Hoor hier

Newsletter 17/2020

9 March 2020

Principals' District Satisfaction Survey

It is expected from all school principals to complete this online survey regarding the various services rendered by district offices. The purpose of this survey is to improve the service delivery to schools. Just click the following link to do the survey right now: **http://bit.ly/ratingofdistrictsupport2019**. For more information download the letter to principals at http://www.eccurriculum.co.za/Circulars.htm.

CVs
All CVs are available at http://bit.ly/hoorhier.

Jean-mari Ackerman

Phase(s) Fase(s)	Foundation/Grondslag
Subjects Vakke	Alle grondslagfase vakke Afrikaans, Engels, Wiskunde, Lewensvaardigheid
Preferred Area Voorkeurgebied	Oos-london

Brittney Crause

Phase(s) Fase(s)	Senior, FET/VOO
Subjects Vakke	Grade 8 and 9 Maths Grade 10 to 12 Mathematical Literacy Grade 8 and 9 N.S Grade 10 to 12 Life Sciences Grade 8 to 12 Life Orientation
Preferred Area Voorkeurgebied	Uitenhage

GEORGE RANDELL HIGH SCHOOL

Applications are invited for the following post:

**PHYSICAL SCIENCE GRADE 10 – 12
AND
MATHEMATICS GRADE 8 - 12**

STATE TRANSFER OR GOVERNING BODY POST

Commencement Date: 01 April 2020

SACE Registration is a Requirement

Submit letter of application, CV and all relevant
certificates of qualifications to:

The Principal
P.O. Box 5009, GREENFIELDS, 5208
E-mail: office@grhs.co.za
by no later than 16 March 2020

Only persons invited for an interview will be contacted.

The Governing Body reserves the right not to make an appointment.

Province of the EASTERN CAPE EDUCATION

Colleagues

Employee Wellness Services is tasked among other things to assist employees to perform better. Wellness is not the absence of disease but how one responds to communicable and non-communicable diseases. There is a new communicable disease; _The Coronavirus_. Attached hereto is useful and relevant information around the virus.

Yours for Healthy Workforce
Employee wellness Services

CORONAVIRUS

WHAT YOU NEED TO KNOW

A large family of viruses that cause not only the common cold but also cause a more serious and fatal respiratory illnesses.

Coronaviruses are a large family of viruses found in both animals and humans. Some infect people and are known to cause illness ranging from the common cold to more severe diseases. Corona virus (2019-nCoV) was identified in December 2019 to cause pneumonia in a cluster of people in Wuhan China. The infection has subsequently spread to other countries in the world.

HOW DOES IT SPREAD

Coronavirus spread the same way other cold-causing viruses do:

+ through contaminated people coughing and sneezing
+ by touching an infected person's hands or face
+ by touching things such as door handles that infected people have touched
+ saliva droplets getting into eyes

WHAT ARE THE SYMPTOMS

Symptoms may include:
+ History of fever
+ Coughing
+ Difficulty breathing
+ A general feeling of being unwell

+ Human coronaviruses can sometimes cause lower-respiratory tract illnesses, such as pneumonia or bronchitis
+ This is more common in people with cardiopulmonary disease, people with weakened immune systems, infants, and older adults

FATIGUE FEVER

SHORTNESS OF BREATH DRY COUGH

PREVENTION

+ Wash your hands frequently
+ Practice respiratory hygiene
+ Maintain social distancing
+ Avoid touching eyes, nose and mouth
+ If you have fever, cough and difficulty breathing, seek medical care early

TREATMENT

WUHAN

+ Can be fatal in severe cases
+ No vaccines or antiviral drugs
+ Symptoms, maybe treated like the common cold
+ Drink plenty of fluids
+ If you are concerned about your symptoms, you should see your healthcare provider

NDP 2030

A day without a friend is like a pot without a single drop of honey left inside.

Winnie the Pooh