

Vuk'uzenzele



Produced by Government Communications (GCIS)

English/isiZulu

| Masingana 2019

NSFAS ready to fund students in 2019



■ NSFAS will communicate with qualifying students, once 2018 academic results have been made available.

THE NATIONAL STUDENT Financial Aid Scheme (NSFAS) received over 400 000 applications for 2019.

Higher Education and Training Minister Naledi Pandor says the National Student Financial Aid Scheme (NSFAS) is ready to fund qualifying students for the 2019 academic year.

Minister Pandor made the announcement during a media briefing held in Cape Town recently.

In 2018, NSFAS disbursed loans and bursaries to the tune of R22 billion for 659 000 beneficiaries which included 371 368 university students and 288 341 TVET colleges.

"This amount is expect-

ed to increase [in 2019] to approximately R32 billion, which is estimated to fund about 400 920 TVET colleges students and 377 050 University students," said Minister Pandor.

She said NSFAS will communicate to students who meet the financial eligibility criteria and have received an academic offer via SMS and email at the beginning of this month. This will be done once academic results have been made available to NSFAS.

Pandor said the scheme was in the process of evaluating all applications received. The evaluations

process checks whether applicants are eligible for funding by verifying all data received by students with third parties like the SA Revenue Service and Home Affairs.

"To qualify for funding a student must meet the financial eligibility criteria and register at an institution for an approved programme. Successful students will receive bursary funding to cover their tuition fee for their registered programme and an allowance for learning materials. They may also qualify for subsidised accommodation and transport allowances

where applicable," she said.

She said funding is only confirmed once a student has met the financial eligibility criteria and is formally registered at a public TVET college or university for an approved funded programme.

Smooth application process

Pandor added that the 2019 application cycle has proceeded relatively smoothly with more than 400 000 applications received between the opening of applications on the 3 September and the

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Faka isicelo sokuthola isikole kusenesikhathi

ABAZALI KUFANELE baqinisekise ukuthi batholela izingane zabo izikole onyakeni ongaphambi kokuba ziqale esikoleni.

Ekuqaleni konyaka, abafundi ababeneme kakhulu ababevela ezweni lonke baqala usukuluwabo lokuqala lwesikole. Nokho, baningi abangakwazi ukuba yingxenyeyaleyo njabulo ngoba abazali babhalisa izingane zabo emva kwesikhathi futhi ziye ziji-

abazali ngaso sonke isikhathi kudingeka bafake izicelo zokubhaliswa kwezingane ngonyaka ongaphambi kokuba izingane ziqale esikoleni. “Abazali kufanele bafake izicelo zokufakwa kwezingane ezikoleni ngethemu yokuqala, lapho usuku lokugcina lwezicelo ngokuvamile kungusuku lokugcina lwethemu. Inqubo yokwamukelwa kwezingane iqala ekuqaleni kwethemu yesibili ngoMbaso ize yeqele nasekupheleni kukaNcwaba. Ngonyaka ngamunye, ukufakwa kwabafundi ezikoleni konyaka olandelayo kufanele kube sekuphuthuliwe phakathi kukaMfumu noLwezi.”

Kubalulekile futhi ukuba abazali abafake izicelo ezikoleni eziningana, ukuze benyuse amathuba okuba izingane zabo zithole isikole.

“Abazali futhi badi nga ukuqaphela izinsuku zeminqamulajuqu zezifundazwe, njengoba zingase zehluka kuya ngesifundazwe,” kucebisa uMhlanga. Wengeze nokuthi uMthethisisekelo wase-Ningizimu Afrika ucacisa ukuthi zonke izingane eziphakathi



kweminyaka eyisi-7 neyi-15 zidinga ukuba sesikoleni, nokubeka isibopho sokuba umnyango uqinisekise ukuthi bonke abafundi babhalisiwe esikoleni.

UMhlanga uthe abazali bezingane ezingakatholi isikole kufanele bathintane namahhovisi ezemfundo ezifundazweni kanye nazesifundeni zabo ngokuphuthumayo.

“Abazali bayakhuthazwa ukuba bathinte amahhovisi abo ezifunda ukuze bathole ukwelekelelwa ngokutholelwa kwezingane izikole. Kuvumela ukuba babhalise abafundi kwezinye izikole ezisesifundeni ezisenezikhala

zokufaka abafundi.” Njengamanje kunamahhovisi ezifunda angaphezu kwama-70 kuzo zonke izifundazwe eziyisishiyagalolunye.

Amadokhumenti adingekayo lapho ufaka isicelo sengane yakho abandakanya:

- Isitifiketi sokuzalwa
- Ikhadi lasemtholampilo
- Incwadi yokudluliselwa kwesinye isikole noma iriphothi yesikole ingane ebeyifunda kuso kulabo bafundi asebevele beqalile isikole.

