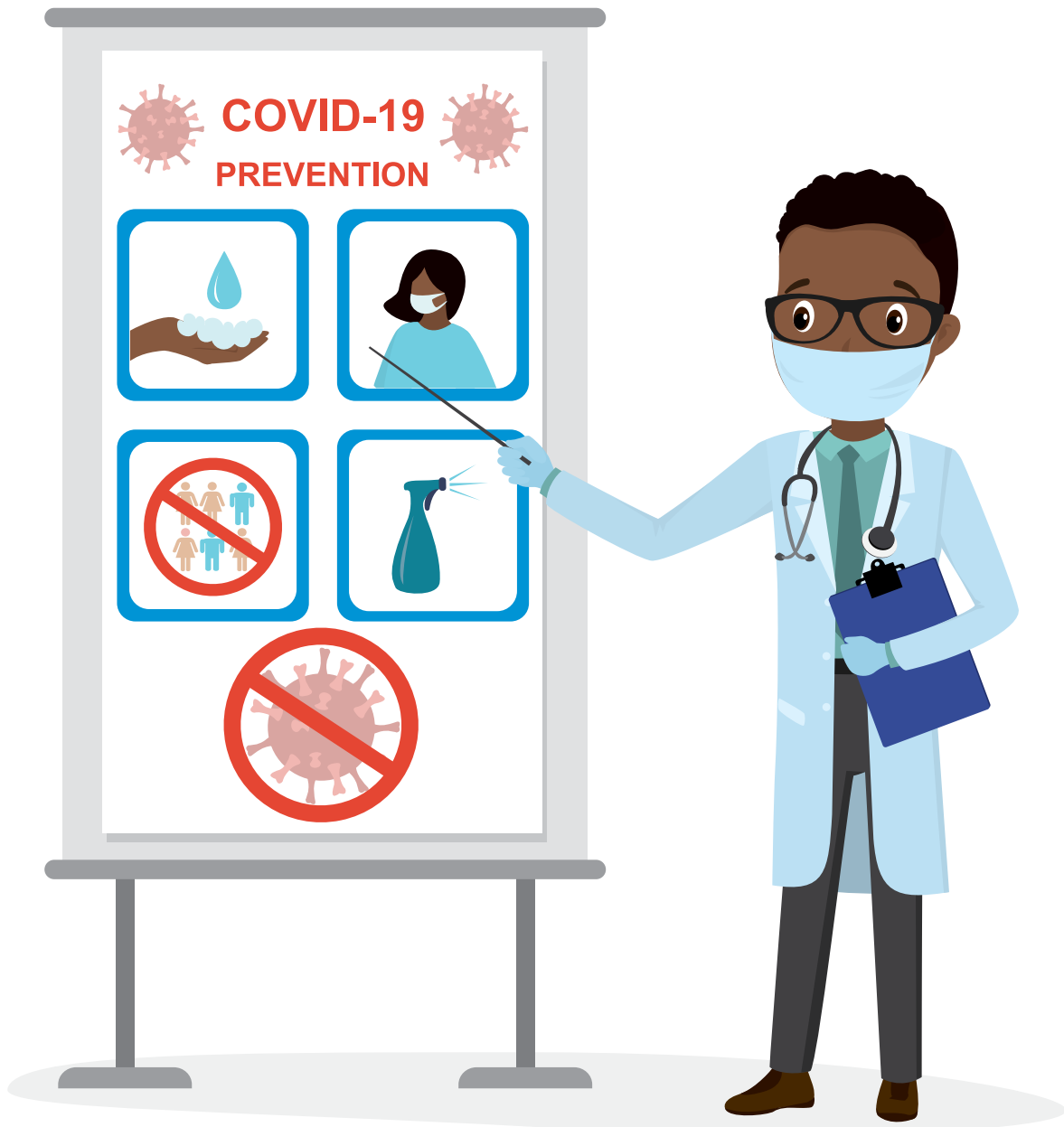




ISELULEKO ESIYA KUBAZALI

UKWESEKELA IZINGANE ZENU KULESIKHATHI SOKUMISWA KWEZINTO (LOCKDOWN) NGENXA YE-COVID-19

Umnyango Wezemfundo Eyisisekelo uyasiqaphela isidingo sokusiza ngempumelelo ngangokunokwenzeka abazali kanye nabanakekeli kulesi sikhathi sokumiswa kwezinto. Loluhlu olulula olungumhlahlandlela lwakhelwe ukunikeza iseluleko kanye namasu okusiza abazali basekele izingane zabo ngalesi sikhathi.



Isiqondiso #1

Nakekela impilo yakho engokwengqondo kanye nangokwenhlalo yemizwa



Yiba nomusa kuwe



Ukumiswa kwezinto kunzima. Sonke sibhekene nokwesaba, ukucindezeleka kanye nokungaqiniseki. Futhi kungaba nzima ngisho nakakhulu emindenini enezinkinga zezimali, ebhekene nokugula okungokomzimba nokungokwengqondo, ehlala ndawonye nomuntu ohlukumezayo, ehlala endaweni encane, noma enezinsiza ezincane kakhulu.

Yini abazali abangayenza ngalokhu?

- Ngokuvamile, izingane zenu ziyobhekana kahle nesimo ngendlela nani enenza ngayo.
- Uma nifuna izingane zenu zizole futhi zibhekane nesimo ngempumelelo, kufanele nani nizole futhi nibhekane nesimo ngempumelelo.
- Izingane zawo onke amazanga obudala ziyosabela ezenzweni nasesimweni senu sengqondo, hhayi nje kuphela kulokho enikushoyo.
- Ngenxa yalokhu, nidinga ukuthola isikhathi nendawo engasese ukuze nikhulume nabanye abantu abadala ngokwesaba, ngokukhathazeka kanye nokucindezeleka kwenu eninakho. Ningavumeli izingane zenu zizizwe lezi zingxoxo.
- Uma ningenaye umuntu eningakhuluma naye, sebenzisani enye yezinombolo eziningi zosizo ezikhona.
- Kufanele nizame ukulawula imizwa kanye nokukhathazeka kwenu, ukuze nibeke isibonelo esihle kakhulu ezinganeni zenu.
- Kufanele izingane zizizwe zikhululekile ngokuthi niyasilawula isimo nokuthi nenza izinqumo ezinhle kakhulu ngempilo yazo.

