

# Vuk'uzenzele

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Lambamai 2020 Khandiso 1



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## Support for students

Allison Cooper

**G**overnment 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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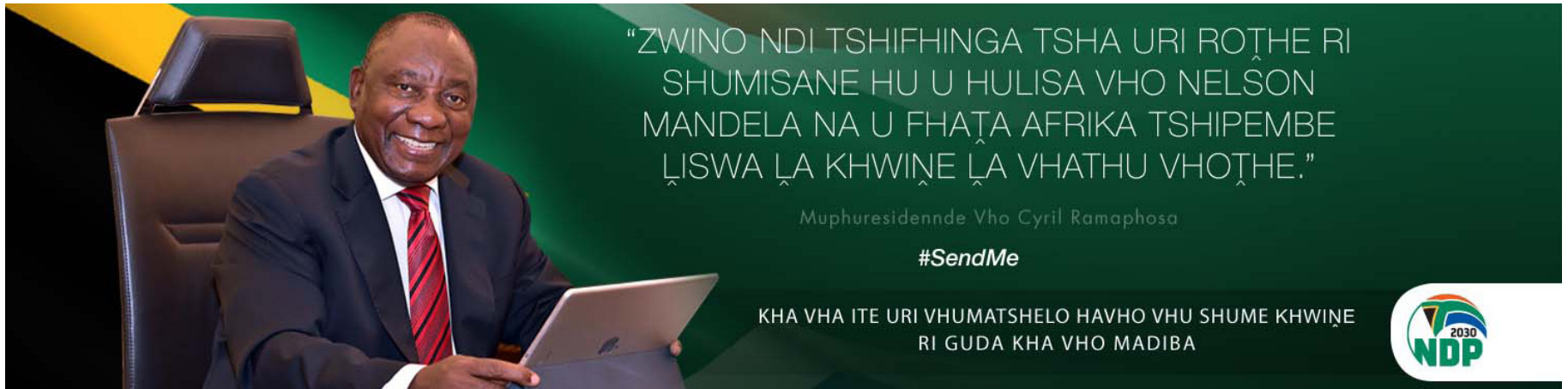
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"ZWINO NDI TSHIFHINGA TSHA URI ROṬHE RI SHUMISANE HU U HULISA VHO NELSON MANDELA NA U FHAṬA AFRIKA TSHIPEMBE LISWA LA KHWINE LA VHATHU VHOṬHE."

Muphuresidennde Vho Cyril Ramaphosa

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KHA VHA ITE URI VHUMATSEHO HAVHO VHU SHUME KHWINE RI GUDA KHA VHO MADIBA



## Vharangaphanda vha zwa Sialala ndi vha ndeme kha ndingedzo dza mvusuludzo

**K**ha miṅwedzi i si gathi yo fhiraho ro onesana nga mbiluvhuṅungu na vha-hali vhavhili vha zwa sialala vha ṭhonifheaho kha shango ḷashu.

A si kale lushaka lwa Mazulu lwu tshi kha ḡi tou bva u swiṭa khosikhulu yalwo Muhali Vho Goodwill Zwelithini vha ha Bhokuzulu, vhe vha vhusa lushaka ulwo lwa miṅwaha i lingano hafu ya sentshari (miṅwaha ya 50). Nga ṅwedzi wa Phando, lushaka lwa Bapedi lwo swiṭa khosikhulu yalwo Vho Thulare Thulare wa Vhuraru, vhe vha dzama hu songo fhela na ṅwaha vho rwelwa ṭari sa khosi.

Kha u fhira fhano shangoni ha avho, ro xelelwa nga vhahali vha ndondolo ya vhufa hashu, vhalisa vha ṭhonifheaho kha ḡivhazwakale ya vhathu vhavho.

Nga tshifhinga tshenetsho, vho vha vhatambi vha tshipiḡa tsha ndeme kha mveledziso ya vhupo ha mahayani, nahone vho vha vho ḡiimisela kha u bveledza mbekanyamushumo dzine dza ḡo khwiṅisa kutshilele kwa vhalanda vhavho.

Zwi tshi tevhele u thoma ha demokirasi nga 1994, tsho vha tshipikwa tsha muvhuso muswa u vhu-edzedza vhufulufhedzei na vhurangaphanda ha vhukuma ha zwa sialala, nga fhasi ha milayo ya sialala na maitele a ḡino shango nahone zwo ḡisendeka nga ndayotewa ya shango.

Tshimiswa tsha vharangaphanda vha zwa sialala tshi khou bvela phanda na u shuma mushumo wa ndeme kha matshilo a miḡioni dza vhathu u mona na shango ḷashu, zwiḡulu vhuḡoni ha

mahayani. Vharangaphanda vha zwa sialala vha ṅea thikhedzo na u ḡisa mveledziso kha lushaka.

