

# Ukuziphatha kwabafundi & noLawulo lweSikolo

Isikhokelo ekulula  
ukusisebenzisa sokuqonda  
nokulawula isimo sokuziphatha  
kwabafundi kwimeko  
yasesikolweni

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**ISEBE LEMFUNDO**  
**leNtshona Koloni**

URhulumente wePhondo leNtshona Koloni





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## Umyalezo ovela kumlawuli we-EMDC yase-Metropole North

lingxaki zokuziphatha kwabafundi zibe ngumba oxhalabisayo iminyaka emininzi kootitshala, kubalawuli nakubazali. Ootitshala bajongene neengxaki ezibalulekileyo kwiiklasi zabo, kwaye basoloko bejongana ngqo (yonke le mihla) nesimo sokuziphatha kwabafundi esingamkelekanga neemeko ezibangela uloyiko ngaphezu kwexesha langaphambili. Emva kokupheliswa kwenkqubo endala yoluleko nokulawulwa ngokubethwa (*corporal punishment*), kuye kwakhula imfuno ekhawulezileyo yokuba kujongwane nemiba yokuziphatha kwabafundi ngokusebenzisa iindlela ezintsha.

Inkqubo entsha yokukhuthaza ukuziphatha kakuhle imele utshintsho isuke ekugxininiseni ukusilela kwizinto ezithile nokutsala imikhala ekubeni ibe yinkqubo yophuhliso nokulungiswa kwezimilo (*developmental and restorative approach*). Oku kuya kubangela abafundi ukuba baqhubele phambili ekubeni noxanduva (*responsibility*), ukwakha ubudlelwane (*relationship building*) kwakunye nolangazelelo lokuba kwentle yona impilo (*a greater sense of well-being*). Le nkqubo ikwabethelelwa kuMgaqo-siseko waseMzantsi Afrika (*South African Constitution*), kuMthetho weZikolo waseMzantsi Afrika (*the South African Schools Act*) kwanakwiziphumo zokufunda ezithe ngqo zeNkcazo yeKharityhulam kaZwelonke (*National Curriculum Statement*) ebeka phambili umba wokubanoxanduva.

Kule minyaka mi-5 idlulileyo, i-EMDC yaseMetropole North ibe ithatha inxaxheba kwinkqubo ebanzi yoqeqesho yootitshala ngenjongo yokuphucula ukulawulwa kwendlela yokuziphatha nesakhono ekusingatheni indlela yokuziphatha kwabafundi. Umxholo othi "*Understanding and Managing Learner Behaviour*"

ujolise ekutshintsheni ukusuka kulawulo nokohlwaywa (*control and punishment*) kwabafundi ukuya kwinkxaso ekuziphatheni kakuhle (*positive behaviour support*). Ngaphezulu ikwaxhasa ukutshintsha ukusuka kulawulo lwendlela yokuziphatha (*behaviour management*) ukuya ekukhuthazeni inkqubo yokulungisa nokuvuselela izimilo eya ekuziphatheni okungumngeni.

Le nkqubo iyimfuneko ukulungiselela ukukhula komntwana ngokupheleleyo (*holistic development*). Kubalulekile ke ngoko ukuba le nkqubo inikwe inkxaso zizikhokelo ezicacileyo (*clear guidelines*) zamanyathelo anokuthathwa, nto ke leyo ebangele ukuqulunqwa kolu xwebhu, oko kukuthi, ukuqulunqwa kwezikhokelo ezisisiseko ukuze zonke izikolo zibenako ukuqulunqwa zize zigcine isitraksha sendlela yokuziphatha (*discipline structure*). Ukugxila okuthe ngqo kusekudalweni komgaqo wokuziphatha wabafundi nokuphunyezwa kwawo, kwikomiti yolawulo yesikolo ukuya eklasini. Olu xwebhu luya kuvumela ukuqulunqwa okungaphaya sisikolo ngokwaso kwanokongezwa kwenye ingcaciso ebalulekileyo.

Olu xwebhu lwaqulunqwa emva kophando kwaye luthathela ingqalelo imiba yomthetho nemiqathango yezemfundo yakutshanje. Ndithanda ukukhuthaza iinqununu ukuba ziphumeze imigqalisela nezikhokelo ezikolu xwebhu, kuba ulawulo lwendlela yokuziphatha esempilweni nenika ithemba (*healthy, positive discipline*) luhlala lungumsebenzi noxanduva lwesikolo nezo zitraksha zibambisene nazo. I-EMDC iya kuzixhasa ngovuyo nangokungaphezulu izikolo.

Ndinqwenela ukubulela aba: **uNeville Goliath, uBridget Goosen, uJohan Pretorius uSura Swart noKoos Theron** ngomsebenzi wabo oqaqambileyo negalelo ngakwimfundo engcono.

**B Volschenk**

Ukuziphatha kwabafundi noLawulo lweSikolo



Ukuziphatha kwabafundi noLawulo lweSikolo



## Intlahla-ndlela

- Ukuqonda nokulawula indlela yokuziphatha kwabafundi kube ngumngeni ezikolweni eMzantsi Afrika.
- Injongo yokuthatha amanyathelo okululeka umntwana ngomoya omhle kukukhula komntwana ngokupheleleyo.
- Ukusebenza nabantwana nokuqwalasela iimfuno zabo kufuna iinkqubo ezisebenza ngempumelelo, izakhono neendlela zokucinga ezinika ithemba.
- Izitraksha zolawulo ezikolweni kufuneka zinike izikhokelo ezicacileyo malunga nolawulo lwesimo sokuziphatha kwabafundi.
- Utitshala unoxanduva olubalulekileyo lokuququzelela ukuba kubekho iimeko-bume ezilungiselela ukuphuhlisa nokukhuthazwa kwesimo sokuziphatha kakuhle komfundi
- Indima yomzali njengotitshala wokuqala nomntu ekusetyenziswana naye ekubumbeni indlela yokuziphatha komntwana yinto ebaluleke ngokugqithisileyo.
- Isikolo masenze ukuba kubekho isithuba size sinike abafundi ithuba lokuvelisa izakhono zobunkokeli babo.
- Imigaqo yokuziphatha kwabafundi ithathwa njengesiseko sokuphuhlisa nokukhuthaza indlela yokuziphatha kakuhle kwabafundi.
- Izakhono zokwenza ziyafuneka ngamaxesha kaxakeka xa abafundi befundenwe luxinzelelo lweemvakalelo.

Ukuziphatha kwabafundi noLawulo lweSikolo





# kokuziphatha Ukuphuhliswa nokulawulwa kakuhle esikolweni

## 1. Isiseko sesimo sokuziphatha kakuhle

Ukutshintsha okubalulekileyo kugxininiso malunga nolawulo olusebenzayo lwesimo sokuziphatha kwabafundi kukuphuhlisa nokulawula ubudlelwane obububo phakathi kwabantwana naphakathi kwabantwana nabantu abadala. Imeko-bume yethemba nokuqondana komnye nomnye, yinto eyimfuneko njengesiseko sokwakha ubudlelwane kwaye mayiphuculwe ukuze iphunyezwe sisikolo sisonke neklasi ngokunjalo. Ukuba kuyenzeka oku, **ukuhloniphana omnye ngomnye, ukunonophelana, ulwazi lweemvakalelo zomnye ngomnye, kunye nemvakalelo yokuba 'Ndingowalapha (I belong)'** nokuvuma ukuthwala **uxanduva** ngezenzo zakho buqu, kungafikelelwa kuko ngokulula.

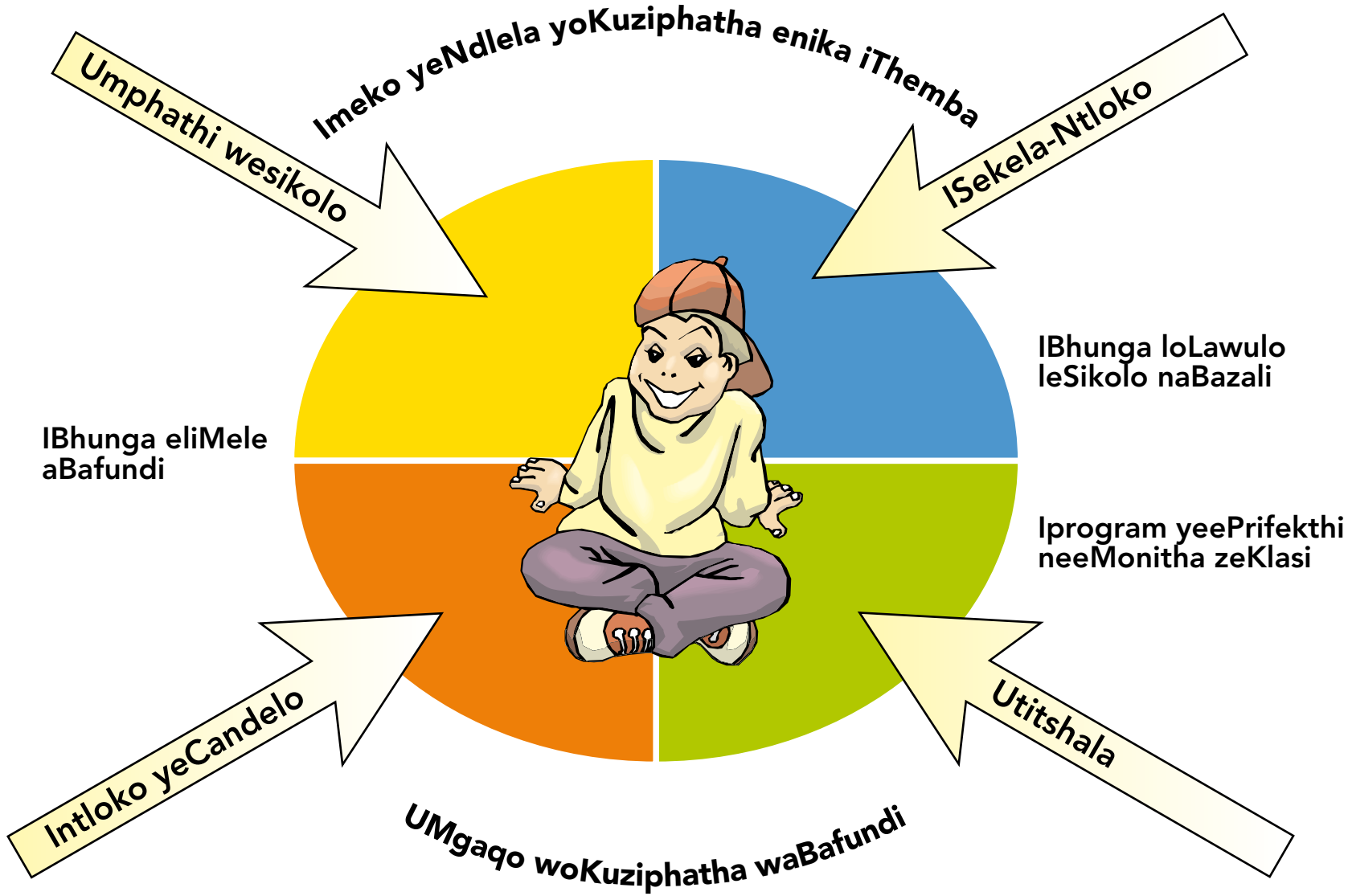
Izikolo zinomsebenzi obalulekileyo wokufundisa abantwana ukuba bahlule phakathi kwesimo sokuziphatha esamkelekileyo nesignamkelekanga. Makudalweithubaelihle ukuze kuphuhliswe ingqiqo nokufunda. Kwimeko yesikolo ekhuthazayo nenika ithemba, ukophulwakwemithetho yesikolo kengoko akuthathwa kuphela njengento elinyathelo elingalunganga ngakwisikolo, kodwa ikwalinyathelo elingalunganga ngakwabanye abafunndi nootitshala kwanokuphazanyiswa kobudlelwane bemvano. Isikolo njengendawo ekukho kuyo imeko-bume yethemba, imithetho yesikolo isisixhobo esinokusetyenziswa ekuphuhliseni ngokupheleleyo umfundi.

Esi sicwangciso sendlela yokuziphatha kakuhle sayame kwimigqaliselo yemodeli i-'Circle of Courage' neyile ilandelayo:

- "Ndingowalapha (*I belong*)"
- "Ndiyaphumelela (*I am achieving*)"
- "Ndizimele (*I am independent*)"
- "Ndinobubele (*I am generous*)"

Le nkqubo imalunga nokukhula kwabantwana (*developmental approach*), igxila ekubeni ivumele abantwana ukuba babe nethuba lokuba bakhule. Ngale nkqubo, baba nokuziqonda bona ngokwabo ngomoya omhle baze benze izigqibo ezisemgangathweni khon' ukuze baqhubele phambili bejonge ekubeni bazimele ngokwabo.

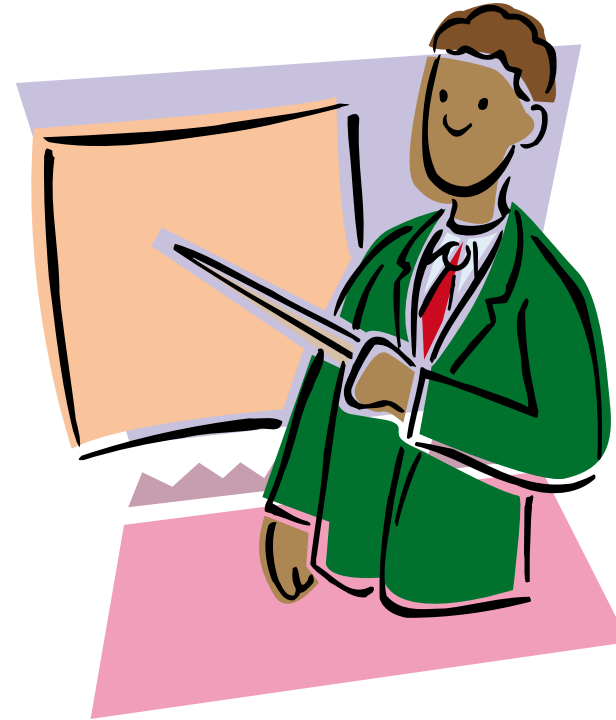
### Phakathi kwiSangqa seNkuthazo "Circle of Courage"



## 2. Ulawulo oluhlangeneyo lwentsebenziswano lwesimo sokuziphatha kakuhle kwabafundi

Uphuhliso lwesikolo siphela olugxininisa kwimeko yendlela yokuziphatha kakuhle malulawulwe ngendlela eyiyo, njengoko lubandakanya **indlela yokucinga nendlela yokusebenza eziqhutywa yindlela yokuziphatha yobuchule nesemgangathweni, izitraksha zenkxaso nokucwangcisa okusemgangathweni**. Ukuyiqonda ngokucacileyo inkolelo esisigxina kwinkqubo kufuna ubunkokheli obusebenzayo. Abathathi-nxaxheba ababalulekileyo yikomiti yolawulo yesikolo, ootitshala, abafundi, ibhunga elimele abafundi, abafundi abaziimonitha zeeklassi okanye iiprifekthi nebhunga lolawulo lesikolo (SGB). Ulawulo lwendlela yokuziphatha kakuhle yinkqubo ehlangeneyo yentsebenziswano enomsebenzi ocacileyo kumdlali-ndima ngamnye, ukuqinisekisa isimo sokuziphatha kakuhle. Imodeli i-*“Circle of Courage”* yeyona isisiseko malunga nokuphunyezwa kolawulo.

### 2.1 Imisebenzi neemfanelo zeKomiti yoLawulo lweSikolo



Ulawulo lwemeko yendlela yokuziphatha kakuhle lufuna ukuba **iinkokheli ezisebenzayo** ziziqonde ngokucacileyo iindlela zokucinga eziqhubeka zingaphezi nezinika ithemba nenkolelo kwinkqubo. Ngoko ke oku kubandakanya amanyathelo aluqilima, entsebenziswano nacwangcisiweyo ekuphunyezweni komgaqo wokuziphatha oqhelekileyo wabafundi nezithethe eziyimikhwa esesikweni yesikolo.

- **UMphathi weSikolo**

- Ubukhulu becala unoxanduva lokumisela ingqiqo ngendlela yokuziphatha enika ithemba apha kwimeko-bume yesikolo.
- Uqinisekisa ukuba bonke abasebenzi, abazali nabafundi banolwazi ngemigaqo-nkqubo malunga nendlela yokuziphatha kakuhle komfundi
- Uqinisekisa ukuba umgaqo-nkqubo malunga namanyathelo oluleko uyaphunyezwa
- Uqinisekisa ukuba imiba yendlela yokuziphatha nemiba yabafundi kuxoxwa ngayo rhoqo
- Uqinisekisa ukuba kugcinwa irekhodi ngendlela yokuziphatha kwabafundi
- Uququzelela iiseshoni zokuphuhlisa abasebenzi malunga nolawulo lwendlela yokuziphatha kwabafundi
- Uququzelela udliwano-ndlebe nabazali malunga nenkqubela nendlela umfundi aziphethe ngayo
- Uqinisekisa ukuba isikolo sineprogram esemgangathweni yoqhelwaniso ukulungiselela abafundi abatsha (ingakumbi abeBakala 8)
- Uqinisekisa ukuba abafundi kujongwana nabo ngobulungisa nangokungatshintshi-tshintshiyo

- **ISekela-Ntloko**

- Lenza umsebenzi wokululeka abafundi (*application of discipline*)
- Linika inkxaso inqununu ekwenzeni imisebenzi yayo yokudala imeko-bume yesimo sokuziphatha enika ithemba esikolweni
- Linika inkxaso kumalungiselelo okunika inkxaso abafundi nokubakhokela malunga nendlela yokuziphatha kakuhle
- Lisuphavayiza ibhunga elimele abafundi.

