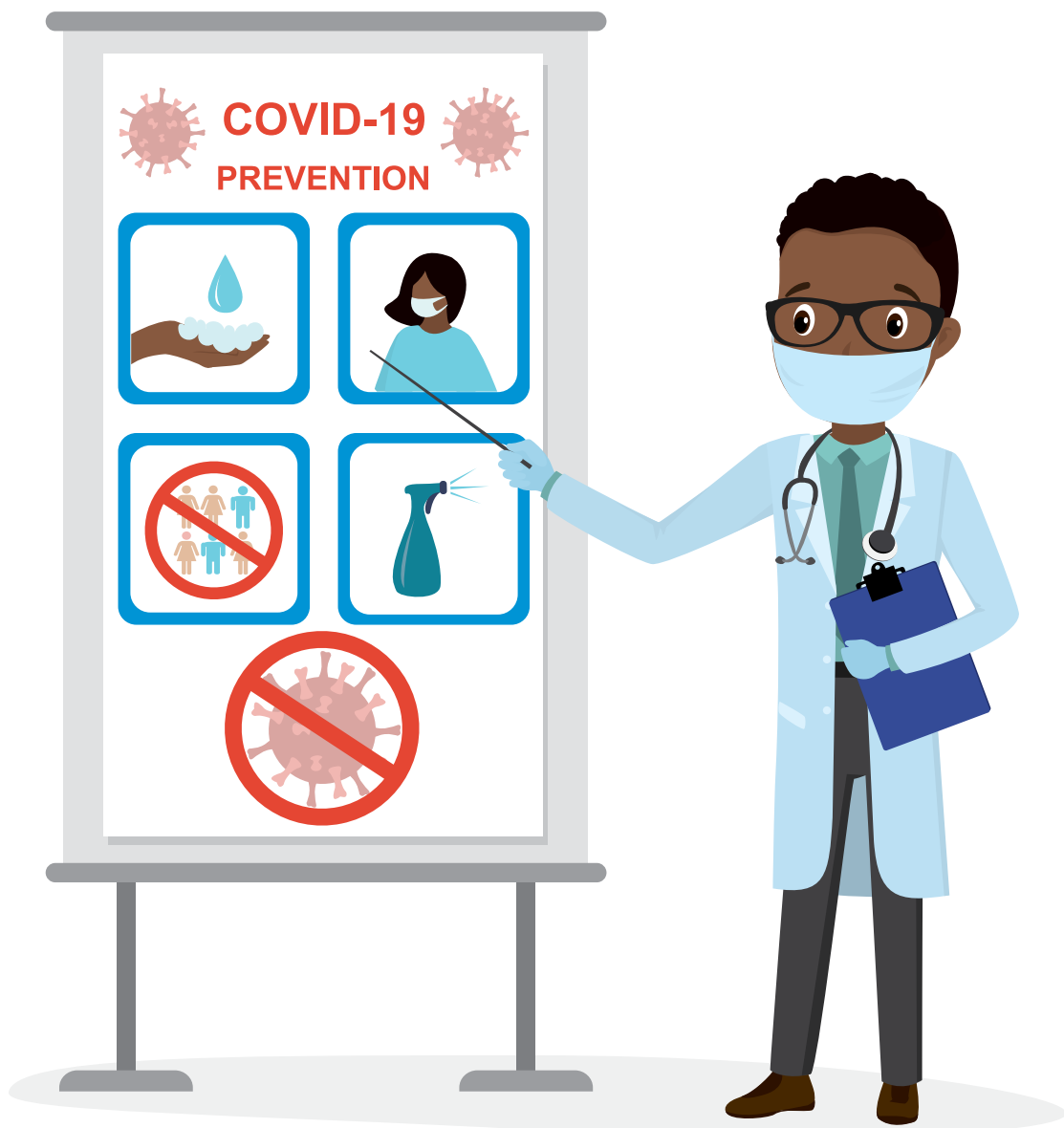




ISELULEKO ESIYA KUBABELETHI

UKUSEKELA ABANTWANA BAKHO NGESIKHATHI SEHLELO LOKUQINTELISWA KWAMAKHAMBO ELIBANGWE YI-COVID-19

UmNyango wezeFundo Sisekelo uthethe isiqunto wabona kuqakatheke khulu kwamambala bonyana usize ababelethi kanye nabathlogomeli babantwana ngalesi isikhathi sehlelo sokuqinteliswa kwamakhambo. Umhlahlandlela olandelako wenzwe waba lula bona uzwiseke ekukunikeleni iinluleko kanye neendlela ongazisebenzisa ukusekela nokunakekela abantwana ngalesi isikhathi.



Umhlahlandlela #1

Zitjheje begodu uyelele zepilo ngokomkhumbulo
kanye nokuphatheka kuhle kwemizwa



Zitjheje Ngomusa



Ukuqinteliswa kwamakhombo nokungavunyelwa ukusikinyeka kubudisi. Siqalene nokusaba, ukugandeleleka nokungabaza. Begodu, lokhu kungaba budisi emindenini enemiraro nokugandeleleka ngokweemali, abaqalene nobujamo bokugula ngokwengqondo nangokomzimba, nalaba abahlala nomuntu ohlukumezako, abahlala endaweni encani khulu nanyana nalabo abanganazo iinsetjenziswa zokuphila.

Yini engenziwa babelethi/abatlhogomeli?

- Ngokujayekileko, abantwana bakho nabo bazokukghona balingise ngendlela ozabe nawe wenza ngayo.
- Nangabe ufuna abantwana bakho babe nommoya ophasi nokuthula bakwazi ukuqalana nobujamo lobu, nawe kufanele ube nommoya ophasi ube nokuthula.
- Abantwana bananyana ngiwuphi umnyaka bazoziphatha ngendlela nawe oziphatha ngayo nangendlela ozabe ucabanga ngayo, ingasi kwaphela lokho ozabe ukutjho nofana ukukhuluma.
- Ngebanga lalokho, kufanele uthole isikhathi nendawo lapha ungahlanganyela nabanye ababelethi nikwazi ukukhuluma ngalokho okusabako, okukutshwenyako kanye nanyana yini ekwenza ugandeleleke. Ungavumeli abantwana bezwe iinkulumiswano zenu.
- Nangabe akekho umuntu ongakhuluma naye, sebenzisa imitato esizako ekhona ngalesi isikhathi
- Kufanele ulinge ukulawulwa ubujamo bakho bamazizo kanye nokuthuka, ukwenzelela bona ube sibonelo esihle ebantwaneni bakho.
- Abantwana bakho kufanele bazizwe bona unelawulo begodu uthatha iinqunto ezifaneleko ngezepilo zabo.

