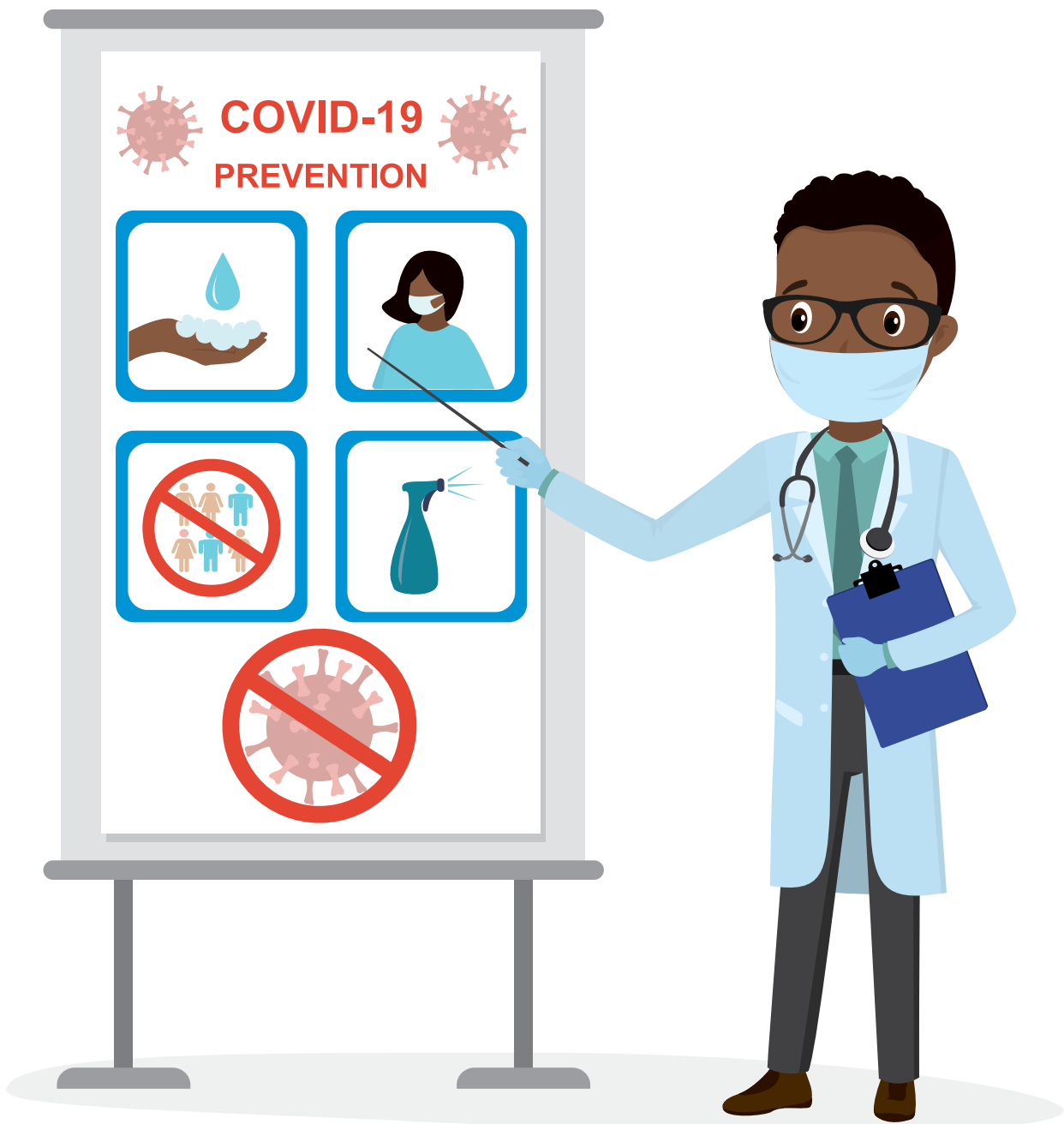




SELULEKO LESIYA KUBATALI

KUSEKELA BANTFWANA BENU KULESIKHATSI SEKUMISWA KWETINTFO (LOCKDOWN) NGENCA YE-COVID-19

Litiko Lemfundvo Lesisekelo liyasicaphela sidzingo sekusita ngemphumelelo batali kanye nebanakekeli kulesikhatsi sekumiswa kwetintfo. Loluhla lolulula lwetinkhombandlela lolwentelwe kuniketa seluleko kanye nemasu ekusita batali basekele bantfwana babo ngalesikhatsi.



Inkhombandlela #1

Nakekela imphilo yakho yemcondvo neyemiva



Bani nemusa kuwe



Kumiswa kwetintfo kumatima. Sonkhe sitiva sinekwesaba, kucindzeteleka kanye nekungaciniseki. Futsi kuba matima ngisho nakakhulu ngemindeni lenetinkinga tetimali, lebukane nekugula kwasemtimbeni nasengcondvweni, lehlala ndzawonye nemuntfu lohlu kumetako, lehlala endzaweni lencane, nobe lenetinsita letincane kakhulu.

Yini batali labangayenta ngaloku?

- Ngalokuvamile, bantfwana benu bawubukana kahle nesimo ngendlela nani lenenta ngayo.
- Nangabe nifuna bantfwana benu babindze futsi babukane nesimo ngemphumelelo, ngako kufanele nani nibindze futsi nibukane nesimo ngemphumelelo.
- Bantfwana bawo onkhe emazinga ebudzala bawusabela etentweni nasesimeni senu sengcondvo, hhayi nje kuphela kuloko lenikushoko.
- Ngenca yaloku, nidzinga kutfolo sikhatsi nendzawo yekutsi nibe nodvwa kute nikhulume nalabanye bantfu labadzala ngekwesaba, kukhatsateka kanye nekucindzeteleka kwenu leninako. Ningavumeli bantfwana benu beve tinkhulumo tenu.
- Nangabe ningenaye umuntfu leningakhuluma naye, sebentisani lenye yetinombolo letinyenti telusito letikhona.
- Kufanele netame kulawula imiva kanye nekukhatsateka kwenu, kute nibeke sibonelo lesihle kakhulu kubantfwana benu.
- Kufanele bantfwana bative bakhululekile ngekutsi niyasilawula simo nekutsi nenta tincumo letinhle kakhulu ngemphilo yabo.

