

**SHS 1a**

**IFOMU LOKUVUMELANA**

**UHLELO OLUHLANGANYELELWEZEMPILO EZIKOLENI**

**AMABANGA R kuya 7**

**GRADES R TO 7**

Mzali/Mbheki othandekayo

UMnyango wezeMpilo, nowezeMfundo Emabangeni Aphansi kanye nowoku Thuthukiswa kwoMphakathi inikezela ngokuhlanganyela ngezinhlelo zempilo kubafundi abasezikoleni. Loluhlelo lubizwa ngokuthi: uHlelo Oludidyelwe lweZempilo Ezikoleni.

Ukuze ingane yakho ithole ukusizakala kulezizinhlelo, sicela usinike imvume yaloku ngokuthi ugcwalise ifomu elihambisana nalencwadi.

Izinhlelo zempilo esikoleni zinokuhlanganisa lokhu okulandelayo:

1. Ukuhlola isimo sempilo sengane yakho (umzimba, amehlo, izindlebe, amazinyo, impilo ngokomqondo, isifo sofuba nezinye izimo)
2. Ukulwa nezikelemu (AmaBanga R – 7) (kugwinywa iphilisi elilodwa)
3. Ukugonywa (isimungumungwana, upolo, uvendle, isifo sesibindi kanye noklilo )
4. Ukujovela igciwane elidala umdlavuza wesibeletho (amantombazane enza iBanga 4, futhi aminyaka 9 kumbe ngaphezulu).
5. Ukulashwa kwezimo ezijwayelekile zempilo uma kudengekile (izikelemu, utwayi, izintwala)
6. Ukufundisa ngokwezempilo

Ungeza nengane yakho esikoleni ngezinsuku ithimba lezempilo elizovakashela ngazo isikole. Uzokwaziswa uma ingane yakho idinga ukudluliselwa kolunye usizo engaludinga.

Sicela uxhumane nothishanhloko uma unemibuzo, udinga ulwazi oluthe xaxa kumbe ufisa ukushintsha isinqumo obusithathile phambilini.

**Sicela usheshe ubuyisele ifomu eligcwalisiwe esikoleni.**

**Igama lesikole: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Inombolo yocingo lesikole:** **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Isitembu sesikole)**

**IFOMU LOKUVUMELANA: IZINHLELO ZEMPILO EZIKOLENI**

Mzali / Mbheki sicela UGCWALISE imininingwane kuleli fomu.

Igama lomfundi: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ibanga: \_\_\_\_\_\_\_\_\_\_\_\_

Usuku lokuzalwa: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Iminyaka: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| 1. **UMA UFUNA INGANE YAKHO ITHOLE ZONKE IZINHLELO ZEZEMPILO ESIKOLENI , GCWALISA LENGXENYE** |

Mina \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ngiyavuma ukuba ingane yami izithole

Igama: umzali/umbheki

ZONKE izinhlelo zezempilo ezinikezelwayo kulonyaka

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**Uphawu: Umzali/umbheki KANYE/KUMBE Uphawu: Ingane eneminyaka 12 nangaphezulu**

**Usuku: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| 1. **UMA UFUNA INGANE YAKHO ITHOLE KUPHELA EZINYE IZINHLELO ZEMPILO ESIKOLENI, GCWALISA LENGXENYE (Faka uphawu phakathi kwesikwele esimele lokho okuqokayo)**   Mina \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**ngiyavuma** ukuba ingane yami ithole lokhu :  Igama: umzali/umbheki   * Ukugonywa okuvimbela umdlavuza wesibeletho KUPHELA **amantombazane enza iBanga 4 eneminyaka 9 kuya phezulu** * Ukulwa nezikelemu * Ukuhlolwa kwempilo (umzimba, amehlo, izindlebe, amazinyo, ingqondo, ufuba nokunye) * Ukugonywa * Ukulashwa kwezimo ezijwayelekile zempilo uma kudengekile |

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**Uphawu: Umzali/umbheki KANYE/KUMBE Uphawu: Ingane eneminyaka 12 nangaphezulu**

**Usuku: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| 1. **KUMELE LENGXENYE IGCWALISWE** | |
| **Inazo yini izinkinga zempilo ingane yakho?**  🞏 Cha 🞏 Yebo Angazi 🞏  **Uma kungu Yebo: Ingane yakho iyakuthola yini ukwelashelwa lezozinkinga na?**  🞏 Cha 🞏 Yebo Angazi 🞏  **Unalo ilunga lomndeni elinesifo sofuba?**  🞏Cha 🞏Yebo | **Does your child have any allergies?**  🞏 Cha 🞏 Yebo Angazi 🞏  If **yes** what is your child allergic to?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Iwutholile yini umgomo weminyaka eyisithupha ingane yakho?**  🞏 Cha 🞏 Yebo Angazi 🞏 |