

I-COVID-19 iphazamisa
ukuphila kwethu.
Bewazi yini? Wena
nezingane zakho
ningakwazi
ukwenza kahle
kakhulu naphezu
kwalesi simo
esinzima.



Uthando nokusekela kwakho kubaluleke kakhulu ezinganeni zakho.

Njengoba ungumzali noma ungunakekeli oyinhloko, unguthisha wokuqala wengane yakho. Kungakhathaliseki ukuthi ufundile noma cha, ungumuntu omdala obaluleke kakhulu ekuphileni kwengane yakho. Kuningi okwaziyo ngengane yakho; njengokudla ekuthandayo, amathoyizi nemidlalo. Uyazi ukuthi yini ezenza zesabe nokuthi uziduduza kanjani. Uyazithanda futhi uyazinakekela futhi ndawonye niye nakha izisekelo ezizenza zikwazi ukuphumelela kulo mhlaba.



Abanakekeli bangadlala ingxenye ebalulekile emfundweni yesikole yengane yakho, kungakhathaliseki ukuthi bayayizala yini noma cha. Abacwaningi baye bathola ukuthi ukuba nomuntu omdala okungenani oyedwa osekelayo kunomthelela omkhulu empumelelweni yomfundi.

Phakathi nobhubhane lwe-COVID-19, lapho ukufunda kungase kuphazamiseke, kufanele wazi ukuthi akulindelekile ukuba ube umbambeli kathisha. Usebenza ngokubambisana nothisha nesikole. Indima yakho njengomzali iwukusekela ingane yakho enqubweni yokufunda ngokwakha isimo lapho izokwazi khona ukuthola lokho ekuthandayo, yakhe imibono yayo futhi ibuze imibuzo. Ukufundela ekhaya kuzokwehluka kulokho okwenzekayo esikoleni. Kungaba yithuba elibalulekile lokugxilisa ezinye zezisekelo ingane yakho ezidingayo ukuze ibandakanyeke ngempela ekufundeni kwasesikoleni.

Ukholwa noma ungakholwa, ubuhlobo bakho nengane yakho buyinto ebaluleke kakhulu onayo ezoyisiza ifunde! Kule ncwajana, sabelana ngemibono ezokusiza usebenzise ubuhlobo bakho nengane yakho ukuba uyisize ekufundeni kwayo okuqhubekayo – ngisho nalapho ukufunda kwayo kwasesikoleni kuphazamisekile.



Ubuhlobo bakho nengane yakho buwukhiye!

Ubuhlobo bakho nengane yakho bukhuthaza ukukhula kwayo ngokomzimba, ngokomzwelo nangokwezenhlalo.

Kusukela ngosuku oweza ngalo nengane yakho ekhaya, uye wasebenzela kulobu buhlobo, Njengoba ingane yakho ikhula, ubuhlobo benu nabo buzoshintsha.

Empeleni, esitejini esithile, bonke abazali bazobhekana nezinsesele ezidinga ukuba benze umzamo omkhulu ukuqinisa isibopho.

Phakathi nobhubhane lwe-COVID-19 – isikhathi esikhuthazwa ngaso ukuba sihlale emakhaya nemindeni yethu kangangokunokwenzeka ukuze sigweme ukuthelaleka – unethuba elihle kakhulu lokuba wakhe ubuhlobo nengane yakho.



Ungasebenzisa ubuhlobo onabo nengane yakho ukuyisiza yakhe isimo sengqondo esihle nokuziphatha okuhle esikoleni. Uma ubonisa isithakazelo endleleni ezizwa ngayo ngesikole nangalokho ekufundile, noma ekufundayo, lokho kuyibonisa ukuthi isikole sibalulekile. Imicabango nemibono yakho kubalulekile ezinganeni zakho futhi nguwe oyisibonelo sazo sokuqala. Zama ukungagxeki lapho uxoxa ngesikole nothisha. Isimo sakho sengqondo ngokufunda sizodlala ingxenye enkulu ekulolongeni impumelelo yengane yakho esikoleni!

