



Province of the  
**EASTERN CAPE**  
EDUCATION

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[www.ecdoe.gov.za](http://www.ecdoe.gov.za) L PUTTER

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**TO: CLUSTER CHIEF DIRECTORS: CLUSTER A AND B  
ALL DIRECTORS  
ALL CMC HEADS  
ALL SCHOOL PRINCIPALS**

**FROM: CHIEF DIRECTOR: COMMUNICATION AND STAKEHOLDER  
ENGAGEMENT**

**SUBJECT: COVID-19 TEACHER AND LEARNER SELF-CARE BOOKLETS**

**DATE: 06 AUGUST 2020**

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1. In the midst of the current state of emergency due to the COVID-19 pandemic the Chief Director: Communication and Stakeholder Engagement created the following booklets to provide psychosocial support to teachers and learners, support school readiness and give appropriate guidance in response to the COVID-19 pandemic.
2. Please take note that the booklets will address the following areas:
  - a. Coping strategies for teachers as well as ways of providing support to colleagues and learners;
  - b. Strategies for High School learners to maintain healthy ways of communication at home;
  - c. Strategies for Intermediate School learners to maintain healthy ways of problem solving at home;
3. Please find the following appendices 1 to 3 for further information and guidelines.
  - a. Appendix 1: Our well-being as teachers during COVID-19
  - b. Appendix 2 and 3: Our well-being as learners during COVID-19

4. Please take note that training on the booklets from the Provincial office has been arranged for the 13<sup>th</sup> of August 2020 at 14h00. A virtual invitation will be sent to allow educators to join the meeting online.

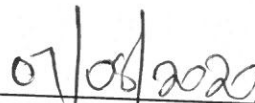
Please contact Mr. L Putter, Acting CES: Psychosocial Support Service at 060 567 9657 for any queries.

Yours in Education.



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**DR N MBUDE**  
**CHIEF DIRECTOR: COMMUNICATION**  
**AND STAKEHOLDER ENGAGEMENT**



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**DATE**



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**INCLUSIVE EDUCATION**

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**COVID-19 BOOKLETS ON SELF-CARE FOR TEACHERS AND LEARNERS FOR SCHOOL  
PRINCIPALS, EDUCATORS AND PARENTS**

The following two booklets were created to help teachers and learners cope during this global pandemic as well as to facilitate in the reopening of schools. Make sure your school, teachers and learners are prepared for reopening by adhering to the following:

**Refer to appendices 1 to 6 for further information and guidelines.**

Appendix 1: Our well-being as teachers during Covid-19

Appendix 2: Our well-being as learners during Covid-19



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**Appendix 1: Our well-being as teachers during Covid-19**

This booklet is designed specifically to provide psychosocial support to teachers during these challenging times. Teachers are expected to return back to their duties and fulfil their responsibilities with the added risks attached. Teachers are expected to conduct their lessons and maintain all usual activities as normal whilst also incorporating the new protocols in place to protect themselves, their learners and the community at large. This added responsibility may lead teachers to feel overwhelmed. This booklet aims at providing teachers with self-care strategies so that they may look after their mental health and also provide care to their learners as well as their colleagues.

**Appendix 2: Our well-being as learners during Covid-19**

This booklet is designed specifically to provide psychosocial support to learners during these challenging times. Learners are expected to return back to schools and adjust to the specific safety protocols. This new way of living and interaction may pose an added weight on the learners' shoulders thus leaving them to feel scared and overwhelmed. This booklet aims at providing learners with self-care strategies, coping strategies, ways of healthy communication and healthy ways of problem solving in the family so that they may look after their mental health and also provide care to their siblings and parents at home.