

13 OKTOBER 2026

GEMEENSKAPSONTWIKKELING BRIEF



GEMEENSKAPSDAGBOEK

Datum Usuku	Afsny datum	Geleentheid Inkqubo	Lokaal Indawo	Tyd Ixesha	Kostes Ixabiso
17 Okt	14 Okt	NPO AGM	Dankbaar	08:30	R 100 per persoon
23-25 Okt	19 Okt	Mannekamp	Boy Muller	19:00	R850 per persoon

GEMEENSKAPSNUUS / IINDABA ZOLUNTU

NPO AGM

Ons nooi al ons GOB's om saam met ons te kom terugkyk, vorentoe te beplan en nuwe idees te deel tydens ons Algemene Jaarvergadering!

 **Datum:** 17 Oktober 2026

 **Tyd:** 08:45–12:00

 **Plek:** Dankbaar, Ceres

'n Spesiale hoogtepunt: Sgt. November sal as spreker optree en ons toerus met praktiese hulpmiddels om kommunikasie te verbeter en sterker verhoudings met ons gemeenskappe te bou.

Ons fokus ook op belangrike sake soos die finansiële oorsig van 2024/2025, die afwesigheidsbeleid tydens funksies, beplanning vir die 2026 Sportdag en die 2027 GOB-jaarbeplanner.

'n Ligte middagete word voorsien.

INTLANGANISO YONYAKA YE-NPO (AGM)

Simema zonke ii-GOB zethu ukuba zizimanye nathi ukuze sijonge emva koko, sicwangcise ikamva size sabelane ngezimvo ezintsha kwintlanganiso yethu yonyaka!



 **Umhla:** 17 Oktobha 2026

 **Ixesha:** 08:45–12:00

 **Indawo:** Dankbaar, Ceres

Eyona nto iza kuqaqamba: USgt. November uza kuba sisithethi sethu, esinika izixhobo ezisebenzayo zokuphucula unxibelelwano nokwakha ubudlelwane obuluqilima phakathi kwethu noluntu esilusebenzelayo.

Siza kujongana nemiba ebalulekileyo efana nengxelo yemali yowama-2024/2025, umgaqo-nkqubo wokungabikho kwimicimbi nakwimisebenzi, ukucwangcisa uSuku lweMidlalo luka-2026 kunye nekhulenda yonyaka yee-GOB zika-2027.

Kuza kubakho isidlo sasemini esilula.

Gedagte vir die week



Western Cape Government
FOR YOU Education

MENTAL HEALTH AWARENESS 2026

HELP THEM CHASE THE BLUE TO FIND THEIR BRIGHTER YOU

Practical ways parents and caregivers can support children's mental health and wellbeing.

- 1 CREATE A SAFE SPACE**

Listen without judgement. Help your child feel heard, safe and accepted.
- 2 NOTICE THE SIGNS**

Notice changes in mood, behaviour, sleep, appetite, attendance or interest in activities. Check in gently.
- 3 ENCOURAGE HEALTHY HABITS**

Support regular sleep, balanced meals, movement and sensible screen limits.
- 4 BE A POSITIVE ROLE MODEL**

Show healthy ways to manage stress, solve problems and treat people with kindness.
- 5 BUILD THEIR CONFIDENCE**

Celebrate effort. Notice strengths and encourage their interests.
- 6 TEACH COPING SKILLS**

Practise gentle breathing, drawing, movement or talking to a trusted adult.
- 7 KEEP THEM CONNECTED**

Make time for family, friendships and activities that help them feel they belong.
- 8 HAVE OPEN CONVERSATIONS**

Talk honestly about feelings. Let them know it is okay to feel sad or worried and to ask for help.
- 9 KNOW WHEN TO SEEK HELP**

If you are concerned, contact the school support team or a health professional.

A brighter you starts with support, understanding and love, every day.

MENTAL HEALTH MATTERS. PEOPLE MATTER.

Vriendelike groete,
Die
Gemeenskapsontwikkeling
span