Izinyathelo eziwusizo zokwakha ubuhlobo obuqinile nengane yakho



Yakha ukwethembana

- Zama ukuhlale **uneqiniso** kangangokunokwenzeka ngezinga elifanele. Ngokwesibonelo, ubhubhane lwe-COVID-19 lungase lube yisikhathi esesabekayo ezinganeni. Zisize ukuba ziqonde isimo futhi uzichazele ukuthi yini okudingeka siyenze ukuze sihlale siphephile ekuthethelekeni. Ungakuthathi kancane ukukhathazeka kwazo.
- Yiba **ongaguquguquki** kangangokunokwenzeka uma kuziwa emithethweni nasezinqubweni zasekhaya. Imingcele nezinqubo kwenza izingane zizizwe ziphephile ngoba kuzisiza ukuba zazi ukuthi yini ezingayilindela endaweni ezikuyo.
- Ngezinye izikhathi izingane zikhuluma waya-wayo, kodwa kubalulekile ukuba **ukuzilalela** ukwenze kuze kuqala. Beka eceleni imizuzu engu-10-20 nsuku zonke ukuze uyilalele ngempela ingane yakho - uyinike indlebe engenaziphazamiso futhi uzame ukuthi kungabi nguwe okhulumayo.
- Ngaso sonke isikhathi, bonisa **uthando nokunakekela**, ukuze wenze ingane yakho izizwe iphephile futhi inakekelwa.



Khulumisanani

- Uma kungesona isikhathi osibekele eceleni ukuba 'ulalele ngempela', zama ukwenza ukukhulumisana kube **nlangothi zombili**, nobabili nilalanelane futhi nixoxe.
- Enye yezindlela ezingcono kakhulu zokwenza lokhu **ukuxoxa** nengane yakho ngezinto ezibalulekile kuyo.
- Yivumele ukuba ibuze **imibuzo**. Uma ungayazi impendulo, zama ukuba niyithole ndawonye.



Qokomisa okuhle

- Nikeza ingane yakho imisebenzi elula yokusiza umndeni ukuze uyenze izizwe ibalulekile futhi yakhe **ukuzethemba**.
- **Yihalalisele** futhi uyincome ingane yakho lapho iwenza kahle umsebenzi.
- **Yiqinisekise** uma inobunzima. Qiniseka ukuthi iyazi ukuthi sonke sifunda ngokuzama kaningi nokwehluleka. Ezimweni ezicindezelayo, izingane ezincane zingase zibhekane nokuhlehlela emuva isb. ukuchama zilele nokucasuka zibangalase. Bekezela, ungazithukuthela.



Indlela yokusekela ukufunda okuqhubekayo kwengane yakho ngaphandle kokuzizwa uthwele kakhulu

Ingane yakho inelungelo lokuthola imfundo enhle eyisisekelo, kungakhathaliseki ukuthi ifunda kusiphi isikole nokuthi uyayikhokha yini imali yesikole noma cha. Uma ukhathazekile ngokuthi ingane yakho ayikutholi ukusekelwa okufanele ikuthole esikoleni sayo phakathi nokumiswa kwezinto kwe-COVID-19 nangemva kwako, unelungelo lokubuza imibuzo nokuhlongoza isixazululo. I-School Governing Body (SGB) imelela wena njengenhlango yabazali, ngakho kubalulekile ukwazisa bona ngokukhathazeka onako. Kufanele futhi uxoxe ngalezi zinto nesikole sezingane zakho nothisha bazo. Unelungelo lokufunela izingane zakho imfundo esezingeni eliphezulu!



Enye yezindlela ezinhle kakhulu yokuzihlomisa ukuze usekele ukufunda kwengane yakho okuqhubekayo iwukubuza ingane yakho nothisha bayo imibuzo. Lokhu kuzokunikeza ithuba lokuqonda ukuthi ikuliphi izinga ingane yakho – kokubili ngemvundo nangokomzwelo. Buza ingane yakho imibuzo edinga incazelo ngesikole, njengokuthi:

“Yiziphi izifundo ozijabulelayo esikoleni?
Yini oyithandayo ngazo?”

“Yiziphi izifundo ozithola ziyinselele kakhulu?
Yini eyinselele ngazo?”

“Yisiphi isikhathi osithanda kakhulu esikoleni?
Kungani usithanda kangaka?”