Ngubani ongamthinta nawufuna ilwazi elizeleko

Abanikeli Ngomsebenzi	Kwesitjhaba/ Kwesifunda	Ihlobo lomsebenzi	Imininingwana
Gender Based Violence Command Centre	National	Gender based violence helpline (GBV)	0800 428 428 *120*7867#
Gender Based Violence Command Centre	National	GBV helpline for the deaf and disabled community	Helpme GBV SMS 'help' to 31531
South African Depression and Anxiety Group (SADAG)	National	Helpline for mental disorders, anxiety, depression and suicide	0800 456 789 0800 567 567 (suicide hotline)
CIPLA 24-hr Mental Health Helpline	National	Helpline for mental disorders, anxiety, depression and suicide	0800 456 789 WhatsApp: 076 88 22 77 5

Abanikeli Ngomsebenzi	Kwesitjhaba/ Kwesifunda	Ihlobo lomsebenzi	Iminingwana
National Crisis Line	National	National Crisis Line 24 hour telephonic counselling service dealing with all forms of abuse, HIV/AIDS, bereavement, suicide and eating disorders	0861 322 322
South African Police Services	National	Report a crime	08600 10111
South African Police Services	National	Report a crime	08600 10111
South African Depression and Anxiety Group (SADAG) - ADHD	National	ADHD Helpline	0800 55 44 33
Child Welfare South Africa	National	Report child abuse or neglect	0861 452 4110
Childline South Africa	National	Report child abuse or neglect	08000 55555
Police Child Protection Units	National	Report child abuse or neglect	10111 childprotect@saps.org.za
FAMSA – Family and Marriage Association of South Africa	National	Support & education during stressful times	(011) 975–7106/7 national@famsa.org.za
People Opposed to Women Abuse (POWA)	Gauteng	Domestic abuse helpline	011 642 4345/6 itumeleng@powa.co.za
Food Parcel Service	Eastern Cape	Food packages	043 707 6300
Food Parcel Service	Free State	Food packages	051 410 8339
Food Parcel Service	Gauteng	Food packages	011 241 8324
Food Parcel Service	KwaZulu-Natal	Food packages	033 846 3400
Food Parcel Service	Limpopo	Food packages	015 291 7500
Food Parcel Service	Mpumalanga	Food packages	013 754 9428
Food Parcel Service	Northern Cape	Food packages	053 802 4900
Food Parcel Service	North West	Food packages	018 397 3360
Food Parcel Service	Western Cape	Food packages	021 469 0235
South African Social Security Agency (SASSA)	National	Food Parcel Helpline and Registering for COVID-19 Grants	0800 601 011 grantenquiries@sassa.gov.za
Gauteng Government	Gauteng	Food parcel helpline	0800 428 8364 support@gauteng.gov.za

Umhlahlandlela #2

Tjheja zepilo ngokwengqondo nangokuphatheka
kuhle kwemizwa yabantwana bakho



Zihlanganise ukhulume nabantwana bakho



Njengababelethi nabatlhogomeli babantwana, kuqakatheke khulu bona nizihlanganise nabantwana. Kodwana ngaphasi kobujamo bokugandeleleka esikhathini sobudisi lobu, kuqakatheke khulu ukudlula ukukhuluma nabantwana kanye nokuyelela indlela abaziphatha ngayo. Lesi sikhathi esikhulu setjhuguluko nokungabaza ungabi nesiqiniseko sokwenzekako kwabantu boke. Abantwana abasakhulako nelutjha basebujameni bepilo lapha abangani babo kanye nokuthintana kuqakatheke khulu khona, kodwana ukuqinteliswa kwamakhambo kanye neCOVID-19 kwenze izinto zaba budisi ngokudluleleko kibo. Abantwana abasakhulako nelutjha nabo bangaba nokugandeleleka nokuthuka ngalesi isikhathi.

Yini ababelethi nabatlhogomeli abangakwenza?

- 1** *Thoma ngokubuza abantwana bakho bona yini abakwaziko ngengogwana le kanye nehlelo lokuqintaniswa kwamakhambo nokobana bazizwa njani ngezehlakalo lezi.*
 - Khombisa abantwana bakho ukuthi ubanikela indawo evikelekileko ukobana bakhulume babelane nawe indlela abazizwa ngayo. Balalelisise kuhle nabakhulumako. Ungabaphazamisi, ungabalungisi kilokhu abakutjhoko, ungabahleki nofana ubaqunte basakhaluma abantwana.
 - Nangabe abantwana bakunikela iimpendulo ngokukhuluma igama linye, babuzisise imibuzo engeneleleko, ukubakhuthaza bona bakhulume. Isibonelo: 'Utjho ukuthini ngalokho?' nofana 'Ungangitjela okunye godu...'
 - Iba nesineke. Abantwana abanengi 'bangasola' ababelethi babo, bese bakhiphela ukukwata kwabo, ukudana kanye nesizungu kibo.
 - Lokha abantwana bakho nabakhulumako, bamba ngengqondo lokho abangakukhulumi kuhle nofana abangakwaziko mayelana nobujamo lobu kanye nobujamo babo ngokwemizwa yabo.
- 2** *Okulandelako, nikela abantwana iimpendulo kanye nelwazi ekungilo mayelana nalokho abangakwaziko, linga ukwehlisa ivalo nokuthuka bese ubanikele ithemba.*
 - Qinisekisa bona ilwazi obanikela lona lizwakala lula kodwana kube ngelinembako.
 - Yabelana nabo ilwazi leli ngokuthula, kodwana balizwisise kuhle.
 - Ungenzi iinthembiso engeze wakwazi ukuzifeza, njengokuthi, angeze wena watshwayeleka ngegogwana lo. Nanyana kunjalo kufanele ubatjele bona uzokulinga ngokusemandleni wakho bona uhlala uvikelekile nokobana nabo uzobavikela
 - Nikela abantwana bakho ithemba. Batjele bona lokhu kuzokudlula, nokobana abososayensi nabodorhodere bazokuthola iindlela zokulwisana nengogwana le, begodu amaphilo wethu azokubuyela esigeni ngendlela esijayele ngayo.
 - Phendula imibuzo ebuzwa bantwana bakho ngendlela ongakghona ngayo. Vuma nangabe awazi okuthileko. Itjho okufana nalokhu: 'Loyo mbuzo omuhle. Angiyazi ipendulo kodwana, ngizokulinga ukuthola iimpendulo zombuzo loyo.'
 - Linga ukususa ukungazwisisi abantwana abangaba nako mayelana nehlelo lokuqintaniswa kanye nengogwana le.

Ukuhlathuthululela abantwana ngengogwana kanye nehlelo lokuquntaniswa

- Ingogwana kugula, okufana nomgomani nofana umungu.
- Kunengogwana etjha esahlele iphasi loke, ebizwa ngokuthi yiCorona Virus.
- Ngombana kuyingogwana etjha, abodorhodere nabososayensi badinga isikhathi ukufunda ngayo, ukwenzelela bona bangakhandela ingogwana le bona ingagulisi abantu.
- Ukunikela abodorhodera nabososayensi isikhathi bona bafunde ngengogwana le, kufanele soke sihlale ekhaya isikhatjhanyana.
- Bese nasele abodorhodere nabososayensi bathi kulungile singaphuma, sizokuthoma kancani kancani sibuyele esikolweni nemisebenzini, ukwenzelela bona sihlale siphephile.



