



# Tswelang Special School Newsletter

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2nd issue

June 2020

## Upcoming events!



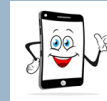
- 8 June 2020: Grade 9's return to school
- 16 June: Public Holiday— Youth Day
- School Holiday: The school will close on the 7th of August and reopen on the 12th of August.
- 12 August 2020: Second intake of learners. Grades to be communicated. Subject to change.
- 3rd Term: 12 August to 23 September 2020
- 4th Term: 5 October to 15 December 2020

## Out of the office

Strange times call for strange actions. The staff of Tswelang miss our learners and are concerned about them. Please keep them safe until they can return to school. We will serve them as good as possible at home. Please do your part as parent. We will keep communication flowing and will inform you of any changes. Please also follow the national news.



Be blessed  
Me. Verna Vorster  
School Principal



**Please remember to inform the school if your contact details have changed!**

## Psalm 121 verse 7-8

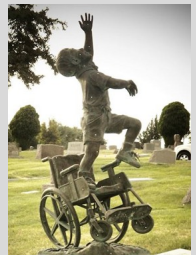
God guards you from every evil, he guards your very life. He guards you when you leave and when you return, he guards you now, he guards you always.



## Wellness and bereavement:

It is with deepest sorrow to inform our parents, learners and staff of the passing of four of our beloved learners during the lockdown period:

- Armando Sithole
- Thembane Mhlakaza
- Tshepang Mosianedi
- Boemo Dipholo



## When should you or your child remain home? Signs and symptoms of COVID-19

The Corona Virus is a virus that can cause the outbreak of respiratory illness. The virus is spread by coughing, sneezing and through touching contaminated objects or surfaces.

### Primary signs and symptoms of the Corona Virus:

- Fever
- Cough
- Sore throat
- Redness of eyes
- Shortness of breath
- Difficulty in breathing

### Additional symptoms include:

- body aches
- Loss of smell or taste
- Nausea
- Diarrhea
- Fatigue
- Weakness or tiredness



## Food parcels!

All local learners as well as learners from Botchabelo will receive food parcels. Food parcels will be delivered.

### Dear Tswelang Parents

Very cold weather conditions are predicted this winter in the Free State and nothing beats homemade comfort food.

The added recipe is a great way to stretch our food resources and provide us with our daily protein requirements. Feel free to add 2 tablespoons of any soup powder to your liking and a 1/2 teaspoon of salt. Enjoy!



## HEARTY MIX

- 1 CUP RICE
- 1/2 CUP LENTILS
- 1/4 CUP SOUP MIX
- 1 TSP SALT

BOIL 6 CUPS WATER IN A POT, POUR MIX IN POT, COOK FOR 25 TO 30 MINUTES

## FEEDS FOUR PEOPLE

1. Boil 6 cups of water
2. Pour mix into the pot
3. Stir often
4. Cook 30 minutes



## Occupational Therapy Foundation Phase

Dear parents,

OT work will be send with academic work every second week.

Please try and stimulate your child at home by also doing other types of activities besides schoolwork.

### Examples of activities to do at home:

Read stories/ tell stories/ sing

Speak English to your child as often as possible

Draw pictures

Make puzzles— cut a picture out of a magazine and cut the picture for example into 6/ 10 pieces. Let your child put the pieces back together.

Bake together



## LSS Founda- tion Phase

Dear parents,

Each child in the LSS foundation phase section will receive a pack of school work every two weeks. Please assist your child.

Examples of other important activities to do with your child at home:

- sing songs
- play
- hand exercises, e.g. tearing and pasting of paper to make pictures, beading etc.



## LSS Intermediate Phase

Re kopa batswadi ba re thuse ka ho etsa nako ba dule le bana fatse ba ba thuse ka mosebetsi wa sekolo. Re kopa hape hore ba fane ka dinomoro tsa bona tsa mohala, sena se bohlokwa haholo.

## Foundation Phase

Batswadi

Re dumedisa batswadi le baithuti bohle ba rona ba battle. Re kopa batswadi ho eellwa dintlha tse late-lang:

- Baithuti batla fumana mosebetsi wa beke tse pedi ka hara ona mokotla oo, ebe ba fumana o mong hape jwalo jwalo.
- Batswadi re kopa le thuse bana ho etsa mosebetsi wa sekolo, haholo hobala.
- Ba kwetliswe ho ngola hore ba otlolle mesifa.
- Baithuti ba kwetliswe ho rwala sekwala molomo (mask) ka nako tsohle le ho Hlatswa matsoho ka sesepa kgafetsa bonyane metsotswana e 20. (20 seconds).

ELA HLOKO!!!

Re kopa Batswadi ho fan aka dinomoro tsa mohala tse nepahetseng moo baka fumanehang teng Ka kopo hle.

HARE EMENG MMOHO BOKAMOSONG LE THUTONG YA BANA BA RONA

By Departmental Head Foundation phase: Me. Masisi

## Senior Phase

The grade 9's are back at school! They started on Monday the 8th of June. According to the Department of Education the grade 7's and grade 12's were suppose to start, but as our grade 9's are going to Martie Du Plessis School in 2021, it was decided that it is top priority for them resume with normal schooling as soon as possible.

Academic work will be send home for grade 7 and grade 8 learners. We hope and believe that parents will assist them during this time of the COVID 19 pandemic.

May God be with you and keep you.

Thank you

Mme Mohlomi (HOD Senior Phase)

### Message to the parents

As we find ourselves in level 3 lockdown, we are faced with different experiences. Some of us are still at home, others have lost their work and source of income, and others are fortunate to return to their workplace. The uncertainty created by the Covid-19 virus can lead to anxiety.

Specifically with our children who present with disabilities and other co-morbidities it is not an easy decision to send our children back to school, however some parents are not in the position to keep them at home.

Routines/Structure is important for children and adults, as it helps with their anxiety (they know what to expect for the day) and it helps with discipline.

### While out children are at home, here are a few guidelines to help you at home:

1. Establish a routine: Make sure that your child understands that despite the lockdown that the bedtime and morning wake-up times are still in place. Meaning, do not allow them to sleep too late in the evenings and wake up to late in the mornings. Draw up a schedule for them, which include their play, work time, and make sure they try to stick to it.

2. Playtime: There should be a specific time during the day allocated for play, e.g. your child can play after all his/her school work set out for the day is completed. When playing with other children they should be taught to maintain their social distance. See this as an opportunity to equip them with safe skills that will help them when they return to school.

3. Limited TV/Gaming and Cell phone time: Approximately 30 minutes -1 hour per day is sufficient time for the learner. This can also help reduce your child developing bedsores and will encourage them to engage in activity that is more physical or therapeutic.

4. The lockdown has created an opportunity to bond with our children; however, we are so far into the lockdown some parents appear to be over it. Despite these natural feelings, use this opportunity to play, read, cook, bake, or perform any child-friendly activity with your child.

5. Don't burden your child with Adult fears: Although it is important to share with your child the challenges of the pandemic, it is equally important to model healthy coping behaviour for your child. Make sure any information regarding Covid -19 shared is scientific and not fake news. Try to protect them as much as possible from all the negative information regarding the virus, e.g. death rate and our economy.

Stay safe and we look forward to welcoming you back soon.

If you require any emotional and social support, please feel free to contact the school to arrange an appointment.

**Mrs. J. Modise**

**School Social Worker**

## Tswellang Values



1st Term



2nd Term



3rd Term



4th Term