Top Vibe

Online KIDS Magazine

Issue 14



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Redakteurs nota

Charms



Liewe maatjies,

Ek is stom geslaan, kan nie glo dat die tydskrif nou een jaar oud is nie, die tyd het so vinnig verby gevlieg.
Daar was nie eers tyd vir 'n verjaarsdag partydjie of koek nie.
Maar volgende jaar wanneer ons twee word dan sal ons vroegtydig iets reël vir julle met lekker pryse wat gewen kan word.

Ons is opsoek na voorblad gesigte vir 2020. Mamma laat weet ons gerus as jy jou kind se gesiggie op ons voorblad wil hê. Daar is net 12 twaalf voorblaaie.

Maatjies vertel ons bietjie waarvan julle die meeste hou in die tydskrif of is daar iets wat julle graag sal wil lees.

Deel julle idees met ons, en ons sal dit gebruik.
Gelukkig is die winter nou amptelik verby en julle kan nou lekker buite speel en hope pret hê.

Dan kan julle weer langs die swembad baljaar en lekker pret hê.

Die skool sluit ook al amper dan is dit weer vakansie tyd.

Jinne, ek wens soms dat ek nog op skool was sodat ek ook so baie vakansie kan hou. Dit is darem lekker om 'n "kinders" te wees.
Maatjies nou is dit skouer aan die wiel sit en hard leer, voor ons weet is dit die einde van die jaar en Kersvader kom kuier.

Almal is al klaar opgewonde as jy net van Kersvader praat, want dit beteken lekker eet en baie geskenke.

Maats, ek moet ook nou groet, en my goedjies klaar maak anders is daar nie 'n tydskrif nie.

Julle moet nou mooi soet wees, eet al julle kossies op en onthou hard leer, en help vir Mamma met takies in en om die huis.
Tot volgende maand. Tannie Charms

Top Vibe
Online KIDS Magazine

E- mail: admin@topvibe.co.za
Website: www.topvibe.co.za
Call: Charmaine 072 768 8582/ Stella 060 771 9407

Comments:
Please write to us or contact us to share your opinion, ideas & comments. Charms P. O. Box 60130 Vaalpark 1948 or by E-mail: admin@topvibe.co.za

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Malea Avis

Kyk nou net hierdie pragtige meisiemens, met haar welerige bos hare en pragtige groot oë.





Sy is 'n pragtige jong dametjie, wat hou van die kamera op haar.
Dankie dat jy deel was van ons voorblad dit is altyd lekker om sulke mooi mensies op die voorblad te kan hê.

