



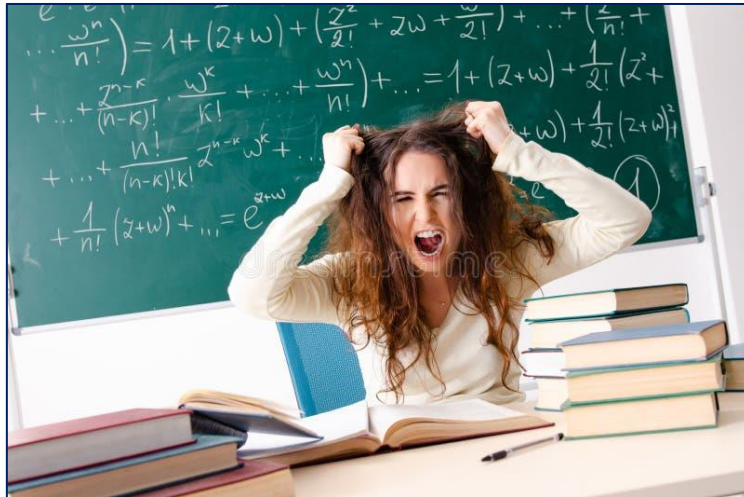
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HOW TO OVERCOME TEACHER BURNOUT

<https://www.ecexams.co.za/CM.htm>



The challenges South African teachers face are real, complex, and take a heavy toll. There is an overwhelming burden of administrative tasks, frequent meetings, challenging interactions with parents, undisciplined and abusive learners, and the complexity of managing multi-racial classrooms, among other issues. Many teachers find themselves disheartened, exhausted, and uncertain.

If you are one, how can you rediscover your love and passion for teaching in these circumstances? Here is a multi-pronged approach built to help you try and rekindle your passion:

1. Focus on the Success Stories:

- **The "Joy Jar":** Every day, write down one positive thing – a learner's breakthrough, a supportive interaction, anything that made you smile. Revisit these regularly to remind yourself why you chose this path. Reconnect with the passion that led you into this profession. Focus on the positive impact you can have on learners' lives.
- **Celebrate Small Wins:** Acknowledge and celebrate small successes in your teaching journey. Recognize the positive moments, whether it's a learner's improvement, a successful lesson, or a positive interaction with a colleague.
- **Learner Feedback:** Ask for anonymous comments on what learners enjoy about your classes. You might be surprised by the positive impact you didn't even realize.

2. Prioritize Self-Care:

- **Boundaries:** Set firm boundaries between work and personal life. Leave schoolwork at school whenever possible.
- **Recharge:** Pursue activities that genuinely relax you outside of work. Even small pockets of "me-time" make a huge difference.
- **Support System:** Lean on supportive colleagues, friends, or family. Vent, share experiences, and remind yourself you're not alone.

3. Manage the Workload:

- **Departmental Issues:** Respectfully advocate for streamlined administrative processes. Can repetitive tasks be simplified or automated?

- **Set Realistic Goals:** Break down your tasks into manageable, realistic goals. Prioritize your responsibilities and focus on achievable objectives. This can help you regain a sense of control and accomplishment.
- **Delegate:** Where possible, enlist help for non-teaching duties. Is there a parent volunteer or learner aide who could assist with basic tasks?
- **Prioritize:** Focus on what truly matters for learner learning. It's okay to let some less-critical 'nice-to-haves' slide.

4. Lean into Your Strengths:

- **Interests:** Integrate your passion for a subject to reignite your own enthusiasm. A project on your favourite topic can be infectious!
- **Collaboration:** Team up with colleagues to design engaging lesson plans or workshops. Sharing the load can spark new ideas.

5. Address Difficult Issues:

- **Parents:** Aim for open communication, focusing on the child's well-being. Establish clear expectations at the outset.
- **Learner Behaviour:** Seek support from school management authorities (SMTs) to establish consistent disciplinary standards. Can behavioural support services be involved?
- **Multi-Racial Classes:** Embrace this as an opportunity! Build lessons celebrating diversity, fostering respect, and exploring different cultures.

