

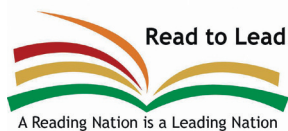
TSHEDIMOSETSO YA MOGARE WA CORONA KGAKOLOLO GO BATSADI

**GO TSHEGETSA BANA BA GAGO KA NAKO E YA TAOLELO
YA MESEPELE MO PAKENG E YA COVID-19**

Lefapha la Thuto ya Motheo le lemoga tlhokego ya go thusa batsadi le batlhokemedi ba bana go kgabaganya paka e ya taolelo ya mesepele ka nonofo ka mo go ka kgonegang. Se, ke dintlhakaelo fela tse di tshametsweng go tlamela batsadi ka kgakololo le ditogamaano tse di ka ba thusang go tshegetsa bana ba bona mo nakong e.

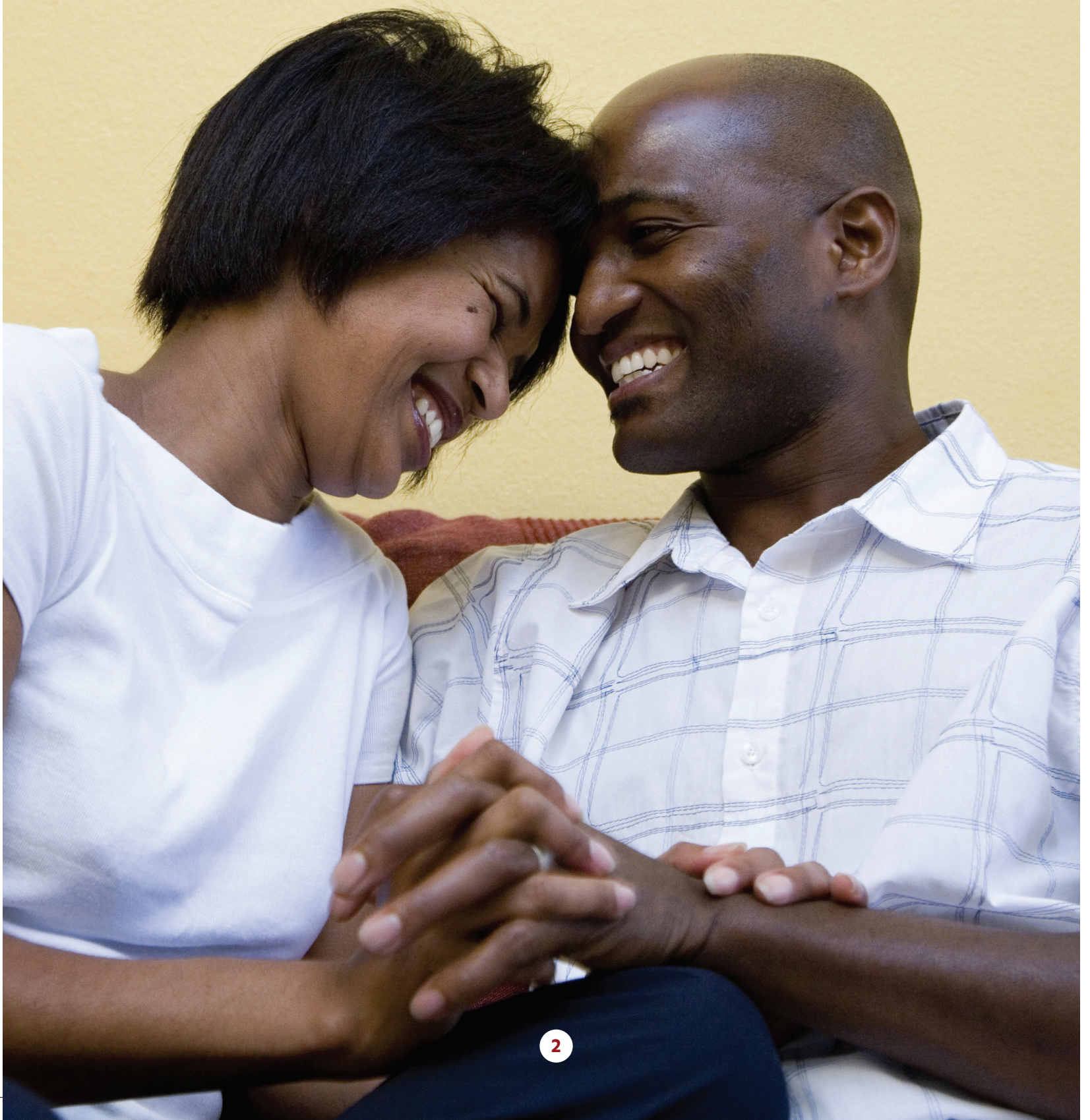


basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



Ntlhakaelo #1

Tlhokomela pholo le boitekanelo jwa tlhaloganyo
le maikutlo a bana ba gago





Itshiamele ka bowena

Taolelo e ya mesepele ke selo se se boima e le tota. Rotlhe re mo letshogong, mo kgatelelong ya maikutlo le mo ketsaetsegong. Mme se, se ka nna thata go feta go malapa a a leng mo kgatelelong ya go tlhalelwa ke madi, ba ba mekamekaneng le malwetse a mmele kgotsa a tlhaloganyo, ba ba nnang le motho yo o ba sotlakakang, ba ba nnang mo matlong a mannye kgotsa ba ba senang ditlamelawana tse di lekaneng.

Batsadi ba ka dira eng ka ga se?

- Ka kakaretso, wena gammogo le bana ba gago le tla kgona.
- Fa o batla gore bana ba gago ba nne ba ritibetse maikutlo mme ba kgona, go kaya gore le wena o leke go nna o ritibetse mme o bontshe gore o tota o kgona.
- Bana ntle le go kgathelela gore ba bogolo bofe, ba tla tsiboga ka mokgwa mongwe kgatlhanong le tse o di dirang le ka mokgwa o o itsholang ka ona, e seng fela ka tse o di buang ka molomo.
- Ka ntlha ya se, o tlhoka go inaya nako ya sephiri le sebaka sa go bua le bagolo ba bangwe ka ga letshogo la gago, matshwenyego le kgatelelo ya maikutlo e o ka iphitlhelang o na le yona. O se ke wa dira gore bana ba gago ba utlwe dipuisano tse.
- Fa o sena motho yo o ka buang le ena, dira gore o kgone go fitlhelela megala ya thuso e mentsi e e leng teng.
- O tshwanetse o leke go baya maikutlo a gago sentle le ditsielego tsa gago gore o tle o kgone go tlhagisetsa bana ba gago sekao se se botoka se se ka kgonwang go amogelwa ke bana ba gago.
- Bana ba gago ba tshwanetse ba ikutlwe ba na le motsadi yo o mo taolong mme o tseye ditshwetso tse di siameng gore bana ba gago ba nne le pholo le boitekanelo jo bo edileng.

