

# Top Vibe

Kids Magazine

ONLINE  
JULY 2022 ISSUE 48

*Winter party ideas*

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***Helping Kids Deal With Bullies***

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ONLINE Kids Magazine

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3.

WINTER PARTY IDEAS:

You can still have fun with a party in the winter.

4.

HELPING KIDS DEAL WITH BULLIES:

Read about how to deal with a bully and how to help your child



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: Meet our Ambassadors for 2022.  
Dyne Mulder, Meagan Rielander & Tanita de Gouveia.

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

Little girl staying warm the winter.

5. MODEL BACK PAGE 20

Back page: Next Issue Aug remember it's Women's day 9 Aug 2022



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

REDAKTEURS  
NOTA

Liewe maats,

Brrr, dit s bitter koud, en glad nie lekker nie die winter koue maak ons siek.

Julle moet altyd kouse en skoene en warm klere dra in die winter, vrugte eet en vitamies drink sodat julle gesond kan bly.

Kom ons hou duim vas dat die winter gou verby gaan en dit weer lekker warm kan wees.

Hier is lekker leesstof vir julle in die uitgawe. Vra ma of pa on die tydskrif vir jou af te laai by [www.topvibe.co.za](http://www.topvibe.co.za) of gaan na ons Facebookblad.

Facebook: <https://www.facebook.com/vibekids.britz>

Pas julle mooi op tot vogende maand. Liefde

Charms

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GLAMOUR TALK MAGAZINE  
50+ MAGAZINE / TYDSKRIF

# AMBASSADORS



Hallo,

We celebrate Mandela Day every year by collecting non-perishable food items to make food packages for the needy. This year we would like to make more than 67 packets to help others.

We also made over hundred instant soup in coffee containers which we also donated to those in need.

I would like to encourage everyone to try and make a difference in their community by helping those in need for Mandela Day. I am definitely looking forward to making Mandela Day successful this year.

Love **Tanita**



Hoekom honde `n man se beste vriend is!

Honde word daaraan geken om die beste vriend van die man te wees. Nie katte nie, nie hamsters nie, nie lizzards nie. Honde! Vir my is dit eenvoudig, honde is net fantasties! Baie mense verkies eerder honde se geselskap as dié van mense. As jy goed is vir `n hond, sal hy vir jou goed wees. Ek het `n hond.

Wanneer `n hond dink jy is in gevaar, sal hy enigiets doen om jou te beskerm. Selfs as dit beteken dat hulle self in gevaar is. As jy `n baie slegte dag gehad het en `n bietjie TLC nodig het, sal jou hond reg langs jou wees om jou gesig te lek en gee jou al die knuffels wat jy ooit nodig het!

Selfs in die oggend as ek uit bed opkom, sit my hond buite my kamer en wag. dan moet ek haar `n vinnige knuffel gee voordat ek verder beweeg. Die beste manier om `n dag te begin! Ek is daarvan oortuig dat my hond slimmer is as ek LOL!

Katte is oulik, hamsters is harig en lizzards is ... errrrmm ... nevermind. Maar honde is die beste. vir my is dit `n eenvoudige vergelyking: honde = liefde. Ek kan my lewe sonder my hond nie voorstel nie en ek wil nie!

Ek hoop jy het hierdie artikel geniet!

Liefde  
**Dyne Mulder**



Hello Readers,

We did the blood drive on the 16<sup>th</sup> of June, must say it was a very very cold day, but we did it.

Thank you to all the people that donated blood, you are HERO'S.

Jippyyyyyy. It's finally July! The exams are finally over. Studying is over and now we can chill all day long (well the kids of course)

We can stay in pajamas all day and watch Netflix with hot chocolate.

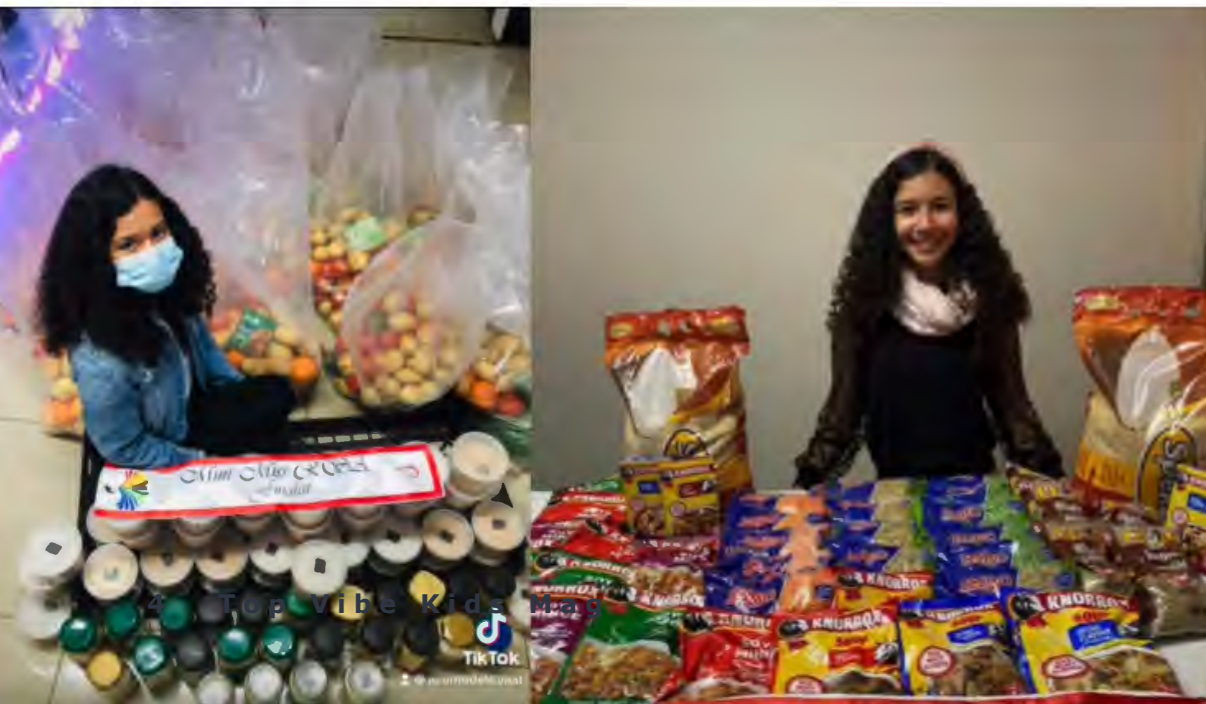
Remember : This month is also Nelson Mandela Day. Remember to contribute 67minutes to a charity close to your heart.