Ukuhlathululela abantwana abasakhulako kanye nelutjha

Yelega: Zikhethele wena bona lilwazi elingangani ongalitjela abantwana bakho. Ngombana akukafaneli bona uvuse ukuthuka kanye nokugandeleleka kibo.

- Ingogwana kugula, okufana nomgomani nofana umungu
- Kunengogwana etjha esahlele iphasi loke, ebizwa ngokuthi yiCorona Virus nofana i-COVID-19. Lokhu kujamele ukuthi: Corona Virus Disease of 2019 (Isifo esibangwa yiNgogwana yeKhorona ka-2019)
- Ingogwana le irhatjheka beyitheleleke hlangana nabantu abasemaduzelana, ngokobana umuntu otshwayelekileko akhohlela nofana athimula hlangana nabantu. Begodu ingarhatjheka lokha nawuthinta ilingaphandle nelingaphezulu lento ethileko, njengokuthi, lokha umuntu nakathimulela etafuleni, bese wena ubamba itafula le athimulele kiyo bese uzisulela ngegogwana le lokha nawuzibamba ebusweni ngokuthinta umlomo, ipumulo nofana amehlo.



- Ingogwana le itheleleka ebantwini ngeendlela ezihlukileko:
 - Abanye abantu batshayelekile ngegogwana le, kodwana abazizwa bagula nakancani. Labo sibabiza bona ba-asymptomatic(ngebanganatshwayo).
 - Abanye abantu bazizwa bagula iveke yinye nanyana ezimbili. Izinga lokutjhisa komzimba liyakhuphuka, bezwa ubuhlungu emzimbeni, abanye bayakhohlela. Bese ngemva kwesikhathi babangcono bayaphola.
 - Inani elincani labantu abagula khulu, kufanele baye bayokulatjhwa esibhedlela isikhatjhana.
- Abantu abaneminyaka engaphasi kwe-18 abakavami ukuba namatshwayo abonakalako msinya, begodu akukajayeleki bona bangagula khulu ngokudluleleko. Nange bagula, bayaphola.
- Ngombana le kuyingogwana etjha, abodorhodere nabososayensi badinga isikhathi ukufunda ngayo ukwenzelela bona bathole iinkhandela-mulwana kanye nokulatjhwa okugcono.
- Ukunikela abodorhodera nabososayensi isikhathi bona bafunde ngegogwana le, kufanele soke sihlale ekhaya isikhatjhanyana.
- Isikhathi sehlelo lokuquntaniswa lesi sinikela urhulumende wethu isikhathi sokulungiselela ihlelo lethu lezepilo- ngokuthwasisa iinsebenzi zeembhedlela nokuhlela kuhle amahlelo, ukuthenga iinsetjenziswa ezizokusebenza eembhedlela kanye nokuqatjha iinsebenzi zembhedlela ezinengi ngendlela ekungakghoneka ngayo.
- Kuzokuthi lokha ukurhatjheka kwengogwana le kungaphasi kwelawulo, kanye neembhedlela zethu zikwazi ukutjheja abantu abagulako abanengi ngesikhathi sinye, ihlelo lokuquntaniswa ukukhamba lizokuhlehliswa nofana ligedliswe ukuya ngeengaba kancani kancani.
- Abantu bazokuthoma ukubuyela emsebenzini neenkolweni ngendlela yeengaba ezokwenziwa ibe mikghedlha- ingasi ngesikhathi sinye.
- Inengi lethu kuzokufanele bona siyokuhlololwa ingogwana le, begodu kusazokuba nemithetho eminengi ezokulandelwa ukuqinisekisa bonyana ingogwana le iyalawuleka.

3 Ukubona bonyana umntwana wakho akakghoni ukuqalana nobujamo lobu, kufanele uyelele amatshwayo (Amanye wamatshwayo la angabonakala khulu ebantwaneni abakhulako nelutjha)

- Ukuzizwa udanile nofana alile ngaphandle kwesizathu esizwakalako.
- Ukukwata nokuhlangahlangu ngaphandle kwesizathu esizwakalako.
- Ukungenzi izinto ebajayele ukuzenza nabasekhaya.
- Ukungasabi nekareko lokungena eenkundleni zokuthintana akhulume nabangani nokungasabi nesikhathi nomndeni.
- Ukuphikisana nokulwa namalunga womndeni nabangani eenkundleni zokuthintana.
- Ukuhlala adiniwe nokuphelelwa mdladla.
- Ukulala khulu nofana ukungakghoni ukulala
- Ukutjhuguluka kwendlela adla ngayo
- Ukuhluthuleka akwate, ukutshwenya nofana ukwenza izinto ezinobungozi
- Ukuzilimaza (isib. Ukuzisika, ukuzitjhisa, nofana bona ngokwabo bazizwise ubuhlungu)

Itjhebisano ongaba nalo nabantwana kanye nelutjha elingakghoni ukuqalana nobujamo behlelo lokuquntaniswa kwamakhambo

- Khuluma nabantwana bakho mayelana nendlela yokuziphatha engakalungi njengokulwa kanye nemicabango emimbi ofuna bona bayitjhugulule begodu utjho nokuthi ufuna bona babenjani.
- Nange indlela ebaziphatha ngayo iba ngcono, batjele bona ukuthabela kangangani lokho okubonako kibo (isib. Lokha nawukhulume nami ngokuzithoba, ngiyakwamukela lokho njll).
- Nikela abantwana bakho ithando. Batjele ukuthi uthanda ini ngabo. Balalele lokha nabakhuluma nawe. Nangabe nivaleleke noke ngebanga lehlelo lokuquntaniswa amakhambo, basingathe ukhombise ithando ngokwenza.
- Nikela abantwana bakho ithemba – khuluma ngepilo ngemva kwehlelo lokuquntaniswa nasele liphelile. Khuluma ngokobana bazokubona abangani babo godu, ukobana bazokubuyela esikolweni, ukuyokudlala ngaphandle godu, ningacoca nangamano namabhudango ngamaphilo wabo.
- Nangabe ubujamo lobo abubingcono nofana buyarhagala, thintana nomtato wesizo okhona.

Umhlahlandlela #3

Tjheja abantwana bakho ngokwezepilo yomzimba wabo



Hlala uphephile begodu uhlale uphilile



Kunemithetho elula ekufanele soke siyilandele ukuzivikela nokuvikela abantwana bethu kwingogwana le.

Yini engenziwa babelethi ngalokhu?

Fundisa abantwana bakho bonyana basebenzise imithetho emihlanu yekambiso-lawulo eqakatheke khulu ukuhlala baphephile kwiCOVID-19. Qinisekisa bona ujayeza abantwana bakho ukuziphatha nokulandela imithetho.