Ba o ka ba letsetsang go kopa thuso

Motlameladitirelo	Wa Bosetšhaba kgotsa wa Porofense	Mofuta wa Ditirelo	Dintlha tsa Kgolagano
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

Motlameladitirelo	Wa Bosetšhaba kgotsa wa Porofense	Mofuta wa Ditirelo	Dintlha tsa Kgolagano
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
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

Ntlhakaelo #2

Tlhokomela pholo le boiketlo mabapi le boitekanelo
jwa tlhaloganyo le maikutlo a bana ba gago



Tshwaragana le bana ba gago



Jaaka batsadi le batlhokomedi ba bana, go botlhokwa ka nako tsotlhe go tshwaragana le bana ba gago. Mme fa o na le kgatelelo ya maikutlo kgotsa o tsielegile, go botlhokwa go feta gore o bue le bana ba gago, mme o kgone go lemoga ka moo ba itshwarang ka teng. E ke nako ya diphetogo tse dikgolo tota le ketsaetsego go batho botlhe. Banana ba mo legatong la botshelo le ditsala tsa bona le ba ba golaganang nabo fela ba leng botlhokwa mo go kgethegileng thata mo go bona, mme taolelo ya mesepele le COVID-19 di thatafaditse se mo go bona. Banana gape ke batho ba ba sa kgoneng go iphemela kgatlhanong le go utlwalelwa ke kgatelelo ya maikutlo, tsielego le manyaapelo.

Batsadi ba ka dira eng ka ga se?

- 1 Simolola ka go botsa bana ba gago gore ba itse eng ka mogare o le taolelo ya mesepele, le gore ba ikutlwa jang ka ditiragalo tse.**
 - Bontsha bana ba gago gore o ba abela lefelo le le bolokesegileng moo ba ka kgonang go abelana le wena dikakanyo tsa bona ka phuthologo le ka go go tshepa. Ba reetse ka tlhoafalo fa ba bua. O se ke wa ba tsena ganong, o se ke wa siamisa se ba se buang, o se ke wa ba tshega kgotsa wa ba tlhompholola mme gape o se ke wa ba kgaolela.
 - Fa bana ba araba dipotso tsa gago ka dikarabo tse dikhutshwane kgotsa ka lefoko le lengwe fela, ka boikokobetso, botsa gape potso e e gonyololang karabo e e tletseng gore o ba rotloetse go bua go feta foo. Sekao: 'O kaya eng ka seo?' kgotsa 'A o ka mpoletlele go feta ka ga ...'
 - Nna pelotelele. Bana ba le bantsi ba tla 'baya molato' mo batsading ba bona, mme ba lebisa tsielego ya bona, kgalefo, go nyemamooko ga bona gammogo le go jewa ke bodutu mo go wena.
 - Fa bana ba gago ba bua, tsaya dintlha ka tlhaloganyo ka go se tlhaloganyeng ga bona ka ga maemo a a renang le maikutlo a bona.
- 2 Go latela, neela bana tshedimosetso e e nepagetseng, e e tshwanelang dingwaga tsa bona go siamisa go sa tlhaloganyeng ga bona, go fokotsa tsielego le go ba neela tsholofelo.**
 - Tshola tshedimosetso e o e abelanang le bona e le bonolo fela e nepagetse.
 - Abelana le bona tshedimosetso e ka mowa o o weleng le go utlwala sentle.
 - O se ke wa ba neela ditsholofetso tse o ka se kgoneng go di diragatsa, jaaka, go ba raya o re ba ka se tsenwe ke mogare o. Le gale, o ka ba netefaletsa fa o tla leka ka tsotlhe gore o tla nna o sireletsegile le go ba tshola ba sireletsegile.
 - Neela bana ba gago tsholofelo. Bua ka ga gore se, se tla feta, gore borasaense le dingaka ba tla lwantsha mogare o, mme matshelo a rona kwa bofelong a tla boela kwa maemong a tlwaelo.
 - Araba dipotso tsa bana ba gago sentle ka moo o ka kgonang ka teng. Amogela fa o sa itse dilo dingwe. Bua ntlha e tshwana le: 'Eo ke potso e ntle e le tota. Ga ke itse karabo ya yona, fela ke tla leka go batlisisa ka ga yona.'
 - Leka go ba tlhalosetsa tse di fosagetseng le tse di sa tlhaloanngweng ke bana ba gago ka ga megare kgotsa ka taolelo ya mesepele.

Tlhalosetsa bana ba bannye ka ga mogare le taolelo ya mesepele

- Mogare ke bolwetse jo bo tshwanang le mofikela kgotsa mmoko.
- Go na le mogare o mošwa mo lefatsheng, o o bidiwang Mogare wa Corona.
- Ka gonne ke mogare o mošwamošwa, dingaka le borasaense ba tlhoka nako ya go o ithuta, gore ba tle ba kgone go dira gore mogare o, o se ke wa lwatsa batho.
- Go neela dingaka le borasaense nako ya go ithuta ka ga mogare o, rotlhe re tlhoka go nna mo gae sebakanyana.
- Ka jalo, fa dingaka le borasaense ba re go siame, re tla simolola ka iketlo go boela kwa sekolong le kwa ditirong gore botlhe re nne re sireletsegile.



Tlhalosetsa bana ba ba iseng ba nne banana le banana ka bobona

Ela tlhoko: Abelana le bana ba gago tshedimosetso ka moo o bonang e ka ba tshwanela. Ga o batle go ba okeletsa kgatelelo ya maikutlo le tsielego e ba setseng bana le yona.

- Mogare ke bolwetse jo bo tshwanang le mofikela kgotsa mmoko.
- Go na le mogare o mošwa mo lefatsheng, o o bidiwang Mogare wa Corona, kgotsa COVID-19. Se se emela Corona Virus Disease of 2019.
- Mogare o tshelanwa magareng ga batho ba babedi ba ba bapang ka go nna gaufi thata, jaaka fa motho yo o tshwaetsegileng a gotlholo kgotsa a ethimola. E ka tshwaetsa batho gape fa ba kgoma bogodimo kgotsa selo jaaka fa motho a ithimoletse mo godimo ga tafole, o be o kgoma tafole le go fetisetsa mogare mo go wena ka go itshwara molomo, go ikgotlha mo dinkong kgotsa go ipikitla matlho.
- Mogare o tsena batho ka ditsela tse di farologaneng:
 - *Batho bangwe ba na le mogare, fela ga ba ikutlwe ba lwala ka gope. Ra re ga ba bontshe matshwao a mogare o.*
 - *Batho ba le bantsi ba ikutlwa ba lwala mo sebakeng sa beke kgotsa di le pedi. Go le gantsi ba*



nna le mogote, ditlhabi mo mmeleng, mme ba ka gotlholo. Mme Morago ga foo, ba a fola le go nna sentle fela.

