

Vuk'uzenzele

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Support for students

Allison Cooper

Government remains committed to ensuring that deserving students have financial support to continue with their studies.

The Minister of Higher Education, Science and Innovation, Dr Blade Nzimande, says government is firmly committed to providing fee-free higher education support to students from working and poor backgrounds, while putting a mechanism in place to support students from the 'missing middle' income bracket.

He adds the department and universities have agreed that fee increases for 2021 will be affordable but will still ensure universities remain sustainable.

NSFAS shortfall addressed

A shortfall in funding for the National Student Financial Aid Scheme (NSFAS) for 2021 meant NSFAS was unable to communicate funding decisions to institutions and students entering public



universities for the first time. The Minister says funding has been reprioritised from the Department of Higher Education and Training's (DHET)

budget to ensure all deserving NSFAS-qualifying students receive funding support for 2021.

"NSFAS will be able to re-

lease funding decisions, and the registration process at public universities can continue as planned.

"No NSFAS-qualifying stu-

dents have been affected by these delays, as universities had agreed to extend the registration period to ensure that students without funding decisions would not be prevented from accessing a place that they qualify for."

He explains that NSFAS is working hard to finalise appeals so that students are not prevented from registering in time, and continuing students who meet the qualifying criteria have already been allowed to register.

NSFAS funding is provided primarily for students completing a first undergraduate qualification.

"In the past, NSFAS provided funding for some limited second qualifications in key areas. Students who are already funded on these programmes will be able to continue as long as they meet the academic criteria," says the Minister.

However, there is no funding available for new entrants on second or postgraduate qualifications.

"We will engage further

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"JAANONG KE NAKO YA GORE RE DIRE MMOGO,
GO TLOTLA NELSON MANDELA, GO AGA AFORIKA
BORWA E NTŠHWA, E E BOTOKA YA BOTLHE."

MOPORESITENTE CYRIL RAMAPHOSA

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RE GO AGELA BOKAMOSO JO BO BOTOKA
RE ITHUTA GO TSWA MO DITIRONG TSA GA MADIBA



Baeteledipele ba merero ya setso ba na le seabe se se botlhokwa mo go tsosoloseng ikonomi ya rona

Mo dikgweding di le mmalwa tse di fetileng re ne ra tshwanela ke go laelana le dikgosi di le pedi tse di tlotliwang tsa naga ya rona ka di iketse badimong.

Sešweng jaana morafe wa maZulu o sa tswa go fitlha Kgosi ya bona Motlotlegi Goodwill Zwelithini ka Bhekuzulu yo a nang le sebaka sa dingwaga di le masometlhano a busa. Mo kgweding ya Ferikgong morafe wa Bapedi o fitlhile kgosi ya bona e bong Kgoshikgolo Thulare Thulare wa boraro, yo a tlhokafetseng a na le sebaka se se sa feteng ngwaga a busa.

Maso a bona e tota e le tatlhagelo ya basomarelangwao, basomarelahisetori ya merafe eo ba neng ba e busa.

Le fa go le jalo, e ne gape e le banna le seabe ba ba botlhokwa thata mo tlhobololong ya metseselegae, e bile ba ne ba ikemiseditse go tlisa tlhabologo mo matshelong a merafe ya bona.

Fa temokerasi e roga ka ngwaga wa 1994, go ne ga totobala gore puso e ntšhwa e e neng e le gona e tsaya marapo e tshwanetse go busetse sekeng seriti sa magosi go ya ka melao ya setso sa batho-batsho eo e tsamaelanang le Molaotheo wa Rephaboliki ya Aforika Borwa.

Setheo sa baeteledipele ba merero ya setso se tswelala go nna le seabe se se botlhokwa mo matshelong a dimilione tsa batho ba naga ya rona, bogolosegolo kwa metseselegaeng. Magosi a tswelala go tshegetsatsa le go tlisa tlhobololo mo metseng eo ba e busang.

Mo malobeng ke ne ka neelwa tšhono ya go tsenela dingangisano tsa pulo ya Ntlo ya Bosetšhaba ya Dikgosi, moo go samaganweng le

dintlha tse di tlhobaetsang tseo naga ya rona e tobaneng le tsona ga jaana.

Se se nthotloeditseng thata ka ga dingangisano tseno tse di neng di runtse ke go tlhologanya ga magosi gore ikonomi ya rona e mo maemong a a tlhobaetsang mme e bile ba batla go nna le seabe mo go rarabololeng dikgwetlho tse dintsi tse di ka ga tlhokego ya tlhabologo le lehuma mo mafelong ao ba a busang.

Ga ke a bolo go nna ke ntse ke re dikgato tsa go tsosolosa ikonomi ya rona go tswa mo leroborobong la mogare wa *corona* di tshwanetse go tswela botlhe mosola e bile ga go ope yo re tshwanetseng go mo sia kwa morago.

