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Newsletter 14/2021

8 March 2021

Circulars

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

- Memo: **Varkey Global Teacher's Awards and a request for teachers to enter the 2021 competition**

Assessment Instructions

The following document is available at http://www.ecexams.co.za/2021_Assessment_Instructions.htm:

- 8/2020: Memo: **Varkey Global Teacher's Awards and a request for teachers to enter the 2021 competition**

Vacant Posts

Southbourne Primary School

School Governing Body Temporary Teaching Positions at Southbourne Primary School:

Post 1: Grade 3

Date: 26 March - 9 July 2021

Post 2: Grade 1

Date: 31 May - 01 Oct 2021

Post 3: Grade 5

Date: 14 June - 13 Sept 2021

Requirements:

Home Language English teach in English

FAL Afrikaans teach in Afrikaans

(Must be able to teach all learning areas/subjects in English First Language)

The ability to coach sport:

Cricket, rugby, athletics, hockey, netball, swimming and/or tennis.

Please send your CV to marelise@southbourne.co.za for consideration.



PORT REX TECHNICAL HIGH SCHOOL

The following **GOVERNING BODY POSTS** exist for suitably qualified candidates from **1 MAY 2021**.

1. PHYSICAL SCIENCES

Candidates must have at least 5 years teaching experience at Grade 10 -12 level.
State extra-mural offerings.

2. TECHNICAL SCIENCES

Candidates must have at least 5 years teaching experience at Grade 10 -12 level in this subject at a main stream Technical High School.
State extra-mural offerings.

Successful candidates will be required to:

Submit SAPS clearance certificate,
Supply comprehensive CV with references, experience & qualifications,
Supply SACE certificate,
Supply valid PDP licence.

Submit to:

secretary@portrex.co.za

Closing date for application: FRIDAY 9 APRIL 2021

If applicant has not been notified within 14 days, consider the position filled.

THE GOVERNING BODY RESERVES THE RIGHT NOT TO FILL THE POSITION

BEACONHURST SCHOOL



**VACANCY
MATERNITY SGB
GRADE 1 - EDUCATOR POST:**

ALL FOUNDATION PHASE SUBJECTS

**To commence – 03 MAY 2021
End date – 03 SEPTEMBER 2021**

State qualifications, experience, subjects offered.

Submit CV to : The Principal
e-mail: admin@beaconhurst.co.za

Closing date: 17 March 2021

Only short listed candidates will be contacted.

The school reserves the right not to fill this post



Become a part of our vision of Academic Excellence and Opportunity

CLARENDON HIGH SCHOOL FOR GIRLS

has the following SGB Post available for 2021

**SUBJECT HEAD OF LIFE ORIENTATION AND TEACHING ENGLISH HL
GRADES 8 - 12**

Experience in teaching Grade 12 recommended.

Please submit a covering letter, detailed CV (including extra-murals) and a list of three contactable referees to: **cv.high@clarendonschools.co.za**

Closing date: 15 March 2021

Commencement Date: 3 May 2021 or as soon as possible

Originals of qualifications and proof of SACE registration will be required at the shortlisting stage.

The school reserves the right not to fill this post. Only shortlisted applicants will be contacted.

Applicants who have not been contacted by 9 April 2021 should assume that they have been unsuccessful.

CLARENDON - Taking the lead in a changing world



HOËRSKOOL GRENS OOS-LONDEN

ADMINISTRATIEWE POS

TAKE SLUIT ONDER ANDERE IN:

- Pastel: Debiteure
- Koshuis-boekhouding
- Versekering
- Kontrakte en kwotasies
- Advertensieborde
- Departementele vorms
- Skuldinvordering

Diensaanvaarding:

1 Mei 2021

Sluitingsdatum:

15 Maart 2021

E-pos volledige CV en gewaarmerkte bewyse van kwalifikasies na: admin@grens.co.za

- Slegs persone wat vir onderhoude genooi word, sal gekontak word.
- Die Beheerliggaam behou homself die reg voor om nie die pos te vul as 'n geskikte persoon nie gevind word nie.



cholesterol

Cholesterol is a soft, waxy substance – one of the blood fats made naturally in the body. It helps to form cells, hormones and bile (that helps us digest food). Cholesterol is found mostly in animal products such as meat, cream and butter.