Ungashaya lucingo kute utfole lusito

Loniketa Lusito	Kuvelonkhe nobe Kusifundzave	Luhlobo Lwelusito	Iminingwane Yekuchumana
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

Loniketa Lusito	Kuvelonkhe nobe Kusifundzave	Luhlobo Lwelusito	Iminingwane Yekuchumana
South African Police Services	National	Report a crime	08600 10111
South African Police Services	National	Report a crime	08600 10111
South African Depression and Anxiety Group (SADAG) - ADHD	National	ADHD Helpline	0800 55 44 33
Child Welfare South Africa	National	Report child abuse or neglect	0861 452 4110
Childline South Africa	National	Report child abuse or neglect	08000 55555
Police Child Protection Units	National	Report child abuse or neglect	10111 childprotect@saps.org.za
FAMSA – Family and Marriage Association of South Africa	National	Support & education during stressful times	(011) 975-7106/7 national@famsa.org.za
People Opposed to Women Abuse (POWA)	Gauteng	Domestic abuse helpline	011 642 4345/6 itumeleng@powa.co.za
Food Parcel Service	Eastern Cape	Food packages	043 707 6300
Food Parcel Service	Free State	Food packages	051 410 8339
Food Parcel Service	Gauteng	Food packages	011 241 8324
Food Parcel Service	KwaZulu-Natal	Food packages	033 846 3400
Food Parcel Service	Limpopo	Food packages	015 291 7500
Food Parcel Service	Mpumalanga	Food packages	013 754 9428
Food Parcel Service	Northern Cape	Food packages	053 802 4900
Food Parcel Service	North West	Food packages	018 397 3360
Food Parcel Service	Western Cape	Food packages	021 469 0235
South African Social Security Agency (SASSA)	National	Food Parcel Helpline and Registering for COVID-19 Grants	0800 601 011 grantenquiries@sassa.gov.za
Gauteng Government	Gauteng	Food parcel helpline	0800 428 8364 support@gauteng.gov.za

Inkhombandlela #2

Nakekela imphilo yemcondvo neyemiva yebantfwana bakho



Khuluma nebantfwana bakho



Njengebatali nebanakekeli, kubalulekile ngaso sonkhe sikhatsi kuchumana nebantfwana benu. Kepha nangabe kunetimo tekucindzeteleka nobe tinhlekelele, kubaluleke kakhulu ngisho nangetulu kukhuluma nebantfwana benu, niphindze nibuke nendlela labatiphatsa ngayo. Lesi sikhatsi seluntjintjo lolukhulu kanye nekungaciniseki kubantfu bonkhe. Labasha basesigabeni sekuphila kwabo labangani babo kanye nebungani nalabanye kubaluleke kakhulu khona kubo, kantsi kumiswa kwetintfo kanye ne-COVID-19 sekwente loku kwaba matima kakhulu kubo. Labasha baphindze basengotini yekutfolela imiphumela yekucindzeteleka kanye nokukhatsateka phakatsi nalesikhatsi.

Yini batali labangayenta ngaloku?

- 1** *Cala ngekubuta bantfwana bakho kutsi yini labayatiko ngeligciwane nangekumiswa kwetintfo, kanye nekutsi bativa kanjani ngaloku.*
 - Bonisa bantfwana bakho kutsi ubanika indzawo lelondzekile yekutsi bavete imicabango yabo ngekungafihli lutfo. Lalelisisa ngesikhatsi bakhuluma. Ungabangeni emlonyeni, ungalungisi loko labakushoko, ungabahleki nobe uhhalatise bantfwana bakho, futsi ungabavimbi nangabe basakhuluma.
 - Nangabe bantfwana baphendvula imibuto yakho ngemphendvulo yeligama linye nobe lamafishane, ngebunono buta imibuto yekubagubha, kute ubakhutsate bakhulume kakhulu. Nangabe sibekisa: 'Usho kutsini ngaloku?' nobe 'Ungangitjela kabanti ngekutsi...'
 - Bani nesineke. Bantfwana labanyenti 'batawusola' batali babo, bese bakhiphela kukhungatseka kwabo, intfukutselo, kudvumateka nesitunge sabo kini.
 - Ngesikhatsi bantfwana benu bakhuluma, yenta emanothi engcondvweni emibono lephambene yabo ngesimo kanye netimo temiva yabo.
- 2** *Lokulandzelako, nika bantfwana lwati lolungilo, ngalokuhambelana nebudzala babo kute ulungise imibono lephambene, unciphise kukhatsateka, futsi ubanike litsemba.*
 - Gcina lenicoca ngako kulula futsi kuliciniso.
 - Cocani ngaloku kwatiswa ngendlela lenekuthula, lecacile.
 - Ungenti tetsembiso longeke utigcine, nasingabekisa, kutsi ngeke uze ulitfole ligciwane. Kunaloko, ungatinika siciniseko sekutsi utokwenta konkhe lokusemandleni kutsi uhlale uphephile, futsi ugcine bantfwana bakho baphephile.
 - Nika bantfwana bakho litsemba. Khuluma emaciniso ekutsi loku kutawuphela, kutsi bososayensi nabodokotela batayitfolela indlela yekulwa neligciwane, kanye nekutsi ekugcineni timphilo tetfu titawubuyela esimeni lesifanele.
 - Phendvula imibuto yebantfwana bakho ngalokusemandleni akho. Vuma nangabe kukhona intfo longayati. Shano intfo lefana nekutsi: 'Lowo ngumbuto lokahle kakhulu. Angiyati imphendvulo yawo, kepha ngitawetama kuyitfolela.'
 - Tama kususa nobe ngimiphi imibono lephambene nobe kungacondzi loko bantfwana bakho labangase babe nako ngeligciwane nobe ngekumiswa kwetintfo.

Kuchazela bantwana labancane ngeligciwane kanye nekumiswa kwetintfo

- Ligciwane likugula, lokufana nemkhuhlane.
- Kuneligciwane lelisha emhlabeni, lelibitwa ngekutsi Ligciwane le-Corona.
- Ngenca yekutsi leliligciwane lelisha, bodokotela nabososayensi badzinga sikhatsi sekufundza ngalo, kute bakwati kuncandza ligciwane lingagulisi bantfu.
- Kute sinike bodokotela nabososayensi litfuba lekufundza ngeligciwane, sonkhe sidzinga kuhlala emakhaya kwesikhashana.
- Ngemva kwaloko, nangabe bodokotela nabososayensi sebatsi sekulungile, sitawucala kancane kubuyela esikoleni nasemisebentini, kute sonkhe sihlale siphephile.