- 1** Hlanza izandla zakho ngesibha namanzi kesinye nesinye isikhathi nanyana ukuphi. Hlikihla isibha ezandleni zakho imizuzwana ematjumi amabili. Hlanza abothubhakghuru, ilingemuva lezandla nahlangana kwemino yakho.
- 2** Ungathinti ubuso bakho. Iingogwana zingena emzimbeni yethu ngokungena emlonyeni neempumulo, ngalokho ke asilinge ngamandla bona singazithinti.
- 3** Khohlelela nofana uthimulele ngaphakathi komrhoba wendololwana nofana ithitjhu. Nangabe usebenzisa ithitjhu, ilahle msinyazana ngemva kokuyisebenzisa.
- 4** Nangabe uzokuphuma ngendlini, qinisekisa bona ujama amamitha ama-1.5m kube nesikhundla hlanu kwakho nabantu. Ungasingathi muntu, ukubamba izandla nofana ukuthinta abanye abantu. Nange ukghona, mbatha imaski.
- 5** Nangabe uyagula uzwa umzimba utjhisa khulu, uzwa ubuhlungu nofana uyakhohlela, kufanele utjele umuntu omdala.

Umhlahlandlela #4

Hlela imvamisa yehlelo lezinto enizozenza ngamalanga nabantwana



Ihlelo lemisebenzi eyenziwa ngamalanga yenza ipilo iphephe beyijayeleke



Njengababelethi nabathogomeli babantwana, kufanele sakhe ibhoduluko eliphephileko senze nokobana kujayeleke ukuphila kilobujamo nabasalindele ukubuyela esikolweni. Kufanele siqinisekise bonyana abantwana baphila “ipilo ejayekekileko” ngokubakhuthaza bona benze imisebenzi ezobenza babe matasatasa.

Yini ababelethi abangakwenza ngalokhu?

- 1** *Sebenza nabantwana bakho ukuhlela imvamisa yezinto enizozenza ngamalanga njengomndeni.*
 - Hlala phasi nephepha nomsobo bese uba nekulumiswano nabantwana mayelana nezinto enizozenza ngamalanga.
 - Hlathulula bona izinto enizozenza ngamalanga zizokwenza ipilo ibe ngcono kini noke ngendlini, lokho kuzokukhandela ukuphikisana nokurarana.
 - Hlathulula godu bona ihlelo lokuqintelwa amakhambo liyagandelela begodu nani nibabelethi niyakuzwa lokho, kodwana naningaba netjhebiswano nabantwana lokho kungasisekela begodu kusize khulu kwamambala.
 - Khuluma ngemihlobo yemisetjenzana ekufanelwe ifakwe kwirhelo lezinto enizozenza ngamalanga. Khuthaza abantwana bakho nabo kube ngibo abeza nemibono ngalokhu. Ubakhumbuze bona ipilo izokubuyela esigeni ibe ‘ngejayekekileko’ begodu akukafaneli balahlekelwe lilwazi kanye namakghono wabo ngalesi isikhathi.
 - Hlathulula nokobana kuzokuya ngeminyaka bona ubani uzokwenza muphi umsebenzi wangamalanga.
 - Qinisekisa bona ihlelo lezinto ezenziwa ngamalanga nawe liyakusebenzela. Qinisekisa bona abantwana benza imisebenzi yangendlini ekufanele yenziwe begodu neenkathi zokudla ziba ngesikhathi lapha umndeni uphelele woke khona.
- 2** *Sebenza nabantwana bakho uqinisekise bona ihlelo leli lemisebenzi eyenziwa ngamalanga liyalandelwa.*
 - Nasele imisebenzi eyenziwa ngamalanga sele itlanyiwe, buza abantwana bakho ngamunye bona bayavumelwa umsebenzi abanikelwa wona nokobana bayathembisa ukuthi bazokulandela irhelo lezinto ezenziwa ngamalanga.
 - Yenza itjhadi lemisebenzi eyenziwa ngamalanga yomntwana munye nofana bawo umntwana azenzele itjhadi.
 - Beka ubonise amatjhadi lawo endaweni woke umuntu angakghona ukuwabona.
 - Emalangeneni ambalwa wokuthoma, ‘bandula’ abantwana bakho bona balandelele imithetho benze imisebenzi yabo yangamalanga abanikelwe, ubakhumbuze bona nande batjheja ekufanele bakwenze bese wenze nelandelela uqalisise ukobana benza yoke imisebenzi ebanikelwe yona na. Lokhu ngungaba budisi ekuthomeni, kodwana kuzokwenza ipilo yakho ibe lula ngokukhamba kwesikhathi.
 - Bamba umhlangano qobe ngemva kwamalanga ambalwa ukuhlahluba bona ingabe abantwana bakho bayayenza imisebenzi na.

- Nakungasinjalo, cocani ngesizathu sokobana kubayini ingenzeki imisebenzi. Tjheja bona angeze kwaba namatjhuguluko amancani na.
- Ungabi bukhali nofana ube likhuni ngemisebenzi yelanga eyenziwako le – ungazibizeli ukugandeleleka. Kodwana iba nesijeziso ongasinikela umntwana ongalandeli umthetho wokwenziwa kwemisebenzi yangamalanga.

Imisebenzi engafakwa kwirhelo lemisebenzi eyenziwa ngamalanga

- 1 Ukulala.** Abantwana kufanele balale ama-iri ali-9 ukuya kali-10 ubusuku bunye. Abantwana abasakhulakho abalilutjha ama-iri abu-8 ukuya kali-9 ubusuku bunye.
- 2 Ukuhlamba nokumbatha.** Khuthaza abantwana bona bahlambe bese bayambatha ngamalanga.
- 3 Ukudla.** Linga ukuhlela iikhathi zokudla. Nawungakghona, linga bona uphe abantwana bakho ukudla kathathu-3 ngelanga, kanye nesineki esinepilo ka-1-2. Linga bona nihlale noke nanidlako okungasenani kanye ngelanga.
- 4 Imisebenzi eyenziwa ekhaya.** Linga bona uhlele ama-iri li-1 ukuya kama-3 wokwenziwa kwemisebenzi eyenziwa bantwana ekhaya ngokuya kweminyaka yabo nangokutjheja bona kufanele kwenziweni ngendlini. Imisebenzi eyenziwa ekhaya ingafaka hlangana nokundlula iingubo, ukuhlanza izitja, ukuthanyela, njll. Khandela ukunikela abantwana imisebenzi ezobenza bona baphume njejaradeni, ikhona ongabanikela yona bayenzele ngaphakathi kwejarada lakho.
- 5 Ukuzithabulula.** Kuqakatheke khulu kwambala bona abantwana bazithabulule ngamalanga. Ukuzithabulula kwenza woke umuntu azizwe angcono. Cabanga ngeendlela zokuzithabulula ezingenziwa endaweni lapha uvaleleke khona ngebanga lehlelo lokuqinteliswa kwamakhambo. Lokhu kungaba ziindlela ezilula njengokugijima ujame ndawonye, ukweqayeqa, amaskwati, namaphutjhaphu.
- 6 Ukufunda umsebenzi wesikolo.** Ebantwaneni abasebangeni lesisekelo ukufika ku-Greyidi 3, banikele i-iri nesiquntu (1.5) sokufunda ngelanga. Ebantwaneni abaku Greyidi 4-6, hlela ama-iri amabili nesiquntu (2.5) wokufunda ngelanga. Bese beGreyidi 7-12 abantwana, hlela ama-iri ama-3 ukuya ka-4 ngelanga wokufunda.
- 7 Ukufunda.** Kwamambala khuthaza abantwana bakho ukufunda ngesikhathi lesi. Linga bona uthole iincwadi nezinto abangazifunda. Hlela i-iri-li-1 ukuya kama-2 ngelanga lokufunda.
- 8 Isikhathi sokutjhaphuluka nesokuphumula.** Hlela soke isikhathi esiseleko ngemva kokwenza yoke imisebenzi njengesikhathi sokuphumula nokutjhaphuluka. Vumela abantwana bakho benze nanyana yini abafuna ukuyenza ngesikhathi sokuphumula. Bazosamukela bezwe nobumnandi ngesikhathi lesi.