6. Professional Development:

- **Learn:** Attend workshops or courses that offer new strategies and perspectives. This can re-energize your teaching.
- **Incorporate Variety into Your Teaching:** Introduce new and innovative teaching methods to keep things interesting for both you and your learners. Experiment with different activities, technologies, or teaching approaches to bring freshness to your lessons.
- **Mentor:** Seek guidance from an experienced and inspiring teacher for new approaches. He/she may offer guidance, share his/her own experiences, and provide valuable perspectives.

7. Important Considerations:

- **Focus on Positive Relationships:** Cultivate positive relationships with your learners. Building strong connections with them can be a source of joy and fulfillment. Recognize and appreciate the positive aspects of your learners' personalities.
- **Don't Be Afraid to Ask for Help:** Talk to your school leadership about the overload. Systemic issues need to be addressed to protect your and your colleagues' well-being.
- **It's Okay to Take a Break:** If the situation becomes truly unmanageable, consider a leave of absence to reset. Discuss it with your principal. Sometimes, distance can provide clarity.

Remember: You're not failing. You care enough to seek solutions, which is a sign of strength. Please know that these challenges don't diminish your dedication.

Picture: Dreamstime.com

Also read the story that follows on the same topic: **Meneer, Bella en die taai klap - Drik Greeff**

HOOR BIETJIE HIER... STORIES VIR PLESIER

Die volgende paar maande sal daar elke maand 'n storie geplaas word. Geniet dit.

Meneer, Bella en die Taai Klap – Drik Greeff

('n Ware verhaal)

“Kollegas, as ons nie pret het nie, dan doen ons iets verkeerd. Dit moet mos vir ons lekker wees om skool te hou, lekker wees om klas te gee, lekker wees om sport af te rig of om 'n kulturele aktiwiteit te organiseer. As hierdie dinge nie meer vir ons lekker is nie, moet ons dringend 'n plan maak om ons onderwysloopbane op te kikker, want dis onregverdig om die kinders te straf omdat óns nie meer inisiatief het nie of al hunker na pensioen.”

Meneer skep 'n slag asem en loer oor sy bril na sy personeel. Hulle kan sommer sien hy is baie ernstig.

“En wat ek nou gesê het, geld nie net vir ons loopbane nie. As ons nie pret het in ons verhoudings met ons lewensmaats en met ons kinders nie, of ten opsigte van ons vriendskappe nie of wanneer ons ontspan nie, is daar iets verkeerd.”

“Hoe kry 'n mens dit reg, Meneer?”, val Bella sommer in Meneer se sop. “Ek hou nou al twintig jaar lank skool en het my afgesloof vir hierdie bloedjies. Ek dink ek het al al my talente opgebruik in hierdie skool. Boonop is daar so baie nuwe dinge in die onderwys deesdae. Ek sal nou lieg as ek sê ek geniet dit nog elke dag om skool te hou.”

Meneer kyk na Bella. Hy is bekommerd oor hierdie staatmakeronderwyseres van hom. Die feit dat sy erken dat sy soms negatief is, laat hom besef dat hy vanoggend die spyker op die kop geslaan het ten opsigte van pret, oftewel kreatiwiteit, motivering en werksbevrediging soos die pedagoë dit graag noem.

“Bella, kom ons dink aan iets nuuts. Probeer 'n nuwe metode, gebruik nuwe voorbeelde in jou vak, iets oorspronklik waarmee jy jou kinders kan verras. Jy sal sien, die kinders gaan dit geniet en jy sal dit nog meer geniet.”

Meneer is altyd die een wat self die daad by die woord voeg en vir sy personeel wys hoe dinge gedoen word.

Vrydae net voor die skool uitkom, is die matrieks by Meneer vir stelwerk. Dis 'n dodelike tyd van die dag en die week. Veral in die somer is almal lomerig en nie juis baie lus vir werk nie. So was dit ook die geval op Vrydag, die dertiende Februarie.

Meneer is nog druk besig om die vorige week se stelwerk uit te deel en te bespreek toe die klaskamer se deur skielik oop vlieg en Juffrou Bella instorm. Sonder om te klop. En almal kan sommer aan haar liggaamstaal sien dat sy kwaad is. Om die waarheid te sê: woedend!

