

14 Desember 2021

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SOMERVAKANSIEVEILIGHEID

- Die regering bedank, namate ons die einde van dié akademiese jaar bereik, al die onderwysers en leerders vir julle besondere prestasies ten spyte van die uitdagings wat deur KOVID-19 gelewer is.
- KOVID-19 is steeds teenwoordig. Neem steeds eenvoudige voorsorgmaatreëls om die verspreiding van die virus te minimaliseer — word ingeënt, was/ ontsmet steeds jou hande, dra 'n masker, hou jou sosiale afstand en maak vensters oop vir vars lug.
- Word ingeënt om jouself, jou vriende en jou gesin teen ernstige siekte as gevolg van KOVID-19 te beskerm.
- Kies buitelugaktiwiteite eerder as binnenshuise aktiwiteite, aangesien dit die veiliger opsie is. Oorweeg dit om parke te besoek wat nie propvol is nie of hou klein agtererfbyeenkomste soos braaie.
- Handhaaf dié somer 'n gesonde roetine, soos om genoeg te slaap, 'n gesonde dieet te volg, gereelde fisiese aktiwiteit te handhaaf en skermtyd te beperk.
- Bly dié somer veilig — vermy dwelms, alkohol en ander riskante gedrag.
- Moenie bekommer of paniekerig word as jy nie slaag of nie so goed doen as wat jy verwag het nie; daar is steeds opsies vir jou beskikbaar.



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SUMMER BREAK SAFETY

- As we reach the end of this academic year, the government thanks all teachers and learners for your extraordinary achievements despite the challenges presented by COVID-19.
- COVID-19 is still present, take simple precautions to minimise the spread of the virus – vaccinate, continue to wash hands/sanitize, wear a mask, social distance and open windows for fresh air.
- Vaccinate to protect yourself, your friends and your family from serious illness as a result of COVID-19.
- Opt for outdoor activities over indoor as it is the safer option. Consider visiting non-crowded parks or hosting small backyard gatherings like cookouts.
- Maintain a healthy routine this summer, such as getting enough sleep, eating a healthy diet, maintaining regular physical activity and limiting screen time.
- Stay safe this summer – avoid drugs, alcohol, and other risky behaviour.
- If you did not pass or do as well as you expected, do not stress or panic, there are options still available to you.

14 kuNobayeni 2021



UKUPHEPHA NGESIKHATHI SOKUPHUMULA SEHLOBO

- Nasifika ekupheleni kwalomnyaka wefundo, urhulumende uthokoza woke amatijhere nabafundi ngepumelelo yenu eveleleko hlangana neentjhijilo ezilethwe yi-*COVID-19*.
- I-*COVID-19* isekhona, yenithobele imiyalelo yezokuphepha ukunciphisa ukurhatjheka kwengogwana, – jovani, yenirage nokuhlamba izandla namkha ukuzihlanzekisa, fakani amamaski, niqalangane godu nivule namafesdiri kubethe ummoya.
- Jova ukuzihlenga wena, abangani bakho nomndenakho ekusahlelweni kugula okukhambeleleko okungabangelwa yi-*COVID-19*.
- Nyula ukwenzela izinto ngaphandle kunangekhaya ngombana lokho kuphephile. Khetha ukuvakatjhela amaphaga angakaminyani namkha ukubamba iminyanya emincani ngekhaya ngaphandle njengokupheka nisiqhema.
- Landena Ikambiso ethobela zepilo kilelihlobo, njengokulala ngokwaneleko, ukudla ukudla okunepilo, ukuthabulula umzimba njalonjalo nokunciphisa isikhathi sokuditjha ngofunjathwako.
- Hlala uphephile kilelihlobo – Balekela iindakamizwa, utjwala nokhunye ukuziphatha okungasikuhle.
- Nawungakaphumeleli namkha ungakasebenzi ngendlela ogade ulindele ngayo, ungaphatheki kumbi namkha uthukwe, akhona amanye amathuba onawo.