Kuchazela lusha nebantwana labasengakatfombi ngeligciwane kanye nekumiswa kwetintfo

Caphela: Sebentisa kwehlulela kwakho lokuhle ekuncumeni kutsi kungakanani kwatiswa lotakucoca nebantwana bakho. Awufuni kubenta bacindzeteleke nobe bakhatsateke.

- Ligciwane likugula, lokufana nemkhuhlane.
- Kuneligciwane lelisha emhlabeni, lelibitwa ngekutsi Ligciwane le-Corona, nobe yi-COVID-19. Loku kumele kutsi: Corona Virus Disease of 2019 (Sifo Seligciwane le-Corona langa-2019).
- Ligciwane lisabalala phakatsi kwebantfu lababa nekusondzelana nalomunye, njenganangabe umuntfu lonalo akhwehlela nobe atsimula. Lingasabalala futsi nangabe utsintsa indzawo nobe intfo lenalo, nasibekisa, nangabe umuntfu atsimulela etafuleni, bese utsintsa litafula futsi wedlulisele ligciwane kuwe ngekutsintsa umlomo, impfumulo nobe emehlo akho.
- Leligciwane lihlasela bantfu ngetindlela letehlukene:
 - *Labanye bantfu babaneligciwane, kepha bangativa nhlobo kutsi bayagula. Siye sitsi labanjalo abanato timphawu letibonakala ngaphandle.*



- Bantfu labanyenti bativa bagula liviki nobe mabili. Ngalokuvamile babe nekushisa, kucacamba kanye netinhlungu emtimbeni wabo, futsi kungenteka bakhwehlele. Ngemuva kwaloko, bayalulama futsi baphile ngalokuphelele.
- Amaphesenti lamancane ebantfu agula kakhulu, futsi kungase kudzingeke aye esibhedlela kwesikhashana.
- Bantfu labangaphasi kweminyaka le-18 akukavami kutsi babe netimphawu, futsi akukavami kutsi bagule kakhulu. Nakwenteka bagule, bavame kululama kalula.
- Ngenca yekutsi leli ligciwane lelisha, bodokotela nabososayensi badzinga sikhatsi sekufundza ngalo, kute bakwati kwenta umgomo kanye nekulelapha kancono.
- Kute sinike bodokotela nabososayensi litfuba lekufundza ngeligciwane, sonkhe sidzinga kuhlala emakhaya kwesikhashana.
- Lesikhatsi sekumiswa kwetintfo siphindze sinike hulumede wetfu sikhatsi sekulungisa luhlelo lwetfu lwetemphilo yemphakatsi – kucecesha tisebenti kanye nekwenta tinhlelo letifanele, kutsenga tintfo tekusebenta letenele kuto tonkhe tibhedlela, kanye nekucasha tisebenti letinyenti ngekushesha etibhedlela.
- Nangabe kusabalala kweligciwane sekulawuleka, futsi tibhedlela tetfu setilungele kunakekela bantfu labanyenti labagulako, kumiswa kwetintfo kutawuyekelwa kancane.
- Bantfu batawucala kubuyela emsebentini nasetikolweni kancane kancane – hhayi yonkhe intfo ngesikhatsi sinye.
- Labanyenti betfu kusatodzingeka sihlolwe, futsi kusatawuba khona imitsetfo letawulandzelwa kucinisekisa kutsi ligciwane lihlala lilawuleka.

3 *Buka tinkhomba letisicwayiso sekutsi umtfwana wakho akabhekani nesimo ngemphumelelo (Letinye taleticwayiso tingabonakala kakhulu kulabasha.)*

- Kutiva udvumatekile nobe ukhale lapho kungekho sizatfu lesiphatsekako saloko
- Intfukutselo nekukhungatseka lapho kungekho sizatfu lesiphatsekako saloko
- Kungatibandzakanyi etintfweni labebavame kutijabulela ekhaya
- Kungabi nenshisekelo yekucitsa sikhatsi nemndeni nobe nebangani ngekusebentisa tinkhundla tekuchumana
- Kuphikisana nekulwa nemndeni nobe bangani etinkhundleni tekuchumana
- Kukhatsala nekuphelelwa ngemandla
- Kulala kakhulu nobe bumatima bekulala
- Luntjintjo ekutsandzeni kudla
- Kuphahluka ngekutfukutsela, kutiphatsa lokuphatamisako nobe lokunebungoti
- Kutilimata (sib. kutisika, kutishisa, nobe lokunye kutilimata)

Kubhekana nebantfwana kanye nelusha lolungakwati kusingatsa ngemphumelelo kumiswa kwetintfo

- Khuluma nebantfwana bakho ngekutiphatsa kwebudlova nalokungafanele longatsandza kutsi bakuntjintje bese ubanika letinye tindlela leticacile taloko longatsandza bakwente esikhundleni saloko.
- Nangabe kutiphatsa kwabo kuntjintjela ekubeni ncono, ncoma lokho lokubonako (sib. Ngesikhatsi ukhuluma ngekutitfoba nami, ngiyakutsandza mbamba loko).
- Nika bantfwana bakho lutsandvo lolunyenti. Batjele kutsi uyabatsandza. Balalele ngesikhatsi bakhuluma nawe. Nangabe nindzawonye ngesikhatsi sekumiswa kwetintfo, bagone futsi ubabonise lutsando lwemiva yangekweliciniso.
- Nika bantfwana bakho litsemba – khuluma ngekuphila ngemuva kwekumiswa kwetintfo. Khuluma ngekuphindze babone bangani babo, ngekubuyela esikolweni, ngekudlala ngaphandle, kanye nangetinhlelo nangemaphupho abo esikhatsi lesitako.
- Nangabe simo singabi ncono nobe siba sibi kakhulu, tsintsana nalenye yetinombolo letinyenti telusito letikhona.

Inkhombandlela #3

Nakekela imphilo yemtimba yebantfwana bakho



Hlala uphaphile futsi uphile kahle



Kunemitsetfo lelula lokufanele sonkhe siyilandzele kute sitivikele tsine kanye nebantwana betfu kuleligciwane.

Yini batali labangayenta ngaloku?

Fundzisa bantwana bakho kusebentisa imitsetfo lesihlanu yeligolide kute bahlale baphephile ku-COVID-19. Cinisekisa kutsi ubekela bantwana bakho sibonelo sekutiphatsa.

