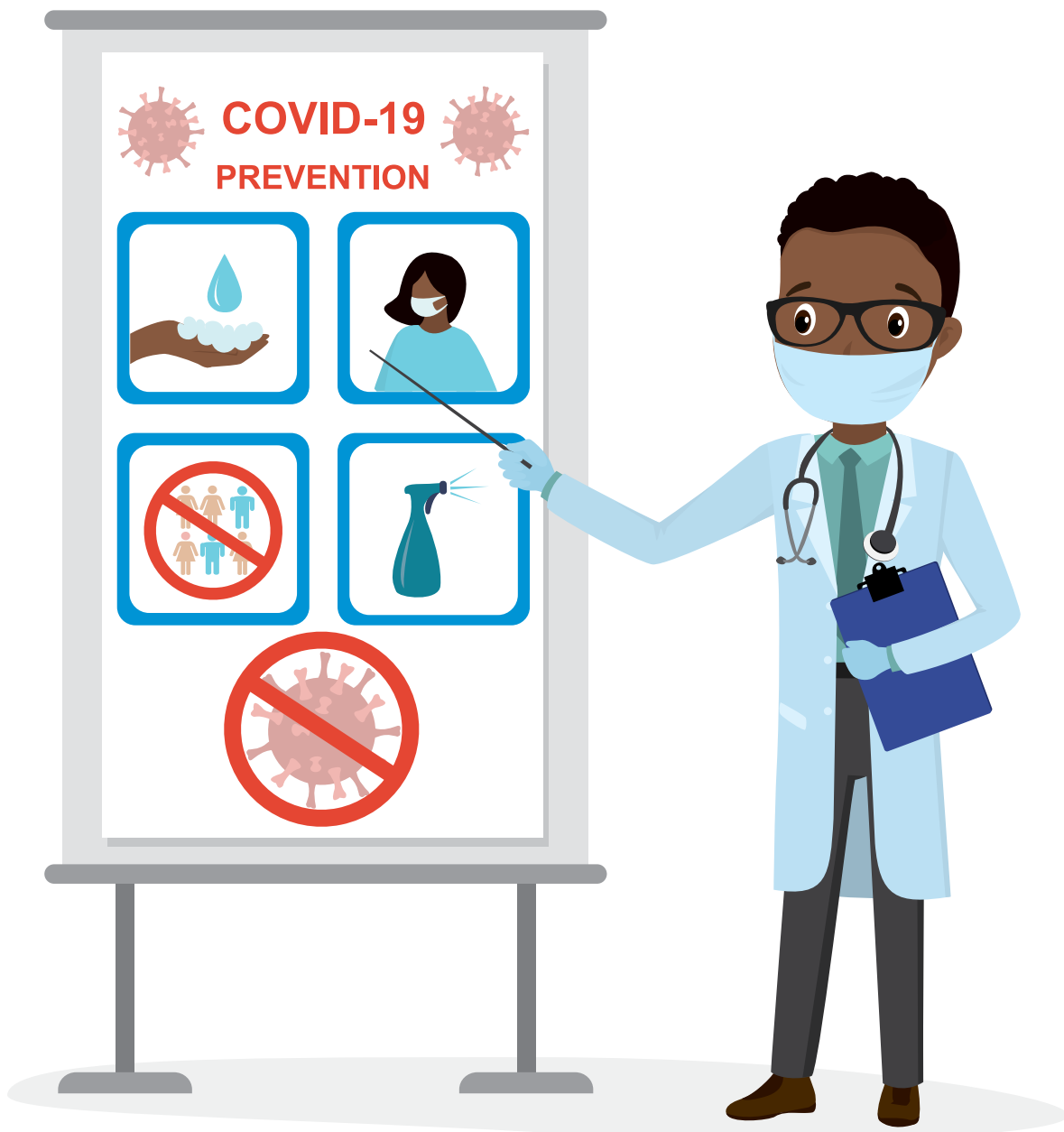




KELETSO HO BATSWADI

HO TSHEHETSA BANA BA HAO NAKONG YA HO KWALWA HA TSAMAISO HWA TSHOHANYETSO BAKENG SA COVID-19

Lefapha la thuto ya motheo le lemoha tlhoko ya ho thusa batswadi le bahlokamedi ho feta nakong ena ya ho kwalwa hwa tshohanyetso ka katleho yohle eo ho ka kgonahalang ka yona. Tataiso ena e etseditswe ho fana ka dikeletso le maano a ho thusa batswadi ho tshehetsa bana ba bona nakong ena.



Tataiso #1

Ela hloko maikutlo a hao le keello ya hao



Eba mosa ho wena



Nako ya ho kwalwa hwa tshohanyetso e boima. Bohle re tshohile, re ka tlasa kगतello ebile ha re na botsitso. Ho ka ba boima le ho feta malapeng a kojwana di mahetleng, ao e leng hore a phela le batho ba nang le bokowa mmeleng kapa bokowa kelellong, a phelang le motho ya hlekefetsang, a phelang sebakeng se senyane, kapa a nang le disebediswa tse mmalwa.

Batswadi ba ka etsa eng ka sena?

- Ka kakaretso, bana ba hao ba tla kgona ho phela hantle jwalo ka ha le wena o phela.
- Ha o batla bana ba hao ba se ke ba tshoha le hore ba phele hantle, o tla lokela hore o theole maikutlo mme o mamelle.
- Bana ba dilemo tsohle ba tla sheba boitshwaro ba hao le diketso tsa hao, e seng feela seo o se buang.
- Ka baka lena, o hloka ho fumana nako le sebaka se ikgethileng ho bua le batho ba bang ba baholo ka tshabo, dingongoreho le kगतello ya hao ya maikutlo. Etsa bonnete ba hore bana ba hao ha ba utlwe moqoqo wa lona.
- Ha o sena motho eo o ka buisanang le yena, letsetsa mehala ya thuso e fumanehang ka bongata.
- O lokela ho leka ka matla ho laola maikutlo le ngongoreho ya hao, e le hore o tle o etsetse bana ba hao mohlala o motle wa ho phela.
- Bana ba hao ba lokela ho tshepa le ho dumela hore tsohle di ka tlasa taolo ya hao le hore o nka diqeto tse molemo bakeng sa maphelo a bona.

O ka bitsa mang bakeng sa thuso

Mofani wa tshebeletso	Naha kapa Profense	Mofuta wa Tshebeletso	Dintlha tsa Kgokahano
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
South African Police Services	National	Report a crime	08600 10111

Mofani wa tshebeletso	Naha kapa Profense	Mofuta wa Tshebeletso	Dintlha tsa Kgokahano
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

Tataiso #2

Ela hloko maikutlo le keello tsa bana ba hao



Ikgokahanye le bana



Jwaloka batswadi le bahlokamedi, ho bohlokwa ho ikgokahanya le bana ba rona. Empa ka tlasa nako ya kगतello ya maikutlo le nakong ya mathata, ho bohlokwa ho fetisisa ho bua le bana ba hao, le ho ela hloko maitshwaro a bona. Ena ke nako ya diphetoho tse kgolo le ho hloka botsitso ho batho bohle. Batjha ba dilemong tse pakeng tsa 13 le 19, ba nakong ya maphele a bona eo metswalle ya bona e leng bohlokwa ka ho fetisisa, mme nako ya ho kwalwa hwa tshohanyetso le COVID-19 e entse sena se be boima haholo ho bona. Batjha bana, ba ka iphumana ba le ka tlasa kगतello ya maikutlo, ba ngongorehile mme ebile ba felletswe ke tshepo nakong ena.

Batswadi ba ka etsa eng ka sena?

