




GUIDELINES FOR SCHOOLS: POST COVID -19 PSYCHO-SOCIAL SUPPORT (2020) RIGLYNE VIR SKOLE: POST COVID-19 PSIGO-SOSIALE ONDERSTEUNING (2020)


These *Orientation Guidelines (Principal, SMT, Teachers) for Psycho-Social Support* should be read in conjunction with the **WCED Guideline: Psycho-social support (Annexure G)**.

Hierdie *Oriënteringsriglyne (Skoolhoof, SBS, Onderwysers) vir Psigo-Sosiale Ondersteuning*, moet in ooreenstemming met die **WKOD Riglyne: Psigo-sosiale ondersteuning (Aanhangsel G)** gelees word.

WCED Support Pathway Post COVID-19 Lockdown WKOD Ondersteuningsroete Post COVID-19 Inperking	Support Strategy / Intervention Ondersteuningstrategie / Intervensie
<p>Learner check-in / Leerder "check-in"</p> <p>(to be completed by each learner on return to school/vir voltooiing deur elke leerder by terugkeer na skool)</p> 	<p>Resource Pack / Hulpbronnepak</p> <ul style="list-style-type: none"> • PSS Check-in Form A-1: Learner "check-in" worksheet with emojis (suitable for younger learners in Primary School) • PSS Leerder "Check-in" Vorm A-1: emoji -werkblad (geskik vir jonger leerders in die Primêre Skool) • PSS Check-in Form A-2: Open questions for individual completion and/or class discussion (suitable for older learners in Primary and High School) • PSS Leerder "Check-in" Vorm A-2: Oop vrae vir individuele voltooiing deur leerders en/of vir klasbespreking (geskik vir ouer leerders in die Primêre en Sekondêre Skool) <p>The open questions (PSS Form A-2) can be given to older learners for individual completion, with a class discussion as follow-up or can be used as stimulus questions for a class discussion. / Die oop vrae (PSS Vorm A-2) kan vir ouer leerders gegee word om individueel te voltooi en kan dan agterna in die klas bespreek word, of dit kan as stimulusvrae gebruik word vir 'n algemene klasbespreking.</p> <p>Regular check-in with the learners in your class is recommended. 'Gereelde "check-in" met die leerders in u klas word aanbeveel.</p> <p>During the check-in sessions, the teacher should also pay attention to the changes in learners with regard to the following:</p>

	<ul style="list-style-type: none"> • general physical appearance • emotional state • co-operation and general behaviour <p>Gedurende die “check-in” sessies behoort die onderwyser ook aandag te skenk aan veranderinge in leerders se:</p> <ul style="list-style-type: none"> • algemene fisiese voorkoms • emosionele stand • samewerking en gedrag
<p>Teacher check-in / Onderwyser “check-in”</p> 	<ul style="list-style-type: none"> • Regular check-ins with teachers are important • Gereelde “check-ins” met onderwysers is belangrik <p>Refer to Resource Pack/Verwys na Hulpbronnepak</p> <ul style="list-style-type: none"> • https://sites.google.com/wced.info/psycho-social/home • Employee Health and Wellness Programme – 0800 111 011
<p>Classroom survey / Klasopname</p> <p>(to be completed for each grade/class on return to school / vir voltooiing vir elke graad/klas na terugkeer tot skool)</p> 	<p>Resource Pack / Hulpbronnepak</p> <ul style="list-style-type: none"> ✓ PSS Form B: Learner Well-Being Questionnaire ✓ PSS Vorm B: Leerderwelstand-vraelys ✓ PSS Form C: Post Lockdown SBST Referral Form ✓ PSS Vorm C: Post-inperking SGOS Verwysingsvorm <p>PSS Form B (Learner Well-Being Questionnaire) should be completed by the class teacher at the end of Week 1. Completed questionnaires should then be sent to the Circuit/District Office</p> <p>PSS Vorm B (Leerderwelstand-vraelys) moet aan die einde van Week 1 deur die klasonderwyser voltooi word. Voltooiende vraelyste moet daarna aan die Kring/Distrikskantoor gestuur word.</p> <p>PSS Form C: Post Lockdown SBST/Learner Discussion Referral Form When a teacher has any concerns about a learner’s physical appearance and/or emotional state, this form should be completed as a referral to the SBST of the school for further discussion and follow-up. All completed PSS Form C referrals should be handed in at the SBST/Learner Discussion.</p> <p>PSS Vorm C: Post-inperking SGOS Verwysingsvorm/Leerderbespreking Wanneer ‘n onderwyser bekommerd is oor ‘n leerder se fisiese voorkoms en/of emosionele stand, moet hierdie vorm voltooi word, wat dan sal dien as ‘n verwysing na die SGOS van die skool vir verdere bespreking en opvolg.</p>



