Top Vibe

Kids Magazine

ONLINE

July Issue 36
2021



Donate the things that you no longer use!

Redes waarom Lees belangrik is

Cover page Model

Rhuardt Kotze from **Pretoria - Noorth**

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Top Vibe
ONLINE
Kids Magazine

COMMENTS:

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MEDIA HOUSE:
TOP VIBE MAGAZINE
TOP VIBE KIDS MAGAZINE
GLAMOUR TALK MAGAZINE
50+ MAGAZINE / TYDSKRIF

1.

MEDIA HOUSE:

Our Cover page and Back page will go to children posting their photos on our Facebook page.

2.

WINTER SCHOOL HOLIDAY:

Our Ambassadors decided to put something together for you to do during the winter school holiday.

3.

Asthma:

Does your child suffer from Asthma? Read about the triggers.

4.

Donate the things you do not use:

Teach your children from a young age to donate things they do not use.



REGULARS

1. EDITORS NOTE 03

Charmaine Britz CEO - MEDIA HOUSE
Top Vibe Magazine / Top Vibe Kids Magazine, Glamour Talk Magazine and 50+ Magazine/ Tydskrif.

2. AMBASSADORS 04

Top Vibe Kids Ambassadors: Dillan Dé Paiva and Etienne Joshep is our two partners in crime…. And Chanel need to keep a watchful eye over them

3. IT'S FUN TIME 08

We at Top Vibe Kids Magazine try to keep you busy with fun things to do. Hope you enjoy!

4. MODEL COVER PAGE 01

Our Cover page model: Rhuardt Kotze 5 years old from Pretoria- Noord. Photo provided on Facebook.

5. MODEL BACK PAGE 20

Back page model - Owen Labuschagne 5 years old from Vereeniging. Photo provided on Facebook.



Photographer: Albertus Kriel
Venue: Turn 'n Tender - Vaal mall

EDITORS NOTE

I am looking forward to the months to come to bring out a magazine every month for you, our readers to enjoy.

With the ongoing Covid-19 we need to be extra careful and make sure to wear our masks and sanitise our hands.

In this Issue we decided to bring you some afrikaans articles, I trust that you will enjoy it and learn something.

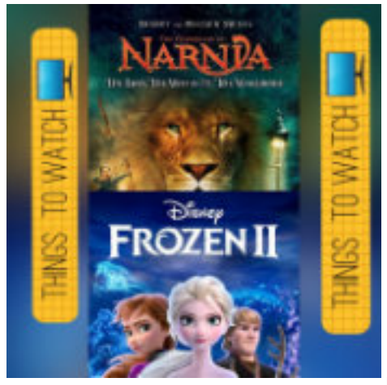
Follow us on Facebook and to download the magazine go to www.topvibe.co.za

Take care till next month
Love

Charms



• ETIENNE JOSEPH



Some school holiday ideas:

- Games to play.
- Movies
- Winter fashion.
- Things to drink in the winter.
- Winter projects

Become part of our winter projects.

Be cool..

Etienne

AMBASSADORS









Fun winter snack



INGREDIENTS:

2 Large bananas
2 teaspoons suger
1 teaspoon cinnamon
½ teaspoon nutmeg
1 teaspoon olive oil

Add olive oil to a non stick pan
Mix cinnamon, nutmeg and suger in a small dish
Place bananas in the pan and cook on meduim heat for 2-3 minutes. Sprinkel bananas with half of cinnamon mixture. Flip the bannana and cook for another 2-3 minutes.

Have fun, love

Chanel

WINTER PROJECTS:

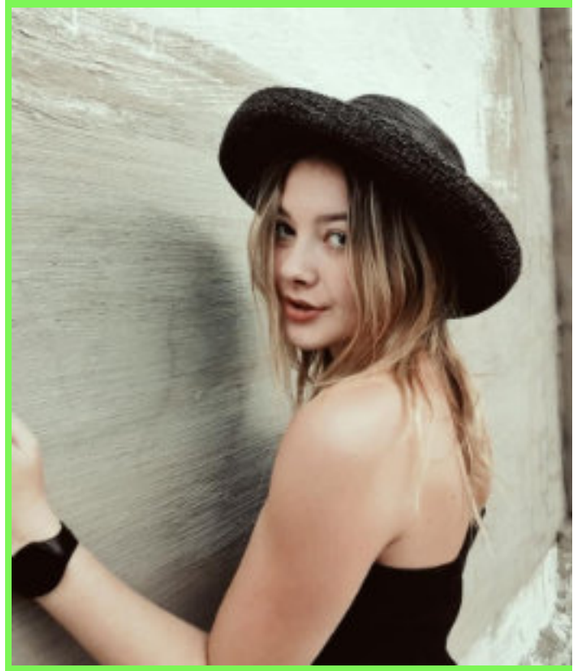
Be part of our Winter projects

- **Small wool of love**
- **Soup in a bag.**
- **Soap project.**

We do charity projects during the year, please help us if it is possible.

