



# Hoor hier

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Newsletter 18/2021

23 March 2021

## Assessment Instructions

The following documents are available at [http://www.ecexams.co.za/2021\\_Assessment\\_Instructions.htm](http://www.ecexams.co.za/2021_Assessment_Instructions.htm):

- 14/2021 ABET Level 4 June Examination Timetable
- 13/2021 Issuing of Education Support Material - Exemplars Grade 11 November 2020
- 12/2021 Grade 12 Practical Assessment Tasks
  - Agricultural Management Practices
  - Agricultural Technology
  - CAT (Not available yet)
  - Civil Technology (Not available yet)
  - Consumer Studies (Not available yet)
  - Dance Studies
  - Design
  - Dramatic Arts
  - Electrical Technology
  - Engineering Graphics & Design
  - Hospitality Studies
  - Information Technology
  - Mechanical Technology
  - Music (Not available yet)
  - Technical Sciences
  - Tourism (Not available yet)
  - Visual Arts
- 11/2021: **National Senior Certificate (NSC) Examinations: Application for appointment as a Marker - December 2021**

## Curriculum Coverage

Kindly take note of Curriculum Instruction CM01/2021: **Implementation of Curriculum Coverage online Reporting Tools for Grades 1 – 12** at [https://www.eccurriculum.co.za/Curriculum\\_Instructions.htm](https://www.eccurriculum.co.za/Curriculum_Instructions.htm).

The first submission is **due on Friday, 26 March 2021**.

# ANDREW RABIE HIGH SCHOOL



## TEACHING POST GOVERNING BODY

Gr. 10 – 12 HISTORY  
Gr. 8 – 12 AFRIKAANS HUISTAAL  
Gr. 8 – 9 ARTS & CULTURE

Closing date: 6 April 2021

Apply with CV and qualifications at:

Email: [admin@andrewrabie.co.za](mailto:admin@andrewrabie.co.za)

Enquiries: 041-3745604

By hand: The Principal  
Andrew Rabie High School  
Brunswick Road, Adcockvale, Port Elizabeth



## **LILYFONTEIN SCHOOL**

The following Governing Body Post will exist for a suitably qualified and experienced candidate from 26 July 2021. Preference will be given to a Fundza Lushaka Bursary holder for a possible Department of Education position.

### **Grade 7 Educator**

Preferred subjects English, NS, LO, SS and Technology  
State extra murals  
SACE Certificate  
Experience in adventure based and environmental education are a recommendation.

Closing Date : Monday, 29 March 2021

Please email a short CV with referees to:

The Principal

[office@lilyfontein.co.za](mailto:office@lilyfontein.co.za)

**Faxed CV's will not be considered.**

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

THE GOVERNING BODY RESERVES THE RIGHT  
NOT TO FILL THE POSITION.



*Become a part of our vision of Academic Excellence and Opportunity*

## **CLARENDON HIGH SCHOOL FOR GIRLS**

has the following SGB Post teaching post available

**DRAMATIC ARTS GRADES 10 to 12**  
**AND**  
**CREATIVE ARTS (Drama Component) GRADES 8 to 9**

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

**Closing date: 25 March 2021**

**Commencement Date: negotiable**

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 15 April 2021 should assume that they have been unsuccessful.

***CLARENDON - Taking the lead in a changing world***



**VAKATURE  
LAERSKOOL ADELAIDE  
GRAAD 4 - 7 ONDERWYSER**

***DEPARTEMENTELE POS***

**Afr/Eng Dubbel Medium Klas  
Vakke: Afrikaans, Wiskunde & Robotika**

**MINIMUM VEREISTE**

- Vaardigheid in beide Afrikaans & Engels
- Rekenaarvaardigheid
- Vaardigheid en bereidwilligheid om betrokke te wees by die skool se buitemuurse program
- SACE registrasie of afskrif van aansoek
- Bestuurslisensie Kode 8

**Sluitingsdatum: 15 April 2021**

**Diensaanvaarding: 4 Mei 2021**

**Rig volledige CV, gesertifiseerde afskrifte van kwalifikasies en SACE registrasie aan:**

**Die Skoolhoof  
Posbus 7  
Adelaide 5760**

**Tel: 046 - 684 0161**

**Faks: 086 529 2635**

**E-Pos: adelprim@r63.co.za**

## 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>

## SAOU Webinars



### SACE Registration Process | SARO Registrasieproses

**Date & Time:** 23 March 2021, 16:00

**Presenter:** Marietjie le Roux

*An in depth look at the SACE registration process and the associated challenges.  
'n Indiepte kyk na die SARO registrasieproses en die hindernisse daaraan verbonde.*