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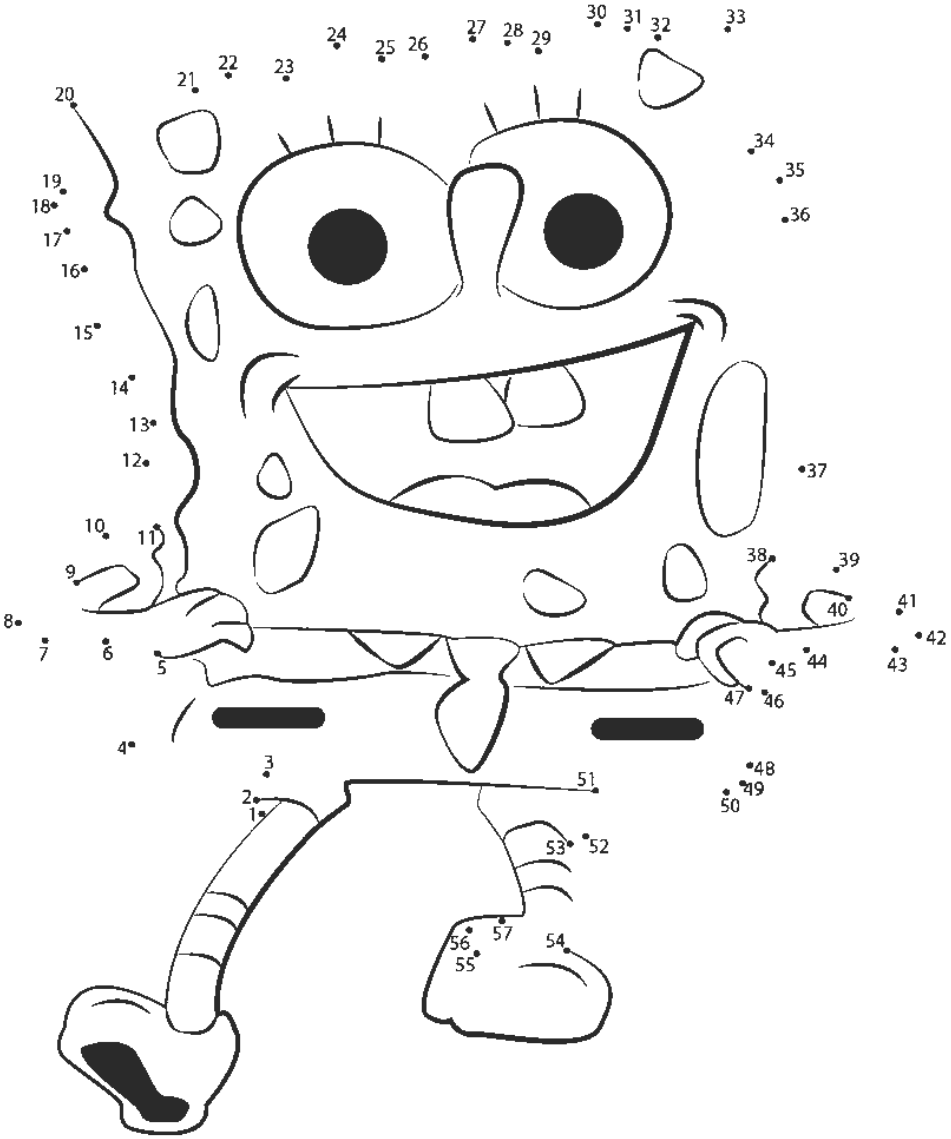
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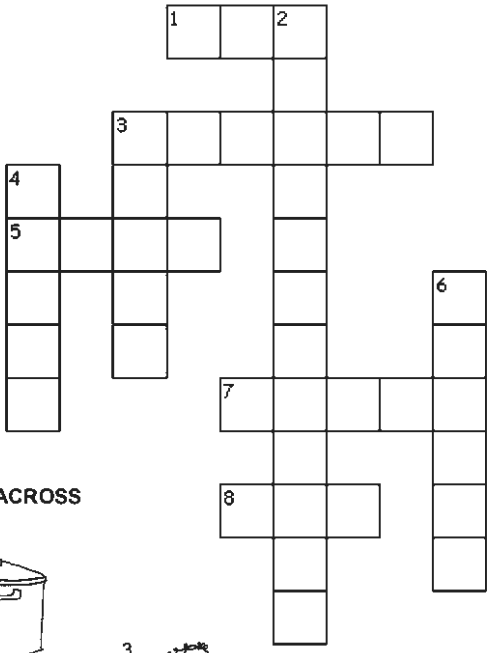






Crossword puzzle

I Know an Old Lady Who Swallowed a Pie



WORD BANK

AUTUMN
BREAD
CAKE
CIDER
POT
PIE
PUMPKIN
ROLL
SALAD
SWALLOWED
THANKSGIVING
TURKEY

ACROSS

1.


3.


5.


7.


8.


DOWN

2. Happy _ _ _ _ _ _ _ _ _ _ _!

3.


4.


6.


Safety around your swimming pool



On a sizzling summer day, there's nothing better than taking a refreshing dip in a swimming pool. But that private oasis in your backyard can be a big safety hazard for kids.