WHAT IS “HIGH” CHOLESTEROL?

This is when you have too much “bad” cholesterol in your blood. This, in turn, can cause narrowing and blockages of the arteries – the blood vessels that carry blood to your heart muscle and to other parts of your body. In time, the narrowing of the arteries to your heart can lead to a heart attack, while blockages in the arteries of your brain can cause a stroke.

HIGH CHOLESTEROL CAN BE CAUSED BY



Diabetes. High blood sugar tends to raise bad cholesterol and lower good cholesterol. High blood sugar also damages the lining of your arteries which, combined with high cholesterol levels, leads to an even greater risk of heart disease and stroke.



Low activity levels. Exercise helps to lower your cholesterol levels, and helps to keep your weight in check.



An unhealthy diet. Eating too much fat, fried food, animal products high in cholesterol and processed foods such as white bread, cakes and sweets can lead to weight gain and raised cholesterol levels.



Gender. Men are at higher risk, but a woman's risk increases after menopause.



Your genes. Having a family member who has heart disease or high cholesterol increases your risk.



Being overweight. This increases your risk of high blood fat, including high cholesterol.



Age. The older you are - the greater your risk.

HOW CAN YOU TELL YOU HAVE HIGH CHOLESTEROL?

High cholesterol doesn't usually make you feel sick and many people don't know they have it. The first time they realise they have high cholesterol may be when they have a heart attack or stroke. If a family member is diagnosed with high cholesterol, you should get yours checked too. The only way to know for sure is to have your cholesterol checked by means of a simple blood test at your doctor, clinic or pharmacy.

Track your cholesterol

Check every 5 years if you don't have any of the risk factors mentioned.
Check at least once a year if you have one or more of these factors.

WHAT SHOULD YOUR GOAL BE

Less than 3 mmol per litre is the target low-density lipoprotein (LDL) cholesterol level for everyone. LDL is known as the "bad" form of cholesterol, linked to a build-up of cholesterol in the arteries.

DID YOU KNOW

There's also a "good" form of cholesterol, called high-density lipoprotein (HDL) cholesterol, which helps to clean up the blockages in the arteries. With the right lifestyle changes, this type of cholesterol is boosted.

A HEART-HEALTHY DIET

Keep your cholesterol in check and reduce your risk of heart disease and stroke 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 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
- Less sugar, sugary foods and drinks

MORE TIPS

STAY ACTIVE. Try to do a little bit of exercise every day. The more you do the better, but any exercise at all is better than no exercise. Take the stairs instead of the lift!

DROP A JEANS SIZE. Aim to lose 0.5–1kg per week if you're overweight. A dietician can help.

KICK THE HABIT. If you smoke, stop. Your cholesterol levels and blood pressure will improve almost instantly. After about a year, your risk of heart disease will have dropped by HALF.

DON'T HESITATE, MEDITATE! For your overall health, do whatever you need to do to keep your stress levels in check.

POP THAT PILL. Take your cholesterol-lowering medication as prescribed.



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

Source: Heart & Stroke Foundation, SA

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



Working towards a healthier you

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>

Amazon Web Services Girls' Tech Day: 8 Mar-4 Apr



Amazon Web Services (AWS) Girls' Tech Day is March 8 - April 4.

This event is designed to educate and empower girls and young women to pursue their interests in the fields of Science, Technology, Engineering, Arts and Maths (STEAM). This year, this complimentary event is virtual and is open to those from 8 – 24 years of age.

Participating is easy and flexible

Students and teachers can join as many times as they like, during the two-week period. Once registered, they will also be able to visit the site through the end of December to replay any activities and speaking sessions. The program is also open to teachers who want to participate with their classes, girls' tech groups and other organizations.

