

EduUpdates

Issue 10 of 2024

Mpumalanga Department of Education



W

elcome to a brand new year!



Dear Colleagues,

As we return from a well-deserved break, we are filled with renewed energy, fresh perspectives, and a strong sense of purpose.

The start of the year is always a special time—an opportunity to reset, refocus, and realign with our personal and professional goals.

We are proud to kick off 2025 on a high note, celebrating the success of the Class of 2024.

Our province achieved an impressive 84.9% pass rate in the Grade 12 examinations—a testament to the hard work, dedication, and resilience of our learners, teachers, and district teams.

This achievement reflects the power of collective effort and the unwavering commitment to quality education.

Let us carry the spirit of optimism and collaboration into everything we do in 2025. May this year be one of growth, innovation, wellness, and meaningful change—for ourselves, our learners, and our communities.

Here's to a successful and fulfilling year ahead!

Happy reading!



INSIDE

03 BEATING THE
JANUARY BLUES

04 MESSAGE FROM
THE MEC

06 WORK LIFE
BALANCE

Reach your Communication unit and send your articles [@infoedu@mpuedu.gov.za](mailto:infoedu@mpuedu.gov.za)

Follow us on Facebook and X :



Mpumalanga Department of Education



@MPEducation

beating the January Blues and Staying Motivated at Work

The start of a new year often brings a mix of excitement and challenges. For many of us, January can feel a little bit like a slump after the holiday season, especially as the weather gets colder and the days seem longer. But we're all in this together, and there are simple ways we can beat the January Blues and stay motivated at work.

Focus on Small Wins

Rather than looking at the entire year as a daunting task, break it down into smaller, achievable goals. Each small accomplishment is a step forward, and when we celebrate those wins—no matter how small—they create a sense of progress and motivation to keep going.

Build Team Support

It's easy to feel isolated or disconnected during the colder months, but staying connected with your colleagues is key. Whether it's through team check-ins, casual chats, or social activities, building a supportive work environment can lift everyone's spirits and keep motivation high.

Take Care of Yourself

It's important to remember that your well-being

directly impacts your work. Make sure to balance your workload with self-care. Whether it's getting some fresh air, enjoying a healthy meal, or taking a moment to relax, looking after yourself will help you stay energized and focused.

Embrace New Opportunities

January is a great time to take on new challenges. Look for opportunities to learn new skills, volunteer for projects, or get involved in initiatives that inspire you. When we feel engaged and challenged, our motivation naturally increases.

Keep a Positive Mindset

It's easy to let the winter blues drag us down, but maintaining a positive attitude is powerful. Remind yourself of why you enjoy your work and the impact it has. A positive outlook can change your perspective and help you push through any tough moments.

Together, we can make this year a great one! Let's focus on the opportunities ahead, support each other, and keep pushing forward with purpose and enthusiasm.

MESSAGE FROM THE MEC FOR EDUCATION



This office extends warm and heartfelt welcome back to each of you as we begin the new year together. We trust that you had a restful and rejuvenating holiday break, and that you are ready to embark on another year of progress, growth, and service to our learners and communities.

As we step into 2025, we do so with renewed energy and a shared commitment to our collective mission – to provide every learner with the tools and opportunities they need to

succeed.

The past year presented its challenges, but also many opportunities to grow, innovate, and improve the quality of education across our province. We have made significant strides including achieving an excellent 84,99% pass rate.

The foundation we have built will serve as a springboard for even greater achievements in the coming months.

This year, we continue to be guided by our values of equity, inclusivity, and excellence. Our work will be driven by a focus on enhancing educational outcomes, fostering a supportive and positive learning environment, and ensuring that every educator and learner receives the support they need to thrive.

Your dedication and hard work are critical to this vision, and I have every confidence that, together, we will continue to make a lasting difference in the lives of the learners we serve.

As we begin the year, let us reaffirm our commitment to working collaboratively, sharing our knowledge and expertise, and supporting one another as we move forward with purpose and determination.

Thank you for your continued dedication to our education system. I look forward to another productive and successful year ahead, and I am excited to see all that we will accomplish together.

MESSAGE FROM THE HEAD OF DEPARTMENT

Happy New Year, and welcome back! we trust that you had a peaceful and restorative holiday, and that you are returning with a renewed sense of purpose and energy for the year ahead.

As we begin 2025, it is a perfect time to reflect on the progress we made last year and set our sights on the challenges and opportunities that lie ahead. The work we do is integral to shaping the future of education in our province, and every effort we make has a profound impact on the lives of our learners and their communities. It is with this understanding that we move forward into the new year with determination and dedication.

As we embark on this journey together, we want to emphasize the importance of efficiency and accountability in all our administrative processes. Our continued success depends on timely reporting, accurate documentation, and clear communication across all levels. I have full confidence that each of you will uphold these standards and



contribute to the smooth operation of our department.

