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Newsletter 20/2021

29 March 2021

Circulars

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

- **DBE Circular S3 of 2021:** Repeal of Life Sciences and Physical Sciences as Proviso for offering Sport and Exercise Science (SPSC)
- **DBE Circular S4 of 2021:** Implementation of the Abridged Version of Curriculum and Assessment Policy Statement (Caps) Section Four Amendments in Grade 12
- **Memo:** Utilization of National School Nutrition (NSNP) surplus funds to mitigate the impact of hunger during school holidays
 - DBE Memo
 - Spreadsheet
- **Government Gazette 44293:** Call for Comments to amend the Curriculum and Assessment Policy Statement (CAPS) to make provision for Coding and Robotics Grades R - 9
 - Grades R - 3 Coding and Robotics Draft CAPS document - 19 March 2021
 - Grades 4 - 6 Coding and Robotics Draft CAPS document - 19 March 2021
 - Grades 7 - 9 Coding and Robotics Draft CAPS document - 19 March 2021
- **Government Gazette 44339:** Amendment of directions regarding School sport Physical Education and Extra-curricular Activities

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%20Instructions.htm).

The first submission was **due on Friday, 26 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%20Assessment%20Instructions.htm):

- **15/2021:** Procedure for the Appointment of Invigilators for 2021/2022 Grade 12 NSC and SC Examinations and Part-Time Centres
- **2020 Grade 12 National Senior Certificate: Chief Markers' Reports** (Please distribute to the relevant teachers.)

Examinations

SECOND CHANCE

Register to write your May/June Matric Exams using the Second Chance

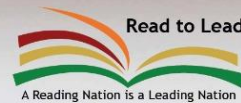
Late Applications allowed until *31 March 2021*

02

Days to go

Register at the District offices or use the e-services portal.

Register on: www.eservices.gov.za



CVs

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

NAME	SURNAME	QUALIFICATIONS	PHASE	SUBJECTS	AREA
INDIPHILE	Diko	Bachelor of Education Consumer Sciences	FET / VOO	Tourism studies, Hospitality studies and life orientation	Grahamstown, Craddock, Middelburg, port Elizabeth and Queenstown, Mthatha

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

Vacant Post

CLARENDON PARK PRIMARY SCHOOL



*Committed to providing a quality
education*

The following Governing Body post will exist for a suitably qualified and experienced candidate from 3 May 2021:

School Counsellor

Candidates must be a qualified Social Worker, Psychologist or Registered Counsellor, and must be registered with the SACSSP, CCSA or HPCSA.

Should you wish to apply, please submit your CV (including certified copies of qualifications, relevant registration documentation and 3 contactable references) via the school office or email clarendon@clarendonpark.co.za (email only for out of town applicants) by 7 April 2021

The school reserves the right not to fill this post. Applicants who have not been contacted by 16 April 2021, should assume that they have been unsuccessful.

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>

Your Health

Your HEALTH
Newsletter



Exercise to help MANAGE HYPERTENSION



In South Africa, 27.4% of men and 26.1% of women live with hypertension. Uncontrolled hypertension can place your health at risk. It increases your risk of heart attack, stroke and even kidney damage.

In addition to taking your medication, adjusting your diet, maintaining a healthy weight and exercising can also help to manage your condition.

Won't exercise raise my blood pressure?

"Exercise is good for the maintenance of both healthy heart function and keeping the blood vessels normal", explains cardiologist Dr Leonard Steingo.

This can help to maintain healthy blood pressure levels.



Exercises for hypertension

Those with hypertension should aim for at least **30 MINUTES** of aerobic exercise per day as well as strength training once per week.



AEROBIC EXERCISE – BRISK WALKING:

Aerobic exercises focus on your heart health. It encourages the body to pump more oxygen. Daily brisk walking for 30 minutes can help lower blood pressure.



STRENGTH TRAINING:

Strength training can help to lower blood pressure in people who have hypertension. It helps to build muscle and an increase in muscle mass has been found to help better regulate blood pressure.

- Use lighter weights as heavier weights can significantly raise blood pressure.
- If you don't have dumbbells, you can use canned goods or plastic bottles filled with water.
- Don't hold your breath when lifting weights as this can significantly raise your blood pressure and cause you to become dizzy. Instead, breathe easily and continuously as you lift.

Red Flags!!

STOP EXERCISING IMMEDIATELY AND CALL YOUR DOCTOR IF YOU BEGIN TO EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS:

- shortness of breath accompanied by chest pain and wheezing
- light-headedness

Before starting any exercise programme, it's important to first consult your doctor and a biokineticist. Along with your doctor, a biokineticist will evaluate your health and recommend a suitable exercise plan that will help manage your condition.

REFERENCES:

- <https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-019-6642-3>
- <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/symptoms-causes/syc-20373410>
- <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20045208>
- <https://medicalxpress.com/news/2019-07-high-blood-pressure.html>
- <https://www.ahajournals.org/doi/abs/10.1161/HYPERTENSIONAHA.118.12373>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5898885/>
- <https://www.cybexintl.com/education/fitnesstools/articles/strengthtraining.aspx>
- <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/expert-answers/weightlifting/faq-20058451>
- <https://www.health.harvard.edu/pain/safe-exercise-know-the-warning-signs-of-pushing-too-hard>
- <https://www.ahajournals.org/doi/10.1161/JAHA.118.009358>

ATPs available: Check regularly for updates



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



Mense besef nie die belangrikheid
van oomblikke nie, totdat hulle
herinneringe word.

Amanda Strydom - 28 Maart 2021

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

Contact details: drik.greeff@gmail.com