

Lalela?
Nindawonye, wena
nezingane zakho
ninamandla
okudlula
ekumisweni
kokusebenza
kwezwe !



Imizamo yakho ephuma phambili iyigugu futhi ibalulekile ezinganeni zakho.

Njengomzali noma umnakekeli wokuqala wengane nguwe onguthisha wokuqala wengane yakho. Noma ngabe ufundile noma awufundanga, nguwe ongumuntu omdala obaluleke kunabo bonke empilweni yengane yakho. Wazi okuningi kakhulu ngengane yakho; njengokuthi ngokuphi ukudla, namathoyizi kanye nemidlalo eyithanda kakhulu. Uyazi ukuthi yini eyisabisayo nokuthi ungayiduduza kanjani. Uyayithanda futhi uyayinakekela futhi lokho kuhlanganisiwe kungaba yisisekelo sokwenza ingane yakho ikwazi ukuphumela phandle emhlabeni.



Abanakekeli bangabamba iqhaza elibalulekile emfundweni yengane yasesikoleni, noma ngabe bawonozala bengane noma bengasibo. Abacwaningi bathole ukuthi noma angayedwa umuntu omdala oyese kayo ingane, uneqhaza elibaluleke kakhulu emiphuleni umfundi angase afinyelele kuyo.

Akulindelekile ukuthi ubambe uthisha. Ubambisene nothisha kanye nesikole. Iqhaza lakho njengomzali wukweseka ingane yakho enqubweni yokufunda ngokwenza indawo elungele ukuthi abheke izintshisekelo zakho, aqhamuke nemibono futhi abuze imibuzo. Ukufundela ekhaya angeke kufane nokufundela esikoleni. Lesi sikhathi sokumiswa kokusebenza kwezwe siyisikhathi esibalulekile ukuze kugcizelelwe ezinye zezisekelo ezidingekayo ukuze ingane yakho izibandakanye ekufundeni okunenzuzo. (Ukuze uthole imisebenzi ephakanyisiwe “**Ukufundela ekhaya**”)

Ubudlelwane nengane yakho kuyigugu elibaluleke kakhulu ukuze usize ingane yakho ifunde. Ungakhela phezu kwabo, futhi usebenzise izinsiza eziphathekayo ukusiza izingane zakho zifunde.