- 1** *Qala ka ho botsa bana ba hao hore ebe ba tseba eng ka kokwana hloko le ho kwalwa hwa tshohanyetso hwa naha, mme ebile ba ikutlwa jwang ka diketsahalo tsena.*
 - Bontsha bana ba hao hore o ba fa monyetla le sebaka se bolokehileng hore ba bue mme ba arolelane ka menahano ya bona. Mamela ka hloko ha ba bua. O se ba kene hanong, o se lokise seo ba se buang, o se ba tshehe kapa wa ba phoqa, mme ebile o seke wa ba qhelela thoko.
 - Ha bana ba araba dipotso tsa hao ka dikarabo tse kgutshwane kapa ka lentswe le le leng, botsa dipotso tsa tlhakisetso ka bonolo, ho ba kgothaletsa ho bua ho feta. Mohlala: “O bolela eng ka seo?” kapa “Mpolelle ho feta moo ka...”
 - E ba le mamello. Bana ba bangata ba tla tshwaya batswadi ba bona phoso. Ba tla tobisa pherekano, kgalefo, ho sarelwa ha bona le budutu ba bona ho wena.
 - Ha bana ba hao ba bua, ela hloko menahano e fosahetseng ya bona ka maemo a ditaba le maikutlo a bona.
- 2** *Kamora moo, efa bana lesedi le thuto e nepahetseng, e dilemong tsa bona ho lokisa menahano kapa kutlwisiso tse fosahetseng, ho fokotsa matshwenyeho a bona, mme o ba fe tshepo.*
 - Etsa bonnete ba hore tlhahisoleseding eo o fanang ka yona e bonolo ebile e nepahetse.
 - Fana ka lesedi le thuto ena ka tsela e bonolo, e hlakileng.
 - O seke wa etsa ditshepiso tseo o kekeng wa di phetha, jwaloka, hore o keke wa thola tshwaetso ya kokwanahloko. Le ha hole jwalo, o ka ba fa tiisetso ya hore o tla leka ka matla ho dula o bolokehile, mme o etse hore bana ba hao le bona ba dule ba bolokehile ka nako tsohle.
 - Efa bana ba hao tshepo. Bua ka hore maemo ana a tla feta, le hore bo rasaense le dingaka ba tla fumana tsela ya ho lwantsa kokwanahloko ena, mme tsohle di tla kgutlela setlwaeding.
 - Araba dipotso tsa bana ba hao ka bokgabane bohle. Ananela ha o sa tsebe ho itseng. Bolela ka mokgwa ona: ‘Ke potso e ntle haholo eo. Ha ke tsebe karabo, empa ke tla leka ho e fumana.’
 - Leka ho hlakisa mehopollo e fosahetseng eo bana ba hao ba ka bang le yona ka kokwanahloko kapa ka ho kwalwa hwa tshohanyetso hwa naha.

Ho hlaloseisa bana ba dilemong di tlase ka kokwanahloko le ho kwalwa hwa tshohanyetso hwa naha

- Kokwanahloko ke bolwetse, jwaloka ntaramane kapa mmaselese
- Ho na le kokwanahloko e ntjha lefatsheng ka bophara, e bitswa kokwana ya Corona.
- Hobane e le kokwanahloko e ntjha, dingaka le borasaense ba hloka nako ho ithuta ka yona, ba tle ba tsebe ho thibela kokwanahloko ena ho kudisa batho.
- Ho fa dingaka le borasaense nako ya ho ithuta ka kokwanahloko, bohle re lokela ho dula malapeng a rona nakwana e itseng.
- Mme, e tlare ha dingaka le borasaense ba nqile qeto ya hore maemo a se a lokile, re tla qalella ho kgutlela dikolong le mesebetsing, e le hore bohle re dule re bolokehile.



Ho hlaloseisa batjha ba dilemong tse pakeng tsa 13 le 19 ka kokwanahloko le ho kwalwa hwa tshohanyetso hwa naha

Ela hloko: Itekanyetse hore o batla ho fana ka lesedi le thuto e kae baneng ba hao. Ha o batle ho ba ngongorehisa le ho ba beha ka tlasa kgatello.

- Kokwanahloko ke bolwetse, jwaloka ntaramane kapa mmaselese
- Ho na le kokwanahloko e ntjha lefatsheng ka bophara, e bitswa Corona, kapa COVID 19. E emetseng Corona Virus Disease of 2019.
- Kokwanahloko e tshwaetsa batho ba atamelaneng, jwaloka ka ha motho ya nang le tshwaetso a kgohlola kapa a ithimola. E ka nama hape ha o tshwara sebaka kapa ntho e nang le tshwaetso, mohlala, ha motho a thimoletse tafoleng, ebe o tshwara tafole mme o fetisetse kokwanahloko ho wena ka ho itshwara molomo, nko kapa mahlo.
- Kokwanahloko e tshwaetsa batho ka tsela tse fapaneng:
 - Batho ba bang ba ba le kokwanahloko, empa ha ba ikutlwe ba kula ho hang. Re bitsa ka hore ba phela ka kokwanahloko le ha ba sa bontshe matshwao a ho kula.



- Boholo ba batho bo ikutlwa bo kula beke kapa tse pedi. Ba ba le themphereitjhara, ba a opelwa ba be le mahlaba mmeleng, mme ba ka kgohlola. Mme, ba fole ba phele hantle.
- Karolwana e nyane ya batho e kula haholo, mme ba ka hloka le ho ya sepetlele nakwana e itseng.
- Batho ba dilemo tse ka tlase ho tse 18 ha se ha ngata ba bontshang matshwao, ebile ha ba kule ha bonolo. Ha ba kula, ba fola ka potlako.
- Hobane ena ke kokwanahloko e ntjha, dingaka le borasaense ba hloka nako ya ho ithuta ka yona, e le hore ba tsebe ho etsa kento le kalafo.
- Ho fa dingaka le borasaense nako ho ithuta ka kokwanahloko, bohle re tshwanetse ho dula hae nakwana.
- Nakwana ena ya tshohanyetso ya ho kwalwa hwa naha e boetse e fa mmuso wa rona nako ya ho hlophisa mekgwa ya tshebetso ya lefapha la tsa bophelo bo botle, ho kwetlisa basebeletsi ba dipetlele le ho beha dintho ka manane bakeng sa ho reka disebediswa tse lekaneng tsa dipetlele tsohle, le ho hira basebeletsi ba dipetlele ka bongata. Hang ha ho nama hwa tshwaetso ho le ka tlasa taolo, le dipetlele tsa rona di loketse ho hlokomela bakudi ka bongata, ho kwalwa hwa tshohanyetso hwa naha ho tla tloswa.
- Batho ba tla qala ho kgutlela mesebetsing ya bona le dikolong hanyane hanyane – e seng bohle ka nako e le nngwe
- Bongata ba rona ntse re tla tshwanela ho etswa diteko, mme ho ntse ho tla ba le melao e mengata e lokelwang ho latelwa ho etsa bonnete ba hore kokwanahloko e dula ka tlasa taolo.

3 *Sheba matshwao ao a ka o bontshang hore ngwana wa hao ha a kgone. (A mang a matshwao ana a ka bonahala ho batjha ba dilemo tse pakeng tsa 13 le 19.)*

- Ho ikutlwa a saretswe kapa ho lla ho sena lebaka.
- Ho halefa kapa ho ferekana ho sena lebaka.
- Ho se nke karolo diketsahalang tseo ba di thabelang tsa lapeng.
- Ho hloka thahasello ho dula le ba lelapa kapa metswalle marangrang.
- Ho ngangisana kapa ho lwantshana le ba lelapa kapa metswalle marangrang
- Ho kgathala le ho hloka matla
- Ho robala nako e telele kapa ho sokola boroko
- Diphetoho takatsong ya dijo
- Ho lahlehelwa ke taolo ya kgalefo, tshetiso kapa maitshwaro a kotsi
- Ho ikutlwisa bohloko (jwaloka ho itsheha, ho itjhesa, kapa ho itematsa)

Ho sebetsana le bana ba tlase dilemong le batjha ba dilemong tse pakeng tsa 13 le 19, bao maikutlo a bona a hatelletsweng ke ho kwalwa hwa tshohanyetso hwa naha

- Bua le bana ba hao ka maitshwaro a mabe ao o ka ratang ba a fetole mme o ba fe kgetho e nngwe ya seo o ka rata ba se etse.
- Ha maitshwaro a fetoha a eba betere, ba kgothalletse ho tswela pele ka seo o se boneng. (jwaloka: o buile lenna ka bonolo, ke ratile taba eo)
- Efa bana ba hao lerato le lengata. Ba jwetse hore o a ba rata. Ba mamele ha ba bua le wena. Haeba le mmoho nakong ena ya ho kwalwa hwa tshohanyetso, ba hake mme o ba bontshe lerato ka ho ba ama, ho ba aka, jwalojwalo.
- Efa bana ba hao tshepo – bua ka bophelo ba kamora nako ya ho kwalwa hwa tshohanyetso hwa naha. Bua ka hore ba tla bona metswalle hape, ka ho kgutlela sekolong, ka ho bapalla kante, le ka merero le ditoro tsa bona tsa bokamoso.
- Ha maemo a sa ntlafale kapa a mpefala ho feta, letsetsa mehala ya thuso e fumanehang ka bongata.

