

PFUMBUDZO YA DWADZETSHIFU YA CORONAVAIRASI TSIVHUDZO KHA VHABEBI

VHA NGA THUSA HANI VHANA VHAVHO ZWINO NGA
TSHIFHINGA TSHA U DIVALELA DZINDUNI TSHA 'COVID-19'

Muhasho wa zwa Pfunzo wo vhona zwi zwa ndeme u nga thusa vhabebi na vhaundi vha vhana u ri vha tsireledzee zwavhuḁi kha tshifhinga hetshi tsha u ḁivalela dzinduni tsha 'COVID-19'. Tsumbamaitele kana ndendedzi hedzi dzi tevhelaho dzo leluwaho, dzo olelwa uri vha wane tsivhudzo na ḁila dzine vha nga dzi shumisa u thusa vhana vhavho kha tshiimo hetshi tshine ra vha khatsho.



Tsumbamaitele #1

Kha vha ṭhogomele mutakalo wa muhumbulo na muvhili wavho



Difuneni



U divalela dzinduni ndi zwithu zwi kondaho nga maanda. Rothe ri na nyofho, mutsiko, na u sa divha kana u vha na vhuṭanzi ha zwine zwi nga itea kha la matshelo. Hezwi zwi dovha hafhu zwa kondela miṭa ine ya vha kha mutsiko wa zwa masheleni, vhane vha vha na vhwadze muvhilini na muhumbuloni, vhane vha dzula na muthu ane a ita zwa dambudzo, vhane vha dzula fhethu huṭuku, kana vha na zwishumiswa zwa ndeme zwi si gathi.

Vhabebi vha nga ita mini nga hezwi?

- Nga u angaredza, vhothe-vhabebi na vhana vha nga kona u kondelela nyimele heino.
- Arali vha tshi toda vhana vhavho vha tshi dzika na u kondelela nyimele heino, na vhone sa vhabebi vha tea u dzika vha kondelela nyimele heino.
- Vhana vha mirole yothe yo fhambanaho vha edza zwine vhabebi vha ita zwone, hu si ni zwine vha amba.
- Nga mulandu wa hezwi, vhone sa mubebi vha tea u wana tshifhinga tshavho na fhethu havho hune vha nga amba vho na vhañwe vhaaluwa nga nyofho dzavho, dza zwine zwa vha vhilaedza na mutsiko u ne vha vha nawo. Vha ite vhungoho ha uri vhana vha sa pfe nyambedzano dzavho na vhañwe vhaaluwa.
- Arali vha si na ane vha nga amba nae vha nga lidzela nomboro ya luṭingo ya thuso yo newaho.
- Vha tea u vha na ndaulo ya mamudi avho na u sa fhela mbilu uri vha kone u vha tsumbo ya khwiṇe kha vhana vhavho.
- Vhana vha tea u vha vhona sa mubebi a re na ndangulo a ne a dzhia tsheo dzo teaho uri muṭani vha vhe na mutakalo wavhuḍi.

Vha nga wana thuso nga u rwela luṭingo kha:

Vhankedzi vha tshumelo	Lushaka/Vundu	Tshumelo yo nkedzwaho/newaho	Zwidombedzwa zwa vhukwamani
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

Vhanekezi vha tshumelo	Lushaka/Vundũ	Tshumelo yo nekedzwaho/newaho	Zwidombedzwa zwa vhukwamani
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

Tsumbamaitele #2

Kha vha ṭhogomele mutakalo wa mihumbulo na mivhili ya vhana vhavho



Kha vha andane na vhana vhavho



Sa vhabebi na vhaundi, ndi zwa ndeme uri vha vhe na vhuṭamani na vhana vhavho. Fhedzi fhasi ha nyimele ya mutsiko kana na khaedu, zwi na ndeme khulwane nga maandā u amba na vhana vhavho, vha vhone maitele avho. Hetshi ndi tshifhinga tsha tshanduko khulu na u sa vha na vhuṭanzi kha vhatu vhoṭhe. Vha re na miṅwaha ya (13–19) vha kha vhuimo vhune zwa ndeme kha matshilo avho a langiwa nga khonani, u ḍivalela na COVID-19 zwi khou vha konḍisela. Kha vhana vha murole wa miṅwaha ya 13–19 hu na khonadzeo khulu u pfa a tshi vhilahela, mazhuluzhulu na mutsiko nga tshino tshifhinga.

Vhabebi vha nga ita mini nga hezwi?

- 1** *Kha vha thome nga u vhudzisa zwine vhana vhavho vha ḍivha nga tshitzhili na u ḍivalela dzinduni, na u ri vha ḍipfa hani nga tshiwo itshi.*
 - Kha vha vha sumbedzise u ri vha khou vha ṅea tshikhala tshavhuḍi tsho vhulungeaho u nga amba kana u kovha mihumbulo yavho vho vulea nahone nga vhufulufhedzei.
 - Arali phindulo dza hone dzi pfufhi, kha vha shumise mbudzisoṭhuṭhuwedzi u vhudzisa nga vhulenda uri vha kone u vha ṭuṭuwedza u ri vha ambe vho ṭandavhuwa. Tsumbo: 'Ni amba mini ni tshi ralo?' kana 'Ni nga mmbudza zwiṅwe zwifhio nga izwo...'
 - Vha songo fhela mbilu. Kanzhi vhana vha 'hwesa vhabebi mulandu kana vhukhaki', vha livhisa mbilaelo dzavho, u sinyuwa, mbiti na vhumvumvu kha vhabebi vhavho.
 - Musi vhana vha tshi khou amba kana u ṅea mihumbulo yavho, kha vha ite notsi dzavho muhumbuloni nga ha ndalukanyo dzi si dzone dzine vhana vha vha nadzo nga nyimele na vhuḍipfi havho kha nyimele heyi.
- 2** *Tshi tevhelaho, kha vha ṅee vhana mafhungo a vhukuma nga vhuronwane zwi tshi ya nga minwaha kana murole u khakhulula ndalukanyo dzi si dzone dzine vhana vha vha nadzo, u fhungudza mbilaelo na u vha ṅea fulufhelo.*
 - Kha vha vhudze vhana mafhungo nga vhuronwane, a dovhe a vhe o leluwaho.
 - Kha vha vhudze vhana mafhungo a pfalaho vho dzika.
 - Vha songo fulufhedzisa vhana zwine zwa si vhe zwone, sa tsumbo, uri vha nga si kavhiwe nga tshitzhili. Fhedzi ha, vha nga tou vha fulufhedzisa uri vhone sa mubebi vha ḍo ita nga ṅdila dzoṭhe u ri vha tsireledzee, na u ri vhana vha vhe vho ṭhogomelea.
 - Kha vha ṅee vhana fulufhelo ḷa u ri zwoṭhe hezwi zwi ḍo pfukha, na uri vho rasaintsi na madokotela vha ḍo wana ṅdila ya u lwa na hetshi tshitzhili, na uri vhuṭshilo vhu ḍo fhedza ho vhu yelela ngonani ra tshila sa nga misi.
 - Kha vha fhindule mbudziso dza vhana nga zwavhuḍi nga vhuṭali u ya nga hune vha kona ngaho.
 - Kha vha lingedze u khakhulula ndalukanyo dzi si dzone dzine vhana vha vha nadzo nga ha tshitzhili kana nga ha u ḍivalela dzinduni.

Kha vha ṭalutshedze vhana nga tshitzhili na u ḡivalela dzinduni

- Tshitzhili ndi vhulwadze, u fana na mphigela kana tshifumbu.
- Hu na tshitzhili tshiswa shangoni, tshi no pfi Corona.
- Ngauri ndi tshitzhili tshiswa, madokotela na vho rasaintsi vha tea u fhiwa tshifhinga tsha u ya u guda ngatsho uri vha kone u wana ndila dza u tshi thivhela u ri tshi si lwadze vhatu.
- U ṅea madokotela na vho rasaintsi tshifhinga tsha u ya u guda ngatsho, roṭhe ri tea u dzula mahayani tshifhinga nyana
- Musi madokotela na vho rasaintsi vha tshi ri ho luga, ri ḑo kona u thoma u vhuyelela zwikoloni na mishumoni nga zwiṭuku nga zwiṭuku uri roṭhe ri vhe ro tsireledzea.



