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INGcaciso eMfutshane yeCandelo leMfundo eBandakanya bonke aBafundi neeProgram eziZodwa: 0001/2017

Iya: KumaSekela Balawuli-Jikelele, kuBalawuli abaziiNtloko, kuBalawuli, kumaSekela-Balawuli (kwaNdlunkulu nakwii-ofisi zezithili), kwiiNtloko zoQuquzelelo neeNgcebiso ngezeKharityhulam, kwiiNtloko eziNika iNkxaso eKufundeni, kwiiNtloko zoQuquzelelo neNgcebiso ngeze-IMG, kuBaphathi beeSekethe, kwiiNgcali zeMfundo eziziiNtloko, kumaSekela eeNgcali zeMfundo eziziiNtloko, kuBacebisi beZifundo, kuBacebisi aBanika iNkxaso eKufundeni nakwiiNqununu zezikolo zikarhulumente eziqhelekileyo, ezezikolo ezizimeleyo nezezikolo zemfundo eneemfundo ezizodwa zikarhulumente

Isihloko: Ukujongana nezigulo zee-aleji (allergies) ezikolweni

1. ISebe leMfundo leNtshona Koloni (iSebe iWCED) liyawuxhasa uMgaqo-nkqubo i-*Allergy Foundation of South Africa's Allergy in Schools Policy* onenjongo yokunciphisa ifuthe lezigulo zee-aleji (*allergies*) ekufundeni kwabantwana abaneemeko zezigulo ezinganyangekiyo (*chronic health conditions*) ezinokubangela ukufa nokuqinisekisa ukhuseleko lwabantwana abanezigulo zee-aleji ezixhomisa amehlo (*severe allergies*) ezikolweni. Imiba engundoqo yalo mgaqo-nkqubo ibandakanya ukuqinisekisa ukuba:
 - a) kusekwa iKomiti eyi-*Allergy Action Committee* (okanye i-*Chronic Illness Action Committee*) kwisikolo ngasinye;
 - b) uyaziwa wonke umfundi onesigulo se-aleji yaye unaso isicwangciso sonyango sethuba elide okanye isicwangciso semeko yongxamiseko (*a chronic treatment plan and an emergency treatment plan*), esisayinwe ngugqirha wakhe, kwafakwa nefoto yomfundi lowo (*photo (ID)*);
 - c) kuphunyezwa amanyathelo okunciphisa ukuba babesesichengeni sezinto/seemeko ezizi-*allergens o.k.t ezibangela* izingulo zee-aleji ezaziwayo, kwabo banezigulo zee-aleji ezixhomisa amehlo;
 - d) ayafumaneka yaye ayafikeleleka amayeza emeko yongxamiseko ngawo onke amaxesha; nokuba
 - e) bafumana uqeqesho abasebenzi kwikhompyutha (*online*) olumalunga nokuzazi iindidi zazo namayeza okuzinyanga ezi aleji zixhomisa amehlo.

2. Intshayelelo

- 2.1 Imfundo lilungelo eliyimfuneko nelinyanzelekileyo yaye malixhanyulwe ngabo bonke abafundi. Amanye amalungelo ahambelana neli ngokusondeleyo ngala alandelayo: ilungelo lendawo yokufundela ekhuselekileyo, ilungelo lentlonipho, ilungelo lokuphila nelungelo lokufikelela kwiinkonzo zononophelo lwempilo.
- 2.2 Izigulo ezinganyangekiyo ezinokubangela ukufa (*life-threatening chronic conditions*) ezifana nombefu okanye i-asma (*asthma*), isifo seswekile (*diabetes*) nezigulo zee-aleji, zingumngeni kwizikolo nakwinkqubo yezemfundo ngokubanzi. Kufuneka inkqubo ebanzi nelungeleleneyo yokujongana nezi zezigulo zinganyangekiyo ezikolweni nevunyiweyo zizikolo, ziintsapho nangababoneleli beenkonzo zezempilo.
- 2.3 Le ngcaciso imfutshane igxininisa kwizigulo zee-aleji ezikolweni. Nakuba kunjalo, iingcebiso ezininzi ziyasebenza nakwezinye iimeko zezigulo ezinganyangekiyo nezinokubangela ukufa.
- 2.4 Izigulo zee-aleji zichaphazela malunga ne-25% yabo bonke abantwana abahamba isikolo. Zinalo igalelo kumthwalo omkhulu wezigulo ezikhokelela ekubeni umfundi angakwazi ukufunda, angabikho esikolweni, nokuba kubekho imfuno yononophelo longxamiseko. Iimeko zee-aleji ziquka umbefu okanye i-asma, isigulo sokumfixana kweempumlo i-*allergic rhinitis*, i-ekhezema (*eczema*), ii-aleji ezibangelwa zizinambuzane (*insect allergies*) nee-aleji zokutya (*food allergies*). Ukuba sesichengeni sento/seemeko ezinokubangela isigulo se-aleji (*allergen*) kunokukhokelela kwisigulo esiyi-*anaphylaxis* esichazwa njengemeko ye-aleji esisiqophe exhomisa amehlo enokubangela ukufa (*a severe, life-threatening allergic reaction*), nefuna unyango olungxamisekileyo.