Go atlega mo go diragatseng Leano la Itharabologelo le Kagosešwa ya Ikonomi go tlhoka gore re nne le tirisano-mmogo e e gagametseng e seng fela le puso, dikgweba le badiri, mme gape le go nna le tirisano-mmogo le magosi le mekgatlho e mengwe ya baagi.

Maikutlo a mantsi a bao ba neng ba na le seabe mo dingangisanong tseno ke gore ga ba batle go itshepela mo go neelweng masaledi kgotsa go bona baagi ba metse ya bona ba iphedisa ka go tlamelwa ke puso ka matlole a go ba thusa.

Ba batla gore ba emiwe nokeng ka tshegetso e ba e tlhokang, ka go katisiwa le go tlhohlelwa tikologo e e bulelang batho dikgoro go kgontsha baagi ba kwa metseselegae go itirela ka bobona.

Ba batla go tswelala sekgala se se leng teng magareng ga metsetsetero le metseselegae fa go tla mo go fitlheleng ditirelo tsa puso le metswedi ya lekala la poraefete.



Ba batla go bona metse-selegae e fetoga go nna mafelo a a nang le ditiragalo tsa ikonomi, a diintaseteri le a a tlholang ditšhono tsa ditiro. Seno se tsamaisana le Leano la Tiragatso ya Kabo ya Ditirelo le le Ikaegileng ka Ditikologo (DDM), le le thankolotsweng ka ngwaga wa 2019.

Baeteledipele ba merero ya setso maemo a bona a ba kgontsha go latlhela tlhase legong go netefatsa gore maano a tikologo a logiwa go lebilwe dintlha tse di rileng le go a kgontsha go samagana le ditlhokwa tse di kwa setlhoeng mo tikologong eo le gore maano ano a tsamaisana le maemo a batho ba phelang ka fa tlase ga ona.

Fela jaaka DDM e tshegetsatsa matsholo a a ditikologo ka go samaganang le ditlhokwa, mafolofolo le ditšhono tsa lefelo le lengwe le le lengwe, baeteledipele ba merero ya setso le bona ba setse ba sutlhetsetse ka dikgato tsa bona tsa go tlhobolola ikonomi ya ditikologo tsa bona.

Ba tlhomile Leanokonokono la Dipeeletso mo Metseselegaeng, le le thankgolotsweng kwa porofenseng ya Bokone Bophirima mo kgweding e e fetileng. Go a itumedisa gore baeteledipele ba merero ya

setso ba eme nokeng leano leno mme ba batla go dirisana le dipuso tsa dikgaolo tsa bona go netefatsa gore leano leno le a atlega.

Mo dingangisanong tseno tsa Ntlo ya Bosetšhaba ya Dikgosi go ne ga tshitshingwa gore selo se segolo se se tla dirang gore Leanokonokono leno la Dipeeletso mo Metseselegaeng le atlege ke go isa baeteledipele ba merero ya setso katisong gore ba matlafadiwe le go tlamelwa ka bokgoni.

Bannaleseabe ba le bantsi ba tlhagisitse maano a bona a ikonomi a a setseng a gasetsepele thata. Ona a ka ga diporojeke tsa temothuo, tiriso ya dimela le ditshedi tse di farologaneng go tlhagisa melemo le a ntšhwafatso ya motlakase.

Se se tlhamaletseng ke gore setheo sa boeteledipele jwa merero ya setso se tlhologanya sentle gore tiro ya manontlhotlho ke seo dikgweba tsa metseselegae se e tlhokang mabapi le dikoporasi tsa dikgwebopotlana, tsa mo magareng le tse dikgolwane (di-SMME), go dira gore dikgone go nna karolo ya ikonomi ya naga.

Baeteledipele ba merero ya setso ba ba neng ba latlhela tlhase legong ba tlhagisitse

ponelopele ya bona ka 'magosi a a tlising tlhabologo' mme ba itsaya gore ga se fela basomarelangwao mme gape ke bona ba ba ka tlising katlego le kgatelopele mo ikonoming. Ba nopotse diporojeke di le mmalwa le ditšhono tsa ikonomi tse di tla tlholang ditiro le go tokafatsa matshelo a batho ba metseselegae.

Baeteledipele ba merero ya setso ba tlhagisitse gape gore ba ithaopa go nna le seabe mo dithulaganyong tsa pusetso ya dinaga. Fa e sale ngwaga wa 2018, baeteledipele ba merero ya setso ba tlhagisitse bogolo jwa naga ya metseselegae jo bo kanaka diheketara di le 1 500 000 gore e beetswe tlhabologo, mme ba solofela gore mo isagong bogolo jono bo tla okediwa.

