SAOU 30
OOS-KAAP | EASTERN CAPE
NUUSBRIEF | NEWSLETTER
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KWARTAAL 4

Welkom Terug in Kwartaal 4!

Ons hoop julle het 'n heerlike vakansie gehad, rustyd saam met geliefdes geniet en julle batterye herlaai vir die laaste pylvak van die jaar.

Die vierde kwartaal is altyd 'n besige en opwindende tydperk vol finale voorbereidings, eksamens en die afsluiting van nog 'n suksesvolle skooljaar.

Baie sterkte met die laaste uitdrag van die jaar. Kom ons maak saam van Kwartaal 4 'n groot sukses!

TERM 4

Welcome Back to Term 4!

We hope you had a wonderful holiday, enjoyed some downtime with loved ones, and recharged your batteries for the final stretch of the year.

The fourth term is always a busy and exciting period, filled with final preparations, exams, and the conclusion of another successful school year.

Best of luck with this final leg of the year. Let's work together to make Term 4 a great success!

PROVINSIALE NTA'S

Ons is buitengewoon trots op ons lede wat vanjaar met uitnemendheid presteer het tydens vanjaar se NTA's.

Baie geluk aan **Marizanne Green!**
Marizanne is as **provinsiale wenner** van die *Excellence in Primary School Teaching* kategorie aangewys.

PROVINCIAL NTAS

We are exceptionally proud of our members who performed with excellence at this year's NTAs.

Congratulations to **Marizanne Green!**
Marizanne was named the **provincial winner** in the **Excellence in Primary School Teaching** category.

OPLEIDING EN BEMAGTIGING

Die SAOU bied ook tydens Kwartaal 4 'n dinamiese reeks GRATIS webinars aan!

Welstand Simposium: Digitale bewustheid: Bestuur van skermtyd en kennisgewings
7 Okt 2026, 14:00 - 15:00
Aanbieders: Prof Anke de Beer

Welstand Simposium: Lag en vreugde in die werksplek
7 Okt 2026, 15:00 - 16:00
Aanbieders: Liesel Giliomee

Skoolbeheerliggaam Werknemers: Nuwe bestemming
Voldoende bemarking deur jou CV.
8 Okt 2026, 15:00
Aanbieder: Vernon Everste

Intersen: Die Onderrig van Visuele Tekste
12 Okt 2026, 15:00
Aanbieder: Anita Fourie

Studente & Interns: Nuwe bestemming
SACE registrasie, hoe om aansoek te doen vir poste & onderhoude en professionalisme
13 Okt 2026, 15:00

TERM 4

The SAOU is also presenting a dynamic series of FREE webinars during Term 4!

Wellness Symposium: Digital Awareness: Manage Screen Time and Notifications
7 Oct 2026, 14:00 - 15:00
Presenter: Prof Anke de Beer

Wellness Symposium: Laughter and Happiness in the Workplace
7 Oct 2026, 15:00 - 16:00
Presenter: Liesel Giliomee

School Governing Body Employees: New destination
Effective marketing through your CV.
8 Oct 2026, 15:00
Presenter: Vernon Everste

Intersen: ***Die Onderrig van Visuele Tekste***
Presentation language: Afrikaans
12 Oct 2026, 15:00
Presenter: Anita Fourie

Students & Interns: New destination

Werkplekverteenwoordigers: Ken die padreëls
Diensvoordele (verlof) & Wat sê jou salarisstrokie
14 Okt 2026, 15:00
Aanbieder: Raynardt Botha

Boeliebewustheid in skole
20 Okt 2026, 15:00
Aanbieder: Dr Serahni Symington

VIR MEER INLIGTING EN REGISTRASIE KLIK HIER.

SACE registration, how to apply for posts & interviews, and professionalism
13 Oct 2026, 15:00

Workplace Representatives: Know the rules of the road
Service benefits (leave) & What your payslip says
14 Oct 2026, 15:00
Presenter: Raynardt Botha

Bullying awareness in schools
20 Oct 2026, 15:00
Presenter: Dr Serahni Symington

CLICK HERE FOR MORE INFORMATION AND REGISTRATION.

VIER JOU GUNSTELING ONDERWYSER

Hierdie Onderwysersmaand vier die SAOU ook die onderwysers wat elke dag ’n verskil maak.

Ons nooi leerders uit om hul gunstelingonderwyser op ’n kreatiewe manier te vereer deur ’n gedig, kortverhaal of kunswerk/collage in te stuur. Vertel ons van die onderwyser wat jou inspireer, aanmoedig of op ’n besondere manier geraak het.