Sy storm reg op Meneer af. Hy kyk verbaas op na haar, maar voordat hy nog sy mond kan oopmaak om iets te sê, is sy by hom en, sonder om iets te sê, haak sy af en gee hom 'n klap deur sy gesig. Om die waarheid te sê, 'n taai snotklap dat sy brilletjie, waaroor hy altyd vir ons loer, tot wie-weet-waar trek.

Terwyl die kinders nog na hulle asems snak, swaai sy kordaat om, storm by die klas uit en klap die deur agter haar toe dat jy net hoor vensters ratel.

Skok. 'n Totale skoktoestand heers. Dit is beslis die beste woord om die matrieks se reaksie

te beskryf: skoktoestand. Almal is tjoepstil en kyk af na hulle banke. So nou en dan loer iemand effens op om te sien wat Meneer doen. Niemand waag dit om 'n mond oop te maak nie. Of om te glimlag nie. Om te sien hoe hul skoolhoof geklap word, was beslis die allerlaaste ding wat hulle verwag het. Boonop ken hulle hom nie as 'n skurk wat 'n klap verdien nie.

Meneer se bril is intussen weer terug op sy plek. Seker vir twee minute sê hy nie 'n woord nie. Hy kyk na die matrieks voor hom, maar dié kyk vinnig weg as hulle sien dat hy na hulle kyk. Die rooi merke waar Juffrou Bella se vingers hom getref het, is duidelik op sy wang te sien.

Dan draai hy na die rekenaar en dataprojektor toe. Nou kan die matrieks vir die eerste keer loer wat aan die gang is of 'n vinnige senuagtige glimlag of vraende blik wissel. Meneer skakel die projektor aan en dan verskyn 'n breë glimlag op sy rooi geklakte gesig: *“Klas, hier is jul volgende stelwerkopdragte.”*

Hy begin te lees wat op die skerm verskyn: *“Jy is Juffrou Bella. Skryf nou 'n brief aan my en verduidelik waarom jy my geklap het. Of skryf 'n berig vir die skoolkoerant, Die Sonbesie, oor die voorval.”*

Stadig maar seker begin die matrieks uit hul skoktoestand kom en besef dat hulle lekker om die bos gelei is en dat die klap eintlik al die tyd 'n baie goed beplande stukkie toneelspel was. Die skerm is immers die bewys dat Meneer die waarheid praat en nie dalk iets onbehoorliks met Juffrou Bella aangevang het nie.

Bella se klap is beslis die skindernuus van die naweek en die weke wat volg. En inspirasie vir die ander personeellede om te eksperimenteer en te waag met nuwe idees en metodes.

En vir 'n wonder geniet die matrieks dit om self hul stelwerk te doen. Dit is nie eers nodig vir een ma of pa om dit skelm namens 'n arme matriekbloedjie te doen nie.

Meneer geniet nogal die oorspronklike idees van die matrieks. Die meeste skryfstukke wat die volgende Vrydag ingegee word, gaan oor 'n liefdesverhouding wat skeefgeloop het. Volgens Ina het Meneer Bella van 'n skelmrokery beskuldig. Lynn weer het gesê Bella is 'n 'klaptomaan' wat graag belangrike mans terugbring aarde toe met 'n taai klap.

Diana-Mari het onder andere die volgende te sê gehad in die Sonbesie: *“Wat voor ons oë afgespeel het, was meer dramaties, ontstellender (en opwindender) as enigiets wat Steven Spielberg ooit sou kon optower. Want dit wat voor ons afgespeel het, was eg.*

‘Sy het hom dwarsdeur sy gesig geklap, omgedraai en ewe kordaat uitgestap en verder haar woede en frustasie op die deur uitgehaal.

‘Vir die eerste keer in die geskiedenis was die matrieks stom van verbasing. Meneer was 'n tamatie met 'n nog rooier, goed gemikte, handmerk op sy wang. Sy oë en mond het drie hoofletter O's uitgespel.’

Meneer voel dit gepas om een oggend in die personeelkamer 'n paar van die matrieks se stelwerkstukke voor te lees. En om daarna vir Bella te bedank.

“Bella, baie dankie vir die klap. Ek moet sê dit was 'n uitstekende stukkie toneelspel.”

“Meneer, dit was regtig vir my 'n baie groot plesier. Maar wie sê dit was toneelspel?”

