Top Vibe Online KIDS Magazine

Issue 20
2020



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Top Vibe Kids Magazine

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Redakteurs nota

Charms

Liewe maats,

Hoe gaan dit met julle? Met my gaan dit goed dankie.

Die skool sluit amper en dan het julle weer 'n bietjie vakansie.

Hier is ons net so opgewonde soos julle. Die van jullle wat eksamen skryf, baie sterkte en hard leer. Onthou skool werk kom altyd eerste, dit is al hoe julle eendag gaan werk kry.

Dit is Maart maand en die winter kruip nader, dan is dit weer bitter koud en ons almal wens die somer terug.
Maats, daar is nog heelwat wat julle moet doen voor die skool sluit.

so sit maar skouer aan die wiel en kry dit agter die rug.

Binnekort maak die Paashaas ook weer, sy opwagting. Dit is iets om na uit te sien.

Maats, dit is ook een van die dae Moedersdag. Begin somer dadelik om vir ma 'n hand gemaakte geskenk te maak. Vra vir pappa of ouboet of sus vir hulp.
Moet nie van Vadersdag vergeet nie. Gelukkig het julle nou nog baie tyd om iets te maak.

Dit kan lekker baie pret wees.
Die volgende uitgawe sal daar 'n paar idees wees wat julle kan volg en gebruik.

Nou ja, maats soet wees en mooi bly ek praat weer volgende maand met julle. Onthou om op ons Facebook blad te gaan loer dit is www.topvibe.co.za of top vibe kids magazine.

My nommer is 072 768 8582 as julle wil praat, ek wag om van julle te hoor.
Liefde Tannie Charms

Top Vibe
Online KIDS Magazine

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HAVE FUN!!!

Guidelines from the Department of Health and Human Services say that children and adolescents age 6 and older need at least an hour a day of physical activity. Most of the hour should be either moderate or vigorous aerobic activity. Vigorous activity should be included at least three days a week. Children should also participate in muscle-strengthening and bone-strengthening activities at least three days a week.

The Department of Health and Human Services recommends that children ages 3 to 5 be physically active throughout the day to enhance their growth and development. Adults that care for children can encourage them to participate in active play that includes a variety of activities.

Many common school-age activities — such as playing on playground equipment and jumping rope — cover all the bases at once. Organized sports such as baseball or soccer are a great way to stay fit too. But team sports or dance classes aren't the only options.

Get creative as you search for activities your child enjoys. If your child is artistically inclined, consider a nature hike to collect leaves and rocks for use in a collage. If your child likes to climb, head for the nearest jungle gym or climbing wall. If your child loves reading, walk or bike to a local library for a book. Or simply turn on your child's favorite music and dance together.

Exercise with your child to better your own health while helping your child develop sound exercise habits. You are a role model as a parent, and your child is more likely to be physically active if you make physical activity a family priority.

Remember, incorporating physical activity into your child's daily routine sets the foundation for a lifetime of fitness and good health. Other benefits include improved aerobic fitness, muscle strength and endurance in children ages 6 to 17, improved bone health and weight status in children ages 3 to 17, and reduced risk of depression in children ages 6 to 17. Children ages 6 to 13 can also have improved cognitive function, such as thinking and memory skills, with regular physical activity.

EXERCISE



Healthy food for kids

What is a healthy meal? How do you know your child is getting the right amount of nutrients everyday? Let's look at the recommended mix of nutritious food options you should be including in your child's diet:
1. 5 portions of fruit and vegetables a day.
2. A third of a plate of starchy foods at each meal like; potatoes, pasta or rice for energy and some fibre.
3. Protein in the form of dairy because it is rich in calcium, which is essential for strong bones.
4. Meat, fish, eggs and beans are also important protein options.
5. Healthy fats and sugars from fruit, peanut butter and soft margarine give your child lots of energy.

Breakfast, lunch and dinner
What you serve your child for breakfast will be very different to what you prepare for lunch and dinner. Each meal should always incorporate foods from all the food groups: protein, carbohydrates, fruits and vegetables.

cornflakes_bananna

Healthy breakfast for kids
Beginning the day with a well-balanced meal means that your child has the right amount of energy for school and playtime. Try to include healthy starches like oatmeal, whole grain toast or fortified toddler cereal. Add to that some milk, yogurt, peanut butter or cheese so that your child gets the right amount of protein too. A few cubed pieces of fruit added to that will ensure your child gets the best start to the day.

Nutritious lunch ideas
Whether you are packing a lunch for school or preparing something at home, try and add all the food groups. A little



A little bit of fruit and some carrot sticks for a snack is an easy way to keep the meal healthy. Make sandwiches out of wholegrain bread or add brown rice to a cooked dish. Include some cheese in the sandwich or even as part of the snack portion of the meal. Remember, meat, fish, chicken, eggs and beans are all great sources of protein that will keep your child energised till the afternoon.

family_dinner

Delicious dinners for the whole family
Dinner is family time in many homes. Prepare a nutritious meal that everyone can enjoy together. Include a balance of starch, protein, vegetables and healthy fats and remember that your child will follow your lead when it comes to healthy eating habits.

