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Tears & Tantrums: Please help; my child does not want to go to school!

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



Background: *The parents are faced with the challenge of addressing their Grade 1 daughter's sudden refusal to attend school despite having already been enrolled for two months. The daughter, aged six, exhibits distressing behaviours such as crying herself to sleep at night and experiencing physical symptoms of illness in the morning, indicating a significant emotional and psychological struggle with attending school. Therefore, the problem at hand is to determine effective strategies and interventions that parents can implement to alleviate their daughter's school-related anxieties and facilitate her successful transition back to a positive school experience.*

Recommendations: When a young child suddenly exhibits signs of distress and reluctance to attend school, it's crucial for parents to approach the situation with empathy, patience, and understanding. Here are some steps parents can take to address the issue:

Address nighttime anxieties:

● **Calming bedtime routine:** Create a relaxing bedtime routine that includes a

bath, reading stories, and quiet cuddles. This routine signals to your daughter that it's time to wind down and feel safe.

- **Talk about worries:** Before bed, gently ask your daughter if there's anything bothering her at school. Listen patiently and offer reassurance. Validate her feelings and remind her that it's okay to feel scared or nervous.
- **Comfort objects:** Allow your daughter to have a favourite stuffed animal or blanket for comfort at night.

Morning routine:

- **Extra time in the morning:** If mornings are rushed, try waking up a little earlier to avoid extra stress.
- **Positive reinforcement:** Praise your daughter for getting ready for school, even small steps.
- **Address physical symptoms:** If she complains of stomach aches or headaches, take her temperature and rule out any illness.

Talk to the teacher:

- **Schedule a meeting:** Discuss your daughter's anxieties with her teacher. They may have insights into what's happening at school and can offer additional support.
- **Monitor progress:** Stay in touch with the teacher and keep them updated on your daughter's progress at home.

Additional tips:

- **Make school fun:** Talk about the positive aspects of school, like playtime, learning new things, and seeing friends. Read books about starting school together.
- **Playdates:** Arrange playdates with classmates outside of school to help your daughter feel more comfortable with them.
- **Seek professional help:** If the anxieties persist, consider talking to a child therapist who can help your daughter develop coping mechanisms.

It's important to be patient and understanding. Adjusting to a new grade can be challenging for some children. By addressing nighttime anxieties, creating a calm morning routine, and working with the teacher, you can help your daughter feel more secure, safe and happy.

Additional Reading: [The Best Way to Respond When Your Child Refuses to Go to School](#)

Picture: <https://www.shutterstock.com/image-photo/small-schoolgirl-covering-face-crying-portrait-1451173913>

NB! CIRCULARS NB!



CIRCULARS

www.eccurriculum.co.za/Circulars.htm

Available at <https://www.eccurriculum.co.za/Circulars.htm>:

- **Circular 2 of 2024:** Policy Guidelines on the registration of public schools, curriculum extensions and change of school names
- **Memo:** National School Nutrition Programme (NSNP): Continuation of feeding: April 2024

NB! ASSESSMENT INSTRUCTIONS NB!



ASSESSMENT INSTRUCTIONS

www.ecexams.co.za

Available at https://www.ecexams.co.za/2024_Assessment_Instructions.htm:

- **18/2024:** Grade 12 Diagnostic Reports on Learner Performance: 2023 NSC Exams: + Book 1, 2 and 3
- **19/2024:** 2024 Grade 12 NSC Final Provincial June Common Examination Timetable

WELLBEING CONFERENCE 2024

Collegiate Girls' High School

15 
Years of Excellence
1874 - 2024



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

Dear Principal and Staff

The end of the term is close !

Collegiate Girls' High and Junior Schools are celebrating 150 years of excellence in 2024. A Wellbeing Conference is taking 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 Wellbeing Expo for our delegates and members of the public, and fringe events of presentations and workshops to parents and learners.

Our intention is to have our teachers have a great time at the end of a busy Term Two with a blend of recreational activities, enrichment and educational information with delegates who share a vision of exploring ways to create wellbeing among school staff and learners.