More than 3,700 people drowned in 2017. Drowning deaths are particularly prevalent among babies and toddlers. Drowning was the leading cause of preventable death for 1- to 4-year-olds in 2017.

Here are precautions you can take to protect your children while still letting them have fun in the pool this summer.

Build a pool fence

The best safety measure homeowners can take is to install a fence around their pool. This forms a barrier that will keep kids out of the water when you're not outside to supervise them. Fence gates should open outward, away from the pool area, and be self-closing and self-latching.

Install an alarm system:

Want to add an extra layer of protection to keep kids out of the water when you're not around? Install alarms that alert you when gates to the pool are opened.

Have rescue equipment:

Have rescue equipment and a first aid kit nearby.
Make sure you have a life ring, rescue tube or life hook (also called a shepherd's hook) that you can use to pull someone from the water to safety. This rescue equipment should be stored near the pool in a clearly marked and accessible area, and periodically checked to make sure it's in good condition, according to the Association of Pool & Spa Professionals. You'll also want to have a first aid kit on hand that's stocked with all essentials.

Inspect the pool area daily: For slip hazards
Kids (and adults) can trip on objects and fall into the water if these items are left near the edge of the pool. Make sure floats, tubes, toys and cleaning equipment are stored away from the water when they're not in use.

Set pool rules:

Educate your loved ones on what pool conduct is and is not acceptable. You might even create a list of "official" pool rules that includes these basic instructions:

- Don't run on the pool deck
- Don't dive into shallow water
- Don't push anyone into the pool
- Don't swim without an adult present
- Don't dunk or hold anyone under water

Enjoy the pool this summer

Healthy Food for Kids.

Have kids who are hooked on junk food? With these simple tips, you can get kids to eat right without turning mealtimes into a battle zone.

How does healthy food benefit kids?

Peer pressure and TV commercials for junk food can make getting your kids to eat well an uphill struggle. Factor in your own hectic schedule and it's no wonder so many kids' diets are built around convenience and takeout food. But switching to a healthy diet can have a profound effect on children's health, helping to maintain a healthy weight, avoid certain health problems, stabilize their moods, and sharpen their minds. A healthy diet can also have a profound effect on a child's sense of mental and emotional wellbeing, helping to prevent conditions such as depression, anxiety, bipolar disorder, schizophrenia, and ADHD.

Eating well can support a child's healthy growth and development into adulthood and may even play a role in lowering the risk of suicide in young people. If your child has already been diagnosed with a mental health problem, a healthy diet can help your child to manage the symptoms and regain control of their health.

It's important to remember that your kids aren't born with a craving for French fries and pizza and an aversion to broccoli and carrots. This conditioning happens over time as kids are exposed to more and more unhealthy food choices. However, it is possible to reprogram your children's food cravings so that they crave healthier foods instead.

The sooner you introduce wholesome, nutritious choices into your kids' diets, the easier they'll be able to develop a healthy relationship with food that can last them a lifetime. And it can be simpler and less time-consuming than you imagine. With these tips, you can instill healthy eating habits without turning mealtimes into a battle zone and give your kids the best opportunity to grow into healthy, confident adults.

ncourage healthy eating habits

Whether they're toddlers or in their teens, children develop a natural preference for the foods they enjoy the most. To encourage healthy eating habits, the challenge is to make nutritious choices appealing.

Focus on overall diet rather than specific foods. Kids should be eating more whole, minimally processed food—food that is as close to its natural form as possible—and less packaged and processed food.

