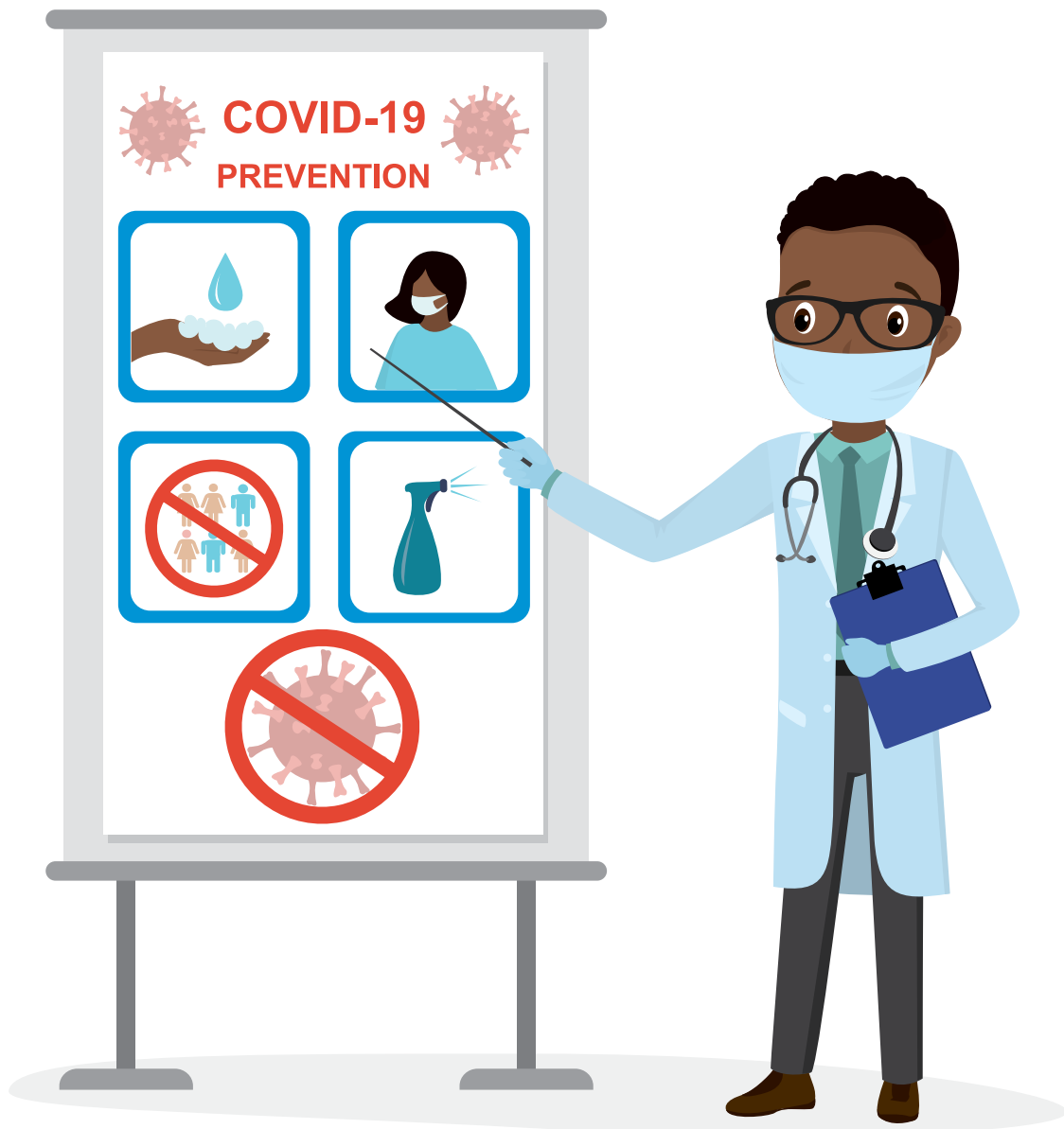




# SWITSUNDZUXO EKA VATSWARI

## NSEKETELO EKA VANA VA N'WINA HI NKARHI LOWU WA COVID-19

Ndzawulo ya Dyondzo ya Masungulo yi tekela enhlokweni xilaveko xo pfuna vatswari na vahlayisi ku humelela eka nkarhi lowu wo pfalleriwa hi ku olova. Swiletelo leswi swo olova swi endleriwe ku nyika switsundzuxo na maqhinga yo pfuna vatswari ku seketela vana va vona eka nkarhi lowu.



# Xiletelo #1

Hlayisa rihanyu ra miehleketo ya wena na xiyimo xa matitwelo ya wena



# Tikhomi kahle wena n'wini



Ku pfaleleka swa tika. Hinkwerhu hi langutane na ku chava, ku tikeriwa na ku pfumala ku tshemba. Naswona, swi nga va swi ri na ku tika swinene eka mindyangu leyi yi nga na ntshikelelo hi tlhelo ra swa timali, lava langutaneke na vuvabyi emirini kumbe emiehleketweni, lava va tshamaka na munhu loyi a xanisaka van'wana, lava tshamaka eka ndhawu leyitsongo, kumbe lava va nga na switirhisiwa leswitsongo.

## Xana vatswari va nga endla yini hi leswi?

- Hi ku angarhela, vana va n'wina va ta swi kota tanihi loko na n'wina mi swi kota.
- Loko mi lava vana va n'wina va va na ku rhula na ku swi kota, kutani mi fanele ku ringeta ku va na ku rhula na ku swi kota.
- Vana va malembe hinkwawo va ta endla ku ya hi maendlelo na matikhomelo ya n'wina, ku nga ri ku ya hi leswi mi swi vulaka.
- Hikokwalaho ka leswi, mi fanele ku kuma nkarhi wa xihundla na ndhawu yo kota ku vulavurisana na van'wana vanhu lavakulu hi ku chava ka wena, ku vilela na ntshikelelo. U nga pfumeleli vana va wena va twa hi mbhurisano lowu.
- Loko u nga ri na wo vulavula na yena, fikelela yin'we ya mimpfuno leyi nga kona.
- U fanele ku ringeta ku nga kombisi matitwelo na ku chava ka wena, leswaku u va xikombiso xa kahle eka vana va wena.
- Vana va wena va fanele va titwela leswaku u na vulawuri na ku teka swiboho leswi faneleke eka vutomi bya vona.