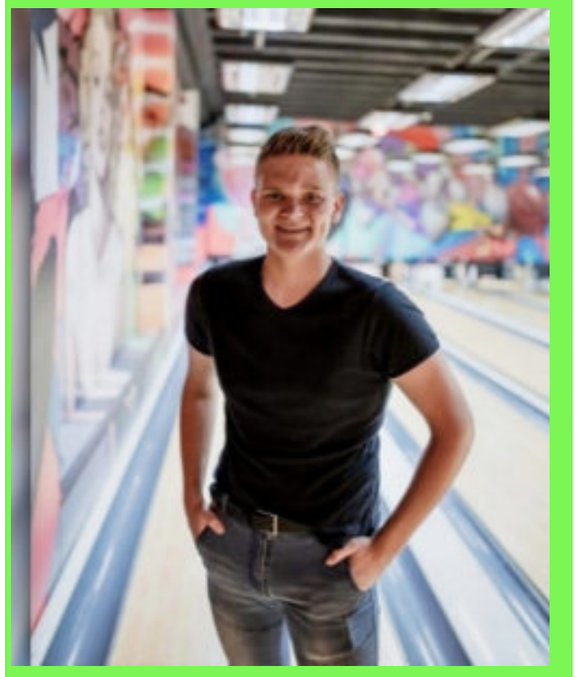
Take care

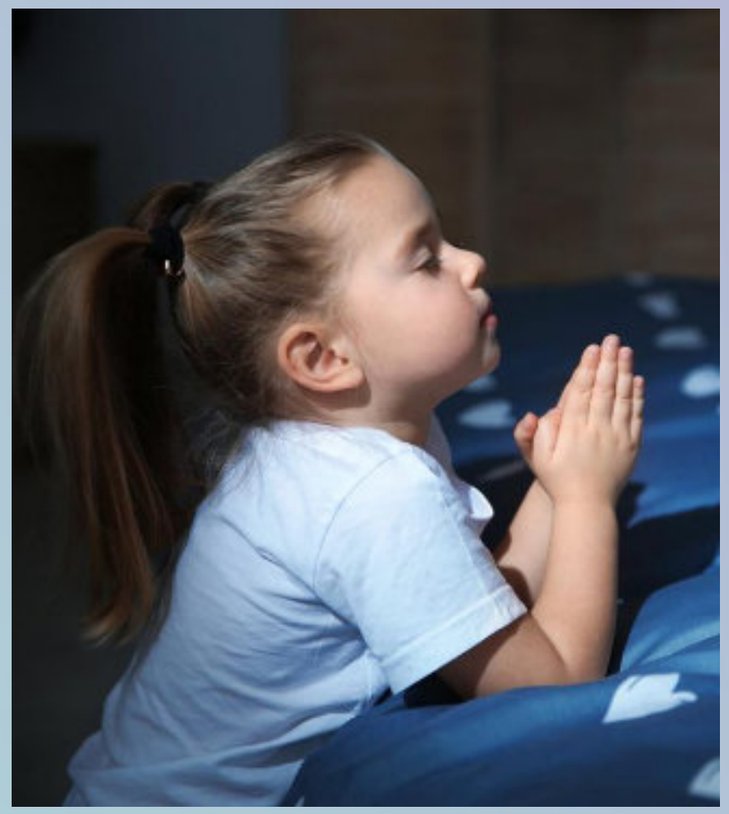
Dillan



• CHANEL RAUTENBACH

• DILLAN Dé PAIVA





LEER JOU KINDERS BID

Om jou kinders te leer bid, is daar geen plaasvervanger vir jou eie voorbeeld nie. Jou kinders moet jou sien bid. Hulle moet jou getuienis oor antwoorde op gebed hoor en sien. Kinders leer bid as hulle hul ouers hoor en sien bid.