- Phesente e e kwa tlase ya batho ba lwala thata, mme ba ka tlhoka go ya kwa bookelong sebakanyana.
- Batho ba ba kwa tlase ga dingwaga di le 18 ba na le kgonagalo e nnye ya go bontsha matshwao, le kgonagalo e nnye ya go ka lwala thata. Fa ba ka lwala, go le gantsi ba fola sentle fela.
- Ka gone ke mogare o mošwa, dingaka le borasaense ba tlhoka nako ya go o ithuta, gore ba tle ba kgone go dira moento le dikalafi tse di botoka.
- Go neela dingaka le borasaense nako ya go ithuta ka ga mogare o, rotlhe re tlhoka go nna mo gae sebakanyana.
- Paka e ya taolelo ya mesepele e neela puso nako ya go ipaakanyetsa thulaganyo ya bosetšhaba ya tsa boitekanelo, go katisa badiri ba maokelo le go tlhagisa dithulaganyo tse di siameng, go rekela maokelo otlhe didiriswa tse di lekaneng, le go thapa badiri ba bantsi ba maokelo ka mo go ka kgonegang.
- Fa go anama ga mogare go setse go laolega, mme maokelo a rona a siame go ka tlhokomela batho ba bantsi ba ba lwalang, taolelo ya mesepele e ka khutlisiwa.
- Batho ba tla simolola go boela kwa ditirong le kwa sekolong ka makgaokgao, e seng botlhe ka gangwe.
- Bontsi jwa rona re santse re tla tlhoka go dira diteko, mme go santse go tla nna le melawana e le mentsi e e tla latelwang go netefatsa fa mogare o, o tla nna o ntse o laolega.

3 Batla matshwao a tsiboso a a bontshang go sa kgone ga ngwana wa gago. (Mangwe a matshwao a, a ka bonagala thata mo bananeng.)

- Go ikutlwa ba hutsafetse kgotsa ba lela go sena lebaka lepe le le utlwalang
- Kgalefo le tsielego go sena lebaka lepe le le utlwalang
- Ba sa tseye karolo mo ditirong tse gantsi ba di itumelelang le go di kgatlhegela fa gae
- Go latlhegelwa ke kgatlhego ya go nna le balepala kgotsa ditsala mo tlhaeletsano-loagong.
- Go ngangisana kgotsa go lwa le balelapa kgotsa le ditsala mo tlhaeletsano-loagong.
- Go nna o lapile le go tlhoka maatla
- Go robala thata kgotsa go retelelwa ke go robala
- Phetogo ya keletso ya dijo
- Go omana ka kgalefo, go tshwenya kgotsa maitsholo a a kotsi
- Go ikgobatsa (sk. go itshega, itshuba, kgotsa go ikutlwa botlhoko ka mkgwa mongwe fela)

Go mekamekana le bana le banana ba ba sa kgoneng go kgotlhelela taolelo ya mesepele

- Bua le bana ba gago ka ga kgalefo le maitsholo a a sa nnang sentle a o ka ratang ba a fetola mme o ba neela dintlha tse di ka dirwang boemong jwa seo le gore o batla ba dira eng bogolo.
- Fa maitsholo a bona a fetoga go nna a mantle, ba neele pegelo e e siameng mabapi le se o se bonang (sk. Fa o ne o bua le nna o digile maikutlo, ke tota ke ratile seo).
- Neela bana ba gago lerato le le ntsi. Ba bolelele gore o a ba rata. Ba reetse fa ba bua le wena. Fa lo le mo taolelong e ya mesepele mmogo, ba tlamparele mme o ba bontshe lerato le mofutho ka sebele.
- Neela bana ba gago tsholofelo, bua ka ga botshelo fa morago ga taolelo ya mesepele. Bua ka gore ba tla bona ditsala tsa bona gape, ka ga go boela kwa sekolong, ka ga go tshamekela kwa ntle, le ka ga dithulaganyo tsa bona le ditoro tsa bona tsa isago.
- Fa maemo a sa fetoge kgotsa e bile a senyegela kwa pele, batla thuso ka go letsetsa megala ya thuso e e leng teng.

Ntlhakaelo #3

Tlhokomela boitekanelo jwa mmele jwa bana ba gago



Nna o sireletsegile o itekanetse



Go na le melawana e e bonolo e rotlhe re tshwanelwang ke go e latela gore re itshireletse le bana ba rona kgatlhanong le mogare.

Batsadi ba ka dira eng ka ga se?

Ruta bana ba gago go latela melawana e e tlhomameng ya go nna o sireletsegile kgatlhanong le COVID-19. Netefatsa gore o itshola ka mokgwa o o bontshang maitsholo a mo baneng ba gago.

- 1** Tlhapa diatla ka sesepa le metsi nako nngwe le nngwe e o ka kgonang. Tshasa diatla ka sesepa sebaka sa metsotswana e le masomepedi. Tlhapa dikgonojwe, lemorago la diatla tsa gago le mo magareng ga menwana yotlhe.
- 2** Leka ka thata gore o se kgome sefatlhego sa gago. Megare go le gantsi e tsena mo mebeleng ya rona ka melomo ya rona le dinko, ka jalo re tshwanetse re leke ka thata gore re se ikgome fao.
- 3** Ethimolela kgotsa o gotlholele mo sekgonong kgotsa mo thišung. Fa o dirisa thišu, o e latlhe ka bonakonako.
- 4** Fa o tshwanetse go tswela kwa ntle ga legae, ema bonnye dimitara di le 1.5 go tswa mo mothong yo mongwe. O se ke wa tlamparela, tshwarana ka matsogo kgotsa kgoma batho ba bangwe. Fa o ka kgona rwala maseke fa o tswela kwa ntle ga legae.
- 5** Fa o ikutlwa o lwala ka mogote o o kwa godimo, o na le ditlhabi kgotsa o gotlholo, o tshwanetse go bolelela bagolo.

Ntlhakaelo #4

Rulaganya tsamaiso ya letsatsi le bana ba gago



Go nna le tsamaiso e e rulaganeng go dira gore botshelo bo lebege bo sireletsegile le go amogelesega



Re le batsadi le batlhokomedi ba bana, re tlhoka go aga maikutlo a pabalesego le a a amogelesegang mo baneng ba rona jaaka ba emetse go boela kwa sekolong. Re tlhoka go tshola bana ba rona ba gokagane le 'matshelo a bona a tlwaelo' ka go ba rotloetsa go dira ditiro tsa bona tsa gale ka mo go ka kgonegang ka teng.

Batsadi ba ka dira eng ka ga se?

1 Dira le bana ba gago go rulaganya tsamaiso e e tla lo tshwanelang le go nna maleba le lelapa.

- Nna fatshe ka letlhare la go kwalela le pene mme o buisane le bana ba gago ka ga tsamaiso e lo e akanyang.
- Tlhalosa gore ditsamaiso di tla nolofatsa botshelo jwa mongwe le mongwe fa lelapeng, e fokotsa dingangisano le dikgotlhang.
- Tlhalosa gape gore taolelo ya mesepele ke selo se se tlišang kgatelelo ya maikutlo mo go wena o le motsadi mme go nna le tirisano le bana ba gago go tla go tshegetsatsa le go go thusa thata.
- Bua ka mefuta e e farologaneng ya ditiro tse di tshwanetseng go akarediwa mo tsamaisong ya letsatsi le letsatsi. Gopotsa bana ba gago gore ba tla boela mo 'botshelong jwa bona jwa tlwaelo' mme ba se ke ba latlhegelwa ke kitso ya bona le dikgono tsa bona mo pakeng e.
- Tlhalosa jalo o lebile dingwaga tsa bana ba gago, ba ka nna le ditiro tsa letsatsi tse di farologaneng.
- Netefatsa fa ditiro tsa letsatsi le letsatsi tsa bona le wena di go ungwela molemo. Netefatsa gore bana ba dira dingwe tsa ditiro tsa fa gae tse di tlhokang go dirwa le gore go jewa ka dinako tse di tshwanelang botlhe mo lelapeng.

