



GROCOTT'S MAIL

10 April 2020 • Vol. 150 Issue: 010

Your newspaper, **FREE OF CHARGE**

Olu shicilelo lokuhlala ngendlu lweCOVID-19 leGrocotts Mail, kukusebenzisana phakathi kweRhodes Unniversity DSI/NRRF kwiBiotechnology Innovation & Engagement, iCommunity Engagement, iBiotechnology, iPharmacy, iJournalism & Media Studies, iCommunications and Advancement, Centre for Social Development, iLebone Centre, Inumeracy Chair, iPsychology Department, iMakana Municipality, iDepartment of Health, iSouth African Police Service kunye nosaziwayo basekuhlaleni. Sinzisela umyalezo obalulekileyo, #StayHome - #SaveLives

Bonisa ukuthalela indawo ohlala kuyo ngokugcina lemigomo. Kwaye uncede:

- * Gcina umgama ongange: 1.8m phakathi kwakho nomnye umntu
- * Hlamba izandla ngesepha
- * #StayAtHome

Ulwazi ngamandla



UVuyokazi Shwempe ufundela indodakazi yakhe ibali, uLuhlumile Shwempe (10), ngaphandle ekhayeni labo eNkanini. ULuhlumile wenza ibakala lesihlanu, nanjengaye wonke umntana kweli lo Mzantsi Afrika, ukhathazekile ngokuchaphazele izifundo kulonyaka. Iinqununu zezikolo eMakhanda zithi noxa oomabonakude noonomathotholo bencedisana nabantwana ngezifundo, abazali abafana noVuyokazi bayafuneka ekudlaleni indima yootitshala kubantwana babo. Izifundo zakwi-Internet azifikeleleki kubantwana baseMakhanda ngenxa yamaxabiso e-Data. IRhodes Community Engagement kunye neGrocotts Mail zithathe amaphephandaba eGrocotts Mail, kwakunye namaphekepheke olwazi oluphangaleleyo lweCovid-19, bawasa kumakhaya ngamakhaya. Okuqulathwe lolushicilelo lokuhlala ngendlu, ngamabali kunye novavanyo lwengqondo yabantwana. Umnfanekiso: Sue MacLennan

Inyani okanye Amampunge

NguSTEVEN LANG
Nangona ubhubhani we-Covid-19 engalunganga, isixa esikhulu sokuhluzwa kolwazi senza ukudideka okuninzi kakhulu. Ngeziph iindaba zokwenyani, zeziphi ezamampunge? Yeyiphi indlela ebalaseleyo yokuzikhusela thina kunye nabo sibathandayo kwamampunge? Phantse yonke imibutho yeendaba kwihlabathi lonke ingumatshini wamabali malunga nalentsholongwane. Ukongeza koku, wonke umntu kwamacandelo eendaba, imibutho engekho phantsi korhulumente kunye namashishini amaninzi abucala onke anento

yokuthetha malunga nalobhubhane. Olunye lolwazi olukhutshwa kulamacandelo yinyani kwaye luxabisekile, kodwa oluninzi ulwazi ziindaba ezingenamsebenzi, kwaye ezinye zazo ngamampunge – ngoko qaphela. Ubona njani ukuba ulwazi luyinyani okanye yintsoni/ amampunge? Nazi iingcebiso ezimbalwa ezinokunceda uhlale usempilweni: •Khangela umthombo wolwazi. Luvela kubani? Ukuba awunakuqiniseka ngokunyaniseka komthombo - ungawuhoya umyalezo.

•Ngokwesiqhelo ukuba umyalezo (ku-WhatsApp, kwi-SMS) uthunyelwe kumthombo ongachazwanga – mcime umyalezo lowo. •Ukuba umntu uqala umyalezo ngo “Ndivile... okanye “bathi... ungazidubi ngokumamela. •Ukuba kubonakala ngathi ayiqhelekanga - sithembe isazela sakho. Ungayikhathaleli ngaphandle kokuba ungafumana ulwazi olufanayo kwimithombo emibini eyahlukeneyo ngokupheleleyo. •Nokuba uyive kunomathotholo ayithethi ukuba iyinyani. Isenokuba ngumphulaphuli othe wafowunela