Gore re tlhagise leano le le rulagantsweng sentle le le tlanelang ruri, re dumelane gore mo ngwageng o o tlang re tla tshwara Kopano ya Kantoro ya Moporesitente e e ka ga Merero ya Mafatshe.

Mo kopanong eno re tla sekaseka dintlha tse di re farafareng tse di ka ga pusetso ya dinaga le seabe sa ntlha eno mo dinageng tsa metse-selegae, tse bontsi jwa tsona bo leng mo dinagamagaeng.

Lentswe le le neng le rena mo Ntlong ya Bosetšhaba ya Dikgosi le ne le bontsha tota gore tsosoloso ya ikonomi ke selo se se kwa setlhoeng mo dikgatong tsotlhe tsa rona tsa botlhokwa. E bile gape lentswe leno e ne e le sesupo se se re bontshang gore baeteledipele ba merero ya setso ba rata maemo a bona jaaka ba batla go nna le seabe mo dikgatong tsa go tsosolosa ikonomi ya naga ka go nna le matlhagatlhaga le boitshimololeli mo mererong eno.

Se se botlhokwa thata ga jaana ke gore seo baeteledipele ba merafe ba se dirang jaanong e tshwanetse go nna boswa jo bo tla nnelang ruri jo le dikokoma tsa ka moso di tla unngwelwang mo go sona.

Jaaka re sikere mmogo dikgato tsa go tsosolosa ikonomi ya naga ya rona, re tla tswelala go samela kemonokeng ya setheo sa boeteledipele jwa setso, e leng karolo e e botlhokwa thata ya hisetori ya rona, ya matshelo a rona mo motsing wa gompiano le ya isago ya rona. **V**

Get help for your child

IT'S NOT ONLY ADULTS who suffer from depression, children can experience it too.

Silusapho Nyanda

Parents with depressed children must not despair. While depression is a serious mental health condition, it is curable with the right treatment.

The mood disorder may cause distress and is indicated by a persistent feeling of sadness or a loss of interest in life that leads to behavioural and physical symptoms.

According to clinical psychologist Dr Marcia Zikhali from the Gauteng Department of Social Development, it is normal to feel sad sometimes.

Depression is when one feels sad most of the time, which can lead to suicidal thoughts.

"Depression can be triggered by a medical illness, stressful or traumatic events, substance use or the loss of an important person," she says.

It affects adults and children differently. While a child will often withdraw from the adults in their life, they continue to socialise with their close friends.

A depressed teenager may experience changes in sleeping patterns and will, at times, express their feelings through anger and irritability.

"Although some children may continue to do reasonably well in structured environments, most children with significant depression will show a noticeable change in social activities, a loss of interest in school, poor academic performance or a change in



appearance.

"Children may also start using drugs or alcohol, especially if they are over the age of 12," says Dr Zikhali.

There are many signs of depression in children, some of which are:

- Irritability, tantrums or excessive aggression or anger.
- Self-isolation.
- Decreased interest in

favourite activities.

- Low self-esteem.
- Changes in appetite.
- Difficulty concentrating.
- Low energy levels.
- Feelings of worthlessness or guilt.

Parents can help their children by talking to them about what is happening in their life.

"Establish open communication before there are any

concerns. Then, if concerns arise, they will be comfortable talking to you about what's going on.

"Young children often have difficulty putting feelings into words and may feel ashamed or embarrassed about depression. Parents should convey their concerns and ask questions in a loving, supportive way," says Dr Zikhali. **U**

Parents can seek help from a mental health professional, who can determine the best treatment for the child. Contact your local clinic or hospital or the South African Depression and Anxiety Group at **0800 456 789** or send a WhatsApp to **076 882 2775**. For suicide emergencies, call **0800 567 567**.

Thusa go pholosa matshelo a batho

Allison Cooper

Ba setheo sa Sunflower Fund ba ikuela mo go maAforika Borwa go nna le seabe ka go oketsa palo ya merafe ya rona e e farologaneng e e leng mo sefalanatshedimosetsong sa bao ba neelanang ka mmoko wa madi a lerapo go pholosa matshelo a bana.

Go ya ka Palesa Mokomele, yo e leng tlhogo ya tlhatloso serodumo le ditlhaeletsano ya Sunflower Fund, a re ngwaga o mongwe le o mongwe dikeketete tsa balwetse go fitlhelwa di na le malwetse a madi.

Mo malobeng bolwetse jono bo ne bo feta ka matshelelo a batho. Mo matsatsing a segompieno ga go sa le jalo, go soreletsa bontlha bongwe jwa mmoko wa madi a lerapo wa motho yo a itekanetseng go bo tsenya mo mothong yo a nang le bolwetse jwa mmoko wa madi a lerapo go ka pholosa botshelo jwa motho yoo go nne

mmoko yoo o tla alafa yo o sa itekanelang.