Tataiso #3

Hlokomela bophelo bo botle ba mmele ya bana hao



Dula o bolokehile mme o phetse hantle



Ho na le melao e bonolo eo re lokelang ho e latela ho ipaballa mmoho le bana ba rona kokwanahlokong.

Batswadi ba ka etsa eng ka sena?

Ruta bana ba hao ho sebedisa melao e mehlano ya ho dula ba bolokehile kokwanahlokong ya COVID-19. Etsa bonnete ba hore o bontsha maitshwaro ana ho bana ba hao.

- 1** Hlapa matsoho a hao ka sesepa le metsi ka nako tsohle. Tlotsa matsoho a hao ka sesepa metsotswana e mashome a mabedi. Hlapa matsoho, menwana, kamora seatla, le pakeng tsa menwana.
- 2** Leka ho se itshware sefahleho. Kokwanahloko di kena mmeleng ya rona ka melomo le dinko tsa rona, ke ka hoo re lokelang ho leka ka matla ho se itshware. Thimola kapa kgohlolla setsweng sa hao kapa o sebedise thishu. Ha o sebedisa thishu, e lahle ha o qetile.
- 3** Ha o tshwanela hore o tswe, ema sebaka sa dimitara tse 1.5 thokwana le batho. O seke wa haka, tshwara matsoho kapa ho ama batho. Ha o kgona, apara maseke ha o tswa.
- 4** Ha o ikutlwa o kula e bile o ena le motjheso, o opelwa kapa o kgohlola, o lokela ho tsebisa motho e moholo.

Tataiso #4

Bopa ditlwaelo tsa letsatsi le letsatsi le bana ba hao



Ditlwaelo di etsa bophelo bo bolokehe mme bo tlwaelehe



Jwaloka ka batswadi le bahlokomedi, re lokela ho sireletsa le ho etsa dintho di dule di tlwaelehile baneng ba rona ha ba ntse ba emetse ho kgutlela sekolong. Re lokela ho kgokahanya bana le 'bophelo boo ba bo tlwaetseng' ka ho ba kgothalletsa ho etsa dintho tsa kamehla ka bongata kamoo ba ka kgonang ka teng.

Batswadi ba ka etsa eng ka sena?

- 1** *Sebetsa mmoho le bana ba hao ho bopa ditlwaelo tse le sebeletsang wena le ba lelapa la hao.*
 - Dula fatshe ka pampiri le pene mme le buisane ka ditlwaelo tsa letsatsi le letsatsi tsa lona.
 - Hlalosa hore ditlwaelo tsena di tla etsa bophelo bo be bonolo bakeng sa bohle ka tlung, ho sena dingangisano le diqabang tse ngata. Hlalosa hape hore nako ya ho kwalwa hwa naha e na le kगतello ya maikutlo le ho wena jwaloka motswadi, le hore ho ba le tshebedisano mmoho ya bana ba hao ho tla o thusa haholo.
 - Bua le bana ba hao ka mesebetsi ena. Ba hopotse hore maphelo a bona a tla kgutlela 'setlwaeding' mme ha ba a tlameha ho lahlehelwa ke tsebo le ke bokgoni ba bona nakong ena.
 - Hlalosa hore ho ya ka dilemo tsa bona, ba tla fumana dintho tse fapaneng.
 - Etsa bonnete hore tlwaelo tsa bana ba hao di a o sebeletsa le wena. O etse le bonnete ba hore bana ba etsa le mesebetsi ya ka tlung e tshwanetseng ho etswa le hore ho jewa ka nako e tshwanetseng bohle.
- 2** *Sebetsa le bana ba hao ho etsa bonnete ba hore ba latela tlwaelo e thehilweng.*
 - Hang ha tlwaelo e bopilwe, botsa e mong le e mong wa bana ba hao hore ba a amohela, mme ba tla leka ka matla ho e latela. Etsa tjhate e bonolo ya tlwaelo ya ngwana ka mong kapa e mong le emong a iketsetse tjhate ya hae.
 - Pepesa ditjhate tsena moo bohle ba tla kgona ho di bona.
 - Matsatsi a mmalwa a qalang, 'kwetlisa' bana ba hao ho latela tlwaelo tsa bona ka ho ba hopotsa hore ba di lekole, mme ba etse bonnete ba hore ba etsa mesebetsi yohle. Hona e tla ba mosebetsi o boima qalong, empa e tla etsa bophelo ba hao bo be bobebe.
 - Kamora matsatsi a itseng, tshwara kopano ho etsa bonnete ba hore bana ba hao ba latela tlwaelo tsa bona
 - Ha ho se jwalo, buisana le bona hore mabaka ke afe. Hlahloba hore ha ho hlokahale hore o etse diphetoho tse itseng tlwaelong tsa bona.
 - O se ke wa ba bohale ka ditlwaelo – o se ke wa eketsa kगतello ya maikutlo. Empa, eba le ditlamorao ha e mong wa bona a sa leke ho latela tlwaelo ho hang.

Diketsahalo tseo o ka di kenyeletsang tlwaelong tsa letsatsi le letsatsi

- 1 Boroko.** Bana ba tlase dilemong ba lokela ho robala dihora tse 9-10 bosiu ka bong. Batjha ba dilemo tse pakeng tsa 13 le 19 ba lokela ho fumana dihora tse 8-9 tsa boroko bosiu ka bong.
- 2 Ho hlapa le ho apara.** Kgothaletsa bana ho hlapa le ho apara letsatsi le leng le leng.
- 3 Diyo.** Leka ho beha nako ya diyo e tlwaelehileng. Ha o kgona, leka ho fa bana ba hao diyo hararo ka letsatsi, le seneke se 1-2 tse ahang mmele. Leka ho ba le moqoqo le lelapa ka nako enngwe ya diyo.
- 4 Mesebetsi.** Leka ho beha dihora tse 1-3 tsa bana tsa ho sebetsa, mme ho ya ka dilemo tsa bona, le se tshwanetseng ho etsahala ka tlung ya hao. Mesebetsi e ka kenyeletsa dintho tse jwalo ka ho alola bethe, ho hlatswa dijana, ho fiela, jwalojwalo. Leka ho qoba ho roma bana mesebetsing e tla ba hloka ba tswe ka tlung, feela ba ka sebeletsa ka jareteng.
- 5 Ditlhakiso tsa mmele.** Ho bohlokwa haholo hore bana ba etse ditlhakiso tsa mmele letsatsi le letsatsi. Ditlhakiso tsa mmele di etsa batho bohle ba ikutlwe betere. Nahana ka ditlhakiso le diketsahalo tseo le ka di etsang sebakeng seo o leng ho sona nakong ya ho kwalwa hwa naha. Mohlala: Ho tlola kgathi, ho mathamatha ka jareteng, jwalojwalo.
- 6 Ho ithuta.** Bakeng sa bana ba tlase dilemong, ho fihla kereiti 3, hlophisa nako e kalo ka dihora tse 1.5 ya ho ithuta ka letsatsi. Bakeng sa bana ba Kereiti 4, hlophisa dihora tse 2.5 ka letsatsi. Mme bakeng sa bana ba Kereiti 7-12, leka hlophisa pakeng tsa dihora tse 3-4 tsa ho ithuta ka letsatsi.
- 7 Ho bala.** Leka ho kgothaletsa bana ba hao ho bala nakong ena. Leka ka matla ho etsa hore dibuka tse balwang di fumanehe ha bonolo bakeng sa bana ba hao. Hlophisa dihora tse 1-2 bakeng sa ho bala ka letsatsi.
- 8 Nako ya ho iketla.** Hlophisa nako yohle e setseng hore e be nako ya ho iketla. Dumella bana ba hao ho hlola nako ena ba etsa le ha ekaba ke eng eo ba ka e etsang. Ba tla e ananela mme ba tla e thabela.

