SAOU 30
VRYSTAAT | FREE STATE
NUUSBRIEF | NEWSLETTER
saouvrys@saou.co.za
051 430 1531
www.saou.co.za
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# In 'n oogwink
## Kwartaal 2

Beste SAOU -lid

Welkom terug na 'n kort, welverdiende ruskans.

Die eerste kwartaal was gevul met talle uitdagings en suksesse wat gevier is. Die uitdagings wat lede in die onderwyssektor daagliks ervaar, neem toe met rasse skrede.

Die SAOU wens ook elke opvoeder wat bevorder is in die eerste kwartaal, geluk met hul aanstellings en wens u sterkte toe met die groot taak op hande.

Die SAOU Vrystaat wens u sterkte toe met Kwartaal 2, mag u arbeidsvreugde geniet gedurende hierdie kwartaal.

# In the blink of an eye
## Term 2

Dear SAOU Member

Welcome back after a short, well-deserved rest period.

The first term was filled with numerous challenges and successes that were celebrated. The challenges that members in the education sector experience on a daily basis, are increasing in leaps and bounds.

The SAOU also congratulates every educator who has been promoted, during the first term, on their appointments and wishes you the best of luck with the great task at hand.

The SAOU Free State wishes you the best of luck with Term 2, may you enjoy the fruits of your labour during this term.

# SAOU inligting

- Kontinuum

Om 'n SAOU-lid te wees, bied vir jou 'n sterftevoordeel, Kontinuum, wat 'n kontantvoordeel van R20 000 is 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 jy 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.

U begunstigde vorm moet voltooi word deur op die skakel te klik:

https://www.saou.co.za/af/continuum

- SAOU Toepassing

Die SAOU se nuwe selfoontoep is hier en dit word voortaan die **primêre kommunikasieplatform vir lid-eksklusiewe inhoud**. Die toep bied aan SAOU-lede

# SAOU information

- Continuum

Being a SAOU member provides you with a death benefit, Continuum, which is a cash benefit of R20,000 provided by the SAOU to the member's named beneficiary or, in the absence of such designation, 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.

Your beneficiary form must be completed by following the link below:

https://www.saou.co.za/af/continuum

- SAOU Application

The SAOU's new mobile app has arrived and it will soon become **the primary communication platform for member-exclusive content**. The app offers SAOU

vinniger, eenvoudiger en meer gerieflike toegang tot nuus, opdaterings en SAOU-inligting – alles op één sentrale plek op jou selfoon.

Hierdie nuwe platform verseker dat lede inligting direk en op 'n wyse ontvang wat hul daaglikse werk ondersteun. Dit is moderne kommunikasie wat aanpas, meer toeganklik is en saam met ons ledegemeenskap ontwikkel.

WhatsApp sal steeds gebruik word vir kort, tydsensitiewe kennisgewings en provinsie- spesifieke kommunikasie

Klik op die skakel om die toep af te laai:
https://saou.d6.co.za/

- SAOU HELP

Die SAOU Welstandprojek is 'n baanbrekersinisiatief *– die eerste van sy soort wat deur 'n onderwysvakbond in Suid-Afrika geloods is*. Ons glo dat die welstand van ons onderwysers die hoeksteen van 'n sterk onderwysstelsel is, en ons is trots om op sinvolle, praktiese maniere ons onderwysers by te staan.
Hierdie projek bied 'n holistiese ondersteuningstelsel wat poduitsendings, video's, selfhelp hulpbronne en 'n 24/7 noodkrisislyn vir onmiddellike emosionele bystand insluit.

Deur die SAOU Welstandprojek beoog ons om 'n veilige, ondersteunende ruimte te skep waar opvoeders voel dat hulle gesien, gehoor en versorg word. Besoek hierdie blad gereeld vir opdaterings en hulpmiddels wat ontwerp is om jou persoonlike en professionele welstand te ondersteun.

Klik op die skakel vir meer inligting en hulpbronne:
https://www.saou.co.za/saou-help

members faster, simpler and more convenient access to news, updates and SAOU information – all in one central place on your phone.

This new platform ensures that members receive information directly and in a way that supports their day-to-day work. It is modern communication that adapts, improves accessibility and evolves alongside our member community.

