



Hoor hier

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Newsletter 8/2021

15 February 2021

Circulars

Kindly take note of the following documents which are available at <http://www.eccurriculum.co.za/Circulars.htm>:

- **Government Gazette 44154:** Regulations in terms of the Disaster Management Act
- **Memo:** Training of E-Cadres - Education Employment Initiative
- **Report 314:** Department of Health - Daily Epidemiological Report for SARS-Cov_2 - 11 February 2021

Minister Motshekga: Sunday, 15 February 2021



Just click the picture to listen to the minister.

Workshop for Gr. 12s: Transformational Life Purpose Goal Setting and Happiness Life Coach



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Cellphone: 0825314279

Dear Principal and Life Orientation Teacher

I am a Goal Setting to Success Life Coach, speaker and principal of a high school.

Given the current situation where our learners are not being allowed weekend away camps and being able to explore outside the classroom environment, I bring to your grade 12's **A VIRTUAL, INTENSIVE INTERACTIVE GOAL SETTING TO SUCCESS WEEKEND WORKSHOP ON ZOOM** starting on a Friday afternoon at 15h00 and finishing on a Sunday at 17h00.

The benefit for parents is that they will not incur any costs, as in accommodation, learner transport, teacher chaperone and food.

What the grade 12 learners will get out of the workshop:

- ✦ 4 Steps to Goal Success
- ✦ Get clear on what they want
- ✦ Work together to ensure goals are smart
- ✦ Overcoming excuses
- ✦ Overcoming Fear of change
- ✦ Develop faith in yourself and be confident you will achieve your goal
- ✦ Empower your self-talk
- ✦ A concrete actionable plan that will hold you accountable
- ✦ 30-60-365 goal setting plan
- ✦ Weekly Ta-Da-List
- ✦ Creating accountability
- ✦ Feel motivated, committed and prepared
- ✦ Overcoming resistance to commitment, procrastination and other road blocks
- ✦ Staying motivated and inspired

In addition to this each learner will:

- ✓ Have a goal buddy to hold them accountable for the goals they set within a PRIVATE FACEBOOK GROUP with me being an active participant up to November 2021 (with parent permission) after which the group will be dissolved.
- ✓ Weekly Question and Answer sessions on a Saturday morning up until June 2021
- ✓ 1 individual Zoom call to check in on learners progress
- ✓ A workbook for homework and reference source for the year
- ✓ 3 STEPS TO DEVELOPING A GROWTH MINDSET.
- ✓ CREATE A VISION BOARD

PTO for workshop dates.

The investment for the goal setting to success workshop is R500 per learner up until the 28 February, thereafter the investment goes back to R850, however if booking is made by 28 February, the investment of R500 will be locked in no matter the dates chosen.

I have the following weekend virtual workshop dates available:

26 – 28/02

05 – 07/03

26 – 28/03

09 – 11/04

Should you OR the parents require clarity on the above, please do send me an email or call me and I will be happy to elaborate.

Yours in education



Fahdia Choonara

Adults: Registration for 2021 Senior Certificate Examinations

**REGISTER
TODAY!!!**

Registration for the 2021 Senior Certificate Examinations is now open!

03 NOVEMBER 2020 - 28 FEBRUARY 2021

Register at any education district office or online

Adults/candidates may register at any provincial education office (which includes the provincial head office, the district office or a circuit office).

The following candidates will qualify for admission to the Senior Certificate:

- Adult learners who are 21 years and older who have:
 - a General Education and Training Certificate (GETC); or
 - a Grade 9 school report (or the old standard seven), stating that they have passed Grade 9 or Standard 7; or
 - a recognised equivalent qualification obtained at NQF Level which requires two official languages.
- Adult learners who are 21 years and older with an incomplete Senior Certificate qualification.
- Adult learners who are 21 years and older with an incomplete National Senior Certificate and whose School-Based Assessment (SBA) validity has expired.
- Only in exceptional cases, out of school youth, who are 18-21 years old and who could not complete their school education due to circumstances beyond their control, as verified by the Head of Department in the Provincial Education Department.
- Adult candidates who are 21 years and older with an incomplete NSC and whose School-Based Assessment component has not yet expired may choose to complete the NSC by registering in January for the 2020 NSC examinations to be written in November, or convert to the Senior Certificate. Should the candidate choose to convert to the Senior Certificate, they may not revert to the NSC and attempt to complete the NSC qualification.

Source: <https://www.education.gov.za/Curriculum/SeniorCertificate/SCRegistration.aspx>

Stay Healthy

Your HEALTH
Newsletter



3 Diabetes NEW YEAR'S RESOLUTIONS YOU CAN KEEP



These 3 resolutions will help you manage your diabetes in **2021**

1. Eat healthy

Regulate blood glucose levels.