- Lenza umsebenzi wokusuphavayiza nokunika iingcebiso malunga neprogram yeeprifekthi

- **Intloko yeCandelo**

- Yenza umsebenzi wokulungiselela iintlanganiso zarhoqo ezimiselweyo kunye neentloko zamabakala, ootitshala abaneqhuzu, nootitshala abakhokela izigaba njl.njl.
- Iqhuba iingxoxo malunga nezinto eziqhele ukwenziwa kululeko nemiba eyinkxalabo esikolweni.
- Inika inkcazelo ngokuqhubekayo malunga nezindululo ze-EST nongenelelo ngoncedo
- Inxulumanisa iikomiti ezinemisebenzi emininzi kumaziko ezithili, imibutho yasekuhlaleni neMibutho eNgekho Phantsi koRhulumente (NGOs)

- **INtloko yeBakala /OoTitshala aBaneqhuzu**

- Iququzelela iintlanganiso ezicwangcisiweyo zarhoqo nootitshala bamabakala, benkalo yesifundo kunye/okanye ootitshala bezigaba
- Ibamba iingxoxo ukuchonga abafundi abanokugqithiselwa kwi-EST
- Iququzelela udliwano-ndlebe nabazali ukuxoxa ngendlela yokuziphatha kwabafundi neemfuno
- Ilawula ize iphathe inkqubo yolawulo lwabafundi abathunyelwe kwiinkqubo zoluleko nongenelelo ngoncedo
- Yenza ingxelo kwiSGB malunga neendlela zoluleko nemiba eyinkxalabo

## 2.2 Imisebenzi neemfanelo zikatitshala

- Wenza iklasi ukuba ibe **yindawo egxininisa kumfundi** evumela ingxoxo phakathi kwabafundi, kodwa ingxoxo leyo iqhubeke ngendlela engqalileyo nenocwangco
- **Wenza amalungiselelo kakuhle** khon' ukuze izifundo zihambe ngaphandle kwamagingxi-gingxi ukuze abafundi balulekwe ngokulula ngokungaphezulu
- **Ulindele intsebenziswano yabafundi.** Xa umfundi eyalelwa ukuba "akhuphe iincwadi", umyalelo mawulandelelwe. Linda de oko kwenzeka!
- **Akazenzi izoyikiso** ezingasokuze zenzeke.
- Akasuki nje agxeke. Xa ekhomenta malunga nomsebenzi womfundi, makhumbule **ukumncoma** umfundi ngokunjalo.
- **"Makohlwaye"** kuphela ngokungqinelana nomgaqo wokuziphatha wesikolo
- Makaqinisekise ukuba umoni uyathethiswa ngaloo nto ayenzileyo. **Makangohlwaywi iklasi xa iyonke.** Oku akulunganga kwaye makungenzeki.
- **Makangavumeli** ukuba abafundi babe lukrozo (*queue*) xa ekorekisha iincwadi zabo. Oku kuchoitha ixesha kwaye kungahle kwenzeka ngokumandla ukuba iingxaki zoluleko ziya kubakho.
- **Makangahlali xa ufundisayo.** Makahamba-hambe uze uqwalasele abafundi ngeli lixa baxakekileyo besenza imisebenzi yabo ngamaqela ngamaqela.
- **Makathethana ne-EST** ukuze afumane iingcebiso nenkxaso ngokumalunga nongenelelo ngoncedo nokuba kungajongwana njani na neemfuno zabafundi ezithe ngqo.
- **Ikomiti yolawulo yesikolo** ikho ukuze imnike inkxaso. Makafune uncedo endaweni yokuvumela ukuqalisa kweengxaki ezimalunga nokuziphatha

## 2.3 IBhunga loLawulo leSikolo

- Lenza umsebenzi wokuqulunqa nokuhlaziya rhoqo umgaqo wokuziphatha wabafundi ngokusebenzisana nabazali, ootitshala nabafundi
- Lenza ukuba kubekho indawo yemeko-bume yokuziphatha kakuhle negxininisa kwiinjongo ezithile ukuqinisekisa ukuqhubeka kokufundisa nokufunda
- Liqinisekisa ukuba iinkqubo zoluleko zesikolo ziyaqhubeka apha ngaphakathi kwinkqubo-sikhokelo yoMgaqo-siseko waseMzantsi Afrika noMthetho weZikolo waseMzantsi Afrika
- Linyula ikomiti yoluleko
- Lisingatha iindibano zoluleko ezinobulungisa lize licebise malunga namanyathelo ongenelelo olwakhayo olunenjongo yokulungisa iimeko
- Ligcina imizuzu epheleleyo yeendibano zoluleko
- Libamba iintlanganiso zarhoqo nabazali ukuxoxa imicimbi yoluleko

## 2.4 Imisebenzi neemfanelo zeBhunga eLimele aBafundi (RCL)

- Liqulunqa likhuthaze imeko-bume yomoya owakhayo apha ngaphakathi esikolweni
- Likhuthaza abafundi ukuba bathathe inxaxheba kwaye badlale indima ekusebenzeni kwesikolo okuyimpumelelo
- Likhuthaza ukuziphatha kakuhle ngokubamba iintlanganiso zarhoqo zabafundi neengxoxo
- Lisebenzisa amakhonkco onxibelelwano ukuxoxa ngeemeko zabafundi zodano noloyiko (*frustrations and fears*)
- Likhuthaza unxibelelwano olwakhayo nootitshala nekomiti zolawulo zesikolo
- Liseka iiklabhu/amaqela neeprojekthi ezizodwa ukukhuthaza ukuthatha inxaxheba kwabafundi
- Lithatha inxaxheba kwimicimbi yebhunga lolawulo lwesikolo
- Lidlala indima njengommeli esikolweni nakuluntu

## 2.5 Imisebenzi neemfanelo zeNkqubo yeePrifekthi/ Inkqubo yeeMonitha zeklasi



- Ikhuthaza ukuziphatha kakuhle eklasini nakumasango ezikolo
- Iqinisekisa iklassi ecocekileyo nenocwangco
- Ikhuthaza ukuba nebhongo ngeklasi
- Ibeka iliso ekuhambeni isikolo
- Inxibelelana nootitshala beklasi malunga nemiba yabafundi nezikhalazo zabo



## Amalungelo kaTitshala

- Njengabo bonke abemi beli lizwe, ootitshala banamalungelo athile akhuselwe nguMgaqo-siseko. Amalungelo angundoqo ootitshala akhuselwe ngakumbi yimigqaliselo yomthetho ongabhalwanga nemithetho kazwelonke.

### **Ootitshala banelungelo kwezi zinto zilandelayo:**

- Ulingano
  - Isidima sobuntu
  - Ukuba nguwe wedwa: ukuphila ubomi bakho kungekho kuphazamiseka kubheke phi. Oku kuquka ubomi bakho wedwa, obosapho nobomi bekhaya; imfezeko ngokomzimba nangokweemvakalelo; intlonipho negama elihle. Ilungelo likatitshala kubomi obubobakhe linentsingiselo yokuba yena unelungelo lokuba angachazwa njengento engento okanye azifumane ephoxekile, kwaye unelungelo lokuba oko kuyimfihlo (*confidentiality*). Ngenxa yokuba utitshala engumntu woluntu, kukho ke ngoko umda kumalungelo akhe okuba nobomi obubobakhe yedwa ngokumalunga nobomi bosapho, ukuzazi ngokwezesini nangokweengcaciso emalunga nobume bempilo yakhe.
  - Inkululeko yenkolo nokuveza izimvo
  - Inkululeko yokukhupha izimvo zakho: Inkululeko yootitshala yokukhupha izimvo zabo, ingaba nemida engenakugqitha kuyo xa ngaba iphazamisana namalungelo abanye abantu, okanye ngenxa yeemeko ezichaphazela imfundo.
  - Inkululeko yokuzibandakanya nokuthile
  - Amalungelo ezombangazwe (ezopolitiko)
  - Amalungelo ezemisebenzi
- Ulwimi nenkcubeko
  - Ukukhuselwa nokuhlonitshwa kwesidima sikatitshala. Mayikhunjulwe into yokuba oku akunakunyanzeliswa, kodwa kungazuzeka ngenxa yesimo sokuziphatha somntu.
- Nakuba kunjalo, amalungelo katitshala mawasoloko ethelekiswa nezo zinto zibalulekileyo ekulondolozweni kweemeko ezingongqe ukufunda nokufundisa ezisebenza ngempumelelo, nezizezentsebenziswano. Indlela yokuziphatha komfundi engangqinelaniyo namalungelo katitshala mayisoloko ivavanywa ithelekiswa neemeko ezimalunga nemvelaphi yeempawu eziqhelekileyo zomntwana o.k.t.
    - Ukungakwazi ukugweba malunga nokuthile
    - Ukungabikho kwengcinga yengqiqo
    - Ukungakhuli ngokweemvakalelo
    - Indlela yokuziphatha yokusuka wenze nantoni na







# Ukuziphatha kakuhle: Indima yaBazali

## 1. Umfundi wesikolo seprayimari

- Yiba nolwazi ngomgaqo wokuziphatha wesikolo uze ukhuthaze umntwana wakho ukuba awuthobeke
- Wenze ubeluwilima umgaqo wokuziphatha ngokuthwala uxanduva olungundoqo ngokumalunga nokuziphatha komntwana wakho.
- Yenza ukuba kubekho imeko-bume ekhuselekileyo (*safe atmosphere*) ukulungiselela umntwana wakho ukuze akhule kakuhle.
- Qinisekisa ukuba umntwana wakho uya qho esikolweni ngexesha elifanelekileyo. Zichaze izizathu zokuba umntwana wakho angabikho esikolweni
- Yiba nonxibelelwano rhoqo nomntwana wakho malunga nosuku lwakhe lwesikolo. Abantwana basoloko benemfuno yokwabelana ngezinto eziqhubeka esikolweni.
- Mazi utitshala womntwana wakho. Unxibelelwano olusemgangathweni lomzali notitshala luqinisekisa umntwana owonwabileyo noziva ekhusekile kakhulu. Oku kuba yinzuzo xa indlela yokuziphatha esetyenziselwa injongo ethile, ifuna inkxaso nokulungiswa kondonakele.
- Bethelela umkhwa wokufunda ekhaya ngokuqwalasela umsebenzi wesikolo wasekhaya womntwana wakho.
- Thatha inxaxheba ngokunika inkxaso kwimisebenzi eyenziwayo yokufunda nemisebenzi eyenziwa emva kwemisebenzi yesikolo yasekhaya.

- Mmamele ngengqondo ephangaleleyo umntwana wakho kunye notitshala. Gada ukuba kungabikho mkhethe uze uhlale ujonje kwisisombululo esiyimpumelelo (*win-win solution*).
- Fundisa abantwana ukuba bafumane izisombululo zethemba kwiingxaki abahlangana nazo yonke imihla kwanokuba baqubisana nazo ngokuthe ngaphandle kodlame.

## 2. Umfundi wesikolo esiphakamileyo

- Yiba nolwazi ngomgaqo wokuziphatha wesikolo uze ukhuthaze umntwana wakho ukuba awuthobeke.
- Wenze ube luqilima umgaqo wokuziphatha ngokuthwala uxanduva ngokumalunga nendlela yokuziphatha komntwana wakho.
- Yenza ukuba kubekho imeko-bume ekhuselekileyo (*atmosphere*) ukulungiselela umntwana wakho khon' ukuze akhule kakuhle enethemba.
- Thatha inxaxheba kubomi bomntwana wakho. Yiba nolwazi ngokuqhubekayo kubomi bakhe. Fumana ingcaciso malunga nokukhula kwabantwana abafikisayo ukuqinisekisa ukuba uyiqonda ngcono indlela abaziphethe ngayo.
- Yenza ixesha elilelenu nobabini kuphela. Ukufikisa lixesha apho abantwana abafikisayo baye bazilumle kusapho lwabo baze bachithe ixesha elininzi nabahlobo nasesikolweni. Ixesha kunye nosapho nabazali libalulekile kakhulu ekukhuleni komntwana ngokweemvakalelo

- nangokwasentlalweni kumntwana wakho.
- Mamela kunokuba uthethe. Abantwana abafikisayo bafuna ukuba baqatshelwe nokuba bakhuphe izimvo zabo malunga neemvakalelo zabo. Kuthathele ingqalelo oku, umamele ngokuqonda uze uthathe inyathelo lokukhokela.
  - Ukuncoma (*positive re-inforcement*) okuyinkuthazo kwindlela yokuziphatha kakuhle! Bethelala indlela yokuziphatha kakuhle, kusebenza ngaphezu kokugxeka. Iintethwana ezikhubekisayo nezityhafisayo (*Disparaging remarks*) ziyazonakalisa iimvakalelo zabantwana abafikisayo nokuzithemba kwabo. Izixhobo ezigqibeleleyo ezifumanekayo kuwe zokwakha ubudlelwane obunentsingiselo luthando, ukukhathalelana, ukuba novakalelo, inkuthazo, ukuqondana nokunxibelelana, ukuhoyana, ukuncoma nokwamkelana.
  - Mfundise umntwana wakho ofikisayo ukuba amalungelo neemfanelo zihamba kunye. Mnike amalungelo angaphezulu umenze abe yinxalenye yencoko yokwenziwa kwezigqibo. Phuhlisa isakhono sabo sokuzikhethe ebomini, ukusombulula iingxaki nokwenza izigqibo.
  - Bakhuthaze ukuba bathathe inxaxheba kwizinto ezenziwa kuluntu. Iimvakalelo zomntwana ofikisayo zokuzixabisa yena siqu ziphuhliswa ngokuzibandakanya kumaphulo asekuhlaleni oluntu. Oku kushenxisa ukugxininisa ku-“Mna, isiqu sam” kwaye kuphuhlisa iimvakalelo zobudlelwane.
  - Yakha iinkumbulo nomntwana wakho.
  - Yiqonde into yokuba iimvakalelo zakho zinempembelelo emntwaneni wakho. Indlela owusingatha ngayo umba wemvakalelo, iya kukhulisa ukuqonda kwakho ngeemvakalelo zabanye abantu emntwaneni wakho.
  - Hlala unolwazi malunga nokuqhubeka kwilizwe labantwana abafikisayo ngokuthi uxoxe kunye nabanye abazali kunye/

okanye abanye abantu abaqeqeshiweyo. Yiba nolwazi ngeempawu eziyingozi ezintama ukuba umntwana wakho “ngumntwana osengxakini” uze uthathe amanyathelo kwasekuqaleni.

## linkonzo ezifumanekayo:

Department of Social Services	021 9487100	Bellville
	021 4819700	Cape Town
FAMSA	021 4617360	Cape Town
	021 5922063	Goodwood
Parent Centre	021 7620116	Wynberg
Badisa	021 9326721	Elsies River
Planned Parenthood Assoc. of SA	021 4487312	Cape Town

# UMgqaqo woKuziphatha waBafundi weSikolo

Le migaqo asiloqela lemigaqo nemiqathango yokohlwaya, koko **sisakhelo sesikolo sokuziphatha ukwenzela ukudala umoya wokuziphatha kakuhle ekumele ukuba abafundi baziphatha ngawo**. Umgqaqo wokuziphatha mawuqulunqwe ngentsebenziswano nabo bonke abantu abachaphazelekayo (ootitshala, abafundi nabazali) yaye mawuhlaziye rhoqo.

- Isikolo masivumelane ngesitraksha (*structure*) sokuziphatha esifanayo, oko kukuthi, ngengcinga nangokwenza, sibe ngqingqwa, sibenobulungisa, singajika-jiki yaye sibe sesakhayo.
- Umgqaqo wokuziphatha ufezekisa imiqathango neemfundiso (*norms and values*) ezinyanzeliswayo nezisetyenziswayo ngokubhekiselele ekuziphatheni kwabafundi, kwizenzo nakwindlela izinto ezisebenza ngayo kwisikolo eso.
- Umgqaqo-nkqubo wokuziphatha (njengoko umiselweyo sisiQendu 8(2) soMthetho weZikolo waseMzantsi Afrika) mawujoliswe:  
ekusekeni imeko-bume ejolise ekuziphatheni kakuhle kwabafundi esikolweni (**abafundi baneempawu ezinjengokuzeyisa, uxanduva, intobeko, ukugqwesa, (yonke imisebenzi eqhubeka esikolweni ingqamene nombono wesikolo)**), nejonge ekuphuculeni nasekulondolozeni umgangatho wenkqubo yokufunda.