Ngosizo oluthe xaxa, abazali bangathinta abaxhumanisi bokufakwa kwezingane ezikoleni ezifundazweni. **V**

“Abazali kudingeka bahlole izinsuku zomnqamulajuqu zokubhalisa ezifundazweni zabo, njengoba lezi zinsuku zingahlukahluka kuya ngesifundazwe.”

kiswe ngenxa yokugcwala kwezikole.

Umsebenzi wokubhaliswa kwezingane ezikoleni kowezi-2019 usuphuthuliwe vele. Okhulumela uMnyango Wezemfundo Eyisisekelo u-Elijah Mhlanga uthe

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closing of applications on the 3 December 2018.

She said on average, NSFAS received more than 3 200 applications a day over the period from September to December, with the number reaching as high as 30 000 on one of the days.

Out of all the applications, 63 percent were females while males made up 37

percent of the applications.

A total of 34 413 applications were received from social grant beneficiaries. Students who are beneficiaries of the South Africa Social Security Agency (SASSA) grant, automatically qualify in terms of the financial qualification criteria and will be funded if admitted and registered at a TVET college or university.

“However, it is a concern

that only 24 percent of the applications are from learners who wish to enrol at TVET colleges, with the balance of 88 percent being applications for universities,” the Minister said.

Pandor said of all the applications, the highest number, 95 523, was received from the KwaZulu-Natal province. The number represents 45 percent of the total number

of learners that wrote their National Senior Certificate in the province, while the lowest number was from the Northern Cape with 2 573 applications.

She said the success of the current application process can be attributed to a number of factors – including the revised and easy-to-complete online application system, which allowed

applicants to complete an application within five minutes; the simplicity of the on-line and manual form with fewer fields to fill; and the accessibility of NSFAS where applicants have been able to apply at the National Youth Development Agency (NYDA) as a result of the scheme’s long-standing partnership with the agency. **V SAnews.gov.za**



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Vukuzenzele
is published by Government Communications (GCIS)

Printed by: **paaricoidset**

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Ukudla kwesintu kunempilo

INGCWETI KWEZOKUDLA uMpho Tshukudu ukholwa ukuthi izinkinga zesisindo somzimba sabantu ziyozisombulula uma sebethembele ebuhlakanini bokhokho babo, balungise ukudla kwabo ngendlela engaxhamazeli futhi bakudle kanye nemindeni yabo.

Allison Cooper

Emva kweminyaka eminingi yokuphathwa yisifo sokuvuza kwamathumbu esisu kanye-namanye ama-aleji amaningi okudla uTshukudu waqala wayifakela izibuko indlela ayedlangayo eyayigxile kakhulu ekudleni kwabelungu.

“Ngabona ukuthi, njengami,

sikushaya indiva lokho kunambitheka kwasemndenini okukhona, lapho-ke siphenduka abanye abantu,” kushoyena.

UTshukudu ufunde ukuthi ukudla kwesintu kunempilo futhi kwehla esiphundu kanti futhi izimpendulo esikade sizifuna ukuze sisombulule izinkinga zethu zempilo zilokhu zilapha phambi kwethu. “Sesinesikhathi sezizukulwane ngezizukulwane sidla ukudla kwasendle, okungenamakhemikhali, kwakudala, okungenaglutin, okungenazizakhi zezilwane, okune-GI ephansi okune-GI ephansi,

dla okunempilo, nokunomso-co kwaseNingizimu ne-Afrika. Ngafunda okuningi ezigulini kanye nemindeni eseyikhulile mayelana nokudla kwendabuko nokwesintu kanjalo nezinhlelo zokudla ngase ngibona ukuthi ukudla kwesintu kunempilo, kune-GI ephansi, ukudla okukhuliswe ngokukhululeka futhi akunayo i-gluten kanti futhi kungasetshenziselwa ukuqinisekisa indlela yokuphila enempilo,” kuqhuba yena. Ukubuyela emuva emasisweni ekudleni okunempilo kunobuhle obuningi, kubandakanya ukuthi ukudla kutholakala kalula futhi kubiza kahle. “Ukudla kukhula kalula ezindaweni zasemakhaya ngoba kungokwendabuko yalapha futhi ngakho-ke kujwayele isimo sezulu kanye nenhlabathi yakhona,” kuchaza uTshukudu.

“Ukudla okuseduze kwethu kunempilo futhi kwesinye isikhathi kuhamba phambili ngokokunambitheka nangokomsoco, uma uqhathanisa nokudla okuthengwa ezitolo okungenzeka ukuthi sekuhluthshwe ifayibha, amavithamini namaminerali, kwagcwaliswa ngoshukela, usawoti kanye namafutha angenampilo.