## Hi nga kombela mani ku pfuna

| Munyiki wa Vukorhokeri                             | Tiko kumbe Xifundza | Muxaka wa vukorhokeri  | Vuxokoxoko byo tihlanganisa                       |
|--|---------------------|--|---|
| Gender Based Violence Command Centre               | National            | Gender based violence helpline (GBV)   | 0800 428 428<br>*120*7867#                        |
| Gender Based Violence Command Centre               | National            | GBV helpline for the deaf and disabled community   | Helpme GBV<br>SMS 'help' to 31531                 |
| South African Depression and Anxiety Group (SADAG) | National            | Helpline for mental disorders, anxiety, depression and suicide   | 0800 456 789<br>0800 567 567<br>(suicide hotline) |
| CIPLA 24-hr Mental Health Helpline                 | National            | Helpline for mental disorders, anxiety, depression and suicide   | 0800 456 789<br>WhatsApp:<br>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                                       |

| Munyiki wa Vukorhokeri                                    | Tiko kumbe Xifundza | Muxaka wa vukorhokeri                                    | Vuxokoxoko byo tihlanganisa                 |
|---|---------------------|--|---|
| 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<br>childprotect@saps.org.za           |
| FAMSA – Family and Marriage Association of South Africa   | National            | Support & education during stressful times               | (011) 975–7106/7<br>national@famsa.org.za   |
| People Opposed to Women Abuse (POWA)                      | Gauteng             | Domestic abuse helpline                                  | 011 642 4345/6<br>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<br>grantenquiries@sassa.gov.za |
| Gauteng Government  | Gauteng             | Food parcel helpline                                     | 0800 428 8364<br>support@gauteng.gov.za     |

# Xiletelo #2

Hlayisa rihanyu ra miehleketo ya vana va wena na matitwelo ya vona



# Titshinetsi eka vana va wena



Tanihi vatswari na vahlayisi va vana, swi na nkoka nkarhi hinkwawo ku tihlanganisa na vana va wena. Kambe ehansi ka swiyimo swa ntshikelelo kumbe ku tikeriwa, swi na nkoka swinene na ku tlula ku vulavula na vana va wena, na ku xiyisisa mahanyelo ya vona. Lowu i nkarhi wo cinca lowukulu na ku pfumala ku titshemba eka vanhu hinkwawo. Vantshwa va le ka xiyenge lexi evuton'wini bya vona loko vanghana na vuxaka bya ku tihlanganisa swi ri swa nkoka eka vona, kutani ku pfaleriwa na COVID-19 swi endle leswaku leswi swi va tikela swinene. Vantshwa va nga ha va na ntshikelelo, ku chava na mavabyi ya ntshikelelo hi nkarhi lowu.

## Xana vatswari va nga endla yini hi leswi?

- 1** *Sungula hi ku vutisa vana va wena leswaku va tiva yini hi xitsongwatsongwana na ku pfaleleka, na matitwelo ya vona hi mhaka leyi.*
  - Komba vana leswaku u va nyika ndhawu yo hlayiseka ku va va vulavula hi miehleketo ya vona hi ku tshembeka. Yingisela hi vukheta loko va ri karhi va vulavula. U nga ngheneleli, u nga lulamisi leswi va swi vulaka, u nga hleki kumbe u hlekula vana va wena, naswona u nga va yimisi ku vulavula.
  - Loko vana va hlamula swivutiso swa wena hi nhlamulo yo koma kumbe ya rito rin'we, hi ndlela ya kahle va vutisi swivutiso swo ntlhontlha, ku va khutaza ku vulavula swo tala. Xikombiso: 'U ringeta ku hlamusela yini hi sweswo?' kumbe u nga ndzi byela swo tala hi sweswo...'
  - Lehisa mbilu. Vana vo tala va ta 'sandza' vatswari va vona, va kongomisa ku kwata, nhlundzuko, ku tsandzeka na ku borheka ka vona eka wena.
  - Loko vana va wena va karhi va vulavula, teka tinotsi hi maehleketelo ya vona yo hoxeka hi xiyimo na hi xiyimo xa miehleketo ya vona.
- 2** *Lexi landzelaka, nyika vana ntiyiso, mahungu yo ringanela malembe ya vona ku lulamisa matwisiselo ya vona yo hoxeka, ku hunguta ku chava na ku va nyika ku tshemba.*
  - Nyika mahungu yo olova na ku va ya ntiyiso.
  - Nyika mahungu lawa hi ndlela yo rhula, na ku hlantsweka.
  - U nga endli switshembiso leswi u nga ta kala u nga swi koti, xikombiso, leswaku a xi nge ku khomi xitsongwatsongwana. Ematshan'wini, va nyike switshembiso swa leswaku u ta ringeta hi matimba hinkwawo ku va u hlayiseka, na ku vona leswaku vana va wena va hlayisekile.
  - Nyika vana va wena ku tshemba. Vulavula ntiyiso wa leswaku leswi swi ta hela, na leswaku vativi va sayense na madokodela va ta kuma ndlela yo lwisana na xitsongwatsongwana, naswona vutomi bya hina byi ta tlhelela ematshan'wini ya byona.
  - Hlamula swivutiso swa vana va wena hi laha u kotaka ha kona. Pfumela loko u nga swi tivi swo karhi. Vula swo karhi tanihi: 'I xivutiso xa kahle swinene. A ndzi yi tivi nhlamulo, kambe ndzi ta ringeta ku lavisisa.'
  - Ringeta ku basisa matwisiselo yo hoxeka kumbe ku nga twisisi loku vana va wena va nga va ka na wona mayelana na xitsongwatsongwana kumbe ku pfaleleka.

## Ku hlamusela hi xitsongwatsongwana na ku pfaleleka eka vana lavatsongo

- Xitsongwatsongwana i vuvabyi, ku fana na mukhuhlwana kumbe swimungwamungwana.
- Ku na xitsongwatsongwana xintshwa laha misaveni, xi vuriwa Xitsongwatsongwana xa Corona.
- Hikuva xi ri xitsongwatsongwana lexintshwa, madokodela na vativi va sayense va lava nkarhi ku xi dyondza, leswaku va ta kota ku xi yimisa ku va xi vabyisa vanhu.
- Ku nyika madokodela na vativi va sayense nkarhi ku dyondza hi xitsongwatsongwana, hinkwerhu hi boheka ku tshama ekaya nkarhinyana.
- Kutani, loko madokodela na vativi va sayense va ku swi lulamile, hinkwerhu hi katsongo-tsongo hi ta sungula ku tlhelela exikolweni na le ntirhweni, ku endlela leswaku hinkwerhu hi tshama hi hlayisekile.



## Ku hlamusela hi xitsongwatsongwana na ku pfaleleka eka vana va le xikarhi na vantshwa

*Xiya: Tirhisa mavulavulelo ya kahle ku teka xiboho hi mahungu lawa u nga ta avelana na vana va wena. A wu lavi ku tlakusa ku tikeriwa kumbe ku chava ka vona.*

- Xitsongwatsongwana i vuvabyi, ku fana na mukhuhlwana kumbe swimungwamungwana.
- Ku na xitsongwatsongwana xintshwa laha misaveni, xi vuriwa xitsongwatsongwana xa Corona kumbe COVID-19. Leswi swi yimela: Corona Virus Disease of 2019.
- Xitsongwatsongwana xi hangalaka exikarhi ka vanhu lava va tshinelelanaka swinene, ku fana na loko munhu loyi a nga na xona a khohlola kumbe a entshemula. Xi nga ha hangalaka hi loko u khumba ndhawu leyi nga na xona kumbe xanchumu, xikombiso, loko un'wana a entshemulerile etafuleni, kutani wena u khumba tafula rero u sungula ku hangalasa xitsongwatsongwana eka wena n'wini hi ku ti khoma nomu, nhompfu kumbe mahlo.
- Xitsongwatsongwana lexi xi twisa vanhu ku vava hi tindlela to hambanahambana:
  - Van'wana vanhu va na xona xitsongwatsongwana, kambe va nga twi va vabya. Hi ri a va na swikombiso.