Kha vha ṭalutshedze thangana ya murole nga tshitzhili na u ḡivalela dzinduni

Dzhielani Nzhele Hezwi: Kha vha shumise muhumbulo wavho u dzhia tsheo ya u ri vha ḑo amba na vhana vhavho mafhungo mangafhani. A vho ngo tea u vha engedzela mutsiko kana dzimbilaelo.

- Tshitzhili ndi vhulwadze, u fana na mphigela kana tshifumbu
- Hu na tshitzhili tshiswa shangoni, tshi no pfi Corona, kana 'COVID-19.' Hezwi zwo imela: 'Corona Virus Disease of 2019.'
- Tshitzhili hetshi tshi pfukela kha vhatu vha re tsini na tsini, u fana na musu muthu a tshi hoṭola kana a tshi atsamula. Tshi a pfukela na musu muthu a tshi nga kwama fhethu kana tshithu tsho no ḑi kavhiwaho nga itsho tshitzhili, sa tsumbo, arali muthu a atsamulela kha ṭafula, inwi na ḑa na kwama kana na fara ṭafula ni a fhirisela tshitzhili itsho kha inwi muṅe nga u fara mulomo kana ṅingo kana maṭo.
- Tshitzhili hetshi tshi kwama vhatu nga ndila dzo fhambanaho:
 - *Vhanwe vhatu vha a vha na tshitzhili fhedzi vha sa lwale. Ri ri a vha na tsumbodzwadze kana 'asymptomatic.'*



- Vhathu vhanzhi vha lwala vhege nthihi kana mbili. Kanzhi thempheretsha i ya gonga, muvhili wa vhavha, vha nga dovha hafhu vha hotola. U bva afho vha ya vha khwiṅe vha fhola.
- Vhaṅwe vhathu vha si gathi vhone vha a lwalesa, vha tea na u dzula sibadela tshifhinga nyana.
- Thangana ya murole ya fhasi ha miṅwaha ya 18 yone a si kanzhi i tshi vha na tsumbodwadze, a si kanzhi vha tshi lwala, fhedzi arali vha lwala vha ṭavhanya u fhola.
- Ngauri ndi tshitzhili tshiswa, madokotela na vho rasaintsi vha tea u fhiwa tshifhinga tsha u ya u guda ngatsho uri vha kone u wana khaelo na ndila dza khwiṅe dza u wana dzilafho.
- U ṅea madokotela na vho rasaintsi tshifhinga tsha u ya u guda ngatsho, roṭhe ri tea u dzula mahayani tshifhinga nyana.
- U ḍivalela dzinduni zwi thusa na u fha muvhuso tshifhinga tsha u dzudzanya vhushumeli ha mutakalo wa vhoṭhe – u gudisa vhashumi vha zwibadela na u vhea sisiteme yo teaho nga ngona uri hu rengwe zwishumiswa kana tshomedzo dza zwibadela dzo teaho na u hira vhashumi vhanzhi zwibadela.
- Musi u pfukela ha tshitzhili ho no dzudzanyea, vhu kha ndangulo yavhuḍi, na zwibadela zwo no lugela u nga ṭhogomela vhalwadze vhanzhi, u ḍivalela dzinduni hu ḍo fhungudzea.
- Vhathu vha ḍo thoma u vhuyelela mishumoni na zwikoloni nga zwiṭuku nga zwiṭuku – hu si roṭhe nga khathihi.
- Vhunzhi hashu ri ḍo tea u ita dzindingo, hu ḍo vha na milayo minzhi ine ya ḍo tea u tevhelwa u itela uri tshitzhili hetshi tshi langee yavhuḍi.

3 *Kha vha sedze tsevho ino sumbedza arali ṅwana wavho a si khou kona u kondelela (dziṅwe dza tsevho dzi vhonelesa kha thangana ya murole.)*

- U dzula muthu a ṭungufhala kana a tshi lila hu si na tshiitisi.
- U sinyuwa na u fhela mbilu hu si na tshiitisi.
- U sa ḍiphina nga zwine a anzela u ḍiphina ngazwo musi e hayani.
- U sa tsha takalela u vha na tshifhinga na vha muṭa kana khonani dzavho kha vhudavhidzani ha nnyi na nnyi.
- U lwa na vha muṭa kana khonani kha vhudavhidzani ha nnyi na nnyi social media.
- U dzula vho neta vha si na ṅungo.
- U eḍelesa kana u tambula u fara khofhe/eḍela.
- U shanduka ha kuḷele.
- U dzula muthu o kwata a na mbiti, a tshi ita na zwine zwi nga ita khombo.
- U ḍihuvhadza (tsumbo, u ḍitshea, u ḍifhisa, kana zwiṅwe na zwiṅwe zwine vha nga ḍivhaisa ngazwo.)

U shuma na vhana na thangana ya murole ine ya khou balelwa u kondolela u divalela dzinduni

- Kha vha ambe na vhana vhavho uri vha shandule maitete a u dzula muthu a kha khandzo na u vha na swili, vha vha fhe ndivho dzi pfalaho dzine vhona sa mubebi vha toda u vhona vho dzi swikelela.
- Musi vha tshi vhona maitete a tshi shanduka, a vha khwiwe, kha vha nee maipfi a thuthuwedzo nga zwine vha khou vhona zwo shanduka (sa tsumbo, musi ni tshi amba na nee nga thonifho, ndi a zwi takalela.)
- Kha vha sumbedze vhana vhavho lufuno lunzhi. Kha vha vha vhudze uri vha a vha funa. Kha vha thetshelese musi vha tshi amba navho. Arali vho divalela navho nduni, kha vha vha sumbedze lufuno nga u vha kuvhatedza na u disendedza tsini navho.
- Kha vha nee vhana fulufhelo – kha vha ambe nga zwine vha do ita musi u divalela dzinduni hu tshi fhela. Vha ambe na nga u dovha u vhona dzikhonani dzavho hafhu, u ya tshikoloni, u tamba nda, miloro na pulane dzavho na vhumatshelo havho.
- Arali nyimele i sa shanduki kana u khwiñifhala, kha vha rwele nomboro ya lusingo ya thuso yo newaho.

Tsumbamaitele #3

Kha vha ṭhogomele mutakalo wa mivhili ya vhana vhavho



Kha vha tsireledzee vha vhe na mutakalo wavhudi



Hu na milayo yo leluwaho ine ra tea u i tevhela uri ri ditsireledze na vhana vhashu kha tshitzhili hetshi.

Vhabebi vha nga ita mini nga hezwi?

Kha vha gudise vhana vhavho u shumisa milayo heyi mitanu ya musuku, u dzula vho tsireledzea kha tshitzhili tsha 'COVID-19.' Kha vha vhe na vhuṭanzi ha uri vha modele kana u itela vhana nyedziselo ya kuitele hokwu.

- 1** Ṭambani zwanḁa nga maḁi na tshisibe musu zwo tea. Swotani zwanḁa nga tshisibe lwa sekende dza fumbili. Ṭambani magunwe, nga murahu ha tshandḁa, na vhukati ha minwe.
- 2** Lingedzani u sa fara tshifhaṭuwo. Zwitzhili kanzhi zwi dzhena muvhilini nga mulomo na nḁingo, zwino ri tea u lingedza nga ndila dzoṭhe u sa zwi fara.
- 3** Atsamulelani kana u hotolela kha thishu kana ngomu ha lukuḁavhavha.
- 4** Musi ni tshi tea u bva, imani vhukule ha 1.5 na vhathu. Ni songo kuvhatedzana, u farana nga zwanḁa kana u kwamana na vhaṅwe vhathu. Arali zwi tshi konadzea ambarani masiki mulomoni.
- 5** Arali ni tshi pfa u nga ni a lwala, thempheretsha/mufhiso wa muvhili wo gonya, muvhili u a vhavha kana ni a hoṭola, ni vhudze mualuwa.