- 1** Geza tandla takho ngensipho nangemanti nawukhona. Hlikihla tandla takho ngensipho imizuzwana lengemashumi lamabili. Geza titfupha takho, ngemuva kwetandla takho, kanye naphakatsi kweminwe yakho.
- 2** Tama kungatsintsi buso bakho. Emagciwane avame kungena emitimbeni yetfu ngemilomo nangetimphumulo tetfu, ngako kufanele setame ngemandla kutsi singakutsintsi.
- 3** Tsimula nobe ukhwehlelele engcoseni yakho nobe usebentise ithishu. Nawusebentisa ithishu, yilahle masinyane.
- 4** Nangabe kudzingeka uye ngaphandle, mani lokungenani emamitha la-1.5 ekudzeni nalabanye bantfu. Ungabagoni, ubabambe tandla nobe utsintse labanye bantfu. Nakunekwenteka, faka sifonyo (*mask*) nangabe uya ngaphandle.
- 5** Nawutiva ugula unekushisa, kucacamba nobe kukhwehlelela, kufanele utjele umuntfu lomdzala.

Inkhombandlela #4

Yenta simiso samalanga onkhe nebantfwana bakho



Simiso senta kuphila kuvakale kuphephile futsi kujwayeleke kakhudlwana



Njengebatali nebanakekeli, sidzinga kwakha umuva wekulondzeka kanye nekubuyela esimeni lesivamile kubantfwana betfu njengobe balindzele kubuyela esikolweni. Sidzinga kugcina bantfwana betfu bakhumbula sikolwa 'ngemphilo yabo levamile' ngekubakhutsata kutsi bente umsebenti wabo lovamile ngangekunekwenteka.

Yini batali labangayenta ngaloku?

1 *Sebenta nebantfwana bakho kwenta simiso lesitawusebentela umndeni wakho.*

- Bani neliphepha kanye nepeni bese ucoxa nebantfwana bakho ngesimiso lesitawulandzelwa.
- Chaza kutsi simiso sitokwenta kuphila kube lula kuwo wonkhe umntfu ekhaya, kunciphe kucabana nekuphikisana.
- Chaza futsi kutsi kumiswa kwetintfo kuyanicindzetela nani njengebatali, nekutsi kubambisana nebantfwana kuyonisekela futsi kunisite kakhulu.
- Khuluma ngetinhlobo tetintfo lokufanele tifakwe esimisweni samalanga onkhe. Khutsata bantfwana bakho kutsi basikisele tintfo tekweniwa. Khumbuta bantfwana bakho kutsi batawubuyela 'empilweni yabo levamile' nekutsi akufanele balahle lwati kanye nemakhono labawazuze phakatsi nalesikhatsi.
- Chaza kutsi ngekuya ngebudzala kwebantfwana bakho, kungenteka babe netimiso letehlukene.
- Cinisekisa kutsi simiso sebantfwana bakho siyakusebentela futsi nawe. Cinisekisa kutsi bantfwana benta imisebenti letsite yasekhaya leyo ledzingwa kwentiwa kanye nekutsi kudla kudliwa ngesikhatsi lesilungela umndeni wonkhe.

2 *Sebenta nebantfwana bakho kute ucinisekise kutsi bayasilandzela simiso sabo.*

- Nangabe simiso sesentiwe, buta ngamunye umntfwana kutsi uyasemukela yini simiso sakhe, nekutsi utokwetama ngako konkhe yini kusilandzela simiso.
- Yenta lishadi lelilula lesimiso semntfwana ngamunye nobe wente umntfwana ngamunye ente lishadi lakhe.
- Choma lamashadi endzaweni lapho atobonakala khona kalula.
- Ngemalanga ekucala lambalwa, 'cecesha' bantfwana bakho kutsi balandzele simiso sabo ngekutsi ubakhumbute kutsi bahlole simiso sabo, nekutsi ulandzelele kute ubone kutsi bawenta wonkhe yini umsebenti. Loku kutoba ngumsebenti lomatima ekucaleni, kepha kutawenta kuphila kwenu kube lula ngekuhamba kwesikhatsi.
- Njalo ngemuva kwemalanga lambalwa, banini nemhlangano wekubuka kutsi bantfwana benu bayasilandzela yini simiso.
- Nabangasilandzeli, cocani ngetizatfu letibangela loko. Bukani kutsi akukho yini luntjintjo loluncane lokudzingeka lwentiwe esimisweni.

- Ungacini kakhulu nobe wale kugucuka esimisweni – ungatandziseli kucindzeteleka. Kepha bani nemiphumela letsite nangabe lomunye webantfwana bakho angetami nhlobo kulandzela simiso.

Tintfo letingafakwa esimisweni samalanga onkhe

- 1 Kulala.** Bantfwana kufanele batfole ema-awa ekulala layi-9-10 ngebusuku ngabunye. Lusha kufanele lutfole ema-awa ekulala la-8-9 ngebusuku ngabunye.
- 2 Kugeza nekugcoka.** Khutsata bantfwana kutsi bageze bese bayagcoka onkhe malanga.
- 3 Kudla.** Tama kuhlela tikhatsi letivamile tekudla. Nawungakwati, tama kuniketa bantfwana bakho kudla ka-3 ngelilanga, bese kuba 1-2 wekudla lokulula lokunemphilo. Tama kucoqa nemndeni ngalesinye setikhatsi tekudla telusuku.
- 4 Imisebenti yasekhaya.** Tama kuhlela ema-awa 1-3 emisebenti yasekhaya ngelilanga leyentiwa bantfwana, kuye ngebudzala babo, kanye naloko lokudzingwa kwentiwa ekhaya. Imisebenti yasekhaya kufanele ihlanganise tintfo letifana nekulungisa imibhedze, kuwasha tindishi, kushanyela, njll. Gwema kunika bantfwana imisebenti ledzinga bashiye likhaya, nakuba bangasebenta ebaleni.
- 5 Kulolonga umtimba.** Kubaluleke kakhulu ngebantfwana kutsi balolonge umtimba onkhe malanga. Kulolonga umtimba kwenta utive uncono. Cabanga ngekulolonga umtimba kanye netintfo letingentiwa endzaweni yakho lencane lovaleleke kuyo. Loku kungaba tintfo, letifana nekugijima ebaleni, kutelula, incatfu nekucinisa imisipha.
- 6 Kufundza.** Bantfwana labancane, kute kufinyelele eBanga 3, hlela cishe 1.5 wesikhatsi sema-awa ekufundza ngelilanga. Ngebantfwana beliBanga 4-6, hlela cishe 2.5 wema-awa ngelilanga. Kantsi ngebafundzi beliBanga 7-12, tama kuhlela phakatsi kwema-awa 3-4 esikhatsi sekufundza ngelilanga.
- 7 Kufundza.** Tama kukhutsata bantfwana bakho kutsi bafundze ngalesikhatsi. Yenta konkhe lokusemandleni akho kutsi uhlole tintfo letifundvwa bantfwana bakho. Hlela ema-awa 1-2 ekufundza ngelilanga.
- 8 Sikhatsi lesikhululekile.** Hlela sonkhe sikhatsi lesisele selusuku sibe sikhatsi lesikhululekile. Vumela bantfwana bakho bacitse lesikhatsi kunobe yini labayikhetsako. Batojabula ngaloko futsi bajabulele leso sikhatsi.