'N PA SE VOORBEELD

Wat kinders sien, doen hulle. Dit gaan nie eerstens oor antwoorde op gebed nie, maar of hulle ouers bid of nie. As kinders sien dat hulle ouers daagliks bid en dat hulle elke situasie en alle aspekte van die lewe na die Here toe neem, sal hulle hul ouers se voorbeeld volg. Onlangs lees ek van 'n man wat elke keer wanneer hy gebid het en hy 'n antwoord ontvang het, 'n klip geneem het en op 'n hoop agter sy huis gegooi het. Die dag toe hy gesterf het, was die hoop

LAAT JOU KINDERS VIR JOU BID.

Wanneer jy saam met hulle bid, leer jy hulle "gebedstaal".

agter sy huis gegooi het. Die dag toe hy gesterf het, was die hoop klippe hoër as sy huis se dak. Hierdie man se kinders sou nie 'n probleem gehad het om te glo dat God gebed antwoord nie. Ek lees van 'n man wie se kinders soggens saggies by 'Pappa' se studeerkamer vebygeloop het wanneer hulle sy pantoffels voor die deur sien staan het, want dán, het hulle geweet, bid hy. Ek onthou helder hoe ek een oggend in die sitkamer ingestap het en my pa by 'n stoel sien kniel het. Dit was net so 'n 'heilige' oomblik vir my. Ek het net so sag as moontlik omgedraai en uitgeloop. Jou kinders se geloof word versterk wanneer hulle hoor hoe God reeds vir jare lank vir julle as ouers voorsien. Wanneer ons die Ou Testament lees, sien ons hoe die Here die volk deur die profete telkens na die geskiedenis toe terugneem. Die geskiedenis moes die volk weer aan God se groot dade herinner en ook hoe God gebede beantwoord het. Leer hulle om oor alles te bid, die groot en die klein dingetjies in die lewe. God is geïnteresseerd in elke aspek van ons lewe, klein en groot, en wil hê dat ons met Hom oor álles sal praat. Moedig hulle aan om te bid en God te loof wanneer hulle bly is, om te bid wanneer hulle raad nodig het, hulle swaarkry en nie weet wat om te doen nie. Wanneer hulle hartseer is en hulle voor groot besluite staan. Leer jou kinders om te bid deur saam met hulle te bid.

LAAT JOU KINDERS VIR JOU BID

Wanneer jy saam met hulle bid, leer jy hulle 'gebedstaal', leer hulle hoe om met God te praat en waaroor hulle alles mag bid. Kinders weet nie net vanself wat om te bid nie. Ja, die Heilige Gees leer die kinders om te bid, maar Hy gebruik ook kinders se ouers daarvoor.

En terloops, luister ook na jou kinders. Luister wanneer hulle bid en leer weer om te glo! Daar is dus ook 'n wedersydse leer by mekaar. Leer jou kinders dat God 'n Vader is met wie ek in groot intimiteit my lewe kan deel, dat Hy God is, heilig is en dat ek daarom met groot respek en eerbied met God moet praat. Vra vir jou kinders om vir jou ook te bid.