- *Van'wana vanhu va titwa va vabya swa vhiki rin'we kumbe mambirhi. Hi xitalo va hisa miri, switlhavi na ku vavisa ka miri, naswona va nga ha khohlola.*
- *Phesente yitsongo ya vanhu va vabya swinene, naswona va nga fanela ku ya exibedlhele swa nkarhinyana.*
- Vanhu lavantshwa va malembe ya le hansi ka 18 a hi xitalo va va na swikombiso, na ku va va vabya swinene. Loko vo vabya, va hatla va hola kahle.
- Hikuva lexi i xitsongwatsongwana lexintshwa, madokodela na vativi va sayense va lava nkarhi ku xi dyondza, leswaku va ta kota ku tumbuluxa ntlhavelo na ku antswisa vutshunguri.
- Ku nyika madokodela na vativi va sayense nkarhi ku dyondza hi xitsongwatsongwana, hinkwerhu hi boheka ku tshama ekaya nkarhinyana.
- Nkarhi lowo pfaleleka wu nyika mfumo wa hina nkarhi wa ku lulamisa sisiteme ya rihanyu ra vanhu hinkwavo – ku letela vatirhi va le xibedlhele na ku tshamisisa swilo ematshan'wini ya swona, ku xava switirhisiwa swa swibedlhele hinkwaswo, na ku thola vatirhi va le xibedlhele hi xitalo hi laha swi nga ta koteka ha kona.
- Loko ku hangalaka loku ka xitsongwatsongwana ku lawuleka, na swibedlhele swa hina swi lulamerile ku hlayisa vavabyi vo tala, ku pfaleleka ku nga susiwa hi ka tsongotsongo.
- Vanhu va ta sungula ku tlhelela entirhweni na le xikolweni hi ndlela yo nonoka – ku nga ri hi nkarhi wun'we.
- Vo tala va hina hi ta fanela ku kamberiswa, naswona ku ta ha va na milawu yo tala leyi faneleke ku landzeleriwa ku tiyisisa leswaku xitsongwatsongwana xa lawuleka.

**3** *Languta swikombiso swa loko n'wana wa wena a nga swi koti. (Swin'wana swa swikombiso leswi swi nga ha vonaka eka vantshwa.)*

- Ku twa va vaviseka kumbe ku rila na loko ku nga ri na xivangelo
- Ku kwata na ku hlangahlangana ku nga ri na xivangelo
- Ku nga teki xiave eka migingiriko leyi hi xitalo va yi rhandzaka ekaya
- Ku helela hi ntsako eka ku teka nkarhi na vandyangu kumbe vanghana eka switirhisiwa swa mabulu
- Timholovo na ku lwisana na vandyangu kumbe vanghana eka switirhisiwa swa mabulu
- Ku karhala na ku hela matimba
- Ku etlela swinene kumbe ku karhateka ku kuma vurhongo
- Ku cinca ka madyelo
- Ku hlundzuka swinene, matikhomelo yo kala ma nga amukeleki
- Ku ti vavisa (xik. Ku ti tsema, ku ti hisa, kumbe ku ti vavisa hi tindlela tin'wana)



## **Ku hanya na vana na vantshwa lava va nga swi kotiki**

- Vulavula na vana va wena mayelana na mahanyelo lawa yo lwise kumbe yo ka ya nga ri kahle naswona u navela onge va nga hundzuka na ku va nyika tindlela tin'wana ta leswi u nga navelaka va swi endla ematshan'wini yo ti vavisa.
- Loko mahanyelo/matikhomelo ya vona ma hundzuka ma atswa, va nyiki mbuyelo wa kahle hi leswi u swi vonaka (xik. Loko u vulavule kahle hi ku rhula na mina, swi ndzi tsakisile swinene).
- Nyika vana va wena rirhandzu hi ntalo. Va byeli leswaku wa va rhandza. Va yingiseli loko va vulavula na wena. Loko mi pfaleleke swin'we, va vukarhe na ku komba ku va rhandza.
- Nyika vana va wena ku tshemba – bula na vona hi vutomi endzhaku ka ku pfaleriwa. Bula hi ku vona vanghana va vona nakambe, hi ku tlhelela exikolweni, ku tlanga ehandle, na hi makungu na milorho hi vumundzuku bya vona.
- Loko xiyimo xi nga hundzuki kumbe xi ya emahlweni xi nyanya, fikelela mimpfuno leyo tala yi nga kona.

# Xiletelo #3

Hlayisa rihanyu ra miri wa vana va wena



# Tshama u hlayisekile u hanyile



Ku na milawu yo olova leyi hi faneleke ku yi landzelela ku ti hlayisa hina na vana va hina eka xitsongwatsongwana lexi.

## **Xana vatswari va nga endla yini hi leswi?**

*Dyondzisa vana va wena ku tirhisa milawu leyi ya nkoka ya ntlhanu ku tshama va hlayisekile eka COVID-19. Tiyisisa leswaku u va xikombiso xa kahle xa mahanyelo lawa eka vana va wena.*

- 1** Hlamba mavoko ya wena hi xisibi na mati hi laha u kotaka ha kona. Chukucha mavoko ya wena hi xisibi ku ringana makume mbirhi wa tisekondi. Hlamba makhudzu ya wena, endzhaku ka mavoko, na le xikarhi ka tintiho ta wena.
- 2** Ringetani ku ka mi nga khumbi swikandza swa n'wina. Switsongwatsongwana swi nghena emirini wa hina hi le non'wini na le tinhompfini, hikokwalaho hi fanele ku ringeta swinene ku ka hi nga tikhomakhomi.
- 3** Entshemulela kumbe ku khohlolela endzeni ka xikokola xa wena. Loko u tirhisa phepha, ri cukumeti ekule.
- 4** Loko u fanele ku huma ehandle, yima mpfhuka wa kwalomu ka 1.5 wa timitara ekule na vanhu van'wana. Mi nga vukarhani, ku khomana hi mavoko kumbe ku khumba vanhu van'wana. Loko swi koteka, ambala masiki loko u ya ehandle.
- 5** Loko u twa u vabya u hisa miri, u ri na swithavi kumbe u khohlola, u fanele u byela munhu lonkulu.

# Xiletelo #4

Endla ntolovelwa wa siku na siku na vana va wena



# Mintolovelo yi endla vutomi byi twala byi hlayisekile na ku va kahle



Tanihi vatswari na vahlayisi, hi fanele ku aka ku titwa ka nsirhelelo na ku va kahle eka vana va hina loko va ha rindzele ku tlhelela exikolweni. Hi fanele ku endla vana va hina va hlangana na 'vutomi bya vona bya ntolovelo' hi ku va khutaza ku endla migingiriko leyo tala ya ntolovelo hi laha hi kotaka ha kona.