Mohlala wa ketso tsa tlwaelo ya ngwana wa Kereiti 4-6

08h00	Tsoha, o hlape, o apare
08h30	Nako ya dijo tsa hoseng
09h00	Nako ya mesebetsi ya hoseng
10h00	Nako ya seneke le nako ya ho iketla
10h30	Nako ya ho ithuta
12h30	Nako ya kgefutso
13h00	Nako ya dijo tsa motsheare
14h00	Nako ho iketla kapa kgefutso
15h00	Nako ya ditlhakiso tsa mmele
15h30	Nako ya ho bala
16h30	Nako ya mesebetsi ya thapama
17h30	Nako ya ho iketla
18h30	Nako ya dijo tsa mantsiboya le ho hlwekisa
19h30	Nako ya hlapa le fetola diaparo
20h00	Nako ya ho iketla
21h30	Nako ya ho robala

Tataiso #5

Seo o tshwanetseng ho se etsa ka 'Nako ya ho ithuta'



Ho ithuta ho tshwanetse ho be le moelelo hape ho be le sepheo



Lefapha la Thuto ya Motheo ha le a lebella batswadi hore ebe matitjhere nakong ena ya ho kwalwa hwa tshohanyetso hwa naha. Ebile ha re a lebella bana hore ba ithute kharikhulamo. Ka kopo amohela netefatso ya rona hore ha bana ba kgutlela sekolong, maano a ho 'iphumana' a tla kenywa tshehetsong ho etsa bonnete ba hore bana ba hao ba rutwa dintho tseo ba tshwanetseng ho di tseba. Le ha hole jwalo, re batla batswadi le bahlokamedi ho etsa bonnete hore thuto e nang le moelelo e tswelapele nakong ena ya ho kwalwa hwa tshohanyetso hwa naha.

Ho bohlokwa hore bana bohle ba dule ba 'kgokahane' le bophelo ba sekolong. Sena ha se bolele ho ikamahanya le sekolo. Feela, se bolela hore ba seke ba lebala seo ba seng ba ithutile sona, le hore ba seke ba lebala hore ho mamela, ho bala, ho ithuta le ho phethela mesebetsi ya bona ho jwang. Ba hloka ho ikgopotsa le ho etsa mesebetsi eo ba e entseng kgafetsa mmoho le seo ba ithutileng sona; ho bala le ho utlwisisa seratswana, ho phethela mesebetsi wa ho ngola, ho etsa dihlokiso tsa dipalo le saense. Mesebetsi ena e tla lokisetsa bana ba hao nakong eo ba kgutlelang sekolong ka yona. E tlabe e le ditsebi tsa seo ba ithutileng sona, mme ba tla be ba tlwaetse tsela tsa ho ithuta. Ba tla be ba loketse ho sebetsa ka thata le ho ithuta ka lebelo le potlakileng le ba emetseng ha ba kgutlela sekolong.

Batswadi ba ka etsang eng ka sena?

- 1** *Fumana sebaka se nepahetseng bakeng sa bana ba hao ho etsa mesebetsi hape o ba thuse ho hlophisa dibediswa tsa bona.*
 - Hlopisa sebaka se loketseng bana ba hao ho ithuta. Sena ekaba sebaka ka kitjhining kapa tafoleng ya ho jella, kapa ekaba sebaka fatshe fulurung. Kgothaletsa bana ba hao sebeletsa sebakeng se le seng, e le karolo ya ketsahalo ya tlwaelo.
 - Kgothaletsa bana ba hao ho ntsha dibuka tsa bona tsa sekolo, mme ba etse bonnete ba hore di hlophihile ka nepo.
 - Bokeletsa hape le disebediswa tsa ho ngola tsohle ka tlung le tse ka mekotleng ya bona. Leka ho etsa bonnete hore ba na le dipene, dipensele, le disebediswa tse ding tseo ba ka di hlokanang.
 - Qetellong, bokelletsa disebediswa tsohle tsa ho bala tse teng ka tlung. Di ka kenyeletsa dibuka tsa ho bala, dibuka tsa DBE, di makasine kapa diphamfolete, dikoranta, Bibehe, jwalojwalo.
- 2** *Nka monyetla wa mananeo ao sekolo se faneng ka ona.*
 - Ebang bana ba hao ba kena sekolong se nang le disebediswa tsa ho buisana le batswadi mme di fana ka lenaneo la thuto nakong ya ho kwalwa hwa tshohanyetso hwa naha, ka kopo nka monyetla wa seo.
 - Tshehetsa bana ba hao ka matla kamoo o ka kgonang ka teng ho phethela lenaneo la thuto la nako ya ho kwalwa hwa tshohanyetso hwa naha.

- 3** Shebisisa manane a hlalishitsweng a 'Mesebetsi ya Thuto' a latelang le ho aha hodima tlwaelo tsa letsatsi le letsatsi tsa bana ba hao.
- Lenane la mesebetsi e nepahetseng ho ya ka dilemo e kenyeleditswe ka tlase bakeng sa mohato ya thuto yohle.
 - Mesebetsi ena e ka etswa kante ho disebediswa tsa kekeletso, kapa khomphutha le ha ele inthanete.
 - Mesebetsi ena yohle e molemo mme e tla etsa bana ba hao ba dule ba hokahane le sekolo le ho ithuta.

Mesebetsi ya baithuti Kereiti R-3

Ela hloko: Baithuti ba tlase dilemong ba hloka thuso e ngata ka mesebetsi ya ho ithuta, empa le bana ba baholwanyane ba ka ba thusa.

- 1** Ho bala (dinomoro)
- Bokeletsa majwe a manyenyane, dinawa kapa disebediswa tse ding le tse ding tseo bana ba hao ba ka di sebedisetsang ho di bala.
 - Bontsha bana ba hao ho itlhakisa ho bala majwe ao.
 - Ha o na le nako, ruta bana ba hao ho bala ka hodima kapa ho feta moo ba fellang teng.
 - Bontsha bana ba hao hore o sebedisa majwe jwang ho bala ka bobedi, ka boraro, ka bone, ka bohlanano, ka boshome.
 - Ba bontshe le hore o sebedisa majwe jwang ho bala o kgutlela morao.
- 2** Ho kopanya le ho tlosa
- Sebedisa majwe ho thusa bana ba hao ho ikwetlisetsa ho kopanya le ho tlosa. Kereiting ya 1 le 2, ba lokela ho itlhakisetsa ho kopanya le ho tlosa ho fihlela ho 10. Kereiting ya 3, ba ka ikwetlisa ho fihlela ho 20.
- 3** Papadi ya lebenkele
- Beha boleng ba tjelete dinthong tse itseng tsa ka tlung ya hao, mohlala jwaloka dijo, thepa kapa diaparo.
 - Etsa tjelete ya papadi ka pampiri mme o ngole boleng ba tjelete eo ya pampiri le tjeleteng ya tshepe.
 - Fapanyetsanang ka ho ba ralebenkele kapa ho ba moreki le bana ba hao.
 - Sheba tshebetso ya bona ya dipalo, ho etsa bonnete ba hore ba na le kutlwisiso ya tshebediso ya tjelete.
- 4** Medumo ya ditlhaku
- Mena o table pampiri o etse dikotwana, tse sebopeho sa kgutlo nne tsepa.
 - Ngola tlhaku tse fapaneng tsa nteterwane sekotwaneng se seng le se seng.
 - Qhalanya dikotwana tsena tsa pampiri. Supa ditlhaku tse fapaneng mme o bolelle bana ho qapodisa medumo ya tsona
 - Kopa bana ho bopa mantsewe ba sebedisa dikotwana tsa ditlhaku. Ha ba beha medumo mmoho, ba qapodise medumo, mme ba bale mantsewe eo ba a bopileng.
 - Kamora moo, ba kope ho ngola mantsewe ana. Ha o sena pampiri, sebedisa e nngwe ya dibuka tsa sekolo.