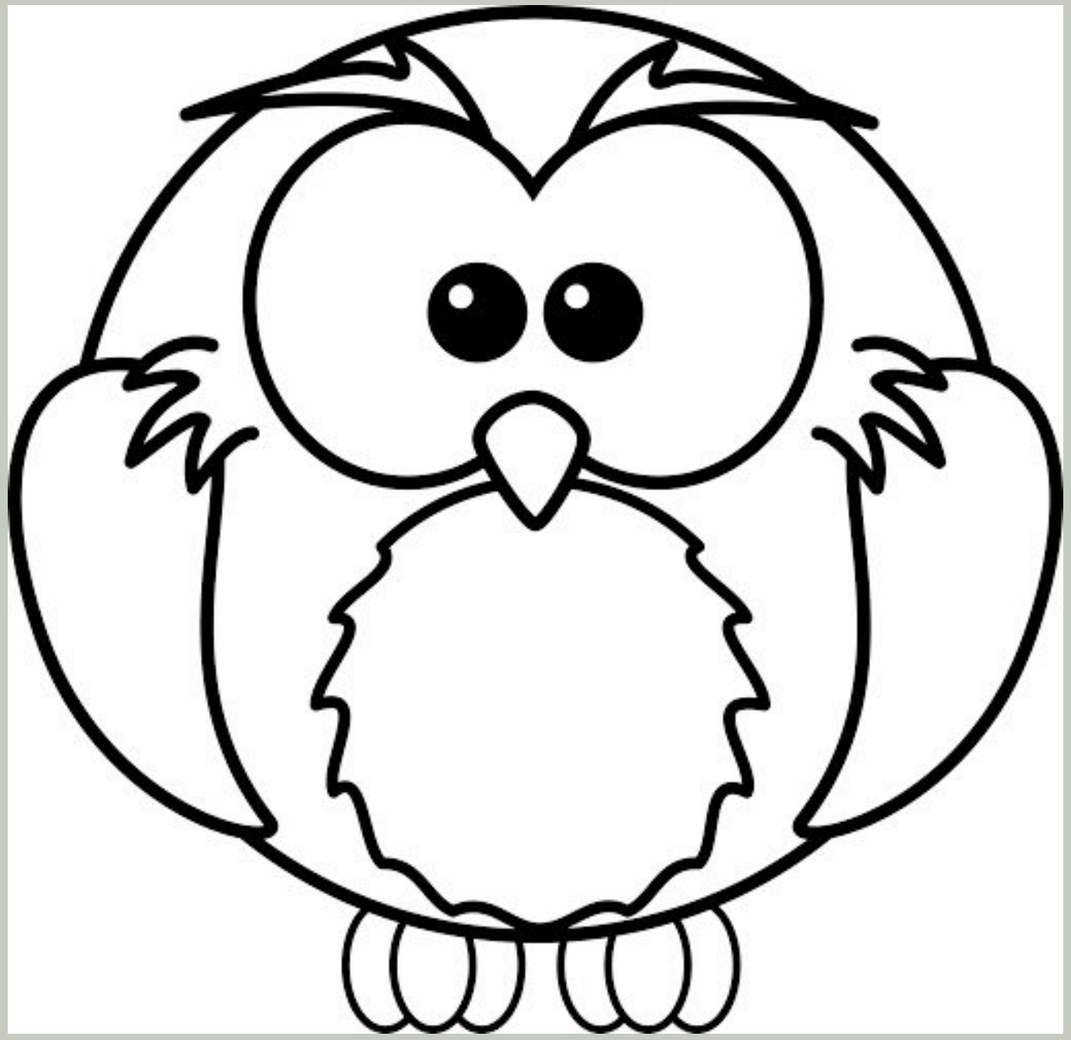
Wanneer jy werk toe gaan en moeilike goed moet hanteer, 'n belangrike vergadering het, 'n moeilike besluit moet neem of siek is, vra jou kinders om vir jou te bid. Dit is nie swakheid nie. Gaan rapporteer terug aan hulle. Laat hulle toe om saam met jou aan te hou met bid totdat daar 'n antwoord is. Dit sal hulle iets van volharding in gebed leer.