## Xana vatswari va nga endla yini hi leswi?

### 1 Tirha na vana va wena ku tumbuluxa ntolovelo lowu nga tirhelaka ndyangu wa wena.

- Tshama ehansi na phepha na xo tsala u khoma mbhurisano na vana va wena mayelana na mintolovelo.
- Hlamusela leswaku mintolovelo yi ta olovisa vutomi bya un'wana na un'wana endlwini, ku va na minkwetlembetano na ku lwisana kutsongo.
- Nakambe hlamusela leswaku ku pfaleleka swa ku tikela na wena tanihi mutswari, naswona loko vana va wena va khomisana na wena swi ta ku pfuna swinene.
- Vulavula hi migingiriko yo hambanahambana leyi nga ta katsiwa eka ntolovelo wa siku na siku. Khutaza vana va wena ku nyika swiringanyeto swa migingiriko leyi. Tsundzuxa vana va wena leswaku va ta tlhelela eka 'mahanyelo ya vona ya ntolovelo' naswona a va fanelanga ku lahlelela hi vutivi na vuswikoti bya vona hi nkarhi lowu.
- Hlamusela leswaku ku ya hi malembe ya vona, swi nga endleka va va na mintolovelo yo hambana.
- Tiyisisa leswaku mintolovelo ya vana va wena ya ku tirhela na wena. Tiyisisa leswaku vana va endla mintirho leyi faneleke ku endlwa naswona swakudya swi fanele ku va kona hi mikarhi leyi fanelaka eka ndyangu hinkwawo.

### 2 Tirhisana na vana va wena ku tiyisisa leswaku va landzelela mintolovelo ya vona.

- Loko mintolovelo yi endlwile, vutisa vana va wena hi un'we un'we loko va amukela mintolovelo ya vona, na loko va ta ringeta hi matimba ku yi landzelela.
- Endla chati yo olova ya ntolovelo wa n'wana un'wana na un'wana kumbe n'wana u'nwana na un'wana a endla chati ya yena.
- Veka tichati leti laha va nga ta ti vona hi ku olova.
- Eka masikunyana lawa yo sungula, 'toloveta' vana va wena ku landzelela mintolovelo ya vona hi ku va tsundzuxa ku languta mintolovelo ya vona, na ku landzelerisa ku vona loko va endla migingiriko hinkwayo. Leswi swi ta tika eku sunguleni, kambe swi ta endla vutomi byi antswa hi ku famba ka nkarhi.
- Endzhaku ka masikunyana, khoma nhlengeletano ku vona loko vana va wena va landzelela mintolovelo.
- Loko swi nga endleki, kanerisanani leswaku hikokwalaho ka yini. Vona loko swi fanerile u endla ku cincanyana eka mintolovelo.
- U nga tikisi swinene kumbe ku tiyisa swinene hi mintolovelo – u nga engeteli eka ntshikelelo wa wena. Kambe u fanele u va na mimbuyelo ya loko un'we wa vana va wena a nga landzeleli mintolovelo na katsongo.

## Migingiriko leyi nga katsiwaka eka ntolovelo wa siku na siku

- 1 Ku etlela.** Vana va fanele va kuma 9–10 wa tiawara to etlela hi vusiku byin'we. Vantshwa va fanele va kuma 8–9 wa tiawara to etlela hi vusiku byin'we.
- 2 Ku hlamba na ku ambala.** Khutaza vana ku hlamba na ku ambala masiku hinkwawo.
- 3 Swakudya.** Ringeta ku kunguhata mikarhi ya ntolovelo ya swakudya. Loko u swi kota, ringeta ku nyika vana va wena swakudya ka3 hi siku, na 1–2 wa swo khomisa leswi akaka miri. Ringeta ku va na mbhurusano wa ndyangu kan'we hi nkarhi wa swakudya swa siku rin'wana na rin'wana.
- 4 Mintirho.** Ringeta ku kunguhata 1–3 wa tiawara ta mintirho hi n'wana un'we hi siku, ku ya hi malembe ya vona, na leswi swi faneleke ku tirhiwa endlwini ya wena. Mintirho yi fanele ku katsa ku lulamisa mibedo, ku hlantswa swibye, ku kukula, sw. na sw. Papalata ku rhuma vana mintirho leyi lavaka va huma endlwini, hambi leswi va nga tirhaka erivaleni.
- 5 Vutiolori.** Swi na nko ka swinene eka vana ku tiolola siku rin'wana na rin'wana. Vutiolori byi endla un'wana na un'wana a titwa kahle. Ehleketa hi vutiolori na migingiriko leyi nga endliwaka eka ndhawu ya wena laha u pfalelekeke kona. Leswi ku nga va migingiriko yo olova, ku fana na ku tsutsuma eka ndhawu yin'we, ku tlulatlula, ku ntluntlamantluntlama na ku ya ehenhla na le hanshi.
- 6 Ku dyondza.** Eka vana lavatsongo, ku fikela eka Giredi ya 3, kunguhata kwalomu ka 1.5 wa tiawara to dyondza hi siku. Eka vana va Giredi 4–6, kunguhata kwalomu ka 2.5 wa tiawara to dyondza. Eka vana va Giredi 7–12, ringeta ku kunguhata exikarhi ka 3–4 wa tiawara to dyondza hi siku.
- 7 Ku hlaya.** Hakunene ringeta ku khutaza vana va wena ku hlaya hi nkarhi lowu. Ringeta hi matimba ku kuma switirhisiwa swo hlaya swa vana va wena. Kunguhata 1–2 wa tiawara to hlaya hi siku.
- 8 Nkarhi wo wisa.** Kunguhata nkarhi lowu nga sala hinkwawo wu va wo wisa. Pfumelela vana ku tirhisa nkarhi lowu ku endla leswi va swi lavaka. Va ta tsakela na ku ti phina hi nkarhi lowu.

## Xikombiso xa ntoloveto wa Giredi 4-6

|       |   |
|-------|---|
| 08h00 | Va pfuka, va hlamba na ku ambala        |
| 08h30 | Swakudya swo fhlula                     |
| 09h00 | Mintirho ya na mixo                     |
| 10h00 | Nkarhi wa swo khomisa na nkarhi wo wisa |
| 10h30 | Nkarhi wo dyondza                       |
| 12h30 | Nkarhi wo wisa                          |
| 13h00 | Swakudya swa na nhlikanhi               |
| 14h00 | Nkarhi wo wisa                          |
| 15h00 | Vutiolori                               |
| 15h30 | Ku hlaya                                |
| 16h30 | Mintirho ya na nhlikanhi                |
| 17h30 | Nkarhi wo wisa                          |
| 18h30 | Swakudya swo lalela na ku basisa        |
| 19h30 | Ku hlamba na ku cinca                   |
| 20h00 | Nkarhi wo wisa                          |
| 21h30 | Ku ya eku etleleni                      |

# Xiletelo #5

Leswi endliwaka hi 'Nkarhi wo Dyondza'





# Ku dyondza ku fanele ku va na nhlamuselo swinene na ku twisiseka



Ndzawulo ya Dyondzo ya Masungulo (DBE) a yi languteri vatswari ku hundzuka vadyondzisi hi nkarhi lowu wo pfaleleka. Hambu ku ri ku langutela vana ku tidyondzisa kharikhulamu. Hi kombela mi amukela ntiyisiso wa leswaku loko vana va n'wina va tlhelela exikolweni, nkunguhato wo 'humelerisa' wu ta va wu lulamisiwile ku tiyisisa leswaku vana va n'wina va dyondzisiwa leswi va faneleke ku swi tiva. Hambiswiritano, hi lava vatswari na vahlayisi va tiyisisa leswaku dyondzo leyi nga na nhlamuselo ya humelela hi nkarhi lowu wo pfaleleka.