3. Ukulawula izigulo zee-aleji ezikolweni

Ukulawulwa kwezigulo zee-aleji ezikolweni kumele ukuba nenjongo yokuthintela ukuba sesichengeni sezinto/seemeko ezibangela i-aleji (*allergens*) nokwenza amalungiselelo eemeko zee-aleji zongxamiseko ezinokuthi zibekho. Izicwangciso zothintelo nezamalungiselelo zimele ukulungiselela iimeko-bume ezininzi (iklasi, ithakshophu, ibala lemidlalo, njl.njl.) nabantu abanonophela abafundi abaninzi (utitshala, umqeqeshi wezemidlalo, inesi yesikolo, njl.njl.). Oku kubangela ukuba kwenziwe isikhokelo esicingisisiweyo nesicwangciswe kakuhle.

4. Ukufikelela kunonophelo: Izicwangciso zonyango zezigulo ezinganyangekiyo (*Chronic treatment plans*)

- 4.1 Izikolo zimele ukuyihlaziya imigaqo-nkqubo yazo qho ukwenzela ukuba ibandakanye ingcaciso ngezigulo zee-aleji neyezinye izigulo ngabafundi ababhalisileyo bangoku

kwakunye nangabafundi abenze izicelo bexesha elizayo, ngokuxhomekeke kwimithetho ekhusela ilungelo lokuba yimfihlo kweenkcukacha zomntu (*privacy laws*), apho kufanelekileyo. Kuyimfuneko ukufikelela kwabafundi kumayeza aqhelekileyo ezikolweni ukuqinisekisa ulawulo olugqibeleleyo lwezigulo zee-aleji oluya kunciphisa ukubakho kwezigulo, izithintelo ekufundeni nokungabikho esikolweni kwabafundi. Wonke umfundi esikolweni onemeko yesigulo esinganyangekiyo kunye/okanye isigulo se-aleji, umele ukuba nesicwangciso sonyango lwezigulo ezinganyangekiyo esisayinwe ngugqirha wakhe. Isicwangciso simele ukuba nefoto (*photo ID*) yomfundi yaye masihlaziye qho ngonyaka.

4.2 Izinto emazenziwe sisikolo rhoqo

4.2.1 Isikolo ngasinye simele ukuthatha abasebenzi abathathu abona bambalwa, senze iKomiti ebizwa i-*Allergy Action Committee* (okanye i-*Chronic Illness Action Committee*). Le komiti imele ukuba nolwazi oluphangaleleyo ngezigulo zee-aleji yaye imele ukudlala indima kwinkxaso enikwa sisikolo kwabo bagula zizigulo zee-aleji.

4.2.2 Ukubuza ngezigulo zee-aleji kwifom yobhaliso (emva kokuba umfundi amkelwe esikolweni) kumfundi ngamnye qho ngonyaka ngamnye.

4.2.3 Umfundi ngamnye ochaphazelekayo makabe nesicwangciso sonyango sesigulo esinganyangekiyo esinefoto (*photo ID*) yakhe nesisayinwe ngugqirha wakhe.