Een leerder-wenner en die onderwyser wat deur die weninskrywing vereer word, sal uit elke provinsie aangewys word.

Deel die kompetisie met jou leerders en moedig hulle aan om deel te neem:
https://tinyurl.com/SAOUTeachers-Competition

CELEBRATE YOUR FAVOURITE TEACHER

This Teachers’ Month, SAOU is celebrating the teachers who make a difference every day.

We invite learners to celebrate their favourite teacher in a creative way by submitting a poem, short story or artwork/collage. Tell us about the teacher who inspires you, encourages you or has made a special difference in your life.

One learner winner and the teacher celebrated through the winning entry will be selected from each province.

Share the competition with your learners and encourage them to enter:
https://tinyurl.com/SAOUTeachers-Competition

MY SAOU INFO

Opdatering van Lede-inligting

Verandering in aanstelling of e-posadres? Laat weet ons!
Dit is belangrik dat ons die nuutste inligting het sodat jy geen belangrike nuusbriewe of opdaterings misloop nie.

MY SAOU INFO

Updating Member Information

Change of appointment or email address? Let us know!
It is important that we have the latest information so that you don't miss any important newsletters or updates.

Jy kan jou inligting maklik hier opdateer:
www.saou.co.za/af/my-saou-info

You can easily update your information here:
www.saou.co.za/my-saou-info

SAOU STERFTEVOORDEEL – CONTINUUM

Continuum bied 'n kontantvoordeel van R20 000 wat deur die SAOU aan die lid se benoemde begunstigde of, in die afwesigheid van sodanige aanwysing, die lid se boedel betaal word.

Hiermee hoop ons om voort te bou op die nalatenskap wat jou eendag sal agterlaat.

Alle SAOU-lede kwalifiseer outomaties vir hierdie voordeel, mits hulle:

- Jonger as 65 jaar is.
- Nie agterstallig is met die betaling van hul SAOU-lidmaatskapfooie op die datum van afsterwe nie.
- Nuwe lede is geregtig op hierdie voordeel 90 dae vanaf die datum waarop hul eerste lidmaatskapfooi deur die SAOU ontvang word.
- Nie meer 'n student is nie.

Klik hier vir meer inligting of om jou begunstigde te lys.

SAOU DEATH BENEFIT - CONTINUUM

Continuum offers a cash benefit of R20,000, which is paid by the SAOU to the member's nominated beneficiary or, in the absence of such a nomination, to the member's estate.

Hereby, we hope to build on the legacy you will leave behind one day.

All SAOU members automatically qualify for this benefit provided they:

- Are younger than 65 years.
- Are not in arrears with payment of their SAOU membership fees at the date of death.
- New members are entitled to this benefit 90 days from the date on which their first membership fee is received by the SAOU.
- Is no longer a student educator.

Click here for more information or to list your beneficiary.

JY HOEF DIT NIE ALLEEN TE DRA NIE

SAOU Help is 'n **gratis, anonieme en tweetalige 24/7 emosionele ondersteuningsdiens** vir almal wat in die onderwyssektor werk, nie net SAOU-lede of onderwysers nie.

Die diens word deur senior sielkundiges by die NWU bestuur en bied emosionele ondersteuning, psigo-opvoedkundige strategieë en inligting, opvolg- of "check-in"-sessies en, waar nodig, verdere professionele ondersteuning.

Die Welstandprojek bied ook 'n reeks praktiese hulpbronne om mense in die onderwys toe te rus met hul eie "mental health toolkit" – strategieë en hulpmiddels om emosionele veerkragtigheid doelbewus op te bou en te behou.

YOU DON'T HAVE TO CARRY IT ALONE

SAOU Help is **a free, anonymous and bilingual 24/7 emotional support service** for everyone working in the education sector, not only SAOU members or teachers.

The service is managed by senior psychologists at North-West University and provides emotional support, psychoeducational strategies and information, follow-up or "check-in" sessions and, where appropriate, further professional support.

The Wellbeing Project also provides a range of practical resources to equip people in education with their own mental health toolkit – strategies and tools to intentionally build and maintain emotional resilience.

Ons doel: om ’n kultuur van sorg en ondersteuning binne die onderwys te bevorder. Kontakbesonderhede: Skakel: 012 436 0911 WhatsApp: 064 609 1150 Bespreek ’n Welstand-Check-in: https://tinyurl.com/ymn67cjf	Our goal: to promote a culture of care and support within education. Contact info: Call: 012 436 0911 WhatsApp: 064 609 1150 Book a Wellbeing Check-in: https://tinyurl.com/ymn67cjf