“Lawula indlela odla ngayo

UTshukudu uchaza izizathu ezenza abantu baseNingizimu Afrika bakhuluphale ngokweqile futhi siyenyuka isibalo sezifo ezidalwa yindlela esiphila ngayo ngoba abantu bakhetha ukuthengwa izidlo esezivuthiwe nokudla okuthengwa ezitolo, abasazivocavoci ngakwanele futhi kabazibandakanyi ekuhqiqizweni kokudla ngaleyo ndlela abasawazi umzamo obandakanyayo lapho kulungiselelwa ukudla. “Simatanisa ukudla kwasezindaweni zasemakhaya nobuphofu. Kodwa, ngenxa yokuthi ukudla ‘okusha’ sekuyikho esesiku-

ncamela futhi akunamsoco, siye sidle ngokweqile ukuze sizizwe sisuthi,” echaza.

Ukuze ulawule indlela odla ngayo futhi uphinde ukwazi ukuthola ukudla okugcwele umsoco uTshukudu ukhiphe lawa macebo kubantu baseNingizimu Afrika:

■ Lawula lokho okudlayo .

■ Kuthakaselele ukudla kwakuleli.

■ Fundisa izingane ngokudla kwazo komdabu kanye namasiko ahlobene nokudla.

■ Qala ingajana encane ozotshala kuyona ukudla kwakho.

Ukudla okutshalwe ekhaya kusha kunalokho okuthengwe esitolo; ukuzitshalela ekhaya kusebenzisa amakhemikhali ambalwa, njengezibulalizinambuzane; kanti ukusebenza engadini kuyawelapha umoya, kuwuhlobo oluthile lokuzivocavoca, kungasiza amalungu omndeni athole ukuba nesikhathi esikhethekile ndawonye futhi kusiza abafundi bafunde ukuthi ukudla kuvela kuphi,” eqhubeka.

Imibono yezikhaftini

Uma ufaka ukudla esikhaftinini sesidlo sasemini, uTshukudu uphakamise ukuba kufakwe izilimo, ikakhulukazi imifino ngoba inomsoco kakhulu kunesipinashi kanti-ke ikhula kalula

ezindaweni zasemakhaya.

Ungaphinde ufake nezithelo, ikakhulukazi lezi zendabuko ezifana namajikijolo namakhiwane; amantongomane ambiwayo, njengamantongomane aluhlaza, amarula noma ama-cashew. Ungapheka nokupheka ngamantongomane. Isibonelo, iphalishi lamabele, imifino ephakwe ngamantongomane, nesitambu, ubhontshisi kanye namantongomane ambiwayo neklabishi.

Kudliwani kusihlwa?

UTshukudu uyasinxusa ukuba siyipheke imindumba (ubhontshisi namalenti) ngoba ikhipha izitshulu ezehla esphundu ebusika futhi ingasetshenziswa ukufakwa kumasaladi noma ixutshwe namabele aphelele noma ummbila. Futhi ingasetshenziselwa ukwenza ama-burger kanti inomso-co wamaphrotheni, ifayibha namaminerali.

Uphinde futhi ancome inyama yangaphakathi (amathumbu, izinhliziyi ingingila, usu namanqina), enomsoco wamaphrotheni futhi engabizi, kanjalo nokufaka amazambane, ubhatata, amadumbe, amabhece nethanga ekudleni kwakho. “Ungafaki ushukela kubhatata namabhece futhi kudle namakhasi akhona umakunokwenzeka,” kuphetha yena. **U**



iningi lamakhasimende ami kwakungabantu baseNingizimu Afrika abamnyama abahola imali engcono futhi isizukulwane sokuqala ukuba nezifo ezidalwa yindlela esiphila ngayo. Ngenkathi siqhela kumagugu ethu esizwe sigqoke amasiko nendlela yokuphila yasentshonalanga nase-madolobheni, kubandakanya lokho esikuphekayo nesikudlayo, isisindo sethu somzimba siyenyuka.”

Uthe iningi lamakhasimende akhe lalitholakala linezifo ezidalwa yindlela yokuphatha njengesifo sikashukela, esomfutho wegazi ophakeme (i-‘hayi-hayi’) kanye nomkhaba. “Kwase kuyangicacela. Uma siyilokho esikudlayo, uma

okuphekwe ngomlilo ophanisi, okwezikhathi zonyaka, okuzinzile, inyama yezilwane ezondliwe ngotshani, nezizukulwane ngemithi noma izikhuthazi kukhula,” kushoyena.

Ngenkathi efunda ezemithi ebalulekile, wakhuthazeka ukuba abhale incwadi ethi, *Eat Ting*, incwadi ehlonza umsuka wezifo futhi isebenzisa izakhi ezithile eziyizakhamzimba ukuze kwelashwe noma kulawulwe isifo. “Izidlo okuvame ukukhulunywa ngazo ezase-America, eChina naseYurophu.

Ngangifuna ukuqalisa uku-sebenza kwamacebo lawa lapho ngelapha iziguli zami ngase ngingquma ukwenza ucwaningo mayelana noku-