Isampula yezinto ezingenziwa ngamalanga bantwana beGreyidi 4–6

08h00	Vuka, hlamba bese uyambatha
08h30	Ukudla kwekuseni
09h00	Imisebenzi yangendlini yekuseni
10h00	Isneki nesikhathi sokutjhaphuluka nokuphumula
10h30	Isikhathi sokufunda umsebenzi wesikolo
12h30	Isikhathi sokutjhaphuluka nokuphumula
13h00	Ukudla kwemini
14h00	Isikhathi sokutjhaphuluka nokuphumula nofana
15h00	Ukuzithabulula
15h30	Ukufunda
16h30	Imisebenzei yangendlini yantambama
17h30	Isikhathi sokutjhaphuluka nokuphumula
18h30	Ukudla kwentambama nokuhlwegisa
19h30	Ukuhlamba nokutjhentjha
20h00	Isikhathi sokutjhaphuluka nokuphumula
21h30	Khamba uyokulala

Umhlahlandlela #5

Yini engenziwa ngesikhathi 'sokuFunda umSebenzi weSikolo'?



Ukufunda kufanele kube nesizathu begodu kuzwakale



UmNyango wezeFundo siSekelo (DBE) awukalindeli bona ababelethi babe botitjhere ngesikhathi sehlelo lokuqintiswa amakhambo. Nanyana abantwana bazifundise ikharyukhulamu babodwa. Sibawa bona uthathe isiqiniseko lesi esikupha sona bona abafundi bangabuyela esikolweni, 'indlela Zokuthoma Kabutjha' zizokwenziwa ukuqinisekisa bona abantwana bakho bafundiswa koke lokhu ebadinga ukukukwazi. Kodwana siyabawa bona nawe ngengombelethi nofana umthlogomeli usize ukwenza ukufunda okunesizathu nokuzwakalako kwenzeke ngesikhathi sokuqintiswa kwamakhambo lesi.

Kuqatheke khulu bona abantwana bahlale bazijayeze 'Ipilo Yesikolo'. Loku akutjho bona kufanele baye esikolweni. Kodwana, kutjho bona akukafaneli bakhohlwe lokhu esele bakufundile eenkolweni, akukafaneli bakhohlwe bona yini ukulalela, ukufunda kanye nokwenza umsebenzi wesikolo. Kufanele bahlale benza imisebenzi ezobakhmbuza lokhu esele bakwazi nebakufundileko, nokuzwisisa amatheksthi; ukutlola phasi encwadini; ukuzijayeza indlela yokubala kwiMbalo nakuSayensi. Imisebenzi le izokulungiselela abantwana lokha nababuyela esikolweni. Bazokuba ziinkutani ezinekghono ezazi lokhu esele bakufundile, begodu lokho kuzobajayeza indlela yokufunda bangakhohlwa. Bazokwazi ukuqalana nemisebenzi yesikolo ebudisi, bakwazi ukusebenza msinyana nababuyela esikolweni.

Yini ababelethi abangakwenza ngalokhu?

- 1 Ukwenza indawo elungele abantwana ukusebenza begodu ubasize ukuhlela iinsetjenziswa zabo.**
 - Lungisa indawo elungileko lapha abantwana bangafundela khona. Lesi kungaba sikhundla ngekhwitjhini nofana ngetafuleni yekumbeni yokudlela, nofana kungaba sikhundla phasi. Khuthaza abantwana bakho bona bahlale basebenza esikhundleni sinye, ukubajayeza indlela yokwenza njalo ngamalanga.
 - Khuthaza abantwana bakho bona bahlale banazo zoke iincwadi zokufunda begodu baqinisekise bona zihlala zihleleke kuhle.
 - Buthelela soke istetjhinari ngendlini eenkhwameni zabo zesikolo. Qinisekisa bona banamapensela, imisobo kanye nezinye iinsetjenziswa abangazidinga.
 - Emaphethelweni, buthelela zoke iinsetjenziswa zokufunda ezikhona ekhaya. Lokhu kufaka hlangana iincwadi zokufunda zesikolo, Incwadi zokuSebenzela ze-DBE, iincwadi zokufunda, amamagazini namaphepha anelwazi, amanovela, amaphephandaba, iBhayibheli, njll.
- 2 Sebenzisa elinye nelinye ithuba lamahlelo enziwa sikolo.**
 - Nangabe abantwana bakho bangena esikolweni esineensetjenziswa namahlelo wokufunda, asebenzise bazuze kiwo.
 - Sekela umntwanakho ngendlela ongakghona ngayo ukufunda ngokwehlelo lokuqintiswa ukukhamba leli beliphele.

3 Tjheja irhelo 'lemiSebenzi yokuFunda' ehlongozwako elandelako bese ukufaka emisebenzini ebazoyenza ngelanga.

- Irhelo lemisebenzi ngokuya kweminyaka yabantwana kanye nesigaba/ibanga abakilo lifakiwe ngenzasi.
- Imisebenzi le ingenziwa ngaphandle kweensetjenziswa ezingezelelweko, nofana ukuba nomtjhini-ngqondo nanyana ithungelelwanohlanganiso.
- Yoke lemisebenzi iqakatheke khulu, izokwenza umntwanakho ahlale athintene azibandakanya emisebenzini yesikolo kanye nokufunda.

Imisebenzi yabafundi beGreyidi R-3

Yeleta: Abafundi abancani bazolidinga isizo mayelana nemisebenzi yokufunda, kodwana udade nanyana umnakwabo angasiza.