## 1. Iinjongo zomgaqo wokuziphatha

- Kukudala umoya wokufunda nokufundisa esikolweni kusetyenziswa inkqubo yokuziphatha kakuhle ekhusela amalungelo abo bonke abafundi okufumana imfundo eyiyo, ilungelo labo lokuphathwa ngesidima kunye nelungelo labo lokhuseleko
- Kukunika inkcazo ecacileyo, engqalileyo emalunga nokuziphatha nezenzo ezilindelwe kubafundi ukuze bakwazi ukulungelelanisa indlela yokuziphatha kwabo ngokukoko
- Kukucacisa ngamanyathelo athe mbo nangaguqu-guqukiyo xa kuye kwakho utyeshelo lwemigaqo uze ngokwenjenjalo udale iimvakalelo zokhuseleko kubafundi, kuba kucacile kubantu bonke okulindeleke kubo
- Kukusebenza njengesilinganiso (*gauge*) samanyathelo angakhethi cala naqiqiweyo
- Kukukhokela ukusebenza kwemihla ngemihla kwesikolo nokuvumela imisebenzi yenzeke ngocwangco
- Kukudala indawo ekhuselekileyo yabafundi nootitshala
- Kukuxhasa iinjongo, njengoko zibhaliweyo kumnqophiso wesikolo

## 2. Iimfuno zomgaqo wokuziphatha

Umgaqo wokuziphatha wesikolo ubonelela ootitshala ngomlinganiselo othile wamagunya abawafunayo ukwenzela ukuba ukufunda nokufundisa kuqhubeke ngocwangco. Kubaluleke kakhulu ngoko ke ukuba kuqatshelwe iimfuno ezimiselweyo zomgaqo onguwo wokuziphatha.

### • Oku kulandelayo kunokusetyenziswa kumgaqo wokuziphatha wesikolo:

- Ukusebenza kwawo kuphantsi kwemiqathango yomthetho osebenzayo. UMthetho weZikolo waseMzantsi Afrika umisela indlela umgaqo wokuziphatha omawuqulunqwe ngayo uze uMgaqo-siseko usebenze njengesiseko sesiqulatho somgaqo wokuziphatha.
- Kufuneka uqulunqwe ngokungqamene nemvelaphi yesimo sesikolo yaye uthathele ingqalelo imo eyodwa yesikolo neemfundiso kunye nezithethe zabafundi kunye noluntu.
- Kufuneka ukhuthaze ukuziphatha kakuhle kunye nophuhliso ungagxili ekohlwayeni.
- Kufuneka ufake inkcazelo yohlobo lokuziphatha olungamkelekanga (okuye kwezinye iimeko kwamkeleke) yaye kufuneka ubonise ukuba impendulo yesikolo kuhlobo olunjalo lokuziphatha uya kuba yintoni.
- Kufuneka ujolise ekudaleni umoya wesikolo onocwangco nojolise ekufezekiseni iinjongo ezithile kwimeko apho kunokuqhubeka khona imfundo esemgangathweni.
- Kufuneka umiselwe ngokucacileyo ungabineentsingiselo ezimbaxa.
- Kufuneka ufikeleleke kwaye ufundeke lula kwabo bayisebenzisayo.
- Kufuneka uhlangabezane neemfuno zokungakhethi cala

nengqiqo.

- Kufuneka umisele umgangatho wendlela yokuziphatha echanekileyo neyamkelekileyo.
- Kufuneka ube namandla ulungelane neemeko ngeemeko.
- Kufuneka unike abafundi ilungelo noxanduva
  - lokwazi ngendlela yokuziphatha elindeleke kubo.
  - lokwazi ngeziphumo zokuziphatha kwabo.

## 3. Inkqubo yokusekwa komgaqo wokuziphatha

- IsiQendu 8 soMthetho weZikolo waseMzantsi Afrika (*Section 8 of the South African Schools Act*) simisela ukuba zonke izikolo maziqulunqwe umgaqo wokuziphatha. Nangona inqununu nootitshala benoxanduva lokujongana nendlela yokuziphatha esikolweni, ibhunga lolawulo linoxanduva lokuqinisekisa ukuba isikolo siqalisa umgaqo wokuziphatha.
- Ukumiselwa komgaqo wokuziphatha kubandakanya uthatho-nxaxheba lwabo bonke abathathi-nxaxheba, oko kukuthi, abazali, ootitshala nabafundi, kwinkqubo. Le nkqubo mayivuleleke ibandakanye wonke umntu ize inike ithuba lengcebiso nothetha-thethwano. Ngokwenjalo kuqinisekiswa ukuba uluntu lonke oluyinxalenye yesikolo lwamkela ubumnini bomgaqo wokuziphatha nokusetyenziswa kwawo. Kubaluleke ngokukodwa ukuba bonke abafundi bakwazi okuqulathwe ngumgaqo wokuziphatha.
- Nangona zonke izikolo ziziqulunqelayo umgaqo wokuziphatha wazo, ofanele iimeko ezo ziwuchaphazelayo, umgaqo wokuziphatha mawuthobeke iimfuno ezikhankanywe ngasentla.

#### 4. Imihlaba yokusetyenziswa komgaqo wokuziphatha

- Akukho mfundi unyinyiselwayo (*exempt*) ukuba angawuthobeli umgaqo wokuziphatha.
- Nakuba kunjalo, kuyinto ebalulekileyo ukuba isikolo esiyinxalenye yoluntu sazi ukuba umgaqo wokuziphatha wesikolo usetyenziswa phi nanini, oko kukuthi:
  - Kumasango esikolo phambi, ngelixa lokufunda nasemva kweeyure zesikolo
  - Ngelixa layo yonke imisebenzi yesikolo – ngaphakathi okanye ngaphandle kwepropathi yesikolo
  - Ngaphandle kwepropathi yesikolo xa umfundi ekwazi ukuqapheleka ngenxa yeempahla zesikolo azinxibileyo.

#### 5. UMgaqo-sikhokelo woKuxhasa nokuBuyiselwa kweNdlela yoKuziphatha kwiMo yaNgaphambili

Umgaqo wokuziphatha wesikolo ufanele ukuqulunqwa ngokwale nkqubo-sikhokelo ilandelayo:

- Intshayelelo enemithetho-siseko, ifilosofi nemigaqo engemikhwa emihle (*ethos*) efumaneka kuMthetho weZikolo waseMzantsi Afrika. Iimfundiso ezisisiseko (*values*) ezinjengentlonipho, ukunyamezelana noxolelaniso mazimiselwe njengesikhokelo. Makucaciswe ngokuphandle ukuba imfundo asiloxanduva lukarhulumente, koko iluxanduva kananjalo lwabafundi, ootitshala nabazali
- Izalathiso zomthetho ekusekelwe phezu kwazo umgaqo wokuziphatha
- Umnqophiso (*mission*) nombono (*vision*), apho iimfundiso ezisisiseko (*values*) zazo zonke izigqibo ezenziwayo malunga nabafundi zicaciswa gca khona. Kuyinto ebaluleke

ngokungaphezulu ukuba umnqophiso (*mission*), umbono neemfundiso kwabelwana ngazo ngabantu abayinxalenye yesikolo

- Iimfundiso nemigqaliselo ngokubanzi (*general principles*) ezifanele ukusetyenziswa zezi:
  - ukuhlonipha amalungelo oluntu angundoqo
  - ukuhlonipha ootitshala
  - ukwamkela inkqubo yeenkcubeko ezininzi (*multiculturalism*) neyantlukwano (*diversity*)
  - ukuhlonipha okubangqongileyo neefasilithi zezikolo
- Imigaqo eqhelekileyo yesikolo ethobela iimfuneko zokuba ibe yecace gca, ibe nobulungisa, ibe yeyengqiqo, kwaye ibe yenokunyanzeliswa. Le migaqo ingaqulatha
  - inkcazo yokuziphatha kakuhle elindeleke kubafundi.
  - inkcazo yeendidi zokuziphatha ezithathwa njengezingamkelekanga.
- Le migaqo mayiqulunqwe ngohlobo oluya kudibanisa yonke imiba yobomi besikolo: ezemfundo, inkcubeko, imidlalo, amalungelo oluntu, amagunya esikolo, indlela yokuziphatha ngaphandle esikolweni, ngokunjalo neefasilithi zezakhiwo nemihlaba.
- Imigaqo yezikolo mayibe neenjongo zemfundo.
- Mayibaluleke, ifaneleke ikwazi ukusetyenziswa.
- Mayiquke inkcazo ngeemeko eya kusetyenziswa phantsi kwayo imigaqo yokuziphatha, ngokunjalo nemigaqo yoluleko neentlobo zokohlwaya.

#### 6. Ukophulwa kwemigaqo ngumfundi ngokubhekiselele kwiiNkqubo zeNkxaso

(Ezi zinto zilandelayo apha ngezantsi ziingcebiso zokuxhasa neendlela zokubuyisela indlela yokuziphatha kwimo yangaphambili yaye zifanele ukuqaliswa kunye nemiqathango

efanelekileyo kwinqanaba ngalinye.)

## Inqanaba 1

Ukophulwa kwemigaqo ngumfundi	Impendulo nenkxaso
<ul style="list-style-type: none"> <li>• Ukukopa umsebenzi wesikolo wasekhaya</li> <li>• Ukufika emva kwexesha eklasini, emigceni, kwiindibano zokuthandaza, ezintlanganisweni, njl. njl.</li> <li>• Ukuthetha eklasini, emigceni, kwiindibano zokuthandaza, ngexesha lezaziso, njl. njl.</li> <li>• Ukungalandeli miyalelo eyiyo, umz. ukungasebenzi eklasini</li> <li>• Iincwadi zesikolo azihoywanga.</li> <li>• Ubuxelelegu ngokubanzi</li> <li>• Ukonakaliswa kweempahla (kubandakanya nokungcolisa)</li> <li>• Ukusetyenziswa kakubi nokungekho mthethweni kwezinto zesikolo (izicima-mlilo, iitephu, nee-alam, njl. njl.)</li> <li>• Ukumka esikolweni/eklasini ngaphandle kwemvume</li> <li>• Ukusebenzisa ulwimi oluthoba isidima nolurheshayo (<i>suggestive</i>) kunye neempawu ezithile</li> <li>• Izenzo zokungabi nasimilo ezijoliswe kootitshala</li> <li>• Ukuphazanyiswa ngabom kweklasi. Ukutya eklasini, ukudlala geselula foni, njl. njl.</li> <li>• Ukungayi esikolweni ngaphandle kwemvume/ukuhamba kakubi isikolo/ukutshunga</li> <li>• Ukophula imigaqo yaseklasini</li> <li>• Ukuphemebelela umlo, isenzo sentloni (ukuqhwaya udushe)</li> <li>• Ukuziphatha kakubi ezibhasini ukuya nokubuya esikolweni</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Utitshala weklasi/Utitshala wenkalo yesifundo</b> onoxanduva lolawulo lweklasi lokuziphatha komfundi (Funda phantsi kwesihloko esimalunga noLawulo lweKlasi).</li> <li>• <b>Imigaqo yeklasi:</b> imfuno yokulawulwa kokuziphatha nokuthathwa kwamanyathelo (Funda phantsi kwesihloko esimalunga noMgaqo woKuziphatha weKlasi ).</li> <li>• <b>Iiprogram zokunceda zoontanga</b> zinganempembelelo entle ekudalweni komoya omhle wesikolo nasekulawulweni kokuziphatha komfundi (Funda malunga neziSeko zeNkxaso).</li> </ul>

## Inqanaba 2

Ukophulwa kwemigaqo ngumfundi	Impendulo nenkxaso
<ul style="list-style-type: none"> <li>• Ukophulwa kwakhona kwemigaqo yeNqanaba 1 ngumfundi</li> <li>• Ukuphazanyiswa kweklasi (Okuphindwayo)</li> <li>• lintetho nezenzo zobuhlanga, ezisingela phantsi ngokwesini (<i>sexist</i>) nezicalulayo</li> <li>• Ukuba nemifanekiso nokusasaza imifanekiso yamanyala, yobuhlanga, okufundwayo okucalula ngokwesini, okanye ukubuka kunye/okanye ukukopa izinto ezinjalo kuyo nayiphi ikhompyutha okanye iselula foni esikolweni</li> <li>• Ubuqhophololo (<i>fraud</i>) (ukufaka iinkcukacha ezingezizo kumaxwebhu, isenzo sokunganyaniseki kwiimviwo, njl. njl.)</li> <li>• Ukonakaliswa kweempahla (<i>vandalism</i>): Igrafithi, ukubhala ezidesikeni, ukophulwa kweefestile, njl. njl.</li> <li>• Ukulwa nokwenzakalisa</li> <li>• Ukungcakaza (<i>gambling</i>)</li> <li>• Ukutshaya isigarethi nokuphatha isigarethi</li> <li>• Ukubhala iinkcukacha ezibubuxoki kumaxwebhu okungaba neziphumo ezibi ngokungabhekele phi</li> <li>• Ukuphazanyiswa kweeklasi kakhulu</li> <li>• Ukwala ukuthobela imiqathango yokulungisa isimilo</li> </ul>	<ul style="list-style-type: none"> <li>• I-EST: yikomiti yesikolo nekomiti yabaphathi abakhulu (<i>school-based team and senior management team</i>), kusetyenziswa abacebisi ngezekharityhulam abachaphazelekayo nekomiti ye-EMDC</li> <li>• INtloko yeBakala (Funda malunga nemisebenzi noxanduva lwentloko yebakala (<i>grade head</i>))</li> <li>• Ukubandakanywa kwabazali (bandakanya abazali ekwenziweni kwezigqibo ngokudibeneyo malunga nenkxaso kumfundi)</li> <li>• Yenza iiprogram zophuhliso zasekuhlaleni (bandakanya abafundi kwiprogram yophuhliso eyiyo, eyenziwa yindawo esekuhlaleni)</li> <li>• Imimiselo yokulungisa isimo (ukwenziwa kwezigqibo yikomiti yezoluleko)</li> <li>• Isicwangciso sophuhliso lwemfundo somfundi ngamnye (<i>Individual education and development plan</i>) (<i>IESP</i>): ukugcinwa kweripoti yeklasi kungayinxalenye yoku (Funda ngeziSeko zeNkxaso).</li> <li>• Utitshala njengomcebisi wabafundi (Funda ngemisebenzi neemfanelo zikatitshala)</li> </ul>

### Inqanaba 3

Ukophulwa kwemigaqo ngumfundi	Impendulo nenkxaso
<ul style="list-style-type: none"> <li>• Ukophulwa kwakhona kwemigaqo yeNqanaba 2 ngumfundi</li> <li>• Uphinde waziphatha gwenxa kakhulu kwakhona</li> <li>• Ukuba phantsi kweempembelelo zotywala neziyobisi</li> <li>• Ubusela ngokugqithisileyo/Ukuqhekeza</li> <li>• Isenzo sokutshisa ngomlilo</li> <li>• Ukonakaliswa kweempahla kakubi</li> <li>• Impatho-gadalala ngokwesondo (ukungcungcuthekisa oogxa bakhe)</li> <li>• Ukuziphatha gwenxa ngezesondo (ukuziqhala)</li> <li>• Ukubetha emzimbeni oogxa bakhe (ukulwa, ukugibisela izinto, njl. njl.)</li> <li>• Ukuziphatha gwenxa ngokwesondo apho abafundi bangabenzi khona</li> <li>• Ukoyikisa oogxa bakhe okanye ootitshala</li> <li>• Ukubandakanyeka kwimisebenzi enxulumene nobugewu</li> <li>• Ukuphazanyiswa kweprogram yesikolo ngokwenza uqhushululu noqhankqalazo ngaphandle kwemvume</li> <li>• Ukungena kwimihlaba yesikolo ngaphandle kwemvume lo gama isigwebo sokunqunyanyiswa sisebenzayo</li> <li>• Ukwenza izoyikiso zogqabhuko-dubulo</li> </ul>	<ul style="list-style-type: none"> <li>• Inkonzo yoluntu (Ijongene nokulungisa isimilo)</li> <li>• I-EST: ikomiti yabaphathi yesikolo nekomiti yabaphathi abakhulu kananjalo nabacebisi ngezekharityhulam abachaphazelekayo ekuhlaleni nekomiti yemiba ngemiba ye-EMDC (<i>EMDC's multifunctional team</i>) (Funda iinkcukacha zeNkxaso).</li> <li>• Ukubandakanywa kwabazali (bandakanya abazali kwinkqubo yongenelelo lokunceda, funda malunga noKuthethwa kwaMatyala Oluleko (<i>Disciplinary Hearing</i>)).</li> <li>• IESP (Funda ngeZitraksha zeNkxaso).</li> <li>• Yenza iiprogram ezijolise kuphuhliso (bandakanya abafundi kwiprogram yophuhliso efanelekileyo, eyenziwa yindawo esekuhlaleni)</li> <li>• Utitshala njengomcebisi wabafundi (Funda ngemisebenzi neemfanelo zikatitshala)</li> <li>• Ikomiti yesekethe (kwi-EMDC) (Funda ngeZitraksha zeNkxaso).</li> <li>• UMgaqo-nkqubo woku <i>Abuse no More</i></li> <li>• UMgaqo-nkqubo ojongene nokuSetyenziswa kweZiyobisi omalunga nokuziphatha gwenxa okunxulumene neziyobisi</li> <li>• UMgaqo-nkqubo weSebe leMfundo onxulumene nokunqunyanyiswa nokugxothwa (<i>suspension and expulsion</i>)</li> <li>• IBhunga loLawulo leSikolo (Funda ngoKuthethwa kwaMatyala Oluleko).</li> </ul>



## Inqanaba 4

Ukophulwa kwemigaqo ngumfundi	Impendulo nenkxaso
<ul style="list-style-type: none"><li>• Ukophulwa kwakhona kwemigaqo yeNqanaba 3 ngumfundi</li><li>• Ukwala ukuya kwiiprogram ezijolise kuphuhliso</li><li>• Izixhobo eziyingozi: ukuzisa izixhobo eziyingozi kwimihlaba yesikolo, ukugrogrisa abantu ngesixhobo, ukubetha ngabom abantu ngesixhobo</li><li>• Ukufunyanwa uneziyobisi kumasango esikolo</li><li>• Ukuthengisa iziyobisi kumasango esikolo</li><li>• Ukubetha enzakalise</li><li>• Umfundi ufunyanwa enetyala kwinkundla yamatyala olwaphulo-mthetho (uyagxothwa ngoko nangoko)</li><li>• Ukudlakathelisa ngokwesondo (ukudlwengula)</li></ul>	<ul style="list-style-type: none"><li>• IBhunga loLawulo leSikolo (Funda ngoKuthethwa kwaMatyala Oluleko (<i>Disciplinary Hearing</i>)).</li><li>• INkonzo yamaPolisa yoMzantsi Afrika (SAPS) – izenzo zolwaphulo-mthetho ezinjengokusetyenziswa gwenxa kweziyobisi, izixhobo, ukudlwengula, ukubetha wonzakalise</li><li>• Ukubandakanywa kwabazali (Funda ngoKuthethwa kwaMatyala neNgcabiso kuBazali).</li><li>• Ababonelela ngeenkono zentlalo-ntle (linkono zenkxaso kubafundi nabazali)</li><li>• Ikomiti yesekethe (kwi-EMDC) (Funda ngeZitraksha zeNkxaso).</li><li>• Ikomiti ejongene nokugxotha abafundi (<i>expulsion committee</i>)</li></ul>



# Ukuxoxwa kwamatyala oluleko abafundi

## 1. Inkqubo emiselweyo

Ukuthethwa kwetyala loluleko kwenzeka ngokomgaqo omiselweyo osekelwe kwimigaqo eyinqobo yomthetho. Ilungelo lomntungamnyelokuxhamla ukuthethwa kwetyala ngobulungisa nangengqiqo kwisiQendu 33 soMqulu waMalungelo oLuntu, njengoko kubandakanyiweyo kuMgaqo-siseko. Le mithetho-siseko ayisebenzi nje kuphela kwinkqubo eya kulandelwa, koko nakwindlela ngokunjalo iingxoxo ezivakaliswa ngayo.