Sibonelo sesimiso semntfwana weliBanga 4-6

08h00	Kuvuka, kugeza nekugcoka
08h30	Kudla kwasekuseni
09h00	Imisebenti yasekhaya yasekuseni
10h00	Kudla lokulula kanye nesikhatsi lesikhululekile
10h30	Sikhatsi sekufundza
12h30	Sikhatsi lesikhululekile
13h00	Likhefu lasemini
14h00	Sikhatsi lesikhululekile nobe sekuphumula
15h00	Kulolonga umtimba
15h30	Kufundza
16h30	Imisebenti yasekhaya yantsambama
17h30	Sikhatsi lesikhululekile
18h30	Kudla kwantsambama kanye nekuhlanta
19h30	Kugeza kanye nokuntjintja
20h00	Sikhatsi lesikhululekile
21h30	Kuyolala

Inkhombandlela #5

Yini longayenta 'Ngesikhathi Sokufundza'



Kufundza kufanele kube nenjongo nalokufanele



Litiko Lemfundvo Lesisekelo (DBE) alikalindzeli kutsi batali babe bothishela ngesikhatsi sekuvalwa kwetintfo. Futsi alikalindzeli kutsi bantfwana batifundzise bona luhlelo lwetifundvo. Sicela namukele sicinisekiso setfu sekutsi uma bantfwana sebabuyela esikoleni, kutakwentiwa tihlelo 'tekubuyisa sikhatsi lesilahlekile' kucinisekisa kutsi bantfwana benu bayafundziswa loku lokudzingeka kutsi bakwati. Noma kunjalo, sifuna batali kanye nebanakekeli baciniseke kutsi kufundza lokunenjongo kuyenteka ngesikhatsi sekumiswa kwetintfo.

Kubaluleke kakhulu ngabo bonkhe bantfwana kutsi 'bahlale bachumene' nemphilo yasesikoleni. Loku akusho kutsi kufanele batsintsane nesikole. Kunaloko, kusho kutsi akufanele bakhohlwe loko labakufundzile, futsi akufanele bakhohlwe kutsi kunjani kulalela, kufundza kanye nekwenta umsebenzi wesikole. Kudzingeka bente njalo imisebenzi yekubuyeketa kanye nekutikhumbuta loko labakufundzile ngaphambilini; kufundza kanye nekuvisisa lokubhaliwe; kwenta imisebenzi lebhawako; nekuqinisekisa ngekwenza Tibalo kanye Nesayensi. Lemisebenzi itawulungiselela bantfwana benu lapho sebabuyela esikolweni. Batawuba bompetsa kuloko labatawube sebakufundzile, futsi batawube sebakwayele inchubo yekufundza. Batawuhlomela umsebenzi lolukhuni nalotawentiwa ngesivini loyoba ngaphambi kwabo ngesikhathi babuyela esikoleni.

Yini batali labangayenta ngaloku?

- 1 Yenta indzawo lefanele yekutsi bantfwana bakho bentele kuyo umsebenzi wabo futsi ubasite bahlele tinsita tekufundza tabo.**
 - Hlela indzawo lefanele yokusebentela yebantfwana bakho kute bente tifundvo tabo. Loku kungaba yindzawo ekhishini noma etafuleni lokudla, noma kungaba yindzawo lephansi. Khutsata bantfwana bakho kutsi basebentele endzaweni lefanako njalo, njengencenye yesimiso sabo.
 - Khutsata bantfwana bakho kutsi bakhiphe tonkhe tincwadzi tabo tesikole, futsi bacinisekise kutsi tihlelwa ngendlela lefanele.
 - Futsi ucoca tonkhe tintfo tekubhala letisendlini nesetikhwameni tesikole tebantfwana. Tama kucinisekisa kutsi banawo amapeni, amapenisela, kanye nanoma ngutiphi tintfo tekusentjetiswa labangase batidzinge.
 - Kwekugcina, coca noma ngutiphi tinsita tekufundzisa letikhona ekhaya lakho. Loku kuhlanganisa tincwadzi, Tincwadzi te-DBE, tincwadzi tekufundza, bomagazini noma emapheshana, emanoveli, amaphephandzaba, liBhayibheli, njll.
- 2 Sebentisa noma ngutiphi tihlelo lotiniketwa sikolo.**
 - Uma bantfwana bakho bafundza esikolweni lesinetinsita tekuchumama nebatali futsi senta luhlelo lokufundzisa ngesikhatsi sokumiswa kwetintfo, sicela ukusebentise loku.
 - Sekela umntfwana wakho ngangokunokwenteka kute ente luhlelo lokufundza ngesikhatsi sokumiswa kwetintfo.

3 Fundza luhlu lolusikiselwe 'Lwemisebetzi Yokufundza' lolulandzelako futsi ufake lolu esimisweni samalanga onkhe ebantfwaneni bakho.

- Luhla lwemisebenti lefanele ngekwebudzala lufakwe ngentansi esigabeni ngasinye sokufundza.
- Lemisebenti ingasetsjentiswa ngaphandle kwetinsita tekufundzisa letengetiwe, noma ngokungena kungcondvomshini noma ku-intanethi.
- Yonkhe lemisebenti ingulefanele futsi ingagcina bantfwana bakho bachumene nesikolo kanye nekufundza.

Imisebenti yabafundzi Belibanga R-3

Caphela: bafundzi badzinga lusito lolwengetiwe ngemisebenti yekufundza, kepha bantfwana labakhudlwana nabo bangasita.

1 Kubala

- Coca ematje lamancane, emabhontjisi nome tivalo temabhodlela tingasetjentiswa ngumntfwana wakho kubala.
- Khombisa bantfwana bakho indlela yokubala usebentise ematje.
- Uma unesikhatsi, fundzisa bantfwana bakho kubala uye etulu kakhudlwana kunalokho labakwatiko.
- Khombisa bantfwana bakho indlela yokubala ngematje ngabo 2, 3, 4, 5 kanye nange-10.
- Khombisa bantfwana bakho indlela yokubala uye emuva.