Tsumbamaitele #4

Kha vha diitele mashumele kana rothini ya duvha na duvha na vhana vhavho



Rothini i ita uri vhutshilo vhu vhe ho tsireledzeaho, vhunge ha nga misi



Sa vhabebi na vhaundi, ri tea u fhaṭa maitele a tsireledzaho, a fanaho na a nga misi kha vhana vhashu musi vho lindela u humela tshikoloni. Ri tea u ita uri vhana vhashu vha sa pfe vha kule na zwe vha ḍowelisa zwone matshiloni avho, zwenezwo ri tea na u vha tuṭuwedza u ita nyito kana ndowendowe dzo fhambanaho.

Vhabebi vha nga ita mini nga hezwi?

- 1** *Kha vha ḍiitele mashumele kana rothini ya ḍuvha na ḍuvha ine ya vha shumela na muṭa wavho.*
 - Kha vha dzule fhasi vho fara bambiri na peni vha vhe na nyambedzano na vhana vhavho nga mashumele kana rothini.
 - Kha vha ṭalutshedze uri rothini i ḍo ita uri vhutshilo vhu leluwe kha vhoṭhe muṭani, hu sa vhe na tsemano na khuḍano.
 - Kha vha ṭalutshedze uri u ḍivalela dzinduni zwi na mutsiko na kha vhabebi, zwenezwo arali ha vha na tshumisano na u thusana vhukati ha vhabebi na vhana zwi ḍo thusesa.
 - Kha vha ambe nga nyito dzo fhambanaho dzine dza nga katelwa kha rothini ya ḍuvha na ḍuvha. Kha vha tuṭuwedze vhana vhavho u ḍa na mihumbulo yo fhambanaho nga nyito hedzi dza rothini. Kha vha humbudze vhana uri zwithu zwi ḍo vhuyelela kha zwine vha zwi ḍivhisa zwone zwi fanaho na zwa nga misi na uri vha songo xedza ndivho na zwikili zwavho zwe vha guda musi vha kha tshifhinga hetshi tsha zwino.
 - Kha vha vha ṭalutshedze uri zwi tshi ya nga miṅwaha kana mirole yavho rothini a dzi nga fani dzi ḍo fhambana.
 - Kha vha ite uri rothini ya vhana havha na vhone i vha shumele. Kha vha ite uri vhana vha ite miṅwe mishumo ine ya tea u itiwa na uri muṭa woṭhe u ḷa zwiliwa nga tshifhinga tsho teaho.
- 2** *Kha vha shume na vhana vhavho u itela uri vha vhe na vhuṭanzi ha uri vha khou tevhela rothini.*
 - Musi rothini yo no itiwa, kha vha vhudzise vhana vhavho arali vha tshi khou ṭanganedza rothini na uri vha ḍo ita nga nungo dzoṭhe u dzi tevhela.
 - Kha vha ite tshati yo leluwaho i sumbedzaho rothini ya ṅwana muṅwe na muṅwe kana vha humbele uri muṅwe na muṅwe a ḍiitele tshati yawe.
 - Kha vha vhee hedzi tshati hune dza ḍo vhone hone.
 - Kha maḍuvha a u thoma, kha vha gudise vhana vhavho u tevhela rothini nga u vha humbudza u dzula vha tshi khou tevhela zwine vha tea u ita na uri vha khou ita mishumo yoṭhe naa. Zwi tshi thoma zwi ḍo konda, fhedzi zwi ḍo ita uri vhutshilo vhu leluwe musi zwi tshi ya phanda.
 - Nga murahu ha maḍuvha a si mangana kha vha vhe na muṭangano vha tshi khou sedza uri rothini i khou tevhelwa naa.
 - Arali zwa sa ralo, kha vha ṭalutshedze uri ndi ngani. Kha vha sedze arali vha tshi nga shandula zwiṭuku dziṅwe rothini.

- Vha songo konḁisesa kha rothini-vha songo ḁiengedzela mutsiko. Fhedzi ha kha vha sumbedzele vhana uri arali vha sa tevheli rothini hu a vha na masiandoitwa.

Nyito dzine dza katelwa kha rothini/mashumele a ḁuvha na ḁuvha

- 1 U edela.** Vhana vha tea u eḁela awara dza 9–10 vhusiku. Thangana ya murole i tea u eḁela awara dza 8–9 vhusiku.
- 2 U ḁamba na u ambara.** Kha vha ḁuḁuwedze vhana u ḁamba vha ambara ḁuvha liḁwe na liḁwe.
- 3 Zwiliwa.** Kha vha te tshifhinga tsha uri hu liwa tshifhinga-ḁe. Arali zwi tshi konadzea kha vha ḁe luraru nga ḁuvha, na zwineke 1–2 zwa pfushi. Kha vha lingedze u vha na nyambedzano sa muḁa musi vha tshi khou ḁa.
- 4 Mishumo.** Kha vha lingedze uri vhana vha shume awara 1–3 nga ḁuvha, zwi tshi ya nga miḁwaha kana murole wavho na zwine zwa khou tea u itwa muḁini. Mishumo i tea u katela zwithu zwi no nga sa u adza mmbete, u ḁanzwa ndishi dza u ḁela, u swiela, nzw. Vha songo ḁea vhana mishumo ine ya ḁo ḁoḁa uri vha bvele nḁa ha dzharḁa. Vha nga shuma fhedzi nga ngomu dzharḁani.
- 5 Nyonyoloso.** Ndi zwa ndeme uri vhana vha ite nyonyoloso. Nyonyoloso i ita uri muḁwe na muḁwe a pfe a na maanḁa. Kha vha humbule nyonyoloso na nyito dzo fhambanaho dzine dzi nga itwa kha tshifhinga hetshi tsha u ḁivalela dzinduni. Hu nga vha nyonyoloso i ngaho sa u gidima, u fhufha, tshidula nzw.
- 6 U guda.** Kha vhana vhaḁuku u swika kha Gireidi 3, kha vha te tshifhinga tshi linganaho awara 1.5 ya u guda nga ḁuvha. Vhana vha Gireidi 4–6, kha vha te tshifhinga tshi linganaho 2.5. Kha vhagudi vha gireidi 7–12, kha vha lingedze u ta tshifhinga tshi linganaho awara dza 3–4 dza u guda nga ḁuvha.
- 7 U vhala.** Kha vha lingedze nga nḁila dzoḁhe uri vhana vha vhale nga tshifhinga hetshi. Kha vha lingedze nga ḁungo dzoḁhe u wana bugu/zwishumiswa zwa u vhala zwa vhana vhavho. Kha vha te tshifhinga tshilinganaho awara dza 1–2 dza u vhala nga ḁuvha.
- 8 Tshifhinga tsha u sa ita tshithu.** Kha vha te tshifhinga tsho salaho sa tshifhinga tsha u sa ita tshithu. Kha vha tendele vhana u nanga zwine vha ḁoḁa u ita. Vha ḁo takalela hetshi tshifhinga.

Tsumbo ya rothini ya vhana vha gireidi 4–6

08h00	U vuwa, wa t̄amba wa ambara
08h30	Vhuragane
09h00	Mishumo ya matsheloni
10h00	Tshifhinga tsha sineke/tsha u sa ita tshithu
10h30	Tshifhinga tsha u guda
12h30	Tshifhinga tsha u sa ita tshithu
13h00	Tshiswiṭulo
14h00	Tshifhinga tsha u sa ita tshithu/tsha u awela
15h00	Nyonyoloso
15h30	U vhala
16h30	Mishumo ya masiari
17h30	Tshifhinga tsha u sa ita tshithu
18h30	Tshilalelo na u kunakisa
19h30	U t̄amba wa tshentsha
20h00	Tshifhinga tsha u sa ita tshithu
21h30	Tshifhinga tsha u egela

Tsumbamaitele #5

Zwine vha nga ita nga 'tshifhinga tsha u guda'



Tshifhinga tsha u guda tshi tea u vha tsha ndeme tshi dovhe tshi vhe tsho teaho....