Swi na nkoka swinene eka vana hinkwavo ku 'tshama va ti hlanganisa' na vutomi bya xikolo. Leswi a swi vuli leswaku va fanele va ri ekusuhi na xikolo. Kambe, swi hlamusela leswaku a va fanelanga va rivala leswi va swi dyondzeke, va fanele va nga rivali leswaku swi njhani ku yingisela, ku hlaya, ku dyondza na ku hetisa mintirho. Va fanele va tshama va endla migingiriko yo fana na mpfluxeto na ku bela enhlokweni leswi va swi dyondzeke nkarhi lowu nga hundza; ku hlaya na ku twisisa switshuriwa; ku hetisa mintirho yo tsala; ku titoloveta minkhakhuleto ya Metse na Sayense. Mintirho leyi yi ta lulamisa vana va n'wina ku tlhelela exikolweni. Va ta va va tiva leswi va swi dyondzeke, naswona va ta va va toloverile maendlelo ya dyondzo. Va ta va va hlomisiwile ku ya tirha hi matimba na ku famba hi xihatla loko va tlhelela exikolweni.

## Xana vatswari va nga endla yini?

- 1** *Endla ndhawu ya kahle ya vana va wena ku tirha mintirho ya vona na ku va pfuna ku lulamisa switirhisiwa swa vona.*
  - Lulamisa ndhawu yo ringanela vana va wena ku endla tidyondzo ta vona. Leyi yi nga va ndhawu exitangeni kumbe ekamareni ro dyela, kumbe ku nga ha va ehansi. Khutaza vana va wena ku tirhela eka ndhawu yin'we nkarhi hinkwawo, tanihi xiphemu xa ntolovelo wa vona.
  - Khutaza vana va wena ku humesa tibuku ta vona ta xikolo hinkwato, na ku tiyisisa leswaku ti tshamisekile.
  - Nakambe hlengeleta swo tsala hi swona hinkwaswo endlwini ni le minkwameni ya xikolo ya vana va wena. Ringeta ku vona leswaku va fikelela tiphene, tipensele, na swin'wana leswi va nga swi lavaka.
  - Xo hetelela, hlengeleta switirhisiwa swo hlaya hinkwaswo leswi nga kona ekaya ka wena. Leswi swi katsa tibuku ta switshuriwa, Tibuku ta migingiriko ta DBE, tibuku to hlaya, timagazini kumbe swiphephana, tinovhele, maphephahungu, Biblele, sw. na sw.
- 2** *Tirhisa tiphurogiremu tin'wana na tin'wana eka switirhisiwa leswi va nyikiweke hi xikolo.*
  - Loko vana va wena va nghena eka swikolo leswi nga na switirhisiwa swo burisana na vatswari na ku nyika tiphurogiremu to dyondza ta nkarhi wo pfaleleka, tirhisa nkarhi lowu ku swi endla.
  - Seketela n'wana wa wena hi laha u kotaka ha kona ku hetisa phurogiremu ya dyondzo ya nkarhi wo pfaleleka.

- 3** *Hlaya nongonoko wa leswi pimanyetiweke swa 'Migingiriko ya Dyondzo' leswi landzelaka na ku swi katsa swi va mintolovelo ya vana ya siku na siku.*
- Nongonoko ku ya hi malembe wa migingiriko wu katsiwile eka leswi swi nga laha hanshi eka feyisi yin'wana na yin'wana ya dyondzo.
  - Migingiriko leyi yi nga ha endliwa ku ri hava switirhisiwa swin'wana swo engetela, kumbe ku fikelela khompyuta kumbe yona inthanete.
  - Hinkwayo migingiriko leyi yi na nkoka swinene na swona yi ta endla vana va wena va tshama va tihlanganisile na xikolo na dyondzo.

## **Migingiriko ya vadyondzi va Giredi R-3**

*Xiya: Vadyondzi lavatsongo va lava ku pfuniwa swinene hi migingiriko ya swa dyondzo, kambe makwavo lonkulunyana na yena a nga pfuna.*

### **1** *Ku hlayela*

- Hlengeleta swiribyana, tiboncisi kumbe 'pasta' leswaku vana va wena va swi tirhisa eka ku hlayela.
- Kombisa vana va wena ku hlayela hi ku tirhisa maribye.
- Loko u ri na nkarhi, dyondzisa vana va wena ku hlayela va hundza laha va kotaka ku fika kona.
- Komba vana va wena ku tirhisa maribye ku hlayela hi va2, va3, va4, va5 na va10.
- Komba vana va wena ku tirhisa maribye ku hlayela endzhaku.

### **2** *Ku hlanganisa na ku susa*

- Tirhisa maribye ku pfuna vana va wena ku titoloveta ku hlanganisa na ku susa. Eka Giredi 1 na 2, va fanele va titoloveta ku hlanganisa na ku susa ku fikela eka 10. Eka Giredi 3, vana va nga titoloveta ku fikela eka 20.

### **3** *Ku tlanga swa vhengele*

- Vekela swiphephana swa nxavo eka minchumu yin'wana endlwini ya wena, xikombiso: swakudya, fanichara, kumbe swiambalo.
- Endla mali yo tlangisa hi ku tsemelela swiphephana na ku tsala ntsengo wa mali ya maphepha na ya swingwece ephepheni.
- Cincanani ku va n'wini wa vhengele kumbe muxavi na vana va wena.
- Xiyisisa leswi vana va wena va khakhuletisaka swona, tiyisisa leswaku va ya twisisa matirhiselo ya mali.

### **4** *Mimpfumawulo ya maletere*

- Petsa na ku handzula phepha ri va hi swikwere leswitsongo.
- Tsala letere ra alifabete eka xiphephana xin'wana na xin'wana.
- Hangalasa swiphephana. Komba eka maletere yo hambana kutani u kombela vana va wena ku vula mimpfumawulo.
- Kombela vana va wena ku vumba marito yo hambanahambana hi ku tirhisa maletere lama nga eswikwereni. Loko va karhi va veketela mimpfumawulo swin'we, va fanele va vula mimpfumawulo, kutani va hlaya rito.
- Leswi landzelaka, kombela vana va wena ku tsala marito lawa ehansi. Loko u nga ri na rona phepha, tirhisa yin'we ya tibuku ta xikolo ta vana va wena.



#### **5** *Ku hlaya*

- Kombela vana va wena ku titoloveta ku hlaya hi ku tirhisa buku yo hlaya kumbe buku yo tirhela ya DBE.
- Pfula eku sunguleni ka buku kutani mi sungula kona.
- Loko vana va wena va nga swi koti ku hlaya rito, n'wi pfune ku endla mpfumawulo wa rona.
- Loko vana va wena va hetile ku hlaya xitori, va kombele ku ku byela hi leswi xi vulavulaka hi swona.