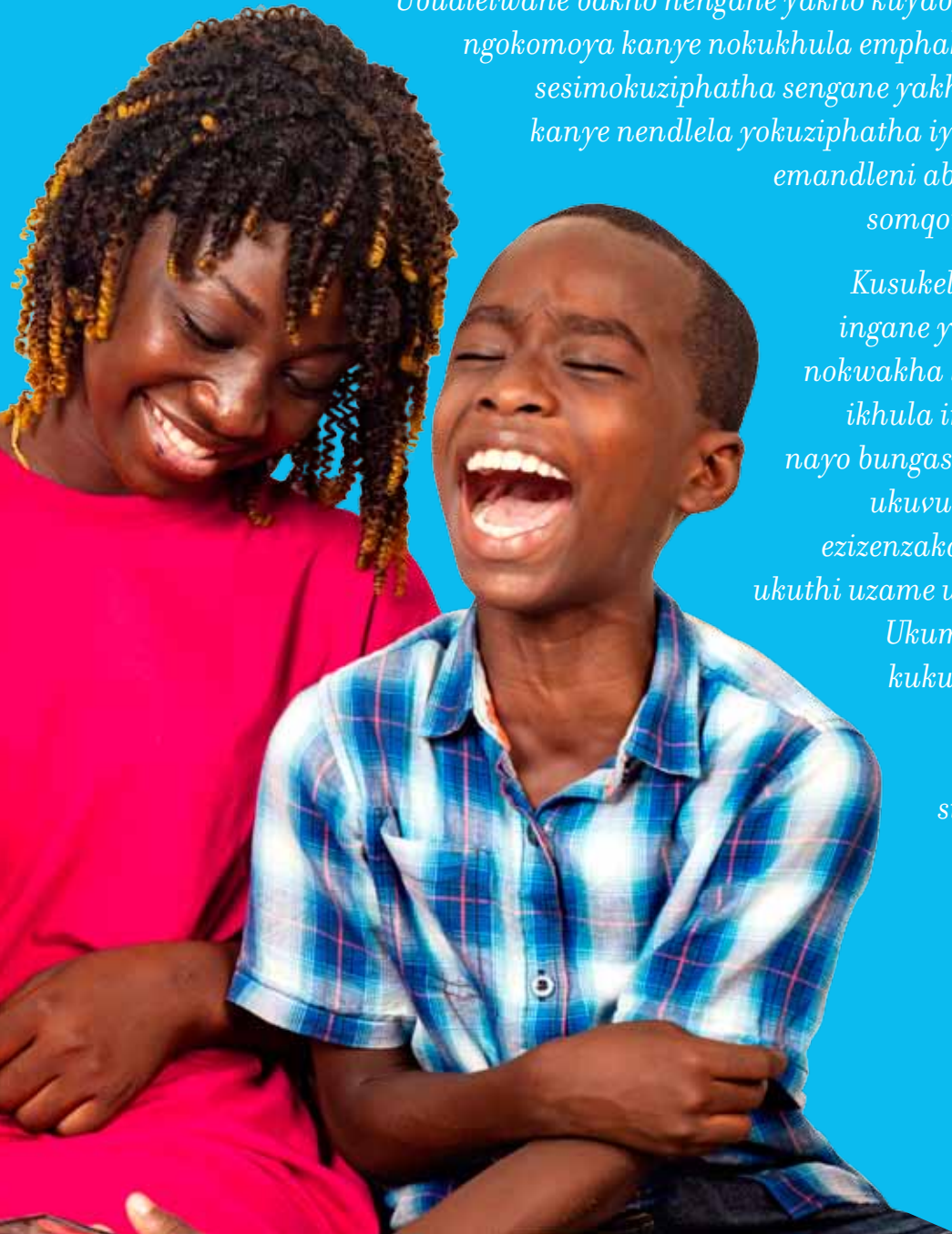


Unamandla okusiza ingane yakho ukuze iphumelele!

Ubudlelwane bakho nengane yakho kuyabakhululisa ngokwenyama, ngokomoya kanye nokukhula emphakathini. Bundlala isisekelo sesimokuziphatha sengane yakho, ekukhethayo empilweni kanye nendlela yokuziphatha iyonke. Bungaba nomthelela emandleni abo kwezenhlalakahle, isimo somqondo kanye nesimo somoya.

Kusukela ngosuku owaletsha ngayo ingane yakho ekhaya, ububambene nokwakha lobu budlelwane. Njengoba ikhula ingane, ubudlelwane bakho nayo bungashintsha, futhi kubalulekile ukuvuma ukuthi ezinye izinselele ezizenzakalela ngokwemvelo zizobiza ukuthi uzame ukuqinisa lobo budlelwane.

Ukumiswa kokusebenza kwezwe kukunika ithuba elihle kakhulu lokwakha ubudlelwane nengane yakho, ngalesi sikhathi nalapho seyibuyele esikoleni.



Imihlahlandlela eyisisekelo yokwakha ubudlelwano obuqinile nengane yakho

Njengomzali, ungasebenzisa ubudlelwane onabo nengane yakho ukuyisiza iwuthande umsebenzi wesikole. Ukukhombisa ukuba nendaba ngemizwa yayo ngesikole kanye nalokho ekufundile noma ekufundayo kuveza ukuthi isikole kumele sinakwe futhi sinikwe isikhathi. Imicabango nemibono yakho ibalulekile enganeni yakho futhi nguwe oyisibonelo sokuqala sengane yakho. Izingane zingase zikopele indlela abazali bazo abaziphatha ngayo esikoleni. Zama ukuveza okuhle uma uxoxa ngesikole nothisha. Umbono wakho ngokufunda kuzodlala indima enkulu ekuhlelembeni impumelelo yengane yakho esikoleni.