5 Ho bala

- Bolella bana ho ikwetlisetsa ho bala, ba sebedise buka ya ho bala kapa buka ya mosebetsi ya DBE
- Boela morao qalong ya buka mme o qale moo.
- Ha ba sitwa ho bala lentswe, ba thuse ho le qapodisa.
- Ha ba badile pale, ba kope hore ba o bolelle hore na pale e ne e bua ka eng?

6 Mongolo

- Ha o sena pampiri, sebedisa e nngwe ya dibuka tsa bana tsa sekolo
- Efa bana sehlooho ho se taka le ho ngola ka sona, jwaloka: motswalle wa hao; o ka thabela eng ka letsatsi la hao la tswalo; dipapadi tseo o di ratang; lelapa la heno
- Ba bolelle ho nahana pele ka seo ba tla se taka le ho se ngola
- Kamora moo, ba bolelle ho taka setshwantsho sa pale tsa bona.
- Ebe, ka bana ba Kereiti R kapa Kereiti 1, o ba kopa ho ngola lebitso/lentswe kapa a mabedi ka dintho tseo ba di takileng.
- Ka bana ba Kereiti 2 kapa 3, ba kope ho ngola polelo e le nngwe kapa tse pedi ka setshwantsho. Ba thuse ho qala dipolelo ha ho hlokeha.
- Hang ha ba qetile ho ngola, ba kope ho buisana le wena ka seo ba se ngotseng. Botsa dipotso mme o fane ka dintlha tsa bohlokwa.

Mesebetsi ya bana ba Kereiti 4-9

1 Tafole tsa katiso

- Bolella bana ho boeletsa tafole tse fapaneng tsa katiso ho fihlela ba di tseba ka hlooho.

2 Dipalo

- Botsa bana dipotso tsa dipalo ka molomo mme o lekole hore ba araba ka nepo le ka potlako.
- Tsena ekaba dipotso ka ho kopanya kapa ho tlosa, ho atisa kapa ho arola, kapa kakaretso ya dipotso. Qala ka dipotso tse bonolo, mme o nne o di thatafatse jwalojwalo. Sebedisa khalkhuleita e founung ya hao ho etsa bonnete ba hore dikarabo di nepahetse.

3 Poeletso ya Dipalo le Tshebetso ya Dipalo

- Boela qalong ya buka tsa bana tsa Dipalo kapa buka tsa mesebetsi tsa DBE
- Ba bolelle ho bala le ho sebetsa mesebetsi o le mong kapa e mmedi ka letsatsi e le ho bona hore ba ntse a kgona ho etsa tshebetso ya dipalo.
- Leka ho ba fa mehlala e meng ho e phethela, jwalo e tshwanang le e ka hara dibuka kapa dibuka tsa mesebetsi.

4 Ho Bala le ho Akaretsa

- Bolella bana ho ikwetlisetsa ho bala ka buka tsa bona tsa Puo Ya Lapeng le tsa FAL kapa tsa DBE (ho fihla ho Kereiti 6)
- Boela morao qalong ya buka mme o qale moo.
- Ba bolelle ho ikwetlisetsa ho balla seratswana hodimo, ho fihlela ba bala ka boqhetseke, ka nepo le ka maikutlo. Ebe, ba o balla seratswana hodimo.
- Ha hona le dipotso ka seratswana, ba bolelle hore ba ngole dikarabo fatshe. Ha o sena pampiri, ba bolelle hore ba ngole dikarabo ho enngwe ya dibuka tsahlakiso tsa hae.
- Kamora moo, ngola dintlha tse qalang dipolelo sepapetleng sa pampiri, mme o ba bolelle ho phethela dipolelo kamoo ba ka kgonang bukeng tsa bona tsa ho ngolla. Etsa hona ka seratswanana se seng le se seng seo ba tla se bala.
 - Seratswana sena se mabapi le...
 - Mophetwa wa sehlooho ke... (e bang a le teng)
 - Ke e ratile/ha ke ya e rata hobane...
 - Ke ithutile hore...
 - E nkgopotsa...
 - Ke nahana... o entse ntho e nepahetseng/fosahetseng hobane...
 - Ha ke ne ke le ... (lebitso la mophetwa) nkabe ke... (ha hona le hoo a ka ho etsang)

5 Poeletso ya dithuto tse ding

- Bolella bana ho bokelletsa dibuka tsa bona le dibuka tsahlakiso tsa thuto ka nngwe.
- Tsatsi le leng le leng, ba lokela ho shebana le thuto e fapaneng ho etsa poeletso.
- O lokela ho qala qalong ya buka kapa ya buka yahlakiso mme a bale hape a etse poeletso ya dintlha tsa bohlokwa. Ebe, o leka ho phethela mesebetsi yohle, le entsweng kotareng ya pele.
- Ha ba ntse ba etsa sena, ba bolelle ho etsa bonnete ba hore ba utlwisisa seo ba se balang le seo ba se etsang. Ha ho se jwalo, ba lokela ho o tsebisa, kapa ho tsebisa bana ba baholwanyane ho bona, kapa ba founele baithuti mmoho ba bona ba ka ba thusang.