Ka bomadimabe batho ba le bantsi ba thuso eno e ka ba tswelang molemo ga ba na le sego la go bona thuso eno ka ntlha ya fa go na le tlhalelo ya batho ba ba neelanang ka mmoko wa bona ba ba nang le madi a a tshwanang le a balwetse.

"Bathobatsho ke bona ba ba leng mo kotsing go gaisa merafe e mengwe ka ntlha ya fa go na le palo e nnye thata ya bana ba mmala wa sebito, makhalate le maintiya ba ba ikwadisitseng mo sefalanatshedimosetsong seno sa go abelana ka mmoko wa madi a lerapo," ga rialo Mokomele.

Go bona tshono ya bobedi mo botshelong

Botshelo jwa ga Zyaan Makda wa dingwaga di le 19 bo ne ba tlhakatlhakana go latela gore a fitlhelwe a tshwerwe ke *heterozygote haemoglobinopathy*, e leng bolwetse jo bo kotsi jo bo sa foleng jwa madi ka ngwaga

wa 2007.

Selo se se neng se ka mo thusa e ne e le mmoko wa madi a lerapo, fela go ne go se moo a ka o tsayang gonne go ne go se ope yo a tshwanang le ene ka madi mo sefalanatshedimosetsong sa bona. Ka ntlha ya seno, o ne a gapeletsega gore gangwe le gape morago ga dibeke tse dingwe le tse dingwe di le pedi a tle go tshelwa madi.

"Ditshika tsa diatla tsa me di ne tsa emisa go dira mme ba ne ba ntsenya peipi e e tsamaisang madi mo mafatlheng. Ke ne ke phela ke lapile mo go maswe, ba ne ba ntsha santlholoko le lejwana la santlholoko sa me mme ke ne ke tshwerwe ke bolwetse jwa kgeleswa e e sa direng sentle.

Ke ne ke phela ke se teng kwa sekolong ka ntlha ya fa ke ne ke tshwanelwa ke go ya bookelong mme ka jalo ke ne ke sa kgone le go nna le seabe mo metshamekong. Go phela ke ya sepetlele go ne go le boima thata," o tlhalosa jalo.

Bolwetse jwa ga Makda bo ne gape jwa dira gore a latlhelgelwe ke kgopolo ya dilo le go tshwarwa ke bolwetse jwa go wa mme o ne a gapeletsega

go emisa dithuto tsa gagwe sebaka sa dingwaga di le tharo. Le fa tota a ne a tobane le dikgwetlho tseno, o ne a tswelela go nna le tsholofelo.

Kwa bokhutlhong go ne ga nna le mongwe yo a abelana ka mmoko wa gagwe go thusa Makda, fela leeto leno le ne le santse le le kgakala le go garela. O ne a tshwanelwa ke go dira karo ya booko go tlosa ntho mo bookong jwa gagwe.

"Jaanong ke na le dingwaga di le tharo fa e sale ke tshelwa mmoko o montshwa mme jaanong botshelo jwa me bo botoka thata go gaisa ka moo ke neng ke nagana, mme ke leboga moagi wa naga ya Jeremane yo a abelaneng ka mmoko wa gagwe gonne ditiro tsa gagwe di bontshitse botho jwa gagwe le go loka ga gagwe."

Tlisa tsholofelo mo botshelong jwa motho yo mongwe

Naledi Senamela wa dingwaga di le 14 o ne a fitlhelwa a na le bolwetse jwa kankere ya mmoko wa marapo (kankere ya madi) ka Motsheganong 2020. Ke o mongwe wa balwetse ba le bantsi ba ba

tlhokang batho ba ba ka ba abelang ka mmoko wa bona wa madi a lerapo.

"Fa e sale ke simolola go lwala, ga ke sa kgona go dira sentle jalo kwa sekolong. Ga ke kgone go nna le seabe mo metshamekong le go dira dilo tse ke neng ke kgona go di dira," go bua Senamela, yo a eletsang go ka ipona e le ngaka ka le lengwe la matsatsi.

Batho ba ba ratang go ka abelana ka mmoko wa bona ba na le dingwaga di le magareng ga di le 18 le 55 ba ka thusa Senamela le batho ba bangwe gape ba le bantsi ba ba tlhokang batho ba ba ka ba abelang ka mmoko wa bona ka go ikwadisa mo webesaeteng ya setheo sa Sunflower Fund.

Se se tlhokegang ke fela lerothodi la mmoko mmogo le metsotso e le mmalwanyana. O tlhoka fela go kopa ba setheo sa Sunflower Fund go go romela kgetsana ya go bolokela mmoko ka go ikgolaganya le bona mo webesaeteng ya www.sunflowerfund.org kgotsa ka go ba letsetsa mo go 0800 12 10 82. **U**