#### **6** *Ku tsala*

- Loko u nga ri na rona phepha, tirhisa yin'we ya tibuku ta xikolo ta vana va wena.
- Nyika vana va wena nhlokomhaka a dirowa na ku tsala hi yona, ku fana na: munghana wa wena loyi u n'wi rhandzaka; leswi u swi lavaka hi siku ra wena ro velekiwa; mintlangu leyi u yi rhandzaka; ndyangu wa ka n'wina.
- Kombela vana va wena ku sungula hi ku ehleketa hi leswi va lavaka ku dirowa swona na ku swi tsala.
- Leswi landzelaka, n'wi byele ku dirowa xifaniso xa xitori xa yena.
- Kutani, hi va ka Giredi R kumbe 1, va kombele ku tsala lebulu yin'we kumbe timbirhi ta swilo leswi swi nga le ka xifaniso.
- Va ka Giredi 2 kumbe 3, va kombele ku tsala xivulwa xin'we kumbe swimbirhi hi xifaniso. Va pfuni ku sungula swivulwa loko swi laveka.
- Loko va hetile ku tsala, kombela vana va wena ku vulavula na wena hi leswi va swi tsaleke. Vutisa swivutiso na ku n'wi nyika mbuyelo.

## Migingiriko ya vadyondzi va ka Giredi 4–9

### 1 Matafula ya ku andzisa (Giredi 4–9)

- Kombela vana va wena ku pfluxeta miandziso yo hambanahambana ku fikela loko va yi tiva hi nhloko.

### 2 Menthele

- Kombela vana va wena ku hlamula swivutiso swin'wana swa nomo eka Metse ku vona loko va kota ku hlamula swona hi ku hatlisa.
- Leswi swi nga ha va swivutiso swo hlanganisa kumbe ku susa, ku andzisa kumbe ku ava, kumbe hambu swivutiso swo katsakanya. Sungula hi swivutiso swo olova, kutani u ya u vutisa swo tika. Tirhisa khakhuleta eka foni ya wena ku kamba loko tinhlamulo ti lulamile!

### 3 Mpfuxeto wa Metse na Minkhakhuleto

- Pfula eku sunguleni ka tibuku ta vana va wena ta Metse kumbe buku ya Migingiriko ya DBE.
- Kombela vana va wena ku hlaya na ku endla wun'we kumbe yimbirhi wa migingiriko hi siku u vona loko va ha swi kota ku endla mikhakhuleto hinkwayo.
- Ringeta ku nyika vana va wena swikombiso swin'wana ku swi hetisa, ku fana na leswi swi nga le ka Buku kumbe Buku ya migingiriko.

### 4 Ku hlaya na Nkomiso

- Kombela vana va wena ku titoloveta ku hlaya eka buku ya Ririmi ra le Kaya na Ririmi ro Sungula ro Engetela kumbe eka Buku ya Migingiriko ya Ririmi (ku fikela eka Giredi 6).
- Pfula eku sunguleni ka buku kutani mi sungula kona.
- Kombela vana va wena ku titoloveta ku hlayela ehenhla xitshuriwa, ku fikela loko va kota ku hlaya hi nkholuko, hi mfanelo na ku endla. Kutani, va fanele ku ta ku hlayela xitshuriwa ehenhla.
- Loko ku ri na swivutiso hi xitshuriwa, kombela vana va wena ku swi hlamula hi ku tsala. Loko u nga ri na rona phepha, kombela vana va wena ku tsala eka yin'we ya tibuku ta yena ta xikolo ta switoloveto.
- Leswi landzelaka, tsala swo sungula swivulwa eka xiphemu xa phepha, kutani u kombela vana va wena ku hetisa swivulwa swo tala hi laha va nga kotaka ha kona etibukwini to tsalela. Endla leswi eka xitshuriwa xin'wana na xin'wana lexi vana va wena va xi hlayaka.
  - Xitshuriwa lexi xi vulavula hi...
  - Ximunhuhatwankulu i... (loko xi ri kona)
  - Ndzi xi tsakerile/tsakelanga hikuva...
  - Ndzi dyondze leswaku...
  - Leswi swi ndzi tsundzuxa mina hi...
  - Ndzi ehleketa .... U endle swilo swa kahle/swo biha hikuva...
  - Loko a ndzi ri .... (vito ra ximunhuhatwa) A ndzi ta va ndzi ... (loko swi ri kona)

### 5 Mpfuxeto wa tidyondzo tin'wana

- Kombela vana va wena ku hlenguleta tibuku ta swipele na tibuku ta switoloveto ta dyondzo yin'wana na yin'wana.