Muhasho wa pfunzo a u khou lavhelela uri vhabebi vha vhe vhagudisi nga tshifhinga tsha u divalela dzinduni. Na u ri a u khou lavhelela u ri vhana vha digudise kharikhulamu. Ri vha humbela uri vha tangedze khumbelo yashu ya uri ri khou fulufhedzisa uri ri do 'rengulula' tshifhinga tsho lozweaho na u ita vhuṭanzi ha uri vha gudiswe zwoṭhe zwine vha tea u zwi divha zwino nga tshifhinga tsha u divalela dzinduni.

Ndi zwa ndeme nga maanda u ri vhana vhoṭhe vha dzule 'vha na vhukwamani' nga ha zwithu zwa tshikoloni. Izwi a zwi ambi uri vha tou tea u da tshikoloni. Fhedzi, zwi amba uri vha tea u sa hangwa zve vha funzwa, vha songo hangwa uri u thetshesela ndi mini, u vhalala, u guda na u ita ndowendowe dzavho. Vha tea u dzula vha tshi ita mvusuludzo ya zve vha guda murahu, u vhalala na u pfesesa maṅwalwa, u ita ndowendowe dzavho dza mushumo wa u ṅwala, u ita ndowendowe dza mbalo na Saints. Heyi mishumo i do lugisela na u vha lelutshedzela mushumo musi vha tshi vhuṭhelela tshikoloni. Vha do vha zwigidi kana vho masithesele vha zwa mishumo vho no i gudaho vha dovha vha vha vho dowela kuitele kwa magudele. Vha do vha vho newa tshomedzo dza uri vha shume vho khwaṭha na uri vha shume nga u tavhanya musi vha tshi humela tshikoloni.

Vhabebi vha nga ita mini nga hezwi?

- 1** Kha vha ite fhethu havhuḍi ho teaho hune vhana vha do vha itela hone mushumo wavho na uri vha vha thuse u dzudzanya zwishumiswa.
 - Kha vha itele vhana vhavho fhethu ha u shumela uri vha kone u shuma zwavhuḍi. Hu nga vha tshitangani kana lufherani lwa u jela, kana hu nga di vha fhasi. Kha vha tuṭuwedze vhana u dzula vha tshi shuma fhethu he vha tetshelwa uri vha shumele hone hezwi zwi do fhata na u tuṭuwedza rothini.
 - Kha vha tuṭuwedze vhana u bvisa bugu dza tshikolo, vha vhe na vhuṭanzi ha uri zwo dzudzanyea.
 - Kha vha kuvhanganye siteshinari nduni na kha bege dza tshikolo dza vhana. Kha vha vhe na vhuṭanzi ha uri vha na zwishumiswa zwi fanaho na penisela, peni, na zwiṅwe vho zwishumiswa zwi todeaho.
 - Tsha u fhedzisela, kha vha kuvhanganye bugu dza u vhalala dzine dza vha hone hayani. Hu nga vha bugu dzo randelwaho, Bugu dza mushumo dza Muhasho wa Pfunzo, magazine kana phamfulethe, bivhili, nganea nzw.
- 2** Kha vha shumise phurogireme dza khwiṅe dzine dza newa tshikoloni.
 - Arali ṅwana wavho a tshi dzhena tshikolo hune ha vha na zwishumiswa zwa u davihdzana na vhabebi, ha dovha ha vha na phurogireme ya u guda nga tshifhinga hetshi tsha u divalela dzinduni, kha vha i shumise.
 - Kha vha thuse vhana vhavho nga ndila dzoṭhe dzine vha nga kona ngadzo u ri vha fhedze phurogireme ya u guda nga tshifhinga hetshi tsha u divalela dzinduni.

- 3** Kha vha vhale mutevhe hoyu wo newaho wa 'Nyito dza u guda' dzine dza tevhela dza dovha dza fhaṭa rothini ya vhana ya ḍuvha nga ḍuvha.
- Mutevhe wa nyito wa thangana ya murole wo katelwa afho fhasi kha tshipiḍa tshinwe na tshinwe tsha u guda.
 - Hedzi nyito dzi nga itwa hu si na nyengedzedzo ya zwishumiswa, kana u si na khomphyutha na inthanethe.
 - Nyito hedzi dzoṭhe ndi dza ndeme nahone dzi nga thusa vhana u swikela u vha na vhukwamani na zwa tshikolo kha u guda.

Nyito dza vhagudi vha Gireidi R-3

Dzhielani nzhele hezwi: Vhagudi vhaṭuku vha tea u wana thuso musi vha tshi guda, fhedzi vhakomana vha nga ḍi vha thusa.

1 U vhalala

- Kha vha kuvhanganye matombo, nawa kana phasiṭa uri nwana wavho a kone u vhalela.
- Kha vha sumbedze nwana wavho u ita ndowendowe ya u vhalela.
- Arali vha na tshifhinga kha vha thuse nwana wavho u vhalela u fhirisa nomboro dzine u vho dzi kona.
- Kha vha sumbedze nwana wavho u shumisa matombo u vhalela nga 2, 3, 5, na 10.
- Kha vha sumbedze nwana wavho u shumisa matombo u vhalelela murahu.

2 U ṭanganya na u ṭusa

- Kha vha shumise matombo u thusa nwana wavho u ita ndowendowe ya u ṭanganya na u ṭusa. Kha Gireidi 1 na 2, vha tea u ita ndowendowe ya u ṭanganya na u ṭusa u swika kha 10. Kha Gireidi 3, vhana vha tea u ita ndowendowe u swika kha 20.

3 Kha vha tambe mutambo wa u renga/vhengele

- Kha vha vhee mutengo kha zwithu zwine zwa vha henefho hayani, sa tsumbo: zwiliwa, fanitshara kana zwiambaro.
- Kha vha ite mutambo wa tshelede nga u kherula zwipiḍa zwa mabambiri vha nwele vhuleme ha tshelede kha bambiri.
- Kha vha vhe murengi nwana wavho a vhe ravhengele, vha dovhe vha tshentshane vhuimo.
- Kha vha ṭhogomele murekanyo wa nwana wavho, vha ite vhuṭanzi ha uri a pfesese kushumisele kwa tshelede.

4 Mibvumo ya maḍere

- Kha vha kherule bambiri vha li pete li bve zwipiḍa zwituku zwa tshikwere.
- Kha vha nwele ḍere ḍa alifabthe kha bambiri linwe na linwe ḍa tshikwere.
- Kha vha balanganye zwipiḍa hezwiḷa zwoṭhe. Vha sumbe ḍere, nwana ene a ambe mubvumo waḷo.
- Kha vha humbele nwana wavho uri a fhaṭe maipfi nga u shumisa maḍere are kha bambiri ḍa tshikwere. Musi vha tshi khou vhumba mafhungo vha tea u amba mubvumo na u vhalala ipfi ilo.
- Tshi tevhelaho, kha vha vhudze nwana wavho a nwele maipfi ayo e a a vhumba fhasi. Arali vha si na bambiri, kha vha shumise bugu ya nwana wavho ya tshikolo.



5 U vhala

- Kha vha vhudze n̄wana wavho a ite ndowedzo ya u vhala vha tshi shumisa bugu ya mushumo ya Muhasho wa zwa pfunzo.
- Kha vha humele murahu vha thome mathomoni a bugu.
- Arali n̄wana wavho a sa koni u vhala ipfi, kha vha mu thuse u ita mubvumo.
- Musi n̄wana wavho o no vhala tshitori, kha vha humbele uri a vha vhudze uri tshi amba nga ha mini.