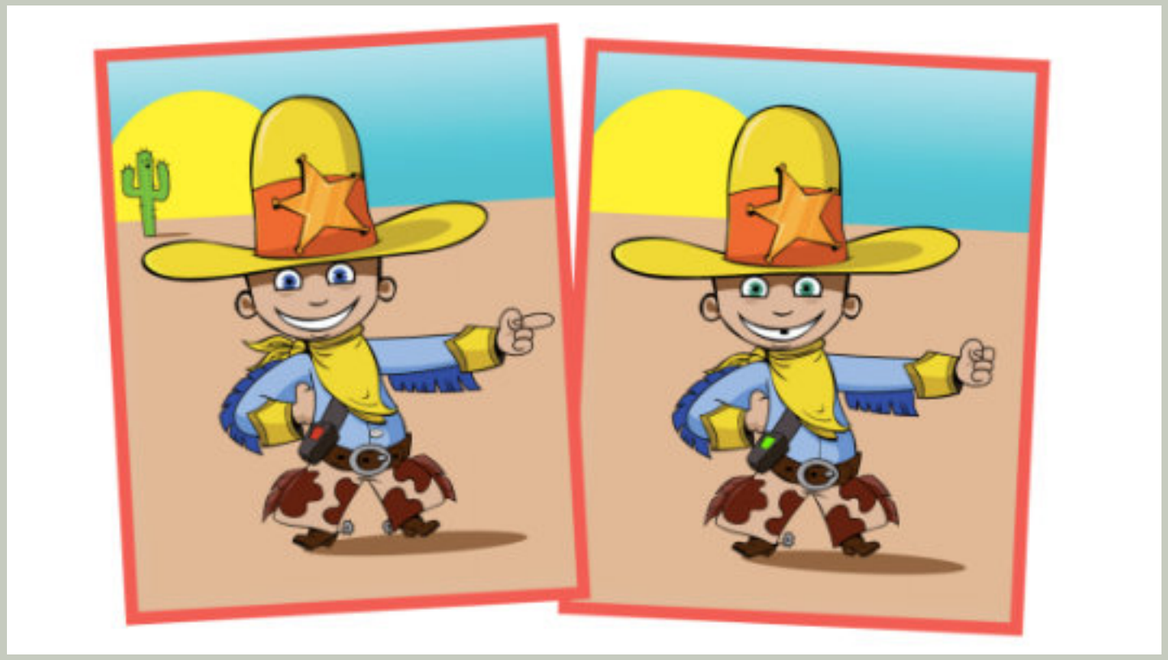
WEES EERLIK MET JOU KINDERS

Kinders leer om te bid wanneer jy met hulle praat oor antwoorde op gebed, deur te getuig van antwoorde. Wanneer ouers van antwoorde op hulle gebed vertel, wek dit geloof en hoop in hulle harte op om ook te bid en antwoorde te verwag.

Moenie net met hulle praat oor al die dinge wat God gegee het en waarvoor God 'ja' gesê het nie. Deel ook met hulle die dinge wat jy gevra het en waarvoor God 'nee' gesê het. Meer nog, deel ook met hulle jou onbeantwoorde gebede – daardie dinge wat jy vra en nog nie antwoorde op het nie, dinge wat jy van God vra en nie verstaan hoekom Hy nie antwoord nie. Kinders moet dit ook leer. Dit sal nie hulle geloof in God vernietig nie. Wees eerlik met jou kinders en wys vir hulle dat jyself ook soms sukkel om te bid. Neem veral tyd om saam met jou kinders te bid vir onbeantwoorde gebede in hulle lewens en saam met hulle te soek na antwoorde. Al is daar uiteindelik ook nie 'n duidelike antwoord nie, weet jou kinders darem dat jy die saak met hulle 'dra' en saam met hulle na 'n antwoord soek.

Let's have fun....







"It's time to have fun, grab your pencils."

ASTHMA



Asthma Symptoms:
- Labored breathing
- Wheezing
- Sleep problems
- Chest pain
- Frequent coughing
- Allergies
- Common cold
- Feeling tired.

Causes and triggers:
- Pollution
- Smoking
- Fatty food
- Dust
- Household chemicals
- Genetic
- Pets
- Bacteria and viruses.

"What you need to know about ASTHMA"

TAKE PREVENTIVE MEDICATION

Asthma is a condition in which your airways narrow and swell and may produce extra mucus. This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath. For some people, asthma is a minor nuisance.

Prevention
Because researchers have yet to identify the exact cause of asthma, it's challenging to know how to prevent the inflammatory condition.

However, more information is known about preventing asthma attacks. These strategies include:

Avoiding triggers. Steer clear of chemicals, smells, or products that have caused breathing problems in the past.

Reducing exposure to allergens. If you've identified allergens, such as dust or mold, that trigger an asthma attack, avoid them as best you can.
Getting allergy shots. Allergen immunotherapy is a type of treatment that may help alter your immune system. With routine shots, your body may become less sensitive to any triggers you encounter.

Taking preventive medication.
Your doctor may prescribe medication for you to take on a daily basis. This medication may be used in addition to the one you use in case of an emergency.
Your doctor can help you put an asthma action plan in place so that you know which treatments to use and when.





Donate the things that you no longer use!

It helps people in need
Even though you don't want your old clothes anymore, it's almost guaranteed that someone else will. There are many people in need of usable clothing. There are disaster victims, underprivileged people, and children in need of clothing and your donations can help. When you throw away your clothes, they have no chance of reaching people who need them the most.
When you do things for others, something good happens for you too. Doing a good deed like donating your old clothes will make you feel good because you're doing something for a worthy cause. You're getting rid of the clutter in your home and helping others at the same time.

Charity teaches the next generation about generousity
Giving to charity is a selfless act. There's no financial return. Generousity for its own sake creates a more compassionate, community-focused world. Modeling the value of generousity and selflessness to children makes it more likely they will continue to give as adults. This creates lasting change and a legacy of kindness.

