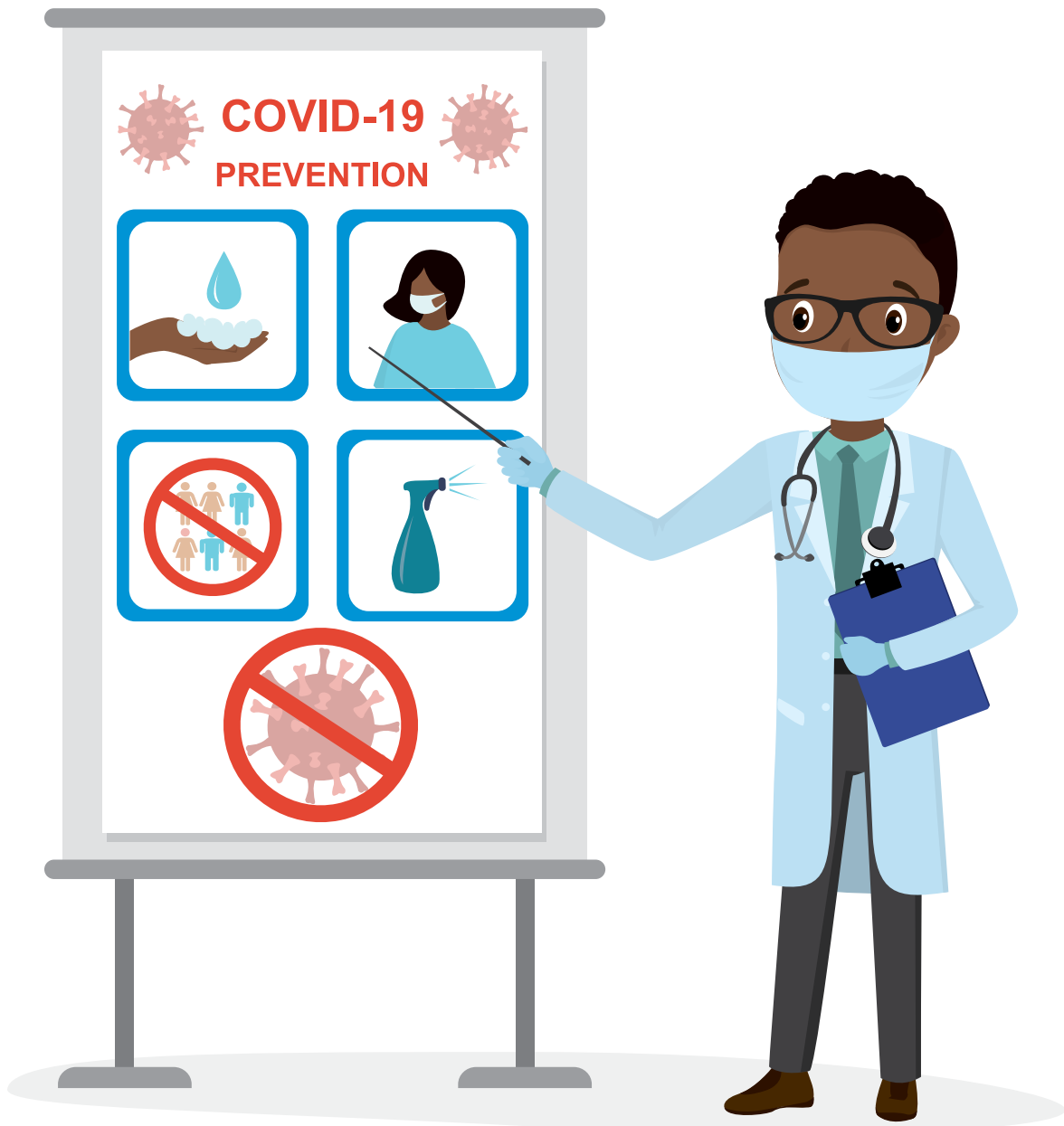




# IINGCEBISO KUBAZALI

## UKUXHASA ABANTWANA BAKHO NGELI XESHA LIKAHLALA-NGENDLU LECOVID-19

ISebe leMfundo esisiSeko liyasiqonda isidingo sokunceda abazali nabanakekeli babantwana ukuze babe nokumelana neli xesha likahlala-ngendlu. Esi sikhokhelo silula siqulunqelwe ukunikeza iingcebiso neendlela zobuchule zokunceda abazali bakwazi ukuxhasa abantwana babo ngeli xesha.



# Isikhokhelo #1

Nakekela isimo sengqondo yakho kunye nesimo seemvakalelo zakho



# Zenzele ububele



Ixesha likahlala-ngendlu lixesha elinzima. Sonke sijongene noloyiko, ucinezelo, nesimo sokungaqiniseki. Kungakho uchatha kubunzima kwiintsapho ezinoxinezelelo kwezemali, ezijongene nezigulo zomzimba nezengqondo, iintsapho ezihlala nomntu ongumhlukumezi, ezihlala kwiindawana ezixineneyo ezincinci, okanye ezo zinoovimba boncedo abambalwa.

## Bangenza ntoni abazali ngale meko?

- Ngokommo, abantwana bamelana nemeko ngohlobo oyithatha ngayo.
- Ukuba ufuna abantwana bakho babe nomoya ozolileyo bamelane nemeko, kufuneka wena uzame ukuzola umelane nemeko.
- Bonke abantwana baqwalasela benze ngohlobo owenza noziphatha ngalo, abaphulaphuli oko ubaxelela kona kuphela.
- Ngenxa yoku, kufuneka uzame ukufumana bucala ixesha nendawo yokunxibelelana nabanye abantu abadala ngexhala, uloyiko, noxinzelelo ophantsi kwalo. Zama ukuba abantwana bakho bangaluva olu nxibelelwano neengxoxo.
- Ukuba awunabani ongathetha naye, qhagamshelana neendawo ezineminxeba yoncedo nokuba inye kwezo zikhoyo.
- Kufuneka uzame ukulawula isimo sakho namaxhala onawo ukuze ube ngumzekelo omhle kubantwana bakho.
- Abantwana bakho mababone umntu ongoyiswanga yile meko kwaye othatha izigqibo ezilungileyo malunga nesimo sabo.

## Ungatsalela bani ufune uncedo

Umnikezi-nkonzo	WeSizwe okanye wePhondo	Udidi lwenkonzo	Iinkcukacha zoqhagamshelwano
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

<b>Umnikezi-nkonzo</b>	<b>WeSizwe okanye wePhondo</b>	<b>Udidi lwenkonzo</b>	<b>Iinkcukacha zoqhagamshelwano</b>
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

# Isikhokhelo #2

Nakekela isimo sengqondo yabantwana bakho  
kunye nesimo seemvakalelo zabo



# Yiba nonxulumelwano nabantwana bakho



Njengabazali nabanakekeli babantwana, kusoloko kubalulekile ukuqhagamshelana nabantwana bakho. Kwiimeko zoxinzelelo okanye intlekele, kubaluleke ngakumbi ukuthetha nabantwana bakho, nokuqwalasela indlela abaziphethe ngayo. Eli lixesha lotshintsho olukhulu nentandabuzo kubantu bonke. Ulutsha olufikisayo lukwinqanaba lobomi apho abahlobo nonxulumano noluntu lubaluleke kakhulu, ngoko ke le meko yexesha likahlala-ngendlu neCOVID-19 ibabeke kwimeko enzima kakhulu. Olu lutsha lukwaphatheka kakubi lula ziimeko zoxinezelelo, inkxalabo kunye nokudandatheka ngeli xesha.

## Bangenza ntoni abazali ngale meko?

- 1** *Qala ngokubabuza ukuba bazi ntoni bona ngale ntsholongwane yexesha likahlala-ngendlu, kwaye baziva njani ngezi ziganeko.*
  - Babonise abantwana bakho ukuba ubanika indawo ekhuselekileyo yokwabelana ngeengcinga zabo ngokuphandle nangokunyaniseka. Mamele ngononophelo njengoko bethetha. Musa ukubaphazamisa, musa ukulungisa oko bakuthethayo, musa ukubahleka okanye ubenze intlekisa abantwana bakho, kwaye ungabaqhawuli besathetha.
  - Ukuba abantwana baphendula imibuzo yakho ngokufutshane okanye ngegama elinye, thetha kakuhle ngokuthambileyo ubabuza imibuzo exhokonxa iingcinga ukubakhuthaza bathethe ngakumbi. Umzekelo: “Uthetha ukuthini xa usitsho?” okanye “Unganabisa uthini nge...”
  - Yiba nomonde. Abantwana abaninzi baza kusola abazali babo, baze bajolise ingqumbo yabo, umsindo, udano, nokudikwa kwabo, kuwe.
  - Xa abantwana bakho bethetha, thatha amanqakwana engqondo ngezinto abaziqonda ngendlela engeyiyo ngale meko, nangemeko yeemvakalelo zabo.
- 2** *Okulandelayo, nika abantwana ulwazi oluchanekileyo nolubalingeneyo ngokobudala babo, ulungise izinto abaziqonda ngendlela engachanekanga, uthomalalise inkxalabo uze ubanike ithemba.*
  - Gcina ulwazi owabelana ngalo lulula kodwa luchanekile.
  - Yabelana ngolu lwazi ngendlela ezolileyo necacileyo.
  - Musa ukwenza izithembiso ongayi kuzigcina, umzekelo, uthi ngekhe ikufumane le ntsholongwane. Noxa kunjalo unako ukubaqinisekisa ukuba uza kuzama ngako konke ukuba uhlale ukhuselekile, uze ugcine nabantwana bakho bekhuselekile.
  - Nika abantwana bakho ithemba. Thetha ngento yokuba le meko iza kuphela idlule, kwaye iinzululwazi kunye noogqirha baza kuyifumana indlela yokuyilwa le ntsholongwane.
  - Phendula imibuzo yabantwana bakho ngendlela eyanelisayo. Vuma xa kukho into ongayaziyo. Unokuthi, “Mhle lo mbuzo wakho. Andinayo impendulo yawo okwangoku. Kodwa ndiza kuzama ukuyifuna ndiyifumane.”
  - Zama ukususa konke ukungaqondi abanokuthi babe nako abantwana bakho ngale ntsholongwane okanye ngokuhlala-ngendlu.