2 Dira le bana ba gago go netefatsa fa ba latela dithulaganyo tsa tsamaiso tse di beilweng.

- Fa lo setse lo rulagantse tsamaiso ya lona, botsa mongwe le mongwe wa bana ba gago fa ba e amogela le gore a ba tla leka ka bojotlhe jwa bona go e latela.
- Direla ngwana mongwe le mongwe tšhate e e bonolo kgotsa dira gore ngwana mongwe le mongwe a itirele tšhate ya gagwe.
- Baya ditšhate tse mo pontsheng, felo gongwe mo di ka bonwang bonolo teng.
- Mo malatsing a ntlha a le mmalwa, 'katisa' bana ba gago ka go latela dithulaganyo tsa bona ka go ba gopotsa go nna ba di tlhola le go di latela, ba sale morago go bona gore a ba dira ditiro tsotlhe. Se, e tla nna tiro e e thata fa ba simolola, fela go tla go nolofaletsatsa botshelo fa nako e ntse e tsamaya.
- Mo malatsi a mangwe a mmalwa, tshwarang kopano go bona gore a bana ba gago ba latela ditsamaiso tse di beilweng.
- Fa go sa nna jalo, buisana le bona ka ga mabaka a gore goreng go se ke ga dirwa jaaka go dumelanwe. Bona gore a o batla go dira diphetogo tse dinnye mo ditsamaisong tseo.

- O se ke wa gagamatsa molao thata kgotsa go se tatamale thata ka ditsamaiso tse. O se ke wa ikokeletsa kgatelelo ya maikutlo, fela o dire gore go nne le ditlamorago fa mongwe wa bana ba gago a sa leke go latela ditsamaiso tseo ka gope.

Ditiro tse o ka di akaretsang mo tsamaisong ya letsatsi le letsatsi

- 1 Go robala.** Bana ba tshwanetse go robala diura di le 9–10 bosigo bongwe le bongwe. Banana bona ba tshwanetse go robala diura di le 8–9 bosigo bongwe le bongwe.
- 2 Go tlhapa le kaparo.** Rotloetsa bana go tlhapa le go apara sentle letsatsi le letsatsi.
- 3 Dijo.** Leka go rulaganya dinako tsa dijo ntle le go se gatelele ope. Fa o ka kgona, leka go tlamela bana ba gago ka dijo gararo ka letsatsi le dijotlaleletso tse di itekanetseng di ka nna 1–2. Lekang go nna le dipuisano le motlotlo mmogo ka nako ya dijo letsatsi le letsatsi.
- 4 Ditiro tsa legae.** Leka go rulaganya diura di le 1–3 tsa ditiro tsa lelapa ka letsatsi go ngwana mongwe le mongwe, o lebeletse dingwaga tsa bona le gore go tshwanetse go dirwe eng mo lelapeng la gago. Ditiro tsa legae di tshwanetse go akaretsa dilo di tshwana le go alola malao, go tlhatswa dijana, go feela ji. Efoga go roma bana go dira ditiro tse di tlhokang gore ba tswe mo gae, le teng ba ka dira mo segotlong/jarateng ya gago.
- 5 Go itshidila mmele.** Go botlhokwa thata mo baneng gore ba itshidile letsatsi le letsatsi. Itshidilo e dira gore mongwe le mongwe a ikutlwe botoka. Akanya ka mefuta ya itshidilo le ditiro tse di ka dirwang mo nakong e ya taolelo ya mesepele. Se, se ka dirwa ka ditiro tse di bonolo, jaaka go taboga, go tloatlola, mekotamokotamo le go otlolola dikarolo tsa mmele.
- 6 Go ithuta.** Mo baneng ba bannye ba go fitlha ka Mophato wa 3, rulaganya ditiro go ya go diura di le 1.5 ka letsatsi. Mo go ba Mophato wa 4–6, ba rulaganyetse tiro mo selakanong sa diura di le 2.5 ka letsatsi. Mme mo go ba Mophato wa 7–12, leka go ba rulaganyetsa ditiro go ya go diura tse di magareng ga 3 – 4 tsa go ithuta ka letsatsi.
- 7 Go buisa.** Totatota leka go rotloetsa bana ba gago go buisa thata fela mo nakong e. Leka ka bojotlhe jwa gago go fitlhelela dikwalo tse bana ba gago ba ka di buisang. Rulaganya diura di le 1–2 tsa go buisa ka letsatsi.
- 8 Nako ya go nna fela.** Rulaganya nako yotlhe e e setseng mo letsatsing go nna ya go itapolosa fela go sa dirwe sepe. Letla bana ba gago go dirisa nako e ka mo bona ba ratang ka teng. Ba tla e itumelela le go e rata.

Sekao sa tsamaiso ya letsatsi go ngwana wa Mophato wa 4-6

08h00	Go tsoga, a tlhapa le go apara
08h30	Difitlholo
09h00	Ditiro tsa mo mosong
10h00	Dijotlaleletso le nako ya go nna fela
10h30	Nako ya go ithuta
12h30	Nako ya go nna fela
13h00	Dijotshegare
14h00	Nako ya go nna fela kgotsa go ikhutsa
15h00	Go ikatisa
15h30	Go buisa
16h30	Ditiro tsa thapama
17h30	Nako ya go nna fela
18h30	Dilalelo le go phutha
19h30	Go tlhapa le go apola diaparo tsa motshegare
20h00	Nako ya go nna fela
21h30	Go robala

Ntlhakaelo #5

Se se ka dirwang ka 'Nako ya go Ithuta'



Go ithuta go tshwanetse go dirwe ka mokgwa o o ka go tswelang mosola e bile o amogelesega



Lefapha la ThutoTheo (Department of Basic Education – DBE) ga le solofele gore batsadi e nne barutabana ka nako e ya taolelo ya mesepele. Le fa e le go solofela gore bana ba ithute kharikhulamo ka bobona. Tswee tswee, amogela netefaletso ya rona gore fa ngwana wa gago a boela kwa sekolong, maano ‘a poelo-maemong’ a tla rulaganngwa le go netefatsa fa bana ba lona ba rutiwa se ba tlhokang go se itse. Le gale, re batla batsadi le batlhokomedu ba bana ba netefatsa fa go ithuta go go ka tswelang bana mosola go diragala ka paka e ya taolelo ya mesepele.

Go botlhokwa thata mo baneng botlhe go ba raya re re ‘nnang le gokagane’ le botshelo jwa sekolo. Se, ga se kaye gore ba tshwanetse ba ikgolaganye le sekolo. Fela go kaya gore ba se ke ba lebala tse ba setseng ba di rutilwe, e bile ga ba tshwanela go lebala gore go reetsa go ntse jang, go buisa, go ithuta le go konosetsa ditirwana tse di ba lebaneng. Ba tshwanelwa ke go dira ditirwana tsa sekolo nako le nako jaaka go boeletsa le go ithuta ka tlhogo tse ba di ithutileng pele; go buisa le go thaloganya ditlhangwa; go konosetsa ditirwana; le go lekeletsa dipalelelo tsa Dipalo le tsa Saense/Bonetetshi. Ditirwana tse, di tla baakanyetsa bana nako e ba tla bo ba boela kwa sekolong. Ba tla nna bomankge ba dithuto tse ba setseng ba di rutilwe, mme di tla dirisiwa mo thulaganyong ya go ithuta. Ba tla bo ba na le kitso mabapi le go dira ka thata le ka lobelo lo lo ba lebaneng fa ba boela kwa sekolong.