6 U n̄wala

- Arali vha si na bambiri kha vha shumise bugu ya n̄wana wavho ya tshikolo.
- Kha vha nee n̄wana wavho thoho uri a ole na u n̄wala ngayo, sa: khonani yanga ya mbiluni, zwine nda toda nga d̄uvha langa la mabebo, mutambo une nda u funesa, Vha muṭa wa hashu.
- Kha vha vhudze n̄wana wavho a humbule nga zwine a tea u ola na u n̄wala ngazwo.
- Kha vha vhudze n̄wana wavho a ole tshifanyiso tsha tshitori tshawe.
- Arali vha na vhana vha Gireidi R kana Gireidi ya 1, kha vha vha vhudze vha lebele tshithu tshithihi kana zwivhili zwa zwine zwa vha kha tshifanyiso
- Arali vha na Gireidi 2 na 3, kha vha vha vhudze vha n̄wale ipfi kana maipfi mavhili nga ha tshifanyiso. Kha vha vha thuse u thoma ipfi arali zwo tea.
- Musi vho no fhedza u n̄wala, kha vha vha vhudze vha ambe nga ha zwe vha n̄wala ngazwo. Kha vha vhudzise mbudziso na u nea phindulo.

Nyito dza vhagudi vha Gireidi ya 4–9

1 Thebulu ya muandiso (Gireidi 4–6)

- Kha vha vhudze n̄wana wavho a ite mvusuludzo ya thebulu ya muandiso yo fhambanaho u swika a tshi i ḁivha nga ṭhoho.

2 Mbalo dza menthela

- Kha vha vhudzise n̄wana wavho mbudziso dza mbalo dza orala vha vhone arali a tshi ḁo vha n̄ea phindulo ya vhukuma nga u ṭavhanya.
- Hezwi zwi nga katela mbudziso dza u ṭanganya kana u ṭusa, u andisa kana u kovha, kana mbudziso dza zwoṭhe dzo ṭangana. Kha vha thome nga mbudziso dzo leluwaho, vha tshi ya kha dzi konḁaho. Kha vha shumise khalikhuletha ya luṭingo lwavho u sedza arali n̄wana wavho a tshi khou n̄ea phindulo dzone.

3 Mvusuludzo ya Mbalo na Murekanyo

- Kha vha ye mathomoni a bugu ya n̄wana wavho ya mbalo ya bugu yo randelwaho kana bugu ya mushumo ya Muhasho wa Pfunzo.
- Kha vha vhudze n̄wana wavho a vhale, a ite nyito nthihi kana mbili nga ḁuvha vha vhone arali a tshi kha ḁi kona u ita murekanyo wawe.
- Kha vha lingedze u n̄ea n̄wana wavho dziñwe tsumbo dza nyito u ri a dzi shume, sa: dzi re kha bugu ye vha randelwa kana bugu ya mushumo.

4 U vhala na manweledzo

- Kha vha vhudze n̄wana wavho a ite nḁowendḁowe ya u vhala u bva kha bugu ye vha randelwa ya Luambo lwa Hayani na Luambo lwa u Engedzedz (FAL) kana ya Bugu ya mushumo ya Luambo ya Muhasho wa Pfunzo
- Kha vha ye mathomoni a bugu vha thome henefho.
- Kha vha vhudze n̄wana wavho a ite nḁowendḁowe nga u vhalela nṭha mañwalwa, u swika vha tshi kona u vhala vha tshi elela zwavhuḁi. A tshi fhedza a kone u ḁa u vhalela vhone a tshi vhalela nṭha.
- Arali hu na mbudziso nga ha mañwalwa, kha vha vhudze n̄wana wavho a fhindule mbudziso nga u tou n̄wala. Arali vha si na bammbiri kha vha shumise bugu ya n̄wana wavho ya tshikolo.
- Tshi tevhelaho, kha vha n̄wale zwirangi hezwi zwa mafhungo kha kupiḁa kwa bammbiri, vha vhudze n̄wana a n̄wale mafhungo o manzhi kha bugu ya u n̄walela. Kha vha ite hezwi kha mañwalwa oṭhe ane n̄wana wavho a ḁo vhala.
 - Mañwalwa haya a amba nga....
 - Mubvumbedzwa muhulwane ndi....(arali a hone)
 - Ndo takalela/a tho ngo zwi takalela ngauri...
 - Ndo guda uri....
 - Hezwi zwi nkhumudza....
 - Ndi humbula u ngao ita zwone/ha ngo ita zwone ngauri.....
 - Arali hu n̄ne...(dzina la mubvumbedzwa) Nda ndi tshi....(arali zwi hone)

5 Mvusuludzo ya dziñwe thero

- Kha vha vhudze n̄wana wavho a kuvhanganye bugu dze dza randelwa murole wawe na bugu dza nḁowedzo dza thero iñwe na iñwe.
- ḁuvha na ḁuvha, vha tea u shuma kha thero dzo fhambanaho.