Tech activities (Documents available at <http://bit.ly/hoorhier>)

Each activity has three levels (Beginner, Intermediate and Expert), and covers a wide range of tech-related skillsets such as:

- Covering message
- Elementary Coding: Hands On coding Activity: Scratch Software
- Elementary Computational Thinking: A Hands-On
- Drawing Activity
- Machine Learning Activity: Deep Composer
- Virtual Reality Activity
- Robotics Activity: Scratch Fashion Show
- Robotics Activity: Amazon Robotics Challenge

Registration: <https://www.awsgirlstechday.com/primary-bumper-page?uuid=00000175-8a14-d1a1-a3fd-cfd5fd0b0000>

Website: <https://aws.amazon.com/about-aws/global-infrastructure/aws-incommunities/>

Matriek



Matric

Afrikaans HT & EAT Graad 12

Date & Time: 8 March 2021, 16:00

Presenters: Martlie Jordaan & Aletha de Klerk

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 >>](#)

Skoolbestuur



School Management

Mentorship as an empowerment instrument for the Principal and HOD | Mentorskap as 'n bemagtigingsinstrument vir die Hoof en DH

Date & Time: 9 March 2021, 16:00

Presenters: Oosie Oosthuizen & Christo Nel

Staff will become more effective if mentorship is implemented. What needs to be done to introduce such a system?

[Register here >>](#)

Inklusiewe Woensdag Inclusive Wednesday



Assessment accommodations and concessions (English session)

Date & Time: 10 March 2021, 14:00

Presenter: Alet Marais

Accommodations and concessions are tools and procedures that provide equal access to classroom instruction and assessment for learners with unique challenges, learning barriers and disabilities. They are provided to "level the playing field" and to eventually assist the learner to manage the barrier. Accommodations don't change WHAT the child is learning. Rather, they change HOW the child is learning. Join us for a session during which we will discuss the different assessment accommodations. We'll also look at the rules and procedures when applying for accommodations and implementing them during assessment.

[Registreeer hier >>](#)

Hoërskole



High Schools

English Home Language and English First Additional Language Grade 10 to 12: Shakespeare

Date & Time: 11 March 2021, 16:00

Presenter: Ted Townsend

Deconstruction of Shakespeare's work to fit into an African context is a contemporary challenge. Different characters used in Shakespearean drama is the focus

[Register here >>](#)

Coding Workshops

CODING UNPLUGGED



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



DETAILS

Time: 09:00 - 14:00

Cost: R250.00

(incl. refreshments, lunch, printed material & TANKS game)

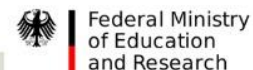
LOCATIONS

11 MARCH: EAST LONDON
17 MARCH: GOEBERHA
29 MARCH: CAPE TOWN
30 MARCH: TSHWANE
31 MARCH: JOHANNESBURG
1 APRIL: DURBAN
9 APRIL: BLOEMFONTEIN
10 APRIL: QWA QWA
23 APRIL SOUTHERN CAPE

VENUES TO BE
CONFIRMED
UPON REQUEST.



Funded by:



DAAD

More information / registration
Prof. Jean Greyling:
Jean.Greyling@mandela.ac.za

ATPs available: Check regularly for updates



CVs

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

NAME	SURNAME	QUALIFICATIONS	PHASE	SUBJECTS	AREA
Mtombifikile Queen	Mbhele	Diploma in information technology, Bachelor of education	Intermediate / Intermediêr, Senior	English, IsiZulu, Life orientation, economic management sciencesMathem atics grade 4 & 9	Rural
Sthembiso Lungani	Lukhozi	B.Ed Honours Environmental Education Postgraduate Certificate in Education B-Tech Horticulture National Diploma Horticulture	Senior, FET / VOO	Geography FET Natural Sciences GET Social Sciences GET Mathematics GET	Lusikisiki Port St. Johns Mthamtha
Thulisa	Mbena	Bachelor of Arts and Postgraduate Certificate in Education	Intermediate / Intermediêr, Senior, FET / VOO	IsiXhosa HL, English FAL, Life Orientation	All over the Eastern Cape
Nondumiso	Gina	Bed FET	FET / VOO	Accounting, Business Studies and EMS	Bizana and port Elizabeth
Tanya	Jansen van Rensburg	NGOS BA(SW)	Foundation / Grondslag, Intermediate / Intermediêr, Senior, FET / VOO	Afr Eng Lo Kk Ebw Wisk laerskool Sw	Oos-Kaap

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



Education isn't something you can finish.

Isaac Asimov

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

Contact details: drik.greeff@gmail.com