4.2.4 Isicwangciso sonyango sezifo ezinganyangekiyo simele ukusayinwa ngabazali/ngabagcini babafundi abasemthethweni yaye bamele ukubhala phantsi ukuba ngawaphi na amayeza abasebenzi abasesikolweni abagunyaziselwe ukuba bawanike abafundi yaye ngaliphi na ixesha.

4.2.5 Sakuba sifunyenwe isicwangciso sonyango sezifo ezinganyangekiyo, utitshala nekomiti mabahlangane ukwenzela ukuba basijongosise esi sicwangciso.

4.2.6 Kumele kugcinwe iirekhodi ezicwangciswe ngokweeklasi (*Class-specific records*), ezifikelekayo kutitshala, zabo bonke abafundi abanezigulo zee-aleji ezixhomisa amehlo nombefu okanye i-asma, nezo zinto/nezo meko bane-aleji kuzo.

4.2.7 Izikolo mazigcine irekhodi yawo onke amayeza anikwa abafundi.

5. **Ukufumana unonophelo: Izicwangciso zonyango longxamiseko (Emergency treatment plans)**

5.1 Ukufikelela kunyango longxamiseko ngenxa yezigulo zee-aleji ezixhomisa amehlo kuyimfuneko ukuqinisekisa indawo yokufundela ekhuselekileyo. UMthetho i-*Medicines and Related Substances Control Act, 1965 (Act 101 of 1965)*, ufuna ukuba ibe

sisigulane esinegama esinikwa amayeza akwishedyuli (*schedule*) 3 nangaphezulu), nanokukhutshelwa umzali/umgcini womfundi onako ukugunyazisa isikolo ukuba siminike umfundi iyeza elilolu hlobo xa kuyimfuneko.

5.2 Abazali/abagcini babafundi bamele ukusayina ifom yokukhulula isikolo ebutyaleni (*indemnity form*) ukulungiselela iziphumo ezingalunganga ezibangelwe ngamayeza anikwe abafundi kwimeko yokuba benikwe amayeza kuba kurhaneleka ukuba oko bekuyimfuneko ngokwenene kubo. Ootitshala okanye ikomiti bamele ukufumana uqeqesho olwaneleyo yaye bavume ukunika abafundi amayeza ngokulandela inkqubo emiselweyo.

5.3 Izinto emazenziwe sisikolo rhoqo

5.3.1 Wonke umfundi ochaphazelekayo makabe nesicwangciso sonyango esisemthethweni esibizwa (*allergy foundation emergency treatment plan*) (www.allergyfoundation.co.za) esisayinwe ngugqirha wakhe yaye masibe nefoto yomfundi (*photo ID*).

5.3.2 Ootitshala/abasebenzi abakhethelwe kanye le njongo (abathathu abona bambalwa) bamele ukuba ngabo amabajongane nezi meko. Aba basebenzi bamele ukwenza eyona komiti ingundoqo esikolweni.

5.3.3 Abo bafundi basengozini ngenxa yezigulo zee-aleji ezixhomisa amehlo, kwakunye nabahlobo babo, bamele ukufundiswa ukuba bazixele ezi zehlo zifana nezi kufitshala okanye kumntu omdala okufutshane ofumanekayo. Bonke abantu abadala esikolweni bamele ukwaziswa ngamagama aba basebenzi bajongana nezi meko nokuba bangabafumana njani na apho bakhona.

5.3.4 Amayeza eemeko zongxamiseko (*emergency medication*) amele ukugcinwa kwindawo ekhethelwe oko kulandelwa imiqathango echanekileyo yaye makufikelelwe kuwo ngawo onke amaxesha. Kukhethwa ukuba la mayeza angatshixelwa kodwa mawanqatyiswe yaye abafundi abancinane mabangabinako ukufikelela kuwo. Amayeza agciniweyo makahlolwe qho ngamaxesha athile yikomiti (okanye ngummeli wayo) ukukhangela umhla wokuphelelwa kwawo yaye abazali/abagcini babafundi mabaziswe ukuze bawatshintshe ngamayeza anomhla ofanelekileyo.