Akha ukwethembana

- Kubalulekile **ukuyilalela** ingane yakho. Beka imizuzu eyi-10-20 yokulalela ingane yakho nsukuzonke. Ngalesi sikhathi kubalulekile ukuyinakisisa ingane yakho futhi uzame ukuthi kungabi nguwe okhulumayo.
- Zama ngamandla akho wonke **ukwethembeka** enganeni yakho ngalokho okwenzekayo ngokwezinga eliyifanele. Yisize ukuthi isiqonde isimo futhi uyichazele ngezinyathelo okumele izithathe ukuze ihlale iphephile.
- Enza ingane yakho **ingasuki** ohlelweni olumisiwe lwemithetho nezinqubo zasendlini.
- Bonisa ingane yakho **uthando nokunakekela**, lesi sikhathi sinzima kubo bonke abantu.



Xoxisana nengane yakho

- Zama ukwenza ukuxoxa nengane yakho **okwenza nikhulume nobabili**, nobabili nilalelane uma kusakhuluma omunye.
- Enye yezindlela eziphuma phambili zokwenza lokhu wukukhuluma nengane yakho ngezinto **ezibalulekile** kuyo.
- Yinike ithuba lokubuza **imibuzo**. Uma ungayazi impendulo, zamani ukuyithola ngokuhlanganyela.



Gqamisa okuhle

- **Halalisela** noma uyincome ingane yakho uma yenza umsebenzi kahle.
- Nika ingane yakho **ithemba** uma uhluleka noma ubhekana nezinsesele. Izingane ezincane zingase zibuyele emuva zenze izinto ebesezikhulile zingasazensi isib. ukuchamela umbhede, ukukhulumisa okwengane, ukuncela isithupha nokuba nenhliziyo encane.
- Nika ingane imisebenzi elula ukuze isize umndeni. Lokhu kuzoyenza izizwele ibalulekile futhi kwenze ibe **nokuzethemba**.



Ingane yakho inelungelo lokuthola imfundo eyisisekelo, noma ngabe ifunda kwesiphi isikole nanoma ukhokha imali yokufunda noma cha. Kubalulekile ukukhumbula ukuthi uma ukhathazekile ngokuthi ingane yakho ayikutholi ukwesekwa okumele ngabe iyakuthola esikoleni sayo ngesikhathi sokumiswa kokusebenza kwezwe nangale kwakho, unelungelo lokubuza imibuzo nokuphakamisa izisombululo. Uphiko Olulawula Isikole (i-SGB) lunomsebenzi wokukumela njengomzali ngakho kubalulekile ukudlulisa okukukhathazayo kulo. Kumele uxoxe nangalokho okukukhathazayo nesikole sezingane kanye nothisha. Unamandla okuqinisekisa ukuthi izingane zakho zithola imfundo eseqophelweni eliphezulu.

Indlela yokweseka ingane yakho ngaphandle kokukhungatheka



Enye yezindlela eziphuma phambili zokuzihlomisa ngamathuluzi owadingayo ukuze weseke ingane yakho njengamanje wukuyibuza ingane yakho nothisha wayo. Lokhu kumiswa kokusebenza kwezwe kukunika ithuba lokuqonda ukuthi ingane ikweliphi izinga - kwezemfundo nasesimweni somoya. Buza ingane yakho imibuzo enezimpendulo ezivulelekile, njengokuthi...

“Ngeziphi izifundo ozithanda kakhulu esikoleni? Yini oyithandayo ngazo?”

“Ngeziphi izifundo ezikuxakayo? Yini ekuxakayo ngazo?”

“Ngesiphi isikhathi osithanda kakhulu ngosuku lwesikole? Kungani usithokozela kangaka?”

“Imithetho yesikole ihluke kangakanani kunemithetho yasekhaya?”