Charity helps communities become sustainable
Countless charities focus on sustainability and helping communities become more self-sufficient. Donated funds provide a strong foundation, whether they're used for training programs, schools, and so on. When sustainability is a priority, individuals and communities can support themselves and no longer depend on donations. This benefits the world at large, so in that sense, there is a return on the donations.

Please donate the things you no longer use to us.

We have people that can use it.

Contact Charmaine 072 768 8582



“Teaching Kids to be Smart about Social Media”



What's Good About Social Media
Social media can help kids:

stay connected with friends and family
volunteer or get involved with a campaign, nonprofit, or charity
enhance their creativity by sharing ideas, music, and art
meet and interact with others who share similar interests
communicate with educators and fellow students.

What's Bad About Social Media
The flipside is that social media can be a hub for things like cyberbullying and questionable activities. Without meaning to, kids can share more online than they should.

Most teens:

Post photos of themselves online or use their real names on their profiles.

reveal their birthdates and interests
post their school name and the town where they live
This can make them easy targets for online predators and others who might mean them harm.

In fact, many teens say they have:

been contacted online by someone they didn't know in a way that made them feel scared or uncomfortable
received online advertising that was inappropriate for their age
lied about their age to get access to websites.
Concerns and Consequences
Besides problems like cyberbullying and online predators, kids also can face the possibility of a physical encounter with the wrong person. Many newer apps automatically reveal the poster's location when they're used. This can tell anyone exactly where to find the person using the app.

And photos, videos, and comments made online usually can't be taken back once they're posted. Even when a teen thinks something has been deleted, it can be impossible to completely erase it from the Internet.

Posting an inappropriate photo can damage a reputation and cause problems years later — such as when a potential employer or college admissions officer does a background check. And sending a mean-spirited text, even as a joke, can be very hurtful to someone else and even taken as a threat.

Spending too much time on social media can be a downer too. Seeing how many "friends" others have and the pictures of them having fun can make kids feel bad about themselves or like they don't meas-ure up to their peers.What Can Parents Do?

It's important to be aware of what your kids do online. But snooping can alienate them and damage the trust you've built together.

The key is to stay involved in a way that makes your kids understand that you respect their privacy but want to make sure they're safe.

Tell your kids that it's important to:

Be nice. Mean behavior is not OK. Make it clear that you expect your kids to treat others with respect, and to never post hurtful or embarrassing messages.

And ask them to always tell you about any harassing or bullying messages that others post.
Think twice before hitting "enter." Remind teens that what they post can be used against them. For example, letting the world know that you're off on vacation or posting your home address gives would-be robbers a chance to strike. Teens also should avoid posting specific locations of parties or events, as well as phone numbers.
Follow the "WWGS?" (What Would Grandma Say?) rule. Teach kids not to share anything on social media that they wouldn't want their teachers, college admissions officers, future bosses — and yes, grandma — to see.
Use privacy settings. Privacy settings are important. Go through them together to make sure your kids understand each one. Also, explain that passwords are there to protect them against things like identity theft. They should never share them with anyone, even a boyfriend, girlfriend, or best friend.
Don't "friend" strangers. "If you don't know them, don't friend them." This is a plain, simple — and safe — rule of thumb.

Make a Contract
Consider making a "social media agreement" with your kids — a real contract they can sign. In it, they agree to protect their own privacy, consider their reputation, and not give out personal information. They also promise not to use technology to hurt anyone else through bullying or gossip.

In turn, parents agree to respect teens' privacy while making an effort to be part of the social media world. This means you can "friend" and observe them, but don't post embarrassing comments or rants about messy rooms.

Parents also can help keep kids grounded in the real world by putting limits on media use.

Why it's hard being a teenager in today's society....

People say that kids and teenagers have it easy these days. They have most/all of their bills being paid for by their parents, food that is provided for all three meals of the day, a roof over their heads, and let's not forget the constant evolution of technology that becomes more and more accessible as time goes on. This may seem like "the life," but teenagers struggle with other things that seem to go unnoticed.

Right now our society is very social media oriented. Everything that anyone does is posted on Snapchat, Instagram, Facebook, Twitter, or any other social media site. Even celebrities have fallen into the trap of constantly posting with their supposed "busy schedules." Social media may be a means of business for them, or just a way to communicate with their fans, however what these celebrities do not realize is just how much influence they have.