Register here >>



### SAOU Free State Goudkring: Keeping your head in a crazy world | Vrystaat Goudkring: Kophou in 'n dol wêreld

**Date & Time:** 24 March 2021, 14:00

**Presenter:** GP van Rheede van Oudtshoorn

Register here >>



High Schools

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

**Date & Time:** 25 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 >>



### Skryfontwikkeling vir 0-3 jariges

**Date & Time:** 25 March 2021, 17:00

**Presenter:** Hannelie Degenaar

Register here >>

## CVs

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

NAME	SURNAME	QUALIFICATIONS	PHASE	SUBJECTS	AREA
Luvo	Ngqola	ND Tourism Management and PGCE	FET / VOO	Tourism and Business Studies	Anywhere in Eastern Cape
Bronleigh Angie	Vannies	Bachelor of Education	FET / VOO	Business Studies and Mathematical Literacy	Anywhere, I am willing to relocate.
Mthethwa	Nobuhle	Bachelor of Education	Intermediate / Intermediêr, Senior	Mathematics, English and Natural science	Anywhere is fine

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

## ATKV-Redenaarskompetisie



Afrikaans Huistaal en Eerste Addisionele Taal, Graad 1 – 12

Klik hier vir meer inligting: [https://atkv.org.za/media/3374/reg-atkv-redenaars\\_2021\\_temas.pdf](https://atkv.org.za/media/3374/reg-atkv-redenaars_2021_temas.pdf)

ATPs available: Check regularly for updates



Click <https://bit.ly/ATP-2021>



## 4 Ways to make quitting SMOKING EASIER

A 2020 study by the University of Cape Town revealed that around **27% of South African smokers attempted to quit smoking cigarettes during the lockdown period. Only 33% of those smokers were successful.**

As beneficial as quitting smoking is for your health, clearly it's challenging to quit.



### What are the challenges of quitting smoking?

#### CHALLENGES OF QUITTING SMOKING MAY INCLUDE:

- withdrawal symptoms (such as cravings, irritability, fatigue, depression, insomnia, constipation)
- high stress levels
- weight gain



### How can I deal with these challenges?



**EXERCISING** will help to relieve stress, beat cravings and counteract weight gain.



**DRINKING PLENTY OF WATER** will help with the physical symptoms of withdrawal.



**CUTTING BACK ON CAFFEINE** will help to reduce feelings of irritability.



**EATING** a healthy diet.



## 4 ways to make quitting easier



### 1. IDENTIFY YOUR TRIGGERS

Identify those things that make you want to smoke and find ways to manage or avoid these triggers, which could include:

- stress
- alcohol
- coffee
- social settings (like a public place where people regularly smoke)
- activities that you connect with smoking (such as finishing a meal, a work break, unwinding after a long day)



### 2. MANAGE YOUR STRESS

Stress is a huge contributor to smoking. Managing stress levels can help make quitting smoking easier.

Try the following to help manage your stress:

- meditation
- journaling
- breathing exercises



### 3. EXAMINE YOUR SOCIAL CIRCLES

Social smokers are more than twice as likely to die of lung disease and more than eight times more likely to die of lung cancer than non-smokers.

- It can be hard to quit if you're around smokers. Firmly set boundaries with your social circle.
- Try to avoid gathering in areas where people are smoking. If a group of people go outside to smoke, stay inside.



### 4. REACH OUT TO A CLINICIAN OR JOIN A GROUP

There's no shame in reaching out to a professional to help you quit smoking. You can also join a smoking cessation group, as smokers who join these groups are 50% to 130% more likely to successfully quit smoking.

**Breaking an addiction is no easy thing to do, so make sure to celebrate your progress as much as you can**

## 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](mailto:drik.greeff@gmail.com).
  - **Size:** A4 Portrait or A5 Landscape
  - **Format:** PDF or JPG



The beautiful thing about learning is  
that no one can take it away from you.

B.B. King

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

Contact details: [drik.greeff@gmail.com](mailto:drik.greeff@gmail.com)