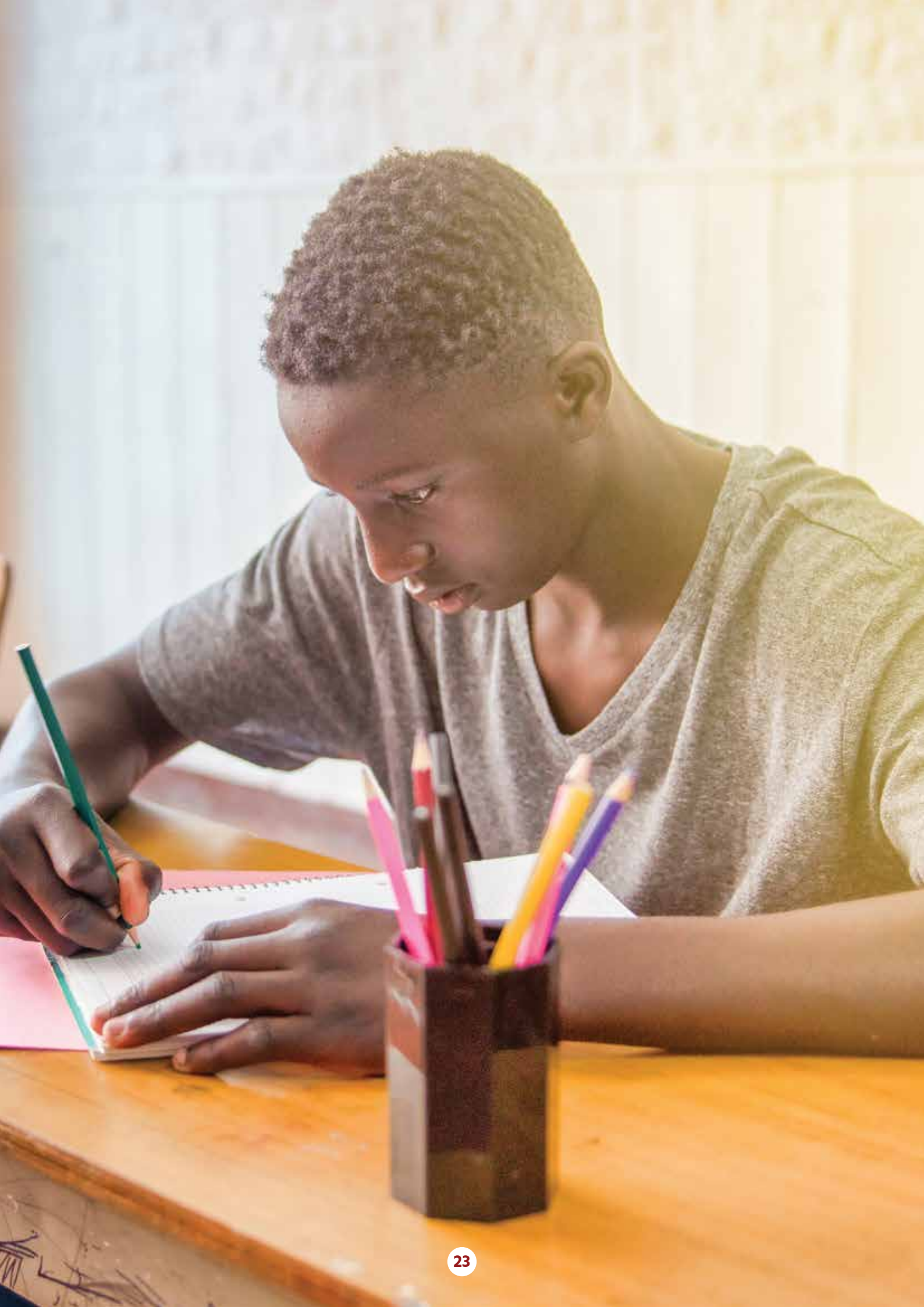


Ba boelle ho leka ho ipokelletsa le ho hopola thuto le lesedi le lengata kamoo ba ka kgonang, e le ho itokisetsa ho kgutlela sekolong.

- Ha ba na le dipampiri tsa diteko tse fetileng tsa kotara ya pele, ba tshwanetse ho di ngola ba di phete hape, ba ngole dikarabo tsa dipotso bukeng tsa bona tsahlakiso.

Mesebetsi ya bana ba Kereiti 10-12

- 1 Hopotsa bana hore pele ho nako ya ho kwalwa hwa tshohanyetso hwa naha, ba ne ba se ba qetile karolo-tharo ya mosebetsi wa selemo.
- 2 Hlalosa hore ha ba etsa poeletso, kutlwisiso le ho hopola mosebetsi ona kaofela, le ho ikwetlisetsa Dipalo, le tshebetso ya dipalo le saense tseo ba ithutileng tsona, ba tlabe ba tseba karolo-tharo ya mosebetsi wa selemo.
- 3 Ba kgothalletse ho etsa poeletso ya thuto ya Maths kapa Maths Literacy mme ba ikwetlise letsatsi le letsatsi. Ha hona le ntho eo ba sa e utlwisiseng, ba kope e mong wa ba baholwanyane a ba thuse, kapa, ba letsetse motswalle, e mong wa leloko kapa moahisane ho fana ka thuso.
- 4 Ba kgothalletse ho etsa poeletso ya Puo ya Lapeng le ya FAL mme ba ikwetlise kamehla. Hona ho ka kenyeletsa ho bala haholo, hobane Kereiting tsa 10-12, baithuti ba lokela ho bala dingolwa tse pedi tse hlwailweng tsa selemo. Ba lokela hore ba be ba na le tsona, le ha ekaba ke dithothokiso, pale tse kgutshwane, padi kapa tshwantshiso.
- 5 Ba kope ho etsa poeletso ya keketso le dintlha tsa bohlokwa bukeng tsa bona tsahlakiso. Ba lokela ho bala dipotso kapa mesebetsi mme ba leke ho phetha ba le bang ho se motho ya ba thusang. Ba lokela le ho akaretsa ditaba tsohle mme ba tsebe le kakaretso ya tsona.
- 6 Bakeng sa Kereiti 10-12, ho bohlokwa ho leka ho fumana thuto e tswelang pele ya dithuto tsa bohlokwa. Qala ka ho sheba TV le ho mamela Radio mananeo a hlophisitsweng – o shebe hore ha hona lenaneo le ka tswelang bana ba hao molemo mme o ba kgothalletse ho sheba kapa ho mamela.
- 7 Lekola bana ba hao ho bona hore ba etsa dihora tse 3-4 tsa ho ithuta letsatsi le leng le leng.
- 8 Mohatong wa FET ho bohlokwa hore baithuti ba dule ba tseba, ba utlwisisa dintlha le bokgoni boo ba bo rutilweng, mme ba ikwetlisetse ho bo sebedisa kgafetsa.
- 9 Bua le bana ba hao ka mosebetsi wa bona. Fumana hore ba ikutlwa ba phuthulohile ka eng le hore ba tshwenywa ke eng.
- 10 Sheba hore o ke ke wa hlopha le ngwanabo bona ya moholo, moahisane kapa motswalle ha ho hlokeha. Empa o seke wa tlola melao ya nako ya ho kwalwa hwa nakwana hwa naha.
Ela hloko: Ha o na le founu ya sejwale-jwale, kapa khomphuta ka tlung, leka ho hlopha le bana ba hao ho ka fumana disebediswa tse ding tse ka ba tswelang molemo. Tse ding tsa tsona ebile ke 'mahala' ka mantswa a mang ha di hloke tshebediso kapa tjeho ya datha. Di ngotswe lenaneng la disebediswa tse marangrang a inthanete tse ho fanweng ka tsona.



Tataiso #6

Tshebediso ya thekenoloji e nepahetseng



Thuto yohle e lokela e be le bophelo

O se ke wa nka/akanya hore bana ba a ithuta ha ba shebelletse lenaneo la thuto – ho ka etsahala hore ha ba a tsepamisa maikutlo mme ba inahanetse tsa bona! Ho bohlokwa ho thusa ngwana hao ho sebedisa thekenoloji ka nepo molemong wa ho ithuta.

Batswadi ba ka etsang ka sena?

1 Sebedisa monyetla wa mananeo ao o ka a fumanang Telebesheneng, Seyalemoyeng kapa Inthaneteng.

- Lenane la mananeo le disebediswa di tsamaya mmoho le tataiso ena.
- Shebisisa lenane lena ka hloko bakeng sa mananeo kapa disebediswa tse ka tswelang bana ba hao molemo.
- Ka ho qolleha, kgothaletsa bana ba hao ba Kereiti 10-12 ho shebella mananeo a TV a fanang ka thuto ya Dipalo, Saense kapa Puo.
- Sheba hape le disebediswa tse ding tsa ho bala inthaneteng tseo bana ba hao ba ka di ballang founung kapa khomphuteng. Hlokomela hore ho na le di websaete tsa 'mahala' – ho kena ho tsona ha ho hloke datha.

2 Thusa ngwana hao ho kgetha mananeo a amanang le thuto ya hae mme o a kenyeletse tlwaelong ya hae ya letsatsi.

- Shebisisang mananeo a tataiso mmoho le tsebe ho kgetha a lebaneng le dithuto.
- Etsang hona pele – shebisisang tlhophiso ya mananeo qalong ya beke.
- Kenyeletsa mesebetsi ena tlwaelong ya bana ba hao e le karolo ya 'nako ya thuto'
- Etsa bonnete hore ho na le tekatekano mesebetsing ya bana ba hao ya ho ithuta – ba seke ba qeta nako yohle ba shebile TV kapa ba sebeletsa founung.

3 Etsa bonnete hore bana ba hao ba itlhopiseditse ho fumana thuto ho tswa thelebesheneng kapa seyalemoyeng.

- Pele lenaneo le qala, etsa bonnete hore bana ba hao ba tshwere dibuka tsohle tse hlokahalang/le dibuka tsa tlhakiso tse nepahetseng.
- Ba tshware hape le pene, pensele, rula le disebediswa tse ding tse ka hlokehang.
- Ke mohopolo o motle hape ho beha dikishinari haufi, haholo bakeng sa bana ba baholo.
- Thusa bana ba hao ho hlakisa hantle thuto eo ba tlileng ho e ithuta yona. Etsa hona ka ho sheba sehlooho sa thuto eo bukeng le ho sheba hape thuto e fetileng.