Ungashaya ucingo ukuze uthole usizo

| Umhlinzeki Wenkonzo Yosizo | Kuzwelonke noma Kusifundazwe | Uhlobo Lwenkonzo Yosizo | Imininingwane Yokuxhumana |
|--|------------------------------|--|---|
| 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 |
| 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 |

| Umhlinzeki Wenkonzo Yosizo | Kuzwelonke noma Kusifundazwe | Uhlobo Lwenkonzo Yosizo | Iminingwane Yokuxhumana |
|---|-------------------------------------|--|---|
| 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 |

Isiqondiso #2

Nakekela impilo engokwengqondo neyehlalo yemizwa yezingane zakho



Xhumana nezingane zakho



Njengabazali nabanakekeli, kubaluleke ngaso sonke isikhathi ukuxhumana nezingane zenu. Kodwa ngaphansi kwezimo zokucindezeleka noma zenhlekelele, kubaluleke kakhulu nangaphezulu ukukhuluma nezingane zenu, futhi niqaphele ukuziphatha kwazo. Lesi yisikhathi soshintsho olukhulu kanye nokungaqiniseki kubantu bonke. Intsha isesigabeni sokuphila lapho abangane bayo, kanye nobuhlobo nabanye kubaluleke kakhulu kuyona, kanti ukumiswa kwezinto kanye ne-COVID-19 yenze lokhu kwaba nzima kakhulu kuyo. Intsha futhi isengozini yemiphumela yokucindezeleka kanye neyokukhathazeka phakathi kulesi sikhathi.

Yini abazali abangayenza ngalokhu?

- 1** *Qala ngokubuza izingane zakho ukuthi yini eziyaziyo ngegciwane nangokumiswa kwezinto, kanye nokuthi zizizwa kanjani ngalezi zehlakalo.*
 - Bonisa izingane zakho ukuthi uzinika indawo ephiphile yokuba ziveze imicabango yazo ngokungafihli lutho. Lalelisa ngesikhathi zikhuluma. Ungaziphazamisi, ungakulungisi lokho ezikushoyo, ungazihleki noma uzihleke usulu izingane zakho, futhi zisakhuluma.
 - Uma izingane ziphendula imibuzo yakho ngempendulo yezwi elilodwa noma emfushane, zibuze ngobunono imibuzo yokuqanda, ukuze uzikhuthaze ukuba zikhulume kabanzi. Ngokwesibonelo: 'Usho ukuthini ngalokho?' noma 'Ungangitshela kabanzi ngokuthi...'
 - Yibani nesineke. Izingane eziningi 'zizosola' abazali bazo, bese zikhiphele ukukhungatheka kwazo, intukuthelo, ukudumazeka nesithukuthezi sazo kinina.
 - Njengoba izingane zenu zikhuluma, yenza amaphuzu engqondweni emibono yazo engaqondile ngesimo kanye nezimo zazo zangokomzwelo.
- 2** *Ngokulandelayo, nika izingane ulwazi olufanele, oluhambelana nobudala bazo ukuze ulungise imibono engaqondile, unciphise ukukhathazeka, futhi uzinike ithemba.*
 - Gcina ulwazi oluxoxa nazo lulula futhi lungena maphutha.
 - Xoxa ngalokhu kwaziswa ngendlela ezolile, necacile.
 - Ungenzi izethembiso ongeke uzigcine, ngokwesibonelo, ukuthi ngeke uze ulithole igciwane. Kunalokho, ungazinikeza isiqiniseko sokuthi uzokwenza konke okusemandleni ukuhlala uphephile, futhi ugcine izingane zakho ziphephile.
 - Nika izingane zakho ithemba. Khuluma ngamaqiniso okuthi lokhu kuzophela, ukuthi ososayensi nodokotela bazothola indlela yokulwa negciwane, kanye nokuthi ekugcineni izimpilo zethu zizobuyela esimweni esifanele.
 - Phendula imibuzo yezingane zakho ngangokusemandleni akho. Vuma uma kukhona into ongayazi. Yisho into efana nokuthi: 'Lowo umbuzo muhle kakhulu. Angiyazi impendulo yawo, kodwa ngizozama ukuyithola.'
 - Zama ukususa noma yimiphi imibono engaqondile noma ukungaqondi lokho izingane zakho ezingase zibe nakho ngegciwane noma ngokumiswa kwezinto.

Ukuchazela izingane ezincane ngegcwane kanye nokumiswa kwezinto

- Igciwane liwukugula, okufana nomkhuhlane noma isimungumungwana.
- Kunegciwane elisha emhlabeni, elibizwa ngokuthi Yigciwane le-Corona.
- Ngenxa yokuthi leli yigciwane elisha, odokotela nososayensi badinga isikhathi sokufunda ngalo, ukuze bakwazi ukunqanda leligciwane lingagulisi abantu.
- Ukuze sinike odokotela nososayensi ithuba lokufunda ngegcwane, sonke sidinga ukuhlala emakhaya okwesikhashana.
- Ngakho, lapho odokotela nososayensi sebethi sekulungile, sizogala kancane ukubuyela esikoleni nasemisebenzini, ukuze sonke sihlale siphephile.



Ukuchazela intsha nezingane ezingakathombi ngegcwane kanye nokumiswa kwezinto

Qaphela: Sebenzisa ukwahlulela kwakho okuhle ekunqumeni ukuthi ulwazi olungakanani ozoluxoxa nezingane zakho. Awufuni ukuzenza zicindezeleke noma zikhathazeke.

- Igciwane liwukugula, okufana nomkhuhlane noma isimungumungwana.
- Kunegciwane elisha emhlabeni, elibizwa ngokuthi Yigciwane le-Corona, noma yi-COVID-19. Lokhu kumele ukuthi: Corona Virus Disease of 2019 (Isifo Segciwane le-Corona lika-2019).
- Igciwane lisabalala phakathi kwabantu ababa nokusondelana nomunye, njengalapho umuntu onalo ekhwehlela noma ethimula. Lingasabalala futhi lapho uthinta indawo noma into enalo, ngokwesibonelo, uma umuntu ethimulela etafuleni, bese uthinta itafula futhi wedlulisele igciwane kuwe ngokuthinta umlomo, ikhala noma amehlo akho.
- Leli gciwane lihlasela abantu ngezindlela ezahlukene:
 - *Abanye abantu banalo igciwane, kodwa abazizwa nhlobo ukuthi bayagula. Siye sithi abanazo izimpawu ezibonakala ngaphandle.*
 - *Abantu abaningi bazizwa begula isonto elilodwa noma amabili. Ngokuvamile benokushisa,*