Batsadi ba ka dira eng ka ga se?

- 1** *Direla bana ba gago lefelo le le maleba le ba ka direlang tiro ya bona ya sekolo mo go lona mme o ba thuse go baya didiriswa tsa bona ka thulaganyo.*
 - Rulaganyetsa bana ba gago lefelo la go direla gore ba kgone go ithutela teng. Se, e ka nna lefelonyana fa phaposiboapeelong kgotsa fa tafoleng ya phaposi ya bojelo, kgotsa le fa e ka nna lefelo lengwe fela fa fatshe. Rotloetsa bana ba gago go direla ka nako tsotlhe mo lefelong le le lengwe jaaka e le karolo ya tsamaiso ya bona ya letsatsi le letsatsi.
 - Rotloetsa bana ba gago go ntsha dibuka tsotlhe tsa bona tsa sekolo, le go netefatsa gore di rulagantswe sentle.
 - Kokoanya gape le ditlamelwana tsotlhe tsa go kwala le go kwalela mo ntlong le go di ntsha mo dikgetsaneng tsa bona tsa dibuka. Leka go netefatsa gore ba na le dipene, diphensele le didiriswa dingwe le dingwe fela tse ba di tlhokang.
 - Kwa bofelong, kokoanya didiriswa tsotlhe tsa puiso tse di leng teng mo ntlong ya gago. Tsona di akaretsa dibukakgakololo, Dibukatiro tsa DBE, dibuka tsa puiso, dimakasine kgotsa diphamfolete, dipadi, dikuranta, Beibele jj.
- 2** *Tsaya monyetla wa go dirisa mananeo a a neelwang ke sekolo.*
 - Fa bana ba gago ba tsena sekolo se se nang le didiriswa tsa go tlhaeletsana le batsadi mme ba tlamelwa ka mananeo a thuto a paka ya taolelo ya mesepele, tswee tswee, dirisa monyetla oo.

- Tshegetsisa bana ba gago ka bontle jotlhe jo o ka bo kgonang gore ba konosetse mananeo otlhe a go ithuta ka paka ya taolelo ya mesepele.
- 3 Tsamaya le lenaneo la dikgakololo tsa 'Ditirwana tsa Go Ithuta' tse di latelang le go agelela mo thulaganyong ya tsamaiso ya gago ya letsatsi le letsatsi.**
- Lenaneo la ditirwana tse di rulagantsweng go ya ka dingwaga tsa bana le akareditswe fa tlase maleba le legato lengwe le lengwe la thuto.
 - Ditirwana tse di ka dirwa kwa ntle ga didiriswa dipe fela tsa tlaleletso kgotsa go nna le khomphutara kgotsa inthanete.
 - Ditirwana tsotlhe tse di mosola tota mme di tla tshola bana ba gago ba na le kgokagano le sekolo le go ithuta.

Ditirwana tsa barutwana ba Mophato wa R-3

Ela tlhoko: Barutwana ba bannye ba tlhoka thuso e ntsi ka ditirwana tse tsa thuto, fela le bomogoloabona ba ka kgona go thusa.

1 Go bala

- Kokoanyetsa bana ba gago matlapana, dinawa kgotsa *pasta* go di dirisetsa go bala.
- Bontsha bana ba gago gore ba ka ikatisetsa jang go bala ba dirisa matlapana.
- Fa o na le nako, ruta bana ba gago go balela dinomoro go feta mo ba setseng ba itse teng.
- Bontsha bana ba gago gore ba ka dirisa jang matlapana go bala ka bo2, bo3, bo4, bo5 le bo10.
- Bontsha bana ba gago gore ba ka dirisa jang matlapana go balela kwa morago.

2 Tlhakanya le Ntsha

- Dirisa matlapana go thusa bana ba gago go ikatisetsa go tlhakanya le go ntsha. Mo Mophatong wa 1 le 2, ba tshwanetse go ikatisetsa go tlhakanya le go ntsha go fitlha go 10. Mo Mophatong wa 3, bana ba ka ikatisetsa go fitlha go 20.

3 Go tshamekisa lebenkele

- Baya dithekete tsa ditlhwathwa mo dilwaneng dingwe mo ntlong ya gago, sekao, mo dikunong tsa dijo, fenitšhara kgotsa diaparo.
- Dira madi a matshamekiswane ka go kgagola manathwana a matlharekwalelo le go kwala boleng mo go ona le mo dipapetlaneng tsa matlharekwalelo.
- Refosanang go nna rra/mmalebenkele kgotsa moreki le bana ba gago.
- Tlholo dipalelelo tsa bana ba gago, go netefatsa gore ba tlhaloganya gore madi a dirisiwa jang.

4 Medumotlhaka

- Mena le go kgagola lenathwana la letlhare la go kwalela go nna dikwere tse dinnye.
- Kwala tlhaka ya alefabete mo sekwereng sengwe le sengwe.
- Phatlalatsa manathwana ao a matlharekwalelo. Supa tlhaka e e farologaneng mme o bolelele bana ba gago go bitsa modumo oo.
- Laela bana ba gago go ikagela mafoko a a farologaneng ba dirisa dikwere tsa mafoko. Jaaka ba baya medumo eo mmogo, ba tshwanetse go bitsa medumo, mme morago ga foo ba buise mafoko.



- Se se latelang, laela bana ba gago go kwala mafoko ao. Fa o sena matlhare a go kwalela, dirisa dibuka dingwe fela tsa bana ba gago tsa sekolo.

5 Go buisa

- Bolelela bana ba gago go ikatisetsa go buisa ba dirisa dibuka tsa bona tsa puiso kgotsa Dibukatiro tsa DBE.
- Boela kwa tshimologong ya buka mme o simolole teng.
- Fa bana ba gago ba sa kgone go buisa lefoko, ba thuse go le dumisa.
- Fa bana ba gago ba buisitse kgang, ba laele gore ba go tlotlele gore e bua ka ga eng.

6 Go kwala

- Fa o sena matlhare a go kwalela, dirisa nngwe ya dibuka tsa bona tsa sekolo.
- Neela bana ba gago setlhogo se ba ka thalang setshwantsho ka ga sona jaaka: tsala ya gago ya tlhogo ya kgomo; o batla eng ka letsatsi la gago la matsalo; motshameko o o o ratang thata; losika/lelapa la gaeno.
- Bolelela bana ba gago gore ba akanye pele ka ga se ba batlang go se tshwantsha le go se kwala.
- Go latela foo, ba bolelele gore ba thale setshwantsho se se maleba le kgang ya bona.
- Jaanong, fa o dira le ba Mophato R kgotsa Mophato1, ba laele go kwala maina a selo e ka nna se le 1 kgotsa tse 2 mo setshwantshong.
- Mo baneng ba Mophato 2 kgotsa 3, ba laele go kwala polelo e le nngwe kgotsa dipolelo tse pedi ka ga setshwantsho seo. Ba thuse go simolola polelo fa go tlhokega.
- Fa ba sena go fetsa go kwala, laela bana ba gago go bua le wena ka ga se ba se kwadileng. Botsa dipotso mme o ba neele dipegelo tsa gore ba dirile jang morago ga foo.