La manyathelo alandelayo afanele ukulandelwa kusetyenziso lomgaqo omiselweyo wokuthethwa kwetyala loluleko:

- **Ukuphandwa kwezityholo zokuziphatha gwenxa okuxhomisa amehlo**

- Isityholo sokuziphatha gwenxa kakhulu komfundi masingeniswe kwinqununu ngokubhaliweyo ukuze siqwalaselwe. Isityholo masiphandwe emva koko.
- Umgqaliselo wokuba umntu umsulwa ade abe ufunyenwe enetyala mawuqatshelwe ngalo lonke ixesha ngumenzi wophando. Ukusetyenziswa kwalo mgqaliselo kuxhomekeke kwimiqathango yomthetho nakumgaqo (*protocol*) njengoko wamkelweyo liSebe leMfundo leNtshona Koloni.
- Udliwano-ndlebe namangqina malubhalwe kwimizuzu ngenjongo yokwenza izinto ekuhlени nangeenjongo zokuphendula imibuzo engaphezulu. Ukugcinwa

- kwemfihlelo yeyona nto ibaluleke kakhulu.
- Amangqina akuvumelekanga ukuba agrogriswe kunye/ okanye aphenjelelwe. Amangqina kufuneka kananjalo afumane uqeqesho okanye axelelwe amawakuthethe.
- Makusetyenzwe ngobunono apho kubandakanyeka khona abantwana abaselula. Ukubankqangisa uboyikisa (*aggressive confrontation*) okanye ukunyanzelisa ukuba bavume ukuba bonile, makuphetshwe.
- Lowo utyholwa ngokona makanikwe ithuba lokucela inkxaso yabazali bakhe xa kulindeleke ukuba enze ingcaciso enokwenza ukuba abekwe isityholo.

- **Ukwaziswa kokuthethwa kwetyala**

- Ubulungisa buthetha ukuba lowo utyholwa ngokona makanikwe ithuba lokuba aviwe yaye aziswe ngokufanelekileyo kananjalo ngokuthethwa kwetyala.
- Isaziso ngokuthethwa kwetyala masiziswe ngokubhaliweyo kubazali nomfundi kwiintsuku ezintlanu phambi kokuba lithethwe ityala.
- Isaziso masiquke ingcaciso ngesityholo sokona, ngokunjalo nengcaciso ngexesha, indawo nomhla wokuthethwa kwetyala.
- Umfundi ofumene ukutyholwa makanikwe ithuba lokuvakalisa elakhe icala lalo mba nokubiza amangqina.
- Kwiimeko apho umfundi aye, njengomqathango osisithintelo, wanqunyanyiswa ngoko nangoko ngezizathu zokuziphatha gwenxa kakhulu, isaziso setyala loluleko masinikwe kwiintsuku ezisixhenxe (7) phambi kokuthethwa kwetyala.

## • Ikomiti yoluleko

- Ikomiti yoluleko, emalungu mabini ubuncinane yebhunga lolawulo lesikolo, isebenza njengekomiti yokuxoxwa kwetyala engathathi cala ekuthethweni kwetyala lesimangalo elijoliswe kumfundi.
- Umntu owayeqhuba uphando phambi kokuthethwa kwetyala akuvumelekanga ukuba abe yinxalenye yekomiti yokuxoxwa kwetyala.
- Izigqibo ezenziwe yikomiti yokuxoxwa kwetyala mazenziwe ngesihle kungabikho mntu udlelwa ndlala.
- Ikomiti yokuxoxwa kwetyala
  - imamela kumacala omabini.
  - igcina ingqondo yakho iphangalele ingathathi cala.
  - iqwalasela kuphela ingcaciso eyiyo.
  - yenza isigqibo esisiso, esisekelwe kwiinyaniso.
  - ayixhomekeki kundiva.

## • Indlela yokuziphatha lakuqalwa ityala

- Qinisekisa ukuba umfundi nabazali bakhe basifumene na isimangalo esibhaliweyo, basifunde basiqonda. Ithuba malinikwe kananjalo lemibuzo nokucacisa nayiphi into engacacanga.
- Abazali nomfundi mabanikwe indlela yokufikelela ingcaciso eselugcinweni lweSikolo, enokusetyenziswa ekukhuseleni umfundi. Iikopi zeengcaciso mabazinikwe.
- Ubunzulu besimangalo nesigwebo esinokuwiswa zifanele ukucaciselwa umfundi nabazali bakhe.
- Mabenziwe kananjalo baqonde ukuba bonke ubungqina bungavavanywa ngokumbuzo imibuzo.
- Abazali nomfundi bamelwe ukunikwa ithuba lokubuzo imibuzo/benze izicelo malunga nokuthile.

## 2. Ukuxoxwa kwamatyala oluleko

### Le migaqo ilandelayo imele ukulandelwa:

- Umntu owayephanda isimangalo sokuziphatha gwenxa kakhulu (inqununu okanye utitshala okwisikhundla sokuphatha) bangasebenza njengomtshutshisi aze afunde ekhwaza isimangalo eso ngeenjongo zokushicilela. Usihlalo emva koko unika umfundi ithuba lokuvuma ukuba "unetyala" okanye "akanatyala".
- Ukuba umfundi uyavuma ukuba "unetyala", usihlalo ufanele ukuba kananjalo abuze imibuzo ukufumana ingcaciso yokuxhasa isibhenzo.
- Ukuba umfundi uthi "akanatyala", lo migaqo ulandelayo mawulandelwe:
  - Umtshutshisi unika ubungqina obusuka kwiingcaciso ezinikwe ngamangqina aze abanike ithuba lokungqina oko.
  - Apho umfundi otyholwayo anika ubungqina, umtshutshisi unelungelo lokubuzo imibuzo umfundi, okanye naliphi ingqina ukumkhusela.
  - Usihlalo nalo naliphi ilungu lekomiti yoluleko banalo, ngokwemfundo yezobulungisa, ilungelo lokubuzo imibuzo ukuze kufumaneke ingcaciso engaphezulu ngobungqina obunikiweyo.
- Kubalulekile ukukhumbula ukuba usihlalo, egameni lekomiti yoluleko, ngokwesiQendu 33(2) soMgaqo-siseko, unika izizathu zezinto abazifumanisileyo. Ezi zizathu mazibe zezizathu nezobulungisa, zisekelwe kwingcaciso efanelekileyo. Abazali nomfundi mabaziswe ngokubhaliweyo ngesiphumo setyala.
- Kwimeko apho umfundi aye wanqunyanyiswa khona lo gama kusalindwe impendulo yeNtsumpa-Jikelele yeSebe leMfundo (SG) kwisigwebo sokugxothwa komfundi,

imizuzu yokuthethwa kwetyala nezinto ezifunyanisiweyo mazithunyelwe ngoko nangoko kwi-ofisi ka-SG.

- Ikopi yemizuzu mayifayilishwe sisikolo.
- Bonke abafundi banelungelo lokufaka isibheno.

### 3. Ukwenza isigqibo ngesona sohlwayo sifanelekileyo

(Imiba emaziqatshelwe ekucingeni ngesona sohlwayo ifanelekileyo):

- Umfundi
  - Ubudala beminyaka & nesigaba sokukhula (umntwana oneminyaka esi-8 noneminyaka eyi-15 leminyaka, abanakufumana impatho efanayo)
  - Ingcinga yokucinga (*attitude*) yakhe malunga nomsebenzi wesikolo nabafundi abangoogxa bakhe.
  - Irekhodi yokuziphatha kakuhle nomnqweno wokutshintsha
  - Izizathu zokuba umfundi makone
  - Ukuzisola nokuvuma kwakhe umfundi ukulungisa oko akonileyo
- Uhlobo lokona nomhlaba wako
  - limeko ezichaphazelayo
  - Indlela esi senzo sokona sichaphazele ngayo abanye
  - Ukwenzeka rhoqo kwezenzo zokona
  - Umhlaba womonakalo nelahleko
- Iimfanelo zoluntu oluyinxalenye yesikolo
  - Thatha uxanduva lokunika ingcebiso umfundi ekuqinisekiseni ukuba ezi zinto ziyabandakanywa kumanyathelo okulungisa iimeko:

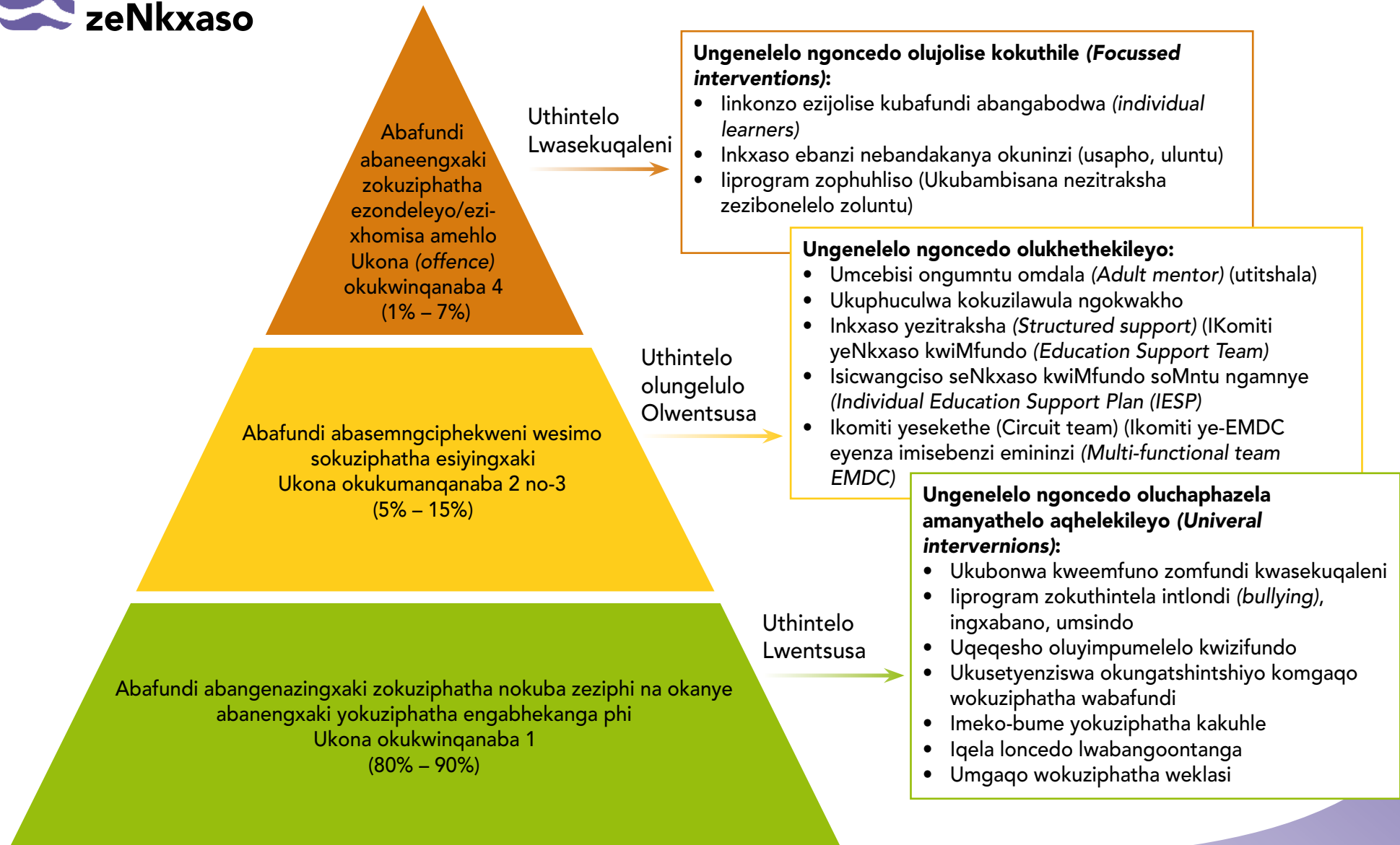
Imbuyekezo, ukulungisa umonakalo (*restoration*), ukunqanda (*deterrence*) nokuthintela (*prevention*)

### 4. Uluhlu lokuphonononga amanyathelo oluleko

Ukuqinisekisa ukuba amanyathelo oluleko ebenobulungisa, le mibuzo ilandelayo inokubuzwa:

- Ngaba isizathu sokululekwa siyabambeka? (Ngaba umgaqo wokuziphatha wesikolo okanye nawo nawuphi omnye umthetho ugxojaxojiwe?)
- Ngaba umfundi uyayazi imigaqo?
- Ngaba wakhe wafumana ukulunyukiswa ngokwaneleyo?
- Ngaba ubume besenzo sokona sachazwa kumfundi?
- Ngaba bukho ubungqina obaneleyo bokuba wonile? Ngaba ubungqina buyabambeka busamkeleka kanaanjalo?
- Ngaba ukuthethwa kwetyala kwenziwa ngokomgaqo onguwo olandelwa kwimeko yesenzo esigwenxa kakhulu?
- Ngaba isohlwayo siyangqamana nezenzo ezinjalo zokona, kodwa oko kusenziwa kuqatshelwa iimeko?
- Ngaba umfundi nabazali bazisiwe ngezizathu zesohlwayo?
- Ngaba isohlwayo siyathetheleleka – bezikho izizathu ezilungileyo?







## Izitraksha zeNkxaso

- **Inkqubo yabancedi abangoontanga (*Peer helper system*)**
  - Yinkqubo apho abafundi bathi bafumane inkxaso kwabanye abafundi
  - Idala imeko-bume yomoya omhle wokukhathalelana nokunikana inkxaso esikolweni
  - Yenza ukuba abafundi bazifumane iingcebiso zoluleko
  - Idibanisa abafundi abaneemfuno nezibonelelo zoncendo ezifanelekileyo
  - Ibonelela ngethuba lokuqondwa komfundi kwasekuqaleni xa enengxaki
- **Ikomiti yeSekethe**
  - Yikomiti emisebenzi mininzi ekwi-EMDC
- **Iqela leNkxaso kwiMfundo (*Education Support Team*) (EST)**
  - Linceda ekuchongeni nasekuvavanyeni izinto umfundi akwaziyo ukuzenza neenkalo zophuhliso zabafundi abaneengxaki zesimilo ezizizithintelo
  - Linceda malunga nokwenziwa kwesicwangciso sophuhliso lwemfundo somntu ngamnye (*individual education and development plan (IEDP)*) ukwenzela umfundi ngamnye ojongene nezithintelo ezimalunga nengxaki yesimo sokuziphatha esisithintelo nokulunga-lungisa isicwangciso i-IEDP apho kuyimfuneko
- Linceda malunga nokuthumela umfundi kwabanye ababoneli-nkonzo abachaphazelekayo apho kuyimfuneko
- Libeka iliso lize livavanye inkqubela-phambili yomfundi
- **Isicwangciso seNkxaso kwiMfundo soMntu ngamnye (*IEDP*)**
  - Esi sisicwangciso esijolisileyo esilungiselela ungenenelelo ngoncedo nenkxaso.
  - Sijolisa kwizinto umfundi akwaziyo ukuzenza kakuhle xa kukhangelwa iimfuno zomfundi.
  - Silawulwa yi-EST.
  - Sisekelwe kuhlaziyo olwenziwa rhoqo.
- **Utitshala njengomcebisi ongumntu omdala**
  - Akuyomfuneko ukuba ibe ngutitshala weklasi, kodwa mayibe ngutitshala okhethwe ngumfundi
  - Iingxoxo yarhoqo (ngeveki) malunga nenkqubela yomfundi esekelwe kwiripoti yeklasi (*class report*)
  - Ukuthatha inxaxheba ngokuxoxa kunye nabafundi



# Utitshala njengoMntu oQeqeshiweyo

Umba ikhosi egxininisa kuwo yimfundo. Amaxesha amaninzi indlela yokuziphatha kwabafundi ibonakalisa ukuba abayiqondi kakuhle into ethethwa koku. Ngako oko, umsebenzi katitshala kukulawula ikhosi yakhe ngokumalunga nenkqubo-sikhokelo yomgaqo-nkqubo wesikolo nokudala imeko-bume yendlela yokuziphatha enika ithemba khon' ukuze ukufunda kuqhubeke ngokupheleleyo.