HOW?

- Eat smaller meals frequently
- Eat foods with a low glycaemic index (GI). These include:



Legumes such as chickpeas, kidney beans and lentils



Vegetables such as sweet potatoes, spinach, and green beans



Fruits such as apples, avocados, and bananas

2. Stay fit

To regulate blood glucose levels, manage your weight and reduce the risk of complications.



HOW?



150 minutes physical activity every week



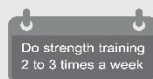
Brisk walking



Skipping rope



Dancing



Do strength training 2 to 3 times a week



Use dumbbells or kettlebells



You can also use bottles or buckets (filled with water or sand)

3. Monitor your blood sugar levels

Helps you manage your condition.



HOW?



Schedule your doctor appointments in advance



Set up HbA1c test reminders (every 6 months)



Daily finger-prick glucose test

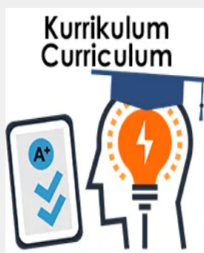


THERE ARE
4.5 million

South Africans living with diabetes, so you're not alone. The good news is that you can manage your condition better with these resolutions.

REFERENCES:

- <https://www.ictf.org/e-library/epidemiology-research/diabetes-atlas/158-ictf-diabetes-atlas-ninth-edition-2019.html>
- <http://healthlibrary.uwmedicine.org/wol/nosa/Nutrition/Tools/6.752954>
- <https://www.healthline.com/health/diabetes/low-glycemic-fruits-for-diabetes>
- <https://www.healthline.com/nutrition/16-best-foods-for-diabetics>
- <https://www.ginc.org.au/legumes-2/legumes-and-health/legumes-and-diabetes/>
- <https://www.endocrineweb.com/conditions/type-2-diabetes/type-2-diabetes-exercise>



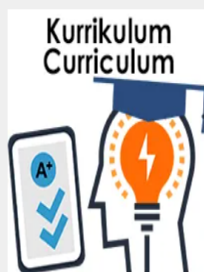
Die gebruik van die Tesourus

Date & Time: 15 Feb 2021, 16:00

Presenters: LG de Stadtler & A de Stadtler

Die gebruik van woordeboeke en veral die tesourus

[Register here >>](#)



Vervlegte leer as onderrig-en-leer-benadering

Date & Time: 15 Feb 2021, 17:00

COVID-19 het 'n hibriede model vir onderrig-en-leer genoodsaak, waarmee tegnologie as rugsteun vir die tradisionele klaskamer gebruik word.

[Register here >>](#)



Post level 1 teachers: time management & lesson planning

Datum & Tyd: 16 Feb 2021, 16:00

Aanbieders: Maryne Besseling & Marésa Viljoen

Teachers experience regular demands on their teaching time. How must the teacher deal with it in the lesson planning?

[Registreer hier >>](#)



VKO Kompas

Date & Time: 18 Feb 2021, 16:00

Presenter: Wilna van Rooyen

Die Kompas, is ontwikkel as agtergrond dokument vir onderwysers van 3 – 6jarige kinders.

[Register here >>](#)



Foundation Phase Math: Die Jaarlikse Onderrigplanne vir Kwartaal 1 en 2

Date & Time: 18 Feb 2021, 17:00

Presenter: Alena Coetzee

Die Jaarlikse Onderrigplanne vir Kwartaal 1 en 2, assessering en onderrig. Hoe gemaak met leeragterstande?

[Register here >>](#)

Telematic Schools Project



Did you know:

1. The first live broadcasts starts on 23 February.
2. You can either watch the lesson at school in your telematics class or you can stream it on the website schools.sun.ac.za or watch it on Facebook at <https://www.facebook.com/telematicschoolsproject>. If you don't have data or access to your school the lesson will be on the website zero-rated by the end of that week.
3. All live lesson are interactive so you can ask questions by sending a WhatsApp or Facebook message.
4. Each live lesson has a workbook that will help you understand the lesson better. The satellite schools will receive the workbooks. Everyone else can get it on the website schools.sun.ac.za, go to grade, choose your subject, 2021 learning material.
5. All the material and videos which is under the grade and subject is zero-rated meaning you don't need data to download them (Put on data when you log in but switch it off once you are on the site- *****Streaming is not zero rated***)
6. Workbooks and the schedule for the 2021 live broadcast will be on the website by end of January.
7. You can contact us:
Email -school@sun.ac.za – General enquiries or access to the website
Website schools.sun.ac.za – complete the registration form, watch videos and get materials
Facebook – watch live feeds, get information or messaging

ATPs available: Check regularly for updates



Coding Unplugged – Zoom Workshops

CODING UNPLUGGED



Zoom workshops presenting practical ideas regarding alternative ways (of which some do not need computers) to introduce coding to learners.