Zwenezwino, ndo vha na tshikhala tsha u dzhenela therisano kha mushumo wa u vula Nṅḡu ya Lushaka ya Vharangaphanda vha zwa Sialala, he therisano idzo dza vha dzo sedzesa kha dziṅwe dza khaedu nnzhi dzine ḡino shango ḷa khou ṭanganana ndzo zwazwino.

Zwe zwa vha zwi tshi khou takadza zwiḡulu nga ha therisano idzo ndi u vhona vharangaphanda vha zwa sialala vha tshi sumbedza u pfesesa khaedu dza zwa ikonomi dzo ambarelaho ḡino shango, na u ṭḡa u vha tshipiḡa tsha thandululo kha khaedu nnzhi dza u sa bvelela na vhusai kha vhupo havho. Tshifhinga tshoṭhe ndi amba fhungo ḷa uri mvusuludzo ya ikonomi ya shango ḷashu zwino nga tshifhinga tsha dwadze ḷa tshitzhili tsha corona i ṭḡa mutingati, zwo ralo a hu na muthu ane a fanela u siiwa murahu.

U phuletshedza kha Pulane ya Mvusuludzo na Mbuedzedzo ya Ikonomi zwo ḡisendeka nga tshumisano yo khwaṭhaho hu si vhukati ha muvhuso, mabindu na vhashumi fhedzi, fhedzi na kha vharangaphanda vha zwa sialala khathihi na zwiṅwe zwiimiswa zwa vhadzulapo.

Nyiledzo ya u ḡidzhenisa ha vhadzheneli kha therisano dza zwenezwino zwo vhangwa nga u sa ṭḡa havho u ḡitika tshoṭhe nga zwifhiwa, na u sa ṭḡa uri vhadzulapo vhavho vha dzulele u sedza kha muvhuso tshifhinga tshoṭhe vha tshi ṭḡa thuso ya masheleni.

Vhakhou ṭḡa u ṅetshedzwa thikhedzo yo teaho, u pfumbu-

dzwa na u konisa vhupo ha vho u itela uri vhadzulapo vha vhupo ha mahayani vha kone u ḡiimisa nga vhoṭhe.

Vharangaphanda vha zwa sialala vha khou ṭḡa u fhungudza gake ḡine ḷa vha hone vhukati ha vhupo ha mahayani na ha dziḡoroboni malugana na u swikela tshumelo dza muvhuso na zwiko zwa ṅḡowetshumo ya phuraivethe.

Zwine vha tama ndi u vhona vhupo ha mahayani vhu tshi vha senthara ya mushumo wa ikonomi, mamaga na zwikhala zwa u sikwa ha mishumo. Hezwi zwi sumbedza zwipikwa zwa Tshiedza tsha Mveledziso ya Tshiziriki (DDM), tshe tsha rwelwa ṭari nga ṅwaha wa 2019.

Vharangaphanda vha zwa sialala vha kha vhuimo havhuḡi ha u vhona uri pulane dza tshiziriki dzo dzia, nahone dzi fhindula kha ṭhḡea dza vhukuma dza vhadzulapo khathihi na u sumbedza ngoho yo tshiliwaho vhuḡoni ha mahayani.

U fana na musu DDM i tshi tikedza mbekanyamushumo dzapo dzi lavhelesaho kha ṭhḡea, nungo na zwikhala kha vhupo vhukene, vharangaphanda vha zwa sialala vho bveledza ṅḡila yavho ya mveledziso yapo ya ikonomi.

Vho bveledza Pulane khulwane ya u ita Vhubindudzi vhuḡoni ha mahayani ye ya rwelwa ṭari vunduni ḷa North West ṅwedzi wo fhelaho. Zwi a ṭṭuwedza zwiḡulwane u vhona uri vharangaphanda vha zwa sialala vho vhu-elelana hafu nga murahu ha pulane iyi nahone vha khou ṭḡa u shumisana na vharangaphanda vhapo u vhona uri pulane iyo i bvelele. Nga tshifhinga tsha theri-

sano kha Nṅḡu ya Lushaka ya Vharangaphanda vha zwa Sialala ho dzinginywa uri tshiitisi tshihulwane tsha u phuletshedza tsha mbekanyamushumo ya InvestRural ndi u vhona uri miraḡo ya zwa sialala vho pfumbudza, u mandafhadzwa na u koniswa kha mushumo wonoyo.