Teenagers log onto their social media sites and see celebrities posting certain things, so they go ahead and try to emulate those with thousands of followers, hoping to be like them. Young people want to look, act, and almost embody the mind of their favorite celebrities. This leads to unconsciously developing complexes of them not being good enough, to obsessions with the goal of being like somebody, to a breaking point and some type of problem with their mental health.

Why is there such a big stigma of doing what celebrities do? The concept of peer pressure is something that doesn't really go away. During the "coming of age" period in one's life, one feels the need to want to fit in, but it's basically a contradiction of society's new stigma of being "different." How can one be different if they are looked down upon for doing so. It's almost as of teenagers are being told to think outside the box, but within the lines of a bigger box surrounding the original one.

Teens all over the world also struggle with expectations form their parents. Almost every parent wants their children to strive for greatness, even if that strive takes a little push from them. However, what if that push turns into a shove into the wrong direction. Millions of kids around the world struggle with the burden of meeting their parents' expectations. Whether it be academic, athletic, social, whatever, it is important for parents to let their children come into their own.

I'm not saying let them grow without any values or morals, but if parents are telling their children what to do and how to do it for everything in their life then two things are going to happen when they go off to live on their own. Either the child will see the unlimited possibilities and turn into a wild child without a care in the world other than self-satisfaction, or they will be so scared that they don't have anyone to tell them what to do, that they will not be able to function and shut down.



Parents, I know that you may see your children every day and think that everything is okay. Just know that they might be fighting a mental battle with themselves everyday while trying to balance everything you taught them, everything that society is teaching them, and everything that they are learning on their own. Experience is the best teacher, so let them fail and learn their own lessons. Just keep in mind that you can't always be so hard on them. You have the ability to control your aggression toward your children. Unfortunately, society pounds on them as hard as it can, every single day.

Redes waarom Lees belangrik is



Hoe vaar jou kind met lees? Lees is een van die eerste vaardighede wat aangeleer word; 'n vaardigheid wat dwarsdeur jou kind se lewe verreikende gevolge gaan hê. Eenvoudig gestel, gelet-terdheid is die vermoë om te lees en te skryf, en die geskrewe woord te verstaan. Daar is daar ernstige gevolge vir 'n kind wat sukkel om te lees. Dis onvermydelik: 'n swak leser is 'n sukkelende leerder.

Die PIRLS-studie wat in 2006 gedoen is, was daarop gemik om die leesvermoë van kinders in 40 lande te vergelyk. Lesers in Suid-Afrika het heel laaste gekom in dié opname. Slegs 13 % van ons Graad 4 lesers wat getoets was, kon die laagste aanvaarbare standaard bereik, vergeleke met 94% internasionaal.

'n Opvolgstudie in 2011 het bepaal dat Hong Kong wêreldwyd die beste standaard behaal het, en het getoon dat ons Graad 4-leerders "tydens 'n makliker assessering steeds algeheel op 'n laer vlak presteer as hulle internasionale eweknieë."

Syfers soos hierdie is rede tot kommer. Maar hoekom is lees so 'n belangrike vaardigheid in ons moderene eeu?
Want die voordele vn lees-fiksheid strek baie verder as die klaskmer.

Lees bou woordeskat.

Lees help jou kind om nuwe woorde te leer en woordeskat te bou. Benewens dit, leer kinders ook beter taalvaar-dighede aan wanneer hulle lees.
Dink byvoorbeeld aan sinskonstruksie en goeie grammatika, asook nuwe woorde wat nie deel uitmaak van die kind se alledaagse wêreld nie. Lees help kinders ook om agter te kom hoe stories geskryf word, en dit beteken dat hoe meer hulle lees hoe beter skryf hulle.

Baie vakke, veral op hoërskool-vlak vereis dat kinders opstelle kan skryf.

Die wat goed skryf, kry van-selfsprekend beter punte.

Lees bou woordeskat .

Lees verbeter konsentrasie en help ons om te ontspan.

Lees is die een tydverdryf wat altyd meer teruggee as wat mens insit: dit leer kinders beter konsentreer en hulle ontwikkel dus die vermoë om te fokus

Ons hedendaagse kinders word so oorweldig deur elektroniese toestelle se klank lig en beweging , dat lees hulle brein eintlik 'n ruskansie gee.



The look

AUGUST- NEXT ISSUE:



MAGAZINE

Back page model

Owen Labuschagne from Vereeniging