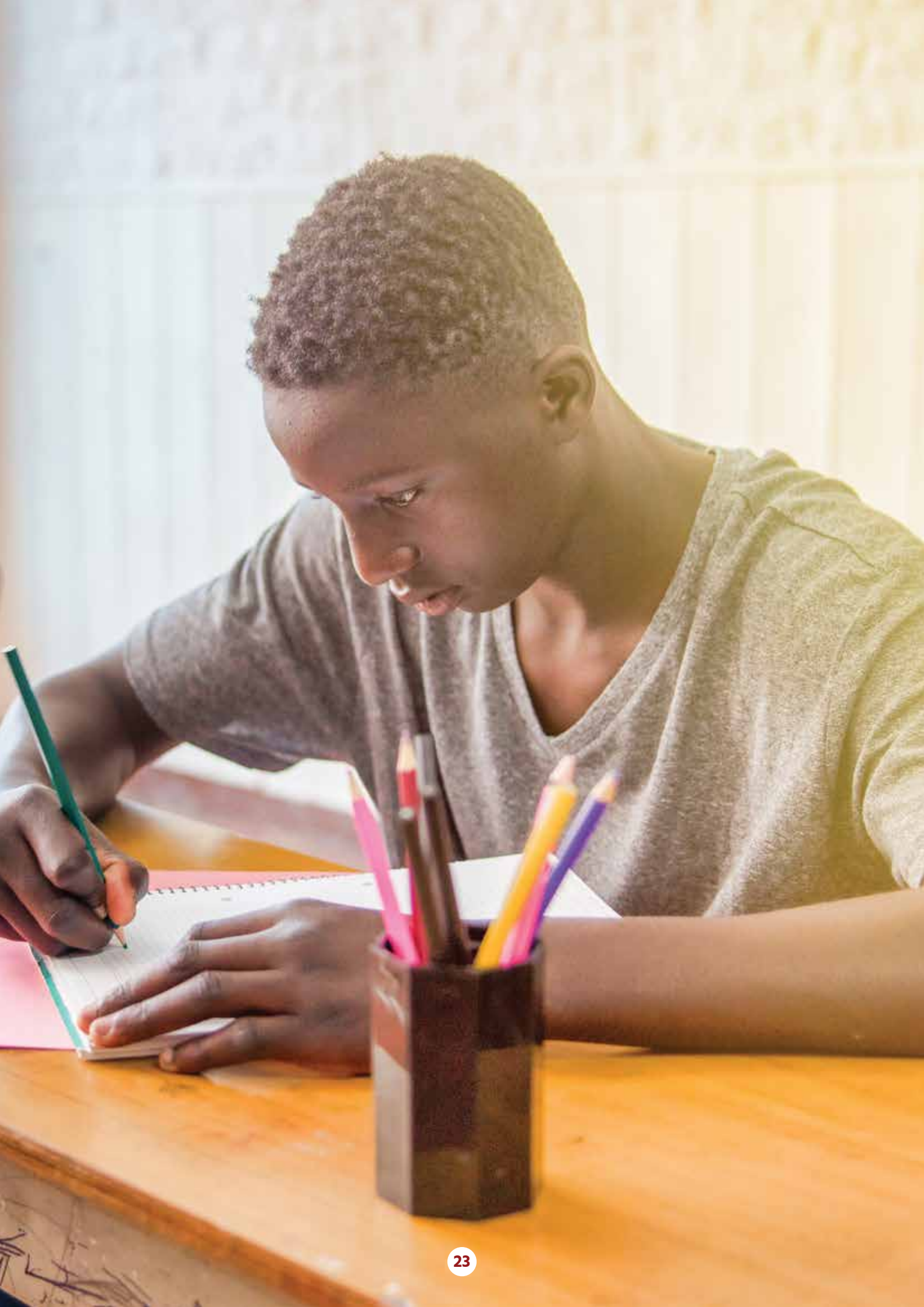


- Vha tea u thoma mathomoni a bugu dzavho dze vha randelwa dzone kana bugu dza ndowedzo, vha vhale vha tshi ita mvusuludzo dza notsi dzothe. Vha lingedze, u ita nyito dza mishumo yothe, vho katela na dze vha ita nga Themo ya 1.
- Musi vha tshi ita mushumo wavho, kha vha vha vhudze vha vhe na vhuṭanzi ha uri vha a pfesesa zwine vha khou vhala kana zwine vha khou ita. Arali vha sa pfesesi, vha tea u vhudzisa mubebi kana mukomana u ri vha wane thuso kana vha founela muṅwe mugudi ane vha dzhena nae a vha thuse.
- Kha vha vhudze ṅwana wavho a lingedze u rwela ngomani mafhungo manzhi, u itela musu a tshi vhuyelela tshikoloni.
- Arali ṅwana wavho a na mabambiri a mulingo a kale kana o fhiraho u bva kha Themo ya 1, a lingedze u shuma ngao a fhindlele mbudziso kha bugu ya u ṅwalela.

Nyito dza vhagudi vha Gireidi ya 10–12

- 1 Kha vha humbudze n̄wana wavho uri ri sa athu dzhena kha tshifhinga hetshi tsha u ðivalela dzind̄uni vho vha vho no ði fhedza mushumo wa kotara ya u thoma wa n̄waha.
- 2 Kha vha ðalutshedze arali vha ita mvusuludzo, vha pfesesa na u rwela ngomani mushumo wothe, vha ita nd̄owend̄owe dza mbalo na saintsi sa zwe vha guda, vha ðo vhona mushumo wa kotara ya u thoma u tshi leluwa.
- 3 Kha vha ðut̄uwedze n̄wana wavho u ita mvusuludzo ya Mbalo na u ita nd̄owend̄owe ðuvha na ðuvha. Arali vha na zwine vha sa pfesese, vha tea u wana thuso kha mukomana arali a hone. Kana vha founele khonani ine vha dzhena vhothe kilasini, shaka kana muhura ane a nga kona u thusa.
- 4 Kha vha ðut̄uwedze n̄wana wavho u ita mvusuludzo ya Luambo lwa Hayani na FAL na u ita nd̄owend̄owe ðuvha na ðuvha. Hezwi zwi tea u katela u vhala hunzhi, ngauri kha Gireidi 10–12, vhagudi vha tea u vhala bugu dze vha randelwa dzone dza litheretsha n̄waha muñwe na muñwe. N̄wana wavho u tea u vha na idzi bugu, hu nga vha zwirendo, nganeapfufhi, nganea kana ðirama.
- 5 Kha vha vhudze n̄wana wavho a ite mvusuludzo na u rwela ngomani ya dziñwe thero ðuvha liñwe na liñwe. Vha tea u vhala bugu dze vha randelwa dzone na notsi kha bugu dzavho dza nd̄owedzo. Vha tea u vhala mbudziso kana nyito nahone vha kone u zwi ita vhe vhothe. Vha tea u n̄wala manweledzo a mushumo wavho na u rwela ngomani manweledzo haya.
- 6 Kha vhagudi vha Gireidi 10–12, ndi zwa ndeme u lingedza u wana ngudo dza thero dzine dza vha thikho. Vha nga lavhelesa TV kana Radio-vha sedze arali hu na phurogireme ine ya nga thusa n̄wana wavho, vha mu ðut̄uwedze u lavhelese kana u thetshesela hedzi phurogireme.
- 7 Kha vha ðole n̄wana wavho uri vha kone u vhona arali a tshi fhedza awara dza 3–4 kha mushumo wawe wa ðuvha na ðuvha
- 8 Kha FET ndi zwa ndeme uri vhagudi vha si salele murahu, vha pfesese khontseputi na zwikili zwo no gudiswaho, na u ita nd̄owend̄owe ya u zwi shumisa tshifhinga tshinzhi.
- 9 Kha vha ambe na n̄wana wavho nga mushumo wawe. Kha vha wanisise nga zwine vha pfa vho vhofholowa ngazwo na zwine zwa vha dina.
- 10 Kha vha wanisise arali vha tshi nga dzudzanyela n̄wana wavho thuso u bva kha mukomana, muhura kana khonani arali i tshi ðodea.

Dzhielani Nzhele Hezwi: Arali vha na luṅingothendeleki, thebulethe kana Khompyutha hayani, kha vha lingedze u wanela n̄wana wavho zwishumiswa kha inthanethe ine i nga mu thusa. Dziñwe dza zwishumiswa hezwi a zwi ðoḍi data. Vha a zwi n̄wala kha mutevhe wa zwishumiswa zwo newaho.



Tsumbamaitele #6

Kha vha shumise thekinolodzhi nga ngona



U guda hothe hu tea u vha ha nyito

Naho vhana vhavho vha lavhelesa phurogireme dza TV dza u guda a zwi ambi uri vha khou guda-vha nga kha di vha vha tshi khou lora! Zwenezwo, ndi zwa ndeme u vha thusa uri vha kone u shumisa thekinolodzhi nga ngona.

Vhabebi vha nga ita mini nga hezwi?

- 1** *Kha vha bindule nga shumise phurogireme dza kha TV, Radio kana Inthanethe.*
 - Mutevhe wa phurogireme dza u guda na zwishumiswa zwo katelwa kha gaidi heino.
 - Kha vha lavhelese mutevhe hoyu zwavhuḏi vha ṭode phurogireme kana zwishumiswa zwine zwa nga thusa vhana vhavho.
 - Kha vha ṭuṭuwedze vhana vha Gireidi 10–12 u lavhelesa phurogireme kha TV dzine dza gudisa Mbalo, Saints na Zwikili zwa luambo na dzikhontsephuti
 - Kha vha ṭode bugu dza didzhithala dza u vhala dzine vha nga kona u daunulodela vhana vhavho uri vha kone u vhala kha ṭhingothendeleki, thebulethe na khomphyutha. Kha vha dzhiele nzhele dzi webusaithi dzi sa shumisiho data musi vha tshi setsha.
- 2** *Kha vha thuse vhana vhavho u nanga phurogireme dzine dza tshimbilelana na zwine vha tea u guda zwone, zwi vhe rothini ya ḏuvha na ḏuvha.*
 - Kha vha lavhelese gaidi dza phurogireme vhothe na vhana vhavho, vha nange phurogireme i tshimbilelanaho na zwine ṛwana wavho a tea u guda zwone.
 - Kha vha dzule vho nanga-nga maṛwe maipfi, kha vha lavhelese gaidi ya dziphurogireme mathomomoni a vhege.
 - Kha vha fhaṭe ṛdowelo heyi uri i vhe rothini ya vhana vhavho ya ḏuvha ḽiṛwe na ḽiṛwe 'ya tshifhinga tsha u guda.'
 - Kha vha vhe na vhuṭanzi ha uri hu vhe na u linganyisa musi vhana vhavho vha tshi guda – vha songo fhedzesa tshifhinga tshinzi vho lavhelesa TV kana vha kha ṭhingothendeleki.
- 3** *Kha vha vhe na vhuṭanzi ha uri vhana vhavho vha ḏilugisele u guda kha TV kana Radio.*
 - Vha sa athu thoma phurogireme, kha vha vhone u ri vhana vhavho vho fara bugu dzo randelwaho thero yeneyo na bugu dza ṛdowedzo.
 - Vha tea u vha na peni, penisela, ruḽa na zwa u ṛwalela zwine vha nga ṭoda u zwi shumisa.
 - Ndi muhumbulo wavhuḏi u vha ṭhalusamaipfi tsini, nga maandḽa kha thangana ya murole.
 - Kha vha thuse vhana vhavho u vhea ngudo dzine vha khou ya u dzi pfa kha nyimele. Kha vha ite hezwi vha tshi khou sedza ṭhoho ya ngudo kha bugupfarwa vha tshi ya kha ngudo dza murahu.
- 4** *Kha vha ṭole vhana vhavho musi phurogireme i tshi khou tamba.*
 - Kha vha ite vha tshi ṭodzilela vhana vhavho musi vho thetshelesa kana u sedza phurogireme.
 - Kha vha vha ṭuṭuwedze u dzhia notsi musi vho lavhelesa kana u thetshelesa phurogireme, uri vha kone u ḏihumbudza nga zwe vha guda. Vha tea u ṛwala fhasi na mbudziso dzine vha vha nadzo.