	<p>Alle voltooide PSS Vorm C-verwysings moet by die SGOS/Leerderbespreking ingedien word.</p> <p>PLEASE NOTE / LET WEL</p> <p>A teacher need not wait till the end of Week 1 before a learner is referred to the SBST for a learner discussion. Where it is obvious that a learner needs immediate support, such a learner can be referred for discussion straight away. / 'n Onderwyser hoef nie tot die einde van Week 1 te wag voordat 'n leerder na die SGOS verwys word nie. Indien dit duidelik is dat 'n leerder dringend ondersteuning benodig, kan sodanige leerder onmiddellik verwys word.</p>
<p>School-based Support Team (SBST)/ Learner discussion forum Skoolgebaseerde-ondersteuningspan (SGOS / Leerderbespreking)</p> 	<p>Learner discussions should take place regularly (weekly recommended) to discuss the support needs of learners (referred via Form C) and to assist teachers with the development of Individual Support Plans (ISPs) for learners or Group Support Plans (GSPs) for identified groups of learners. The discussions may:</p> <ol style="list-style-type: none"> 1) assist teachers with advice on additional interventions that they could use in their classes to support learners (Refer to Resource Folder to be shared via Districts); 2) result in the referral of learners to the Learning Support Teacher or Care and Support Assistant for additional support; 3) determine whether there needs to be consultation with external service providers (e.g. school nurse; spiritual leaders; community organisations and NGOs; social work organisations etc.) to gain more information that can assist them in the development of Individual / Group Support Plans 4) identify the need for the participation of the Circuit-based Support Team (CBST) or the District-based Support Team (DBST) in follow-up discussions; 5) result in the referral of learners in need of moderate to high levels of support to the Circuit-based Support Team (CBST) or the District-based Support Team (DBST) <p>Leerderbespreking behoort gereeld (weekliks) plaas te vind om die behoeftes van leerders te identifiseer (wat via Vorm C na hulle verwys is), en om onderwysers by te staan in die ontwikkeling van Individuele Ondersteuningsplanne (IOPe) vir leerders, of Groepondersteuningsplanne (GOPe) vir geïdentifiseerde groepe van leerders.</p>



	<p>Die besprekings kan:</p> <ol style="list-style-type: none">1) raad aan onderwysers gee insake addisionele intervensies wat hulle in hul klasse kan gaan toepas om leerders te ondersteun (Verwys na Hulpbronnepak wat via die Distrik na skole versprei sal word)2) voorstel dat leerders verwys word na die Leerondersteuningsopvoeder of die CSA (Sorg en Ondersteuningsassistent)3) bepaal of daar met eksterne diensverskaffers gekonsulteer behoort te word (bv. Skoolverpleegsuster; godsdiensteleiers; gemeenskapsorganisasies en NROs; maatskaplike werk organisasies ens.) ten einde inligting in te win wat hulle kan help in die ontwikkeling van IOPe/GOPe4) die behoefte vir deelname deur die Kringgebaseerde-ondersteuningspan (KGOS) of die Distriksgebaseerde-ondersteuningspan (DGOS) bepaal5) leerders wat matige tot hoë vlakke van ondersteuning benodig, na die Kringgebaseerde-ondersteuningspan (KGOS) of die Distriksgebaseerde-ondersteuningspan (DGOS) verwys.
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TOLL FREE CONTACT NUMBERS FOR ADDITIONAL SUPPORT / TOLVRY NOMMERS VIR ADDISIONELE ONDERSTEUNING

COVID-19 PANDEMIC



Call centres and Hotlines

Family Violence, Child Protection and Sexual Offences Unit:
0800 150 150

Persons with disabilities:
SMS 'help' to 31531

GBVF-related service complaints:
0800 333 177

National Institute for Communicable Diseases:
0800 029 999

Gender-based violence command centre
0800 428 428 or *120*7867# (free)

Support to SMMEs in distress:
0860 663 7867

PostBank call centre:
0800 53 54 55

Women Abuse Helpline:
0800 150 150

National Human Trafficking Helpline:
0800 222 777

AIDS Helpline:
0800 012 322

South African Police Service
08600 10111

National Crisis Line:
0861 322 322

Reporting undue price increases:
0800 141 880

Department of Trade and Industry
080 000 6543

WhatsApp:
060 012 3456

SASSA call centre:
0800 60 10 11

Child line:
0800 055 555

Suicide Helpline:
0800 567 567

Coronavirus Hotline:
0800 029 999

Department of Home Affairs:
0800 601 190

Department of Water Affairs:
0800 200 200

Department of Tourism:
0860 868 747

Presidential Hotline
17737

www.gov.za | www.health.gov.za | www.nicd.ac.za | www.sacoronavirus.co.za



REPUBLIC OF SOUTH AFRICA





Western Cape Government
Education

Toll-free number: 0800 111 011

or send a USSD to *134*664*38#
or Email: wced@mhg.co.za



Employee Health & Wellness Programme



24/7/365 confidential, professional support to you and your immediate family members.

- Family challenges
- Financial advice
- Health and wellness
- HIV and AIDS
- Work/Life support
- Personal budgeting
- Relationships
- Stress management
- Substance abuse
- Trauma
- Legal advice
- Medical advice
- Work-related challenges

Toll-free number: 0800 111 011

or send a USSD to *134*664*38#
or Email: wced@mhg.co.za





DISTRICT CONTACT DETAILS / DISTRIK KONTAKBESONDERHEDE

INCLUSIVE AND SPECIALISED EDUCATION SUPPORT (ISLES)

Education District	Head of ISLES	Contact number	Email
Eden & Central Karoo	Mr G Raubenheimer	044 803 8351	gawie.raubenheimer@westerncape.gov.za
Cape Winelands	Ms S Swart	023 348 4658	sura.swart@westerncape.gov.za
Overberg	Ms A Crous	028 214 7399	annelien.crous@westerncape.gov.za
West Coast	Mr A Arendse	021 860 1209	abre.arendse@ westerncape.gov.za
Metro Central	Mr E Hassen	021 514 6700	enver.hassen@ westerncape.gov.za
Metro South	Ms G de Klerk	021 370 2090	guilot.deKlerk@ westerncape.gov.za
Metro East	Ms O Rustin	021 900 7187	olivia.rustin@ westerncape.gov.za
Metro North	Ms C Petersen	021 938 3063	carola.petersen@ westerncape.gov.za

RESOURCE PACK LINK/HULPBRONPAK SKAKEL

<https://sites.google.com/wced.info/psycho-social/home>

@DISESWCED TWITTER HANDLE LINK (relevant information will be posted on the twitter platform) / DISES TWITTER SKAKEL

<https://twitter.com/DisesWced/status/1240579785711063040?s=20>