## 1. Indlela yoKuziphatha neSohlwayo

Igama elithi indlela yokuziphatha livela kwisiLatini. *U-Disco* uthetha ukufunda ukuze igama *u-disciplina* libhekiselele kunxibelelwano lolwazi kubafundi. Indlela yokuziphatha ithetha ukuba ootitshala mabasebenzise igunya labo bejenge oko kulungele umntwana begxininisa ekuphuhliseni ukuziphatha kakuhle komntwana ngokwakhe, ukuzimela nokufikelela ebuntwini (*maturity*). Indlela yokuziphatha kufuneka ngawo onke amaxesha ibe ngqongqo, ingajika-jiki kwaye ibe yenika ithemba.

Indlela yokuziphatha:	Isohlwayo
<ul style="list-style-type: none"> <li>Iba neziphumo zokudala ucwangco ukuze kuqondwe imeko-bume elungelelene nokufunda</li> <li>Iqinisekisa amanyathelo anobulungisa kwaye ibeka phambili bonke abantu abachaphazelekayo</li> <li>Ikhusele umfundi kuye buqu kwanakumanyathelo abanye abafundi</li> <li>Imigaqo yoluleko esetyenziswa ngendlela enenkathalo ephuhlisa ukuthwala uxanduva, ukuzimela nokufikelela ebudaleni kwabafundi</li> <li>Mayijolise ekulungiseni umfundi ukuze alungele iimeko zobomi zexa elizayo</li> <li>Mayijoliswe kwinyathelo loluleko nelikhulisa ukuziphatha kakuhle kwakho wena siqu</li> <li>Mayithathelwe ingqalelo imfuno yabantwana yokusebenza kwindawo enokukhathalelana, enempawu zothando nenkuthazo</li> </ul>	<ul style="list-style-type: none"> <li>Ubukhulu becala sibangelwa sisimilo ngokwaso ngenjongo yokubangela ukungaphatheki kakuhle okanye ubuhlungu kwaye kungajoliswanga kwimfundo.</li> <li>Isohlwayo asinako ukusuka nje sisitshintshe isimilo Senza nje ukuba umfundi aqaphele angaphinde afunyanwe ekule meko kwakhona.</li> <li>Isohlwayo sisenzo segunya apha ngaphakathi kwinkqubo yokulawula ngoloyiko.</li> <li>Isohlwayo sibalulekile, asilunganga kwaye sikhokelela kwimvakalelo yokutyhalelwa kude / yokungakhathalelwa (<i>rejection</i>)</li> </ul>

## 2. Iimfanelo eziluxanduva zemikhwa esesikweni (*ethics*) malunga nokuziphatha

IBhunga looTitshala laseMzantsi Afrika (*South African Council of Educators (SACE)*) linika izikhokelo ezicace gca kootitshala malunga nemigaqo yokuziphatha kwabo njengabantu abaqeqeshiweyo. (*Jonga umgaqo wokuziphatha kootitshala abaqeqeshiweyo oqhotyoshelwe apha-SACE*). Izikolo kufuneka zisebenzise lo mgaqo wokuziphatha njengesikhokelo xa kuqulunqwa umgaqo wokuziphatha wesikolo ukwenzela ootitshala. Ukuphunyezwa kwalo mgaqo wokuziphatha kuthetha ukuba xa usetyenziswayo, utitshala uya kuziphatha ngolu hlobo lulandelayo:

- Wena titshala kuhloniphe ukuqeqeshwa kwakho: Thwala uxanduva malunga nophuhliso lwakho uze uqinisekise ukuba uhlala unolwazi ngezinto eziqhubekayo kwikharithulam nakwimisebenzi ehamba kunye nekharithulam.
- Utitshala oqeqeshiweyo uthembekile kwaye ugcina okuyimfihlo kuyimfihlo.
- Nika inkxaso isikolo sakho njengeziko lemfundo. Khuthaza ukufunda nokufundisa okusemgangathweni esikolweni sakho ngokubonelela ngenkxaso nentsebenziswano.
- **Ukuvuma ukwenza imisebenzi eluxanduva lwakho:** Nika inkxaso umfundi ngamnye kwimiba yakhe buqu nakuloo miba imalunga nentlalo yakhe. Ukuba urhanela okanye wazi ukuba umfundi ufumana iingxaki, bonakalisa umdla uze wenze nokuba yintoni na ukumnceda.
  - Hlala uziphethe ngendlela engatshintshiyo. Umzekelo, kuluxanduva lwakho ukuqinisekisa ukuba bonke abafundi bayawuthobela umgaqo wesikolo wendlela

yokunxiba. Musa ukuyekela indlela yokuziphatha kwabo, kubasebenzi abakhulu.

- Hlala uziphethe ngendlela engatshintshiyo. Umzekelo, kuluxanduva lwakho ukuqinisekisa ukuba bonke abafundi bayawuthobela umgaqo wesikolo wendlela yokunxiba. Musa ukuyekela indlela yokuziphatha kwabo, kubasebenzi abakhulu.
- Bethelela ukuba abafundi mabasoloko bebonakalisa ukuziphatha kakuhle ngawo onke amaxesha.
- Yazisa abazali ngendlela yokuziphatha kwabantwana babo.

### - Inkuthalo nentsebenziswano

- Libambe ixesha. Thobela imimiselo yesikolo sakho.
- Lungiselela ukufundisa iklasi yakho kakuhle. Abafundi basoloko besazi xa ungasilungiselelanga kakuhle isifundo, kwaye oku kungakhokelela kwiingxaki ezimalunga nokuziphatha ngamanye amaxesha.
- Yenza izicwangciso ezisebenzayo ukulungiselela isimo sokuziphatha esisemgangathweni. Bazi abafundi bakho kwakunye neemfuno zabo.

### - Ukulawula iklasi

- Musa ukugcina iklasi ikulindile, ingakumbi phambi kwephiriyodi yokuqala nasemva kwepiriyodi (break).
- Ungayigcini iklasi yakuba iphelile iphiriyodi.
- Musa ukuyishiya iklasi yakho iyodwa.
- Ungayiphosi iklasi yakho kwakusasa.
- Ungabavumeli abafika-mva eklasini yakho ngaphandle kweleta evela kumzali okanye ileta enika ingcaciso evela kutitshala.
- Ungabakhuphi abafundi eklasini yakho kuba ubohlwaya.

(Isikolo ngasinye masibe nomgaqo-nkqubo ocacileyo malunga noku.)

**- Ulawulo oluqhelekileyo esikolweni**

- Ngexesha lokutshintsha iiklasi, indlela abafundi abaziphatha ngayo kwiipaseji mayibekwe esweni ngootitshala. Ootitshala mabeme kufutshane namacango eeklasi zabo xa abafundi bengena okanye bephuma eziklasini.
- Ungaceli abafundi ukuba bahambise imiyalezo.
- liphiriyodi zokusuphavayiza ayizophiriyodi zokuhlala nje-e kungenziwa nto. Abafundi mabakhuthazwe ukube benze umsebenzi wabo.

### **3. Iimfuneko zomthetho malunga nokuziphatha kwabafundi**

- IsiQendu 12 soMqulu wamaLungelo oLuntu, njengoko kuchaziweyo kuMgaqo-siseko weRiphabliki yaseMzantsi Afrika, ka-1996 (UMthetho 108 ka-1996), sibonelela wonke umntu ngelungelo lokuxhamla inkululeko nokhuseleko. IsiQendu 24 sibhekiselela kwilungelo lokuba kwindawo ekungekho ngozi kwimpilo okanye intlalo-ntle yomntu.
- UMthetho weZikolo waseMzantsi Afrika, ka-1996 (UMthetho 84 ka-1996) unika uxanduva amabhunga olawulo ezikolo nootitshala ukuqinisekisa ukuba ukuziphatha kakuhle kuyaqatshelwa ezikolweni.
- UMgaqo wokuziPhatha wooTitshala (*Code for Educators*), njengoko uqulunqiweyo liBhunga looTitshala laseMzantsi Afrika (*South African Council of Educators*) (*SACE*), unika uxanduva kootitshala ukuba babeke phambili ukhuseleko nomdla wabafundi ngawo onke amaxesha.
- Kulindeleke ukuba utitshala athathe amanyathelo afanayo ononophelo malunga nabafundi njengoko bekunokwenziwa njalo ngumzali ochubekileyo nonenkathalo.

- Ngokumayela noMqulu wamaLungelo oLuntu (*Bill of Rights*), amanyathelo oluleko athathwa njengalawo angafanelekanga nangekho ngqiqweni xa
  - esetyenziswa ngokugqithisileyo nangokungenankathalo.
  - abangela intlungu nomonakalo ngokwasemzimbeni okanye engqondweni.
  - kungekho sizathu sisiso senyathelo lesohlwayo.
  - engafanelekanga ukuba asetyenziswe kwiminyaka yobudala ethile.
- UMqulu wamaLungelo oLuntu (*Bill of Rights*) umisela ukuba
  - ukuziphatha kakuhle kumelwe ukukhuthazwa.
  - ukuzeyisa (*self-discipline*) kumelwe ukuphuculwa.
  - amanyathelo angumzekelo afanele ukumiselwa ngokulawula indlela yokuziphatha.

# Ukujongana noxinzelelo kukatitshala

Ubomi bethu kuluntu oluntsonkothileyo buba neemfuno ezininzi kuthi. Umsebenzi wobutitshala uneemfuno eziqhubeka okoko kutitshala. Apha ngaphakathi eklasini umntu usebenza nabantu abatsha abasakhulayo abasoloko beqhubeka bevavanya imida ukuze baphuhlise ubunjani bezimo zabo njengabantu. Le miba ibangela uxinzelelo kwaye iba ngumngeni kutitshala wokuba athwale uxanduva lokuphuhlisa izakhono zokumelana neemeko.

Ngabantu abanjani aba bantu ndibenzela iinkonzo?	Oku kundichaphazela njani mna?
<ul style="list-style-type: none"> <li>• Basebatsha, abakhathali basenamandla.</li> <li>• Abakafikeleli ebuntwini ngokweemvakalelo, kwaye basuka benze kwaye abaqiqi.</li> <li>• Isimilo esihle nentlonipho ayizo zinto zisoloko zibekwa phambili ngabo.</li> <li>• Bayasilela ekubeni bakhokelwe ngokufanelekileyo ngabazali.</li> <li>• Baxhomekeke ubukhulu becala kwingqiqo yabo, nto ke leyo ebenza ukuba bangaphumeleli.</li> <li>• Abafundi bazifumana bekwimeko-bume ephehlelelwa yithekhinoloji nemeko-bume evumela yonke into.</li> </ul>	<ul style="list-style-type: none"> <li>• Ukusebenzisana nabenzelwa iinkonzo abalolu hlobo kubangela uxinzelelo olumandla.</li> <li>• Ukudlala indima <i>egameni lomzali</i> kuchaphazela imisebenzi eyongezelelweyo.</li> <li>• Umsebenzi wakho wokuba uhlale ungolawulayo ubeka uxinzelelo phezu kwakho.</li> <li>• Ukuzilungiselela kwakho, ubuwena bakho nengqiqo zizinto onokuzisebenzisa xa uqubisana nale meko.</li> <li>• Ukungaqiniseki malunga nemeko-bume esoloko itshintsha apho indlela yokubaqonda nokubaphatha abafundi, ibangela unxunguphalo.</li> </ul>

## • Ukuqaphela uxinzelelo olungamandla

(Uxinzelelo lungazibonakalisa ngeendlela ezahlukileyo. Imizekelo:)

<p><b>Emzimbeni</b> Umqolo oqaqambayo, utshintsho ekucaceleni ukutya, intloko eqaqamba ingayeki (<i>migraine</i>), ukuqaqamba kwesisu, iingxaki zolusu, ukudinwa, izifo, ukuba novalo, ukubila okungaqhelekanga, umlomo owomileyo, isilungulela, ukuqhina, isizaphuzaphu, isisu esihambisayo, izigulo zesisu (spastic colon) (njalo-njalo).</p>	<p><b>Eyemvakalelo</b> Unxunguphalo/ukuba nexhala, ukukhathazeka, ukukhohlakala, ukungazinzi, ukungonwabi, ukungabi nathemba, ukungaziva ungaxabisekanga, udandatheko, ukusoloko usezinyembezi, iimvakalelo zobutyala, ukungamisi kakuhle ngokwasengqondweni, njl.njl.</p>
<p><b>Eyendlela yokuziphatha</b> Ukusuka uveze iimvakalelo zakho njengoko zinjalo, ukutya ngaphezu kwemfuneko, ukutshaya, ukusebenzisa utywala, ukusuka wenze nje ungacwangcisanga, iingxaki ezimalunga nokulala, ukuhlala ungenzi nto, ukuchitha imali ngendlela engalunganga, ukushukumisa izandla, ukuhamba nje usihla unyuka njl. njl.</p>	<p><b>Emalunga nengqondo</b> Ukungakwazi ukuthatha izigqibo, ukungabinako ukuzikisa ingqondo, ukulibala, ukubhideka, iingcinga ezinganxulumananga, ukungaqiqi kakuhle, ukuvumela yonke into, iingcinga ezijikeleza ndawonye, ukuzibona unetyala, ukuba nengcinga yokuba yonke into ihamba kakubi njl.njl.</p>

- **Iindlela zokujongana noxinzelelo**

- Ukuzilungiselela kwakho, ukuba nguwe wedwa nokuqiqa zizixhobo zakho
- Kuthintele ukutshaya ngaphezu kwemfuneko nokusela utywala ngokungaphezulu.
- Yitya ukutya okusempilweni wenze imithambo rhoqo.
- Yenza into oyithandayo oyixabisileyo.
- Ukuzikisa ukucinga nokucamngca ngamanye amaxesha kunokuba neziphumo ezinokubangela ukuba uphile ubomi obusemgangathweni.
- Ubudlelwane obuxabisekileyo nabantu bubalulekile kwimpilo qete yakho.
- Zithintele iimeko ezingakubangela ukuba ungonwabi.
- Baxabise abo ubathandayo. Unxibelelwano oluvulekileyo nolunyanisekileyo luyanceda.
- Zama izinto ezibangela ukuba uziphumze ezifana nokusebenza egadini, ukuhamba-hambisainja okanye ukuya kubukela ifilim esemgangathweni.
- Cinga ngeendlela zokuzonwabisa.
- Yenza izicwangciso zokuziphumza uzipholise kuxinzelelo.
- Licwangcise kakuhle ixesha lakho.

**Ezi ngcebiso zingentla**

- ziya kukunceda ukuba uluqingqe uxinzelelo lwakho luhlale lukumaqondo onako ukuqubisana nawo.
- ziya kukunceda ukuba ungaziva wonganyelwe ziimeko zakho.
- ziya kubangela ukuba kubekho indawo yokukhula kwakho buqu kubudlelwane nabanye abantu.
- ziya kukhuthaza ukuzenzekela kweemeko nobuchule. Ungakhe uyeke ukudlala.



# Ukulawula iklasi

## 1. Imigqalisela ebalulekileyo ekulawuleni iklasi

- Indlela yokuziphatha ngumba obalulekileyo ekulawulweni kweklasi imihla ngemihla. Ukuziphatha kuxhomekeke ngokusondeleyo ekufundiseni nakwimiyalelo kwaye indlela yokuziphatha esemgangathweni ingaqinisekiswa ngokusetyenziswa kwezakhono zokulawula ezisemgangathweni nezakhono zokufundisa.
- Bazi abafundi bakho ngamagama abo uze wakhe ubudlelwane obunentsingiselo kunye nomfundi.
- Musa ukutshintsha-tshintsha kwizinto ozilindeleyo kubo (*expectations*) nasekusetyenzisweni kwemigaqo yoluleko.
- Libambe ixesha, wenze izicwangciso ulungiselela izifundo. Oku kukhuthaza ukuziphatha kakuhle kwabafundi.
- Bamisele iithagethi eziyinyani nabanokufikelela kuzo abafundi bakho.
- Bakhuthaze abafundi bakho ngokubanika amabhaso nezinto eziyinkuthazo.
- Yenza ukube kubekho izinto ezingamava okufunda anika ithemba ukulungiselela abafundi bakho ngokubafundisa izifundo ezicwangciswe nezilungiselelweyo nezibangela umdla.