4 Hlahloba bana ba hao nakong ya lenaneo.

- Sheba bana ba hao ha ba ntse ba shebile kapa ba mametse lenaneo.
- Ba kgothaletse ho nka dintlha tsa bohlokwa nakong ya lenaneo, ho ikgopotsa seo ba ithutileng sona. Ba ngole le dipotso tseo ba nang le tsona.

5 Tshwara dipuisano tse kgutshwane le bona ka seo ba ithutileng sona.

- Pheletsong ya lenaneo, sheba hore bana ba hao ba ngotse dintlha tse itseng tsa bohlokwa.
- Kamora moo, buisanang ha kgutshwane ka lenaneo. O ka botsa dipotso tse jwaloka:
 - Na ebe lenaneo le ne kgahla? Hobaneng kapa hobaneng le sa kgahla?
 - O ithutile eng ho lona?
 - Na ebe ho na le ntho eo o sa e utlwisang kapa eo o senang bonnete ba yona?
 - O na le dipotso tse ding ka sehlooho sena?

- Na o kile wa bala ka dikateng tseo bukeng ya hao?
- 6** Etsa moralo wa diseshene tsa tlhakisetsa tse hlokehang kamora mananeo.
- Ha hona le ntho e sa hlakang kapa e ferekanyang, o ka leka ho thusa bana ba hao ka ho:
 - Sheba thuto e nngwe ka sehlooho seo, mme o e kenyeletse tlwaelong ya letsatsi
 - Phetha dikateng tsa thuto ena mmoho
 - Kopa ngwanabo e moholwayana, motswalle kapa emong wa leloko ho thusa



For more information, visit the Covid-19 Portal:

www.sacoronavirus.co.za

Emergency Hotline: 0800 029 999

What's App Support Line: 0600 123456



basic education

Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

DISEBEDISWA TSA THUTO



Tlhopho ya Mananeo a TV

Nako	Kereiti	Thuto	Letsatsi	Kanale
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

Tlhopho tsa Mananeo a Radio

Nako	Kereiti	Letsatsi	Seteishene sa Radio	Leqhubu	Profense 2
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	https://capsradio.co.za/	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

Nako	Kereiti	Letsatsi	Seteishene sa Radio	Leqhubu	Profense 2
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	https://capsradio.o.za/	Online
19:30 – 20:00	10 – 12	Mon – Thu	Motsweding FM	89.6	Gauteng, NW, Free State

Kgokanyo tsa Nako tsa Kgaso

Kanale	Kgokanyo
SABC 1	http://www.sabceducation.co.za/gelezanathi/schedule/
SABC 2	https://mydorpie.com/tv-guide/TV-Guide-South-Africa-SABC-etv-OpenViewHD-DSTV
SABC 3	https://mydorpie.com/tv-guide/TV-Guide-South-Africa-SABC-etv-OpenViewHD-DSTV
DSTV	https://guide.dstv.com/channels
OVHD	https://kfmulaudzi.files.wordpress.com/2020/03/epg_layout.pdf https://www.openview.co.za/tv-guide https://www.openview.co.za/tv-guide

Websaete tsa mahala le mehlodi ya thuto

Kereiti	Lebitso	Kgokanyo	Mofuta wa se Sebediswa (Websaete, E-learning, Nomoro ya Mohala jj)	Marangrang
R – 9	DBE Workbooks	https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/Workbooks.aspx	Website	Vodacom/MTN / Telkom/Cell C
R – 12	Khan Academy	https://www.khanacademy.org/	Website	MTN/Telkom
10 – 12	Self-Study Guides	https://www.education.gov.za/SelfStudyGuidesGrade10-12.aspx	Website	Vodacom/MTN/ Telkom/Cell C
10 – 12	Tech Teachers	https://www.techteachers.co.za/	Website	MTN
7 – 12	Olico (Maths)	https://olico.org/	Website	MTN
7 – 9	MST Workbooks	http://www.mstworkbooks.co.za/index.html	Website	Vodacom/ Telkom
4 – 12	Siyavula Textbooks	https://www.siyavula.com/	Website	Vodacom/MTN/ Telkom
4 – 6	Thunderbolt Kids	http://www.thunderboltkids.co.za/	Website	Vodacom
4 – 6	South African Stories	https://www.education.gov.za/Portals/0/Documents/Publications/Storytime%20Intermediate%20Phase%202015.pdf?ver=2015-03-19-125050-580	Website	Vodacom
3 – 12	Ece exams	https://www.ecexams.co.za/ExaminationPapers.htm	Website	MTN
1 – 12	Vodacom e-school	https://vodacom.mytopdog.co.za/	Website	Vodacom/MTN
1 – 12	Mindset	https://learn.mindset.africa//	Website	Vodacom/MTN/ Telkom
1 – 12	Ecurriculum	https://www.eccurriculum.co.za/	Website	MTN
1 – 12	Extra Marks	http://www.extramarks.co.za/	Website and App	MTN
1 – 9	African Storybook	https://www.africanstorybook.org/	Website	Vodacom/MTN/ Telkom
1 – 3	Big Books	https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/IALResources.aspx	Website	Vodacom/MTN/ Telkom/Cell C
1 – 3	Big books	https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/GradedReadersandBigBookHL.aspx	Website	Vodacom
12	Mind the Gap Study Guides	https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/MindtheGapStudyGuides.aspx	Website	Vodacom/MTN/ Telkom/Cell C

Kereiti	Lebitso	Kgokanyo	Mofuta wa se Sebediswa (Websaete, E-learning, Nomoro ya Mohala jj)	Marangrang
12	FET Revision Booklets	https://www.education.gov.za/Programmes/SecondChanceProgramme/RevisionBookletsFET.aspx	Website	Vodacom/MTN/Telkom/Cell C
12	Second Chance Matric	https://www.education.gov.za/secondchance/Home.aspx	Website	Vodacom/MTN/Telkom/Cell C
12	Second Chance Matric	https://www.education.gov.za/Programmes/SecondChanceProgramme/RadioLessons.aspx	Radio Lessons	Vodacom/MTN/Telkom/Cell C
12	Video Tutorials	https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx	Video Lessons	Vodacom/MTN/Telkom/Cell C
1-12	School in a Box	https://schoolinabox.co.za/	Interactive site and lessons	Telkom

Podcasts

Kereiti	Thuto	Dikateng	Kgokanyo	Nako (Dihora)	Kanale/Lebitso la Websaete
All	All	Paid podcasts for all grades and subjects	https://viaafrika.com/podcast/	N/A	Via Afrika
8 – 9	Mathematics	Euclidean Geometry	https://soundcloud.com/caps-radio-344950611/dbe-kzn-grade-8-and-9-euclidean-geometry-basic-concepts	N/A	Soundcloud
7 – 12	Afrikaans	Improve your Afrikaans speaking, grammar, vocabulary & writing	https://www.radio-south-africa.co.za/podcasts/learn-afrikaans-afrikaanspod101com	1 hr	Radio South Africa
7 – 12	Afrikaans	Improve your Afrikaans speaking, grammar, vocabulary & writing	https://www.radio-south-africa.co.za/podcasts/learn-afrikaans-afrikaanspod101com	1	Radio South Africa
10 – 12	Geography	N/A	http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/	1 hr	YFM
10 – 12	History	N/A	http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/	1 hr	YFM
10 – 12	Life Science	N/A	http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/	1 hr	YFM
10 – 12	Questions	N/A	http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/	1 hr	YFM
12	Accounting	Financial Statements	https://www.ecr.co.za/e-learning-doe/accounting/	1 hr	East Coast Radio