## Ukucacisa le ntsholongwane nexesha likahlala-ngendlu kubantwana abancinane

- Intsholongwane sisifo esifana nomkhuhlane, okanye imasisi.
- Kukho intsholongwane entsha kraca ehlabathini, ibizwa ngokuba yiNtsholongwane iKhorona.
- Kuba iyintsholongwane entsha kraca, oogqirha noosolwazi badinga ixesha lokufunda ngayo ukuze bakwazi ukuyinqanda le ntsholongwane ingabagulisi abantu.
- Ukunika oogqirha noosolwazi ixesha lokufunda ngale ntsholongwane, xa sisonke kufuneka sihlale emakhaya ixeshana.
- Kuya kuthi xa oogqirha noosolwazi besithi kulungile, siqhothoze kancinci ukuqala ukubuyela esikolweni nasemisebenzini, ukuze sonke sihlale sikhuselekile.



## Ukucacisa le ntsholongwane nexesha likahlala-ngendlu kubantwana abasakhulayo nolutsha olufikisayo

*Qaphela: Sebenzisa ingqondo yakho yemveli ukuthatha isigqibo sobungakanani bolwazi omawabelane ngalo nabantwana bakho. Awunqweneli kubenyusela izibilini okanye inkxalabo.*

- Intsholongwane sisifo esifana nomkhuhlane okanye imasisi.
- Kukho intsholongwane entsha ehlabathini ebizwa ngokuba yiNtsholongwane iKhorona okanye i-COVID-19. Oku kumele: Isifo seNtsholongwane iKhorona sika-2019 ‘
- Le ntsholongwane isasazeka phakathi kwabantu abasondelelene kakhulu omnye komnye, njengaxa umntu owosulelekileyo ekhohlela okanye ethimla. Ingasasazeka xa ubamba indawo okanye into, umzekelo ukuba umntu uthe wathimlela etafileni, waza wena wabamba itafile leyo, ugqithisela intsholongwane kuwe ngokubamba umlomo, impumlo okanye amehlo.



- Le tsholongwane ichaphazela abantu ngeendlela ezahlukileyo:
  - *Abanye abantu banayo le ntsholongwane, kodwa abaziva begula kwaphela. Sithi ke abo ngabangenazimpawu.*
  - *Abantu abaninzi baziva bengaphilanga kangangeveki okanye ezimbini. Amaxesha amaninzi iqondo lobushushu bomzimba liba phezulu, umzimba ube buhlungu uqaqambe, lungakho nokhohlokhohlo. Emva koko baphile qete.*
  - *Umnyinge weepesenti ezimbalwa ugula ngamandla, kungafuneka umntu alaliswe esibhedlele ithutyana.*
- Abantu abangaphantsi kwe-18 leminyaka basenokungabonakalisi zimpawu, kwaye ngabona bangenakufane bagule kakhulu. Ukuba bathe bagula baye baphile kakuhle kakhulu.
- Kuba le iyintsholongwane entsha oogqirha noosolwazi badinga ixesha lokufunda ngayo, ukuze bakwazi ukufumana isigonyo kunye nonyango olungcono.
- Ukunika oogqirha noosolwazi ixesha lokufunda ngale ntsholongwane, sonke kufuneka sihlale emakhaya ixeshana.
- Eli xesha likahlala-ngendlu likwanika urhulumente ixesha lokulungisa inkqubo yethu yezempilo yoluntu – kuqeqeshwe abasebenzi basesibhedlele aboneleyo ze kusekwe iinkqubo ezifanelekileyo, kuthengwe izixhobo ezaneleyo zezibhedlele zonke, kwaye kuqeshwe nabasebenzi aboneleyo.
- Xa ukunwenwa kwentsholongwane kulawuleka, nezibhedlele zethu zikulungele ukunakekela abantu abagulayo ngobuninzi babo, ixesha likahlala-ngendlu linganyenyiswa kancinane.
- Abantu baya kuqalisa ukubuyela emisebenzini nasesikolweni ngendlela eqhothozayo – hayi bonke ngaxesha-nye.
- Uninzi lwethu kusaya kufuneka luhloliwe, kwaye kuya kubakho imithetho emininzi ekuya kufuneka ilandelwe ukuqinisekisa ukuba le ntsholongwane ihlala iphantsi kolawulo.

**3** *Khangela iimpawu ezisisilumkiso ubone xa imeko imongamele umntwana wakho. (Ezinye zezi zilumkiso zisenokubonakala ikakhulu kulutsha olufikisayo)*

- Ukuziva ukhathazekile okanye ukukhala kungekho sizathu.
- Umsindo nokubonakalisa imeko yoxinzeleleko kungekho sizathu.
- Ukungabi nanxaxheba kwimisebenzi ebebeyithanda ekhaya.
- Ukulahlekelwa ngumdla wokuchitha ixesha nosapho okanye abahlobo besebenzisa amajelo onxibelelwano oluntu.
- Ukuxhwithana okanye ukuphikisana nosapho okanye abahlobo kumajelo onxibelelwano oluntu.
- Ukudinwa nokuphelelwa ngamandla.
- Ukulala ixesha elide okanye ukungakwazi ukulala.
- Ukutshintsha komdla wokutya.
- Ukugqabhuka ngumsindo, isimo sokuphazamisa abanye okanye ukuziphatha ngendlela enobungozi.
- Ukuzenzakalisa (umz. ukuzisika, ukuzitshisa, okanye ukuzivisa ubuhlungu.)



## **Ukusebenza ngabantwana abasakhulayo nolutsha olufikisayo olungakwazi kumelana nemeko kahlala-ngendlu**

- Thetha nabantwana bakho ngesimo esindlongondlongo okanye esingatshongo khona onqwenela ukuba sitshintshe uze ubacebise ngendlela eyenye ecacileyo yento onqwenela ukuba bayenze.
- Xa indlela yabo yokuziphatha itshintsha isiba ngcono, bancome ngoko ukubonayo (umz. 'Xa ubuthetha ngendlela ezolileyo nam, ndikuthandile oko.')
- Nika abantwana bakho uthando oluninzi. Baxebele ukuba uyabathanda. Bamamele xa bethetha nawe. Ukuba nikwimeko kahlala-ngendlu kunye, bange ubonakalise uthando onalo ngakubo.
- Nika abantwana bakho ithemba – thetha ngobomi emva kwemeko kahlala-ngendlu. Thetha ngokubona kwabo izihlobo zabo, ngokubuyela esikolweni, ngokudlala phandle, nangezicwangciso namaphupha abo exesha elizayo.
- Ukuba imeko ayiphucuki okanye iba mbi ngakumbi, tsalela umnxeba kweminye yeminxeba yoncedo emininzi efumanekayo.

# Isikhokhelo #3

Nakekela isimo sempilo yabantwana bakho



# Hlala ukhuselekile kwaye uphilile



Kukho imithetho elula ekufuneka sonke siyilandele ukukhusela abantwana bethu kule ntsholongwane.

## **Bangenza ntoni abazali ngale meko?**

*Fundisa abantwana bakho ukusebenzisa imithetho emihlanu ebalulekileyo ukuze bahlale bekhuselekile kwiCOVID-19. Qinisekisa ukuba ungumzekelo kubantwana bakho ngale ndlela yokuziphatha.*

- 1** Hlamba izandla zakho ngesepha namanzi ngamaxesha onke. Hlikihla izandla zakho ngesepha imizuzwana engamashumi amabini. Hlamba oobhontsi, umva wezandla zakho, naphakathi kweminwe.
- 2** Zamani kangangoko ukungabubambi ubuso benu. Iintsholongwane ngamaxesha amaninzi zingena kwimizimba yethu ngomlomo kunye nempumlo, ngoko ke kufuneka sizame unako nako singazibambi ebusweni.
- 3** Thimlela okanye khohlelela engqinibeni okanye kwitshefana yephepha elithambileyo. Ukuba usebenzise itshefu yephepha elithambileyo yilahle emgqomeni.
- 4** Ukuba kufuneka uphumile, mela kude kangangemitha enesiqingatha kwabanye abantu. Ukuba unako, nxiba imaski xa uphuma.
- 5** Ukuba uyagula unobushushu emzimbeni, iingqaqambo okanye ukhohlokhohlo, kufuneka uxelele umntu omdala.

# Isikhokhelo #4

Qingqa inkqubo efanayo yemihla ngemihla nabantwana bakho



# Inkqubo efanayo yemihla ngemihla yenza ubomi bukhuseleke kwaye bube kwisimo esiqhelekileyo



Njengabazali nabanakekeli babantwana, kufuneka sakhele abantwana bethu isimo sokhuseleko nesendlela yesiqhelo njengoko belindele ukubuyela esikolweni. Kufuneka sibagcine abantwana bethu benonxulumano 'nesimo sesiqhelo sobomi' babo ngokubakhuthaza ukuba benze imisetyenzana yabo yesiqhelo kangangoko.