waxelela isizwe ukuba utatazala wakhe ucinga ntoni ngomba othile. •Ukuhleba yinto echitha ixesha, kodwa ngamaxesha e-Covid-19, kunokuba yinto enobungozi. Sukuhleba ngentsholongwane ngaphandle kokuba ungugqirha oqeqeshelwe impilo yoluntu. •Ukuba ubona umntu onikisa ingcebiso kumabonakude, phambi kokuba umamele qiniseka ukuba ngu Mongameli uCyril Ramaphosa, Umphathiswa Wezempilo uZweli Mkhize okanye umntu oqinisekileyo ukuba yingcali kwezonyango. Ukuba ube nethamsanqa lokufikelela kwi-intanethi, nazi

iindawo ezithile onokuzithemba: •IWebhu yoRhulumente wase Mzantsi Afrika ngeCoronavirus: <https://www.gov.za/Coronavirus> •IZiko leSizwe leZifo ezasulelayo: <https://www.nicd.ac.za/> •Umbutho wezeMpilo kwiHlabathi (WHO): <https://www.who.int/emergency/diseases/novel-coronavirus-2019> Sukusasaza amarhe- kunokuba yingozi. Amarhe anokukhokelela ekuziphatheni ndlongo-ndlongo okanye ukothuka. Amarhe angakhokelela kwiimeko ezothusayo njenga ngokuya abantu bebezifihlela iphepha lokuya ngasese.



Ibali: Ufudo ufumene ikhaya lakhe

Ufudo ufumene ikhaya lakhe Ngenye imini uFudo wayehamba-hamba ethafeni. Wayekhanga-khangela efuna-funa. Waqwalasela mgama, encine namehlo kuloo ngca. Waza ke wadlula kuNkumba. “Ingaba kukho into oyikhangelayo?” wabuza uNkumba.

“Ewe Nkumba, ndikhangela indlu yam. Ingaba ukhe wayibona?” Kubuza uFudo. Bakhangela bakhangela, kodwa kwakungekho nomncinci umkhondo wendlu yakhe. Ilanga lalisele lenyukele phezulu esibhakabhakeni.

Emva kwethutyana badlula kuNgqatyana. “Ingaba kukho into eniyikhangelayo?” wabuza uNgqatyana.

“Ewe Ngqatyana, ndikhangela indlu yam. Ingaba ukhe wayibona?” wabuza uFudo.

UNgqatyana wathi, “Hayi, khangela ndiyibone, kodwa ndiza kunikhangelisa!”

UFudo waqhubeka nohambo lwakhe, ebeleke uNkumba noNgqatyana. Bakhangela bakhangela, kodwa kwakungekho mkhondo wandlu. Ilanga lalisele lithambeka ngoku.

UBhantom wathi, “Hayi, khangela ndiyibone, kodwa ndiza kunikhangelisa!”

UBhantom watsibela emqolo kuFudo waza ke uFudo waqhubeka nohambo, ebeleke uNkumba, uNgqatyana noBhantom.

Bakhangela bakhangela, kodwa kwakungekho mkhondo wandlu. Ngoku ke kwakusele kuqalisa umoyana ohlabayo.

UMpuku wathi, “Hayi khangela ndiyibone, kodwa ndiza kunikhangelisa!”

Bakhangela bakhangela, kodwa kwakungekho mkhondo wandlu. Umoya wawuphaphathekisa amagqabi aze ajikeleze ngasezinyaweni azikaFudo.

UFudo wafunyanwa

kukudinwa. “Nina niyandisinda,” watsho ngesigqala.

Umoya waya uqina ngokuqina. Isibhakabhaka saguquka saba mnyama.

“Owu, ingaba iphi na indlu yam?” Kwavakala iindudumo ezindulini. Kwalenyeza imibane mgama. Chapha-chapha yaqalisa ukunetha imvula.

“Owu, ingaba indlu yoFudo?” kwabuza uNkumba, uNgqatyana, uBhantom kunye noMpuku.

Umoya wavuthuza kakhulu. Waphaphathekisa kakhulu. Waphaphathekisa uNkumba, uNgqatyana, uBhantom kunye noMpuku baya kuwa qelele.