14 EyoMnga 2021

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UKHUSELEKO KWIHOLIDE YEHLOBO

- Njengoko sifikelela esiphelweni salo nyaka wokufunda, urhulumente ubulela bonke ootitshala nabafundi ngempumelelo yabo ebalaseleyo nangona bekukho imingeni ebangelwe *yi-COVID-19*.
- I-*COVID-19* isekhona, thatha amanyathelo alula okunciphisa ukusasazeka kwale ntsholongwane - gonya, uqhubeke nokuhlamba izandla / ufake isibulali ntsholongwane, unxibe isigqubutheli-buso, ugcine umgama kwaye uvule iifestile ukuze ufumane umoya omtsha.
- Gonya ukuze ukhusele wena, abahlobo bakho kunye nosapho lwakho ekuguleni kakhulu ngenxa ye-*COVID-19*.
- Khetha ukwenza imisebenzi yangaphandle ngaphezu kweyenziwa ngaphakathi endlini njengoko ikhuselekile noko yona. Cinga ngokundwendwela iipaki ezingagcwalanga okanye ubambe iindibano ezincinci eyadini yakho ezifana nokuphekela emlilweni.
- Gcina inkqubo esempilweni kweli hlobo, njengokulala ngokwaneleyo, utye ukutya okusempilweni, uhlale uzilolonga kwaye unciphise ixesha ohlala kulo kwitheknoloji.
- Zigcine ukhuselekile kweli hlobo – ziphephe iziyobisi, utywala, kunye nezinye iindlela zokuziphatha eziyingozi.
- Ukuba awuphumelelanga okanye awenzanga kakuhle njengoko ubulindele, sukucinezeleka okanye uphakuzele, zikhona ezinye iindlela onokukhetha kuzo.



14 Zibandlela 2021



UKUPHEPHA NGAMAHOLIDI ASEHLOBO

- Njengoba siphothula lo nyaka wokufunda, uhulumeni ubonga bonke othisha nabafundi ngempumelelo yabo emangazayo yize bebebhekene nezinselele ezilethwe i-*COVID-19*.
- I-*COVID-19* isasekhona, landela izindlela ezilula zokuzivikela ukunciphisa ukubhebhetheka kwegciwane – goma, qhubeka nokuhlanza izandla noma usebenzise isibulali-magciwane, gqoka isifonyo, qhelelana nabanye abantu futhi uvule amafasitela ukuze kuzongena umoya ohlanzekile.
- Goma ukuze uzozivikela wena, abangani bakho kanye nomndeni wakho ekuguleni okunzima ngenxa ye-*COVID-19*.
- Khetha imisebenzi yangaphandle kunaleyo yangaphakathi kwesakhiwo ngoba yona iphephile. Ake ucabange ngokuvakashela amapaki angagcwele abantu noma ukusingatha imicimbi yangaphandle emincane njengoyokuphekela ngaphandle.
- Gcina ukuziphatha ngokwempilo kuleli hlobo, okufana nokulala isikhathi esanele, ukudla ukudla okunempilo, ukuzivocavoca nokunciphisa isikhathi sokubukela umabonakude.
- Hlala uphephile kuleli hlobo – gwema izidakamizwa, utshwala, nokunye ukuziphatha okunobungozi.
- Uma ungazange uphumelele noma wenze kahle njengoba bekulindelekile, ungazikhathazi noma ube nexhala, asekhona amanye amathuba ozowathola.



14 Manthole 2021

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POLOKEGO YA MAIKHUTŠO A SEHLA SA SELEMO

- Bjalo ka ge re fihla mafelelong a ngwaga wo wa thuto, mmušo o leboga baithuti le barutiši ka moka ka lebaka la diphihlelelo tša bona tša di botse go fetišiša le ge go na le ditlhohlo tša go tlišwa ke *COVID-19*.
- *COVID-19* e sa le gona, tšea magato a bonolo a tšhireletšo go fokotša phatlalalo ya baerase – hlabela tšhwaana, tšwelapele go hlapa diatla goba go sanethaesa, go apara seširanko-le-molomo, go tlogela sekgoba gare ga gago le batho ba bangwe le go bula mafesetere go tsenya moya wa go hlweka.
- Hlabela tšhwaana go šireletša wena, bagwera ba gago le ba lapa la gago go bolwetši bjo bogale ka lebaka la *COVID-19*.
- Kgetha meletlo ya go swarelwa ka ntle ga ntlo go feta ya ka gare ga ntlo ka ge go bolokegile go tšea sephetho se bjalo. Tšea sephetho sa go etela mapatlelo a boithabišo ao a sego a tlala kudu goba go swara meletlo ye monyane ya ka mafuri go swana le dipikini.
- Dira gore o be le setlwaedi se se botse sehleleng se sa selemo, go swana le go robala nako ye e lekanego, go ja dijo tša phepo, go tšwelapele ka go itšhidulla kgafetša le go fokotša nako ya go bogela dithelebišene.
- Dula o bolokegile sehleleng se sa selemo – kgaogana le diokobatsi, bjala, le maitshwaro a mangwe ao a lego kotsi.
- Ge o šitilwe dithutong goba o se wa šoma ka fao o bego o letetše, o se ke wa tshwenyega goba go tšhoga, go sa na le menyetla ye mengwe ye o ka e hwetšago.