*ukuqaqamba kanye nezinhlungu emzimbeni wabo, futhi kungenzeka bakhwehlele.
Ngemva kwalokho, bayalulama futhi baphile ngokuphelele.*

- *Amaphesenti amancane abantu agula kakhulu, futhi kungase kudingeke aye esibhedlela okwesikhashana.*
- Abantu abangaphansi kweminyaka eyi-18 akuvamile ukuthi babe nezimpawu, futhi akuvamile ukuthi bagule kakhulu. Uma kwenzeka begula, bavame ukululama kalula.
- Ngenxa yokuthi leli yigciwane elisha, odokotela nososayensi badinga isikhathi sokufunda ngalo, ukuze bakwazi ukwenza umjovo kanye nokwelashwa okungcono.
- Ukuze sinike odokotela nososayensi ithuba lokufunda ngegciwane, sonke sidinga ukuhlala emakhaya okwesikhashana.
- Le nkathi yokumiswa kwezinto iphinde inike uhulumeni wethu isikhathi sokuhlela kahle isimo sethu sezempilo yomphakathi – ukuqeqesha abasebenzi kanye nokwenza izinhlelo ezifanele, ukuthenga izinto zokusebenza ezanele kuzo zonke izibhedlela, kanye nokuqasha abasebenzi abaningi ngangokunokwenzeka ezibhedlela.
- Uma ukusabalala kwegciwane sekulawuleka, futhi izibhedlela zethu sezilungele ukunakekela abantu abaningi abagulayo, ukumiswa kwezinto kuzokwehliswa kancane.
- Abantu bazoqala ukubuyela emsebenzini nasezikolweni kancane kancane – hhayi yonke into ngasikhathi sinye.
- Abaningi bethu kusazofanele bahlolwe, futhi kusazoba khona imithetho ezolandelwa ukuqinisekisa ukuthi igciwane lihlala lilawuleka.

3 *Bheka izinkomba eziyisixwayiso sokuthi ingane yakho ayibhekani nesimo ngempumelelo (Ezinye zalezi zixwayiso zingabonakala kakhulu entsheni.)*

- Ukuzizwa udumazekile noma ukhale lapho kungekho sizathu esiphathekayo salokho
- Intukuthelo nokukhungatheka lapho kungekho sizathu esiphathekayo salokho
- Ukungazibandakanyi ezintweni ababevame ukuzijabulela ekhaya
- Ukungabi nentshisekelo yokuchitha isikhathi nomndeni noma nabangane ngokusebenzisa izinkundla zokuxhumana
- Ukuqagulisana nokulwa nomndeni noma abangane ezinkundleni zokuxhumana
- Ukukhathala nokuphelelwa ngamandla
- Ukulala kakhulu noma ubunzima bokulala
- Ushintsho ekuthandeni ukudla
- Ukuphahluka ngentukuthelo, ukuziphatha okuphazamisayo noma okunobungozi
- Ukuzilimaza (isb. ukuzisika, ukuzishisa, noma okunye ukuzilimaza)

Ukubhekana nezingane kanye nentsha engakwazi ukubhekana ngempumelelo ngokumiswa kwezinto

- Khuluma nezingane zakho ngokuziphatha kobudlova nokungafanele ongathanda ukuba zikushintshe bese uzinika ezinye izindlela ezicacile zalokho ongathanda zikwenze esikhundleni salokho.
- Uma ukuziphatha kwazo kushintshela ekubeni ngcono, zincome ngalokho okubonayo (isb. Lapho ukhuluma ngokuzotha nami, ngikwazisa ngempela lokho).
- Nikeza izingane zakho uthando oluningi. Zitshele ukuthi uyazithanda. Zilalele ngesikhathi zikhuluma nawe. Uma nindawonye ngesikhathi sokumiswa kwezinto, zigone futhi ubonise uthando lomzwelo loqobo.
- Nikeza izingane zakho ithemba – khuluma ngokuphila ngemva kokumiswa kwezinto. Khuluma ngokuphinde babone abangane babo, ngokubuyela esikoleni, ngokudlala ngaphandle, kanye nangezinhlelo nangamaphupho azo esikhathi esizayo.
- Uma isimo singabi ngcono noma siba sibi kakhulu, thintana nenye yezinombolo eziningi zosizo ekhona.

Isiqondiso #3

Nakekela impilo yangokomzimba yezingane zakho



Hlala uphaphile futhi uphile kahle



Kunemithetho elula okufanele sonke siyilandeke ukuze sivikele thina kanye nezingane zethu egciwaneni.

Yini abazali abangayenza ngalokhu?

Fundisa izingane zakho ukusebenzisa imithetho eyisihlanu yegolide ukuze zihlale ziphaphile ku-COVID-19. Qiniseka ukuthi ubekela izingane zakho isibonelo sokuziphatha.

- 1** Geza izandla zakho ngensipho nangamanzi ngangokunokwenzeka. Hlikihla izandla zakho ngensipho imizuzwana engamashumi amabili. Geza izithupha zakho, ngemuva kwezandla zakho, kanye naphakathi kweminwe yakho.
- 2** Zamani ukungathinti ubuso benu. Amagciwane avame ukungena emizimbeni yethu ngemilomo nangamakhala ethu, ngakho kufanele sizame ngangokunokwenzeka ukuthi singakuthinti.
- 3** Thimula noma ukhwehlelele endololwaneni yakho noma usebenzise ithishu. Uma usebenzisa ithishu, yilahle masinyane.
- 4** Uma kudingeka uye ngaphandle, qhelelana nabantu okungenani amamitha 1.5. Ungabagoni, ubabambe izandla noma uthinte abanye abantu. Uma kunokwenzeka, faka isifonyo (mask) uma uya ngaphandle.
- 5** Uma uzizwa ugula unokushisa, ukuqaqamba komzimba noma ukukhwehlela, kufanele utshele umuntu omdala.

Isiqondiso #4

Hlela isimiso sansuku zonke nezingane zakho



Isimiso senza ukuphila kuzwakale kuphephile futhi kujwayeleke kakhudlwana



Njengabazali nabanakekeli, sidinga ukwakha umuzwa wokulondeka kanye nokubuyela esimweni esijwayelekile ezinganeni zethu njengobe zilindele ukubuyela esikoleni. Sidinga ukugcina izingane zethu zixhumene 'nempilo yazo ejwayelekile' ngokuzikhuthaza ukuba zenze umsebenzi wazo ovamile ngangokunokwenzeka.