VACANT DEPARTMENTAL POSTS

45 VACANT DCES POSTS

- A Vacancy List has been published: *Office-based positions within the Eastern Cape Department of Education*

● Closing Date: 29 February 2024

- www.eccurriculum.co.za/Bulletins.htm



TRAINING – COURTESY OF SAOU



Professional Development



Register here: <https://bit.ly/SAOUwebinars> or scan the QR code above.

- 4 March 2024
 - Die Digitale Dilemma (Deel 1): Die uitdagings van sosiale media
- 5 March 2024
 - Personal Trademark and emotional intelligence: Integrity and best practice
- 6 March 2024
 - Young and Upcoming Leaders: Innovated Leadership - Born as one or shaped through skills? What are leadership skills?
 - Identifying and managing learning barriers: Assessments and Accommodations
- 7 March 2024
 - Die Digitale Dilemma (Deel 2)
- 11 March 2024
 - What do I do about ChatGPT and Generative AI in my class?

WELLBEING CONFERENCE 2023

Save the Date



COLLEGIATE GIRLS' HIGH AND JUNIOR SCHOOLS WILL CELEBRATE 150 YEARS OF EXCELLENCE IN 2024.

THERE WILL BE VARIOUS EVENTS THROUGHOUT THE YEAR TO MARK THIS MILESTONE. A WELLBEING CONFERENCE IS DUE TO TAKE PLACE FROM 13-15 JUNE 2024 AND WE EXPECT TO INVOLVE 250 DELEGATES FROM AROUND THE COUNTRY. IN ADDITION, WE WILL BE HOSTING A WELLBEING EXPO AND FRINGE EVENTS OF PRESENTATIONS AND WORKSHOPS TO PARENTS AND LEARNERS.

WELLBEING CONFERENCE
13 - 15th June 2024



For more information visit our website
www.collegiatehigh.co.za/150-years/well-being

SCHOOL TEL: 041-373 7705
SCHOOL FAX: 041-374 2817
EMAIL : COLLEGIA@CGHS.CO.ZA

Collegiate Girls' High School



P O Box 27870 | Greenacres | Gqeberha | 6057 | Tel: +27413737705 | Fax: +27413742817 | collegia@cghs.co.za | www.collegiatehigh.co.za

"Wellbeing is about the combination of our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health, and the pride we take in what we have contributed to our communities. Most importantly, it's about how these five elements interact."

– Tom Rath

Invitation and Registration Letter: Wellbeing Conference 2024

Collegiate Girls' High and Junior Schools will celebrate 150 years of excellence in 2024. There will be various events throughout the year to mark this milestone. A Wellbeing Conference is due to take place from 13-15 June 2024 and we are hoping to involve 250 delegates from around the country. In addition, we will be hosting an exciting

Hoor hier-nuusbrief | newsletter: <http://bit.ly/hoorhier>

Wellbeing Expo for our delegates, and fringe events of presentations and workshops to parents and learners.

Collegiate places a high priority on developing wellbeing among members of our community. Wellbeing is a broad concept and includes a range of psychological and physical abilities. Some types of well-being that we would like to focus on are emotional, physical, social, workplace and societal. Our vision for this conference is to explore the wellbeing of learners and educators in the educational sphere while having a great time at the end of Term Two with delegates who share a vision of exploring ways to create wellbeing among school staff and learners. Some of our keynote speakers include: Estee Cockcroft of Screensmart who will invigorate our understanding of the role of social media on our wellbeing; presenters from Bizskills whose courses are CPTD points accredited; Dr Ela Manga who will change our perceptions on the effects of breathing, energy and burnout; Devan Moonsamy, author of the well-known book on the isms that divide; and Vivienne Schultz on igniting Occupational Intelligence and transformation.

While we believe that we will want knowledge around wellbeing, we are also determined to ensure that our delegates at the Conference leave feeling well. Therefore, we have planned much fun and laughter as part of the programme. The cost includes sumptuous meals, an outing to Old Grey on Friday night with local performers, some comedic relief and time for bonding and relaxing because we all know you cannot pour from an empty cup.

Date: mid-day 13 June to mid-day 15 June 2024

Place: Collegiate Girls' High School. Kestell Street, Parsons Hill, Gqeberha.

Cost: R3 200 per delegate

Who should attend: school management teams, grade heads, teachers, psychologists, social workers, therapists, counsellors.