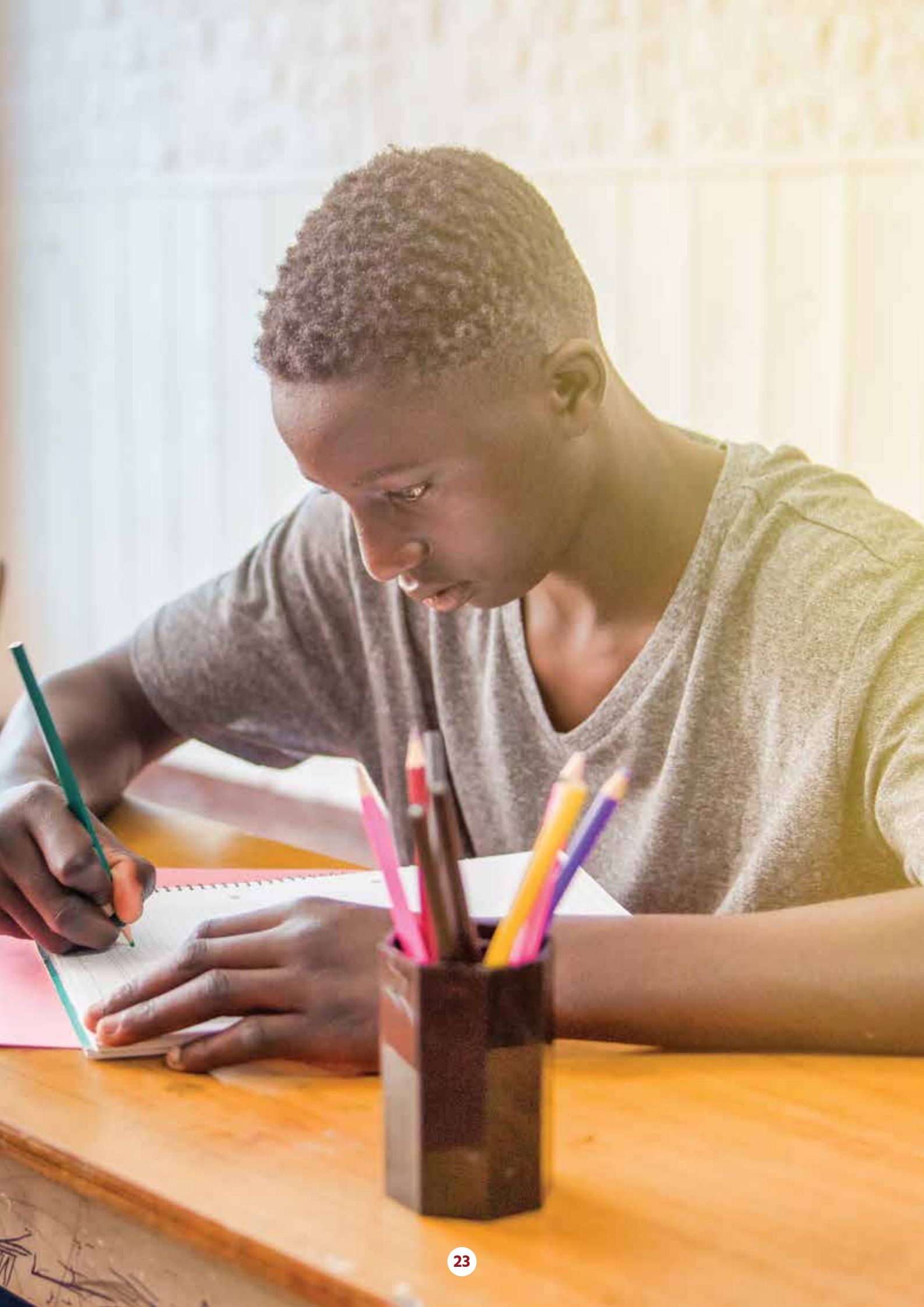


- Siku rin'wana na rin'wana, va fanele va kongomisa eka dyondzo yo hambana ku endla mpfuxeto.
- Va fanele va sungula eku sunguleni ka buku ya xipele kumbe buku ya switoloveto na ku hlaya va endla mpfuxeto wa tinotsi hinkwato. Kutani, va fanele va ringeta ku hetisa migingiriko hinkwayo, hambani leyi va nga yi endla hi Kotara ya 1.
- Loko va karhi va endla leswi, tiyisisa leswaku va swi twisisa leswi va swi hlayaka na ku swi endla. Loko swi nga ri tano, va fanele ku kanerisana na wena, makwavo lonkulunyana, kumbe va bela vanghana va vona va le xikolweni riqingho leswaku va kuma ku pfuniwa.
- Kombela vana va wena ku ringeta ku bela enhlokweni mahungu yo tala hi laha va nga kotaka ha kona, ku tilulamisela ku tlhelela exikolweni.
- Loko vana va wena va ri na maphepha ya khale ya swikambelwana swa Kotara ya 1, va fanele ku tirha hi wona ku endla swikambelwana nakambe, va karhi va tsala tinhlamulo ta swivutiso eka tibuku ta switoloveto.

## Migingiriko ya vadyondzi va Giredi 10–12

- 1 Tsundzuxa vana va wena leswaku loko ku pfaleleka ku nga si sungula, a va hetile kwalomu ka n'we xa nharhu eka ntirho wa lembe.
- 2 Hlamusela leswaku loko vo endla mpfuxeto, va twisisa na ku bela enhlokweni ntirho lowu hinkwawo, va titoloveta ku endla hinkwayo minkhakhuleto ya Metse, Metse Litheresi na Sayense leswi va swi dyondzeke, va ta va na vun'wini bya n'we xa nharhu xa ntirho wa lembe.
- 3 Khutaza vana va wena ku endla mpfuxeto wa Metse kumbe Metse Litheresi siku rin'wana na rin'wana. Loko ku ri na leswi va nga swi twisiseki, va fanele ku vona loko wena kumbe makwavo lonkulunyana a nga pfuna. Ndlela yin'wana, va fanele ku fonela munghana, xaka kumbe muakelani loyi a nga kotaka ku pfuna.
- 4 Khutaza vana va wena ku endla mpfuxeto wa Ririrmi ra le Kaya na Ririmi ro Sungula ro Engetela na ku titoloveta siku rin'wana na rin'wana. Leswi swi fanele swi katsa ku hlaya hi laha swi kotekaka ha kona, hikuva Giredi 10–12, vadyondzi va kona va fanela ku hlaya tisetse timbirhi ta matsalwa lama hlawuriweke lembe rin'wana na rin'wana. Vana va wena va fanele va ri na tikhopi ta switshuriwa leswi, ku nga ha va switlhokovetselo, switori swo koma, tinovhele kumbe swa mintlangu.
- 5 Kombela vana va wena ku endla mpfuxeto wo engetela na ku bela enhlokweni dyondzo yin'wana siku na siku. Va fanele va hlaya tibuku ta swipele na tinotsi etibukwini ta vona ta switoloveto. Va fanele va hlaya swivutiso swin'wana na swin'wana kumbe migingiriko na ku ringeta ku swi hetisa va ri voxe. Va fanele va tsala minkomiso ya mahungu hinkwawo na ku bela enhlokweni minkomiso leyi.
- 6 Eka Giredi 10–12, swi na nkoka swinene ku ringeta ku fikelela dyondzo yo yisa emahlweni tidyondzo leti nga ta nkoka. Sungula hi ku languta eka minongonoko ya Thelevhixini na Xiyanimoya leyi nyikiweke – kamba loko ti ri kona tiphurogiremu leti kongomaneke na vana va wena na ku va khutaza ku languta kumbe ku yingisela tiphurogiremu leti.
- 7 Kambela vana va wena ku vona loko va endla 3–4 wa tiawara to dyondza siku rin'wana na rin'wana.
- 8 Eka xiyenge xa FET swi na nkoka swinene ku va vadyondzi va fambisana na nkarhi, va twisisa minongoti na vuswikoti lebyi va byi dyondzeke, na ku ti toloveta minkarhi hinkwayo.
- 9 Vulavula na vana va wena hi ntirho wa yena. Kumisisa leswi va twaka va swi kota, na leswi swi va karhataka.
- 10 Languta loko u nga lulamisa ku pfuniwa na makwavo lonkulunyana, muakelani kumbe munghana loko swi laveka. Kambe u nga tshovi milawu ya ku pfaleleka.

**Xiya:** Loko u kota ku fikelela riqingho ra masiku lawa, thabulete kumbe khompyuta endlwini ya wena, ringeta ku lulamisela n'wana wa wena ku fikelela switirhisiwa swa inthanete leswi langutekaka swi ri na mpfuno. Swin'wana swa switirhisiwa leswi 'a swi hakeleriwi', leswi hlamuselaka leswaku a ku laveki 'data'. Leswi swi kombisiwile eka nongonoko wa switirhisiwa swa le ka inthanete lowu nyikiweke.



# Xiletelo #6

Tirhisa thekinoloji hi mfanelo





# Dyondzo hinkwayo yi fanele yi kombisa ku gingirika

U nga tshembi leswaku vana va wena va fanele va ri ku dyondzeni loko va languta phurogiremu ya swa dyondzo – swi nga endleka va ri ku lorheni na nhlikanhi! I swa nkoka ku pfuna vana va wena ku tirhisa thekinoloji hi mfanelo ku fikelela xikongomelo xa dyondzo.