- 5** *Kha vha vhe na nyambedzano tshukhu nga zwe vha guda.*
- Musi phurogireme i tshi fhela, kha vha sedze uri vhana vhothe vho dzhia notsi naa.
 - Tshiinwe hafhu, kha vha vhe na nyambedzano tshukhu nga zwe vha guda. Vha nga vhudzisa mbudziso dzi no nga sa hedzi:
 - Phurogireme yo vha i tshi khou takadza? Ndi nga'ni?
 - No guda mini?
 - Hu na zwe na si pfesese kana u sa vha na vhuṭanzi nazwo?
 - Ni na mbudziso nga thero iyi?
 - No vhalala ngazwo kha bugupfarwa yo randelwaho thero iyi?
- 6** *Kha vha lugisele linwe dzulo line la do tevhela.*
- Arali hu na zwiinwe zwi si bvele khagala kana u dādisa, vha nga isa phanda vha thusa nga u:
 - Kha vha tōde inwe nyito nga thero heyo, vha ite uri zwi vhe rothini.
 - Kha vha ite nyito heyo na nwana wavho.
 - Kha vha humbele thuso kha mukomana, khonani kana shaka.

For more information, visit the Covid-19 Portal:

www.sacoronavirus.co.za

Emergency Hotline: 0800 029 999

What's App Support Line: 0600 123456

ZWISHUMISWA ZWA U GUDA

COVID 19



basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



Shedulu ya Phurogireme ya TV

Tshifhinga	Gireidi	Thero	Duvha	Tshitiishi
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

Shedulu ya Phurogireme ya Radio

Tshifhinga	Gireidi	Duvha	Tshitiishi tsha Radio	Frikhwentsi	Vundu 2
09:00 – 09:30	10 – 12	Mon – Fri	Ukhozi FM	91.5	KZN, Gauteng
10:00 – 11:00	10 – 12	Mon – Fri	KZN Community Radio Stations		KZN
10:15 – 10:45	10 – 12	Mon – Thur	UWFM	93.2	EC
10:30 – 11:30	10 – 12	Mon – Thur	Radio 2000	97.2 & 100 FM	Gauteng
10:50 – 11:50	10 – 12	Mon – Fri	Gagasi FM	99.5	KZN
11:00 – 18:00	10 – 12	Mon – Fri	CAPS Radio	https://capsradio.co.za/	Online
11:20 – 12:20	10 – 12	Mon – Fri	Vuma FM	103	KZN
13:00 – 14:00	10 – 12	Mon – Fri	East Coast Radio FM	94.00 – 95.90	KZN
13:05 – 14:05	10 – 12	Mon – Fri	Radio Pulpit AM	657 AM	Gauteng, Mpumalanga, KZN
14:30 – 15:00	10 – 12	Mon – Thu	Ikwezikwezi FM	94.5 to 106.3	Mpumalanga, Limpopo, Gauteng
15:00 – 16:00	10 – 12	Mon – Fri	Tut FM	96.2	Gauteng
15:30 – 16:30	10 – 12	Mon – Fri	Lotus FM	87.7 - 106.8	KZN
17:30 – 18:00	4 to 6	Mon – Thu	Thobela FM	87.6 – 92.1	Gauteng

Tshifhinga	Gireidi	Duvha	Tshītshī tsha Radio	Frikhwentsi	Vundu 2
17:30 – 18:00	10 – 12	Mon – Thu	Ligwalagwala FM	87.7, 92.5 to 104	Mpumalanga, Gauteng, NW, Limpopo, Free State
17:30 – 18:00	10 – 12	Tue – Wed	Kangala FM	92.8 FM	West Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	kanyamazane FM	107.3 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	RFM	103.2 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Barberton FM	104.1 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Bushbuckridge FM	88.4 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Emalahleni FM	98.7 FM	West Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Eyethu FM	104.3 FM	West Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Greater Middelburg FM	89.2 FM	West Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Ligwa FM	101.3 FM	South Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Mash FM	91.7 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Mkhondo FM	98.9 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Moutse FM	96.3 FM	South Limpopo
17:30 – 18:00	10 – 12	Tue – Wed	Nkomazi FM	100.2 FM	East Mpumalanga
17:30 – 18:00	10 – 12	Tue – Wed	Voh FM	905.5 FM	Mpumalanga, Limpopo
17:30 – 18:00	10 – 12	Tue – Wed	Voice of the community	102.9 FM	South Mpumalanga
18:00 – 00:00	12	Mon – Fri	CAPS Radio	https://capsradio.o.za/	Online
19:30 – 20:00	10 – 12	Mon – Thu	Motsweding FM	89.6	Gauteng, NW, Free State

Linki/Thumano ya Shedu lu ya Khasho

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

Websaithi i sa Shumisi Data na Phothaḷa dza u Guda

Gireidi	Dzina	Linki/Thumano	Tshaka Dza Zwishumiswa (Websaithi, Vhugudi ha Elikhthironiki, Hotḷaini, Nzw)	Nethiweke/Vhuḷumani Vhu sa Shumisi Data
R – 9	DBE Workbooks	https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/Workbooks.aspx	Website	Vodacom/MTN / Telkom/Cell C
R – 12	Khan Academy	https://www.khanacademy.org/	Website	MTN/Telkom
10 – 12	Self-Study Guides	https://www.education.gov.za/SelfStudyGuidesGrade10-12.aspx	Website	Vodacom/MTN/ Telkom/Cell C
10 – 12	Tech Teachers	https://www.techteachers.co.za/	Website	MTN
7 – 12	Olico (Maths)	https://olico.org/	Website	MTN
7 – 9	MST Workbooks	http://www.mstworkbooks.co.za/index.html	Website	Vodacom/ Telkom
4 – 12	Siyavula Textbooks	https://www.siyavula.com/	Website	Vodacom/MTN/ Telkom
4 – 6	Thunderbolt Kids	http://www.thunderboltkids.co.za/	Website	Vodacom
4 – 6	South African Stories	https://www.education.gov.za/Portals/0/Documents/Publications/Storytime%20Intermediate%20Phase%202015.pdf?ver=2015-03-19-125050-580	Website	Vodacom
3 – 12	Ecexams	https://www.ecexams.co.za/ExaminationPapers.htm	Website	MTN
1 – 12	Vodacom e-school	https://vodacom.mytopdog.co.za/	Website	Vodacom/MTN
1 – 12	Mindset	https://learn.mindset.africa/	Website	Vodacom/MTN/ Telkom
1 – 12	Ecurriculum	https://www.eccurriculum.co.za/	Website	MTN
1 – 12	Extra Marks	http://www.extramarks.co.za/	Website and App	MTN
1 – 9	African Storybook	https://www.africanstorybook.org/	Website	Vodacom/MTN/ Telkom
1 – 3	Big Books	https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/IIALResources.aspx	Website	Vodacom/MTN/ Telkom/Cell C
1 – 3	Big books	https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/GradedReadersandBigBookHL.aspx	Website	Vodacom
12	Mind the Gap Study Guides	https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/MindtheGapStudyGuides.aspx	Website	Vodacom/MTN/ Telkom/Cell C