## Bangenza ntoni abazali ngale meko?

- 1** *Sebenza nabantwana bakho niqingqe inkqubo efanayo yemihla ngemihla esebenzela usapho lwakho.*
  - Hlala phantsi nephepha kunye nento yokubhala nibambe ingxoxo nabantwana bakho ngeenkqubo zemihla ngemihla.
  - Cacisa ukuba iinkqubo zemihla ngemihla ziya kwenza ubomi bube lula kumntu wonke wosapho, zinciphise amathuba eempikiswano nongquzulwano.
  - Cacisa nokuba imeko kahlala-ngendlu ibeka nani bazali phantsi koxinzelelo, kwaye ukufumana intsebenziswano kubantwana bakho kuya kunixhasa kunincede ngendlela engummangaliso.
  - Thetha ngeendidi zemisetyenzana ekufanele ibe yinxalenye yenkqubo yemihla ngemihla. Bakhuthaze abantwana bakho ukuba banike iziphakamiso zale misetyenzana. Bakhumbuze abantwana bakho ukuba baza kubuyela 'kubomi babo besiqhelo' kwaye akufuneki ukuba balahlekane nolwazi kunye nezakhono zabo ngeli xesha.
  - Cacisa ukuba imisetyenzana yabo iya kwahluka ngokweminyaka yabo.
  - Qinisekisa ukuba inkqubo yemihla ngemihla yabantwana bakho iyakusebenzela nawe. Qinisekisa ukuba abantwana benza imisebenzi ethile ekufuneka yenziwe kwaye izidlo ziba ngexesha elilungele usapho luphela.
- 2** *Sebenzisana nabantwana bakho uqinisekise ukuba balandela iinkqubo zabo zemihla ngemihla.*
  - Xa imisebenzi yemihla ngemihla iqingqiwe, buza umntwana ngamnye kubantwana bakho ukuba uyayamkela na imisebenzi yakhe, nokuba uya kuzama ngako konke anako ukulandela inkqubo yakhe yemihla ngemihla.
  - Yenza itshathi elula yenkqubo yemihla ngemihla yomntwana ngamnye okanye yalela umntwana ngamnye azenzele itshathi yakhe.
  - Xhoma ezi tshathi kwindawo ebonakala ngokulula.
  - Kwiintsuku zokuqala ezimbalwa, qeqesha abantwana bakho balandele iinkqubo zabo zemihla ngemihla ngokubakhumbuza ukuba bakhangele imisebenzi yabo yemihla ngemihla, kwaye balandele ubone ukuba bayayenza yonke imisetyenzana yabo. Oku kuza kuba nzima ekuqaleni, kodwa kuya kwenza ubomi bakho lula ngokuhamba kwexesha.
  - Bamba intlanganiso rhoqo emva kweentsuku ezimbalwa, ubone ukuba abantwana bakho bayayilandela na inkqubo yabo yemihla ngemihla.

- Ukuba akunjalo, xoxa ngezizathu ezingunobangela. Qwalasela ukuba akufuneki wenze utshintsho olungephi na kwiinkqubo zemihla ngemihla.
- Musa ukutsala iintambo ngamandla okanye uqinise intloko ngeenkqubo zemihla ngemihla – musa ukuzongezela uxinezelelo. Kodwa yiba nemiphumela xa omnye wabantwana engayilandeli konke inkqubo yemihla ngemihla.

## Imisetyenzana enokufakwa kwinkqubo yemihla ngemihla

- 1 Ubuthongo.** Abantwana kufuneka balale iiyure ezi-9-10 ngobusuku ngabunye. Abafikisayo kufuneka balale iiyure ezisi-8-9 ngobusuku ngabunye.
- 2 Ukuhlamba nokunxiba.** Bakhuthaze abantwana ukuba bahlambe kwaye banxibe kakuhle yonke imihla.
- 3 Izidlo.** Zama ukumisa amaxesha esidlo ngexesha elinye. Ukuba unako, zama ukunika abantwana bakho izidlo ezi-3 ngemini, kunye namashwamshwam ayimpilo kanye okanye kabini. Zama ukuba nencoko yosapho nokuba kukwisidlo esinye kwizidlo zemihla ngemihla.
- 4 Imisebenzi.** Zama ukumisela abantwana iyure ukuya kwezintathu benze imisetyenzana, kuxhomekeke kwiminyaka yabo noko kufuneka kwenziwe kwikhaya lakho. Imisebenzi yasekhaya mayiquke ukondlula iibhedi, ukuhlamba izitya, ukutshayela, njalo-njalo. Nceda ungabaniki imisebenzi eza kufuna ukuba baphume endlwini nangona besenakho ukusebenza ngaphakathi eyadini.
- 5 Umthambo.** Kubaluleke kakhulu ukuba abantwana benze imithambo yonke imihla. Imithambo yenza wonke umntu azive ngcono. Cinga ngemithambo nemidlalwana enokwenziwa kwindawo onayo ngeli xesha likahlala-ngendlu. Le ingayimithambo elula efana nokubaleka ndawonye, ukuxhuma uvule imilenze unyuse izandla ziye kudibana phezulu, ukuchopha nokuzityhala uzenyusa.
- 6 Ukufunda izifundo.** Kubantwana abancinci, ukuya kuma kwiBanga lesi-3, misa ixesha lokufunda elimalunga neyure enesiqingatha ngemini. Kubantwana abakwiBanga lesi-4 misa malunga neeyure ezimbini ezinesiqingatha ngemini. Kubafundi abakwiBanga lesi-7 ukuya kwele-12, zama ukumisa phakathi kweeyure ezi-3-4 zokufunda ngemini.
- 7 Ukufunda.** Zama ngenene ukukhuthaza abantwana bakho ukuba baziqhelise ukufunda ngeli xesha. Zama kangangoko ukufumanela abantwana bakho izinto zokufunda. Misa iyure ukuya kwezimbini zokufunda ngemini.
- 8 Ixesha elilelabo.** Misa lonke ixesha eliseleyo njengexesha labo abakhululekileyo ngalo. Bavumele abantwana bakho ukuba bachithe eli xesha ngendlela abathanda ngayo. Baya kulithakazelela balonwabele eli xesha.

## Umzekelo wenkqubo yemihla ngemihla yomntwana okwiBanga 4–6

08h00	Vuka, hlamba unxibe
08h30	Isidlo sakusasa
09h00	Imisetyenzana yakusasa
10h00	Amashwamshwam nexesha elilelakhe
10h30	Ixesha lezifundo
12h30	Ixesha elilelakhe
13h00	Isidlo sasemini
14h00	Ixesha elilelakhe okanye ixesha lokuphumla
15h00	Ixesha lemithambo
15h30	Ukufunda
16h30	Imisetyenzana yasemva kwemini
17h30	Ixesha elilelakhe
18h30	Isidlo sangokuhlwa nokuqoqosha
19h30	Hlamba utshintshe isinxibo
20h00	Ixesha elilelakhe
21h30	Ixesha lokulala

# Isikhokhelo #5

Into emayenziwe 'ngeXesha lokuFunda izifundo'





# Ukufunda kufuneka kube nentsingiselo kwaye kube nengqiqo



ISebe leMfundo esisiSeko (iDBE) alilindelanga ukuba abazali babe ziititshala ngexesha likahlala-ngendlu. Kwaye asilindelanga nokuba abafundi bazifundise ikharityhulam. Nceda usamkele isiqinisekiso sethu sokuba xa abantwana bakho bethe babuyela esikolweni, izicwangciso 'zeendlela zokubuyisela isimo' ziya kube zilungile ukuqinisekisa ukuba abantwana benu bafundiswa oko kufuneka bekwazile. Kodwa ke, siyanqwena ukuba abazali nabanakekeli babantwana baqinisekise ukuba ukufunda okunentsingiselo kuyaqhuba ngeli xesha likahlala-ngendlu.

Kubalulekile kakhulu ukuba bonke abantwana 'bahlale benonxulumano' nobomi besikolo. Oku akuthethi ukuba kufuneka baqhagamshelane nesikolo. Koko kuthetha ukuba kufuneka bangakulibali oko sekufundiwe, kwaye bangayilibali indlela yokumamela, ukufunda, ukufunda izifundo, nokwenza imisebenzi yesikolo. Badinga ukwenza imisebenzi rhoqo efana nokuzihlaziya nokucengceleza oko bakufunde kwilixa elingaphambili; ukufunda nokuqonda izicatshulwa; ukwenza imisebenzi ebhalwayo; nokuziqhelisa izibalo zeMathematika neSayensi. Le misebenzi iya kwenza abantwana bakho bakulungele ukubuyela esikolweni. Baya kuba ziincutshe kwizinto abazifundileyo, kwaye baya kube beziqhelile iinkqubo zokufunda. Baya kuba bexhotyiselwe umsebenzi onzima nesingqi esikhawulezayo abaza kuhlanguana naso xa bebuyela esikolweni.

