

Vuk'uzenzele

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Support for students

Allison Cooper

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

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

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

NSFAS shortfall addressed

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



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

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

"NSFAS will be able to re-

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

"No NSFAS-qualifying stu-

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

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

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

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

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

"We will engage further

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Marena a bohlokwa mehatong ya tsoseletso ya moruo

Dikgweding tse mma-lwa tse fetileng, marena a mabedi a neng a hlompheha haholo naheng ena a iketse badi-mong.

Setjhaba sa Mazulu se sa tswa boloka morena wa sona Morena Goodwill Zwelithini ka Bhhekuzulu ya busitseng dilemo tse 50 kaofela. Ka Phe-rekgong, setjhaba sa Bapedi le sona se bolokile morena wa sona Kgoshikgolo Thulare Thulare wa boraro, ya ileng badimong ho so fele le selemo a kotsometse sa borena.

Re lahlehetswe haholo ke dikakapa tsena paballong ya setso le nalane ya ditjhaba tsa tsona ka ho fapana.

Marena ana a ne a boetse a bapala karolo ya bohlokwa ntshetsong pele ya dibaka tsa mahaeng mme a le ka pele mananeong a ntlafatso ya maemo a ditjhaba tsa ona.

Ha demokrasi e qala ka sele-mo sa 1994, mmuso o motjha o ile wa beha pele taba ya ho kgutlisa seriti le tlhompho ya marena le ho netefatsa hore melao e laolang ditaba tsa setso le meetlo e ikamahanya le Molaotheo wa naha ena.

Marena a bapala karolo e kgolo maphelong a dimilione tsa batho naheng ena, haholo-holo dibakeng tsa mahaeng.

Marena a tshehetsa le hona ho ntshetsa pele ntlafatso ditjhabeng tsa ona.

Haufinyane ke sa tswa fumana monyetla wa ho kopana le ona marena ha ho ne ho bulwa Palamente ya Marena moo ho neng ho tshohlwa ditaba tsa bohlokwa tsa naha ena.

Se ileng sa nkgahla haholo

puisanong ya rona ke ho hlokomela hore le marena a ngongorehile ka maemo a boima a moruo naheng ena mme le ona a batla ho ba ka-rola ya tharollo ya mathata le bofuma dibakeng tsa ona.

Ke dutse ke bolela hore tso-seletso ya moruo ka lebaka la sewa sa khorona, e tlameha ho kenyeletsa motho ohle, ho se be le ya siuwang kantele.

Katleho ya Leano la Tsoseletso le Kahobotjha ya Moruo ha e a tlameha ho ba letsema la mmuso, borakgwebo le basebetsi feela, empa marena le mekgatlo e meng ya setjhaba e tlameha ho kenyeletswa.

Maikutlo a hlahelletseng hangata a ho emisa ho llela mmusong a bontsha hore marena a ne a sa rate ho phutha matsoho mme a thabele taba ya ho kgaketswa ke mmuso kapa hona hore setjhaba sa ona se nne se shebe mmuso mahlong bakeng la thuso ya ditjhelete.

A batla hore a fuwe tshehetso le thupello a e hlohang mmoho le tikelohlo e tla dumella setjhaba sa ona ho ikemela.

A batla ho qeta phapang e teng pakeng tsa dibaka tsa mahaeng le tsa ditoropong ha ho tluwa tabeng ya ho fumana ditshebeletso tsa mmuso le dithuso lekaleng le ikemetseng.

A batla ho bona dibaka tsa mahaeng e ba dibaka tsa kgiro, ditsi tsa tlhahiso le ntshetso pele ya moruo. Sena se tshwantshwa hantle le Leano la Ntlafatso ya Ditereke (DDM), le neng le thehwe ka 2019.

Marena a maamong a



nepahetseng a ho netefatsa hore maano ana a ntlafatso ya ditereke a sebetse hantle le hore a atlehisa ditlhoko tsa setjhaba sa ona dibakeng tsa mahaeng.

Jwalo ka ha leano la DDM le tshehetsa maano a ntlafatsang ditlhoko le menyetla dibakeng tse itseng, marena le ona a na le tsela ya ona e pele ya ho ntlafatsa moruo dibakeng tsa ona.

A thehile leano la Ntlafatso ya Dibaka tsa Mahaeng, le hlomamisitsweng Leboya Bophirima kgweding e fetileng. Ke ntho e kgothatsang ho bona hore marena kaofela a tshehetsa leano lena mme a batla ho sebetse mmoho le makgotla a metsaneng ho netefatsa katleho ya lona.

Puisanong ya rona Palamenteng ya Marena, ho ile

ha hlahella hore leano lena la Ntlafatso ya Dibaka tsa Mahaeng le ka atleha ha feela dikomiti tsa marena di fumana tshehetso le thupello. Bankakaroloba mmalwa ba ile ba hlahisa maano a kgo-diso ya moruo a seng a hatetse pele haholo. Hara ona re ka bala a tsa temo, tshebediso ya dimela le diphoofolo ho etsa meriana esitana le tsoseletso ya matla a motlakase.

Se ileng sa hlokomela hore marena a eellwa taba ya hore ho tle dikgwebo tsa mahaeng di atlehe mme e be karolo ya moruo wa naha ena, di tlameha ho sebetse ka tsela ya profeshenale ho sa natsehe hore ke tse thuthuhang, tse mahareng, tse hodileng kapa tsa matsema.

Marena ohle a buileng mona, a bontshitse taba ya

hore ona ha se marena a she-bileng paballo ya setso feela, empa a ntshetsa pele le taba ya moruo dibakeng tseo a busang ho tsona. A hlwahile diprojeke tse ngatanyana le menyetla ya moruo e tla theha menyetla ya mesebetsi le ho ntlafatsa maphelo a batho ba mahaeng.

