

NDZETELO HI XITSONGWATSONGWANA XA CORONA 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 pfaleriwa hi ku olova. Swiletelo leswi swo olova swi endleriwe ku nyika switsundzuxo na maqhingha yo pfuna vatswari ku seketela vana va vona eka nkarhi lowu. .



basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



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 *120*7867#
Gender Based Violence Command Centre	National	GBV helpline for the deaf and disabled community	Helpme GBV SMS 'help' to 31531
South African Depression and Anxiety Group (SADAG)	National	Helpline for mental disorders, anxiety, depression and suicide	0800 456 789 0800 567 567 (suicide hotline)
CIPLA 24-hr Mental Health Helpline	National	Helpline for mental disorders, anxiety, depression and suicide	0800 456 789 WhatsApp: 076 88 22 77 5
National Crisis Line	National	National Crisis Line 24 hour telephonic counselling service dealing with all forms of abuse, HIV/AIDS, bereavement, suicide and eating disorders	0861 322 322
South African Police Services	National	Report a crime	08600 10111

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 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

Xiletelo #2

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



Titshineti 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.
- Hikuya 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 nkoka 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 fihlula
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 hambani 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.

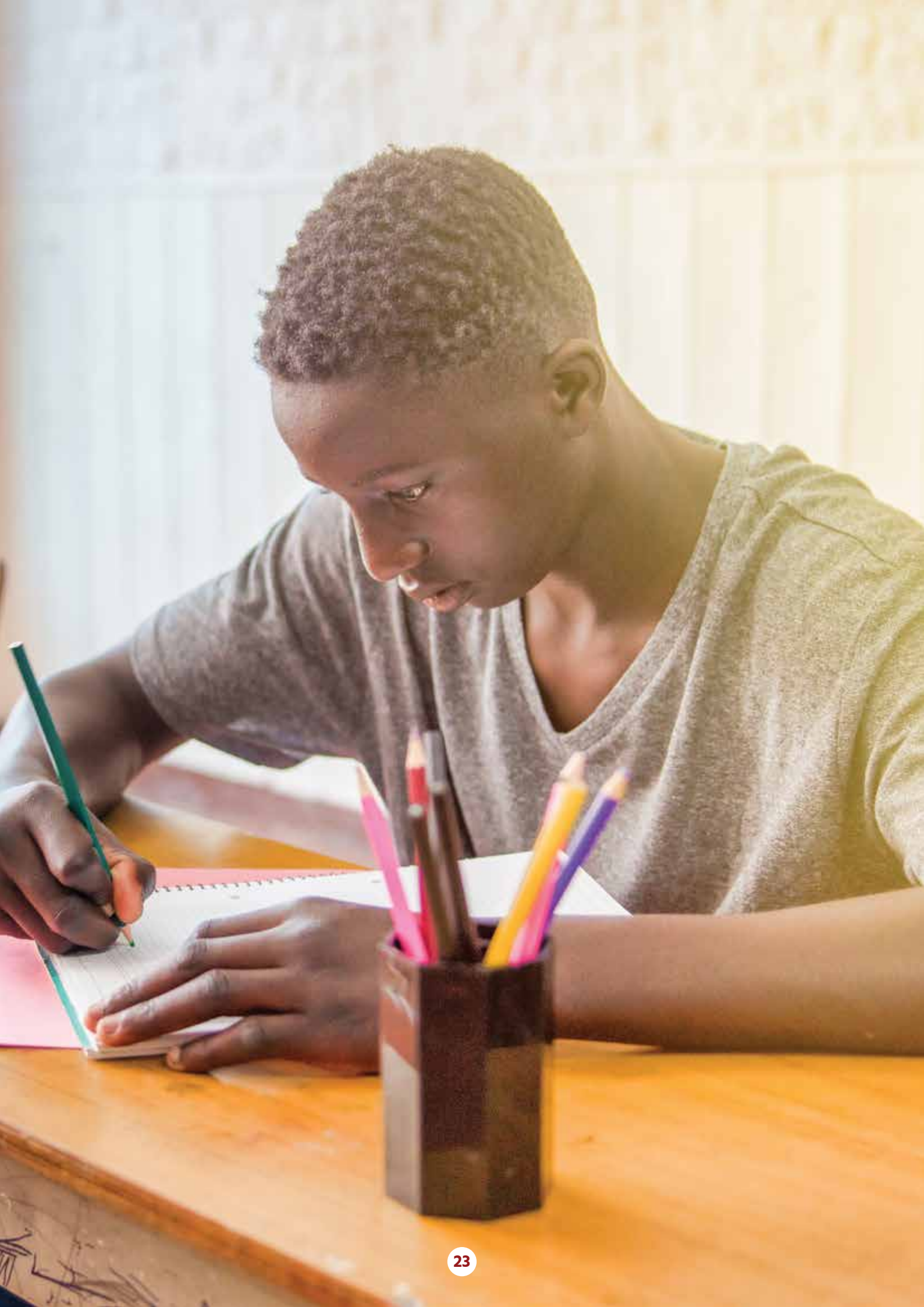


- Siku rin'wana na rin'wana, va fanele va kongomisa eka dyondzo yo hambana ku endla mpfuxeto.
- Va fanele va sungula eku sunguleni ka buku ya xipele kumbe buku ya switoloveto na ku hlaya va endla mpfuxeto wa tinotsi hinkwato. Kutani, va fanele va ringeta ku hetisa migingiriko hinkwayo, hambile leyi va 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