► Date: 14h00 on 13 June to 12:00 on 15 June 2024

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

► Cost: R3 200 per delegate

- We would like to offer an early bird offer until 19 April of just over 10% off the price of R3200. This would be R2800.
- We would like to offer a flat fee of R2400 per person when a school books for 5 or more delegates.

We have attached a [letter](#) with more information together with a [fact sheet](#) of what the Wellbeing Conference will entail.

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

<https://forms.gle/XRZTmVfjUUzhyz2g7>

We would so enjoy you and your staff being able to join us and await to hear from you.

Kind regards,

Samantha Marriner

PA to DEPUTY PRINCIPALS: MRS SANDRA GERBER and MRS ANNEKE NEL

SCHOOL SECRETARY

Collegiate Girls' High School

Collegiate Girls' High School Wellbeing Conference: 13-15 June



Special Features:

- Shuttle Service
- Excellent **Catering for lunches, teas and suppers** from Capitol Catering and Old Grey
- **Entertainment** from Centrestage
- **Break-Away Sessions** featuring a wide range of options for delegates: art, drumming, animal therapy, parent's perspective on LSEN, ON the Couch Discussions, Concession Applications, the role of a Wellbeing Department.

Contact Penny Stephenson at pennys@cghs.co.za with queries and pricing options.

The Wellbeing Conference expo:
<https://forms.gle/3ezzrJD4kP5xMpG49>

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

Should you wish to register as a delegate, please visit this page: <https://forms.gle/XRZTmVfjUUzhyz2g7>

Programme Highlights:

13 June:

14:00
Arrival of delegates, Wellbeing Expo, Music and Networking

15:00 onwards

- *In the Flow* address by Principal, Mrs Louise Erasmus
- Kathy Balshaw, expert in Clifton Strengths, Positive Education and building on what is strong, not wrong
- Estee Cockcroft of Screensmart on *Human Connection versus Chronic Technology Distraction*
- *Laughter* with Gino Fabbri of Centerstage
- Being Full and Well Supper

14 June:

08:00 onwards

- Bizskills presents two CPTD accredited courses: *Understanding the Learner's Brain during Stress and Conflict, Criticism and the Programmes in our Mind*
- Dr Ela Manga on *Breathing and Burnout*
- Devan Moonsamy, author and frequent guest on local television, on *The isms that divide and the wellbeing that unites*
- Keynote address by Vivienne Schultz, author, founder of A2B Transformation, programme designer of Global Change Agent Academy. Manager of certificate programme Responsive Leadership based on neuroplasticity principles.
- Break-away sessions
- Centrestage performance and Celebrations at Old Grey with Build a Burger and Build a Connection

15 June:

08:00 onwards

- Financial Fitness
- Philippa Fabri, Doctorate in Inclusive Education, co-founder of Elsen Academy
- Lara Hayward, Life Healthcare, social worker and educator

11:45

- FareWELLS

TRAINING – COURTESY OF SAOU



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

- **19 March 2024**
 - Personal Trademark and emotional intelligence: How to implement the Johari Window model for good communication.
- **25 – 26 March 2024**
 - GEPF at the SAOU Offices in Gqeberha
All educators are welcome to contact the SAOU offices to obtain an appointment:
saouok@saou.co.za
- **3 April 2024**
 - AUTISM AWARENESS MONTH Understanding the disorder: The importance of early intervention part #1
- **9 April 2024**
 - SACE CPTD Orientation: All educators & especially Post Level 1 educators are welcome to attend this training session
 - Communicating assertively
- **10 April 2024**
 - AUTISM AWARENESS MONTH Understanding the disorder: How to work on the social skills of learners with ASD part #2

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

www.ecexams.co.za

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>

VACANT DEPARTMENTAL POSTS

46 VACANT DCES POSTS

- A Vacancy List has been published:
Office-based Educator Posts within the Eastern Cape Department of Education
- Closing date: 15 March 2024
- www.eccurriculum.co.za/Bulletins.htm