Payment for can be made to:

Name: Collegiate High School

Bank: Standard Bank

Account number: 280916841

Branch Code: 050317

Reference: WC and Name of Business

Please do then email pennys@cghs.co.za your particulars in addition to the proof of payment so that we can monitor payments and to whom we should attribute the payment.

Please note that both transport and accommodation bookings are for your own account and arrangement. Garden Court offers a reduced conference rate with this code: 1643220. Here is the link:

<https://www.southernsun.com/garden-court-kings-beach>. We are also able to offer advice on suitable accommodation via pennys@cghs.co.za. We will offer a shuttle service to and from the Garden Court accommodation, but delegates will need to arrange their own transportation if not staying at this accommodation. We will not be able to offer a shuttle service from the airport to the accommodation, but can provide a shuttle service to the airport at the end of conference.

We look forward to collaborating, networking and making friends, while filling your wellbeing quota, and speaking further on the areas. Please contact Mrs Penny Stephenson at pennys@cghs.co.za or 041 3737705 with any questions that you may have.

Should you wish to register as a delegate, please visit this page:

<https://forms.gle/XRZTmVfjUUzhyz2g7>

More information can be sourced on our website at <https://www.collegiatehigh.co.za/150-years/well-being>.

Yours sincerely



Mrs Louise Erasmus

Principal

PRACTICAL ASSESSMENT TASKS (PATs)

- The above-mentioned PATs have been released, and hard copies were distributed via district offices.
- Soft copies are also available now and can be downloaded at <https://bit.ly/PATS2024>

ANNUAL TEACHING PLANS 2024



ANNUAL TEACHING PLANS 2023 - 2024

www.eccurriculum.co.za/ATPs2023-2024.htm

<https://www.eccurriculum.co.za/ATPs2023-2024.htm>

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- Soft copies are also available now and can be downloaded at <https://bit.ly/PATS2024>

EXAMINATIONS

**NO. 1
EXAMINATIONS WEBSITE
FREE QUESTION PAPERS & MEMOS**

www.ecexams.co.za

VACANT POSTS



KING EDWARD HIGH SCHOOL MATATIELE

ENGLISH HOME SGB POST GR 8 – 10 / FET

To commence duties ASAP

MINIMUM REQUIREMENTS:

- Relevant Tertiary qualifications
- SACE registration
- Willingness to coach extra mural activities

The interview process and appointment will be at the sole discretion of the School Governing Body. The SGB reserves the right not to fill the position. Only shortlisted candidates will be contacted.

E-mail a brief CV to principalpa@kehs.co.za.

Closing date: 18 March 2024



P.O. Box 93
ELLIOT
5460
Tel: 051-0119127
Email: elliothigh@gmail.com

HOËRSKOOL ELLIOT HIGH SCHOOL

SUBSTITUTE TEACHER NEEDED

Teaching Post

BUSINESS STUDIES AND ACCOUNTING (FET PHASE) AND CREATIVE ARTS (SNR PHASE)

Requirements:

Fully qualified and able to teach in English and IsiXhosa.
SACE registered.
Traceable references.
Detailed CV.

Join our committed teaching team at the school of choice in the Lower Drakensberg.

A full programme of sporting and cultural activities is followed in this combined school.

CLOSING DATE: 13 MARCH 2024

Address applications to:

The chairperson, School Governing Body, EHS and hand in with the secretary at the reception or e-mail to the above address.

ONLY SHORTLISTED CANDIDATES WILL BE CONTACTED.

IF YOU DO NOT HEAR FROM US BY 20 MARCH 2024, CONSIDER YOUR APPLICATION AS UNSUCCESSFUL.



Applications are invited for the following
GOVERNING BODY
post which will become available on
1 July 2024.

PUPS Educator

Selborne Primary requires the services of an energetic, loving, compassionate and creative Pups Educator. The role requires the person to oversee the classroom environment and ensuring that boys are actively involved in age-appropriate, play-based learning.


Competency Profile

- A sound knowledge of Early Childhood Development
- A good understanding of the specific learning needs of the boys
- The ability to identify with and contribute to the traditional ethos of the school
- Possess sound interpersonal skills
- Be an enthusiastic, passionate and committed team player
- The ability to work with boys from Grade RR to Grade R
- Computer literate (Google Suite knowledge would be advantageous)
- SACE registered

Suitably qualified educators must submit applications in person complete with CV, police clearance and references to reception at Selborne Primary.