5.3.5 Ukwenzela imisebenzi eyenziwa ngaphandle kwamasango esikolo, utitshala/umntu omdala ojongene nomfundi onesigulo se-aleji makayiphathe ikiti yamayeza ongxamiseko (*emergency kit*) ibe kuye yaye makabe ukuqeqeshelwe ukunika abafundi amayeza ukuba kuyimfuneko oko.

- 5.3.6 Isicwangciso sonyango longxamiseko simele ukusayinwa ngabazali/ngabagcini babafundi abasemthethweni yaye bamele ukubhala phantsi ukuba ngawaphi na amayeza abasebenzi besikolo abagunyaziselwe ukuwanika abafundi nokuba ngaliphi na ixesha.
- 5.3.7 Isicwangciso sonyango longxamiseko simele ukuba sinemvume ebhaliweyo yokuba umfundi aphaathe amayeza nokuba azityise ngokwakhe amayeza awanikwe ngokomyalelo kagqirha nafanelekileyo kobo budala akubo umfundi.
- 5.3.8 Izikolo mazigcine irekhodi yawo onke amayeza anikwe abafundi kwiimeko zongxamiseko, zazise abazali/abagcini babafundi ngokukhawuleza yaye zizibhale phantsi iimeko zesehlo eso.
- 5.3.9 Kwimeko yesigulo se-aleji eyi-*anaphylactic reaction*, umsebenzi/utitshala osesikolweni okanye ilungu lekomiti limele ukumnika umfundi i-*adrenaline* ngesixhobo esiyi-*auto-injector* yaye umfundi umele ukuhanjiswa ziinkonzo zongxamiseko ukusiwa kwisibhedlele esikufutshane.

6. **Izicwangciso zokhuseleko kwizinto/kwiimeko ezibangela izigulo zee-aleji**

6.1 Ukuthintelwa kwezinto/kweemeko ezibangela izigulo zee-aleji (*allergens*) yinto ebaluleke gqitha ekuthinteleni izigulo ezibangelwa yi-aleji nezinokukhokelela ekufeni. Iyancitshiswa ingozi ye-*anaphylaxis* xa kusetyenziswa izicwangciso zokuthintela ezi meko. Izicwangciso zokunciphisa ingozi yokuba sesichengeni kwabafundi sezi zinto /seemeko zee-aleji zokutya nezezinambuzane, kucetyiswa ngazo apha ngezantsi.

6.2 Izinto emazenziwe sisikolo rhoqo

6.2.1 Makufunwe inkxaso kubafundi abafunda nabo, kwiintsapho zabo, nakubasebenzi abasesikolweni ukuthintela okanye ukwenzela ukuba zingabikho izinto ezibangela izigulo zee-aleji ezifana nezi (amandongomane, amandongomane emithi neembewu yesesame ngokuqhelekileyo) kumasango esikolo, kwithakshophu nakwimisebenzi yesikolo, kwiziyunguma, kwiihambo zesikolo nakwiziganeko zezemidlalo.

6.2.2 Ukuthintela ukusebenzisa izinto ezityiwayo ezaziwayo ezibangela ii-aleji kwiiprojekthi/kwimisebenzi yeklasi ukuvuza umfundi okanye njesikhuthazi, ngethuba lamatheko, iziyunguma nemibhiyozo yesikolo.

6.2.3 Ukuqinisekisa ukuba abafundi abanezigulo zee-aleji zokutya ezixhomisa amehlo banako ukutyela kwindawo ekhuselekileyo. Ezi ndidi zibandakanya:

- a) ukungakukhuthazi ukuphana ukutya ngakumbi phakathi kwabantwana abancinane;

- b) ukumisela indawo ethile eyaziwa njengendawo engenazo izinto/iimeko ezibangela i-aleji (*specified allergen-free area*) yabo bafundi banezigulo ezininzi zee-aleji ezixhomisa amehlo, yaye le ndawo imele ukugcinwa icocekile rhoqo; nokuba
- c) kukhuthazwe bonke abafundi bahlambe izandla zabo ngocoselelo phambi nasemva kokutya.

