



Hoor hier

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Newsletter 11/2021

26 February 2021

Grade 12 Results

I would like to congratulate all the Grade 12s of 2020 on the results. I wish you all the best with the future.

Congratulations also to the teachers who under extraordinary circumstances did everything in their power to ensure that the learners were able to complete 2020 successfully.

2020 Grade 12 Results: Reports

The following documents are available at http://www.ecexams.co.za/Exam_Results.htm:

- NSC 2020 Examination Report
- NSC 2020 School Subject Report
- NSC 2020 Top Subject Achievers
- NSC 2020 Technical Briefing

Assessment Instructions

The following documents are available at http://www.ecexams.co.za/2021_Assessment_Instructions.htm:

- 3/2020: National Senior Certificate: Application for appointment as a Chief Marker or Marking Moderator: 2021 - 2023
- 2/2021: Re-marking, Re-checking and Viewing of Examination Scripts: 2020 National Senior Certificate (NSC) and AET L4 Examinations

Circulars

The following documents are available at <http://www.eccurriculum.co.za/Circulars.htm>:

- Memo: Clarification on Degrees and Diplomas registered on Levels 6 and 7 on the NQF Framework for employment in the Public Service
- Policy: Information Security Policy
- Training: Training Webinar Series -Assistive Devices and Technology for learners at Full-Service and Mainstream Schools
- Report 327: Department of Health - Daily Epidemiological Report for SARS-Cov_2 - 24 February 2021

Vacant Posts



SOQHAYISA SECONDARY SCHOOL

P.O Box 14
Motherwell
6211

Tel/Fax: 041-462 5562

EDUCATORS REQUIRED (NEW ENTRANTS) – SGB POSTS

1. History and English (Grade 8-12)
2. IsiXhosa and Consumer Studies (Grade 8-12)
3. Physical Sciences and Mathematics (Grade 8-12)

Applications must be submitted in Person to the Principal not later than 04/03/2021 or emailed to Principal.200100717@ecs.school.org.za

Physical Address:

2 Nkobongo Street
NU9
Motherwell

More Vacant Posts

Prospective teachers should scan the following platforms for more vacant posts:

- 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>



hypertension

DID YOU KNOW?

Approximately four in 10 adults older than 25 years have hypertension, according to the South African Hypertension Society. If it's not treated, hypertension can cause kidney failure, eye problems, heart disease and stroke.

ABOUT HYPERTENSION

Hypertension is abnormally high blood pressure. Blood pressure is the pressure of blood in your arteries – the blood vessels that carry blood away from your heart. Hypertension is often known as the "silent killer", since many people who have it, don't know it. A family history of high blood pressure could mean you're also at risk.

TAKE NOTE:

IF YOU ARE YOUNGER THAN 60 YEARS

Your blood pressure should be below 140/90

IF YOU ARE 60 YEARS OR OLDER

Your blood pressure should be below 150/90

IF YOU HAVE CERTAIN OTHER CONDITIONS

Your doctor might set other targets for you

KNOW YOUR NUMBERS

Your doctor or a nurse at a clinic or pharmacy can take your blood pressure. But what do the numbers mean?

Normal 120/80 to 129/84

Normal (but keep an eye on it, as it's on the upper end of normal) 130/85 to 139/89

Mild hypertension 140/90 to 159/99

Moderate hypertension 160/100 to 179/109

Severe hypertension More than 180/110

CONSULT YOUR DOCTOR IF YOUR BLOOD PRESSURE IS ABOVE THE NORMAL RANGE.

SYMPTOMS OF HIGH BLOOD PRESSURE



Drowsiness and confusion



Chest pain



Difficulty breathing



Severe headache, getting worse



New onset vision problems

If you have any of these symptoms, consult a doctor immediately – you may be in grave danger of complications of high blood pressure.

Remember: A number of factors can cause hypertension – even if you maintain a healthy lifestyle. The best way to manage your blood pressure is to work closely with your doctor.

A heart-healthy diet

Keep your hypertension in check and reduce your risk of heart disease and strokes, by eating:

- A variety of fresh food
- High-fibre starchy foods such as seed bread instead of white bread
- Healthy proteins such as chicken, fish, lean meat and eggs
- Low-fat dairy foods
- Dried beans, split peas, lentils and soya
- Five portions of different fruits and green, leafy vegetables every day
- Less salt and salty foods such as stock cubes, soup powders, cured meat, sauces and potato crisps
- More vegetable oils such as olive and canola oil, and less hard fat, such as butter and margarine

YES YOU CAN ! TIPS FOR BLOOD PRESSURE (BP) CONTROL

Too much salt in the food you eat can interfere with your BP control and may mean you will have to use more medication to get your BP to target level. A daily intake of less than 5g salt (less than 2g sodium) – that's about 1 teaspoon - is recommended for South Africans. This is not much when you consider that three-quarters of the salt you eat is already in the food you buy. Check all food labels to find out which ones are high and low in salt content. If the label has more than 1.5g of salt (or 0.6g of sodium) per 100g, it is a high salt content food. It is a good idea to, whenever possible, choose "no salt added" foods.