Emva koko kwalandela isichotho, qhufu-qhufu. UFudo woyika kakhulu kangangokuba wazisonga wangena kwiqokobhe lakhe. Kwakushushu kamnandi kea pho.

“Owu, nantsi ke indlu yam!” watsho uFudo.

“Owu, nantsi ke indlu kaFudo!”

Umsebenzi: Phendula le mibuzo ilandelayo malunga nebali

1. Ukhangelana ntoni?

2. Ukhumbula ntoni ngelibali?

3. Ungakhumbula zonke izilwanyana ezikhoyo?

4. Ingaba lava njani oluFudo ekugqaleni kwebali?

5. Ekugqibeleni xa ukhumbula ukuba iqokobhe laliyindlu yalo, na nje ngomntu kanjalo wena xa usekhaya uva kufudumele?

6. Kumnandi ngaphakathi?

7. Wonwabile nosapho lwakho?

8. Zingaphi izilwanyana ozikhumbulayo kwelibali?

9. Kwa kukho uFudo kunye nezinye eziphi izilwanyana?

10. Zazingaphi izilwanyana ndicela uzame ukhumbule?

11. Cinga ngezilwanyana ezininzi ozaziyo apho zihlala khona, cela umntu omdala abenako ukukunceda

12. Sesiphi esinye isilwanyana esihamba nendlu yaso kuyo nje ngoFudo?

13. Ingaba yona intaka unqatyana eyayo indlu ihlalaphi?

14. Yenza ibhola zomhlaba uzibeke phandle iintsukwana ezimbalwa, usebenzisa umhlaba othambileyo or ontushutushu uziyeke apho lokuthi ilanga likuncedise ukuzomisa kwenzela ubenokudlala ngazo zibe ngamapetyu.

15. Imidlalo ekhoyo ebalini efana nondize kuba usendlini ungakwazi udlale ujikeleze indlu okanye kwindawo onozifihla kuyo?

16. Okanye ba ungaphakathi endlini usebenzise izitya endlini ezifana neMagi apho unokwazi ufihla ngaphantsi kwayo? Kodwa abantu odlala nabo funeke bacimele bangakuboni ukuba ufihlalaphi.

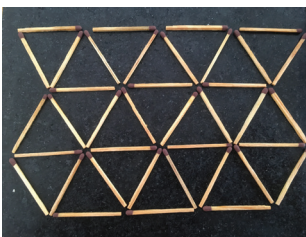
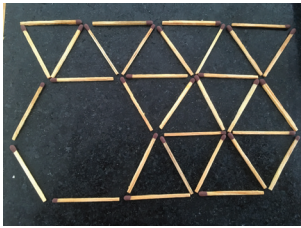
17. Khawuzame ubaliFudo usebenzise ingubo okanye ibhokisi ihlale uyisondeze kuwe ubone ba uFudo luphila njani na nendlu yalo esoloko ihamba nayo, ingaba uzokuva kumnandi na kuwe?

18. Umsebenzana emawuwenze: ThathaiBhokisi ethambileyo efana neBhokisi yePapa iOats uyisike onxanthathu onako ukubenza ubadibanise, zifake kumgca omde ubone ba zokuma njani ni na?

Ngoku ezinye iZibalo

Cinga ngegobolondo yofudo, kunye neepateni ezikwiqokobhe lofudo. Kubonakala ngathi bal-ungelane omnye komnye. Ngoku kwiMathemat-ics kukho ezinye iimilo ezihambelana ngoku- chanekileyo kunye nezinye kwaye iimilo zingenzi, umzekelo: unxantathu-olingana icala ulin- gana ngokugqibeleleyo nabanye oonxantathu abalinganayo. Kwenzeka into efanayo ngesimo sehexagon esinamacala ama-6, kodwa imilo enamacala ama-5, esiyibiza ngokuba yipentagon, ayisihambelani kakuhle nezinye iipentagons. Kwenza okwethutyana emva koko iqala ukuba nengxaki kwaye uyayibona loo nto ukuba ujonge ibhola yomnyazi.