## Bangenza ntoni abazali ngale meko?

**1** Yenzela abantwana bakho indawo efanelekileyo yokwenza umsebenzi wabo ubancede balungise oovimba babo.

- Lungiselela abantwana bakho indawo yokusebenzela apho baza kufundela khona. Le isenokuba yindawo kwigumbi lokuphekela okanye kwitafle yokutyela, okanye ingayindawo ephantsi emgangathweni. Bakhuthazeni abantwana ukuba basebenzele endaweni enye ngamaxesha onke, njengenxalenye yenkqubo yabo yemihla ngemihla.
- Bakhuthaze abantwana bakho ukuba bakhuphe zonke iincwadi zabo zesikolo zibe ngaphandle, ukuze baqinisekise ukuba zilungiswe ngendlela.
- Qokelela neencwadi zokubhala zonke ezisendlwini nakoobhaka besikolo. Zama ukuqinisekisa ukuba baneepeni neepensile, nazo zonke izixhobo abanokuzidinga.
- Okokugqibela, qokelela zonke izixhobo zokufunda ezifumanekayo endlwini yakho. Oku kuquka iincwadi zezifundo, iincwadi zokusebenzela zeDBE, iincwadi zokufunda, iimagazini okanye amaphephece amacwecwe okufunda, iinovel, amaphephandaba, iBhayibhile, njl.njl

**2** Sebenzisa nayiphi na inkqubo efumaneka esikolweni.

- Ukuba abantwana bakwisikolo esinamajelo okunxibelelana nabazali kwaye sinike iinkqubo zokufunda ngexesha likahlala-ngendlu, nceda ukusebenzise oko.
- Xhasa abantwana bakho ngandlela zonke ukuze bakwazi ukulandela inkqubo yezifundo yexesha likahlala-ngendlu.

**3 Funda uluhlu 'IweMisebenzi yokuFunda' elandelayo uze uyakhele kwinkqubo yemihla ngemihla yabantwana bakho.**

- Uluhlu lwemisebenzi elungele ubudala obuthile engezantsi apha ilungiselelwe isigaba ngasinye sokufunda.
- Le misebenzi ingenziwa ngaphandle kokusebenzisa oovimba abaluncedo abongeziweyo, ikhompuyutha okanye i-intanethi.
- Konke oku kuluncedo kwaye kuya kugcina abantwana bakho benonxibelelwano nesikolo kunye nokufunda izifundo.

## **Imisebenzi yabafundi abakwiBanga R ukuya kwelesi-3**

*Qaphela: Abafundi abancinane badinga uncedo oluthe chatha ngemisebenzi yokufunda, kodwa umtwana wakowabo omdala unokunceda.*

### **1 Ukubala**

- Qokelelela abantwana bakho amatye amancinci, iimbotyi, ipasta njalonjalo, ukuze azisebenzise xa ebala.
- Bonisa abantwana bakho indlela yokuziqhelisa ukubala ngamatye.
- Ukuba unexesha, fundisa abantwana bakho ukubala babheke phezulu kunokuba bekwazi.
- Bonisa abantwana bakho indlela yokusebenzisa amatye babale ngezibini, izithathu, izine, izihlanu, kunye namashumi.
- Bonisa abantwana bakho indlela yokusebenzisa amatye xa bebala bebuya umva.

### **2 Ukudibanisa nokuthabatha**

- Sebenzisa amatye ukunceda abantwana bakho baziqhelise ukudibanisa nokuthabatha. KwiBanga loku-1 nelesi-2, kufuneka baziqhelise ukudibanisa nokuthabatha ukuya kuma kwi-10. KwiBanga lesi-3, abantwana bangaziqhelisa ukuya kuma kuma-20.

### **3 Ukudlala ivenkile**

- Beka ixabiso kwizinto ezikhoyo endlwini yakho, umzekelo izinto ezikukutya, ifenitshala okanye iimpahla.
- Yenza imali yokudlala ngokukrazula iphepha uze ubhale ixabiso lemali engamaphepha neziingqekembe ephepheni.
- Nikanani amathuba okuba ngunovenkile okanye umthengi.
- Qwalasela ukubala komntwana wakho, ukuze uqiniseke ukuba uyayiqonda indlela yokusebenzisa imali.

### **4 Izandi zonoobumba**

- Songa uze ukrazule iphetshana libe zizikwere ezincinci.
- Bhala unobumba wealfabhethi kwisikwere ngasinye.
- Vula iphetshana. Khomba oonobumba abohlukileyo uze utsho abantwana bakho babize ezo zandi.
- Cela abantwana bakho bakhe amagama awohlukileyo besebenzisa oonobumba abakwizikwere. Njengoko bebeka izandi ndaweninye, babiza izandi baze bafunde amagama.



- Emva koko, cela abantwana bakho babhale la magama phantsi. Ukuba awunaphepha, sebenzisa enye yeencwadi zesikolo zabantwana bakho.

#### **5 Ufundo lwencwadi**

- Xelela abantwana bakho ukuba baziqhelise ukufunda besebenzisa iincwadi zokufunda okanye iNcwadi yokusebenza yeDBE.
- Buyela ekuqaleni kwencwadi uze uqale khona.
- Ukuba abantwana bakho abakwazi ukufunda igama, bancedise balibize ngezandi.
- Xa abantwana bakho belifundile ibali, mabakuxelele ukuba lithetha ngantoni.

#### **6 Ukubhala**

- Ukuba awunaphepha sebenzisa enye yeencwadi zesikolo zabantwana bakho.
- Nika abantwana bakho isihloko basizobe baze babhale ngaso, umzekelo: umhlobo wakho wenene; into oyinqwenelayo ngomhla wokuzalwa kwakho; eyona midlalo uyithandayo; usapho lwakho.
- Xelela abantwana bakho ukuba bacinge kuqala ngento abafuna ukuyizoba baze bayibhale.
- Emva koko, bacele bazobe umfanekiso webali labo.
- Kubantwana abakwiBanga R okanye kwiBanga loku-1, bacele babhale amagama ezinto ezisemfanekisweni.
- Abantwana abakwiBanga lesi-2 okanye lesi-3, bacele ukuba babhale isivakalisi okanye ezibini ngomfanekiso. Bancedise baqale izivakalisi ukuba kufuneka wenze njalo.
- Xa begqibile ukubhala, cela abantwana bakho bakuchazele into abayibhalileyo. Buza imibuzo uze unike iimpendulo.

## Imisebenzi yabafundi abakwiBanga lesi-4 ukuya kwele-9

### 1 Iitheyibhuli zophindaphindo (iBanga le-4 – kwelesi-6)

- Chazela abantwana bakho ukuba bahlaziye iitheyibhuli ezahlukeyo zophindaphindo bade bazazi ngentloko.

### 2 Ubalo ngentloko

- Buza abantwana bakho izibalo ezithile ngomlomo ukuze ubone ukuba bayakwazi ukuphendula ngokuchanekileyo nangokukhawuleza.
- Ezi inokuba kukudibanisa okanye ukuthabatha, ukuphindaphinda okanye imibuzo yokwahlula, okanye kudityaniswe imibuzo. Qala ngemibuzo elula uze unyukele kwimibuzo enzima. Sebenzisa ikhaltyhuleyitha esefowunini yakho ukukhangela ukuba iimpendulo zabo zichanekile!

### 3 Uhlaziyo lweMathematika nokubala

- Yiya ekuqaleni kwencwadi yokufunda iMathematika yabantwana bakho okanye iNcwadi yokusebenzela yeMathematika yeDBE.
- Cela abantwana bakho bafunde baze benze umsebenzi okanye emibini ngosuku uze ujonge ukuba basakwazi na ukuzibalela.
- Zama ukunika abantwana bakho eminye imizekelo abanokuyenza, njengale ikwincwadi yokufunda iMathematika okanye iNcwadi yemisebenzi.

### 4 Ukufunda nokushwankathela

- Xeleta abantwana bakho baziqhelise ukufunda iincwadi zabo zoLwimi lwaseKhaya noLwimi lokuQala oloNgezelelweyo okanye iiNcwadi zokuSebenza zoLwimi zeDBE. (ukuya kutsho kwiBanga lesi-6)
- Buyela ekuqaleni kwencwadi uqale khona.
- Xeleta abantwana bakho baziqhelise ukufunda isicatshulwa bekhwaza, bade bakwazi ukufunda ngokutyibilikayo, ngokuchanekileyo nangendlela enemvakalelo. Emva koko, mabeze kukufundela isicatshulwa eso bekhwaza.
- Ukuba kukho imibuzo ngesicatshulwa, xeleta abantwana bakho bayiphendule loo mibuzo babhale phantsi. Ukuba awunalo iphepha, xeleta abantwana bakho babhale iimpendulo kwenye yeencwadi zabo zesikolo.
- Emva koko, bhala ezi ziqalo zezivakalisi ephepheni, uze uxelele abantwana bakho ukuba bagqibezele izivakalisi kangangoko banako kwincwadi zabo zokubhala. Yenza oku kwisicatshulwa ngasinye esifundwa ngabantwana bakho.
  - Esi sicutshulwa singe...
  - Umlinganiswa oyintloko ngu... (ukuba kufanelekile)
  - Ndisithandile/andisithandanga kuba...
  - Ndifunde ukuba...
  - Ndinga ukuba ...wenza into elungileyo/engalunganga kuba...
  - Ukuba bendingu... (igama lomlinganiswa) bendiya... (ukuba kufanelekile)