VACANT POSTS

Hoërskool Cillié

ONDERWYSPOS

Beheerliggaam

GR8-12 ENGLISH FAL, L.O, GR8-9 SKEPPENDE KUNS



Vereistes

Volwaardige toepaslike onderwyskwalifikasie
Bewese ondervinding in onderrig kan tot u voordeel wees
Taal van onderrig en leer: Afrikaans
Registrasie by SARO (SACE)
Bereidwilligheid om buitemuurs aktiwiteite by die skool aan te bied

'n Volledige CV, vergesel met 'n dekbriëf en alle gesertifiseerde dokumente asook verwysings kan by die skool ingehandig word of per epos gestuur word aan:

hsc@absamail.co.za | 041 451 4837

Sluitingsdatum vir aansoek: 15 Maart 2024
Diensaanvaarding: 3 April 2024



Laerskool Fort Beaufort Primary School

The School Governing Body invites all applicants for the following post:

Grade 1 Educator
(bilingual: Afrikaans & English)

The SGB post exists for a suitable qualified candidate
(asap)

Should you wish to apply, please submit via email:

- letter of application
- curriculum vitae
- certified copies of qualifications
- SACE registration certificate
- extra murals offered
- 3 contactable references

EMAIL: rethamalan30@gmail.com

Closing date: 14 April 2024

The SGB reserves the right not to fill this post. Applicants who have not been contacted by 18 April 2024, should assume that they have been unsuccessful.

15
Years of Excellence
1874 - 2024



Collegiate Girls' High School
leading school in Gqeberha

VACANCY

SCHOOL COUNSELLOR - SOCIAL WORKER

(School Governing Body position)
effective **APRIL 2024** (negotiable)



The role of the School Counsellor - Social Worker is to be part of the Wellbeing Team and provide psycho-social support to adolescent learners within in the school setting, and should have the following attributes, skills and experience:

- Understanding of the challenges facing girls today
- Genuine interest in working with girls
- Strong evidence-based counselling skills
- Worked with adolescent girls or individuals entering adulthood
- Willing to be part of a Wellbeing Team
- Ability to provide psycho-social supportive services within a school setting
- Ability to offer grief and other loss counselling
- Ability to monitor all symptoms of anxiety, depression and illness
- Conflict resolution and group counselling
- Ability to establish good working relationships with key school staff
- Excellent report writing recommended
- Experience with barriers to learning, neurological disorders recommended
- Sound knowledge of and experience in working with the South African Schools' Act and Children's Act
- Understanding of child protection matters, policies and procedures
- A positive, patient and resilient personality
- Ethical and professional orientation at all times

Applicants must have at least **five years' post qualifying experience in counselling and / or psycho-social support** and must be registered with either the SACSSP or the HPCSA.

To find out more about this opportunity to be part of a dynamic team focusing on the well-being of adolescent learners, and to apply, go to:

https://www.collegiatehigh.co.za/about/staff_vacancies

Closing date: 20 March 2024



Ugie High School
Teaching Post (SGB)
Senior Phase
Starting date: 1 April 2024

Requirements:

- Natural Sciences Gr 7-9 and Mathematics Gr 7
- Appropriate Teaching Qualification
- SACE Registration
- Language proficiency English and Afrikaans
- Previous teaching experience preferred
- Mention extra-mural activities

Closing date: 18 March 2024

E-mail your CV and supporting documents to:

ugiehigh@gmail.com



Laer Volksskool Graaff-Reinet



Aansoeke word ingewag vir:

ONDERWYSPOS

(Beheerliggaam)

GRONDSLAFASE

VEREISTES:

- Toepaslike kwalifikasies
- SACE registrasie (verpligtend)
- Buitemuurs: sport en/of kultuuraktiwiteite

AANBEVELING:

- Toepaslike ondervinding
- Bestuurslisensie met PDP

Diensaanvaarding: 1 April 2024

Stuur aansoek aan hoof@laervolksskool.org

Sluitingsdatum : 22 Maart 2024

Slegs persone wat na die onderhoud genooi word sal gekontak word.