Selborne Primary reserves the right not to fill one or more of these positions and applicants who are not contacted by the school within 10 days after the closing date should assume their application has not been successful.

Closing date: 8 March 2024



A different school of thought.

Laerskool Aliwal-Noord
Aliwal North Primary School



ons het —
VAKANTE!
BEHEERLIGGAAM
ONDERWYS
2024 LOLT: Afrikaans and English

INTERMEDIÊRE FASE

Afrikaans Huistaal en Sosiale Wetenskappe

- ✓ Dekbrief en CV
- ✓ SACE registrasie
- ✓ Intersen: State subject preferences
- ✓ Appropriate Qualifications
- ✓ List extracurricular activities

Sluitingsdatum / Closing date: 08/03/2024 - 12:00

Only applicants invited to the interview, will be contacted.

Suksesvolle kandidaat sal binne 3 dae na onderhoud gekontak word.

The SGB reserves the right not to fill the post.

Stuur CV na



admin@lsan.co.za / lsan@wam.co.za

Website info: www.anps.co.za



GRONDSLAGFASE

SBL ONDERWYSPOS BESIKKBAAR

MIDDELBURG, OOS-KAAP

Primêre Skool Karel Theron is op soek na 'n entoesiastiese, toegewyde en gekwallifiseerde onderwyser om by ons aan te sluit.

Die vereistes is as volg:

- **Kandidaat se Eerste Taal moet Afrikaans wees.**
 - Kandidaat moet Engels magtig wees.
- Ervaring/opleiding in Jolly Phonics en Six Bricks is voordelig.
 - Meld ander opleiding.
 - Afrigting van buitemuurs verpligtend.
- Kandidaat moet bereid wees om te reis na Middelburg, Oos-Kaap vir die onderhoud.

POSAANVAARDING: 1 APRIL 2024

U aansoek moet asseblief die volgende bevat:

- Volledige CV
- Gewaarmerkte afskrif van kwalifikasie
- Gewaarmerkte afskrif van matrieksertifikaat
- Gewaarmerkte afskrif van ID
- Gewaarmerkte afskrif van SACE Registrasie verpligtend
- Polisieklaring verpligtend

E-pos u aansoek aan: kareltheronposte@gmail.com

Sluitingsdatum: 11 Maart 2024

Verwysing: Meld in e-pos KT_Grondslagfase

Neem kennis dat slegs kortlys kandidate gekontak sal word.
Indien u nie gekontak word binne 2 weke na die sluitingsdatum nie, was u aansoek onsuksesvol.
Die SBL behou die reg voor om nie die pos te vul nie.



INTERMEDIÛRE FASE

SBL onderwyspos beskikbaar

MIDDELBURG, OOS-KAAP

Primêre Skool Karel Theron is op soek na 'n passievolle Intermediêre Fase onderwyser om by ons aan te sluit.

Die vereistes is as volg:

• **Hoofvakke:**

Afrikaans Huistaal, Sosiale Wetenskappe & Natuurwetenskappe (Graad 4 - 7)

- Meld ander vakke.
- Kandidaat moet Afrikaans magtig wees.
- Afrigting van buitemuurs verpligtend.
- Kandidaat moet beskik oor 'n Kode 10 PDP, of bereid wees om een te kry voor 3 April 2024.
- Kandidaat moet beskik oor 'n BokSmart sertifikaat, of bereid wees om een te kry voor 3 April 2024.
- Kandidaat moet bereid wees om te reis na Middelburg, Oos-Kaap vir die onderhoud.

POSAANVAARDING: 1 APRIL 2024

U aansoek moet asseblief die volgende bevat:

- Volledige CV
- Gewaarmerkte afskrif van kwalifikasie
- Gewaarmerkte afskrif van matrieksertifikaat
- Gewaarmerkte afskrif van ID
- Gewaarmerkte afskrif van SACE Registrasie verpligtend
- Polisieklaring verpligtend

E-pos u aansoek aan: kareltheronposte@gmail.com

Sluitingsdatum: 11 Maart 2024

Verwysing: Meld in e-pos KT_Intemerdiêre Fase

Neem kennis dat slegs kortlys kandidate gekontak sal word. Indien u nie gekontak word binne 2 weke na die sluitingsdatum nie, was u aansoek onsuksesvol. Die SBL behou die reg voor om nie die pos te vul nie.