2 Kuhlenganisa kanye Nekususa

- Sebentisa ematje kusita bantfwana bakho baticeceshe ngekubala ngekuhlenganisa kanye nekususa. Ebangeni 1 na-2, kufanele babale bahlanganise futsi basuse kuze kufike ku-10. Ebangeni 3, bantfwana bangabala bafike ku-20.

3 Umdlalo wekutsenga

- Yenta ithegi yemali etintfweni letisendlini, ngekwesibonelo, imikhicito yekudla, ifenisha, noma timphahla.
- Yenta umdlalo wemali ngekusika amaphepha bese ubhala linani lemali emaphepheni kube imali leyitinhlamvumali kanye nemali lengemaphepha.
- Ntjintjanani kuyotsenga tintfo lomunye abe ngumninisitolo bese lomunye abe likhasimende.
- Hlola kutsi bantfwana bayakwati yini kubala kahle imali yekutsenga kanye nentjintji.

4 Imisindvo yetinhlavu

- Coca bese usika liphepha libe tikwele letincane.
- Bhala luhlavu lwankhamisa esikweleni ngasinye lesincane.
- Ndlala emaphepha phansi. Khomba tinhlavu letahlukene bese utjela bantfwana bakho kutsi basho imisindvo.
- Cela bantfwana bakho kutsi bakhe emagama lahlukene ngekusebentisa tinhlavu letisesikweleni. Njengobe babeka imisindvo ndzawonye, kufanele basho imisindvo, bese bafundza amagama.
- Lokulandzelako, cela bantfwana bakho kutsi babhale phansi lawo magama. Uma ungenalo liphepha, sebentisa lenye yetincwadzi tesikole tebantfwa bakho.



5 Kufundza

- Tjela bantwana bakho kutsi bafundze ngekusebentisa incwadzi yekufundza noma Incwadzi ye-DBE.
- Buyela ekucaleni kwencwadzi bese ucala khona.
- Uma bantwana bakho bahluleka kufundza ligama, basite kutsi basho imisindvo.
- Uma bantwana bakho bafundza indzaba, bacele bakutjele kutsi indzaba imayelana nani.

6 Kubhala

- Uma ungenalo liphepha, sebentisa lenye yetincwadzi tesikole yemntwana wakho.
- Tjela umntwana wakho intfo lakatayidvweba bese ubhala ngayo, njengekutsi: umngani wakho; loko lokufunako ngelusuku lwekutsalwa; umdlalo lowutsandzako; umndeni wakho.
- Tjela bantwana bakho kutsi bacale bacabange ngaloko labafuna kukudvweba bese babhala ngako.
- Lokulandzelako, batjele kutsi badvwebe sitfombe sendzaba yabo.
- Ngelokulandzelako, ngebantwana beLibanga R noma beLibanga 1, bacele kutsi babhale ilebula leyodvwa noma lamabili etintfo etitfombeni.
- Ngebantwana beLibanga 2 noma 3, bacele kutsi babhale umusho lowodvwa nome lemibili lemayelana nesitfombe. Basite kutsi bacale imisho uma kudzingeka.
- Uma seabcedzile kubhala, cela umntwana wakho kutsi akhulume nawe ngaloko lakubhalile. Buta imibuto bese uniketa imphendvulo.

Imisebenzi yabafundzi Belibanga 4-9

1 Emathebula Ekuphindzaphindza (Emabanga 4-6)

- Tjela bantfwana bakho kutsi babuyekete emathebula lahlukahlukene ekuphindzaphindza baze bakhone kuwasho ngenhloko.

2 Tibalo Tenhloko

- Buta bantfwana bakho imibuto yeTibalo bese ubuka kutsi bangakunika yini imphendvulo lengiyo ngekushesha.
- Loku kungaba imibuto yekuhlanganisa noma kususa, kuphindzaphindza noma kuhlukanisa, noma ngisho imibuto lehlanganisako. Cala ngemibuto lelula, bese uchubeka nokuyenta ibe lukhuni imibuto. Sebentisa kubala ngelucingo lwakho kuhlola kutsi bantfwana baphendvule kahle yini!

3 Kubala Nekubuyeketa Tibalo

- Buyela ekucaleni Kwencwadzi Yekufundza Tibalo yebantfwana bakho noma Incwadzi Yetibalo ye-DBE.
- Tjela bantfwana bakho kutsi bafundze bese benta umsebenti munye nome lemibili ngelusuku futsi ubone kutsi basakhona yini kwenta konkhe kubala.
- Tama kunika bantfwana bakho letinye tibonelo baticedzelele, njengaletso Letisencwadzini Yekufundza noma Incwadzi Yekusebentela.

4 Kufundza Nekufinyeta

- Tjela bantfwana bakho kutsi batilolonge kufundza Incwadzi Yekufundza Yelulwimi Lwasekhaya kanye neye-FAL noma Incwadzi Yekusebentela Lulwimi ye-DBE (kute kufike Ebangeni 6).
- Buyela emuva ekucaleni kwencwadzi bese ucala khona.
- Tjela bantfwana bakho kutsi batilolongele kufundza indzaba ngalokuvakalako, baze bayifundze ngekugeleta, kahle, nangemiva. Ngemva kwaloko, bese bayeta batokufundzela indzaba ngalokuvakalako.
- Uma kunemibuto ngendzaba, tjela bantfwana kutsi baphendvule imibuto ngekuyibhala. Uma ungenalo liphepha, tjela bantfwana kutsi babhale imphendvulo kulelinye lemabhuku abo esikole.
- Lokulandzelako, bhala leticalamisho ephepheni bese utjela bantfwana kutsi bacedzele imisho emabhukwini abo ekubhala. Yenta loku ngayo yonkhe indzaba bantfwana bakho labayifundzako.
 - Lenzaba imayelana...
 - Umlingiswa loyinhloko... (uma kusebenta)
 - Ngikutsandzile / Angikutsandza ngoba...
 - Ngifundze kutsi....
 - Loku kungikhumbuta....
 - Ngicabanga... wente intfo lekahle / intfo lembi ngoba...
 - Kube bengingu (ligama lemlingiswa) ngabe ... (uma kusebenta)

5 Kubuyeketa letinye tifundvo

- Tjela bantfwana bakho kutsi bacoce tincwandzi tabo kanye nemabhuku abo ekubhalela sifundvo ngasinye.
- Onkhe malanga, kufanele batimisele ekubuyeketeni sifundvo lesehlukile.