Equally, collaboration will be key to achieving our goals. We encourage you all to work together, share ideas, and support each other in overcoming any challenges we may face. By fostering a culture of teamwork, we can create a positive and productive environment that benefits everyone.

Lastly, innovation in education will remain a priority this year. We urge you to embrace new solutions, think creatively, and continually seek ways to improve the quality of education we provide. Together, we can continue to raise the bar and ensure that we are meeting the needs of our learners and educators alike.

I am confident that, with your dedication and hard work, 2025 will be a year of great progress and success for our department. Let us approach the year with a renewed sense of purpose and make it one to remember.

WORK - LIFE BALANCE

A Your life - Your safety

In the intersection of work and personal life, the work-life balance is the equilibrium between the two.

Overwork, stress, and burnout can impact your physical and mental health, reduce productivity, and increase the risk of accidents.

Maintaining a healthy balance between work and personal life is essential for your well-being and workplace safety.

Signs You Might Need Better Balance:

Constant fatigue or lack of energy
Difficulty concentrating or staying productive
Missing meals or sleep due to work demands
Feeling overwhelmed or irritable
Neglecting hobbies, family, or self-care



Tips for Achieving Work-Life Balance:

1. **Set Boundaries:**
! Avoid checking work emails or calls after hours.
2. **Take Breaks:**
! Use your lunch break to eat, relax, or take a short walk.
3. **Use Your Leave:**
! Use sick leave when you're unwell to recover fully.
5. **Stay Active:**
! Incorporate exercise into your daily routine, even if it's just a quick walk.
6. **Make Time for Yourself:**
! Pursue hobbies, spend time with loved ones, and relax.
7. **Seek Support:**
! Talk to your supervisor if work demands are too high.
! Access Employee Health & Wellness Programmes (EHWP) services.

A balanced life isn't a luxury—it's a necessity. By taking care of yourself, you contribute to a healthier, safer, and more productive workplace for everyone.



KNOW YOUR SAFETY, HEALTH, ENVIRONMENT (SHE) REPRESENTATIVE

#	<u>OFFICIAL</u>	<u>EXTENSION</u>	<u>E-MAIL</u>	<u>WORKSTATION</u>
1	Ayandah Thandazile Sibuya	5891	t.shube@mpuedu.gov.za	Siyaphambili (2nd Floor)
2	Lindokuhle Makwakwa	5893	l.makwakwa@mpuedu.gov.za	Siyaphambili (Ground Floor)
3	Gloria Raner	5760	g.raner@mpuedu.gov.za	Vintonia (Ground Floor)
4	Petunia Breadth	5436	p.breadth@mpuedu.gov.za	Ikhamanga (1st Floor)
5	Abram Khoza	5409	a.khoza@mpuedu.gov.za	Ikhamanga (Ground Floor)
6	Joe Mugisa	5344	j.mugisa@mpuedu.gov.za	Ikhamanga (1st Floor)
7	Winnie Ncobo	5556	w.ncobo@mpuedu.gov.za	Ikhamanga (Lower Ground)
8	Nontsikelelo Maseko	5023	n.maseko@mpuedu.gov.za	Ikhamanga (Upper Ground)
9	Doctor Maseko	5161	dmaseko@mpuedu.gov.za	MSTA (1st Floor)
10	Phindokuhle Shabangu	0941	ph.shabangu@mpuedu.gov.za	MAXSA (6th Floor)
11	Fakazile Armooh	0085	f.armooh@mpuedu.gov.za	Valencia (1st Floor)



PARENTS GUIDELINES

FOODBORNE ILLNESSES

In the spirit of Ubuntu, my child is your child. **Do not allow** other people's children to consume contaminated food.



PLAY YOUR PART AS A PARENT



PARENTS GUIDELINES

FOODBORNE ILLNESSES

Warn your children about the health risks of picking up or consuming dumped foodstuff.



PLAY YOUR PART AS A PARENT



PARENTS GUIDELINES

FOODBORNE ILLNESSES

Tell your children not to consume sweets, chips and other edibles from their friends or strangers.



PLAY YOUR PART AS A PARENT



PARENTS GUIDELINES

FOODBORNE ILLNESSES

Do not give children money to buy sweets, chips and any other edibles. You must buy these from authentic retailers.



PLAY YOUR PART AS A PARENT



PARENTS GUIDELINES

FOODBORNE ILLNESSES

Parents, Caregivers and guardians are responsible for the health and safety of their children. **Do not neglect your responsibilities.**



PLAY YOUR PART AS A PARENT



PARENTS GUIDELINES

FOODBORNE ILLNESSES

Monitor what your children buy and consume at home and playgrounds.



PLAY YOUR PART AS A PARENT