1. Fumana ezinye izinti zomdlalo- ungazikhanyisi! -Kwaye usebenzise imatshisi ukwenza iimilo. Unokwenza oonxantathu, izikwere kunye nayiphi na enye imilo oyaziyo. Jonga ukuba ungamelana iimilo kunye ukwenza iipateni. Ukuba wenza oonxantathu ungabafaka kumgca omde omnan- di usebenzisa imiphetho yoonxantathu bakho.



3. Xa iimilo zidibene ngokuchanekileyo, njengeethayile, siyibiza ngokuba yi-tessellation. Unokonwaba ngokuthatha isikwere, usike iibits ezantsi kwaye uzongeze eqongeni ukuze uzenzele eyakho imilo. Njengalo mzekelo ungezantsi:

Qala ngesikere	Sika oonxantathu abaphantsi	Hambisa oonxantathu bobabini phezulu	Phinda emva koko ufake umbala kwipateni yakho ukuba uyafuna

Early Childhood Literacy Programme

BUDDING Q

BuddingQ is a fun, play-based motor skills development programme. It helps children develop the skills needed for reading and writing.

Make a Ball!

YOU NEED:
PLASTIC BAGS
CANDLE
MATCHES

1

Crunch up some plastic for the middle of the ball.

2

Wrap some strips of plastic around the crunched plastic.

3

Hold it close to the flame (not touching though) to make it stronger.

4

Keep adding layers of plastic strips until it's the right size.

Throw, catch, dribble, kick...

Rhodes University Community Engagement
For more information: a.talboteru.ac.za or 046 603 7667

Indlela yokunxiba iMask yakho



1. Indlela yokunxiba imaski

Hlamba izandla imizuzwana eyi-20 ngesepa namanzi phambi kokuba unxibe imaski yakho. Unako nokusebenzisa isibulali ntsholongwane (hand sanitizer ngamakhumsha) ukucocisa ngononophelo izandla imizuzwana eyi-10. Thatha imaski ecocileyo uqaphele umphambili nomva wayo kwakunye nomzantsi nomphezulu wayo. Gquma umlomo nempumlo ngoku jikelezisa ezindlebeni okanye emveni kwentloko umtya wokuyibopha.



2. Qinisekisa ukuba imaski uyinxiba kakuhle

Imaski kumele ukuba ikulingane futhi ubenako ukuphefumla kakuhle xa uyinxibile. Imaski mayingabiwo-wo kodwa mayibe nazo izikhewana phakathi kwayo nobuso bakho. Imaski mayihlale phezu kwempumlo kodwa ukwazi ukuphefumla ngokukhululekileyo.



3. Musa ukuphatha umphambili wemaski

Musa ukuphatha umphambili wemaski ngezandla zakho xa ugqibile ukuyinxiba. Oku kuncedisana nokunganda ukusuleleka yintsholongwane ezandleni xa intsholongwane incamathele kumphambili wemaski. Iphinde incedise ekunqandeni ukusuleleka yintsholongwane encamathele ezandleni iye kumphambili wemaski. Ukuba ubambhe imaski ngempazamo khawuleza uhlambe izandla imizuzwana eyi-20 okanye usebenzise isibulali ntshologwane (hand sanitizer ngamakhumsha).



4. Yibanecebo lokuba uzakuyenza ntoni i maski yakho xa sele ugqibile

Yenza isigqibo sokuba uzoyithini imaski xa sele ugqibile ngayo. Ukuba luhlobo lwemaski olusetyenziswa ixeshana, yilahle emgqomeni ovalekayo. Ukuba yimaski ongaphinda ukwazi uyisebenzisa njenge maski yelaphu, yifake ebhegini okanye uyifake kwamazi ashushu anesepa ukuze ukwazi uyihlamba ngoku khawuleza.



5. Ukukhulula imaski

Hlamba izandla zakho ngononophelo phambi koba ukhulule imaski yakho. Qala ngokuyikhulula emva uzame ukuba ungawuphathi umphambili wayo. Bambha kuphela imitya yemaski xa uyikhulula. Musa ukuphatha ubuso xa ukhulula imaski, yifake ngokukhawuleza ebhegini. Hlamba izandla zakho ngononophelo usakugqiba ukuyikhulula.