Research has shown that children's risk of being overweight and obese is reduced when at least one meal a day is consumed as a family at the dinner table. Try to avoid eating in front of the TV at all costs

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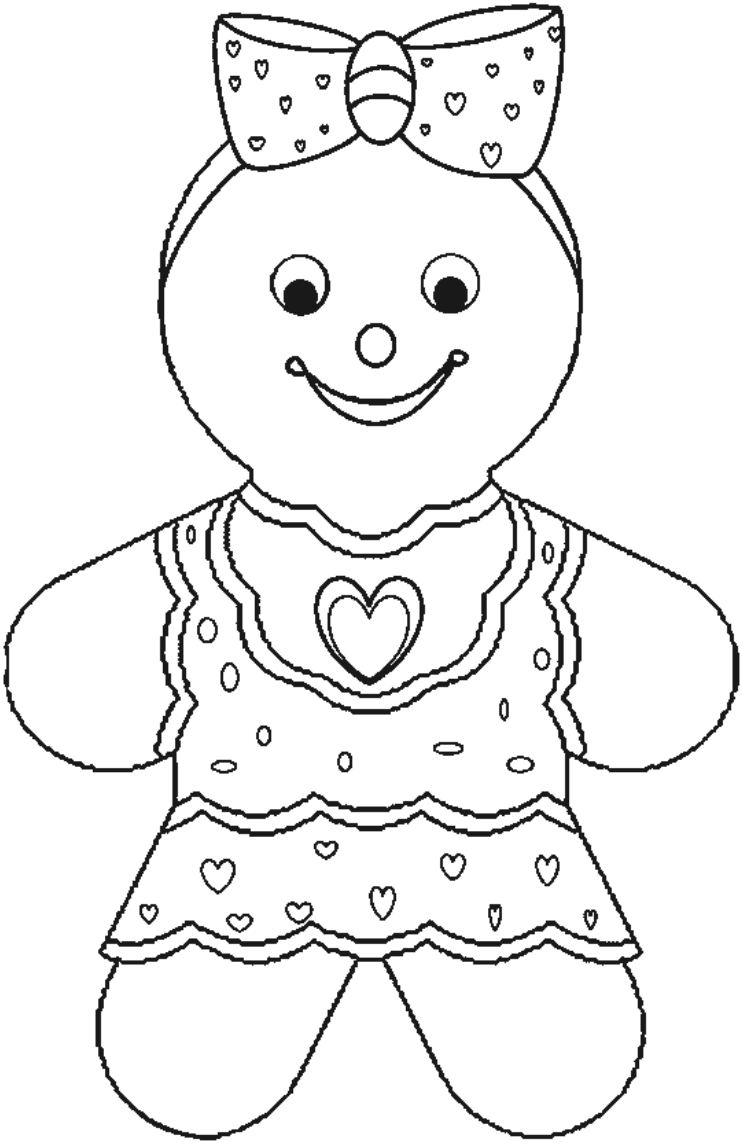


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Dignity Dreams



In disadvantage households struggling to survive the decision whether to buy a bread or a sanitary pad to manage a young girl's period is commonly made.
More often than not, the stomach wins.
Girls often resort to unhealthy alternatives such as old socks, newspapers ect just to be able to attend school.

1 WASHABLE PAD = 144 DISPOSABLE PADS
ONE WASHABLE PAD CAN MAKE A DIFFERENCE
R250 for one washable pad that will last 4 years

With the crowning of 2014 winner the beautiful Janet Potgieter, came new opportunities, dynamics and movement to give dignity back. "Think about what you will say to someone if you can't give then hope." The truth behind these came back to haunt Janet when she stood between 42 000 people in *Bulengo Displacement Camp in North - Kivu in the Eastern Democratic Republic of the Congo*, a mere 6 weeks after won this prestigious title.

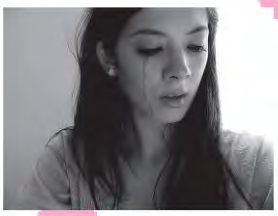
Meeting extraordinary women in horrific circumstances, she learnt that you CAN GIVE SOMEONE AT LEAST THEIR DIGNITY BACK.
Let's stand together and get INVOLVED in making a difference in someone's life and give back their dignity.

By donating you can keep a girl child in school during menstrual cycles for up to 4 years.

A section 18A will be issued to you for the total amount.

Please contact for the Vaaltriangle area:

Mrs SA Globe 2019 Erika Breytenbach - 072 777 2861 or Charmaine Britz 072 768 8582





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