Yini abazali abangayenza ngalokhu?

1 Sebenza nezingane zakho ukwenza isimiso esizosebenzela umndeni wakho.

- Yiba nephepha kanye nepeni bese ubamba ingxoxo nezingane zakho mayelana nesimiso.
- Chaza ukuthi isimiso sizokwenza ukuphila kube lula kuwo wonke umuntu ekhaya, kunciphe izingxabano nokuphikisana.
- Chaza futhi ukuthi ukumiswa kwezinto kuyanincindezela nani njengabazali, nokuthi ukubambisana nezingane kuyonisekela futhi kunisize kakhulu.
- Khuluma ngezinhlobo zezinto okufanele zifakwe esimisweni sansuku zonke. Khuthaza izingane zakho ukuba zisikisele izinto zokwenziwa. Khumbuza izingane zakho ukuthi zizobuyela 'empilweni yazo ejwayelekile' nokuthi akufanele zilahle ulwazi kanye namakhono eziwazuzile phakathi nalesi sikhathi.
- Chaza lokhu ngokuya ngobudala bezingane zakho, kungenzeka zibe nezimiso ezahlukene.
- Qiniseka ukuthi isimiso sezingane zakho siyakusebenzela futhi nawe. Qiniseka ukuthi izingane zenza imisebenzi ethile yasekhaya leyo edingwa ukwenziwa kanye nokuthi ukudla kudliwa ngesikhathi esilungela umndeni wonke.

2 Sebenza nezingane zakho ukuze uqiniseke ukuthi ziyasilandela isimiso sazo.

- Uma isimiso sesenziwe, buza ngayinye ingane yakho ukuthi iyasamukela yini isimiso sayo, nokuthi izozama ngakho konke yini ukusilandela isimiso.
- Yenza ishadi elilula lesimiso sengane ngayinye noma wenze ingane ngayinye yenze ishadi layo.
- Choma lawa mashadi endaweni lapho ezobonakala khona kalula.
- Ngezinsuku zokuqala ezimbalwa, 'qeqesha' izingane zakho ukuba zilandele isimiso sazo ngokuthi uzikhumbuze ukuthi zihlale isimiso sazo, nokuthi ulandelele ukuze ubone ukuthi ziwenza wonke yini umsebenzi. Lokhu kuzoba umsebenzi onzima ekuqaleni, kodwa kuzokwenza ukuphila kwenu kube lula ngokuhamba kwesikhathi.
- Njalo ngemva kwezinsuku ezimbalwa, yibani nomhlangano wokubheka ukuthi izingane zenu ziyasilandela yini isimiso.
- Uma zingasilandeli, xoxani ngezizathu ezibangela lokho. Bhekani ukuthi alukho yini ushintsho oluncane okudingeka lwenziwe esimisweni.

- Ungaqini kakhulu noma wenqabe ukuguquka esimisweni – ungazengezeli ukucindezeleka. Kodwa makube khona imiphumela ethile uma enye yezingane zenu ingazami nhlobo ukulandela isimiso.

Izinto ezingafakwa esimisweni sansuku zonke

- 1 Ukulala.** Izingane kufanele zithole amahora okulala ayi-9-10 ngobusuku ngabunye. Intsha kufanele ithole amahora okulala ayi-8-9 ngobusuku ngabunye.
- 2 Ukugeza nokugqoka.** Khuthaza izingane ukuba zigeze bese zigqoka nsuku zonke.
- 3 Ukudla.** Zama ukuhlela izikhathi ezivamile zokudla. Uma ungakwazi, zama ukunikeza izingane zakho ukudla ka-3 ngosuku, bese kuba 1-2 wokudla okulula okunempilo. Zama ukuba nengxoxo yomndeni ngesinye sezikhathi zokudla zosuku.
- 4 Imisebenzi yasekhaya.** Zama ukuhlela amahora 1-3 emisebenzi yasekhaya ngosuku eyenziwa yizingane, ukuya ngobudala bazo, kanye nalokho okudingwa ukwenziwa ekhaya. Imisebenzi yasekhaya kufanele ihlanganise izinto ezifana nokulungisa imibhede, ukugeza izitsha, ukushanyela, njll. Gwema ukunikeza izingane imisebenzi edinga ukuba zishiye ikhaya, nakuba zingasebenza egcekeni.
- 5 Ukuzivocavoca.** Kubaluleke kakhulu ezinganeni ukuzivocavoca nsuku zonke. Ukuzivocavoca kwenza uzizwe kangcono. Cabanga ngokuzivocavoca kanye nezinto ezingenziwa endaweni yakho encane ovaleleke kuyo. Lokhu kungaba yizinto, ezifama nokugijima ebaleni, ukuzelula, ingqathu nokuqinisa imisipha.
- 6 Ukufunda.** Ezinganeni ezincane, ukuya kwezeBanga 3, hlela cishe 1.5 wesikhathi samahora okufunda ngosuku. Ezinganeni zeBanga 4-6, hlela cishe 2.5 wamahora ngosuku. Kanti kubafundi beBanga 7-12, zama ukuhlela isikhathi esiphakathi kwamahora 3-4 sokufunda ngosuku.
- 7 Ukufunda.** Zama ngempela ukukhuthaza izingane zakho ukuba zifunde ngalesi sikhathi. Yenza konke okusemandleni akho ukuba uhlole izinto ezifundwa yizingane zakho. Hlela amahora 1-2 esikhathi sokufunda ngosuku.
- 8 Isikhathi esikhululekile.** Hlela sonke isikhathi esisele sosuku sibe yisikhathi esikhululekile. Vumela izingane zakho zisichithe lesi sikhathi kunoma yini eziyikhetayo. Zizokwazisa lokho futhi zizosijabulela lesi sikhathi.