Marena a boetse a ikemise-ditse ho nka karolo kabong botjha ya mobu. Ho tloha ka selemo sa 2018, marena a se a nehelane ka mobu o ka bang dihektara tse 1 500 000 bakeng sa ntshetsopele, mme re tshepa hore a tla fana ka o mong nakong e tlang.

Hore re tle re be le leano le tiileng ka taba ena, re dumellane ka ho ba le Pitso ya Mopresidente ya Ditaba tsa Mobu isao. Pitsong ena, ho tla tshohlwa ditaba tsa kabo ya mobu le kgahlamelo ya sena mobung wa marena o dibakeng tsa mahaeng.

Se bonahetseng haholo puisanong ya Palamente ena ya Marena, ke hore tsoseletso botjha ya moruo e ne e le yona ntlhakgolo. Ka ho le leng, sena e ne e le sesupo sa hore marena a thabela ho ba karolo ya tsoseletso ya moruo ka mahlale le maano a ona.

Sa bohlokwa haholo ke hore seo marena a se etsang hona jwale se tla tswela setjhaba sa ona molemo le melokong e tlang.

Jwalo ka ha re sebetse mmoho jwalo ka setjhaba ho tsoseletsa moruo, re thabela tshehetso ya marena, ona ao e bileng karolo ya naha ena nakong e fetileng, hona jwale esitana le bokamosong ba yona. **V**

Get help for your child

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

Silusapho Nyanda

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

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

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

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

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

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

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

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



appearance.

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

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

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


favourite activities.

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

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

"Establish open communication before there are any

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

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

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

Thusa ho pholosa maphelo

Allison Cooper

Ba Letlole la Sunflower, ba etsa kgoeletso ho Maafrica Borwa ohle ho tshhehatsa leano la bona la ho nehela ka masole a madi ho ya ka merabe e le ho pholosa maphelo a bana.

Ka ho ya ka Palesa Mokomele, hlooho ya tsa dipapatso le dikgokahanyo Letloleng lena la Sunflower, ke bakudi ba balwang ka dikete ba fumanwang ba na le tshwaetso mading selemo le selemo.

Nakong e fetileng, bakudi bana ba ne ba e shwa. Kajeno seo ha se sa etsahala hobane mokudi o kenyetswa masole a phetseng bakeng sa a hae a sa sebitseng.

Se bohloko ke hore ha ho bobebe ho fumana motho ya nang le masole a tshwanang

le a hao, e leng se etsang ho be boima hore bakudi ba fumane kalafo.

"Bakudi ba morabe wa ba mmala, ba kotsing ka lebaka la palo e tlase ya batho ba merabeng ya ba mmala, ba batsho le ma-India ba ingodiseditseng ho nehela ka masole a madi," ho rialo Mokomele.

Monyetla wa bobedi bophelong

Bophelo ba Zyaan Makda ya dilemo di 19 bo ne bo fetohe ha a ne a fumanwa a na le *heterozygote haemoglobinopathy*, tshwaetso e sa alafeheng ya madi ka selemo sa 2007.

O ne a ka pholoswa feela ke ho fumana motho ya ka fanang ka masole a madi a tshwanang le a hae, empa a se fumanehe. Ka lebaka lena, jwale o ile a tlameha ho



Bophelo ba Zyaan Makda bo fetohile, re leboha thuso ya moithaopi ya nehetseng ka masole a phetseng.

kengwa madi jwalo bekeng tse ding le tse ding tse pedi.

"Methapo ya ka ya matsoho e ne e emise ho sebitsa mme ba nkenya sesebediswa se tsamaisang madi mona sefubeng. Ke ne ke dula ke kgathetse mme ka ntshuwa le nyoko athe le ditlhala tsa kgolo tsa se sebetse hantle. Ke ne ke thisa kgafetsa sekolong ka lebaka la ho kula, ke sa nke karolo le dipapading. Ke ntho e boima haholo ho qeta nako e ngata sepetlele," ke yena eo.

Maemo a Makda a ne a etsa hore a be le bolebadile sethwa-thwa mme a qeta dilemo tse tharo a sa ye sekolong. Leha ho le jwalo, a se nyahame. Qetellong, Makda o ne a fumane motho ya nang le masole a tshwanang le a hae, empa seo e ne e se ho fela ha mathata a hae a bophelo. O ne a tlameha ho etsa ophareishene ya ho tlosa lebadile bokong.

"Ke selemo sa boraro jwale ke kenyeditswe masole ana mme ke phela bophelo boo

ke neng ke sa bo lebella, ke leboha motho enwa wa Mojeremane ya bontshitseng botho ka ho nehela ka masole ana."

Tlisa tshepo mothong e mong

Naledi Senamela ya dilemo di 14, o ne a fumanwe a na le leukaemia (mofetshe wa madi) ka Motsheanong 2020. O ne a kene palong ya ba emetseng motho ya nang le madi a tshwanang le a hae.

"Ha e sa le ke kula, ha ke sebetse hantle sekolong. Ha ke sa nka karolo dipapading, le ho etsa dintho tseo ke di ratang," ho rialo Senamela, ya nang le toro ya ho ba ngaka.

Mang kapa mang ya dilemo di 18 ho ya ho tse 55 a ka ingodisetsa ho fana ka ditho tsena ho websaete ya Letlole la Sunflower.

Se hlokaahalang feela ke dithutswana tsa boya ba tshwele le nakonyana ya hao. Kopa feela dithutswana tsena ho ba Letlole la Sunflower ka ho kena ho www.sunflowefund.org kapa o letsetse ho 0800 12 10 82. 