2024
KAREL THERON



GONUBIE PRIMARY SCHOOL

An opportunity exists for an enthusiastic and motivated person to join our dynamic Administrative Staff at Gonubie Primary School (East London) in June 2024

Debtors Clerk

REQUIREMENTS / RECOMMENDATIONS

- * Relevant qualifications
- * Must have experience in working with debt collecting in a school environment
 - * Knowledge of Pastel and MS Office
- * Knowledge of SASAMS and SASA a recommendation
 - * Good interpersonal skills
 - * Good organizational skills

Competitive remuneration package

Only short-listed candidates will be contacted

The SGB reserve the right not to fill the position

Email / hand in **CV with police clearance certificate and covering letter** to

secretary@gonubieprimary.co.za

no later than **06 March 2024 @12:00**

24 Main Road, Gonubie



VAKATURE/VACANCY
LAERSKOOL ADELAIDE PRIMARY SCHOOL
BEHEERLIGGAAMPOS / SGB POST
GR. 4 – 7

Vakke/Subjects: Wisk/Maths, SW/SS, EBW/EMS & LO/PT

Medium van onderrig / Medium of Instruction: Afrikaans & English

VEREISTES / REQUIRMENTS:

Sportorganiseerder / Sport Organiser
/13 Rugby Afrigter / Coach
Koshuisdiens / Hostel Duty

Aansoek & volledige CV moet vergesel wees van / Attached the following to the application and complete CV :

- * Erkende onderwyskwalifikasies / Acknowledged teaching qualifications
- * ID dokument / ID document
- * SACE sertifikaat / certificate
- * Getuigskrifte / Testimonial
- * Gr. 12 sertifikaat / certificate
- * Kode 8 bestuurslisensie / Code 8 drivers licence & PDP
- * Moet bereid wees om buitemuurs, sport en kultuur af te rig / Must be willing to coach extra curricular, sport and culture

Sluitingsdatum/Closing Date: 4 Maart/March 2024
Diensaanvaarding / Starting Date: 3 April 2024

Die Skoolhoof / The Principal
Tel: 046 – 684 0161 / 084 5111 018
Posbus / PO Box 7, Adelaide 5760
Faks / Fax: 086 529 2635
E-Pos / E-Mail: adelprim@r63.co.za

SLEGS KANDIDATE OP DIE KORTLYS SAL GEKONTAK WORD
ONLY SHORTLISTED CANDIDATES WILL BE CONTACTED FOR AN INTERVIEW

TEACHING POST AVAILABLE

COMMENCEMENT OF DUTY: 3 April 2024

The Lady Grey Arts Academy awaits applications from suitably qualified educators for the following, full-time governing body post.

Dramatic Arts	GRADE 1 to 9	Minimum requirements 1. Recognised Teaching Qualification. 2. SACE registration. 3. Ability to teach in a multi-cultural environment. 4. Fluent in Afrikaans and English. 5. Competence and willingness to be part of an extensive extra-curricular programme.
Life Orientation	GRADE 8	
To be considered for this position, you must demonstrate fluency in both English and Afrikaans. Knowledge of sound engineering as well as first aid is recommended.		CLOSING DATE FOR APPLICATIONS 14 March 2024 E-mail your CV to: principal@lgaac.co.za
Enquiries: Mrs. H. Prinsloo (073 900 2989)		 LADY GREY KUNSTE-AKADEMIE ARTS ACADEMY <i>where learning is an art</i>
The Lady Grey Arts Academy is a combined, multi-cultural public school where learners can excel in Visual and Performing Arts, using Afrikaans and English as Language of Learning and Teaching.		 Lady Grey Arts Academy  lgaac.co.za

CVs: <https://bit.ly/CVdata>

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

NAME	SURNAME	QUALIFICATIONS	PHASE	SUBJECTS	AREA
Thobekile	Buyeye	BED in Foundation Phase teaching	Foundation / Grondslag	English, isiXhosa, Life Skills and Mathematics	East London, Mthatha, Komani, Grahamstown and Gqeberha
Jocelynn	Classen	BA Degree, PGCE	Senior, FET / VOO	English & Life Orientation	Port Elizabeth