Isibonelo sesimiso sengane yeBanga 4–6

| | |
|-------|--|
| 08h00 | Ukuvuka, ukugeza nokugqoka |
| 08h30 | Isidlo sasekuseni |
| 09h00 | Imisebenzi yasekhaya yasekuseni |
| 10h00 | Ukudla okulula kanye nesikhathi esikhululekile |
| 10h30 | Isikhathi sokufunda |
| 12h30 | Isikhathi esikhululekile |
| 13h00 | Isidlo sasemini |
| 14h00 | Isikhathi esikhululekile noma sokuphumula |
| 15h00 | Ukuzivocavoca |
| 15h30 | Ukufunda |
| 16h30 | Imisebenzi yasekhaya yantambama |
| 17h30 | Isikhathi esikhululekile |
| 18h30 | Isidlo santambama kanye nokuhlaza |
| 19h30 | Ukugeza kanye nokushintsha |
| 20h00 | Isikhathi esikhululekile |
| 21h30 | Ukuyolala |

Isiqondiso #5

Yini ongayenza 'Ngesikhathi Sokufunda'



Ukufunda kufanele kube okunenjongo nokufanele



Umnnyango Wezemfundo Eyisisekelo (DBE) awulindele ukuba abazali babe wothisha ngesikhathi sokuvalwa kwezinto. Futhi awulindele ukuthi abantwana bazifundise bona uhlelo lwezifundo. Sicela namukele isiqinisekiso sethu sokuthi uma abantwana sebebuyela esikoleni, kuzokwenziwa izinhlelo 'zokubuyisa isikhathi esilahlekile' ukuqinisekisa ukuthi izingane zenu zifundiswa lokho okudingeka zikwazi. Noma kunjalo, sifuna abazali kanye nabanakekeli baqiniseke ukuthi ukufunda okunenjongo kuyenzeka ngesikhathi sokumiswa kwezinto.

Kubaluleke kakhulu kuzo zonke izingane ukuba 'zihlale zixhumene' nempilo yasesikoleni. Lokhu akusho ukuthi kufanele zithintane nesikole. Kunalokho, kusho ukuthi akufanele zikhohlwe lokho ezikufundile, futhi akufanele zikhohlwe ukuthi kunjani ukulalela, ukufunda kanye nokwenza umsebenzi wesikole. Kudingeka zenze imisebenzi yokubuyekeza njalo kanye nokuzikhumbuza lokho ezikufundile ngaphambilini; ukufunda kanye nokuqonda okubhaliwe; ukwenza imisebenzi ebhalwayo; nokuzilolonga ngokwenza Izibalo kanye Nesayensi. Le misebenzi iyozicija izingane zenu lapho sezibuyela esikoleni. Ziyoba ompetha kulokho ebesezikufundile, kanti kuzosetshenziswa kwinqubo yokufunda. Ziyobe sezihlomele umsebenzi onzima nozokwenziwa ngesivini oyoba ngaphambi kwazo ngesikhathi zibuyela esikoleni.

Yini abazali abangayenza ngalokhu?

1 *Yenza indawo efanele yokuba izingane zakho zenzele kuyo umsebenzi wazo futhi uzisize zihlele izinsiza-kufunda zazo.*

- Hlela indawo efanele yokusebenzela yezingane zakho lapho zizofundela khona. Lokhu kungaba yindawo ekhishini noma etafuleni lokudla, noma kungaba yindawo ephansi. Khuthaza izingane zakho ukuthi njalo zisebenzele endaweni efanayo, njengengxenywe yesimiso sazo.
- Khuthaza izingane zakho ukuba zithole zonke izincwadi zazo zesikole, futhi ziqiniseke ukuthi zihlelwa ngendlela efanele.
- Uphinde uqoqe zonke izinto zokubhala ezisendlini nezisezikhwameni zesikole zezingane. Zama ukuqiniseka ukuthi zinawo amapeni, amapensela, kanye nanoma yiziphi izinto zokusetshenziswa ezingase zizidinge.
- Okokugcina, qoqa noma yiziphi izinsiza-kufundisa ezikhona ekhaya lakho. Lokhu kuhlenganisa izincwadi, Izincwadi ze-DBE, izincwadi zokufunda, amaphephabhuku noma amaphephana, ananoveli, amaphephandaba, iBhayibheli, njll.

2 *Sebenzisa noma yiziphi izinhlelo ezinikezelwe yisikole.*

- Uma izingane zakho ziya esikoleni esinezinsiza-kufundisa zokuxhumana nabazali futhi zenza uhlelo lokufundisa ngesikhathi sokumiswa kwezinto, sicela ukusebenzise lokhu.
- Sekela ingane yakho ngangokunokwenzeka ukuze yenze uhlelo lokufunda ngesikhathi sokumiswa kwezinto.

- 3 Funda uhlu oluphakanyisiwe 'Lwemisebenzi Yokufunda' olulandelayo futhi ufake lolu esimisweni sansuku zonko sezingane zakho.**
- Uhla lwemisebenzi efanele ngokobudala bezingane lufakwe ngezansi esigabeni ngasinye sokufunda.
 - Le misebenzi ingasetshenziswa ngaphandle kwezinsiza-kufundisa ezengeziwe, noma ngokungena kukhompuyutha noma ku-intanethi.
 - Yonke le misebenzi ingefanele futhi ingagcina izingane zakho zixhumene nesikole kanye nokufunda.

Imisebenzi yabafundi Bebanga R-3

Qaphela: Abafundi abasebancane badinga usizo olwengeziwe ngemisebenzi yokufunda, kodwa izingane ezindadlana kunazo zingabasiza.

1 Ukubala

- Qoqa amatshe amancane, ubhontshisi, izivalo zamabhodlela okungasetshenziswa yizingane zakho ezincane ukuze zibale.
- Khombisa izingane zakho indlela yokuzilolongela ukubala ngokusebenzisa amatshe.
- Uma unesikhathi, fundisa izingane zakho ukubala ukuya ngaphambidlana kwalokhu ezikwaziyo.
- Khombisa izingane zakho indlela yokubala ngamatshe ngoku 2, 3, 4, 5 kanye nange-10.
- Khombisa izingane zakho indlela yokubala uye emuva.

2 Ukuhlanganisa kanye Nokususa

- Sebenzisa amatshe ukusiza izingane zakho ukuzilolongela ukubala kokuhlanganisa kanye nokokususa. Ebangeni 1 no-2, kufanele zibale zihlanganise futhi zisuse kuze kufike e-10. Ebangeni 3, izingane zingabala zifike ku-20.

3 Umdlalo wokuthenga

- Faka ithegi yentengo yemali ezintweni ezisendlini, ngokwesibonelo, imikhiqizo yokudla, ifenisha, noma izimpahla.
- Yenza umdlalo wemali ngokusika amaphepha bese ubhala intengo yemali emaphepheni kube imali ewuhlweza kanye nemali engamaphepha.
- Shintshanani ukuyothenga izinto omunye abe umninisitolo bese omunye abe yikhasimende.
- Hlola ukuthi izingane ziyakwazi yini ukubala kahle imali yokuthenga kanye noshintshi.