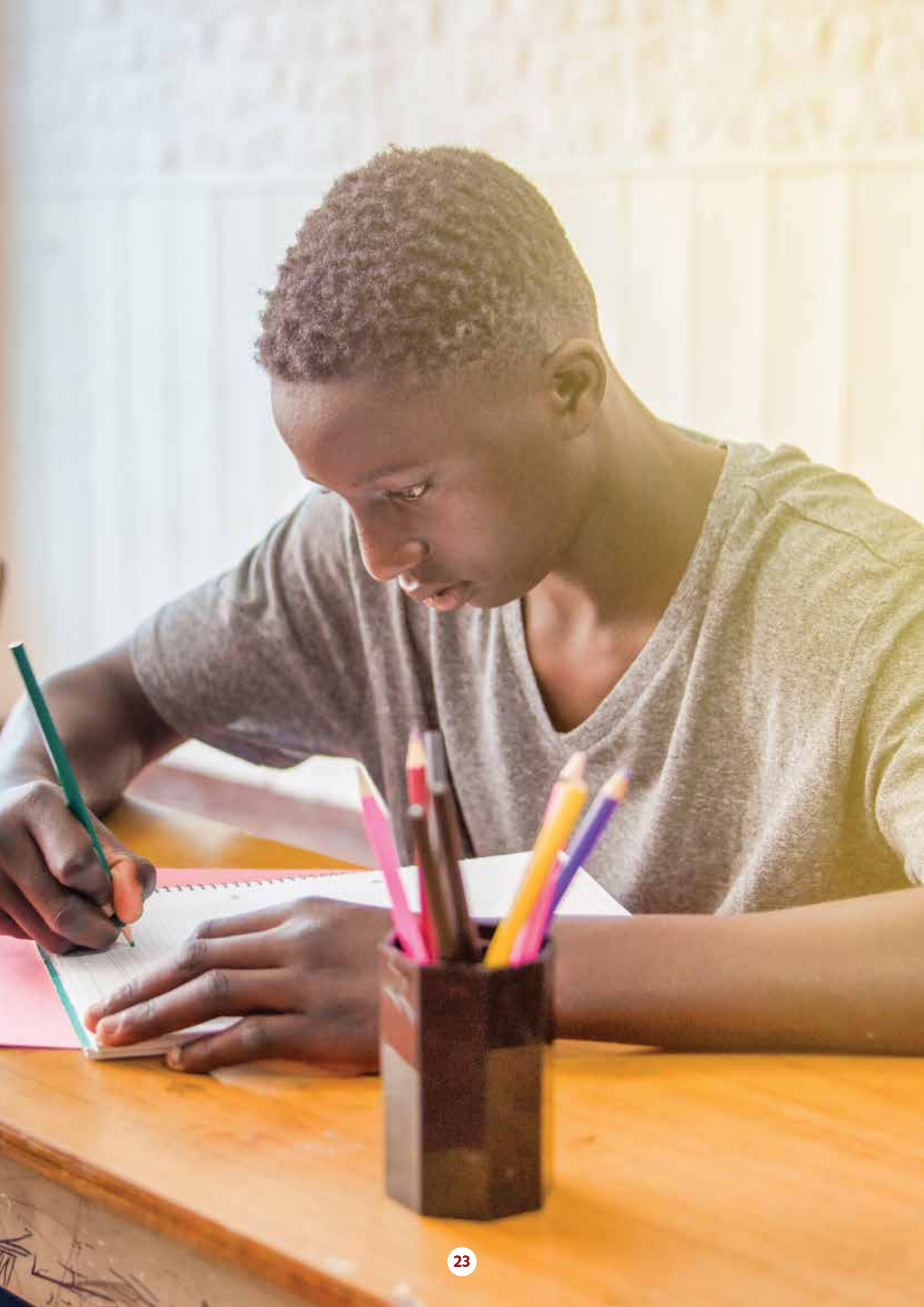


- Kufanele bacale ekucaleni kwencwadzi noma kwelibhuku bese bafundza futsi babuyekete onkhe amanothi. Ngemva kwaloko, kufanele batame kucedzelela yonkhe imisebenti, ngisho naleyo labayente Kuthemu 1.
- Njengobe benta loku, tjela bantfwana bakho kutsi bacinisekise kutsi bayakuvisisa loko labakufundzako nalabakwentako. Uma kungenjalo, kufanele bacocisane nawe, nemntfwana wakubo lomdzala, noma bashayele lucingo lwemngani wabo wasesikoleni longakhona kubasita.
- Tjela bantfwana bakho kutsi batame kukhumbula ngengcondvo lwati lolunyenti, kutilungiselela kubuyela esikoleni.
- Uma bantfwana bakho banemaphepha etivivinyo lamadzala eThemu 1, kufanele baphindze bente lowo msebenti wesivivinyo, babhale timphendvulo temibuto ebhukwini labo.

Imisebenti yabafundzi Belibanga 10-12

- 1 Khumbuta bantfwana bakho kutsi ngaphambi kwekumiswa kwetinto, cishe bese becedze lokukodvwa kulokutsatfu kwemsebenti wemnyaka.
- 2 Chaza kutsi uma bebuyeketa, kufanele bacondze futsi babambe ngenhloko wonkhe lomsebeni, futsi batilolonge ngekwenta tonkhe Tibalo, kubala Tibalo kanye Nesayensi labakufundzile, kufanele babe sebakwati lokukodvwa kulokutsatfu kwemsebenti wemnyaka.
- 3 Khutsata bantfwana bakho kutsi bente Tibalo, noma babuyekete kufundza Tibalo kanye nekulolongela onkhe malanga. Uma kunalokutsite labangakuvisi, bangeta kuwe noma emtfwaneni wakubo lomdzala kute abasite. Nome, bashayele lucingo lwemngani, sihlobo noma makhelwane longase abasite.
- 4 Khutsata bantfwana bakho kutsi bente onkhe malanga tibuyeketo nekulolongela Lulwimi Lwasekhaya nelwe-FAL (*Fist Additional Language*). Loku kufanele kuhlangukise kufundza lokunyenti ngangokunokwenteka, ngoba emaBangeni 10-12, bafundzi kudzingeka bafundze tincwadzi letishiwo umnyaka ngamunye. Bantfwana bakho kufanele babe nemakhophi aletindzaba, lokungaba tinkondlo, tindzaba letimfishane, emanoveli noma amadrama.
- 5 Cela bantfwana bakho kutsi bente umsebenti lowengetiwe wokubuyeketa nokubamba ngenhloko lesinye sifundvo onkhe malanga. Kufanele bafundze tincwadzi kanye nanoma ngimaphi emanothi lasemabhukwini abo. Kufanele bafundze noma nguyiphi imibuto noma imisebenti futsi betame ukucedzela loku ngekutimela. Kufanele futsi babhale kubuyeketa kwako konkhe kwatiswa bese bakubambe ngenhloko loku kubuyeketwa.
- 6 NgemaBanga 10-12, kubaluleke kakhulu kutama futsi kuhlola kufundza lokuchubekako kwetifundvo letimcoka. Kucala ngokubuka tinhlelo ze-TV netemsakato letiniketiwe – kuhlola kutsi lukhona yini luhlelo lolusebentako emntfwaneni wakho bese umkhutsata kutsi alubuke noma alalele leto tinhlelo.
- 7 Caphela bantfwana bakho kute ubone kutsi benta emahora 3 – 4 emsebenti wekufundza onkhe malanga.
- 8 Kusigaba se-FET kubalulekile kutsi bafundzi bahlale banelwati, bacondze imibono kanye nemakhono lafundzisiwe, kanye nekulolongela ekuwasebentiseni njalo.
- 9 Khuluma nebantfwana bakho ngemsebenti wabo. Tfola kutsi yini labakhululeka ngayo, nekutsi yini lebakhatsatako.
- 10 Buka kutsi angeke yini ukwati kuhlela kutsi ngeke asitwe ngumtfwana wakuko lomdzala, makhelwane noma umngani uma kudzingeka. Kodvwa ungayephuli imitsetfo yokumiswa kwetintfo.