### 5 Uhlaziyo lwezinye izifundo

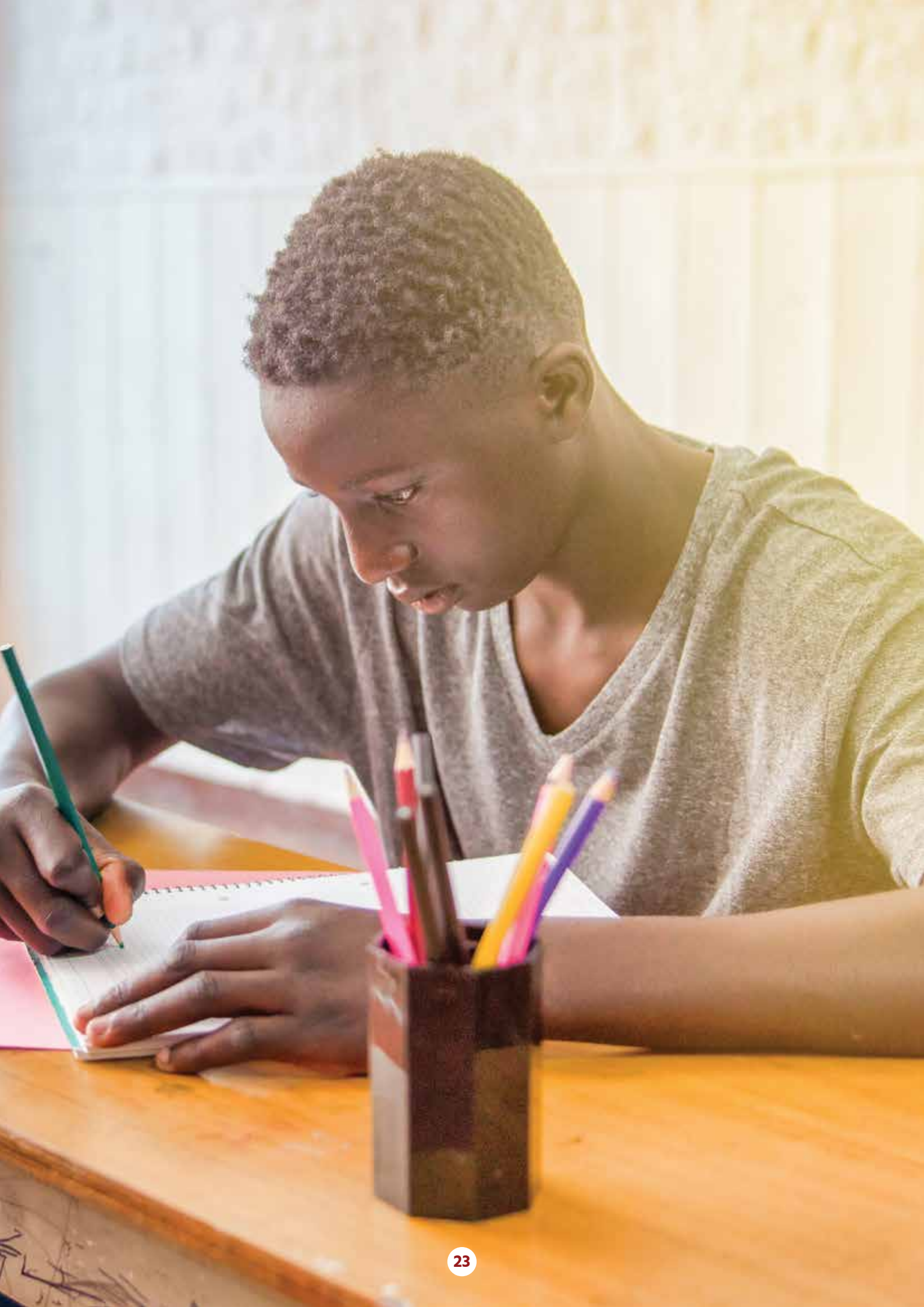
- Xeleta abantwana bakho ukuba baqokelele iincwadi zabo zezifundo kunye nezokubhala zesifundo ngasinye.
- Yonke imihla mabamilisele ingqondo ekuhlaziyeni isifundo esahlukeyo.



- Mabaqale ekuqaleni kwencwadi yesifundo okanye incwadi yokubhala bafunde baze bahlaziye onke amanqaku. Emva koko, mabazame ukwenza yonke imisebenzi, naleya bebeyenze kwikota yokuqala.
- Xa besenza oku, baxelele abantwana bakho ukuba baqiniseke ukuba bayakuqonda oko bakufundayo nabakwenzayo. Ukuba akunjalo mabaxoxe nawe, nomnye kubantwana bakowabo omdala okanye bafowunele umhlobo abafunda naye eklasini, onokubanceda.
- Xelela abantwana bakho ukuba bazame ukugcina ngentloko ulwazi kangangoko, belungiselela ukubuyela esikolweni.
- Ukuba abantwana bakho banamaphepha ovavanyo lwekota yokuqala, mabawaphendule kwakhona, babhale iimpendulo zemibuzo ezincwadini zabo.

## Imisebenzi yabafundi abakwiBanga le-12

- 1** Bakhumbuze abantwana bakho ukuba phambi kwexesha likahlala-ngendlu, bebesele begqibe phantse isahlulelo esinye kwezithathu kumsebenzi wonyaka.
- 2** Bacacisele ukuba, ukuba bayahlaziya baqonde baze bagcine ngentloko wonke umsebenzi kwaye baziqhelise ukubala konke okubalwayo kwiMathematika, iMaths Lit kunye neSayensi kwiindawo abasele bezifundile, baya kuba ziincutshe kumsebenzi osisahlulelo esinye kwezithathu zomsebenzi wonyaka.
- 3** Bakhuthaze abantwana bakho benze uhlaziyo baziqhelise umsebenzi weMathematika okanye iMaths Lit yonke imihla. Ukuba kukho indawo abangayiqondiyo mabakhangele ukuba akunakubanceda na wena okanye omnye kubantwana bakowabo abadala. Kungenjalo mabafowunele umhlobo, isizalwane okanye ummelwane onganako ukunceda.
- 4** Khuthaza abantwana bakho benze uhlaziyo kuLwimi lwaseKhaya nakuLwimi lokuQala oloNgezelelweyo baze baziqhelise yonke imihla. Oku kufuneka kuquke ukufunda kangangoko banako kuba kwiBanga le-10 ukuya kwele-12, abafundi kufuneka bafunde uncwadi olumiselweyo nyaka ngamnye. Abantwana bakho bamele ukuba banazo ezi ncwadi, nokuba yimibongo, amabalana amafutshane, iinoveli, okanye iidrama.
- 5** Cela abantwana bakho bathi chatha ukwenza uhlaziyo nokugcina ngentloko isifundo esisesinye yonke imihla. Bafanele ukuzifunda iincwadi zabo zezifundo kunye namanqankwana akwiincwadi zabo zokubhala. Mabafunde nayiphi na imibuzo esezincwadini zabo bazame ukuyiphendula ngaphandle kokuncediswa. Mababhale izishwankathelo ngolwazi lonke baze bazigcine ngentloko ezi zishwankathelo.
- 6** KwiBanga le-10 ukuya kwele-12, kubaluleke kakhulu ukuzama ukufikelela kwizifundo ezingundoqo eziqhutywa rhoqo. Qalisa ngokujonga amaxesha abekiweyo kwiTivi neRediyo – jonga ukuba akukho zinkqubo ezinokunceda abantwana bakho na ukuze ubakhuthaze bazibukele okanye bazimamele ezo nkqubo.
- 7** Babeke iliso abantwana bakho uqinisekise ukuba bathatha iiyure ezi-3 ukuya kwezi-4 kumsebenzi wokufunda izifundo, yonke imihla.
- 8** KwiSigaba se-FET kubalulekile kubafundi ukuba bahlale benolwazi bangashiyekeli ukuze baqonde amanqaku nezakhono ezifundiweyo, ukuze baziqhelise ukuzisebenzisa rhoqo.
- 9** Thetha nabantwana bakho ngemisebenzi yabo. Yazazi ukuba yintoni ebonwabisayo okanye ebabeka exhaleni.
- 10** Bafunele uncedo kubantwana abadala bakowabo, kummelwane okanye kumhlobo wakho xa kuyimfuneko. Kodwa musa ukophula imithetho yexesha likahlala-ngendlu.  
**Qaphela:** Ukuba unefowuni yala maxesha 'ismart phone', ithabhlethi okanye ikhompyutha kwikhaya lakho zama ukuba abantwana bakho bafikelele koovimba beintanethi abanokuba luncedo. Abanye baba vimba abadingi datha – kuchaziwe oko kuluhlu loovimba beintanethi abanikeziweyo.



# Isikhokhelo #6

Sebenzisa iteknoloji kakuhle





# Konke ukufunda kufanele ukuba kusebenze

Musa ukucingela ukuba abantwana bakho bayafunda xa bebukele inkqubo yezemfundo – kusenokuthi kanti baphupha behleli! Kubalulekile ukubanceda abantwana bakho basebenzise iteknoloji ngendlela efanelekileyo ukuze bafunde.