“Ingabe ucabanga ukuthi imithetho ilungile?”

Indlela ophendula ngayo ibaluleke kakhulu, ukuze kube nokwethembana nokuqinisekisa ukuthi uyakwazi ukweseka ingane yakho uma ibhekene nobunzima esikoleni. Yiba nomqondo ovulelekile futhi uzimisele ngokuxoxisana nengane yakho ngezinkinga eziqubukayo. Leli yithuba elikhulu lokuthi wena njengomzali **uxhumane nothisha wengane yakho**. Othisha ezweni lonke bazama ukuthola izindlela eziphuma phambili zokukusiza weseke ingane yakho ngalesi sikhathi. Lokhu kubambisana kungakusiza kakhulu ukuze uqonde ukuthi ingane yakho ikuphi ngokwemfundo. Uthisha wengane yakho angakunika izeluleko eziningi ngezinhlobo zemisebenzi ongayenza ngesikhathi sokumiswa kokusebenza kwezwe ukuze kugcizelelwe lokho ingane yakho eseyikwazi. Zama ukuxhumana nothisha wengane yakho, njengamanje othisha abaningi basebenza i-WhatsApp ukuzama ukuxhumana nabazali.



Ezinye zezinyathelo ezingathatheka ukuzama ukuqala ukuxhumana nothisha wengane yakho, nesikole kanye nabantu abayingxenye yesikole:

1. Uma ungayazi imininingwane yokuxhumana nothisha kodwa kunenombolo yanoma wubani wasesikoleni, mushayele ukuze uthole inombolo yocingo noma i-imeyli kathisha ofundisa ingane yakho.
2. Isikole kungenzeka sibe nenombolo yakho endala, noma kungenzeka ukuthi salahlekelwa inombolo yakho - qinisekisa ukuthi sinenombolo efanele.
3. Uma ungasitholi isikole noma uthisha, ingabe bakhona abanye abazali obaziyo esikoleni - zama ukuxhumana nabo.
4. Ingabe ingane inabangani esikoleni, zama ukuxhumana nabazali babo.

Amaqhingana okufundela ekhaya

Uma weseka ingane yakho ekhaya, imisebenzi eniyenzayo angeka ihlelwe njengale eyenziwa esikoleni.



Ezinganeni ezineminyaka emi-3-6 kubalulekile ukwenza okulandelayo...

- Akhela ingane yakho **uhlelo lokusebenza**. Loku hlelo lokusebenza angeka lufane nolwasesikoleni noma olwangenkathi uya emsebenzini, kodwa luzokusiza ukuze wena nengane yakho nizizwele nivikelekile ngalesi sikhathi esinzima kakhulu.
- Gxila ekuzameni ukuthuthukisa **ulimi** lwengane yakho ngokwenza okulandelayo ukufunda, ukuxoxa indaba, nokuxoxa nayo ngezinto ezinhlobonhlobo enizenza ndawonye usuku lonke.
- Zama ukugcina ingane yakho **isebenza** futhi uyinike imisebenzi yemisipha emikhulu nemisipha emincane yabo, lokhu kusiza ukuthuthukisa amakhono engane okunyakaza yenze izinto ezilula nezibiza ukusebenzisa ingqondo kakhudlwana. Imisipha emikhulu yenza ukuthi ingane igijime, igxume, nokuthi ikwazi ukuphosa, imisipha emincane ivame ukuba ezandleni naseminweni.

I-SmartStart inezinsiza ezingayisebenzisi idatha ezizokusiza ukwakha uhlelo lokusebenza kanye nezinhlobo zemisebenzi ongayenza ngengane yakho etholakala ku-<https://smartstart.datafree.co/everyweekcounts/>



Ezinganeni ezifunda kumabanga ayisisekelo kubalulekile ukwenza okulandelayo...