DETAILS

16:00 SAST

Consecutive Wednesdays

3, 10 and 17 February

3 FEB

LAYING GOOD FOUNDATIONS;
CODING CONCEPTS IN
THE EARLY YEARS
(GR R-2)

10 FEB

UNPLUGGED CODING TOOLS
(GR 5-7)

17 FEB

THE NEED FOR COMPUTATIONAL THINKING
SKILLS IN THE TEACHING AND
LEARNING OF CODING
(GR 8-9)



OLDENBURG



Universität Vechta
University of Vechta



UNAM
UNIVERSITY OF NAMIBIA

NELSON MANDELA
UNIVERSITY



Funded by:

Federal Ministry
of Education
and Research

DAAD

RSVP (registration) for one or all sessions to
Prof. Jean Greyling:
Jean.Greyling@mandela.ac.za

Vacant Posts

No adverts were received this week, but prospective teachers should scan the following platforms:

- Eastern Cape Teaching Vacancies: <https://www.facebook.com/groups/860699977694144>
- SAOU: <https://www.facebook.com/saou278>
- Onderwysposte / Teaching posts: <https://www.facebook.com/groups/1380769782243214/>
- <https://www.facebook.com/groups/1185645861467356/>
- <https://www.facebook.com/Lusikisiki-Job-Sharing-page-295933477267358>

CVs

(CVs received since the previous edition. See the list below.)

NAME	SURNAME	QUALIFICATIONS	PHASE	SUBJECTS	AREA
Megan	Smith	Bachelor of Education (FET Phase)	FET / VOO	Business Studies and Economics	P. E, Somerset East, Grahamstown, Graaff Reinet, Port Alfred
Siyabulela	Mhlonyane	NSC certificate and Education degree	Intermediate / Intermediêr, Senior, School Admin Post / Administratiewe pos	English, Social Sciences, Natural Sciences, and LO.	Nelson Mandela bay, Chris Hani and Joe Gqabi district
Zakhele	Manqathe	1. Diploma in Agriculture 2. Post Graduate Certificate in Education (PGCE)	FET / VOO	Agricultural Sciences and Life Orientation	OR Tambo District and Alfre-Nzo District.
Marilyn Claudette	Plaatjies	Educator Foundation phase	Foundation / Grondslag	All learning areas as per foundation phase, subjects	Uitenhage

More information and contact details of these candidates, as well as others, are available at <https://bit.ly/CVdata>.

Applications for Funza Lushaka bursaries for 2021



basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA



Funza Lushaka
Bursary Scheme

Home

[Read this before you make your application](#)

[First time Application](#)

[Re-Application](#)

[Update Personal Information](#)

[Answer to your questions](#)

[Brochure: Information about initial Teacher Education](#)

[Mail for student](#)

[Agreement form](#)

[Information about bursary placement](#)

[For DBE Official use only](#)

The Funza Lushaka Bursary

Applications for the Funza Lushaka bursary for 2021 will open on 01/10/2020
New applications close on 28/02/2021
Re-applications for Existing/Returning Bursars close on 29/11/2020

To access, register and apply for the Funza Lushaka Bursary the following 9 easy steps should be followed:

NOTE: All first time applicants must be 30 years or younger to apply for Funza Lushaka Bursary.

1. Open the e-Gov portal at www.eservices.gov.za
2. Register by providing personal information
3. Login to the system using user name and password created when registering
4. On the e-Services Menu select Funza Lushaka Bursary Scheme
5. Enter the OTP received on the preferred channel
6. Accept the Terms and Conditions
7. On the dashboard menu click on the **2021** application button
8. Follow the steps to complete the required field with your information
9. Accept the declaration to confirm the information captured

How to advertise on **Hoor hier**

Kindly take note of the following:

- **Vacant posts at schools:**
 - **Cost:** Free
 - **Size:** A4 Portrait or A5 Landscape
 - **Format:** PDF or JPG
- **Other adverts relevant to schools/education:**
 - **Cost:** Request tariffs and more information from drik.greeff@gmail.com.
 - **Size:** A4 Portrait or A5 Landscape
 - **Format:** PDF or JPG



If you don't go after what you want, you'll never have it.

If you don't ask, the answer is always no.

If you don't step forward, you're always in the same place.

Unknown

This is a private newsletter and it does not reflect the official views of the Department of Education.

Contact details: drik.greeff@gmail.com