Ditirwana tsa barutwana ba Mephato wa 4–9

1 *Maanane a Katiso (Mephato 4–6)*

- Bolelela bana ba gago go boeletsa manaane a a farologaneng a katiso go fitlha ba a itse ka tlhogo.

2 *Dipalo tsa Tlhogo*

- Botsa bana ba gago dipotso tsa Dipalo tse di neelwang ka molomo mme o bone gore ba ka kgona go araba ka nepo le ka bonako.
- E ka nna dipotso tsa go tlhakanya kgotsa go ntsha, go atisa kgotsa go arola kgotsa le fa e ka nna tsa mekgwa e e tswakaneng. Simolola ka dipotso tse di bonolo, mme e nne gona o ka yang kwa go tse di marara go feta. Dirisa sebaleledi se se mo mogaleng wa letheke wa gago go tlhola gore a bana ba gago ba araba ka nepo!

3 *Poeletso ya Dipalo le Dipalelelo*

- E ya kwa tshimologong ya Bukakgakololo ya Dipalo ya bana ba gago kgotsa mo Bukatirong ya DBE.
- Bolelela bana ba gago go buisa le go dira e le nngwe kgotsa di ka nna pedi tsa ditirwana tseo ka letsatsi mme o bone gore a ba santse ba ka kgona go dira dipalalelo tse tsotlhe.
- Leka go neela bana ba gago dikao go konosetsa tiro jaaka tse di mo Bukakgakololong kgotsa mo Bukatirong ya bona.

4 *Go buisa le go dira Tshobokanyo*

- Bolelela bana ba gago go ikatisetsa go buisa go tswa mo Bukakgakololong ya Pou ya Gae le ya PuoTlalaletso kgotsa mo Dibukatirong tsa Pou tsa DBE (tse go fitlha ka Mophato wa 6)
- Boela kwa tshimologong ya buka mme o simolole teng.
- Bolelela bana ba gago go ikatisetsa go buisetsa kwa godimo, go fitlha ba kgona go buisa ka thelelo, ka nepo le ka go itlhagisa le go bua ka tshwanelo. Morago ga foo, ba ka tla go go buisetsa kgang eo kwa godimo.
- Fa go na le dipotso ka ga kgang eo, bolelela bana ba gago go araba dipotso tseo ka go di kwala. Fa o sena letlhare la go kwalela, bolelela bana ba gago go kwalela dikarabo mo go nngwe ya dibukakwalelo tsa bona tsa sekolo.
- Go latela, kwala tshimololo ya polelo e mo lenathwaneng la letlhare la go kwalela, mme o bolelele bana ba gago go feleletsa dipolelo tse dintsi tse ba ka di kgonang mo dibukeng tsa bona tsa go kwalela. Dira se mo kgannyeng nngwe le nngwe e bana ba gago ba e buisang.
 - *Kgang e bua ka ga ...*
 - *Moanelwamogolo ke ...(fa go le maleba)*
 - *Ke e ratile/ ga ke a e rata ka gonne ...*
 - *Ke ithutile gore*
 - *Se, se nkgopotsa*
 - *Ke akanya gore O dirile selo se se siameng / selo se se sa siamang ka gonne*
 - *Fa ke ne ke le ...(leina la moanelwa) Nkabo ke ...(fa go le maleba)*

5 *Poeletso ya dithuto tse dingwe*

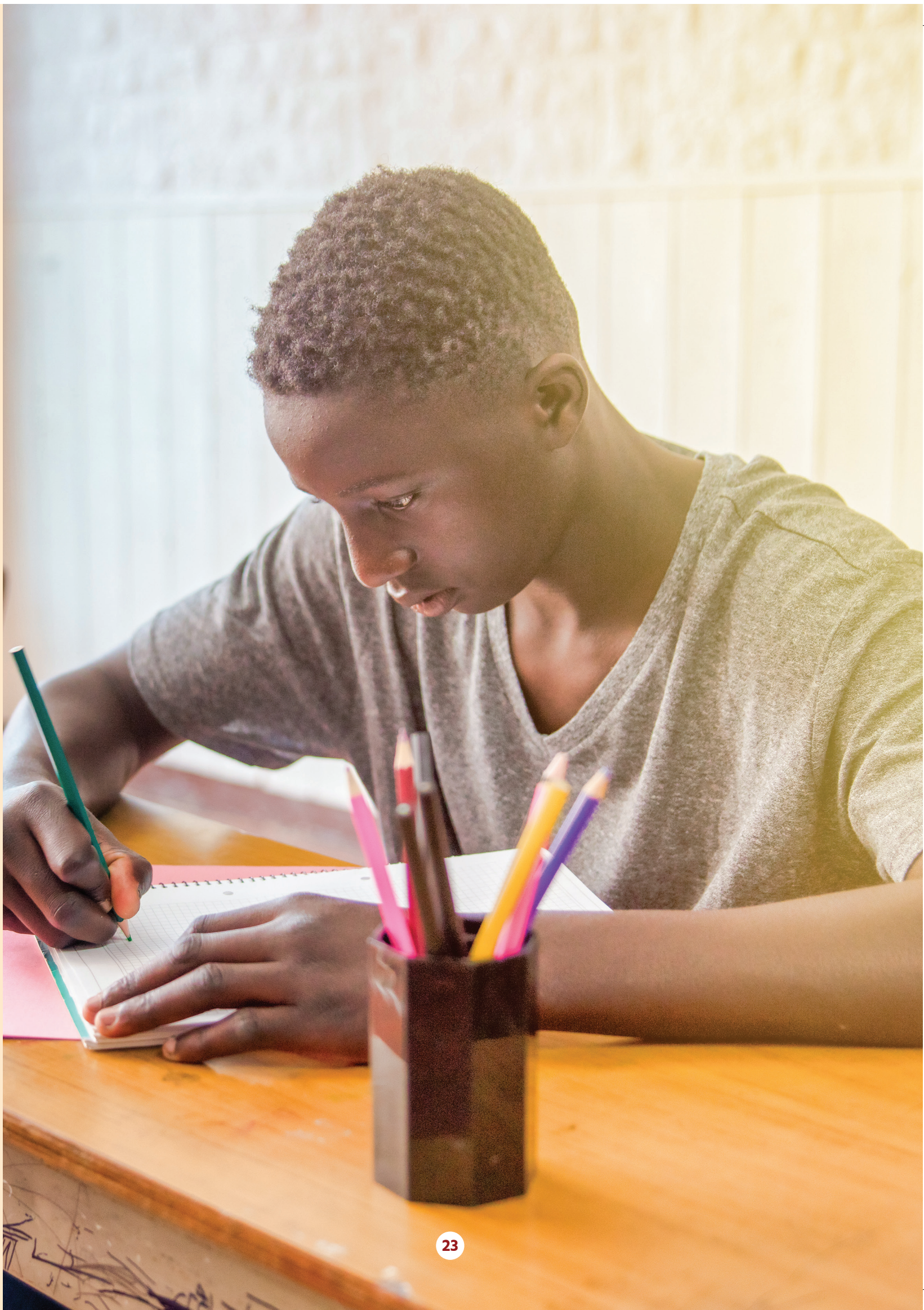
- Bolelela bana ba gago go phutha dibukakgakololo tsa bona le dibukakwalelo tsa bona tsa thuto nngwe le nngwe.