Caphela: Uma une-smart phone, ithabhulethi noma ngcondvomshini ekhaya, tama kuhlela kutsi ungenise mntfwanakho kutinsita tekufundzisa te-inthanethi letilusito. Letinye taleti tinsita tekufundzisa tamahhala, lokusho kutsi atidingi idatha. Loku kukhonjisiwe eluhlwini lwetinsita tekufundzisa olunikeziwe.



Inkhombandlela #6

Sebentisa itheknoloji ngemphumelelo



Konkhe kufundza kufanele kusebente

Ungacabangi kutsi bantwana bakho bayafundza ngempela umangabe babukela luhlelo lwekufundzisa – kungenteka kalula kutsi tingcondvo tabo tizule! Kubalulekile kutsi usite bantwana bakho kutsi basebentise itekhnoloji ngempumelelo nangenjongo yekufundza.

Yini batali labangayenta ngaloku?

- 1** *Sebentisa Tinhlelo Tekufundza longatitfolo ku-Inthanethi, ku-TV noma Emsakatweni.*
 - Luhlu Lwetinhlelo Tekufundza kanye Netinsita-kufundzisa tihambisana nalesi sicondziso.
 - Fundza loluhlu ngekucopehela bese ubuka tinhlelo noma tinsita-kufundzisa letingancedza umntfwana wakho.
 - Ikakhulukati, khutsata bantwana bakho beLibanga 10-12 kutsi babuke tinhlelo ku-TV letifundzisa Tibalo, Isayensi noma amakhono nombono Welulwimi.
 - Futsi buka noma ngutiphi tinsita tekufundzisa tedijithali longatidawunilodela bantwana bakho tekufundza *ku-smartphone*, ithabhulethi noma kungcondvomshini. Caphela kutsi emawebhusayithi ‘lalinganiselwe kuziro’ amahhala– kutfolo lamawebhusayithi akudzingi idatha.
- 2** *Ncedza bantwana bakho kutsi bakhutse tinhlelo letifanele naletivumelana nesimiso sabo.*
 - Bukani ticondziso teluhlelo ndzawonye kute nitewukhetsa tinhlelo letifanele.
 - Yenta loku kusanekhatsi – bukisisa luhlelo ekucaleni kweliviki.
 - Faka lemisebenti esimisweni sebantwana bakho njengencenye ‘yesikhatsi sekufundza’ sabo.
 - Cinisekisa kutsi ilinganiswa kahle imisebenti yekufundza yebantwana bakho – akufanele bacitse sikhatsi sabo sonkhe babukela i-TV nome i-smartphone.
- 3** *Cinisekisa kutsi bantwana bakho bakulungele kufundza kumabonakudze nome emsakatweni.*
 - Ngembikwekucala kweluhlelo, cinisekisa kutsi bantwana bakho banencwadzi lefanele ne/nome libhuku kubo.
 - Kufanele futsi babe nepheni, ipenisela, irula kanye nato tonkhe tintfo tekubhala letingahle tidzingeke.
 - Kungumbono lomuhle kuhlala nesichazamagama lesilungele kusetjentiswa, ikakhulukati kubantwana lasebakhulile.
 - Sita bantwana bakho kutsi balungiselele sifundvo labatosifundza. Yenta loku ngekubuka sihloko sesifundvo encwadzini kanye nekubuka sifundvo lesengcile.
- 4** *Gadza bantwana bakho ngesikhatsi seluhlelo.*
 - Hlola bantwana bakho nababukela nome balalele luhlelo.
 - Bagcugcutele kutsi batsatse emanothi ngesikhatsi seluhlelo, kute ubakhumbute ngaloku labakufundzile. Kufanele baphindze babhale phansi nobe ngimuphi umbuto labanawo.

5 *Cocisanani ngaloku lokufundziwe.*

- Ekugcineni kweluhlelo, hlola kutsi bantfwana bakho babhalile yini emanothi.
- Lokulandzelako, cocisanani ngeluhlelo. Ungabuta imibuto lenjengekutsi:
 - Belumnadzi yini loluhlelo? Kungani nobe kungani kungenjalo?
 - Ufundzeni kulo?
 - Ingabe kukhona intfo longakayivisisi kahle nobe longenasiciniseko ngayo?
 - Ingabe kukhona imibuto lonayo ngalesihloko?
 - Ingabe ufundzile ngaloku encwadzini yakho?

6 *Hlela nome ngutiphi tikhatsi tekulandzela letidzingekekako.*

- Umangabe kukhona intfo lengacaci kahle nome ledidako, ungetama kusita bantfwana bakho ngaloku:
 - Kubuka lesinye sihloko kulesifundvo, bese usifaka esimisweni
 - Kubuyeketa lokucuketfwe kulesifundvo ndzawonye
 - Kucela umntfwana wakini lomdzala, umngani nome sihlobo kutsi sikusite

For more information, visit the Covid-19 Portal:

www.sacoronavirus.co.za

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