Remember that certain medications can interfere with your BP control e.g. anti-inflammatory pain medication often used for arthritis, and cough and cold preparations. Certain supplements and drinks, e.g. ginseng, arnica, bitter lemon/orange, St John Wort, liquorice, and energy drinks can sabotage your BP control.

Herbal supplements aren't necessarily safe because they're natural. You may need to avoid supplements that raise your blood pressure or interfere with your blood pressure medications. Check with your doctor before taking any supplements and before making any changes to your blood pressure medication.

Stimulants, alcohol and many illegal drugs will raise your blood pressure. Keeping your blood pressure under control **WILL REDUCE YOUR RISK of HEART DISEASE and STROKE.** It's a fact. You owe it to yourself and your family.



REMEMBER! DRINK ALCOHOL IN MODERATION!

Too much alcohol will push up your blood pressure and cholesterol, and increase your risk of heart and liver disease.

The guidelines are as follows:

Women: maximum of 1 drink per day

Men: maximum of 2 drinks per day

You can also contact us via email:
gemsbhrm@medscheme.co.za
or at 0860 109 900.



Hoërskole



High Schools

Afrikaanse Huistaal: Gr 11

Date & Time: 1 March 2021, 16:00

Presenters: Anita Voges

Afrikaanse Taalkunde onderrig bly 'n uitdaging vir elke onderwyser. Spesialiste in die veld gee wenke oor hoe om dié komponent so kreatief as moontlik aan te bied.

[Register here >>](#)

Hoërskole



High Schools

Afrikaans EAT: Gr 11

Date & Time: 1 March 2021, 17:00

Presenters: Marelize Swanepoel

Afrikaanse Taalkunde onderrig bly 'n uitdaging vir elke onderwyser. Spesialiste in die veld gee wenke oor hoe om dié komponent so kreatief as moontlik aan te bied.

[Register here >>](#)



Lifelong learning – development in line with SACE requirements | Voortgesette Onderwyser-ontwikkeling belyn met SARO vereistes

Date & Time: 2 March 2021, 16:00

Presenter: Marietjie le Roux

Lifelong learning is regularly mentioned. Why is it necessary to attend to this and what is link with SACE and IQMS?

Voortgesette ontwikkeling word gereeld beklemtoon. Waarom is dit nodig en wat het dit met SARO en IQMS te doen.

[Register here >>](#)

Hoërskole



High Schools

English Home Language Grade 8-12 English First Additional Language Grade-12: Shakespeare

Date & Time: 4 March 2021, 16:00

Presenter: Ted Townsend

Deconstruction of Shakespeare's work to fit into an African context is a contemporary challenge. In this first presentation setting the scene for presenting a drama text to learners is discussed

[Register here >>](#)

VKO



ECD

Skryfvaardighede vir 0 - 3 jariges

Date & Time: 4 March 2021, 17:00

Presenter: Hanlie Degenaar

[Register here >>](#)

ATPs available: Check regularly for updates



CVs

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

NAME	SURNAME	QUALIFICATIONS	PHASE	SUBJECTS	AREA
Thumeka	Ngubane	PGCE and Bachelor of Arts	FET / VOO	English Fal and HI. isiXhosa HI	Umtata, Mount Alliyf, Mount Frere, Bizana, Qumbu, Flagstaff, Port St John's
Tiaan	Alberts	Bachelor in Education	Intermediate / Intermediêr	Social Science, Afrikaans and Natural Science	Port Elizabeth
Tanya	J v Rensburg	BA sw NGOS	Foundation / Grondslag, Intermediate / Intermediêr, Senior, FET / VOO	All	All
Lucia	Theron	Bed (Intermediate and senior phase) degree Assessor, moderators en fasiliterings diploma Kwalifikasie in Simetologie	Intermediate / Intermediêr, Senior	Hoof vak- Wiskunde Hoof vak - Afrikaans Sosiale Wetenskappe Engels Natuur Wetenskappe Lewensoriëntering	Port Elizabeth Despatch Uitenhage

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

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



What you see in others, exists in you.

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

Contact details: drik.greeff@gmail.com