1 Ukubala

- Buthelela amatje amancani, amabhontjisi nanyana iphasta ukusiza umntwanakho awasebenzisele ukubala.
- Khombisa abantwana bona bangazijayeza njani ukubala ngokusebenzisa amatje.
- Nange unesikhathi fundisa abantwana ukubala ukudlula lapha bazakugcina khona.
- Khombisa abantwana bona ungawasebenzisa njani amatje ukubala nga-2, nga-3, nga-4, nga-5 knaye nanga-10.
- Khombisa abantwana ukubala babuyele emuva ngokusebenzisa amatje.

2 Ukuhlanganisa nokukhupha

- Sebenzisa amatje ukusiza abantwana bazijayeze ukuhlanganisa nokukhupha. KuGreyidi 1 nakuGreyidi 2, kufanele bazijayeze ukuhlanganisa nokukhupha ukufikela ku-10. Bese kuGreyidi 3 abafundi bangafunda ukufikela ku-20.

3 Ukudlala isitolo

- Faka amathege wentengo yezinto ezikhona ngendlini, isibonelo izinto zokudla, ifenitjhara, nofana izembatho.
- Yenza imali yokudlala ngokudabula iinqetjhana zamaphepha bese utlola inani lenye nenye imali yephepha nehlamvu yemali.
- Dlheganani ngokuba mnikazi wesitolo nokuba mthengi nomntwana wakho.
- Tjheja, indlela abantwana abala ngayo imali ukuqinisekisa bona bayakwazi ukusebenzisa imali.

4 Amatjhada wamaLedere

- Bhinca bese udabula iphepha ngamajamo wamaskwayere amancani.
- Tlola igama leledere ngalinye kesinye nesinye isikwayere sephepha elincani.
- Sabalalisa iinqetjhana zamaphepha. Khomba amaledere ngokuhlukahlukana kwawo bese ubawa abantwana baphimise itjhada leledere lelo.
- Bawa abantwana bona bakhe amagama ahluhlukeneko ngokusebenzisa amaledere weenkwayere ezincani. Bese bahlanganisa namatjhada wamaledere bawaphimise ngokuwafunda nasele kwenzeke igama.
- Okulandelako, bawa abantwana bakho batlole amagama lawo phasi. Nangabe awunalo iphepha, sebenzisa incwadi yokusebenzela yesikolo.



5 Ukufunda

- Tjela abantwana bona bazijayeze ukufunda ngokusebenzisa incwadi zokufunda nofana Incwadi yokusebenzela yeDBE.
- Thoma ekuthomeni kwencwadi bese uthoma khona ukufunda nomntwana.
- Nangabe abantwana abakghoni ukufunda igama, basize bonyana baliphimise.
- Abantwana nabaqeda ukukufundela indatjana, babawe bakucocele bona beyikhuluma ngani.

6 Ukutlola

- Nangabe awunalo iphepha sebenzisa iincwadi-zesikolo zomntwanakho.
- Nikela umntwanakho isihloko sokobana adwebe nofana atlole ngokuthileko, njengokuthi: umnani wakhe amthandako; yini akufunako ngelanga lokubelethwa lakhe; imidlalo ayithandako; umndenakhe.
- Tjela abantwana bona bathome ngokucabanga ntanzi ngalokho abazokutlola.
- Okulandelako, batjele bona badwebe isithombe sendaba abayitlolileko.
- Bese kuthi ngabafundi baku-Greyidi R nofana kuGreyidi 1, babawe bona batlole kunye nofana okubili abakubona esithombeni.
- Bese kuthi beGreyidi 2 ne-3, babawe bona batlole imitjho emibili nanyana munye ngesithombe. Basize ukuthoma ukutlola imitjho yabo nakukghonekako.
- Lokha nasele baqedile ukutlola, bawa abantwana bona bakucocele ngalokho abakutlolileko. Buza imibuzo bese ubanikela umbiko obuyako.

Imisebenzi yabafundi beGreyidi 4-9

1 Ithebula lokuBuyabuyelela (amaGreyidi 4-6)

- Tjela abantwana bakho bona bafunde ithebula lokubuyabuyelela bekufike lapha balazi khona ngehloko.

2 Iimbalo Zehloko

- Buza abantwana bakho imibuzo yeeMbalo ubone bona bangayphendula kuhle namsinyana na.
- Lokhu kungaba mibuzo emayelana nokuhlanganisa nofana ukukhupha nofana imibuzo ngokuhlukanisa, nanyana imihlobo yemibuzo le ihlanganiswe yoke. Thoma ngokubuza imibuzo elula bese uragela phambili ngokubuza imibuzo ebudisi. Sebenzisa ikhalkhyuletha/isibalisi ukuqinisekisa iimpendulo zomntwana azitjhoko.

3 Ukubuyekeza kweMbalo nokuBala

- Thoma ekuthomeni kweNcwadi yabantwana bakho yeeMbalo nofana Incwadi Yokusebenzela yeeMbalo yakwa-DBE.
- Tjela imisebenzi leyo abantwanakho bona bafunde bebasebenze benze imisebenzi emibili ngelanga ukubona bonyana bangakwazi ukuyenza godu.
- Linga ukunikela abantwana ezinye iimbonelo abangazenza, njengaleza eziseNcwadini nofana Incwadi-Yokusebenzela.

4 Ukufunda nokuRhunyeza

- Tjela abantwana bona bazijayeze ukufunda encwadini yesifundo seLimi leKhaya kanye nese-FAL nanyana lincwadi zokuSebenzela ze-DBE (ukufikela kuGreyidi 6).
- Thoma phasi ekuthemi kwencwadi uthome lapho
- Tjela abantwana bona bazijayeze ukufundela phezulu amatheksthi, bekufike isikhathi lapha bafunda khona butjhelela, kuhle begodu bazwisise lokhu abakufundako. Bese nabaqedako ukuzifundela babodwa bangeza bazokufundela wena itheksthi egade bazijayeza ngayo.
- Nangabe kunembuzo mayelana netheksthi, tjela abantwana bona bayiphendule ngokuyitlola phasi. Nangabe awunalo iphepha, tjela abantwana basebenzise iincwadi zabo zemisebenzi yesikolo.
- Okulandelako, tlola iinthomo zemitjho esiqetjhaneni sephepha, bese utjela abantwana bona baqedelele imitjho eminengi ngendlela abangakghona ngayo encwadini yokutlolela yakhe. Yenza lokhu ngemva kobana abantwana baqedile ukufunda itheksthi.
 - Itheksthi le imayelana ne...
 - Abalingisi abaziinkutani ngilaba... (nangabe bakhona)
 - Ngiyithandile /angikayithandi ngomaba i-....
 - Ngifunde ukuthi...
 - Lokhu kungikhumbuza nge....
 - Ngcabanga bona.... Ngenza okulungileko / ngenza okungakalungu nangi
 - Ngathana bengingu...(igama lomlingisi) bengizoku...(nange kukhona)

5 Ukuzibuyekeza kezinye iimfundo

- Tjela abantwana bakho bonyana ababuthethelele iincwadi zokufunda neencwadi zokwenzela imisebenzi zesifundo ngasinye.
- Ngamalanga, kufanele baqalane nesifundo esihlukileko bazibuyekeze.