Vhunzhi ha vhe vha vha tshipiḡa vho ḡivhadza pulane dza ikonomi dzine dza vha kha zwipiḡa zwa u fhedzisela zwa mveledziso. Hezwi ndi u bva kha thandela dza zwa vhulimi u ya kha u ṭḡwa ha zwipuka na miri u itela u wana mishonga na u ya kha fulufulu ḡi vusuludzeaho.

Zwe zwa vha zwi khagala ndi zwa uri tshimiswa tsha vharangaphanda ha zwa sialala tshi pfesesa uri kushumele kwa maimo a ṅṅa ndi kwa ndeme kha vhubindudzi ha mabindu maṭuku, a vhukati na mabindu mahulwane a vhupo ha mahayani, khathihi na kha tshumisano ya uri a kone u vha tshipiḡa tsha lutsinga lwa ikonomi.

Vharangaphanda vha zwa sialala vhe vha amba vho ṭahisa bono ḷavho ḷa 'vhavhusi vha mveledziso' vane vha si ḡivhone sa vharangaphanda vha zwa vhufa fhedzi, fhedzi sa vhabveledzisi vha lupfumo na mvelephanda ya ikonomi. Vho topola thandela dza tshivhalo na zwikhala zwa ikonomi zwine zwa ḡo sikela vhathu mishumo na u khwiṅisa kutshilele kwa vhatu kha vhupo ha mahayani.

Vharangaphanda vha zwa sialala vho ita na u bvisela khagala lutamo lwavho lwa u shela mulenzhe kha maitele a tshanduko dza zwa mavu. U bva nga ṅwaha wa 2018 vharangaphanda vha sialala vho ṅetshedza hekithara dza

mavu avho dza 1 500 000 uri a shumiswe kha mveledziso, nahone hu khou fulufhelwa uri zwa u ṅetshedzwa ha mavu hu tshi itelwa mveledziso zwi ḡo engedzea tshifhingi tshi ḡaho.

U bveledza ḡiano ḷo dzudza nywaho nahone ḷa tshifhinga tshilapfu, ro tendelana kha u ḡo fara Guvhangano ḷa Muphuresidennde ḷa u rera nga ha Mavu ṅwaha u ḡaho. Guvhangano ḡi ḡi ḡo haseledza nga ha mvelaphanda malugana na tshanduko dza mavu, kha mavu ane a vha fhasi ha vhuvhusi ha vhadzulapo, nga maanda ane a wanala vhuḡoni ha mahayani.

Mbonalo ya Therisano idzi kha Nṅḡu ya Lushaka yo vha tsumbedzo yo teaho ya kilima ine mvusuludzo ya ikonomi yavha mushumo wa ndeme vhukati ha zwipikwa zwa ndeme. Nga tshifhinga tshenetsho yo dovha hafu ya vha tshiga tshi fulufhedzisaho uri vharangaphanda vha zwa sialala vha takalela mushumo wavho wa u vha tshipiḡa kha vhuḡikumedzeli ha mvusuludzo ya lushaka nga kha u vha vhaiṭi na vhatumbuli.

Ifa ḷo teaho ḷa vharangaphanda vhavhuḡi ndi uri mbeu ya mveledziso ine vha sia vho zwala nga tshifhinga tsha vharangaphanda havho i aluwa ya vha miri ine ya tsireledza na u kuvhatedza vhadzulapo vhavho u ya nga hu sa fheli.

Musi ri tshi khou shumisana roṭhe sa shango u vusuludza ikonomi yashu, ri ḡo isa phanda na u ḡitika nga thikhedzo ya tshimiswa tsha vharangaphanda ha zwa sialala, tshine tsha vha tshipiḡa tshi sa tumiwi kha mulovha ḷashu, namusi, na matsheho ḷashu.



# Get help for your child

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

**Silusapho Nyanda**

**P**arents 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**.

## Kha vha thuse u vhulunga matshilo

**Allison Cooper**

**D**zangano la Sunflower Fund li khou humbela Maafrika Tshipembe uri vha khwixise tshaka dzo fhambanaho dza databeizi dzavho dza netshedzo ya sele dza tsinga dza malofha u itela u vhulunga matshilo a vhana.

U ya nga ha Vho Palesa Mokomele, vhane vha vha mulangi wa nyandadzo na vhudavidzani kha dzanganano la Sunflower Fund, vhalwadze vha dzimilioni vha wanala vha na malwadze a elanaho na a malofha nwha muñwe na muñwe.

Kale, u tolwa wa wanala u na uvhu vhalwadze zwo vha zwi tshi vhulaha, fhedzi namusi tsimulo ya sele dza tsinga dza malofha i nga vha dzilafho li konaho u phulusa matshilo sa musu li tshi sudzulusa sele dza tsinga dza malofha dza muthu dzo holefhalaho la dzhenisa dzi

re na mutakalo.