6. Ukulahla /ukuhlamba imaski

Kubalulelike uwazi umehluko kwintlobo yemaski ezikhoyo. Imaski yokunqanda uthuli ne maski esetyenziswa ezibhedlele kumele zilahlwe kumgqomo ovalekayo. Imaski yelaphu kumele ihlanjwe ngamanzi anesepa yomiswe elangeni iyure ezingaphezulu kwesihlanu. Uvumelekile ukuba uyi-ayine imaski yakho xa unomqweno wokwenza oko.

Ungazihlamba njani izandla ngemi-zuzwana eyi-20 ukuze ulwe iCovid-19 xa ungenawo amanzi etepu



RHODES UNIVERSITY
Where leaders learn

Icandelo lwezempilo ziyilungele iCovid-19

Sicela ugcine idinga lakho ekliniki ,eDay Hospital okanye eSettlers . Esisicelo sisuka kubaphathi baseckliniki nasesibhedlele, abazama ukugcina imiqathango yokusebenza phantsi kwemithetho yokhuseleko lweCoronavirus Covid-19. IGrocott's Mail indwendwele iSettlers Hospital neJoza Clinic kwiveki ephelileyo ukuze ihlole ukuba ngawaphi amalungiselelo enziwayo ukuzama unciphisa ukunwenwa kwe Covid 19 nokuqwalasela abobosulelekileyo.

Iikliniki zizohlala zivuliwe ngelixa lokuhlala ngendlu
Iikliniki zonke eMakhanda zizobe zivuliwe ngelixa lokuhlala ngendlu. Abasebenzi bezempilo bayabongoza ukuba abahlali bawagcine amadinga abo abawenzileyo ukundwendwela iikliniki.Oku kuzoncedisana nokunciphisa amanani abantu abaza ekliniki nabakwisakhiwo sekliniki. Ukwengeza,eJoza klinik, kukhona inani elimisiweyo labantu abanokuyokuhoywa ngexesha. Abasebenzi bezempilo ekuhlaleni bathumela abagulayo

kwindawo yokulinda ekufutshane, eNoluthando hall,babizwe xa kufike ixesha ledinga labo. .Ukuba yimini yakho yokuza ekliniki necda ushiye abantwana ekhaya.

Abantwana bazogonywa emakhaya
Abongi bayacela uba abantwana bangaziswa ekliniki ukuzogomnywa. “Sinamaqela ahamba ejikeleza egoma abantwana,” utsho umeneja wecandeli lwezempilo eMakhanda, Mo Docrat. “sizokuza apho abantu bakhoyo ukuzogoma abantwana.”



Abasebenzi bezeMpilo ekuhlaleni uAndiswa Kibi kunye noNtombizanele Mkalipi bathumela amalungu oluntu kwindawo yokulinda kwihlole iNoluthando kwaye babize umntu ngamnye ngenjongo yokubonisana kwikliniki yaseJoza ekufuphi. Oku kukwehlisa uxinzelelo ekliniki. Ifoto: Sue MacLennan

Uzodinga



Ikhandlela nomatshisi



Imbombhozi ye2L enesiciko



Isikhonkwane



iplayisi



Igaqa lesepha



1. Yomba umngxunyana

- Bambha isikhonkwane ngeplayasi.
- Layita ikhandlela ngomatshisi.
- Shushubeza ubutsolo besikhonkwane.
- Gqoboza imbombhozi ngesikhonkwane esitshisayo
- Kumlinganiselo ongu- 2 cm ukusuka ezantsi



2. Gwalisa imbombhozi

- Vala umngxunya ngomnywe.
- Gwalisa imbombhozi ngamanzi.
- Valisisa imbombhozi ngesiciko sayo



3. isixhobo sokuhlamba izandla

- ukusisebenzisa, vula isiciko sembombhozi kuzophuma amanzi kumngxunya
- Valisisa ngesiciko ukuze unqamle amanzi angaphumi
- Qhaphela, amanzi angaphuma kancinci xasele uvalile



4. Hlamba izandla usebenzisa oku

- Beka imbombhozi egumbhini lokuphekela okanye lokuhlambela
- Sebenzisa esi sixhobo hlambe izandla zakho usebenzise isepa
- Qinisekisa ukuba amanzi anako ukuphuma kwimbombhozi imizuzwana edlulileyo ku-20 ukuze ukwazi ukuhlambisa izandla