4 Imisindo yezinhlamvu

- Goqa bese usika iphepha libe yizikwele ezincane.
- Bhala uhlamvu lwe-alphabethi esikweleni ngasinye esincane.
- Ndlala amaphepha phansi. Khomba izinhlamvu ezahlukenene bese utshela izingane zakho ukuba zisho imisindo.
- Cela izingane zakho ukuba zakhe amagama ehlukenene ngokusebenzisa izinhlamvu ezisezikweleni. Njengoba zibeka imisindo ndawonye, kufanele zisho imisindo, bese zifunda amagama.
- Okulandelayo, cela izingane zakho ukuba zibhale lawo magama phansi. Uma zingenawo amaphepha, sebenzisa ezinye zezincwadi zesikole zezingane zakho.



5 Ukufunda

- Tshela izingane zakho ukuthi zizilongele ukufunda ngokusebenzisa izincwadi zazo zokufunda noma Izincwadi ze-DBE.
- Phindela ekuqaleni kwencwadi bese uqala khona.
- Uma izingane zakho zingakwazi ukufunda igama, zisize ukuba ziliphimise ngokwemisindo yalo.
- Uma izingane zakho sezifunde indaba, zicele ukuba zikutshele ukuthi indaba imayelana nani.

6 Ukubhala

- Uma ungenalo iphepha, sebenzisa enye yezincwadi zesikole zezingane zakho.
- Tshela izingane zakho isihloko sento ezizoyidweba bese zibhala ngayo, njengokuthi: umngane wakho; lokho okufunayo ngosuku lokuzalwa; umdlalo owuthandayo; umndeni wakho.
- Tshela izingane zakho ukuba ziqale zicabange ngalokho ezifuna ukukudweba bese zibhala ngakho.
- Okulandelayo, zitshela ukuba zidwebe izithombe zendaba yazo.
- Ngakho-ke izingane zeBanga R noma zeBanga 1, zicele ukuba zibhale ilebula elilodwa noma amabili ezinto ezisesithombeni.
- Ngezingane zeBanga 2 noma 3, zicele ukuba zibhale umusho uwodwa noma emibili emayelana nesithombe. Zisize ukuba ziqale imisho uma kudingeka.
- Uma seziqedile ukubhala, cela izingane zakho ukuba zikhulume nawe ngalokho ezikubhalile. Buza imibuzo bese uzinikeza impendulo.

Imisebenzi yabafundi Bebanga 4–9

1 Amathebula Okuphindaphinda (Amabanga 4–6)

- Tshela izingane yakho ukuba ibuyekeze amathebula ehlukehlukehene okuphindaphinda ize ikwazi ukuwasho ngekhandla.

2 Izibalo Zekhanda

- Buza izingane zakho imibuzo yeZibalo bese ubheka ukuthi zinganikeza impendulo eyiyo nangokushesha na.
- Lokhu kungaba yimibuzo yokuhlanganisa noma ukususa, ukuphindaphiphinda noma ukwahlukanisa, noma imibuzo ekuhlanganisa konke. Qala ngemibuzo elula, bese uqhubeka nokuyenza imibuzo ibe nzima. Sebenzisa ukubala nge-calculator yocingo lwakho ukuhlola ukuthi izingane ziphendule kahle yini!

3 Ukubala kanye Nokubuyekeza Izibalo

- Phindela ekuqaleni ezincwadini Zokufunda Izibalo zezingane zakho noma Izincwadi Zezibalo ze-DBE.
- Tshela izingane zakho ukuba zifunde bese zenza umsebenzi owodwa noma emibili ngosuku futhi ubone ukuthi zisakwazi yini ukwenza konke ukubala.
- Zama ukunika izingane zakho ezinye izibonelo ezizoziqedela, njengalezo Ezisencwadini Yokufunda noma ezincwadini Zokusebenzela.

4 Ukufunda Nokufingqa

- Tshela izingane zakho ukuthi zizilolongele ukufunda Incwadi Yokufunda Yolimi Lwasekhaya kanye neye-FAL noma Incwadi Yokusebenzela Yolimi ye-DBE (kuze kufike Ebangeni 6).
- Phindela emuva ekuqaleni kwencwadi bese uqala khona.
- Tshela izingane zakho ukuba zizilolongele ukufunda indaba ngokuzwakalayo, zize ziyifunde ngokugeleza, kahle, nangomuzwa. Ngemva kwaloko, bese zizokufundela indaba ngokuzwakalayo.
- Uma kunemibuzo ngendaba, tshela izingane ukuba ziphendule imibuzo ngokuyibhala. Uma ungenalo iphepha, tshela izingane ukuba zibhale izimpindulo kwelinye lamabhuku azo esikole.
- Okulandelayo, bhala lezi ziqalimisho ephepheni bese utshela izingane ukuba ziqedele imisho emabhukwini azo okubhala. Yenza lokhu ngayo yonke indaba izingane zakho eziyifundayo.
 - *Le ndaba imayelana...*
 - *Umlingiswa oyinhloko... (uma kusebenza)*
 - *Ngikuthandile / Angikuthandanga ngoba...*
 - *Ngifunde ukuthi...*
 - *Lokhu kungikhumbuza...*
 - *Ngicabanga... wenze into efanele / into engafanele ngoba...*
 - *Uma bengiwu...(igama lomlingiswa) ngabe ...(uma kusebenza)*

5 Ukubuyekeza kwezinye izifundo

- Tshela izingane zakho ukuba ziqoqe izincwadi kanye namabhuku azo okubhalela esifundo ngasinye.
- Nsuku zonke, kufanele zigxile ekubuyekezeni isifundo esehlukile.