Zwi tungufhadzaho ndi zwa uri, vhanzhi vhane vha nga vhuwela nga kha maitete aya a vha wani dzilafho line vha li toda ngauri u wana muñetshedzi ane a vha na lushaka lwa sele lwu fanaho na lwau zwi a konda.

"Vhalwadze vha lukanda lwa muvhala mutshena vha kha vhukondi ha u wana netshedzo zwi tshi bva kha tshivhalo tshi re fhasi tsha vhanetshedzi vho diñwaliselaho u bva kha zwi gwada zwa vhadzulapo vha vharema, vha Vhakhaladi na vha india," vho ralo Vho Mokomele.

**Tshikhala tsha vhuvhili kha vhutshilo**

Vhutshilo ha Vho Zyaan Madka (19) ho vha ho tnganana musu vha tshi wanwa vha na heterozygote haemoglobinopathy (vhuwladze ha malofha vhu pfukhelaho u bva kha mubebi), vhuwladze vhu sa lafhei ha malofha vhu

shushedzaho vhutshilo nga nwha wa 2007.

Tshikhala tshavho tsha khwixise tsha u ponya lufu tsho vha tshi netshedzo ya tsinga dza malofha, fhedzi dzi fanaho na dzavho dzo vha dzi sa khou wanala. Nga mulandu wa zweenezwo, vho vha vho fanela u wana netshedzo ya malofha vhege inwe na inwe.

"Tsinga dza kha zwanqanda dzo mboqi dzidzivhala, zworalo ho mboqi fanela u pangwa tshishumiswa tsha u thusa kha u shelwa ha malofha kha khana yanga. Ndo dovha hafhu nda farwa na nga tshineto, ndulu na zwitombo zwine vha vhumbea kha ndulu zwa bviswa nda pfa vhu tungu kha thyroid (muraqo wa nga phanda ha mutsinga une wa bvedeza tshithu tshi no langa nyaluwo ya muvhili) ine yovha i sa khou tou shuma lwo fanelaho. Ndo vha ndi tshi dzulela u lova tshikolo zwi tshi itiswa nga mulandu

wa tshiimo tsha zwa mutakalo na u kundelwa u dzhenela kha zwa mitambo. U fhedza tshifhinga tshilapfu u sibadela zwo vha zwi tshi lemela," vho ralo.

Tshiimo tsha Vho Madka tsho dovha hafhu tsha vhanga u xeledwa nga muhumbulo na zwiririvha zwe zwa ita uri vha fhedze miñwaha mirahu vha siho tshikoloni. Naho ho vha na khaedu dzenedzo, vho dzula vhe na fulufhelo. Vho Madka vho fhedzisela vho wana muñetshedzi, fhedzi lwendo lwavho lwa u ya kha mutakalo wavhuqi lwo vha lwu tshe kule na u swika magumoni. Vho vha vho fanela u itwa muaro wa maluvhi u itela u bvisa vhadzi kha maluvhi avho.

"Zwa zwino ndi na miñwaha miraru ndo ita tsimulo nahone ndi khou tshila vhutshilo vhune ndo vha ndi sa humbuli uri vhu nga konadzea, ndi livhuwa mushumo u mangadzaho wa vhuwlu na mafunda wa muñetshedzi wanga wa Mudzheremane".

**Kha vha vhe fulufhelo la muñwe muthu**

Musidzanyana Naledi Senamela (14) o wanala a na leukaemia (khentsa ya malofha) nga Shundunthule 2020. O tnganela na vhañwe vhalwadze vha sa vhalei vhane vha khou toda netshedzo ya zwi no fana.

"U bva tshe nda wanala ndi na vhuwladze, thi tsha kona u shuma zwavhuqi tshikoloni. Ndi nga si tsha kona u tamba mitambo kana u ita zwithu zwe nda vha ndi tshi dzulela u diphina ngazwo," o ralo Senamela, ane a vha na muoro wa u vha dokotela.

Vhanetshedzi vha khou funaho vhane vha vha vha na miñwaha ya vhuwlu ha ya 18 na ya 55 vha nga thusa Senamela na vhañwe vhanzhi vhane vha khou toda netshedzo nga u nwalisa kha webusaithi ya Sunflower Fund.

Zwine zwa todea ndi dzudzu la mudali na mithethe i si gathi ya tshifhinga tshavho. Kha vha humbele tshishumiswa tsha dzudzu tshi todeaho u bva kha dzanganano la Sunflower Fund nga u dalela [www.sunflowerfund.org](http://www.sunflowerfund.org) kana vha founele 0800 12 10 82. **U**