Die verwerking van alle persoonlike inligting sal ooreenkomstig die betrokke bepalinge van die Wet op die Beskerming van Persoonlike Inligting geskied.

Die Beheerliggaam hou die reg voor om nie 'n aanstelling te maak nie

Laer Volksskool is 'n dinamiese Afrikaansmedium skool in die Karoo met 20 onderwysers en 400 leerders.

**Hoërskool De Vos Malan
King William's Town**



Vacant SGB Post

**English Home Language
Gr. 8 - 12**

Requirements

Must be qualified to teach English Home Language (FET Phase).

Must have teaching experience in English Home Language (Gr. 10 – 12)

SACE registration

NSC final examination marking experience will be an advantage.

Must contribute to the extramural program of the school.

Starting date

3 April 2024

E-mail an application letter and detailed CV with references to:

skoolhoof@devosmalan.co.za

or

frontoffice@devosmalan.co.za

Closing date

15 March 2024

The SGB reserves the right not to fill this position.



WINTERBERG

HOËR LANDBOUSKOOL / AGRICULTURAL HIGH SCHOOL

FORT BEAUFORT

TEACHING POSTS: Tourism: Gr 10 – 12

Must be able to teach in **BOTH AFRIKAANS & ENGLISH**

REQUIREMENTS: Recognised Academic qualification in the subject

Professional Teaching Qualification

SACE - registration

Sport Coaching

REMUNERATION: School Governing Body – negotiable

Possible accommodation available on school premises

DATE: 1 APRIL 2024 (TERM 2)

ENQUIRIES AND APPLICATIONS:

☎ 046 5550005 / Fax 086 603 6884

✉ amandac@winagric.co.za

🌐 www.winagric.co.za

CLOSING DATE: 18 MARCH 2024 @ 12:00

**If you haven't heard from us by 22 MARCH 2024, your application was
unsuccessful**



Union High School is seeking to appoint a substitute educator

**HISTORY (GRADE 10 - 12) & SOCIAL SCIENCES (GRADE 8 & 9)
Temporary Departmental Position**

1 April 2024 – 30 September 2024 (to be extended every 3 months)

REQUIREMENTS:

- Complete command of English.
- Must be SACE registered.
- Computer Literate.
- Relevant teaching qualifications.

Teaching qualifications for English HL (Grade 8 & 9) will be an advantage

CLOSING DATE: 17 March 2024

Only short-listed candidates will be contacted.
The interview process and appointment will be at the sole discretion of the Governing Body.
It is expected that short-listed candidates are available to travel to Graaff-Reinet for an interview.

The successful applicant will be required to start immediately.

Please send a comprehensive CV to:

**The Headmaster
Union High School
P.O. Box 190
Graaff-Reinet
6280**

E-Mail: secretary@unionschools.co.za

Website: www.unionschools.co.za

Tel.: 049-8910262 | Fax: 049-8910261 / 0865082910

  unionschools.co.za



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

HIRE ME!



NAME	SURNAME	QUALIFICATIONS	PHASE	SUBJECTS	AREA
Ntombenhle	Jama	B Ed EMS (FET)	FET / VOO	Accounting, Business studies and EMS	Mthatha, East London, Butterworth, Qonce

AVAILABLE TEACHERS: ONLINE CVs



191 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>

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

 Read all these articles at <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
- ✚ The Two-Pot Retirement System

● **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

- ✚ Tears & Tantrums: Please help; my child does not want to go to school!
- ✚ 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. Teachers looking for posts are welcome to submit their **resumes** online at <https://bit.ly/CVinfo>.

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



Listening to tears and offering guidance helps your child develop emotional resiliency.



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- Drik Greeff assumes no liability for direct and/or indirect damages arising from requests from individuals or institutions to distribute information on their behalf.
- **Contact details:** drik.greeff@gmail.com