## 2. Izikhokelo ezisisiseko zokuthintela iingxaki ezingenzekayo

### • Ukulungiselela iklasi

- Yenza amalungiselelo esifundo – qinisekisa ukuba uyayazi into ofanele ukuyenza kwaye ulisebenzisa ngokupheleleyo ixesha lokufundisa.

- Ngena kumsebenzi wokufundisa ngomoya omhle wethemba. Oko kuya kukunceda ekubeni udale umoya omhle wethemba eklasini yakho.
- Zama ukudala indawo yemeko-bume ekhuthazayo, usebenzisa imifanekiso nemibala ukuze wenze ukufunda ukuba kube yinto eyonwabisayo.
- Yenza izicwangciso zeendlela zokuziphatha ngokufanayo nezicwangciso zezifundo zakho. Zixhobise kwangaphambili ukuze ujongane neemeko ezithile ngexesha likaxakeka.

### • Amanyathelo apha ngaphakathi eklasini

- Yenza imeko-bume yendawo yokufundela ibe yeyethemba ngokuhamba-hamba ngeli lixa ufundisayo. Sukuzama ukuhlala phantsi xa ufundisayo. Utitshala ongasebenziyo uphulukana lula nokuhoywa yiklasi.
- Iingxaki ezininzi zisusela **ekuqaleni** kwesifundo xa abafundi bengena eklasini. Zama ukuqalisa ngesifundo kwangoko –ungenzi abafundi ukuba balindele wena – ndaweni yoko mayibe nguwe olindele bona.
- Ukuba kufuneka ululeke umfundi ngexesha lesifundo, mnike nje umyalelo olula omfutshane omxelela ngemigaqo. Kwakhona sebenzisa *iimpendulo eziKhawulezileyo*. Oku kwenze ngokukhawuleza ukuze kwangoko uqhubeke nesifundo.
- Musa ukucaphuka.
- Ukuba umfundi uye waphazamisa ngexesha leklasi, okanye wala ukwenza umsebenzi, qubisana neso senzo kwangoko. Musa ukutshintsha-tshintsha.
- Qinisekisa ukuba **kwisigaba sokugqibezela** isifundo bonke abafundi bacacelwe ngezinto ozilindeleyo kubo ezifana nomsebenzi wesikolo wasekhaya, imisebenzi yovavanyo nomsebenzi ongagqitywanga.

### 3. Izikhokelo eziqhelekileyo malunga nokulawula iklassi

- **Zazi wena buqu-** kuyanceda ukuba wazi ukuba yintoni na ekucaphukisayo- sukusoloko uthatheka ngoko nangoko – abantwana baza kuyiqonda loo nto kwaye bangayisebenzisela inzuzo yabo. Ngoko ke baya kukutsalela kwimeko yongquzulwano apho kukho khona abo boyisiweyo kuphela.
- Ukuba unqwenela ukuba abafundi “babale ukuya kufika ku-10”, ngoko ke yiba ngumzekelo. Oku kukunika ithuba lokumisela eyona ndlela ungazikhulula ngayo kule meko. Khumbula ukuba unguyena mntu unengqiqo ubukhulu becala-iklassi yindawo elawulwa nguwe- xa “unezixhobo” ezininzi kufuneka uyilawule le ndawo, oko kuya kubangela ukuba yonke le meko ilawuleke lula.
- **Kubaluleke ngokugqithisileyo ukuba wazi ngemeko-bume yomntwana ngamnye kwakunye nemvelaphi yakhe.** Ukuba uza esikolweni elambile namhlanje, oko kuya kubanefuthe kwisimo sakhe sokuziphatha ngendlela ethile. Ukuba abazali bomfundi bebekhe balwa kanobom ngobusuku obudlulileyo, umfundi angaba yinto nje edlalayo engasebenziyo eklassini ngolo suku.
- Gcina isigaba sokukhula komntwana apha kuwe engqondweni.
- Yigcine engqondweni into yokuba abafundi abasuka benze abasoloko beyiqonda into ethethwa seso simo sokuziphatha, kwaye kufuneka sibenze bakuqaphele oko.
- Umfundi ongekakhuli ngokweemvakalelo akanako ukujongana nongquzulwano olulolwakhe kwaye usoloko etyhola abanye abantu. Ngoko ke, dala ithuba lokufunda kwimeko yobunzima –mhlawumbi umfundi uya koyika ukuqhubela phambili kulo meko- kungumsebenzi wakho ukumbuyisela endleleni elungileyo.
- Sebenzisa izincomo ezakhayo. Bakhuthaze abafundi qho uze ubabulele ngentsebenziswano yabo. Amanyathelo akho njengomntu oqeqeshiweyo aya kubangela ukuba uhlonitshwe ngabafundi.
- Yibeke ngokucacileyo imiyalelo yakho. Ukungacaci kakuhle kuyababhidisa abafundi.
- Qina uzithembe-abafundi basoloko bekuvuyelela xa kukho ukungaqiniseki. Ungazithemba kuphela ukuba ngaba uzilungiselele ngokupheleleyo.
- **Ukuthatha inxaxheba kwabazali kubaluleke kakhulu.** Zama ukuba abazali bathathe inxaxheba.
- **Eklasini ungumzali.** Oku kuthetha ukuba kufuneka wenze ngaphezu kokufundisa nje kodwa- ukufundisa okusemgangathweni kuchaphazela umntwana ngokupheleleyo kwakunye neemfuno zakhe ngokweemvakalelo nokukhula kwakhe.
- Indlela yokuziphatha yeklassi mayingqinelane nomgaqo wokuziphatha wesikolo. Oku kuqinisekisa amanyathelo angatshintshiyo kwaye kudala ukhuseleko phakathi kwabafundi.
- Yenza abafundi ukuba babe nolwazi ngezinto ezinokubangelwa yindlela yokuziphatha abazikhethile yona. Bakhokele abafundi ukuze bayamkele imisebenzi eluxanduva lwabo buqu.
- Indlela yokuziphatha ebangela umonakalo ifuna **isicwangciso sethuba elide** ukuze ipheliswe. Apha kufuneka ubandakanye oogxa bakho ngokuqinisekileyo khon’ ukuze kuqulunqwe inkqubo efanayo nengatshintshiyo. Oku kwenziwa ngekomiti yenkxaso kwimfundo (*education support team (EST)*).
- Lumkela ukumbiza ngamagama ngamagama umbeka ibala (*labelling*) umfundi. Musa ukumnukuneza umfundi. Nukuneza indlela aziphethe ngayo.
- **Sebenza ngaphakathi kwinkqubo-sikhokelo yemigaqo, yamalungelo neemfanelo,** ingekuko ukuba kwisikhundla esithile njengotitshala.
- Indlela yokuziphatha ayenzeki nje kwisithuba esingenanto-zama ukufumanisa unobangela wendlela yokuziphatha komfundi.
- Khumbula ukuba ungumzekelo kubafundi bakho. Ukuba ngumzekelo ke ngoko yinto ebaluleke kakhulu- yiba yinkuthazo kubafundi ngokuba ngumzekelo.
- Unendima ebalulekileyo yokuquzelela ukukhula komntwana ngokumalunga nento ayicingayo ngenkangeleko yesiqu sakhe. Umntwana ozibona enenkangeleko emnika ithemba usoloko ebonakalisa indlela yokuziphatha enethemba.





## Umgaqo wokuziphatha weklasi

- Umgaqo wokuziphatha weklasi ugxininisa iimfanelo namalungelo omntu ngamnye eklasini. Oku kunokuba sisixhobo esiluncedo kakhulu kulawulo lweendlela zokuziphatha nesimo eklasini. Oku kusengenza igalelo elingaphezulu ekwakheni ukuzithemba komfundi nenkqubela-phambili ekufundeni.
- Umgaqo wokuziphatha weklasi ubonelela abafundi ngamathuba okuba babe noxanduva lwendlela yokuziphatha ngokusebenzisana apha ngaphakathi eklasini. Oku kukhuthaza umoya wokuba noxanduva, kuba abafundi abanakuphelela ekuqulunqeni imigaqo kuphela koko kufuneka bayixhase kanjalo.
- Oku kukhuthaza *umoya wokuzingca, ubudlelwane nokuthembeka omnye komnye (esprit de corps)* nokuba noxanduva kweqela xa lilonke. Uxinzelelo lweqela ke ngoko luhanjiswa lusiwe ngakwicala elinika ithemba.
- Ukukhula komoya omhle nonika ithemba eklasini apho abafundi bathi bathathe inxaxheba kwiingxoxo nothetha-thethwano, kungundoqo kule nkqubo. Oku kunika abafundi ithuba lokuthatha inxaxheba kunganikezelwanga kubo ngokupheleleyo. Kukwakhuthaza ubudlelwane obunika ithemba phakathi kukatitshala nabafundi, nto ke leyo eyenza igalelo elingaphezulu ekusingatheni iindlela zesimo sokuziphatha kwabafundi. Abafundi basebenzisana ngakumbi kwaye ubudlelwane phakathi kwabo buba ngcono.
- Imigaqo yokuziphatha yeeklassi yenza igalelo lethemba ekuphuculeni ukufunda- iklasi enocwangco nenabafundi abaziphethe kakuhle yimfuneko ehamba phambili ukulungiselela ukufunda ngempumelelo. Kwakhona abafundi, ngokungathanga ngqo, benziwa bathwale uxanduva lokufunda kwabo.

- **lingcebiso malunga nokudrafta umgaqo wokuziphatha weklasi**

- Umgaqo wokuziphatha weklasi mawube banzi, kodwa mawunqaqulathi imigaqo emininzi kakhulu.
- Awulo xwebhu olungenakutshintshwa kwaye mawulungalungiswa ukuba kukho imfuneko.
- Imigaqo mayenziwe ngamzwi abafundi ngokwabo. Nakuba kunjalo, imigaqo mayidraftwe ngendlela enika ithemba ngokusebenzisa u- **makwenziwe...**, endaweni ka- **makungenziwa...** Imigaqo mayicace gca.
- Abafundi banobuchule kubomi babo kwaye bangenza amagalelo angawona asemgangathweni ngokumalunga nendawo ebangqongileyo abasebenza kuyo.
- Umgaqo wokuziphatha weklasi mawenze amalungiselelo emigaqo, ukuwongwa kwabo bayithathela ingqalelo imigaqo kwakunye namanyathelo oluleko kwabo bonileyo. Imigaqo ngaphandle kweziphumo ayinaxabiso.
- Umgaqo wokuziphatha weklasi awunaxabiso lingako ukuba awusetyenziswa nokuthe ngqo nangokungqongqo.

- **Inkqubo malunga nokudrafta umgaqo wokuziphatha weklasi**

- Makusetyenziswe iphiriyodi yokufundisa ukwenzela ukuxoxa nokudrafta umgaqo wokuziphatha weklasi Bahlalise abafundi ngokwesangqa uze uqalise ingxoxo ngokucacisa ukuba iingxoxo nezindululo zixhomekeke kwimiba ekungena kuxoxwa ngayo, efana nemithetho yelizwe nemigaqo yokuziphatha yesikolo, kwakunye nombaba wokuba ukufunda makuqhubeka.
- Yahlula abafundi babe ngamaqela uze unike iqela ngalinye iphepha nepeni. Bacele abafundi ukuba bazobe isangqa esikhulu ephepheni. Mababhale apha ngaphakathi kwisangqa ukuba yeyiphi na imiba eya kuba negalelo ekufundiseni ngempumelelo, ukuze ngaphandle kwesangqa babhale imiba eya kukhokelela

- kumava okufunda akumgangatho ophantsi.
- Emva kokugqiba lo msebenzi, iqela ngalinye malinike ingxelo kwiklasi xa iyonke. Amaqela ke ngoko ewonke ayahlangana ukuze aqulunqe imigaqo ukulungiselela isifundo esiyimpumelelo. Oku kulandelwa yingxoxo yeklasi yemigaqo yokuziphatha yeqela ngalinye ukuze iklasi emva koko ifikelele kwisigqibo ngokuba yeyiphi na imigaqo emayamkelwe. Makukhunjulwe ukuba imigaqo mayibhalwe ngamazwi anika ithemba. Kwakhona makuthathwe izigqibo malunga nendlela yokuwonga ukuthobela imithetho, namanyathelo oluleko asetyenziswayo xa kophulwe imigaqo.
  - Inguqulelo ethayiphiweyo (*typed*) yale migaqo yokuziphatha yeklasi inikwa abafundi ngosuku olulandelayo ukwenzela ukuba bayamkele okokugqibela. Imigaqo yokuziphatha eyamkelweyo ke ngoko ixhonywa eludongeni lweklasi apho wonke ubani aza kuyibona. Kwakhona umfundi ngamnye ufumana ikopi ukuze ayigcine edesikeni yakhe.

## • Umzekelo wemigaqo yokuziphatha yeklasi

Ngexesha lephiriyodi yeMathematika sisonke (kubandakanywa no-Mnu X ongutitshala) siya kuzama ukwenza konke okusemandleni ukuba:

- Sisebenzisane sonke apho kuyimfuneko
- Sisebenze nzima kangangoko sinako
- Sisebenze ngendlela enocwangco ngaphandle kwengxolo (kodwa siya kuvunyelwa sithethele ezantsi)
- Singenise umsebenzi wesikolo wasekhaya kwangexesha
- Siqinisekise ukuba sinezinto zokubhala eziyimfuneko (ipeni, ipensile, irula, ikhalityhuleyitha) kunye nathi kwanokuba siziphathe izinto (*property*) zabanye abantu ngentlonipho.
- Simamele xa kukho umntu othethayo.

UMnu X (utitshala) uya kwenza okusemandleni akhe ukuba:

- Anike inkxaso kumntu wonke kangangoko anako
- Amamele kuqala phambi kokuba akholelwe kokubi
- Angohlwayi iqela lilonke ukuba ngumntu omnye ogezileyo
- Acwangcise imisebenzi eyenziwayo (*practical exercises*) engaphezulu nezifundo zekhompnyutha nezemidlalo (*games*)
- Agqibezele iveki ngomdlalo wemathematika okanye akhethe esinye isifundo
- Asivumele sisebenze kumaqela ethu ngamanye amaxesha okanye sisenze sisodwa kweminye imisebenzi.

Unika ithuba lokudlala umdlalo wemathematika kwikhompnyutha:

- Wonke umsebenzi ogqwesileyo
- Ukufikelela kwikhowudi engu-3 okanye engu- 6 ukuya ku- 7
- Ukungenisa umsebenzi wesikolo wasekhaya kwangexesha kwisithuba esimalunga nehafu yekota

Ixesha elongezelelweyo emva kwesikolo ukulungiselela:

- Ukwenza umsebenzi ongenziwanga ngeli thuba. (utitshala umisela injongo)
- Ukungeniswa komsebenzi emva kwexesha amaxesha amathathu kwisithuba esimalunga nehafu yekota
- Ukunqanda abanye ukuba benze umsebenzi wabo umzekelo ukuhamba-hamba apha eklasini okanye ukugibisela izinto

Iithuba le- "*Lucky Dip*"\* ukwenzela:

- Xa sithe sakrwada okanye safuna ukulwa nabanye abafundi eklasini
- Xa siphendula kuthethwa okanye sale ukulandela imiyalelo.

\* **Utitshala ugcina ibhokisi enamakhadi ekubhalwe kuwo amanyathelo oluleko e.g. Ukucoca iklasi; Ukubhala okuthile; Ukungayi kwiphiriyodi yemidlalo; njl.njl. Umfundi ukhetha libe linye kula makhadi**



## Ukufundiswa kweeklasi ezinkulu okusemgangathweni

Iinklasi ezinkulu zineemfuno ezinkulu. Ukucwangcisa okusemgangathweni namalungiselelo nolwazi lokuqonda olusemgangathweni lwalo nto unqwenela ukufikelela kuyo, kungundoqo ekuhlangabezani neningeni eza neeklasi ezinkulu.

- **Yenza ukuba imeko-bume yeklasi encinane ibe ngathi yimeko-bume yeklasi enkulu:** Bazi abafundi bakho. Ngaphezu kwaloo nto yonke, wazi amagama abo.
  - Hamba-hamba apha eklasini. Oku kunciphisa umgama ophakathi kwakho nabafundi. Kukwakhuthaza indawo yokufunda engqonge umfundi.
- **Khuthaza ukuthatha inxaxheba kwabafundi:**
  - **Yahlule iklasi ibe ngamaqela amancinane.** Amaqela afumana umsebenzi aze akuchazele ngokuqhubekayo. Oku kubangela ukuba abafundi bakhululeke kwaye kudala iimvakalelo zokwazana ngokusondeleyo. Kwiklasi enkulu iqela lingasetyenziselwa ukuba lisebenze lodwa okanye kunye namanye amaqela. Kwiimeko ezithile ungabandakanya umfundi othile kwiqela apho waziyo ukuba oko kuya kuba yinzuzo kuye, nalapho abanye abafundi banokubanako ukumnika inkxaso. Kwezinye iimeko ungenza amaqela afanayo ukulungiselela iinjongo ezithile umzekelo abo bafunda kwinqanaba elithile, abo unqwenela ukubahoya ngakumbi, njl.njl.
  - **Yenza isicwangciso sothatho-nxaxheba.**
    - Baxebele abafundi ukuba kuya kubakho ithuba lokubuza

imibuzo.