## Bangenza ntoni abazali ngoku?

- 1** Zisebenzise iiNkqubo zokufunda zeTivi, iRediyo okanye ezifumaneka kwi-intenethi (Online) okwaziyo ukufikelela kuzo.
  - Esi sikhokhelo sikhathshwa luluhlu lweeNkqubo zokuFunda kunye nooVimba abaluncedo.
  - Funda olu luhlu ngononophelo ukhangele iinkqubo okanye oovimba abaluncedo abanokuzuza kubo abantwana bakho.
  - Okubaluleke ngakumbi, bakhuthaze abantwana abakwiBanga le-10 ukuya kwele-12 ukuba babukele iinkqubo ezifundisa iMathematika, iSayensi okanye izakhono neenkukacha zoLwimi.
  - Khangela nabanye oovimba abaluncedo bokufunda onokubafumanela bona kwi-intanethi ukuze bafunde kwismartphone, ithablethi okanye ikhompyutha. Qaphela ukuba iiwebhusayithi ‘ezingekanconywa’ ungena kuzo mahala – awudingi datha ukuze ungene kwezi webhusayithi.
- 2** Nceda abantwana bakho bakhethe iinkqubo ezijoliswe kubo baze bazakhele kwinkqubo yabo yemihla ngemihla.
  - Jonga izikhokhelo zeenkqubo kunye nabo niye kuphuma ekugqibeleni ukuze nikhethe iinkqubo ezijoliswe kubo.
  - Kwenze oku phambi kokuba ziqale – jonga amaxesha eenkqubo ekuqaleni kweveki.
  - Yakhela le misebenzi kwinkqubo yabantwana bakho yemihla ngemihla ibe yinxalenye ‘yexesha lokufunda.’
  - Qinisekisa ukuba kukho ulungelelwaniso kwimisebenzi yokufunda yabantwana bakho – akufuneki bachithe lonke ixesha labo bebukele iTivi okanye besebenza kwismartphone.
- 3** Qinisekisa ukuba abantwana bakho bakulungele ukufunda kumabonakude okanye kwirediyo.
  - Phambi kokuqala kwenkqubo, qinisekisa ukuba abantwana bakho baneencwadi zesifundo ezifanelekileyo kunye/okanye iincwadi zokubhala.
  - Kukwafuneka benepeni, ipensile, irula kunye nezinye izinto zokubhala ezinokufuneka.
  - Kukwangumbono olungileyo ukuba nesichazi-magama esisoloko sikufutshane silungele ukusetyenziswa, ngakumbi kubantwana abadala.
  - Ncedisa abantwana bakho ukuze basiqonde ngcono isifundo esiza kuqhutywa. Kwenze oku ngokukhangela isihloko sesifundo encwadini kwaye nihlaziye isifundo sangaphambili.

**4** *Babeke iliso abantwana bakho ngeli xesha lenkqubo.*

- Bakrobe abantwana bakho xa bebukele okanye bemamele inkqubo.
- Bakhuthaze ukuba bathathe amanqaku ngeli xesha iqhubayo inkqubo, ukuze bakhumbule oko bakufundileyo. Kukwafuneka bebhale phantsi yonke imibuzo abanayo.

**5** *Bamba ingxoxo emfutshane ngoko kufundiweyo.*

- Ekupheleni kwenkqubo, qinisekisa ukuba abantwana bakho banamanqaku abawabhalileyo.
- Okulandelayo, bamba ingxoxo emfutshane ngenkqubo. Ungabuza imibuzo efana nale:
  - *Ingaba ibinika umdla le nkqubo? Kutheni usitsho nje?*
  - *Ufunde ntoni kuyo?*
  - *Ingaba kukho ongakuqondanga okanye ongaqinisekanga ngako?*
  - *Ingaba unayo eminye imibuzo ngesi sihloko?*
  - *Ufundile na ngalo mba kwincwadi yakho?*

**6** *Cwangcisa zonke iiseshoni zokulandelela ezifunekayo.*

- Ukuba bekukho okungacacanga okanye okubhido, unokuzama ukubancedisa abantwana bakho ngakumbi ngokwenza oku:
  - *Khangela esinye isifundo esingesi sihloko, usifake kwinkqubo yabo yemihla ngemihla.*
  - *Phinda kunye nabo umxholo wesifundo eso.*
  - *Cela uncedo kubantwana adadala bekhaya, abahlobo okanye kwisizalwane.*

*For more information, visit the Covid-19 Portal:*

*[www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)*

*Emergency Hotline: 0800 029 999*

*What's App Support Line: 0600 123456*



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# OOVIMBA ABALUNCEDO KWEZEMFUNDO



## Amaxesha eeNkqubo zeTivi

Amaxesha abekiweyo	Ibanga	Isifundo	Usuku	Itshaneli
00:00 – 04:00	12	Grade 12 Revision	Mon – Sun	DSTV 139 Or OVHD 134
00:00 – 06:00	12	Grade 12 Revision	Mon – Sun	OVDH 122
05:00 – 06:00	10 – 12	Maths	Mon	SABC 1
05:00 – 06:00	10 – 12	Physical Sciences	Tue	SABC 1
05:00 – 06:00	10 – 12	English FAL	Wed	SABC 1
05:00 – 06:00	10 – 12	Accounting	Fri	SABC 1
05:00 – 06:00	1 – 3	Literacy	Sat – Sun	DSTV 139 Or OVHD 134
05:00 – 06:00	10 – 12	Life Sciences	Thur	SABC 1
06:00 – 07:00	10 – 11	English FAL, Maths, Physical Sciences	Mon – Fri	SABC 3
06:00 – 21:00	1 – 9	Mindset PoP (Primary School)	Mon – Sun	DSTV 317
09:30 – 10:00	10 – 12	Home Languages	Mon – Fri	SABC 2
10:00 – 11:00	12	Geography, Life Sciences, Accounting, Mathematics, Physical Sciences	Mon – Fri	SABC 2
11:00 – 23:00	10 – 12	All	Mon – Sun	DSTV 139 Or OVHD 134

## Amaxesha eeNkqubo zeRediyo

Amaxesha abekiweyo	Ibanga	Usuku	Itshaneli yeRediyo	Amaza osasazo	Iphondo
09:00 – 09:30	10 – 12	Mon – Fri	Ukhozi FM	91.5	KZN, Gauteng
10:00 – 11:00	10 – 12	Mon – Fri	KZN Community Radio Stations		KZN
10:15 – 10:45	10 – 12	Mon – Thur	UWFM	93.2	EC
10:30 – 11:30	10 – 12	Mon – Thur	Radio 2000	97.2 & 100 FM	Gauteng
10:50 – 11:50	10 – 12	Mon – Fri	Gagasi FM	99.5	KZN
11:00 – 18:00	10 – 12	Mon – Fri	CAPS Radio	<a href="https://capsradio.co.za/">https://capsradio.co.za/</a>	Online
11:20 – 12:20	10 – 12	Mon – Fri	Vuma FM	103	KZN
13:00 – 14:00	10 – 12	Mon – Fri	East Coast Radio FM	94.00 – 95.90	KZN
13:05 – 14:05	10 – 12	Mon – Fri	Radio Pulpit AM	657 AM	Gauteng, Mpumalanga, KZN
14:30 – 15:00	10 – 12	Mon – Thu	Ikwezikwezi FM	94.5 to 106.3	Mpumalanga, Limpopo, Gauteng
15:00 – 16:00	10 – 12	Mon – Fri	Tut FM	96.2	Gauteng
15:30 – 16:30	10 – 12	Mon – Fri	Lotus FM	87.7 - 106.8	KZN
17:30 – 18:00	4 to 6	Mon – Thu	Thobela FM	87.6 – 92.1	Gauteng

Amaxesha abekiweyo	Ibanga	Usuku	Itshaneli yeRediyo	Amaza osasazo	Iphondo
17:30 – 18:00	10 – 12	Mon – Thu	Ligwalagwala FM	87.7, 92.5 to 104	Mpumalanga, Gauteng, NW, Limpopo, Free State
17:30 – 18:00	10 – 12	Tue – Wed	Kangala FM	92.8 FM	West Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	kanyamazane FM	107.3 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	RFM	103.2 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Barberton FM	104.1 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Bushbuckridge FM	88.4 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Emalahleni FM	98.7 FM	West Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Eyethu FM	104.3 FM	West Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Greater Middelburg FM	89.2 FM	West Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Ligwa FM	101.3 FM	South Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Mash FM	91.7 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Mkhondo FM	98.9 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Moutse FM	96.3 FM	South Limpopo
17:30 – 18:00	10 – 12	Tue – Wed	Nkomazi FM	100.2 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Voh FM	905.5 FM	Mpumalanga, Limpopo
17:30 – 18:00	10 – 12	Tue – Wed	Voice of the community	102.9 FM	South Mpumalanga
18:00 – 00:00	12	Mon – Fri	CAPS Radio	<a href="https://capsradio.o.za/">https://capsradio.o.za/</a>	Online
19:30 – 20:00	10 – 12	Mon – Thu	Motsweding FM	89.6	Gauteng, NW, Free State

## Indlela Yokungena Kumaxesha Osasazo

Itshaneli	Iqhagamshela
SABC 1	<a href="http://www.sabceducation.co.za/gelezanathi/schedule/">http://www.sabceducation.co.za/gelezanathi/schedule/</a>
SABC 2	<a href="https://mydorpie.com/tv-guide/TV-Guide-South-Africa-SABC-etv-OpenViewHD-DSTV">https://mydorpie.com/tv-guide/TV-Guide-South-Africa-SABC-etv-OpenViewHD-DSTV</a>
SABC 3	<a href="https://mydorpie.com/tv-guide/TV-Guide-South-Africa-SABC-etv-OpenViewHD-DSTV">https://mydorpie.com/tv-guide/TV-Guide-South-Africa-SABC-etv-OpenViewHD-DSTV</a>
DSTV	<a href="https://guide.dstv.com/channels">https://guide.dstv.com/channels</a>
OVHD	<a href="https://kfmulaudzi.files.wordpress.com/2020/03/epg_layout.pdf">https://kfmulaudzi.files.wordpress.com/2020/03/epg_layout.pdf</a> <a href="https://www.openview.co.za/tv-guide">https://www.openview.co.za/tv-guide</a> <a href="https://www.openview.co.za/tv-guide">https://www.openview.co.za/tv-guide</a>