Gireidi	Dzina	Linki/Thumano	Tshaka Dza Zwishumiswa (Websaithi, Vhugudi ha Elikhthroniki, Hotlaine, Nzw)	Nethiweke/Vhuṭumani Vhu sa Shumisi Data
12	FET Revision Booklets	https://www.education.gov.za/Programmes/SecondChanceProgramme/RevisionBookletsFET.aspx	Website	Vodacom/MTN/ Telkom/Cell C
12	Second Chance Matric	https://www.education.gov.za/secondchance/Home.aspx	Website	Vodacom/MTN/ Telkom/Cell C
12	Second Chance Matric	https://www.education.gov.za/Programmes/SecondChanceProgramme/RadioLessons.aspx	Radio Lessons	Vodacom/MTN/ Telkom/Cell C
12	Video Tutorials	https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx	Video Lessons	Vodacom/MTN/ Telkom/Cell C
1-12	School in a Box	https://schoolinabox.co.za/	Interactive site and lessons	Telkom
ALL	WCED ePortal	https://wcedportal.co.za/	Website	Vodacom/MTN/ Telkom/Cell C/ MWEB/RAIN/IS
ALL	Cape Teaching & Leadership Institute	https://wcedctli.co.za/	Website	Telkom/ Cell C/ MWEB/RAIN/IS
ALL	Western Cape Education Department	https://wcedonline.westerncape.gov.za/	Website	Vodacom/MTN/ Telkom/Cell C/ MWEB/RAIN/ VOX/IS
ALL	WCED eLearning	https://wcedlearn.westerncape.gov.za/	Website	Cell C/Telkom/ MWEB/RAIN/ VOX/IS
ALL	WCED COVID-19 Teacher Support	https://wcedeteacher.wixsite.com/covid19	Website	Telkom/Cell C/ MWEB/RAIN/IS
ALL	WCED Innovation Hub	https://wcedeteacher.wixsite.com/hubs	Website	Telkom/Cell C/ MWEB/RAIN/IS
ALL	WCED Demystify Coding in Education	https://wcedeteacher.wixsite.com/coding	Website	Telkom/Cell C/ MWEB/RAIN/IS
ALL	WCED Remote Teaching and Learning FOR TEACHERS	https://wcedeteacher.wixsite.com/eteacher	Website	Telkom/Cell C/ MWEB/RAIN/IS
ALL	WCED ICT Adoption Strategy	https://wcedeteacher.wixsite.com/adoption-online	Website	Telkom/Cell C/ MWEB/RAIN/IS
ALL	Limina	https://courses.limina.co.za	Website	Telkom/Cell C/ MWEB/RAIN/ VOX/IS
10-12	Telematic Schools Project	https://schools.sun.ac.za/login/index.php	Website	Vodacom/ Telkom/Cell C/ MWEB/RAIN/ VOX/IS

Podkhasiti

Gireidi	Thero	Zwi re ngomu	Linki/Thumano	Tshifhinga (Awara)	Tshihitshi/Dzina la Websaithi
All	All	Paid podcasts for all grades and subjects	https://viaafrika.com/podcast/	N/A	Via Afrika
8 – 9	Mathematics	Euclidean Geometry	https://soundcloud.com/caps-radio-344950611/dbe-kzn-grade-8-and-9-euclidean-geometry-basic-concepts	N/A	Soundcloud
7 – 12	Afrikaans	Improve your Afrikaans speaking, grammar, vocabulary & writing	https://www.radio-south-africa.co.za/podcasts/learn-afrikaans-afrikaanspod101com	1 hr	Radio South Africa
7 – 12	Afrikaans	Improve your Afrikaans speaking, grammar, vocabulary & writing	https://www.radio-south-africa.co.za/podcasts/learn-afrikaans-afrikaanspod101com	1	Radio South Africa
10 – 12	Geography	N/A	http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/	1 hr	YFM
10 – 12	History	N/A	http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/	1 hr	YFM
10 – 12	Life Science	N/A	http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/	1 hr	YFM
10 – 12	Questions	N/A	http://www.yfm.co.za/2020/04/02/grade-12-lessonswithy-geography-history-life-science/	1 hr	YFM
12	Accounting	Financial Statements	https://www.ecr.co.za/e-learning-doe/accounting/	1 hr	East Coast Radio
12	Accounting	Module 1	http://www.702.co.za/articles/379966/gauteng-matric-revision-2020-tourism	1 hr	702
12	All	Video tutorials on variety of topics and subjects	https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx	N/A	DBE
12	All	Audio Tutorials	https://www.education.gov.za/Programmes/SecondChanceProgramme/RadioLessons.aspx	N/A	DBE
12	All	Podcasts on subject specific topics for all grades	https://soundcloud.com/user-331760652	1 hr	Soundcloud
12	All	Podcasts on subject specific topics for all grades	https://capsradio.co.za/podcasts-2/	1 hr	CAPS Radio
12	Business Studies	Module 1	http://www.702.co.za/articles/379967/gauteng-matric-revision-2020-business-studies-module-1	1 hr	702

Gireidi	Thero	Zwi re ngomu	Linki/Thumano	Tshifhinga (Awaru)	Tshiṭiṭshi/Dzina la Websaithi
12	Economics	Module 1	http://www.702.co.za/articles/379965/gauteng-matric-revision-economics-module-1	1 hr	702
12	English	Revision Exam Paper	https://www.ecr.co.za/e-learning-doe/english-doe/	1 hr	East Coast Radio
12	English FAL	Paper 1 & 3	https://iono.fm/e/845057	1 hr	Motsweding FM
12	English FAL	Module 1	http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304895/english-home-language-module-1	1 hr	702
12	English SAL	Module 1	http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304897/english-additional-language-module-1	1 hr	702
12	Geography	Mid-latitude cyclones	https://www.ecr.co.za/e-learning-doe/geography-doe/	1 hr	East Coast Radio
12	Geography	Paper 1	https://iono.fm/c/3855	1 hr	Motsweding FM
12	History	Essay – USA 1950 – 1970	https://www.ecr.co.za/e-learning-doe/history-doe/	1 hr	East Coast Radio
12	Mathematics	Trigonometry	https://iono.fm/c/3855	30 min	Motsweding FM
12	Maths	Euclidean Geometry	https://www.ecr.co.za/e-learning-doe/pure-mathematics-doe/	1 hr	East Coast Radio
12	Maths Literacy	Data handling and probability	https://www.ecr.co.za/e-learning-doe/maths-literacy-doe/	1 hr	East Coast Radio
12	Maths Literacy	N/A	https://iono.fm/e/845080?fbclid=IwAR2ijC9CArmM42QaLp0X96GU-IZFeTib59it5klZcEwKcm8eLEn7bFf0dhs	1 hr	Motsweding FM
12	Tourism	Module 1	http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/305251/tourism-module-1	1 hr	702
10	Accounting	N/A	https://iono.fm/e/845067	30 min	Motsweding FM

Vhugudi nga Elekthroniki, Vidio kha Inthanethe na Thothoriala dza Mbonalopfiwa

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

Zwiŋwe Zwiŋhumiswa

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

Gireidi	Thero	Zwi Re Ngomu	Linki/Thumano	Tshiti/ Dzina la Websaithi
12	All	Video tutorials on variety of topics and subjects	https://www.education.gov.za/Informationfor/Learners/VideoTutorials.aspx	DBE
4	Maths, English, Natural Science	Downloadable lesson resources	https://www.isasa.org/intermediate-phase-resources-from-st-andrews/	St. Andrews School
1 – 12	All	Online library incl. study guides	https://www.snapplify.com/za/freeaccess	
1 – 12	All	Full online library	https://syafunda.co.za/	Syafunda
1 – 6	Reading and Language	Remedial Reading and education	https://www.bellavistashareonline.org.za/	Bellavista Share