- 6.3 Ukuphumeza amanyathelo amalunga nokuthintela ukutyiwa zizinambuzane ukuqinisekisa ukuba bakhuselekile abafundi abanezigulo zee-aleji kwincindi ebubuhlungu (*venom*) yesinambuzane esaziwayo nesingaziwayo.
- 6.4 Ukuncithwa okanye ukubhulishwa (*teasing and bullying*) kwabafundi abane-aleji ngabanye makujonganwe nako ngokungqongqo kusetyenziswa imigaqo-nkqubo yesikolo echasene nokubhulishwa kwabafundi ngabanye.

7. Uqeqesho

- 7.1 Izikolo mazibakhuthaze bonke ootitshala ukuba balugqibe uqeqesho lolwazi ngemiba yezigulo zee-aleji (*allergy awareness*) (Module: *Food allergy for your school community*, efumaneka kwikhompyutha ngokungena apha: www.allergyfoundation.co.za yaye bafumane nesatifikethi emva kokugqiba ikhwizi (*quiz*)). Amalungu ekomiti nootitshala babafundi abanezigulo zee-aleji ezixhomisa amehlo mabalugqibe uqeqesho ngolwazi lwezinto/lweemeko zezigulo zee-aleji, uthintelo neendlela zokumelana nezi meko (Module: *Management of food allergy in schools, production in progress*) yaye mabazigcine iirekhodi zabo zokugqiba uqeqesho olulolu hlobo.
- 7.2 Izikolo zimele ukuqinisekisa ukuba ootitshala, abaqeqeshi bezemidlalo, onobhala, abasebenzi basethakshophu/abasebenzi abenza ukutya (*lunch staff*), abaqhubi nabanye abasebenzi bayaqeqeshwa ukuze babe nolwazi ngezigulo zee-aleji ezikolweni.
- 7.3 Amalungu ekomiti notitshala (nootitshala) wabafundi abanezigulo zee-aleji ezixhomisa amehlo, bamele ukunikwa inkxaso ngokuqhubekayo yaye banikwe ixesha lokuqeqeshwa ngamanyathelo (*measures*) okuthintela izinto/iimeko ezibangela i-aleji, ukuqondwa kweemeko zezigulo zee-aleji ezixhomisa amehlo ezinokubangela ukufa nokuphunyezwa kwezicwangciso zolawulo lweemeko zongxamiseko.
- 7.4 Izikolo zimele ukubaqeqesha ootitshala, abasebenzi abasethakshophu/abenza ilantshi nabanye abaphatha ukutya ngeendlela zokuphatha ukutya nezokucoca indawo enokutya ukuthintela ukusasazeka kwezinto ezibangela i-aleji ezisezandleni,

kwimiphezulu nakwizitya ezisetyenziswayo ekutyeni, ukuba ukutya okunezinto ezibangela isigulo se-aleji (*allergens*) kulungiswa yaye kuphakwe eklasini.

- 7.5 Izikolo zimele ukumisela amathuba oqeqesho loqheliso lwarhoqo ukuvavanya ukuba abasebenzi banako na ukuzazi iimeko zezigulo zee-aleji ezixhomisa amehlo nokuba bayayazi na indima abayidlalayo kwisicwangciso songxamiseko (*emergency protocol*). Uqeqesho loqheliso lumele ukuvavanya ukuba ngaba amayeza ayafikeleleka na nokuba anako na ukunikwa ngokuchanekileyo nangexesha elifanelekileyo.
- 7.6 Zinokufakwa kwikharithulam izifundo ezimalunga nezigulo zee-aleji kubafundi umzekelo kwiprogram yesayensi yezempilo okanye kweyesifundo solwazi ngezakhono zobom (*health science or life skill programmes*).
8. Kubalulekile ukubonelela ngendawo yokufunda ekhuselekileyo esikolweni kubafundi abanezigulo zee-aleji ezixhomisa amehlo ukwenzela ukuba babenako ukuphumelela ngokugqwesileyo kwizifundo zabo kwindawo yokufundela enempilo nekhuselekileyo.
9. Ziyacelwa iinqununu ukuba zazise ngokuqulethwe kule ngcaciso imfutshane bonke abachaphazelekayo ukuze bakuthathele ingqalelelo.

ISAYINWE: NGU-TS MATSELISO

USEKELA MLAWULI-JIKELELE WOPHULISO NOQUQUZELELO LWAMAZIKO

UMHLA: 2017-02-06