## Iiwebsayithi ezingakanconywa neepotali zokufunda

Ibanga	Igama	Iqhagamshela	Udidi lovimba woncedo (i-website, i-e-learning, i-hotline njl.,njl.)	Amaza onxibelelwano anganconywanga
R – 9	DBE Workbooks	<a href="https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/Workbooks.aspx">https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/Workbooks.aspx</a>	Website	Vodacom/MTN / Telkom/Cell C
R – 12	Khan Academy	<a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a>	Website	MTN/Telkom
10 – 12	Self-Study Guides	<a href="https://www.education.gov.za/SelfStudyGuidesGrade10-12.aspx">https://www.education.gov.za/SelfStudyGuidesGrade10-12.aspx</a>	Website	Vodacom/MTN/ Telkom/Cell C
10 – 12	Tech Teachers	<a href="https://www.techteachers.co.za/">https://www.techteachers.co.za/</a>	Website	MTN
7 – 12	Olico ( Maths)	<a href="https://olico.org/">https://olico.org/</a>	Website	MTN
7 – 9	MST Workbooks	<a href="http://www.mstworkbooks.co.za/index.html">http://www.mstworkbooks.co.za/index.html</a>	Website	Vodacom/Telkom
4 – 12	Siyavula Textbooks	<a href="https://www.siyavula.com/">https://www.siyavula.com/</a>	Website	Vodacom/MTN/ Telkom
4 – 6	Thunderbolt Kids	<a href="http://www.thunderboltkids.co.za/">http://www.thunderboltkids.co.za/</a>	Website	Vodacom
4 – 6	South African Stories	<a href="https://www.education.gov.za/Portals/0/Documents/Publications/Storytime%20Intermediate%20Phase%202015.pdf?ver=2015-03-19-125050-580">https://www.education.gov.za/Portals/0/Documents/Publications/Storytime%20Intermediate%20Phase%202015.pdf?ver=2015-03-19-125050-580</a>	Website	Vodacom
3 – 12	Eceexams	<a href="https://www.eceexams.co.za/ExaminationPapers.htm">https://www.eceexams.co.za/ExaminationPapers.htm</a>	Website	MTN
1 – 12	Vodacom e-school	<a href="https://vodacom.mytopdog.co.za/">https://vodacom.mytopdog.co.za/</a>	Website	Vodacom/MTN
1 – 12	Mindset	<a href="https://learn.mindset.africa//">https://learn.mindset.africa//</a>	Website	Vodacom/MTN/ Telkom
1 – 12	Ecurriculum	<a href="https://www.eccurriculum.co.za/">https://www.eccurriculum.co.za/</a>	Website	MTN
1 – 12	Extra Marks	<a href="http://www.extramarks.co.za/">http://www.extramarks.co.za/</a>	Website and App	MTN
1 – 9	African Storybook	<a href="https://www.africanstorybook.org/">https://www.africanstorybook.org/</a>	Website	Vodacom/MTN/ Telkom
1 – 3	Big Books	<a href="https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/IALResources.aspx">https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/IALResources.aspx</a>	Website	Vodacom/MTN/ Telkom/Cell C
1 – 3	Big books	<a href="https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/GradedReadersandBigBookHL.aspx">https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/GradedReadersandBigBookHL.aspx</a>	Website	Vodacom
12	Mind the Gap Study Guides	<a href="https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/MindtheGapStudyGuides.aspx">https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/MindtheGapStudyGuides.aspx</a>	Website	Vodacom/MTN/ Telkom/Cell C

Ibanga	Igama	Iqhagamshela	Udidi lovimba woncedo (i-website, i-e-learning, i-hotline njl.,njl.)	Amaza onxibelelwano anganconywanga
12	FET Revision Booklets	<a href="https://www.education.gov.za/Programmes/SecondChanceProgramme/RevisionBookletsFET.aspx">https://www.education.gov.za/Programmes/SecondChanceProgramme/RevisionBookletsFET.aspx</a>	Website	Vodacom/MTN/ Telkom/Cell C
12	Second Chance Matric	<a href="https://www.education.gov.za/secondchance/Home.aspx">https://www.education.gov.za/secondchance/Home.aspx</a>	Website	Vodacom/MTN/ Telkom/Cell C
12	Second Chance Matric	<a href="https://www.education.gov.za/Programmes/SecondChanceProgramme/RadioLessons.aspx">https://www.education.gov.za/Programmes/SecondChanceProgramme/RadioLessons.aspx</a>	Radio Lessons	Vodacom/MTN/ Telkom/Cell C
12	Video Tutorials	<a href="https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx">https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx</a>	Video Lessons	Vodacom/MTN/ Telkom/Cell C
1-12	School in a Box	<a href="https://schoolinabox.co.za/">https://schoolinabox.co.za/</a>	Interactive site and lessons	Telkom

## ii-Podcast

Ibanga	Isifundo	Umxholo	Iqhagamshela	Ixesha (Iiyure)	Itshaneli/Igama Le-Website
All	All	Paid podcasts for all grades and subjects	<a href="https://viaafrika.com/podcast/">https://viaafrika.com/podcast/</a>	N/A	Via Afrika
8 – 9	Mathematics	Euclidean Geometry	<a href="https://soundcloud.com/caps-radio-344950611/dbe-kzn-grade-8-and-9-euclidean-geometry-basic-concepts">https://soundcloud.com/caps-radio-344950611/dbe-kzn-grade-8-and-9-euclidean-geometry-basic-concepts</a>	N/A	Soundcloud
7 – 12	Afrikaans	Improve your Afrikaans speaking, grammar, vocabulary & writing	<a href="https://www.radio-south-africa.co.za/podcasts/learn-afrikaans-afrikaanspod101com">https://www.radio-south-africa.co.za/podcasts/learn-afrikaans-afrikaanspod101com</a>	1 hr	Radio South Africa
7 – 12	Afrikaans	Improve your Afrikaans speaking, grammar, vocabulary & writing	<a href="https://www.radio-south-africa.co.za/podcasts/learn-afrikaans-afrikaanspod101com">https://www.radio-south-africa.co.za/podcasts/learn-afrikaans-afrikaanspod101com</a>	1	Radio South Africa
10 – 12	Geography	N/A	<a href="http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/">http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/</a>	1 hr	YFM
10 – 12	History	N/A	<a href="http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/">http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/</a>	1 hr	YFM
10 – 12	Life Science	N/A	<a href="http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/">http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/</a>	1 hr	YFM
10 – 12	Questions	N/A	<a href="http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/">http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/</a>	1 hr	YFM
12	Accounting	Financial Statements	<a href="https://www.ecr.co.za/e-learning-doe/accounting/">https://www.ecr.co.za/e-learning-doe/accounting/</a>	1 hr	East Coast Radio
12	Accounting	Module 1	<a href="http://www.702.co.za/articles/379966/gauteng-matric-revision-2020-tourism">http://www.702.co.za/articles/379966/gauteng-matric-revision-2020-tourism</a>	1 hr	702

Ibanga	Isifundo	Umxholo	Iqhagamshela	Ixesha (Iiyure)	Itshaneli/Igama Le-Website
12	All	Video tutorials on variety of topics and subjects	<a href="https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx">https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx</a>	N/A	DBE
12	All	Audio Tutorials	<a href="https://www.education.gov.za/Programmes/SecondChanceProgramme/RadioLessons.aspx">https://www.education.gov.za/Programmes/SecondChanceProgramme/RadioLessons.aspx</a>	N/A	DBE
12	All	Podcasts on subject specific topics for all grades	<a href="https://soundcloud.com/user-331760652">https://soundcloud.com/user-331760652</a>	1 hr	Soundcloud
12	All	Podcasts on subject specific topics for all grades	<a href="https://capsradio.co.za/podcasts-2/">https://capsradio.co.za/podcasts-2/</a>	1 hr	CAPS Radio
12	Business Studies	Module 1	<a href="http://www.702.co.za/articles/379967/gauteng-matric-revision-2020-business-studies-module-1">http://www.702.co.za/articles/379967/gauteng-matric-revision-2020-business-studies-module-1</a>	1 hr	702
12	Economics	Module 1	<a href="http://www.702.co.za/articles/379965/gauteng-matric-revision-economics-module-1">http://www.702.co.za/articles/379965/gauteng-matric-revision-economics-module-1</a>	1 hr	702
12	English	Revison Exam Paper	<a href="https://www.ecr.co.za/e-learning-doe/english-doe/">https://www.ecr.co.za/e-learning-doe/english-doe/</a>	1 hr	East Coast Radio
12	English FAL	Paper 1 & 3	<a href="https://iono.fm/e/845057">https://iono.fm/e/845057</a>	1 hr	Motsweding FM
12	English FAL	Module 1	<a href="http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304895/english-home-language-module-1">http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304895/english-home-language-module-1</a>	1 hr	702
12	English SAL	Module 1	<a href="http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304897/english-additional-language-module-1">http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304897/english-additional-language-module-1</a>	1 hr	702
12	Geography	Mid-latitude cyclones	<a href="https://www.ecr.co.za/e-learning-doe/geography-doe/">https://www.ecr.co.za/e-learning-doe/geography-doe/</a>	1 hr	East Coast Radio
12	Geography	Paper 1	<a href="https://iono.fm/c/3855">https://iono.fm/c/3855</a>	1 hr	Motsweding FM
12	History	Essay – USA 1950 – 1970	<a href="https://www.ecr.co.za/e-learning-doe/history-doe/">https://www.ecr.co.za/e-learning-doe/history-doe/</a>	1 hr	East Coast Radio
12	Mathematics	Trigonometry	<a href="https://iono.fm/c/3855">https://iono.fm/c/3855</a>	30 min	Motsweding FM
12	Maths	Euclidean Geometry	<a href="https://www.ecr.co.za/e-learning-doe/pure-mathematics-doe/">https://www.ecr.co.za/e-learning-doe/pure-mathematics-doe/</a>	1 hr	East Coast Radio
12	Maths Literacy	Data handling and probability	<a href="https://www.ecr.co.za/e-learning-doe/maths-literacy-doe/">https://www.ecr.co.za/e-learning-doe/maths-literacy-doe/</a>	1 hr	East Coast Radio
12	Maths Literacy	N/A	<a href="https://iono.fm/e/845080?fbclid=IwAR2ijC9CArmM42QaLp0X96GU-IZFeTib59it5kIZcEwKcm8eLEn7bFf0dhs">https://iono.fm/e/845080?fbclid=IwAR2ijC9CArmM42QaLp0X96GU-IZFeTib59it5kIZcEwKcm8eLEn7bFf0dhs</a>	1 hr	Motsweding FM
12	Tourism	Module 1	<a href="http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/305251/tourism-module-1">http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/305251/tourism-module-1</a>	1 hr	702