“Imithetho yasesikoleni ihluke kanjani
emithethweni yasekhaya?
Ucabanga ukuthi imithetho ikahle?”

Indlela osabela ngayo ezimpendulweni ingane yakho ezinikezayo ibaluleke kakhulu ekwakheni ukwethembana nokuqiniseka ukuthi uyakwazi ukuyisekela uma inobunzima esikoleni. Yiba nomqondo ovulekile futhi uzimisele ukuxoxa nengane yakho ngezinto ezivelayo. Ungazama futhi **ukuxhumana nothisha wengane yakho**. Angakunikeza iseluleko esihle ngezinhlobo zemisebenzi ongayenza ukuze ugxilise lokho ingane yakho esikwazi kakade. Othisha abanengi bathola izindlela zokusekela abafundi babo phakathi nobhubhane lwe-COVID-19, futhi abanye basebenzisa u-WhatsApp ukuze bakhulume nabazali.



Izindlela ezingokoqobo zokuqalisa ukukhulumisana nothisha wengane yakho, nesikole nomphakathi wesikole:

1. Uma isikole singakaze sikhulume nawe, kungenzeka ukuthi sinenombolo yakho endala noma kungenzeka ukuthi sayilahla inombolo yakho. Xhumana naso ukuze ulungise lokho uma kungenzeka.
2. Uma wehluleka ukuthola isikole noma uthisha, bakhona yini abanye abazali obaziyo esikoleni? Xhumana nabo ukuze uthole inombolo yocingo noma i-imeyili kathisha ofundisa ingane yakho.
3. Uma usunemininingwane yokuxhumana enembile, thola ukuthi yikuphi ukukhulumisana namalungiselelo isikole esinawo mayelana nobhubhane lwe-COVID-19.

Amacebiso okufundela ekhaya

Isikole esivamile singase siphazamiseke phakathi nobhubhane lwe-COVID-19. Lapho usekela ingane yakho ekhaya, uhlobo lwemisebenzi oyenzayo luzokwehluka ekufundeni ekwenza esikoleni.



Ngezingane ezineminyaka engu-3-6, kubalulekile ukuba...

- Wakhe **inqubo**. Le nqubo izokwehluka kuleyo yalapho ingane yakho iya esikoleni, kodwa izosiza ekwenzeni wena nengane yakho nizizwe nivikelekile futhi nilawula isimo.
- Ugxile ekuzameni ukwakha iqoqo **lamagama** lengane yakho ngokufunda, ukuyixoxela izindaba nokukhuluma nayo ngezinto enizenza ndawonye phakathi nosuku.
- Uzame ukugcina ingane yakho **ikhuthele** futhi uyinike imisebenzi eyenza isebenzise kokubili imisipha yayo emikhulu nemisipha emincane, lokhu kuyisiza ukuba ithuthukise amakhono ayo ezinzwa ezinkulu nezincane. Imisipha emikhulu iyenza igijime, igxume, futhi iphonse; imisipha emincane ikakhulukazi isezandleni naseminweni.

Ochwepheshe bokufunda kwabasebancane, i-SmartStart (www.smartstart.org.za), banezinsiza ezingadingi idatha ezizokusiza uthuthukise inqubo, kanye nemisebenzi ongayenza nengane yakho. Zingezezingane ezineminyaka engaphansi kuka-7 futhi zatholakala lapha: <https://smartstart.datafree.co/everyweekcounts/>



Ngezingane ezisesikoleni esiyi-primary, kubalulekile ukuba...

- **Uxhumane nesikole sengane yakho** futhi uthole ukuthi yini esiyenzayo ukusekela abafundi phakathi nale nkathi.
- Ezinye izikole sezinzazo kakade izinhlelo, kodwa uma esakho singenazo, **gxila ekuprakhizeni ukufunda ne-mathematics.**

I-ClickMaths yakhe idathabheyisi enezinsiza ezingadingi idatha ukuze isize izingane, kokubili nge-mathematics nokufunda. Lezi zinsiza zitholakala lapha <https://clickmaths.org>

- **Yakha inqubo** eyakha isikhathi sokufunda nokudlala.
- Uma kunezingane ezisemabangeni ahlukahlukene ekhaya lapho zikhuthaze ukuba **zifunde futhi zisebenze ndawonye.** Lokhu akusizi nje kuphela ingane esencane, kodwa futhi kusiza ekugxiliseni ukufunda okuyisisekelo kwengane yakho endala.