Emergency Hotline: 0800 029 999

What's App Support Line: 0600 123456

SWITIRHISIWA SWA DYONDZO

COVID 19



basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



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	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

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	https://capsradio.o.za/	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	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

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	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	Eceexams	https://www.ecexams.co.za/ExaminationPapers.htm	Website	MTN
1 – 12	Vodacom e-school	https://vodacom.mytopdog.co.za/	Website	Vodacom/MTN
1 – 12	Mindset	https://learn.mindset.africa//	Website	Vodacom/MTN/ Telkom
1 – 12	Ecurriculum	https://www.eccurriculum.co.za/	Website	MTN
1 – 12	Extra Marks	http://www.extramarks.co.za/	Website and App	MTN
1 – 9	African Storybook	https://www.africanstorybook.org/	Website	Vodacom/MTN/ Telkom
1 – 3	Big Books	https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/IALResources.aspx	Website	Vodacom/MTN/ Telkom/Cell C
1 – 3	Big books	https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/GradedReadersandBigBookHL.aspx	Website	Vodacom
12	Mind the Gap Study Guides	https://www.education.gov.za/Curriculum/LearningandTeachingSupportMaterials(LTSM)/MindtheGapStudyGuides.aspx	Website	Vodacom/MTN/ Telkom/Cell C
12	FET Revision Booklets	https://www.education.gov.za/Programmes/SecondChanceProgramme/RevisionBookletsFET.aspx	Website	Vodacom/MTN/ Telkom/Cell C

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

Leswi Dyondziwaka

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

Giredi	Dyondzo	Vundzeni	Vuhlanganisi	Nkarhi (Tiawara)	Chanele/ Vito ra Website
12	Economics	Module 1	http://www.702.co.za/articles/379965/gauteng-matric-revision-economics-module-1	1 hr	702
12	English	Revision Exam Paper	https://www.ecr.co.za/e-learning-doe/english-doe/	1 hr	East Coast Radio
12	English FAL	Paper 1 & 3	https://iono.fm/e/845057	1 hr	Motsweding FM
12	English FAL	Module 1	http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304895/english-home-language-module-1	1 hr	702
12	English SAL	Module 1	http://www.702.co.za/podcasts/379/gauteng-matric-revision-2020/304897/english-additional-language-module-1	1 hr	702
12	Geography	Mid-latitude cyclones	https://www.ecr.co.za/e-learning-doe/geography-doe/	1 hr	East Coast Radio
12	Geography	Paper 1	https://iono.fm/c/3855	1 hr	Motsweding FM
12	History	Essay – USA 1950 – 1970	https://www.ecr.co.za/e-learning-doe/history-doe/	1 hr	East Coast Radio
12	Mathematics	Trigonometry	https://iono.fm/c/3855	30 min	Motsweding FM
12	Maths	Euclidean Geometry	https://www.ecr.co.za/e-learning-doe/pure-mathematics-doe/	1 hr	East Coast Radio
12	Maths Literacy	Data handling and probability	https://www.ecr.co.za/e-learning-doe/maths-literacy-doe/	1 hr	East Coast Radio
12	Maths Literacy	N/A	https://iono.fm/e/845080?fbclid=IwAR2ijC9CArmM42QaLp0X96GU-IZFeTib59it5kIZcEwKcm8eLEn7bFf0dhs	1 hr	Motsweding FM
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

Tidyondzo hi E, hi Tivhidiyo & Tidyondzo to Yingisela

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

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

Switirhisiwa Swin'wana

Giredi	Dyondzo	Vundzeni	Vuhlanganisi	Chanele/ Vito ra Website
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

Giredi	Dyondzo	Vundzeni	Vuhlanganisi	Chanele/ Vitor Website
All	All	Videos on all subjects and topics for all grades	https://www.facebook.com/AfricaTeenGeeks/videos/	African Teen Geeks Facebook
All	All	E-classroom – video tutorials, mock exams & CAPS support content	https://e-classroom.co.za/	E-classroom
All	All	Vodacom E-school – guided content, tasks & tests	https://vodacom-cleverly.vodacom.mytopdog.co.za/	Vodacom E-school
1 – 3				
1 – 3	All	Suggested schedules, worksheets & mixed subject PDF activities	https://www.isasa.org/ece-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
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