Ibanga	Isifundo	Umxholo	Iqhagamshela	Ixesha (Iiyure)	Itshaneli/Igama Le-Website
10	Accounting	N/A	<a href="https://iono.fm/e/845067">https://iono.fm/e/845067</a>	30 min	Motsweding FM

## Ufundo ngeintanethi, lividiyo zeintanethi neziFundo Eziphulaphulwayo

Ibanga	Isifundo	Umxholo	Iqhagamshela	Ixesha (Iiyure)	Itshaneli/Igama Le-Website
All	All	Online Lessons Everyday	<a href="https://www.facebook.com/AfricaTeenGeeks/posts/2865287876882195?__n__=K-R">https://www.facebook.com/AfricaTeenGeeks/posts/2865287876882195?__n__=K-R</a>	N/A	African Teen Geeks Facebook
All	All	Videos on all subjects and topics for all grades	<a href="https://www.facebook.com/AfricaTeenGeeks/videos/">https://www.facebook.com/AfricaTeenGeeks/videos/</a>	N/A	African Teen Geeks Facebook
All	All	E-classroom – video tutorials, mock exams & CAPS support content	<a href="https://e-classroom.co.za/">https://e-classroom.co.za/</a>	N/A	E-classroom
All	All	Vodacome E-school – guided content, tasks & tests	<a href="https://vodacom-cleverly.vodacom.mytopdog.co.za/">https://vodacom-cleverly.vodacom.mytopdog.co.za/</a>	N/A	Vodacome E-school
7 – 9	Mathematics, English & Matural Sciences	Online Lessons, worksheets & memos. New content uploaded everyday.	<a href="https://www.worksheetcloud.com/live/classrooms/">https://www.worksheetcloud.com/live/classrooms/</a>	N/A	Worksheet Cloud
4 – 6	Mathematics, English & Matural Sciences	Online Lessons, worksheets & memos. New content uploaded everyday.	<a href="https://www.worksheetcloud.com/live/classrooms/">https://www.worksheetcloud.com/live/classrooms/</a>	N/A	Worksheet Cloud
10 – 12	All	E-school – digital classroom with lessons, asignments & games	<a href="https://seva.co.za/app.html#/dashboard/guest">https://seva.co.za/app.html#/dashboard/guest</a>	N/A	Seva
10 – 12	Mathematics	Video lessons on limits, average gradient and derivitives	<a href="https://www.isasa.org/mathematics-lessons-calculus/">https://www.isasa.org/mathematics-lessons-calculus/</a>	1 hr	Rodean School
1 – 5	All	CAPS aligned online lessons, games & exercises in all subjects & extra subjects	<a href="https://2simple.com/za/purple-mash/">https://2simple.com/za/purple-mash/</a>	N/A	2simple
12	All	Video tutorials on variety of topics and subjects	<a href="https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx">https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx</a>	N/A	DBE
12	All	Audio Tutorials		N/A	DBE
3	Mathematics & English	New Online Lessons, worksheets & memos uploaded everyday	<a href="https://www.worksheetcloud.com/live/grade-3-online-classroom/">https://www.worksheetcloud.com/live/grade-3-online-classroom/</a>	1	Worksheet Cloud
12	Afrikaans	Online lessons	<a href="https://www.youtube.com/channel/UC_05vZ2jn3iBGQtSR37h_uq">https://www.youtube.com/channel/UC_05vZ2jn3iBGQtSR37h_uq</a>	N/A	You Tube

## Abanye Oovimba Abaluncedo

Ibanga	Isifundo	Umxholo	Iqhagamshela	Itshaneli/ Igama Le- Website
All	All	Online Lessons Everyday	<a href="https://www.facebook.com/AfricaTeenGeeks/posts/2865287876882195?__tn__=K-R">https://www.facebook.com/AfricaTeenGeeks/posts/2865287876882195?__tn__=K-R</a>	African Teen Geeks Facebook
All	Various	SABC Education Podcasts on variety of topics	<a href="https://iono.fm/c/3855">https://iono.fm/c/3855</a>	Iono FM
All	All	CAPS aligned materials, podcasts, videos & past papers	<a href="https://capsradio.co.za/">https://capsradio.co.za/</a>	CAPS Radio
All	English	Printable English lessons and worksheets for every grade	<a href="https://remotesupport.achieve3000.com/">https://remotesupport.achieve3000.com/</a>	Achieve 3000
All	All	Videos on all subjects and topics for all grades	<a href="https://www.facebook.com/AfricaTeenGeeks/videos/">https://www.facebook.com/AfricaTeenGeeks/videos/</a>	African Teen Geeks Facebook
All	All	E-classroom – video tutorials, mock exams & CAPS support content	<a href="https://e-classroom.co.za/">https://e-classroom.co.za/</a>	E-classroom
All	All	Vodacome E-school – guided content, tasks & tests	<a href="https://vodacom-cleverly.vodacom.mytopdog.co.za/">https://vodacom-cleverly.vodacom.mytopdog.co.za/</a>	Vodacome E-school
1 – 3				
1 – 3	All	Suggested schedules, worksheets & mixed subject PDF activities	<a href="https://www.isasa.org/ecd-and-foundation-phase-resources-from-st-andrews/">https://www.isasa.org/ecd-and-foundation-phase-resources-from-st-andrews/</a>	St. Andrews School
1 – 3	N/A	Home education schedules and ideas for younger children	<a href="https://www.isasa.org/home-education-schedule-for-younger-children/">https://www.isasa.org/home-education-schedule-for-younger-children/</a>	ISASA
1 – 3	Home Language & English	Comprehensive African Language graded reading resources	<a href="https://vulabula.molteno.co.za/how-use-resources#graded_readers">https://vulabula.molteno.co.za/how-use-resources#graded_readers</a>	Vulabula
1 – 3	All	Lessons, worksheets for all subjects & suggested home schedule routine. Offline resources	<a href="https://sites.google.com/sparkschools.co.za/home-learning/home/foundation-phase?authuser=0">https://sites.google.com/sparkschools.co.za/home-learning/home/foundation-phase?authuser=0</a>	SPARK Schools
7 – 9	Lessons & worksheets	Lessons, worksheets for all subjects & suggested home schedule routine. Offline resources	<a href="https://sites.google.com/sparkschools.co.za/home-learning/home/senior-phase?authuser=0">https://sites.google.com/sparkschools.co.za/home-learning/home/senior-phase?authuser=0</a>	SPARK Schools
4 – 6	All	Offline & online resources & worksheets. CAPS opensource textbooks	<a href="https://sites.google.com/sparkschools.co.za/home-learning/home/intermediate-phase/math?authuser=0">https://sites.google.com/sparkschools.co.za/home-learning/home/intermediate-phase/math?authuser=0</a>	SPARK Schools
1 – 7	English	Worksheets & curriculum information for grade 1 to 7	<a href="https://www.smart-kids.co.za/activity/worksheets">https://www.smart-kids.co.za/activity/worksheets</a>	Smart kids
10 – 12	All	E-school – digital classroom with lessons, assignments & games	<a href="https://seva.co.za/app.html#/dashboard/guest">https://seva.co.za/app.html#/dashboard/guest</a>	Seva

Ibanga	Isifundo	Umxholo	Iqhagamshela	Itshaneli/ Igama Le- Website
12	All	Video tutorials on variety of topics and subjects	<a href="https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx">https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx</a>	DBE
4	Maths, English, Natural Science	Downloadable lesson resources	<a href="https://www.isasa.org/intermediate-phase-resources-from-st-andrews/">https://www.isasa.org/intermediate-phase-resources-from-st-andrews/</a>	St. Andrews School
1 – 12	All	Online library incl. study guides	<a href="https://www.snapplify.com/za/freeaccess">https://www.snapplify.com/za/freeaccess</a>	
1 – 12	All	Full online library	<a href="https://syafunda.co.za/">https://syafunda.co.za/</a>	Syafunda
1 – 6	Reading and Language	Remedial Reading and education	<a href="https://www.bellavistashareonline.org.za/">https://www.bellavistashareonline.org.za/</a>	Bellavista Share