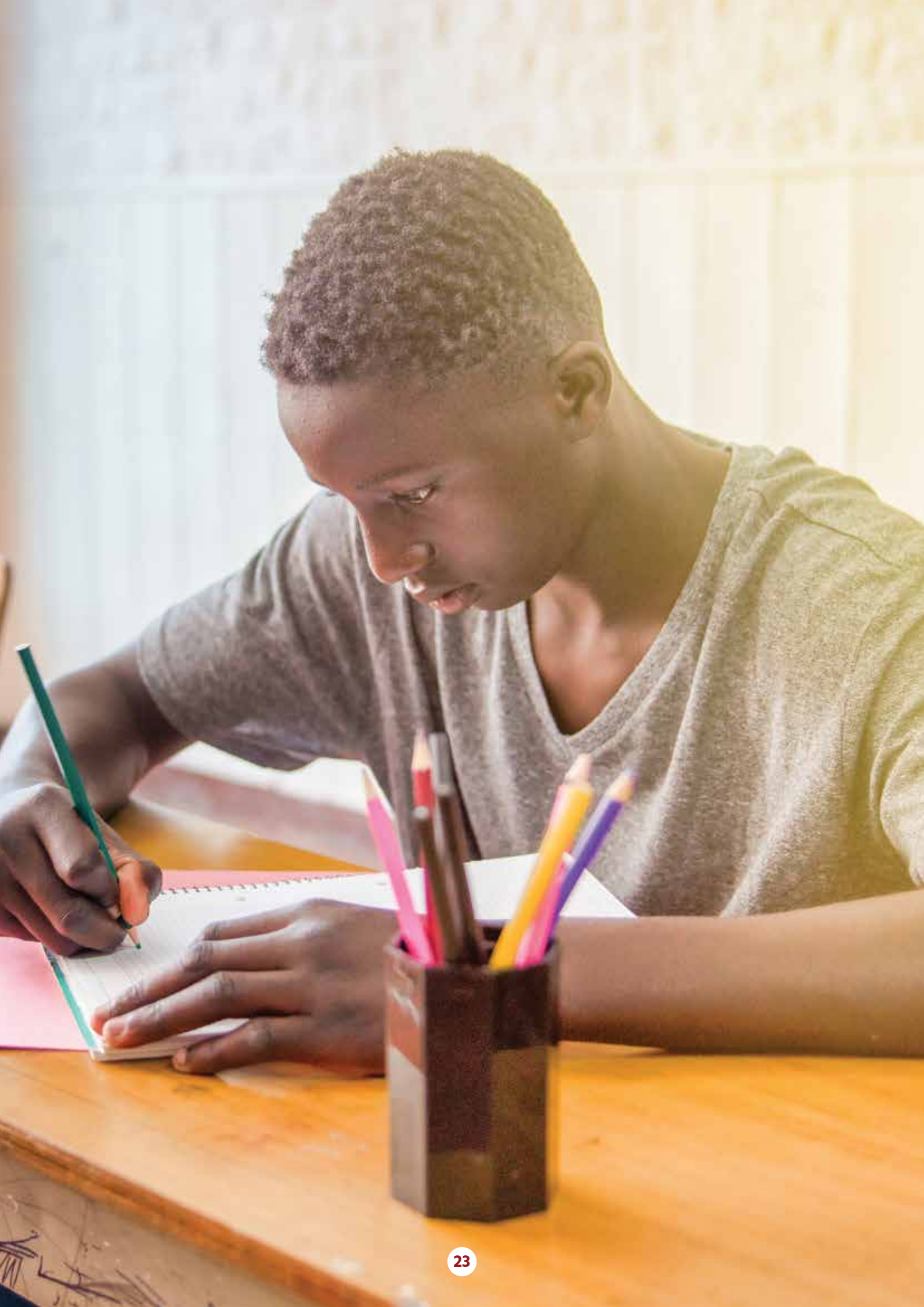


- Kufanele ziqale ekuqaleni kwencwadi noma kwebhuku bese zifunda futhi zibuyekeze onke amanothi. Ngemva kwalokho, kufanele zizame ukuqedela yonke imisebenzi, ngisho naleyo eziyenze Kuthemu 1.
- Njengoba zenza lokhu, tshela izingane zakho ukuba ziqiniseke ukuthi ziyakuqonda lokho ezikufundayo nezikwenzayo. Uma kungenjalo, kufanele zixoxe nawe, nengane yakubo endala, noma bashayele ucingo ozwakwabo basesikoleni abangakwazi ukubasiza.
- Tshela izingane zakho ukuba zizame ukukhumbula ngekhandu ulwazi oluningi ngangokunokwenzeka, ukuzilungiselela ukubuyela esikoleni.
- Uma izingane zakho zinamaphepha ezivivinyo amadala eThemu 1, kufanele ziphinde zenze lowo msebenzi wesivivinyo, zibhale izimpendulo zemibuzo emabhukwini azo.

Imisebenzi yabafundi Bebanga 10–12

- 1 Khumbuza izingane zakho ukuthi ngaphambi kokumiswa kwezinto, cishe bese beqede okukodwa kokuthathu komsebenzi wonyaka.
- 2 Chaza ukuthi uma bebuyekeza, kufanele baqonde futhi babambe ngekhandha wonke lomsebenzi, futhi bazilolonge ngokwenza zonke Izibalo, ukubala Izibalo (Maths Lit) kanye Nesayensi, bazobe sebenolwazi lokukodwa kokuthathu kwezifundo zonyaka.
- 3 Khuthaza izingane zakho ukuba zenze Izibalo, noma zibuyekeze Ukufunda Izibalo kanye nokuzilongisa nsuku zonke. Uma kunokuthile ezingakuqondi, zingezisa kuwe noma enganeni yakwabo endala ukuze zibasize. Okukanye, bashayele ucingo umngane, isihlobo noma umakhelwane ongase abasize.
- 4 Khuthaza izingane zakho ukuba zibuyekeze futhi zizilolongele Ulimi Lwasekhaya nolwe-FAL (First Additional Language) nsuku zonke. Lokhu kufanele kuhlangukise ukufunda okuningi ngangokunokwenzeka, ngoba emaBangeni 10–12, abafundi kudingeka bafunde izincwadi ezinqunyelwe unyaka ngamunye. Izingane zakho kufanele zibe namakhophi alezi zindaba, okungaba yizinkondlo, izindaba ezimfushane, amanoveli noma amadrama.
- 5 Cela izingane zakho ukuba zenze umsebenzi owengeziwe wokubuyekeza nokubamba ngekhandha esinye isifundo nsuku zonke. Kufanele zifunde izincwadi kanye nanoma yimaphi amanothi asemabhukwini azo. Kufanele zifunde noma yimiphi imibuzo noma imisebenzi futhi zizame ukuqedela lokhu ngokuzimela. Kufanele futhi zibhale ukubuyekeza kwakho konke ukwaziswa bese bekubamba ngekhandha lokhu kubuyekizwa.
- 6 KumaBanga 10–12, kubaluleke kakhulu ukuzama futhi nokuhlola ukufunda okuqhubekayo kwezifundo ezimqoka. Ukuqala ngokubuka izinhlelo zikamabonakude nezomsakazo ezinikeziwe – ukuhlola ukuthi lukhona yini uhlelo olusebenzayo ezinganeni zakho bese uzikhuthaza ukuba zilubheke noma zilalele lezi zinhlelo.
- 7 Qapha izingane zakho ukuze ubone ukuthi zenza amahora 3 – 4 omsebenzi wokufunda nsuku zonke.
- 8 Kusigaba se-FET kubalulekile kubafundi ukuhlala benolwazi, beqonda imibono kanye namakhono afundisiwe, kanye nokuzilongisa ekuwasebenziseni njalo.
- 9 Khuluma nezingane zakho ngomsebenzi wazo. Thola ukuthi yini ezikhululeke ngakho, nokuthi yini ezikhathazayo.
- 10 Bheka ukuthi ngeke yini ukwazi ukuhlela ukuthi zisizwe yingane yakubo endala, umakhelwane noma umngane uma kudingeka. Kodwa ungayephuli imithetho yokumiswa kwezinto.