- **Xhumana nesikole sengane yakho**, uzwe ukuthi senzani ukweseka izingane ngalesi sikhathi.
- Ezinye izikole sezinezinhlalo ezimisiwe, kodwa uma esakho singanalo, gxila **ekufundeni izincwadi nezibalo**. *I-ClickMaths yakhe isizindalwazi ezingasebenzi ngedatha sokusiza ingane yakho kwizibalo nokufunda izincwadi, lezi zinsiza zitholakala ku-<https://learning.bcxlearn.com/learn/#/topics>*
- **Akha uhlelo lokusebenza** lwengane yakho olubeka isikhathi sokufunda nesokudlala.
- Uma **unezingane ezinye** ezifunda amabanga ahlukeni ekhaya, zikhuthaze ukuthi zifunde **futhi zisebenze ndawonye**. Lokhu akusizi ingane yakho encane kuphela kodwa kusiza nokugxilisa izisekelo enganeni yakho endala.



Lesi sikhathi siphinde sibe yithuba lokugcizelela okuyigugu obona kubalulekile enganeni yakho ukuze ixhumane nomhlaba kanye nabanye abantu ngendlela enhle.



Ezinganeni ezifunda kumabanga aphezulu kubalulekile ukwenza okulandelayo...

- Hlala nazo futhi uqonde ukuthi zidinga isikhathi esingakanani osukwini ukuze zenze umsebenzi wazo wesikole. Misa imigomo engafezeka.
- Sisize ukuze sidwebe uhlelo losuku olusukela ngoMsombuluko kuya kuLwesihlanu. Lokhu kuzinika isikhathi esanele nsuku zonke ukuze zizame ukufeze imigomo yazo yokufunda. Khumbula ukuthi kungase kube nesidingo sokulubuyekeza uhlelo losuku uma seluzanyiwe.
- Qinisekisa ukuthi ingane yakho ilala ngokwanele, ngendlela engalala ngayo uma kuyiwa esikoleni.
- Buza ingane yakho ngalokho ekufundayo emkhakheni ewundayo ngamunye. Lokhu akusho ukuthi nguwe oqhamuka nalokho okuqukethwe, kepha kuzobonisa ukuthi uyayikhathalela imfundo yazo.
- Khuthaza ingane yakho ukuthi ixhumane nabafundi efunda nabo kanye nothisha bayo. Othisha abaningi basesikoleni sakumabanga aphezulu basebenzisa u-WhatsApp njengensiza yokufinyelela kubafundi babo.



Indlela yokuzinakekela njengomzali

Lesi sikhathi sinzima kubo bonke abantu, futhi uma ungasivikeli isimo sempilo sakho esiqondene nomqondo angeke ukwazi ukunakekela izingane zakho. Xhumana nabanye abazali ababhekene nezimo ezifanayo. Akha iqembu laku-WhatsApp lapho ningakwazi ukuthintana, nixoxe ngezinsalele kanye nezimpumelelo.



Iba wumuntu ovulelekile, uma indlela ethile yokufundela ekhaya ingakusebenzeli wena nomndeni wakho, dlulela kwenye. Khumbula ukuthi noma ngabe unagalelo lini, libalulekile.

IGCIWANE LE-CORONA

Coronavirus hotline: 0800 029 999 / WhatsApp 060 012 3456
www.sacoronavirus.co.za / www.coronavirus.datafree.co

IMPILO YENGQONDO

South African Depression and Anxiety Group hotlines: 0800 21 22 23 /
0800 456 789 / 0800 20 5026 / 0800 70 80 90 www.sadag.org

UKUBA NGUMZALI

Parent Centre: www.theparentcentre.org.za / 021 762 0116

UKUSIZWA NGOLWAZI LOKUFUNDA

Reading for Meaning: Ungathola usizo ngokufunda kuWhatsApp ngokubhala u "hello" ku +27 600 54 8676 bese ulandela imenyu yeZero Dropout Campaign.



Sizani!

Parent Power luwuhlelo lwe-DGMT oluhlose ukwakha abazali abanogqozi eNingizimu Afrika, abathuthukiselwe ukuba woshampeni bemfundo yezingane zabo.