- Letsatsi le letsatsi, ba tshwantse go tsepamisa megopolo mo dirutweng tse di farologaneng go dira dipoeletso.
- Ba tshwanetse ba simolole go tswa kwa tshimologong ya bukakgakololo kgotsa buka ya kwalelo mme ba e buise le go boeletsa dintlhathuto tsotlhe. Jaanong, ba tshwanetse ba leke go konosetsa ditirwana tsotlhe, le tse tota ba sa di dirang mo kgweditharong ya Ntlha (1).
- Jaaka ba tswelela ba dira se, bolelela bana ba gago go netefatsa fa ba tlhaloganya se ba se buisang le se ba se dirang. Fa go se jalo, ba tshwanetse ba buisane le wena ka ga se, le bomogoloabona kgotsa ba letsetse moithuti ka bona yo o ka kgonang go ba thusa.
- Bolelela bana ba gago go leka go ithuta tshedimosetso e ntsi e ba ka e kgonang ka tlhogo, ba ipaakanyetsa go boela kwa sekolong.
- Fa bana ba gago ba na le matlhare a diteko tsa kgale tsa Kgweditharo ya 1, ba tshwanetse ba leke go dira diteko tseo gape, ba kwala dikarabo tsa dipotso mo dibukakwalelong tsa bona.

Ditirwana tsa barutwana ba Mophato wa 10–12

- 1 Gopotsa bana ba gago gore pele ga taolelo ya mesepele, ba ne ba setse ba konoseditse bonnye nngwe-tharong ya tiro ya ngwaga.
- 2 Ba tlhalosetse gore fa ba boeletsa, ba tlhaloganya le go ithuta tiro yotlhe e ka tlhogo, le go lekeletsa go dira Dipalo tsotlhe, tsa Kitsopalo le dipalelelo tsa Saense/Bonetetshi tse ba di rutilweng, ba tla bo e le bo mankge ba nngwe-tharong ya tiro ya ngwaga.
- 3 Rotloetsa bana ba gago go dira poeletso ya Dipalo kgotsa Kitsopalo le go di lekeletsa letsatsi le letsatsi. Fa go na le sengwe se ba sa se itseng, o tshwanetse o bone gore a o ka se ba thuse kgotsa yo mogolowane mo go bona a ba thuse. E seng jalo, ba letsetse tsala, masika kgotsa moagisani yo o ka kgonang go ba thusa.
- 4 Rotloetsa bana ba gago go dira poeletso ya PuoGae le PouTlalaetso le go ikatisa letsatsi le letsatsi. Se, se tshwanetse se akaretse go buisa go go tseneletseng fa go kgonega, ka gonne mo Mophatong wa 10–12, barutwana ba tlhoka go buisa dikwalo tse ba di tlhaoletsweng ngwaga le ngwaga. Bana ba gago ba tshwanetse ba bo ba na le dibuka tse, e ka nna poko, dikgankhutshwe, dipadi kgotsa diterama.
- 5 Laela bana ba gago gore ka kopo ba dire poeletso ya tlaleletso le go ithuta dirutwa tse dingwe tse di ka nnang teng ka tlhogo. Ba tshwanetse ba buise dibukakgakololo le dintlhathuto dingwe le dingwe fela tse di mo dibukakwalelong tsa bona. Ba tshwanetse ba buise dipotso dingwe le dingwe fela kgotsa ditirwana mme ba leke go di konosetsa ka bobona. Ba tshwanetse gape ke go kwala ditshobokanyo tsa tshedimisetso eo le go di ithuta ka tlhogo.
- 6 Mo Mophatong wa 10–12, go botlhokwa thata go leka go fitlhelela thuto e e tswelletseng ya dirutwa tsa botlhokwa. Simolola ka go bogela TV le go reetsa dithulaganyo tsa tsamaiso ya Seyalemowa tse di neetsweng. Tlhola gore a go na le mananeo mangwe a a ka nnang maleba mo baneng ba gago mme o ba rotloetse go bogela kgotsa go reetsa mananeo ao.
- 7 Tlhokomela bana ba gago go bona gore ba a ithuta sebaka sa diura di ka nna 3 – 4 ka letsatsi.
- 8 Mo Legatong la FET go botlhokwa gore barutwana ba nne mo dinakong, go tlhaloganya megopolo le dikgono tse ba di rutilweng, le go ikatisetsa go di dirisa ka gale.
- 9 Bua le bana ba gago ka tiro ya bona. Batlisisa gore ba ka bo ba ikutlwa jang ka ga se, le gore matshwenyego a bona e ka bo e le afe.
- 10 Bona gore a o ka rulaganya gore o bone thuso go tswa go bomogoloe, moagisani kgotsa tsala fa go tlhokega. Fela o se ka wa fapoga go obamela melawana ya taolelo ya mesepele.
Ela tlhoko: Fa o kgona go fitlhelela smart phone, thaboletse kgotsa khomphutara mo lelapeng la gago, leka go rulaganyetsa bana ba gago go fitlhelela didiriswa dingwe le dingwe tsa mafaratlhatlha tse di lebegang di ka nna mosola. Dingwe tsa didiriswa tse di fitlhelwa 'ntle le tuelo epe', mo go kayang gore ga di tlhoke gore o dirise data epe fela. Se se tserwe tsia mo lenaneong la didiriswa tsa mo mafaratlhatlheng le le neetsweng.



Ntlhakaelo #6

Dirisa thekenoloji ka nonofo



Thuto yotlhe e tshwanetse go nna e e nonofetseng bana

O se ke wa tsaya gore bana ba gago ba a ithuta ka nnete fa ba bogetse lenaneo la thuto ka dinako tse dingwe, ba ka bo ba ikgopoletse dilo disele fela! Go botlhokwa gore o thuse bana ba gago go dirisa thekenoloji ka nonofo, go e dirisetsa mabaka a thuto.

Batsadi ba ka dira eng ka ga se?