Kereiti	Thuto	Dikateng	Kgokanyo	Nako (Dihora)	Kanale/ Lebitso la Websaete
12	Accounting	Module 1	http://www.702.co.za/articles/379966/gauteng-matric-revision-2020-tourism	1 hr	702
12	All	Video tutorials on variety of topics and subjects	https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx	N/A	DBE
12	All	Audio Tutorials	https://www.education.gov.za/Programmes/SecondChanceProgramme/RadioLessons.aspx	N/A	DBE
12	All	Podcasts on subject specific topics for all grades	https://soundcloud.com/user-331760652	1 hr	Soundcloud
12	All	Podcasts on subject specific topics for all grades	https://capsradio.co.za/podcasts-2/	1 hr	CAPS Radio
12	Business Studies	Module 1	http://www.702.co.za/articles/379967/gauteng-matric-revision-2020-business-studies-module-1	1 hr	702
12	Economics	Module 1	http://www.702.co.za/articles/379965/gauteng-matric-revision-economics-module-1	1 hr	702
12	English	Revision Exam Paper	https://www.ecr.co.za/e-learning-doe/english-doe/	1 hr	East Coast Radio
12	English FAL	Paper 1 & 3	https://iono.fm/e/845057	1 hr	Motsweding FM
12	English FAL	Module 1	http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304895/english-home-language-module-1	1 hr	702
12	English SAL	Module 1	http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304897/english-additional-language-module-1	1 hr	702
12	Geography	Mid-latitude cyclones	https://www.ecr.co.za/e-learning-doe/geography-doe/	1 hr	East Coast Radio
12	Geography	Paper 1	https://iono.fm/c/3855	1 hr	Motsweding FM
12	History	Essay – USA 1950 – 1970	https://www.ecr.co.za/e-learning-doe/history-doe/	1 hr	East Coast Radio
12	Mathematics	Trigonometry	https://iono.fm/c/3855	30 min	Motsweding FM
12	Maths	Euclidean Geometry	https://www.ecr.co.za/e-learning-doe/pure-mathematics-doe/	1 hr	East Coast Radio
12	Maths Literacy	Data handling and probability	https://www.ecr.co.za/e-learning-doe/maths-literacy-doe/	1 hr	East Coast Radio
12	Maths Literacy	N/A	https://iono.fm/e/845080?fbclid=IwAR2ijC9CArmM42QaLp0X96GU-IZFeTib59it5kIZcEwKcm8eLEn7bFf0dhs	1 hr	Motsweding FM

Kereiti	Thuto	Dikateng	Kgokanyo	Nako (Dihora)	Kanale/Lebitso la Websaete
12	Tourism	Module 1	http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/305251/tourism-module-1	1 hr	702
10	Accounting	N/A	https://iono.fm/e/845067	30 min	Motsweding FM

E-Learning, Di Vidio & Audio Tutorials

Kereiti	Thuto	Dikateng	Kgokanyo	Nako (Dihora)	Kanale/Lebitso la Websaete
All	All	Online Lessons Everyday	https://www.facebook.com/AfricaTeenGeeks/posts/2865287876882195?__n__=K-R	N/A	African Teen Geeks Facebook
All	All	Videos on all subjects and topics for all grades	https://www.facebook.com/AfricaTeenGeeks/videos/	N/A	African Teen Geeks Facebook
All	All	E-classroom – video tutorials, mock exams & CAPS support content	https://e-classroom.co.za/	N/A	E-classroom
All	All	Vodacom E-school – guided content, tasks & tests	https://vodacom-cleverly.vodacom.mytopdog.co.za/	N/A	Vodacom E-school
7 – 9	Mathematics, English & Matural Sciences	Online Lessons, worksheets & memos. New content uploaded everyday.	https://www.worksheetcloud.com/live/classrooms/	N/A	Worksheet Cloud
4 – 6	Mathematics, English & Matural Sciences	Online Lessons, worksheets & memos. New content uploaded everyday.	https://www.worksheetcloud.com/live/classrooms/	N/A	Worksheet Cloud
10 – 12	All	E-school – digital classroom with lessons, asignments & games	https://seva.co.za/app.html#/dashboard/guest	N/A	Seva
10 – 12	Mathematics	Video lessons on limits, average gradient and derivitives	https://www.isasa.org/mathematics-lessons-calculus/	1 hr	Rodean School
1 – 5	All	CAPS aligned online lessons, games & exercises in all subjects & extra subjects	https://2simple.com/za/purple-mash/	N/A	2simple
12	All	Video tutorials on variety of topics and subjects	https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx	N/A	DBE
12	All	Audio Tutorials		N/A	DBE
3	Mathematics & English	New Online Lessons, worksheets & memos uploaded everyday	https://www.worksheetcloud.com/live/grade-3-online-classroom/	1	Worksheet Cloud

Kereiti	Thuto	Dikateng	Kgokanyo	Nako (Dihora)	Kanale/Lebitso la Websaete
12	Afrikaans	Online lessons	https://www.youtube.com/channel/UC_05vZ2jn3iBGQtSR37h_ug	N/A	You Tube

Disebediswa tse Ding

Kereiti	Thuto	Dikateng	Kgokanyo	Kanale/Lebitso la Websaete
All	All	Online Lessons Everyday	https://www.facebook.com/AfricaTeenGeeks/posts/2865287876882195?__tn__=K-R	African Teen Geeks Facebook
All	Various	SABC Education Podcasts on variety of topics	https://iono.fm/c/3855	Iono FM
All	All	CAPS aligned materials, podcasts, videos & past papers	https://capsradio.co.za/	CAPS Radio
All	English	Printable English lessons and worksheets for every grade	https://remotesupport.achieve3000.com/	Achieve 3000
All	All	Videos on all subjects and topics for all grades	https://www.facebook.com/AfricaTeenGeeks/videos/	African Teen Geeks Facebook
All	All	E-classroom – video tutorials, mock exams & CAPS support content	https://e-classroom.co.za/	E-classroom
All	All	Vodacom E-school – guided content, tasks & tests	https://vodacom-cleverly.vodacom.mytopdog.co.za/	Vodacom E-school
1 – 3				
1 – 3	All	Suggested schedules, worksheets & mixed subject PDF activities	https://www.isasa.org/ecd-and-foundation-phase-resources-from-st-andrews/	St. Andrews School
1 – 3	N/A	Home education schedules and ideas for younger children	https://www.isasa.org/home-education-schedule-for-younger-children/	ISASA
1 – 3	Home Language & English	Comprehensive African Language graded reading resources	https://vulabula.molteno.co.za/how-use-resources#graded_readers	Vulabula
1 – 3	All	Lessons, worksheets for all subjects & suggested home schedule routine. Offline resources	https://sites.google.com/sparkschools.co.za/home-learning/home/foundation-phase?authuser=0	SPARK Schools
7 – 9	Lessons & worksheets	Lessons, worksheets for all subjects & suggested home schedule routine. Offline resources	https://sites.google.com/sparkschools.co.za/home-learning/home/senior-phase?authuser=0	SPARK Schools
4 – 6	All	Offline & online resources & worksheets. CAPS opensource textbooks	https://sites.google.com/sparkschools.co.za/home-learning/home/intermediate-phase/math?authuser=0	SPARK Schools

Kereiti	Thuto	Dikateng	Kgokanyo	Kanale/Lebitso la Websaete
1 – 7	English	Worksheets & curriculum information for grade 1 to 7	https://www.smart-kids.co.za/activity/worksheets	Smart kids
10 – 12	All	E-school – digital classroom with lessons, assignments & games	https://seva.co.za/app.html#/dashboard/guest	Seva
12	All	Video tutorials on variety of topics and subjects	https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx	DBE
4	Maths, English, Natural Science	Downloadable lesson resources	https://www.isasa.org/intermediate-phase-resources-from-st-andrews/	St. Andrews School
1 – 12	All	Online library incl. study guides	https://www.snapplify.com/za/freeaccess	
1 – 12	All	Full online library	https://syafunda.co.za/	Syafunda
1 – 6	Reading and Language	Remedial Reading and education	https://www.bellavistashareonline.org.za/	Bellavista Share