14 Tshitwe 2021

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POLOKEHO NAKONG YA KGEFUTSO YA LEHLABULA

- Ha re fihla qetellong ya selemo sena sa dithuto, mmuso o leboha matitjhere ohle le baithuti bakeng sa diphihlello tsa lona tse babatsehang ho sa natswe diqholotso tse bakuweng ke *COVID-19*.
- *COVID-19* e ntse e le teng, nka mehato ya tlhokomelo e bonolo ya ho fokotsa ho ata ha kokwanahloko – enta, tswella ho hlapa matsoho/ho sebedisa setlolo se nang le motswako wa alkhohole, kenya maske, sielana sebaka le ba bang le ho bula difenstere hore moya o kene.
- Enta bakeng sa ho sireletsa wena, metswalle le ba lelapa ho kuleng ho matla ka lebaka la *COVID-19*.
- Ho ikgethela diketsahalo tsa ka ntle ho meaho ho e na le tsa ka hare ho bolokehile. Nahana ka ho etela diphaka tse sa tlaleng kapa dipokano tsa ka jareteng moo le tla ho phehela ka ntle.
- Dula o latela mehato e itekanetseng lehlabuleng lena, jwaloka ho robala ho lekaneng, ho ja hantle, ho dula o ikwetlisa le ho fokotsa ho boha thelevishene.
- Bolokeha lehlabuleng lena – phema dithethefatsi, tahi, le boitshwaro bo kotsi.
- Haeba o sa atleha kapa o sa sebetsa kamoo o neng o lebeletse kateng, se tshwenyeha kapa ho tshoha, ho sa ntse ho na le ditsela tse ding tse teng.



14 Sedimonthole 2021

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PABALESEGO MO MAIKHUTSONG A SELEMO

- Jaaka re ya bokhutlong jwa ngwaga ono wa dithuto, puso e leboga barutabana le baithuti botlhe ka diphitlhelelo tsa bona tse di duleng diatla le fa tota go ntile le dikgwetlho ka ntlha ya COVID-19.
- COVID-19 e sa ntse e le teng, tsaya dikgato tse di bonolo go fokotsa go anama ga mogare o, entiwa, nna o tlhapa diatla/dirisa sanithaesa, apara mmaseke, tshola katologano e e maleba le go bula matlabaphefo gore mowa o o foreše o tsene.
- Entiwa go sireletsa wena, ditsala le ba lelapa la gago kgatlhanong le bolwetse jo bo masisi ka ntlha ya COVID-19.
- Tlhopha ditiragalo tswa kwa ntle go na le tsa mo teng ga dikgago gonne di babalesegile. O ka etela diphaka tse di sa tlang thata kgotsa go nna le dikokoano tse dinnye mo magaeng jaaka go dira dijo tse di farologaneng.
- Tswelela ka maitsholo a boitekanelo mo selemong se, jaaka boroko bo bo lekaneng, go ja dijo tse di dikotla, go fokotsa nako ya go bogela thelebišene.
- Babalesega mo selemong se – tla diritibatsi, nnotagi le maitsholo a mangwe a a kotsi.
- Fa o sa falola kgotsa o sa dira ka moo o neng o solofela ka teng, o se etsaetsege kgotsa go nna ka fa tlase ga kgatelelo, go na le dilo tse dingwe tse o ka di dirang.



14 Ingongoni 2021

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KUPHEPHA NGESIKHATSI SELIKHEFU LASEHLOBO

- Njengaloku sesifinyelela ekupheleni kwemnyaka wekufundza, hulumende ubonga bonkhe bothishela nebafundzi ngemphumelelo yabo lenkhulu nanome bekunetinsayeya te-*COVID-19*.
- I-*COVID-19* solomane isasekhona, landzela ticwayiso tekuphepha letilula kute unciphise kubhebhetheseka kwaleligciwane – goma, chubeka ugeze tandla/usebentise sibulalimagciwane, faka sifonyo, tichelelanise nalabanye bantfu futsi uvule emafasitela kute kutsi kungene umoya lomusha.
- Goma kute kutsi utivikele, uvikele bangani bakho kanye nemndeni wakho kutsi ungaguli kakhulu ngenca ye-*COVID-19*.
- Khetsa kuba ngephandle nakukhona lokwentako kunekutsi ukwentele endlini ngobe kuphephile kwenta njalo. Khetsa kuvakashela emapaki lete sicuku sebantfu nome usingatse lomncane wasemvakwendlu njengekuphekela ngephandle.
- Gcina umkhuba wetemphilo lomuhle kulelihlobo, njengekutsi ulale ngalokwanele, udle kudla lokunemphilo, utigcine njalo utivocavoca futsi unciphise sikhatsi sekubuka mabonakudze.
- Hlala uphephile kulelihlobo – gwema tidzakamiva, tjwala, kanye nalokunye kutiphatsa lokunebungoti.
- Nangabe awukaphumeleli nome awukenti kahle njengaloku bewulindzele, ungakhatsateki nome wetfuke, tisekhona letinye tindlela longatenta.