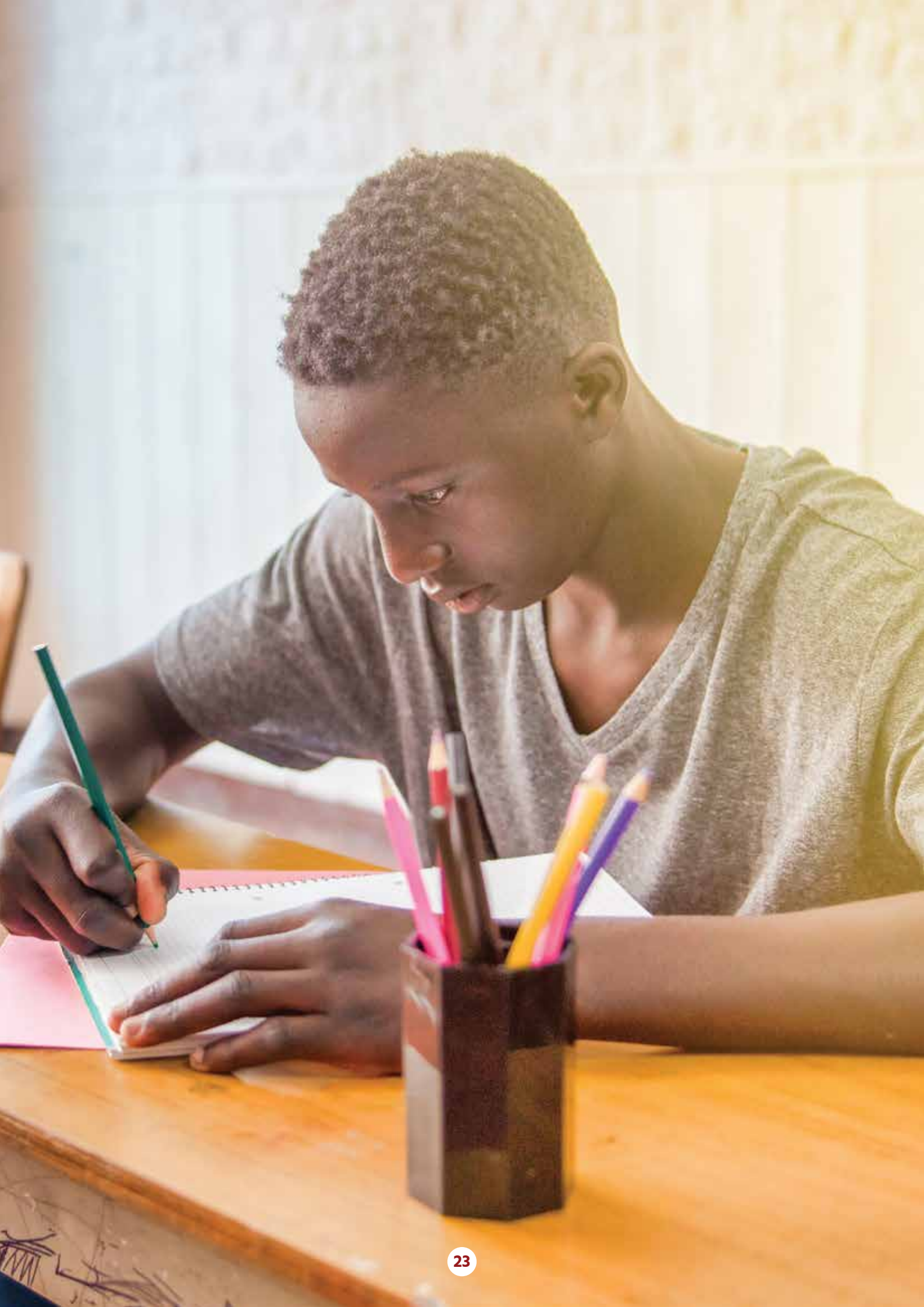


- Kufanele bathome ekuthomeni kwencwadi yokufunda nofana incwadi yokusebenzela bese bafunda woke amanowutsi ukuzibuyekeza. Bese, kufanele batlole imisebenzi ehlolako, ukufaka hlangana naleyo ebuyenze kuThemu 1.
- Nabenza lokhu, tjela abantwana bona bazwisise lokhu abakufundako nabakwenzako. Nakungasi njalo, kufanele bayicoce nawe nofana omunye umuntu omkhulu, nofana bangathinta abafundi abafunda nabo abangakwazi ukusiza.
- Tjela abantwana bakho balinge ukubamba ngehloko ilwazi elinengi ngendlela bangakghona ngayo, ukuzilungiselela ukubuyela esikolweni.
- Nangabe abantwana bakho uneenhlahlubo ezidala azitlole kuThemu-1, kufanele balinge ukutlola baphendule isihlahlubo leso eencwadini godu.

Imisebenzi yabafundi beGreyidi 10-12

- 1 Khumbuza abantwana bona ngaphambi kwehlelo lokiqintiselwa amakhambo, besele sebenzile okungasenani isiquntu somsebenzi womnyaka ngokwekota.
- 2 Bahlathululele bona nange babuyekeza umsebenzi wabo, bawuzwisisise bawufunde ngehloko bebazijayeze ukubala eemfundweni zeeMbalo, iMbalo zeLitheresi kanye neSayensi ebazifundileko bazabe benze ikota yomnyaka wo ke bayazi ngokuzithemba.
- 3 Khuthaza abantwana bona benze bebazijayeze iMbalo neMbalo zeLitheresi ngamalanga. Nangabe kukhona abangakuzwisisiko, bangabawa wena nofana udadwabo nomnakwabo bona basize. Nakungasinjalo bangathinta umngani ngomrhala, isihlobo nofana umakhelwana abawe isizo.
- 4 Khuthaza abantwana bakho bona bafunde bazibuyekeze Ilimi Lekhaya (HL) kanye ne-FAL (Ilimi eliNgezelelweko lokuThoma) bazijayeze ngokufundwa kiwo ngamalanga. Lokhu kuzokufaka ukufunda okunengi, ngombana kuGreyidi 10-12, abafundi kufanele bafunde zemitlo ezikhethiweko bona zifundwe ngaloyo mnyaka. Abantwana bakho banazo iincwadi zemitlolo lezi kuye, kungaba ziinkondlo, iindatjana, amanovela kanye namadrama.
- 5 Bawa abantwana bakho bona bafunde ngokungezelelweko nangehloko ezinye iimfundo ngamalanga. Kufanele basebenzise iincwadi zesikolo kanye namanwutsu abawatlole eencadini zabo zokusebenzela. Kufanele bafunde ukuziphendulela imibuzo ngokwabo. Kufanele batlole iinrhunyezo zelwazi abalitholako bese balifunda ngehloko ukwenzela bona bangalibali.
- 6 KuGreyidi 10-12, kuqakathekile bona ukwazi ukufunda nokuthola ilwazi ngeemfundo eziqakatheke khulu ozenzako. Thoma ngokutjheja irhelo lamahlelo wakuMabonwakude nemRhatjhwani onikelwe lona- qala bona akunamhlelo angaba lisizo kumntwana wakho bese uyamkhuthaza bona awabukele nofan awalalele.
- 7 Tjheja abantwana bakho baqinisekise bona bafunda ama-iri ama-3-4 ngawo wo ke malanga evekeni.
- 8 Kusigaba se-FET kuqakathekile bona abafundi bahlale banelwazi elitjha bakhambisane nesikhathi, ukuzwisisa amakhono nemicondo ephathelene nokuthileko eba fundiwe yona, bese bazijaeyeze ukuwasebenzisa ngaso soke isikhathi.
- 9 Khuluma nabantwana bakho ngemisebenzi yabo yesikolo. Thola ukuthi yini ebajabulisako abanganamraro ngayo nokobana yini ebanikela umraro
- 10 Cala bona mhlambe angeze wathola udadwabo nofana umnakwabo omkhulu, umakhelwana nanyana umngani ukumsiza. Kodwana ungaphuli imithetho yehlelo lokuquntwa kwamakhambo.