- Makuqinisekiswa ukuba abafundi abathatha inxaxheba babuze imibuzo bayazi ukuba uyabazi nokuba uyalincoma igalelo labo.
- Bakhuthaze abafundi ukuba benze igalelo lezibonelelo ezincedise ukufunda eklasini. Imizekelo: Amanqaku acatshulwe kumaphephandaba nakwiimagazini

- **Khuthaza ukufunda okuqhubeka ngempumelelo.** Kwiklasi enkulu umntu oyedwa "anganyamalala" ngokulula angene eqeleni. Ngothatho-nxaxheba olunempumelelo abafundi bangaba ngabanikazi bezibonelelo ezincedisa ukufunda nokufundisa.
  - Nika isishwankathelo esibanzi somsebenzi onqwenela ukuwenza. Kubhale oku ebhodini okanye kwitransparensi ye-ovahedi-projektha.
  - Wenze umsebenzi ube yinto ebonakalayo necace gca-sebenzisa imiboniso apho kunokwenzeka.
  - Sebenzisa izibonelelo ezincedisayo zezinto/zemifanekiso/eziphathekayo nezibonwayo o.k.t umculo, iifilim, izilayidi, iifilim zevidiyo, iitransparensi.
  - Yiba soloko unomdla ngesifundo sakho. Xa abafundi beqonda ukuba uyawuthanda umsebenzi wakho kwakunye noko ukufundisayo, oko kubangela ukuba babe nomdla kunye nentlonipho.
  - Sebenzisa "amakhefu okucinga". Buza qho imibuzo. Banike ixesha lokucingisisa phambi kokuba unike inkcazelo. Oku kwenza abafundi ukuba bathathe inxaxheba ekusombululeni ingxaki.
  - Sebenzisa imodeli yokusombulula ingxaki ukucwangcisa isifundo sakho. Endaweni yokugqithisa ingcaciso, bakhokele abafundi uhambe nabo kwezi nkqubo

zokuphuhlisa ulwazi lwabo. Bancede abafundi ukuba bafikelele kwizigqibo ezizezabo.

- Bafundise ngaphandle kwamanqakwana akho engcaciso (*teaching notes*) ofundisa ngawo. Ngoko ke kufuneka ube uzilungiselele kakuhle. Oku kukunika inkululeko yokubeka iliso kubafundi bakho nokubakhuthaza ukuba baphendule.
- Yiba soloko ubajongile, unxibelelane nabo ngeliso abafundi bakho.
- Thetha ngokucacileyo.
- Phelisa izimbo ezifana namabinza nezijekulo (*gestures*) eziphinda-phindwayo.



# Ukusingatha iingxaki zokuziphatha kwabafundi

Masijonge kwezi ndlela zilandelayo zongenelelo ngoncedo zokusingatha iingxaki zendlela yokuziphatha.

## 1. Iindlela ezikhawulezayo zokusingatha ukuziphatha kwabafundi (Izakhono zelo xesha (*Surface skills*))

Indlela yokuziphatha komfundi engafanelekanga	Iimpendulo ezikhawulezileyo	Inkcazelo/izizathu
Ingxolo ehluphayo/ Ingxolo efuna isihoyo	<b>Ukungahoyi ngenjongo ethile</b> Utishala akathathi manyathelo malunga nale ndlela yokuziphatha komfundi Uyaqhubeka nesifundo ibe ngathi akukho nto iqhubekayo.	Ukwenzela ukuba angayikhuthazi le ndlela yokuziphatha ifuna isihoyo.
Uphazamiseko	<b>Ulawulo olusondeleyo</b> Utishala uhlala ekuloo ndawo ingahle ibenabaphazamisi okanye abafundi ababonakalisa isimo sokuphazamisa abanye abafundi. Utitshala uqhuba isifundo ekuloo ndawo apha eklasini.	Ukunciphisa indlela yokuziphatha kwabafundi engalunganga
Iingxaki zokumamela nokuzikisa ukucinga/ Uphazamiseko	<b>Ukusetyenziswa kwezijekulo/kwemiqondiso</b> Kulo mfundi ungajolisanga kwisifundo, utitshala ngeli lixa afundisayo, wenza umqondiso ngokuthetha ngomlomo okanye enze okuthile.	Ujolisa ingqwasela yomfundi kulo nto ifundwayo.
Iingxaki zokumamela nokuzikisa ukucinga Uphazamiseko	<b>Inkxaso ngezinto zesiqhelo ezenziwayo</b> Sebenzisa izinto eziqhele ukwenziwa apha eklasini ukuze izinto eziqhubekayo eklasini zime ngendlela nokunceda abafundi abafana naba ukuba bajolise kwisifundo	Ujolisa ingqwasela yomfundi kulo nto ifundwayo.
Iingxaki zokumamela nokuzikisa ukucinga Uphazamiseko	<b>Ukukhuthaza umdla</b> Yakha umdla wabafundi-ingakumbi owabo bangaba ngabaphazamisayo-usebenzisa loo ndlela ufundisa ngayo eklasini yakho. Oku kukwabonakalisa ukuba uyakuvuyela ukuba nomdla kwabo.	Vumela abafundi ukuba bajolise kwezo zinto ziqhubekayo kwisifundo eklasini ukunciphisa uphazamiseko.

lingxaki zokumamela nokuzikisa ukucinga Uphazamiseko	<b>Inkxaso ngokuhlenga-hlengisa iklasi</b> Abanye abafundi beza neengxaki zabo zoxinzelelo, ukungoneliseki nomsindo eklasini. Yenza amalungiselelo emisetyenzana ukuze ubathomalalise okanye uphinde ubabuyise ngokweemvakalelo zabo (ngokucamngca ngokuthile, umculo njl.njl.)	Vumela abafundi ukuba bajolise kwimisebenzi yokufunda, udale ucwangco (ingakumbi emva kwekhefu)
Isimo sokuthanda ukulwa nokungafunani nabantu	<b>Ukubhenela ngqo kwiimfundiso ezisisiseko</b> Kwiimeko zongquzulwano ezinokubakho ubhenela kwiimfundiso ezisisiseko zabafundi (ubulungisa, ulingano ukuqiqa, njl.njl.)	Bhenela kwiimfundiso ezisisiseko ukuze ulungise isimo sokuziphatha esingalunganga.
Isimo sokuthanda ukulwa nokungafunani nabantu Ukuphazamisa abanye	<b>Ukumsusa umntwana engxakini</b> ( <i>Anticeptic Bouncing</i> ) Phambi kokuba kuqale ungquzulwano, msuse umntwana kulo meko ukulungiselela injongo ethile (mthumele e-ofisini ase ileta, mpakishise iincwadi ekhabhathini, njl.njl.)	Msuse umfundi ngokusebenzisa umsebenzi okanye into ethile anokuyenza ukuthintela indlela yokuziphatha enenkohlakalo:
Umsindo, ukuthanda ukulwa neemvakalelo zodandatheko	<b>Inkxaso ngokusebenzisa uburharha</b> Tshintsha imeko yongquzulwano olunokubakho ibe yimeko yoburharha. Bavumele abafundi ithuba lokuba bangaziva bephoxekile, babenako ukuzilawula- okanye baveze indlela abaziphethe ngayo. Zinqande iimeko ezilindelekileyo ezinokuveza izimo zabo.	Xa abafundi bephetheke kakubi ngokweemvakalelo zabo, umzekelo ukuba nomsindo, ukuziva ukhathazekile, utitshala ufanele ukusebebenzisa uburharha.
Umsindo, ukuthanda ukulwa, umfundi uphazamisa abanye kwaye akakwazi kuzibamba	<b>Ulawulo lokumbamba ngezandla umfundi</b> Xa umfundi ebonakala 'engenako ukuzibamba' naxa engathi azenzakalise okanye enzakalise abanye, utitshala ngoko ke angamlawula umfundi ngokubamba iingalo zakhe ngamandla emvele ngasemva.	Amanyathelo okugqibela emva kwala angentla.

Ukulawulwa kweklasi ngokumalunga nokusetyenziswa kwezakhono zelo thuba kubaluleke ngokugqithisileyo kwaye izikhokelo ezibonelelweyo kuni zenzelwe ukuba uziphumeze ngokuzisebenzisa. Umba ongundoqo kule meko kukudala nokugcina ubudlelwane obusemgangathweni phakathi kwakho nabafundi bakho. Ukuba usebenzisa izikhokelo ezisisiseko kwaye uthembele kubuchule obubobakho, unako ke ngoko ukusingatha uninzi lweemeko eziqhubeka eklasini. Hlala uselulawulweni uze ugcine isidima sakho.

## 2. I-LSCI (IsiCwangciso soNgenelelo ngoncedo kwingxaki eqhubeka eklasini (*Life-space crisis intervention*)): Ukusebenzisa ingxaki eyenzeka esikolweni njengethuba lokufunda

	Amava omfundi	Ukufunyaniswa kweengxaki ngutitshala	Iindlela zongenelelo lokunceda nokumisela iinjongo
Isigaba 1: Menze ukuba azole umfundi	Umfundi uphazamisekile akakwazi nokuzilawula.	<p><b>Eli thuba malisetyenziswe njengethuba lokufunda nokwakha ezobudlelane.</b></p> <ul style="list-style-type: none"> <li>• Yintoni ekufuneka utitshala ayenze ukuzolisa umfundi?</li> <li>• Utitshala uzithomalalisa njani iimvakalelo ezigqithisileyo umfundi anazo?</li> <li>• Utitshala uyilawula njani intlekele akuyo umfundi yokuziphatha?</li> </ul>	<ul style="list-style-type: none"> <li>• Thetha nomfundi ngokuzolileyo, ube nomonde.</li> <li>• Menze azole umfundi ngokubhekiselele kwiimvakalelo zakhe ezigqithisileyo ngokuzinika ingqwalasela.</li> <li>• Ungaphenduli kwintetho eyenziwa kusetyenziswa amalungu omzimba nentetho enobushushu (ukuthuka).</li> </ul>
Isigaba 2: Ukubaliswa kweziganeko ngokulandelelana lwazo	Le yindlela endiyikhumbula ngayo into eyenzeke kum.	<p><b>Yakha ubudlelane bokuthembana nomfundi ngokuphulaphula oko kubaliswa ngumfundi.</b></p> <ul style="list-style-type: none"> <li>• Yintoni utitshala amakayenze ukuqinisekisa kwakhona umfundi ukuba iyaqondakala into ayithethayo?</li> </ul>	<ul style="list-style-type: none"> <li>• Fumanisa kanye ngqo oko kwenzekileyo. Kwenzeke ntoni phi?</li> <li>• Ungagxili ekuziphatheni gwenxa (kwintetho esebenzisa amalungu omzimba nokuthuka).</li> <li>• Ungagwebi ube sowufikelela kwisigqibo.</li> <li>• Phulaphula, uphulaphule, uphulaphulise.</li> </ul>

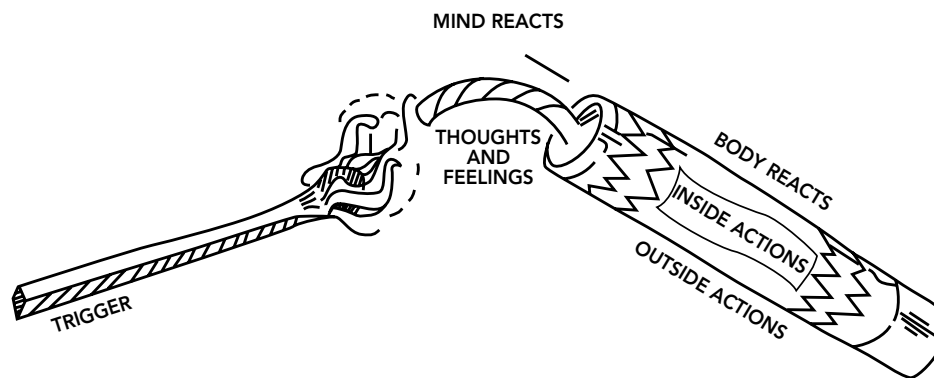
<p><b>Isigaba 3:</b> Yintoni umba ophambili?</p>	<p>Ndiyawuqonda ukuba yintoni umba ophambili.</p> <ul style="list-style-type: none"> <li>• Ukudlulisela impixano kwabanye</li> <li>• lingcinga eziphuthileyo</li> <li>• Ukuziphatha okungamkelekanga entlalweni</li> <li>• Ukuba nephuku (<i>impulsiveness</i>)</li> <li>• Ukuswela izakhono zentlalo</li> <li>• Ukusebenzisa abalingane ukuphumeza iinjongo ezithile</li> </ul>	<p><b>Indlela enye yokuziphatha ingazalwa yimiba ngemiba engundoqo. Utitshala kufuneka ngoko ke aqinisekise ezi zinto zilandelayo:</b></p> <ul style="list-style-type: none"> <li>• Ngaba le ndlela yokuziphatha yindlela umfundi acinga, avakalelwa naziphatha ngayo ngelixa lentlekele?</li> <li>• Zeziphi iindlela zongenelelo lokunceda ezifunekayo ukubuyisela umfundi kwimeko yakhe yesiqhelo?</li> <li>• Ngaba ukuziphatha komfundi kuzalwa ngowuphi umba ophambili?</li> </ul>	<ul style="list-style-type: none"> <li>• Qonda, uthathele ingqalelo imeko yomfundi.</li> <li>• Qonda imiba emithandathu ephambili uze ukhethe leyo ingena ncam.</li> <li>• Sebenzisa intetho efanele abafundi bobudala obuthile ukucacisa umba ophambili kumfundi.</li> </ul>
<p><b>Isigaba 4:</b> Yiba nengqiqo</p>	<p>Ngoku ndiyaqonda ukuba ndibe negalelo njani kwintlekele endichaphazelayo nendlela endiyenze yambi ngayo.</p>	<p><b>Umfundi ngoku ufumana ulwazi lokuqonda aqiqe ngonobangela wentlekele akuyo noxanduva lobuqu bakhe bokujongana nayo.</b></p> <ul style="list-style-type: none"> <li>• Ngaba utitshala uyiphuhlisa njani ingqiqo kwindlela yakhe yokuziphatha engatshongo khona?</li> </ul>	<ul style="list-style-type: none"> <li>• Izakhono zokujongana nemiba ebalulekileyo.</li> </ul>
<p><b>Isigaba 5:</b> Izakhono ezitsha</p>	<p>Ezi zizakhono zentlalo endizifunayo ukuze ndikwazi ukuphucula ubudlelane bam nabanye.</p>	<p><b>Ukuphuhliswa kwezakhono ezitsha ukuze akwazi ukujongana nemiba engundoqo ngendlela eyakhayo nencomekayo.</b></p> <ul style="list-style-type: none"> <li>• Utitshala uxhobisa umfundi ngokufundiswa kwezakhono ezitsha.</li> </ul>	<ul style="list-style-type: none"> <li>• Izakhono zentlalo</li> <li>• Izakhono zokulawula ubuqu bakho (<i>self-control</i>)</li> <li>• Izakhono zokuzibhenca wena ubuqu (<i>self-monitoring</i>)</li> <li>• Umdlalo wokulinganisa (<i>Role-playing</i>)</li> </ul>
<p><b>Isigaba 6:</b> Ukugqithiselwa kwezakhono ezitsha</p>	<p>Le yindlela emandiziphathe ngayo xa ndibuyela eklasini naxa ndingazifumana ndikwiimeko ezinjalo.</p>	<p><b>Apha utitshala wenza amalungiselelo okuxhobisa umfundi akwazi ukusebenzisa izakhono zakhe ezitsha kwiimeko zamihla le.</b></p> <ul style="list-style-type: none"> <li>• Ukulungiselela iingxoxo nokwabelana ngezimvo ukuze umfundi axhobe.</li> <li>• Ukubeka iliso nokuxhasa ukusebenzisa komfundi izakhono zakhe ezitsha.</li> </ul>	<ul style="list-style-type: none"> <li>• Ukusebenzisa kukatitshala ingqiqo yakhe ezinzileyo kwizinto eziguqu-guqukayo eziqhubeka eklasini.</li> <li>• Intsebenziswano nootitshala abanokuxhasa</li> <li>• Xhasa abanye ootitshala ngeprogram yenkxaso.</li> </ul>





## Ukulawula umsindo

- Umsindo luvakalelo hayi indlela yokuziphatha. Kwenzeka okuthile (inkcukumiso) (*trigger*), le nto ilayita ifuyuzi (iingcinga neemvakalelo) luze ugqabhuko-dubulo lukhokelele ekubeni umntu abonise impendulo ngokomzimba. Umsindo ngoko ke uqhelekile yaye nabani uyafikelwa nguwo ngeli ithuba okanye ngelinye. Uyinto ekuthi ezenzekelayo yendalo yokulwa-okanye-usabe (*fight-or-flight*) xa sijongene nesoyikiso.
- **Ukuboniswa ngomzobo indlela la macandelo mathathu asebenzisana ngayo enye neny**



**Umzobo 1:** Imodeli ye-fire-cracker. Icatshulwe kwi-“Novaco’s model for Anger Arousal” Fiendler and Ecton 1986

- **Inkcazo ngalo mzobo:**

- **Inkcukumiso (*trigger*)** ngumcinga olayita ifuyuzi yomntu.
- **Ifuyuzi (*fuse*)** yimpendulo esezingcingeni (ingqondo iyaphendula) – iingcinga neemvakalelo, umz. ukoyika nokuziva ngathi uyoyikiswa.
- **Isilinda eqhushumbayo** (umzimba uyaphendula) yimpendulo yomzimba, yaye oku kungangunobangela wendlela umsindo ovakaliswa ngayo.