- 1** *Tsaya monyetla wa Mananeo a Thuto mo TV, SEYALEMOWA kgotsa ka Tiriso ya Mafaratlhatlha a o kgonang go di fitlhelela.*
 - Lenaane la mananeo a Go Ithuta le Didiriswa di tsamaya mmogo le kaedi e.
 - Tsamaya le lenaane le ka kelotlhoko go batla mananeo kgotsa didiriswa tse di ka tshwanelang bana ba gago.
 - Segolo, rotloetsa bana ba gago ba Mophato wa 10–12 go bogela mananeo a TV a a rutang ka ga Dipalo, Saense/Bonetetshi kgotsa tsa Dikgono tsa Puo le megopolo ya teng.
 - Batla gape didiriswa dingwe le dingwe tsa puiso ya dijithale tse o ka kgonang go di gogela bana ba gago gore ba di buise go tswa mo *smartphone*, thebolete kgotsa mo khomphutareng. Ela tlhoko diwebosaete tse di 'sa duediseng.' Go fitlhelela diwebosaete tse, ga go tlhoke gore o be o na le *data*.
- 2** *Thusa bana ba gago go tlhopha mananeo aa leng maleba mme o a agelele mo tsamaisong ya letsatsi le letsatsi ya bona.*
 - Lebelela kaedi ya mananeo le bana gore lo tlhophe mananeo a a leng maleba mmogo.
 - Dirang se go santse go le gale. Lebelelang lenaane la lenaneo kwa tshimologong ya beke.
 - Agelela ditirwana tse mo tsamaisong ya bana ba gago ya letsatsi le letsatsi jaaka karolo ya bona ya 'nako ya go ithuta'.
 - Netefatsa gore ditirwana tsa bana ba gago tsa go ithuta di abetswe nako ka go lekalekana, ba se ka ba nna nako yotlhe ya letsatsi ba bogetse TV kgotsa ba dirisa *dismartphone*.
- 3** *Netefatsa gore bana ba gago ba baakanyeditswe dithuto tsa mo TV kgotsa seyalemowa.*
 - Pele lenaneo le simolola, netefatsa gore bana ba gago ba tshotse dibukakgakololo kgotsa dibukakwalelo.
 - Ba tshwanetse ba bo ba tshotse pene, phensele, sethaleli le didirisiwa tse dingwe tsa go kwala le go kwalela tse ba ka di tlhokang.
 - Ke kakanyo e e siameng gape go nna ba tshotse thanodi e ba ka e dirisang, segolo bana ba bagolwane.
 - Thusa bana ba gago gore ba kgone go rulaganya dithuto tse ba yang go di itemogela mo bokaelong jo bo maleba. Dira se ka go leba setlhogo sa thuto mo bukakgakolong ya bona le go tsena gape mo thutong e e dirilweng pele ga eo.

- 4** *Tlhokomela ka go tlhola bana fa lenaneo le ntse le tsweletse.*
- Tlhola bana ba gago jaaka ba ntse ba bogetse kgotsa ba reeditse lenaneo.
 - Ba rotloetse go kwala dintlha tsa thuto eo jaaka ba reeditse, gore ba tle ba kgone go ikgakolola morago ga foo. Ba tshwanetse gape ba kwale le potso nngwe le nngwe e ba ka nnang le yona go tswa mo lenaneong leo.
- 5** *Nna le puisano e khutshwane le bona ka ga se se ithutilweng go tswa mo lenaneong.*
- Kwa bokhutlong jwa lenaneo, tlhola gore a bana ba gago ba kwadile dintlha dingwe ka ga thuto eo.
 - Fa morago ga foo, nna le puisano e khutshwane le bona ka ga lenaneo leo. O ka ba botsa dipotso tse di jaaka:
 - *A lenaneo le, le ne le itumedisa/kgatlhisa? Goreng le ne le go itumedisa kgotsa goreng fa le ne le sa go itumedise?*
 - *O ithutile eng go tswa mo go lona?*
 - *A go na le sengwe se o neng o sa se tlhaloganye kgotsa se o senang bonnete ka ga sona?*
 - *A o na le dipotso tse dingwe fela ka ga setlhogo se?*
 - *A o setse o kile wa ithuta le go buisa ka ga se mo bukagkakololong ya gago?*
- 6** *Ithulaganyetse nako ya dithuto tsa tatediso tse di tlhokegang.*
- Fa go ne go na le sengwe se ba sa se tlhaloganyang sentle kgotsa se ba tlhakanya tlhogo, o ka leka go thusa bana ba gago go tswela pele ka:
 - Go batla thuto e nngwe ya setlhogo seo, mme wa e agelela mo tsamaisong ya letsatsi le letsatsi.
 - Go boeletsa diteng tsa thuto mmogo.
 - Go kopa bomogoloabona, tsala kgotsa mongwe wa losika go thusa.

For more information, visit the Covid-19 Portal:

www.sacoronavirus.co.za

Emergency Hotline: 0800 029 999

What's App Support Line: 0600 123456

DIDIRISWA TSA THUTO

COVID 19



basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



Dithulaganyetso tsa Mananeo a TV

Nako	Mophato	Serutwa	Letsatsi	Tšhanele
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

Dithulaganyetso tsa Mananeo a Seyalemowa

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

Nako	Mophato	Letsatsi	Seteišene sa Seyalemowa	Lekubu	Porofense 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

Digoke tsa Dithulaganyetso tsa Kgaso

Tšhanele	Segoke
SABC 1	http://www.sabceducation.co.za/gelezanathi/schedule/
SABC 2	https://mydorie.com/tv-guide/TV-Guide-South-Africa-SABC-etv-OpenViewHD-DSTV
SABC 3	https://mydorie.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

Diwebosaete le diphothale tsa thuto tse di sa duediseng

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

Mophato	Leina	Segoke	Mofuta wa sediriswa (webosaete, e-learning, hotline jj)	Mafaratlha a inthanete a sa duediseng
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

Poeletsomananeo ka Mokgwa wa Dijethale

Mophato	Serutwa	Diteng	Segoke	Boleele Jwa Nako (Diura)	Tšhanele/ Leina la Webosaete
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

Mophato	Serutwa	Diteng	Segoke	Boleele Jwa Nako (Diura)	Tšhanele/ Leina la Webosaete
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

Thuto ka Mokgwa wa Seileketeroniki, Dividio mo Mafaratlhatlheng & Dithutoriale tsa Kutlo-Modumo

Mophato	Serutwa	Diteng	Segoke	Boleele Jwa Nako (Diura)	Tšhanele/ Leina la Webosaete
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

Mophato	Serutwa	Diteng	Segoke	Boleele Jwa Nako (Diura)	Tšhanele/Leina la Webosaete
All	All	E-classroom – video tutorials, mock exams & CAPS support content	https://e-classroom.co.za/	N/A	E-classroom
All	All	Vodacom E-school – guided content, tasks & tests	https://vodacom-cleverly.vodacom.mytopdog.co.za/	N/A	Vodacom E-school
7 – 9	Mathematics, English & Matural Sciences	Online Lessons, worksheets & memos. New content uploaded everyday.	https://www.worksheetcloud.com/live/classrooms/	N/A	Worksheet Cloud
4 – 6	Mathematics, English & Matural Sciences	Online Lessons, worksheets & memos. New content uploaded everyday.	https://www.worksheetcloud.com/live/classrooms/	N/A	Worksheet Cloud
10 – 12	All	E-school – digital classroom with lessons, asignments & games	https://seva.co.za/app.html#/dashboard/guest	N/A	Seva
10 – 12	Mathematics	Video lessons on limits, average gradient and derivatives	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_ug	N/A	You Tube

Didiriswa tse Dingwe

Mophato	Serutwa	Diteng	Segoke	Tšhanele/Leina la Webosaete
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

Mophato	Serutwa	Diteng	Segoke	Tšhanele/Leina la Webosaete
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
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