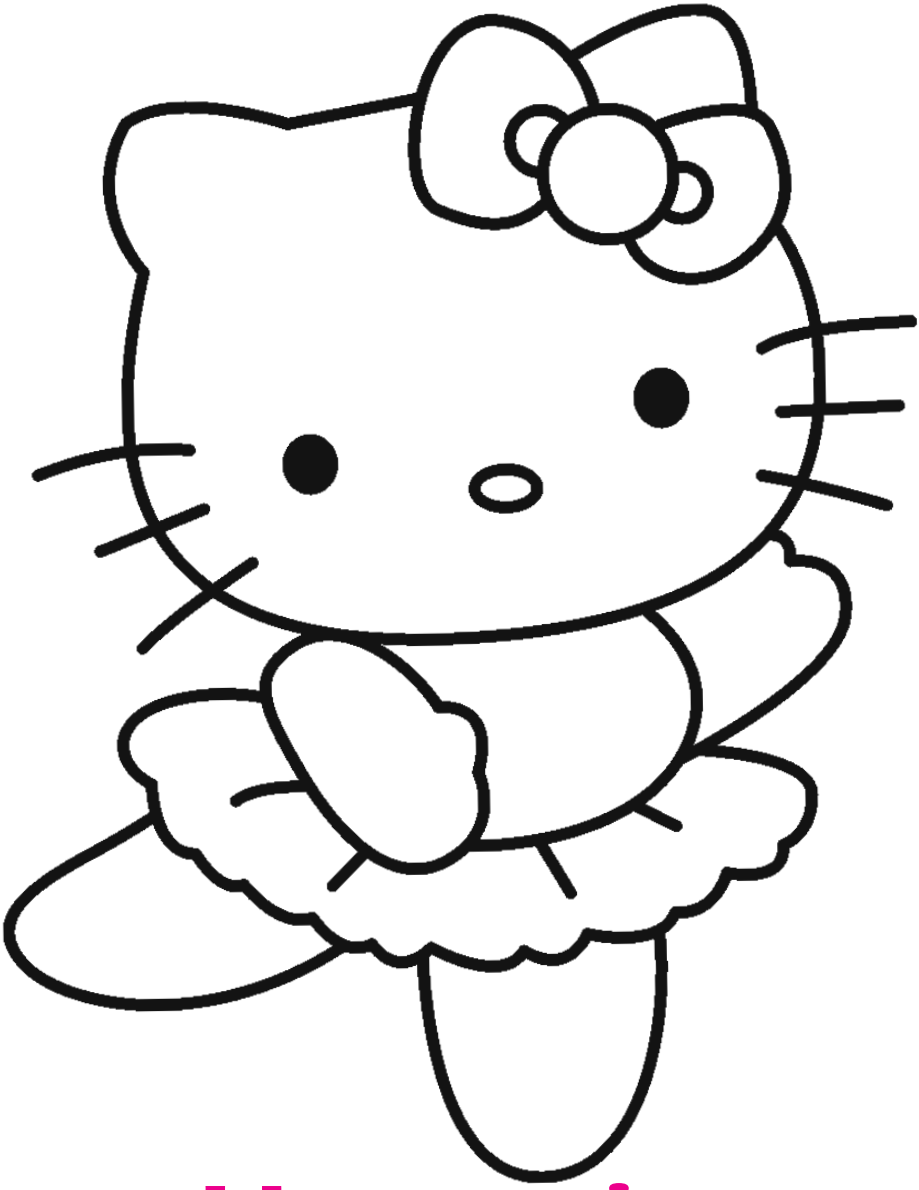
Be a role model. The childhood impulse to imitate is strong so don't ask your child to eat vegetables while you gorge on potato chips.

Disguise the taste of healthier foods. Add vegetables to a beef stew, for example, or mash carrots up with mashed potato, or add a sweet dip to slices of apple.
Cook more meals at home. Restaurant and takeout meals have more added sugar and unhealthy fat so cooking at home can have a huge impact on your kids' health. If you make large batches, cooking just a few times can be enough to feed your family for the whole week.

Get kids involved in shopping for groceries and preparing meals. You can teach them about different foods and how to read food labels.

TO CONTINUE THE NEXT ISSUE.

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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.

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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.

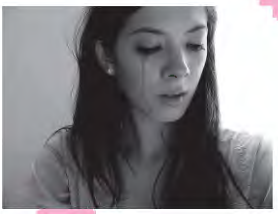
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