WhatsApp will continue to be used for short, time-sensitive updates and province-specific communication.

Click on the link to download the App:
https://saou.d6.co.za/

- SAOU HELP

The SAOU Wellbeing Project is a pioneering initiative *– the first of its kind launched by a teacher's union in South Africa*. We believe that the wellbeing of our educators is the cornerstone of a strong education system, and we are proud to stand by our teachers in meaningful, practical ways.

This project offers a holistic support system that includes podcasts, videos, self-help resources and a 24/7 emergency crisis line for immediate emotional assistance.

Through the SAOU Wellbeing Project, we aim to create a safe and supportive space where educators feel seen, heard and cared for. Visit this page regularly for updates, tools and insights designed to support your personal and professional wellbeing.

Click on the link for more information and resources:
https://www.saou.co.za/saou-help

## SAOU Lidmaatskap

Ons wil ook graag die volgende onder u aandag bring rakende u lidmaatskap.

**Studente wat afstudeer het word ook daarop gewys dat u lidmaatskap by aanstelling in 'n pos opdateer moet word om die totale voordeel van die SAOU te geniet.**

- Werknemers van die Vrystaat Departement van Onderwys:

Dit is uiters belangrik dat werknemers van die Vrystaat Departement van Onderwys verseker dat hul lidmaatskapfooie, afgetrek, op hul salarisadvies weerspieël word.
As 'n **PSCBC (agentskapsfooi)** verskyn, maar geen vakbondaftrekking op die betaalstrokie gesien kan word nie, beteken dit eenvoudig dat u lidmaatskap nie op persal weerspieël nie en dus óf nie aktief is nie

## SAOU Membership

We would also like to bring the following to your attention regarding your membership.

**Students who have graduated are also advised that your membership must be updated upon appointment to enjoy the total benefit of the SAOU.**

- Employees of the Free State Department of Education:

It is extremely important that employees of the Free State Department of Education ensure that their membership fees, deducted, reflects on their salary advice.
If a **PSCBC (agency fee)** reflects, but no union deduction can be seen on the payslip, it simply means that your membership does not reflect on persal and is therefore either not active or you were previously

óf u was voorheen in diens van die SBL van die skool. Indien dit die geval is, moet u die vorm voltooi deur die skakel te volg:
https://www.saou.co.za/application-department-of-education

- SBL aangestelde werknemers

SBL-aangestelde lede se aftrekkings word direk op die bankrekening van die lid gemaak; indien u nie die debietorder op u bankstate sien nie, word dit aanbeveel dat u die SAOU Vrystaat-kantoor kontak, of die aansoekvorm voltooi deur die skakel te volg: https://www.saou.co.za/application-sgb-and-independent-schools
In gevalle waar u bankbesonderhede verander het, moet u die kantoor by wyse van e-pos in kennis stel of die skakel volg om u besonderhede op te dateer: https://www.saou.co.za/update-banking-details

- Lidmaatskap/ Persoonlike/ Kontakbesonderhede

Indien u kontak- of persoonlike besonderhede verander het, of u ontvang nie korrespondensie vanaf die SAOU nie, dateer asb u besonderhede op deur op die skakel te klik:
https://www.saou.co.za/change-of-personal-information

employed by the SGB of the school. Should this be the case, you need to complete the form by following the link:
https://www.saou.co.za/application-department-of-education

- SGB appointed employees

SGB appointed members' deductions is made directly to the bank account of the member, should you not see the debit order on your account statements, please contact the SAOU Free State office, or complete the application form by following the link: https://www.saou.co.za/application-sgb-and-independent-schools
In cases where your banking details have changed, you will need to inform the office via email or complete the form by following the link:
https://www.saou.co.za/update-banking-details

- Membership / Personal / Contact details

Members whom have made changes to their contact information and is not receiving correspondence from the SAOU should update their contact details by following the link:
https://www.saou.co.za/change-of-personal-information

## Wys jou strepe | Show your stripes

https://www.saou.co.za/af/saou-congress-2026

**https://www.saou.co.za/onderwystoekennings-education-awards**

## Hoofdesimposium | Principals' Symposium

https://www.saou.co.za/principals-symposium

## Damesleierskapseminaar | Woman's Leadership Seminar

https://www.saou.co.za/womens-leadership-seminar