Qaphela: Uma une-smart phone, ithabhulethi noma ikhompyutha ekhaya, zama ukuhlela ukuthi ungene kuzinsiza-kufundisa ze-intanethi eziwusizo. Ezinye zalezi zinsiza-kufundisa ezamahhala, okusho okuthi azidingi idatha. Lokhu kubonisiwe ohlwini lwezinsiza-kufundisa olunikeziwe.



Isiqondiso #6

Ukusebenzisa ubuchwepheshe ngempumelelo



Yonke indlela yokufunda kufanele isebenze

Ungacabangi ukuthi izingane zakho zifunda ngempela uma zibukela izinhlelo ezifundisayo – kungenzeka ukuthi imiqondo yazo ibuye izula-zule! Kubalulekile ukusiza izingane zakho ukuba zisebenzise ubuchwepheshe ngempumelelo nangokwezinjongo zokufunda.

Yini abazali abangayenza ngalokhu?

- 1** *Sebenzisa Izinhlelo Zokufunda ongazithola ku-TV, Emasakazweni noma ku-Intanethi.*
 - Uhlu Lwezinhlelo Zokufunda kanye Nezinsiza-kufundisa zihambisana nalesi siqondiso.
 - Funda lo luhla ngokucophelela bese ubheka izinhlelo noma izinsiza-kufundisa ezingaba nenzuzo ezinganeni zakho.
 - Ikakhulukazi, khuthaza izingane zakho zeBanga le 10–12 ukuba zibheke izinhlelo ku-TV ezifundisa Izibalo, Isayensi noma amakhono nobuciko Bolimi.
 - Phinda ubheke noma yiziphi izinsiza-kufundisa ukufunda eziyidijithali ongazilandelela (download) izingane zakho ku-smartphone, ithabhulethi noma kukhompuyutha. Qaphela ukuthi kukhona ‘amawebhusayithi angakhokhelwa esiwabiza phecelezi ngokuthi ama(Zero rated websites) – ukungena kulawa mawebhusayithi akuyidingi idatha.
- 2** *Siza izingane zakho zikhethe izinhlelo ezifanele bese uzakhela kwisimiso sazo.*
 - Bhokani iziqondiso zohlelo ndawonye ukuze nikhethe izinhlelo ezifanelekile.
 - Yenza lokhu ngaphambi kwesikhathi – bheka isimiso sohlelo ekuqaleni kweviki.
 - Yakhela lemisebenzi esimisweni sezingane zakho njengengxenye ‘yesikhathi sokufunda’ kwazo.
 - Qiniseka ukuthi kuba nokulingana okufanele emisebenzini yokufunda yezingane zakho – akufanele zichithe sonke isikhathi sazo zibheke i-TV noma i-smartphone.
- 3** *Qiniseka ukuthi izingane zakho zikulungele ukufunda ngomabonakude noma ngomsakazo.*
 - Ngaphambi kokuqala kohlelo, qiniseka ukuthi izingane zakho zinezincwadi kanye/ noma amabhuku okubhalela afanele.
 - Kufanele futhi zibe nepeni, ipensela, irula kanye nanoma yiziphi ezinye izinto zokubhala ezingadingeka.
 - Futhi kuwumqondo omuhle ukuba nesichazamazwi esilungele ukusetshenziswa, ikakhulukazi izingane ezindala.
 - Siza izingane zakho ukuba zithole umongo wesifundo ezizosifunda. Yenza lokhu ngokubheka isihloko sesifundo encwadini bese ubuyekeza isifundo esedlule.
- 4** *Qapha izingane zakho ngesikhathi sohlelo.*
 - Hlola izingane zakho njengoba zibheke noma zilalele uhlelo.
 - Zikhuthaze ukuba zibhale amanothi ngesikhathi sohlelo, khona zizokhumbula lokho ezikufundile. Kufanele futhi zibhale phansi noma yimiphi imibuzo ezinayo.

5 *Yiba nengxoxo emfushane ngalokho okufundiwe.*

- Ekupheleni kohlelo, hlola ukuthi izingane zakho ziwabhalile yini amanothi.
- Okulandelayo, yiba nengxoxo emfushane ngohlelo. Ungabuza imibuzo enjengokuthi:
 - Ingabe uhlelo beluthakazelisa? Kungani noma kungani kungenjalo?
 - Yini oyifundile kulo?
 - Kukhona yini into ethile ongakayiqondi noma ongaqinisekanga ngayo?
 - Kukhona yini eminye imibuzo onayo ngalesi sihloko?
 - Ingabe ufundile ngalokhu encwadini yakho?

6 *Hlela noma yiziphi izikhathi zokulandelela ezingadingeka.*

- Uma kukhona okuthile okungacacile noma okudidayo, kufanele usize izingane zakho ngokwengeziwe ngokuthi:
 - Ubheke esinye isihloko sesifundo, bese usifaka esimisweni
 - Nibuyekeze ndawonye okuqukethwe yisifundo
 - Nicele usizo ezinganeni zakwabo ezindala, kumngane noma esihlotsheni

For more information, visit the Covid-19 Portal:

www.sacoronavirus.co.za

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What's App Support Line: 0600 123456