Ye lela: Nangabe unaye umaliledinini ohlakaniphileko, ithabhlethi nofana umtjhini-ngqondo ekhaya, linga bona umntwanakho angene kwithungelelwano akwazi ukuthola iinsetjenziswa zethungelelwano. Ezinye zazo iinsetjenziswa ezitholakala kwithungelelwano-hlanganiso azidli amadatha. Lezi zitloliwe ngenzasi kwirhelo leensetjenziswa zethungelelwano ezingaba lisizo.



Umhlahlandlela #6

Sebenzisa itheknoloji ngendlela ezokuphumelelisa



Ukufunda koke kufanele kusize begodu kube nomthelela

Ungathomi ucabangange bona abantwana bakho bayafunda nababukele amahlelo wezefundo- abanye ungathola bona bayazibhudangela nje emini likhanya bha! Kuqakathekile bona usize abantwana bakho ukusebenzisa itheknoloji ngendlela ezobaphumelelisa ngomnqopho wokufunda.

Yini engenziwa babelethi ngalokhu?

- 1** *Sebenzisa ithuba lokutholakala kwamahlelo kaMabonwakude, umRhatjho nofana amaHlelo weFundo kwiThungelelwano ongawathola.*
 - Irhelo lamaHlelo wokuFunda neenSetjenziswa likhambisana nomhlahlandlela lo.
 - Qala irhelo onikelwe lona ngokukhulu ukutjheja bese ufuna amahlelo angasizaumntwana.
 - Khulukhulu, khuthaza abafundi abaku-Grade 10-12 bona babukele amahlelo kaMabonakude afundisa khulukhulu iimbalo, iSayensi nofana amaKghono weLimi kanye nemiqondo ephathelene nokuthileko.
 - Begodu funela abantwana bakho nezinye zeenSetjenziswa zokufunda ezidijithali ongazithola kwithungelelwano bona bakwazi ukuzifunda kibomaliledinini-abahlakaniphileko, amathabhlethi nofana imitjhini-ngqondo. Yelela bona amawebhusayidi 'angabhadaliswako' asimahla- nawungena kiwo awusebenzisi idatha.
- 2** *Siza abantwana bakho bona bakhethe amahlelo afaneleko bese niwafaka abehlangana nehlelo lokwenza imisbenzi ngelanga.*
 - Qalani umhlahlandlela wamahlelo ninoke bese nikhetha amahlelo afaneleko.
 - Kwenzeni lokhu ngaphambili-qalani irhelo lamahlelo qobe nakuthoma iveke.
 - Hlanganisa imisebenzi le erhelweni lezinto umntwana azozenza ngamalanga bese zibe hlangana 'nesikhathi sokufunda'.
 - Qinisekisa bona koke abantwana bakho abakwenzako nabafundako kuyalingana-abakafaneli baqede isikhathi sabo babukele umabonwakude nofana basebenzisa umaliledinini-ohlakaniphileko.
- 3** *Qinisekisa bona abantwana bakho bazilungiselele ukufunda ngomabonwakude nomrhatjho.*
 - Ngaphambi kobana kuthome ihlelo, qinisekisa bona abantwana bakho baneencwadi zesikolo zokufunda /iincwadi zokwenzela imisebenzi kibo.
 - Kufanele babe nomsobo wokutlola, ipensela, irula kanye nezinye iinsetjenziswa zokufunda ezingadingakala.
 - Kungaba mbono omuhle kube khona nesihlathululi-mezwi ongasisebenzisa khulukhulu abantwana abakhudlwana bangayidinga.
 - Siza abantwana bakho bona benze isifundo lesi sikhambisane nalokhu abakufundako esikolweni. Yenza lokhu ngokobana ufune isihloko asifundako encwadini yesifundo asifunda esikolweni bese nibuyekeza isifundo esidlulileko.

4 Tjheja umntwanakho ngesikhathi sehlelo.

- Nande utjheja abantwana bakho lokha nababukele nofana balalele ihlelo lokufunda.
- Bakhuthaze bona batlole phasi amanowutsu ngesikhathi sehlelo, ukuzikhumbuza bona bafunde ini. Kufanele batlole phasi omunye nomunye umbuzo abanawo.

5 Yiba nekulumiswano efitjhani ngalokho esele bakufundile.

- Nakuphela ihlelo, tjheja bona abantwana bakho bawatlolile amanowutsu na.
- Okulandelako, bamba ikulumiswano efitjhani emayelana nehlelo. Ungabuza imibuzo efana nethi:
 - Ihlelo lela belimnandi? Kubayini utjho njalo?
 - Yini okufundileko kilo?
 - Kukhona mhlambe ongakhange ukuzwisise nofana onganasiqiniseko ngakho?
 - Unawo omunye umbuzo ophathelene nesihloko lesi?
 - Ufundile ngakho lokhu encwadini yokufunda yesikolo?

6 Hlela iinkulumiswano ezilandelelako nangabe ziyadingeka.

- Nangabe kukhona bekungahlali kuhle nofana okuhlangahlanganisako, ungalinga ukusiza abantwana bakho ngokobana:
 - Ufune esinye isifundo esikhambisana nesihloko lesi, bese naso usirhemisa kwirherho lezinto ezizokwenziwa ngamalanga nakufundwako.
 - Ukufunda lokhu okumumethweko ngesifundo lesi noke
 - Ukubawa isizo kudadwabo nofana umnakwabo omkhulu, kumngani nofana isihlobo

For more information, visit the Covid-19 Portal:

www.sacoronavirus.co.za

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