14 Nyendavhusiku 2021



TSIRELEDZO YA MADUVHA VHUAWELO A TSHILIMO

- Musi ri khou swika kha mafhelo a nwaha wa akademi, muvhuso u livhuwa vhadededzi na vhagudiswa kha u swikelela zwithu zwa maṭhakheni naho hu na khaedu dzo ḍiswaho nga COVID-19.
- COVID-19 i tshe hone, kha vha shumise ṭhogomelo dzi leluwaho u thivhela u phaḍalala ha tshitzhili nga u haelwa, kha vha bvelephanḍa na u ṭamba zwanḍa/u sanithaiza, u ambara masiki, u sia tshikhala vhukati havho na vhanwe, na u vula u itela muya mufhe.
- Kha vha haeliwe u itela u ḍitsireledza, khonani dzavho vha muṭa kha vhulwadze vhuhulu vhu vhangwaho nga COVID-19.
- Kha vha nange u ita mitambo ya nnḍa kha ine ya itwa nga ngomu sa khetho yo tsireledzeaho. Kha vha nange phakha dzi songo ḍalesa u fhira maguvhangano a nga ngomu sa u bikela nnḍa.
- Kha vha shumise maitele a re na mutakalo tshino tshilimo, sa u eḍela lwo linganelaho, u ḷa nndyo ndinganywa, kha dzule vhe na nyito dza muvhili misi yoṭhe na fhungudza tshifhinga tsha u vhona tshikirini.
- Kha vha dzule vho tsireledzea tshino tshilimo – vha vhe kule na zwidzidzivhadzi na alikhoholḷi na zwiṅwe zwiito zwi re khombo.
- Arali vha sa phasa kana u shuma nga nḍila yo lavhelelwaho, vha songo vhilaela, hu kha ḍi vha na zwinzhi zwine vha nga ita.



14 N'wendzamhala 2021

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VUHLAYISEKI BYA NKARHI WO WISA WA XIMUMU

- Tanihiloko hi ri karhi hi fikelela ekuheleni ka lembexidyondzo leri, mfumo wu khensa vadyondzisi na vadyondzi hinkwavo eka mifikelelo ya vona leyo ka yi nga tolovelekangi hambiloko ku ri na mitlhontlho leyi tirhisi hi *COVID-19*.
- *COVID-19* ya ha ri kona, teka magoza yo sirhelela yo olova ku hunguta ku hangalaka ka xitsongwatsongwana lexi – sawutisiwa, yana emahlweni u hlamba swandla/tirhisa sanithayizara, ambala masiki, siya mpfhuka exikarhi ka vanhu naswona pfula mafasitere leswaku ku nghena moya wo tenga.
- Sawutisiwa ku tisirhelela wena, vanghana na va wena na ndyangu wa wena eka vuvabyi byo tivikana lebyi vangiwaka hi *COVID-19*.
- Hlawula migingiriko ya le handle ka miako ematshan'weni ka ya le ndzeni ka miako tanihileswi swi nga xihlawuriwa xo hlayiseka. Anakanya hi ku endzela tiphaka leti nga tlangiki hi ntshungu na tinhlengeletano ta le ndzhaku ka yindlu letitsongo ku fana na swinkhubyana swo swekela ehandle ka miako.
- Hlayisa ntolovelo lowu nga na rihanyo ximumu lexi, wo tanihi hi ku etlela ku ringanela, ku dya hi madyelo lama nga na rihanyo, ku tshama u ri karhi endla nghingiriko wa vutiolori nkarhi na nkarhi na ku hunguta nkarhi ku hlalela xikirini.
- Tshama u hlayisekile ximumu lexi – papalata swidzidziharisi, xihoko, na matikhomelo ya nxungeto man'wana.
- Loko u nga pasi kumbe u nga tirhi hi ndlela leyi a wu yi languterile, u nga khomiwa hi mabibi kumbe u kanakana, ka ha ri na tindlela leti nga kona eka wena.