## Xana vatswari va nga endla yini hi leswi?

- 1** *Tirhisa mpfuno wa Thelevhixini, Xiyanimoya kumbe Tiphurogiremu ta Dyondzo hi Inthanete leswi u nga swi fikelelaka.*
  - Nongonoko wa Tiphurogiremu ta Dyondzo na Switirhisiwa swi famba na xiletelo lexi.
  - Hlaya nongonoko hi vukheta ku languta tiphurogiremu kumbe switirhisiwa leswi nga pfunaka vana va wena.
  - Hi ku kongomisa, khutaza vana va wena va Giredi 10–12 ku languta tiphurogiremu eka Thelevhixini leti dyondzisaka Metse, Sayense kumbe vuswikoti na minongoti ya Ririmi.
  - Nakambe languta switirhisiwa swin’wana swa dijithali leswi u nga swi kopaka leswaku vana va kota ku hlaya eka riqingho ro tlhariha, thabulete kumbe khompyuta. Tekela enhlokweni leswaku switirhisiwa leswi nga ‘pimiwa ku nga hakeleriwi’ eka webusayiti i swa mahala – ku fikelela webusayiti leyi a swi lavi ‘data’.
- 2** *Pfuna vana va wena ku hlawula minongonoko/tiphurogiremu leti yelanaka na ku katsa leswi eka mintolovelo ya vona.*
  - Langutani swiletelo swa nongonoko swin’we ku hlawula tiphurogiremu leti yelanaka.
  - Endlani leswi ka ha ri na nkarhi – langutani minkarhi ya minongonoko loko vhiki ri sungula.
  - Katsa migingiriko leyi eka mintolovelo ya vana va wena tanihi xiphemu xa ‘nkarhi wo dyondza’ wa vona.
  - Tiyisisa leswaku ku na ndzingano eka migingiriko ya ku dyondza ka vana – a va fanelanga ku heta nkarhi va langute Thelevhixini kumbe ku tirhisa riqingho ro tlhariha.
- 3** *Tiyisisa leswaku vana va wena va lulamerile ku dyondza hi thelevhixini kumbe hi xiyanimoya.*
  - Loko nongonoko wu nga si sungula, tiyisisa leswaku vana va wena va na tona tibuku ta vadyondzi leti faneleke na/kumbe tibuku ta switoloveto.
  - Va fanele va ri na pheni, pensele, rhula na swin’wana swo tsala leswi nga lavekaka.
  - I vonelo ra kahle ku va na dikixinari leyi lulameleke ku tirhisiwa, ngopfu ngopfu eka vana lavakulunyana.
  - Pfuna vana ku teka dyondzo leyi va nga ta yi tokota hi vuenti. Endla leswi hi ku languta nhlokomhaka ya dyondzo eka buku ya vadyondzi na ku pfuxeta dyondzo leyi hundzeke.
- 4** *Languta vana va wena hi nkarhi wa nongonoko.*
  - Kamba vana va wena loko va karhi va languta kumbe ku yingisela nongonoko.
  - Va khutazi ku teka tinotsi hi nkarhi wa nongonoko, ku va tsundzuxa leswi va swi dyondzeke. Va fanele ku tsala swivutiso swin’wana na swin’wana leswi va nga na swona.

**5** *Khoma nkanerisano wo koma hi leswi swi nga dyondziwa.*

- Loko nongonoko wu hela, languta leswaku va tsarile tinotsi.
- Leswi landzelaka, khoma nkanerisano wo koma mayelana na nongonoko. U fanele u vutisa swivutiso swo fana na:
  - *Xana nongonoko a wu tsakisa? Hikokwalaho ka yini wu tsakisile/wu nga tsakisanga?*
  - *Xana mi dyondze yini eka wona?*
  - *Xana swi kona leswi mi nga swi twisisangiki kumbe leswi mi nga riki na ntiyiso hi swona?*
  - *Xana mi na swivutiso swin'wana hi nhlokomhaka leyi?*
  - *Xana mi tshama mi dyondza hi swona etibukwini ta n'wina ta vadyondzi?*

**6** *Kunguhata nkarhi wa ku landzelerisa kun'wana na kun'wana loku lavekaka.*

- Loko swi ri kona swin'wana leswi a swi nga twisisekanga kumbe ku hlanganisa nhloko, u nga ha ringeta ku pfuna vana ku yisa emahlweni:
  - *Hi ku languta dyondzo yin'wana eka nhlokomhaka, na ku katsa nongonoko lowu eka ntolovelo wa vona*
  - *Endlani vundzeni bya dyondzo swin'we*
  - *Hi ku kombela makwavo lonkulunyana, munghana kumbe xaka ku pfuna.*

*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*



basic education

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REPUBLIC OF SOUTH AFRICA

# SWITIRHISIWA SWA DYONDZO



## Minongonoko ya TV

| Nkarhi        | Giredi  | Dyondzo  | Siku      | Xitichi/Chanele      |
|---------------|---------|--|-----------|----------------------|
| 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 |

## Minongonoko eka Radio

| Nkarhi        | Giredi  | Siku       | Xitichi xa Radio             | Furikhwensi   | Xifundza 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                   | <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                      |

| Nkarhi        | Giredi  | Siku      | Xitichi xa Radio       | Furikhwensi   | Xifundza 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             | <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                      |

## Tindlela to Tihlanganisa na Minongonoko ya Vuhaxi

| Chanele/ Xitichi | Vuhlanganisi  |
|------------------|---|
| 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><br><a href="https://www.openview.co.za/tv-guide">https://www.openview.co.za/tv-guide</a><br><a href="https://www.openview.co.za/tv-guide">https://www.openview.co.za/tv-guide</a> |

## Ti-websites ta mahala & switirhisiwa swa dyondzo-

| Giredi  | Vito                      | Vuhlanganisi  | Muxaka wa Xitirhisiwa (Website, E-learning, Hotline, sw. na sw.) | Tinetiweki ta Mahala        |
|---------|---------------------------|---|--|-----------------------------|
| 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  |

| Giredi | Vito                  | Vuhlanganisi  | Muxaka wa Xitirhisiwa (Website, E-learning, Hotline, sw. na sw.) | Tinetiweki ta Mahala          |
|--------|-----------------------|---|--|-------------------------------|
| 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/<br>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/<br>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/<br>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/<br>Telkom/Cell C |
| 1-12   | School in a Box       | <a href="https://schoolinbox.co.za/">https://schoolinbox.co.za/</a>   | Interactive site and lessons                                     | Telkom                        |

## Leswi Dyondziwaka

| Giredi  | Dyondzo      | Vundzeni   | Vuhlanganisi  | Nkarhi (Tiawara) | Chanele/ Vito ra 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                      |

| Giredi | Dyondzo          | Vundzeni   | Vuhlanganisi  | Nkarhi (Tiawara) | Chanele/ Vito ra 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                      |



| Giredi | Dyondzo    | Vundzeni | Vuhlanganisi  | Nkarhi (Tiawara) | Chanele/ Vito ra Website |
|--------|------------|----------|---|------------------|--------------------------|
| 10     | Accounting | N/A      | <a href="https://iono.fm/e/845067">https://iono.fm/e/845067</a> | 30 min           | Motsweding FM            |

## Tidyondzo hi E, hi Tivhidiyo & Tidyondzo to Yingisela

| Giredi  | Dyondzo                                 | Vundzeni  | Vuhlanganisi  | Nkarhi (Tiawara) | Chanele/ Vito ra 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                    |

## Switirhisiwa Swin'wana

| Giredi  | Dyondzo                 | Vundzeni  | Vuhlanganisi  | Chanele/ Vitor 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                     | Vodacom E-school – guided content, tasks & tests  | <a href="https://vodacom-cleverly.vodacom.mytopdog.co.za/">https://vodacom-cleverly.vodacom.mytopdog.co.za/</a>   | Vodacom 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                        |

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| 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       |