Manje ungaxilisa futhi izimiso onomuzwa wokuthi zibalulekile ukuze ingane yakho isebenzelane nomhlaba nabanye ngendlela enhle.



Ngezingane ezise-high school, kubalulekile ukuba...

- Uhlale nazo futhi uqonde ukuthi **singakanani isikhathi** ezisidingayo ngosuku ukuze zikwazi ukwenza umsebenzi wazo wesikole. Beka imigomo efinyelelekayo.
- Uzisize ukuba zibhale **i-timetable** esuka ngoMsombuluko iya ku-Lwesihlanu. Lokhu kwenzelwa ukuzinika isikhathi esanele usuku ngalunye sokuzama ukufinyelela imigomo yokufunda. Khumbula ukuthi kungase kudingeke ukuba ubukeze i-timetable uma seziyamile.
- Uqiniseke ukuthi ingane yakho **ilala ngokwanele** nsuku zonke, ngendlela obungenza ngayo ukube beyiya esikoleni.
- Ubuze ingane yakho ukuthi ifundani emkhakheni ngamunye sokufunda. Awukwenzeli ukuyisiza ngekefundayo, kodwa **ubonisa isithakazelo ekufundeni kwayo.**
- **Ukhuthaze ingane ukuba ikhulume** nefunda nabo ekilasini nothisha bayo. Othisha abaningi base-high school njengamanje basebenzisa u-WhatsApp ukuze bafundise abafundi. I-Moya Messenger app yamafoni e-Android ayiyidingi idatha.



U kuzinakekela kubalulekile

Ubhubhane lwe-COVID-19 luphazamise ukuphila kwethu kwansuku zonke futhi kwashintsha indlela esenza ngayo izinto. Yisikhathi esinzima kuwo wonke umuntu, futhi uma ungayivikeli impilo yakho yengqondo ngeke ukwazi ukunakekela izingane zakho. Yakha umphakathi nabanye abazali ababhekene nesimo esifanayo. Yakha iqembu le-WhatsApp/le-Moya Messenger enizokwazi ukuthintana kulo, nixoxe ngezinsesele nezimpumelelo.



Yiba umuntu oshintshashintshayo, uma indlela ethile yokufundela ekhaya ingawusebenzeli umndeni wakho, zama okunye. Futhi uma ukuphela kwento ongayenza kuwukubonisa uthando nokunakekela – lokho kwanele. Izingane zinamandla amakhulu engqondo futhi zingakwazi ukuphinde ziqhubeke lapho zigcine khona nomsebenzi wesikole, ikakhulukazi uma uzisekela.

COVID-19

Coronavirus hotline: 0800 029 999 / WhatsApp 060 012 3456
www.sacoronavirus.co.za / <https://coronavirus.datafree.co>

MENTAL HEALTH

South African Depression and Anxiety Group hotlines: 0800 21 22 23 /
0800 456 789 / 0800 20 5026 / 0800 70 80 90 www.sadag.org

POSITIVE PARENTING

Senthara ya Batsadi: www.theparentcentre.org.za / 021 762 0116

LITERACY CATCH UP SUPPORT

Reading for Meaning: Ungathola izindaba nemisebenzi ye-Reading for Meaning ku-WhatsApp ngokuthayipha okuthi "hello" ukuthumele ku+27 600 54 8676 bese ulandela imenyu ye-Zero Dropout Campaign.

Sizani!

DG
MT

**ZERO
DROP/OUT**

 PUBLIC SCHOOL
PARTNERSHIPS

I-Parent Power iwumkhankaso we- DG Murray Trust (dgmt.co.za).
Uhloselwe ukushukumisa umphakathi wabazali abakhuthele eNingizimu
Afrika abanikezwe amandla okusebenza njengabavikeli bemfundo yezingane
zabo. Le ncwajana yenziwe ngeqhaza le- Zero Dropout Campaign ne-Public
School Partnerships.