AVAILABLE TEACHERS: ONLINE CVs



187 online CVs are available at <https://bit.ly/CVdata>

RE-APPOINTMENT OF PREVIOUSLY RESIGNED EDUCATORS

Kindly take note of HRM Circular 4 of 2023: Re-appointment of previously resigned educators and those who had retired prematurely. It is available at <https://www.eccurriculum.co.za/Circulars.htm>

NEW

Managing the Unmanageable - A Teacher's Guide to Classroom Success -



<https://www.ecexams.co.za/CM.htm>

The following broad **categories and topics** are covered:

● **Personal but professional**

- ✚ How to get appointed in a new teaching job
- ✚ Do's & Don'ts for Newly Appointed Teachers: Navigating Colleagues, Learners & Principal
- ✚ Guiding the Novice: Nurturing Newly Appointed Teachers
- ✚ How to prepare for the new academic year
- ✚ How to be a respected colleague and a good friend
- ✚ How to plan and prepare for retirement

● **Emotional Intelligence (EQ)**

- ✚ How to Overcome Teacher Burnout
- ✚ Learners don't need a perfect teacher; they need a happy teacher
- ✚ How to stay motivated as a teacher
- ✚ Nurturing Emotional Safety for Teachers: Surviving and Thriving in the Classroom

● **Proactive Classroom Control**

- ✚ Embarking on a New School Year: A Teacher's Guide to the First Week
- ✚ How teachers can be effective classroom leaders
- ✚ Maintaining a positive classroom culture
- ✚ Establishing classroom rules and expectations
- ✚ Creating a Vibrant Learning Haven: Classroom Decoration and Design

● **Managing Learners: Engage, Empower, Excel**

- ✚ Quality Education in Poor Communities: Empowering Minds in Adversity
- ✚ Building positive relationships with learners
- ✚ How to motivate and inspire learners
- ✚ Handling bullying and harassment
- ✚ Dealing with disruptive behaviour
- ✚ Navigating Subject Choices in Grade 10: Guidelines for learners
- ✚ What to say to learners at an Awards Ceremony

● **Cool Teaching Tactics**

- ✚ Mathematics Myth: Turning the Tables on Perceived Difficulty
- ✚ Making your Subject Irresistible to Learners
- ✚ If you are not having fun, you are doing something wrong!
- ✚ Encouraging critical thinking skills
- ✚ Incorporating the four predominant learning styles in teaching
- ✚ Teaching learners different learning and studying methods
- ✚ Using technology effectively in the classroom
- ✚ How do I determine the standard of my teaching
- ✚ How do I determine the effectiveness of my teaching

● **Tips for Acing Exams**

- ✚ How do I determine the standard of my assessment
- ✚ How to prepare learners for successful exam writing

- ✚ How to give feedback after an exam
- ✚ Encouraging Resilience and Growth: Supporting Learners after Exam Results
- **Navigating the Principal's Office**
 - ✚ How to approach the principal with a new innovative, revolutionary idea for the school
 - ✚ How to approach the principal with a grievance: Navigating rudeness and unfair treatment
- **Parental Bridge Building**
 - ✚ What can teachers do to improve parental involvement in their school going children's education
 - ✚ Dear Parents... (Open letter to parents)
- **Vacation Vibes**
 - ✚ What teachers could do during the winter holidays
 - ✚ Sun, Sand, and Self-Care: Summer Adventures for Teachers

DEADLINE FOR SUBMISSIONS

This weekly newsletter is a **free** service to schools. Please distribute it electronically to all your colleagues. Schools are invited to advertise their **vacancies** here and teachers looking for posts are welcome to submit their **resumes** online. (See the link at the top of the page.)

The deadline for contributions: **Thursdays at 13:00.**

"WE EXPECT TEACHERS TO
 REACH **UNATTAINABLE** GOALS
 WITH **INADEQUATE**
RESOURCES.
 THE MIRACLE IS THIS:
 THEY OFTEN DO."

Haim Ginott

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- **Contact details:** drik.greeff@gmail.com