- **Oonobangela bomsindo kubafundi**

- lingxwaba-ngxwaba ngezinto abanazo
- Ukulwa
- Impikiswano nokutsalana
- Ukukhethelwa bucala kwiqela loontanga
- Uxinzelelo lokuthatha inxaxheba kwimisebenzi

Xa abantwana bebonisa ukugqabhuka komsindo nokutshintsha kweemvakalelo okungalawulekileyo, kubalulekile ukuzama ukukuqonda oku uze unike inkxaso.

- **Imiqathango yothintelo**

- Dala umoya wovakalelo okhululekileyo ngaphakathi eklasini.
- Bonisa indlela eyiyo yokulawula umsindo.
- Nceda abafundi babe nezakhono zokulawula iziqu zabo (*self-control*).
- Khuthaza abafundi ukuba bazibize ngamagama iimvakalelo zabo.
- Sebenzisa iincwadi namabali anomxholo womsindo ukunceda abafundi abaselula baqonde yaye bakwazi ukulawula umsindo.
- Nika ingcaciso uze ukhuthaze abazali ngokubhekiselele ekuphuhliseni kwezakhono zokulawula umsindo kubantwana babo.

- **Ukulawula umsindo**

- Ukulawulwa komsindo kunenjongo yako ekukuxhobisa umfundi akwazi ukulawula impendulo yeemvakalelo neyomzimba umsindo oyibangelayo.
- Ngoko ke, oku akusiko ukupheliswa ngokupheleleyo komsindo, koko kumalunga nendlela yokuwugcina ukwimida enokulawuleka.
- Ukulawula umsindo sisakhono umfundi anokusifunda. Abantwana bayohluka omnye komnye malunga nokuba yintoni ebangela umsindo wabo nendlela abaphendula ngawo kuwo. Ulawulo ngoko ke lungohluka phakathi komntwana nomnye.
- Kungcono ungamrholeli mehlo umntwana okanye wenze iintetho ezinjengezi:
  - "Umelwe kukuba u..."
  - "Akulunganga..."

→ "Ndisatsho..."

→ "Yayibubuyatha obo..."

- Esona sixhobo sibaluleke kakhulu ekuncedeni abafundi abanomsindo, kukusetyenziswa kakuhle kwezakhono zokumamela.
  - Nika ingqwalaselo eyiyo (nqwala intloko, yenza uqhagamshelwano lwamehlo, njl. njl.)
  - Bonisa umdla wokwenene kwiimfuno zomfundi.
  - Nika umfundi ithuba lokuthetha malunga nomsindo wakhe ngaphandle kwakumgweba.
  - Ungazibandakanyi nomsindo umfundi anawo.
  - Gqiba ngokunokuba sisisombululo kunye nomfundi.

- **Amanyathelo angawo**

- Vumela abafundi bachaze kuphela iinyaniso ngomba lowo.
- Nceda abafundi baze nezinye iindlela zokujongana nale meko.
- Nceda umfundi akhethe leyo ilungileyo.
- Qinisekisa ukuba umfundi unazo izakhono eziyimfuneko ukuyifezekisa loo meko
- Nika abafundi ithuba lokuthetha nawe kwakhona ngendlela izinto ezenzeke ngayo.

(Yahlula phakathi kwesenzo esamkelekileyo nesiingamkelekanga, neemvakalelo ezingamkelekanga.)



## Ukujongana nempixano

- Impixano ingachazwa njengeeyantlukwano ngombono obaluleke kakhulu. Ingenzeka kananjalo apho izeenzo zomntu omnye zithintela omnye ekubeni abe nokuphumeza injongo yakhe okanye ukuba kukho ungenelelo lokunceda olungacetywanga.
- Impixano yinxalenye yobomi bamihla le nengenakuthintelwa. Kwaye ngokunjalo ayisoloko iyinto embi. Inganayo impembelelo etshabalalisayo okanye eyakhayo, kuxhomekeke kwingqiqo yabachaphazelekayo nezakhono zolawulo lwempixano.

Impixano etshabalalisayo	Impixano eyakhayo
<ul style="list-style-type: none"><li>• Xa impixano isenzeka njengento ephazamisayo nengakhiyo</li></ul>	<ul style="list-style-type: none"><li>• Xa impixano isenzeka ize inike ithuba lokukhula nokuphucuka kwezobudlelane</li></ul>
<ul style="list-style-type: none"><li>• Xa impixano isenzeka njengedabi apho kuya kubakho owinayo nowoyiswayo</li></ul>	<ul style="list-style-type: none"><li>• Xa impixano ithathela ingqalelo ubudlelane bethuba elide yaye ijolise kwinjongo yokwandisa ubudlelwane. Xa impixano inento yokwenza nomahluko othile hayi umntu ngqo.</li></ul>
<ul style="list-style-type: none"><li>• Xa isiganeko esizimeleyo sinempembelelo kwinto eya kwenzeka kubudlelane kwixa elizayo</li></ul>	<ul style="list-style-type: none"><li>• Xa impixano ikhokelela kumanyathelo amatsha nembono ebonisa ukusebenza ngobuchule kwengqondo.</li></ul>
<ul style="list-style-type: none"><li>• Xa ukulawula impixano ngokungafanelekanga kuthintela iinjongo ekubeni zifezekiswe, kuthibaze ukusonjululwa kweengxaki kuze kubekho ukubhideka kwezobudlelane.</li></ul>	<ul style="list-style-type: none"><li>• Xa impixano ikhokelela kubudlelane obungcono nobusondeleneyo babantu.</li></ul>

- **Imigqalisela engundoqo yokujongana nempixano ngokwakhayo**

- Sebenzisa imigqaliselo ecacileyo yonxibelelwano (imiyalezo ecacileyo, imiyalezo eqala ngo- 'Mna ndi...', intetho eyenziwa kusetyenziswa amalungu omzimba, ukumamela, njl. njl.)
- Yiba nolwazi olupheleleyo lwento oyifunayo neenjongo zakho.
- Qaphela ukuba omnye umntu ochaphazelekayo unayo injongo ngokunjalo afuna ukuyifezekisa.
- Yibone ngolu hlobo ayibona ngayo le meko (*put on other person's shoes/put on his "glasses"*) ungenzi izinto ngokungxama kakhulu. Iimfundiso ezisisiseko (*values*) iingcamango ziyahluka. Wonke umntu umelwe ukuba ahlonitshwe afumane nethuba lokubalisa elakhe ibali.
- Zama ukungqamanisa izinto phakathi komsebenzi nokwazi abantu.
- Sebenzisa izakhono zokusombulula iingxaki.
- Qaphela ukuba abantwana abaminyaka yobudala obahlukeneyo bajongana nempixano ngokwahlukileyo (umz. umntwana oselula ongenazakhono zaneleyo zokusebenzisa iilwimi ugqithisa "imiyalezo" ngezenzo). Menze umntwana azi malunga neemvakalelo ezahlukeneyo umfundise ukuzivakalisa hayi ukuba azenze. Abasafikisayo (*teenagers*) banendlela engcono yokusebenzisa ulwimi, kodwa bakholise ukuba neemvakalelo kakhulu ngamaxesha athile baze balahlekwe ngumqondo wento abajonge kuyo. Abasoloko bezazi iziphumo zezenzo zabo ukuba zingayintoni.

- **Amanyathelo okujongana nempixano**

- Qaphela ingxaki:
  - Yintoni ingxaki?
  - Kwenzeke ntoni?
  - Umntwana uvakalisa ingqiqo yakhe. Iimvakalelo neentetho ezigwebayo (*value judgements*) mazithathwe njengeziyinyaniso.

- **Ukuvakaliswa kweemvakalelo:**

- Uvakalelwa njani ngokwenzekileyo?
- Uvakalelwa njani ngoku?
  - Mamelanani oko nixelelwa kona ngokunyanisekileyo, kuyimvakalelo eluluvo lwakhe ngomntu ngamnye ochaphazelekayo akalelo ekuvakaliseni iimvakalelo – ezakhayo ngokunjalo nezo zingakhiyo. Kubalulekile ukuba ivakaliswe njengeemvakalelo hayi ngokugwebayo/ngokutyholayo. Imiyalezo eqala ngokuthi 'Mna ndi-' ibalulekile.

- **Qulunqa izinto ezinokuba sisombululo ngokucinga uqike ngokuphangaleleyo.** Esi sigaba sibaluleke kakhulu malunga nokususa ingqondo kwinto eyenzekileyo kugxilwe kwisisombululo esakhayo nenguqu.)

- Ufuna kwenzeke ntoni?
- Yintoni enokwenza ukuba mawuzive wonwabile?
- Zeziphi ezona mfuno zakho zibalulekileyo kule meko?
- Yintoni ongathanda ukuzikhwebula kuyo?
- Yeyiphi eyona nto ingabalulekanga kuwe?
- Yintoni enokwenza imeko ibe ngcono ngokweembono zakho?

- **Vavanya izinto onokuzikhetha wenze izigqibo zokuzikhethela**

- Yintoni enokwenziwa ngenene?
- Vavanya izinto ezahlukeneyo onokukhetha kuzo. Bonisa izinto eziluncedo nezingeluncedo ukhethe izinto ozikhethayo ezilelona ncedo lukhulu nezamkelekileyo kumacala omabini.

- Iiprogram zophuhliso lwezakhono zokujongana nempixano mazifundiswe qho eziklasini esikolweni, kungalungiselelwa nje abafundi ngabanye abaneengxaki. Iimfundiso ezisisiseko (*values*) ezifanele ukuthi rhoqo zamkelwe zezi:

- Ukuhlonipha ilungelo lomntu wonke lokuvakalisa iimbono zakhe.
- Ukuzama ukusoloko uqonda indlela abanye abavakalelwa ngayo.
- Ukuzama ukwanelisa iimfuno zakho ngaphandle kokusingela phantsi iimfuno zabanye.



## Intloni

- **Isenzo sentloni:** Xa umntwana okanye iqela labantwana lisebenzisa gwenxa amandla alo ukwenzakalisa abanye abantwana okanye ukubabekela bucala
- **Ezi mpawu zintathu ziqaphelekayo** zikholise ukufumaneka kwintloni, oko kukuthi:
  - ukusetyenziswa ngabom kobungqwalala,
  - ukungalingani kobudlelane bamagunya phakathi komenzi wentloni nexhoba kunye
  - nokubangela intlungu ngokwasemzimbeni/okanye inkxalabo kwiimvakalelo.
- **Iindidi zentloni:**  
**Iziindidi ezintathu:**
  - Ngomlomo nangokubhaliweyo, umzekelo, ukusebenzisa amagama acabelayo (*name calling*), iintetho ezimanyumnyezi/ ezimbi, ukoyikisa, ii-sms ezoyikisayo okanye ezijongela phantsi isidima somntu
  - Ngomzimba, umzekelo, ukugila (*bumping*), ukukrwempa, ukungquba ngegxabala, ukubetha, ukuwisa, ukujikelezisa amehlo, ukubonisa uphawu olunentsingiselo erheshayo (*suggestive sign*)
  - Kwezentlalo/kubudlelane, umzekelo ukuhleba (ngomlomo okanye ngokubhaliweyo, ukuveza iinkcukacha zabucala, ukusebenzisa umntwana ngenjongo yokumhlaza, ukumkhethelela bucala kwiqela labanye

- **Iziphumo zentloni**

- Ukusoyika okungaphezulu isikolo nokungabikho sesikolweni
- Ukukhula kwexhoba kuyachaphazeleka
- Zibangela ukhubazeko
- Iimvakalelo zokuba ngodelekileyo
- Iingxaki zokungazithembi ngobuqu bakho
- Iimvakalelo zokuba nesithukuthezi
- Ukuzikhethelela bucala ngokwasentlalweni
- Iingxaki zeemvakalelo
- Iimpawu zeengxaki zengqondo (*psychosomatic symptoms*).
- Iingxaki zonxibelelwano.
- Ukudandatheka (*depression*).
- Ukufumana ubunzima bokuqhuba kakuhle kwizifundo.
- Amanye amaxhoba ayazibulala.
- Ukwaphula imigaqo, iindlela zokuziphatha ezichaseneyo nentlalo.
- Umngcipheko wokuba angazibandakanya nezenzo zolwaphulo-mthetho kamva.

- **Ukuthintelwa kwentloni**

- Imigaqo yeklasi ifanele ukunika, ngendlela emfutshane neyiyo, isikhokelo esicacileyo sokuziphatha okwamkelekileyo.
- Imigaqo yeklasi ifanele ukubandakanya ukuba intloni ayamkelekanga, ukuba abafundi baya kuwaxhasa amaxhoba entloni nokuba iklasi iya kusebenza kunye njengembumba.
- Ukugxila qho kuphuhliso lwezakhono zentlalo kubafundi
- Kuthintelwa lwentloni, makagcine kukho ukungqamana phakathi kweziphumo nemiqathango.
- Bonke abafundi abanetyala lentloni bamelwe ukubizwa bazokuphendula. Oku kuya kuthumela umyalezo ocacileyo wokuba intloni ayisayi kuze inyamezeleke.
- Kubalulekile, nakuba kunjalo, ukuba ugxininiso lungabikho ekohlwayeni kakhulu koko lube sekutshintsheni ukuziphatha nesimo sakhe.
- Ukunqumamisa esikolweni umenzi wentloni iintsuku ezimbini

kunika ithuba lokuba abukele i-TV, kodwa akwenzi nto ekutshintsheni ukuziphatha.

- **Uncedo olunikwa abenzi bentloni**

- Khumbula ukuba umenzi wentloni udla ngokusuka kwimvelaphi apho kukho ukungakhuseleki khona, kukho ukubandakanyeka kwabazali okungephi nokungqinelana kwezenzo zabazali. Aba bafundi bavamise ukohlwaywa emzimbeni nokudubuleka kweemvakalelo.
- Phambi kokuba ingcebiso emiselweyo ibe yimfuneko, umenzi wentloni kufuneka afikelele ekuqondeni ukuba ukuziphatha kwakhe kuya kusoloko kuneziphumo ezibi kude kube kuyatshintsha ukuziphatha kwakhe.
- Ukugxininisa ekucezeni uxolo, ukwakha umoya wokuzithemba, imibuzo ekhokelisa ukuba 'Kutheni' nokumcela thambileyo ukuba akuyeke oku akunampumelelo ekuziseni utshintsho, kwaye kungazenza izinto zibe mbi.

- **Imibuzo eluncedo kumenzi wentloni**

- Wenze ntoni?
- Yintoni ebangele ukuba oko ukwenzileyo kube yinto engalunganga?
- Ngubani oye wamenzakalisa?
- Yintoni obufuna ukuyifumana?
- Yintoni oya kuyenza ngokwahlukileyo kwixesha elizayo, ungakhange ube wenzakalise nabani na?

- **Umenzi wentloni makafunde ezi zinto zilandelayo:**

- Ukwamkela uxanduva ngendlela abaziphethe ngayo
- Ukwamkela uxanduva ngeziphumo zezenzo zabo oko bekwenzela iziqu zabo
- Ukuziva engonwabanga (ukuziphatha kwam kundifake enkathazweni kwaye ndifuna ukukuthintela oko kwixesha elizayo)

- Ukutshintsha ukuziphatha ukuze bahlale bengekho senkathazweni
- Ukufumana ezinye iindlela zokwanelisa iimfuno zabo
- Ukuthatha uxanduva ngesiphumo sezenzo zabo kwabanye
- Ukuziva benetyala ngezenzo zabo
- Ukubathemba abanye
- Ukwakha ezobudlelane nabantu abadala abanenkxaso

- **Inkxaso kwixhoba**

Amakhoba entloni anikwa inkxaso:

- ngokuwakhusela angaphindi afumane ukuntlondwa.
- ukubanceda ukuba baziqonde izenzo zomenzi wentloni. Oku kuya kubenza bangajongi kwiziqu zabo njengabangoonobangela bokuphatheka kakubi ngumenzi wentloni.
- ukubawandakanya kwimidlalo yokufunda yetheraphi abanokuthi ngayo bavakalise iimvakalelo zabo ngokuzoba, ukubhala, idrama nokuthetha.
- ukubabandakanya kwiqela lenkxaso elinamanye amakhoba.
- Ukubanxibelelanisa neqela elahlukileyo labahlobo abaya kusebenza ngendlela exhasayo.

- **Ukulunga kwamacebo ongenelelo lokunceda**

- Indlela yokuziphatha ngokubanzi esikolweni iya kuphucuka.
- Ezobudlelane phakathi kwabafundi nootitshala zingaphucuka.
- Abazali banokuzithemba okungaphezulu izikolo ezithatha inyathelo elithe ngqo emva kwesenzo sentloni.



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