As Nelson Mandela once said, "A winner is a dreamer who never gives up."

Please make a difference.

Love

**Meagan**



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Minnaar Str, Vaalpark

Tyd: 10H30

**GRATIS  
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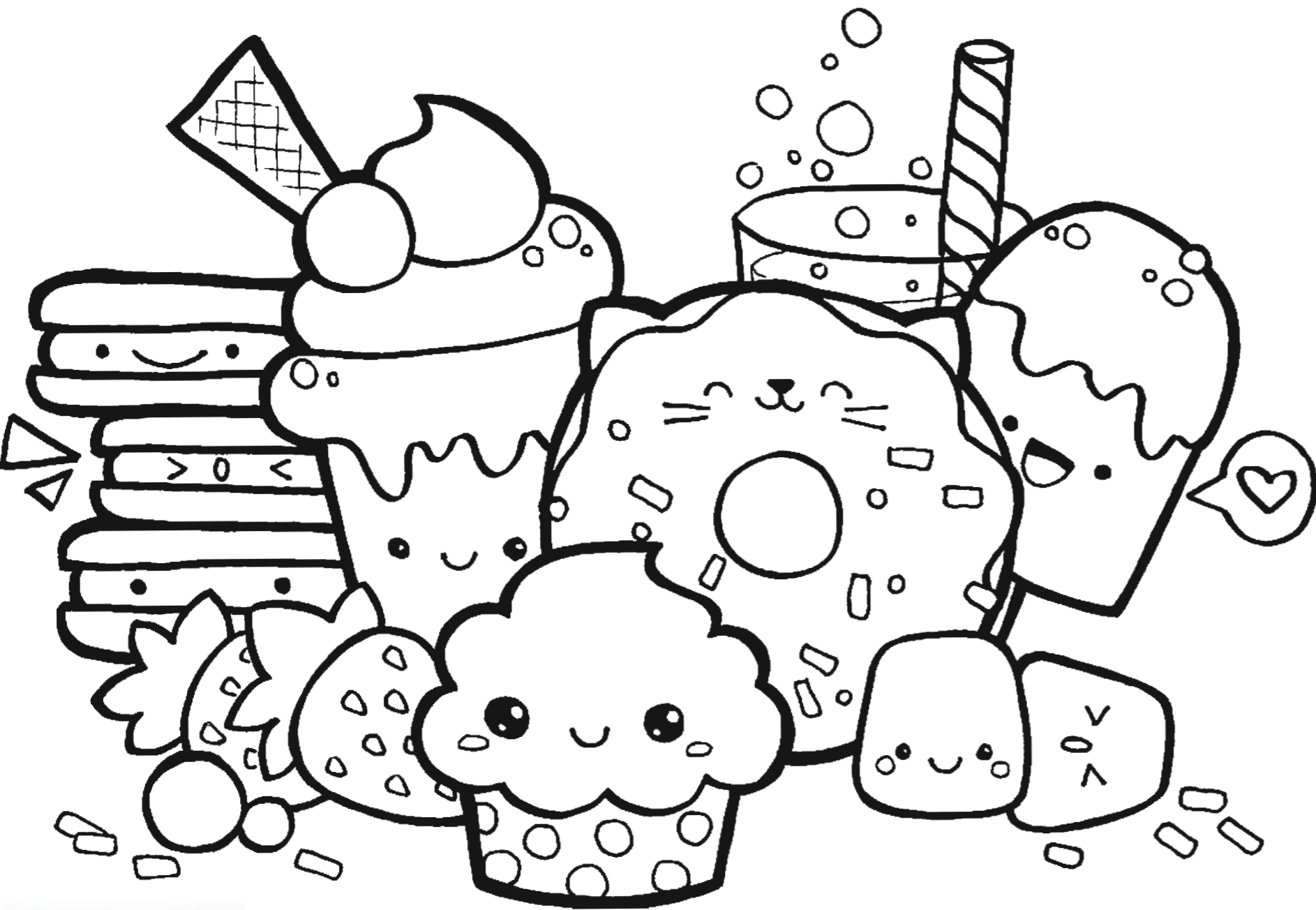
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*Kids let's  
have fun....*



# Chef Tommy



**Hallo Maats,  
Kom ons maak heerlike  
pannekoek vir die winter.**

## **Benodig:**

**1x koppie koekmeel**

**1 1/4 x koppie melk**

**2 x eiers**

**Knippie sout.**

**Kaneel en suiker gemeng om  
bo op pannekoek te gooi.**

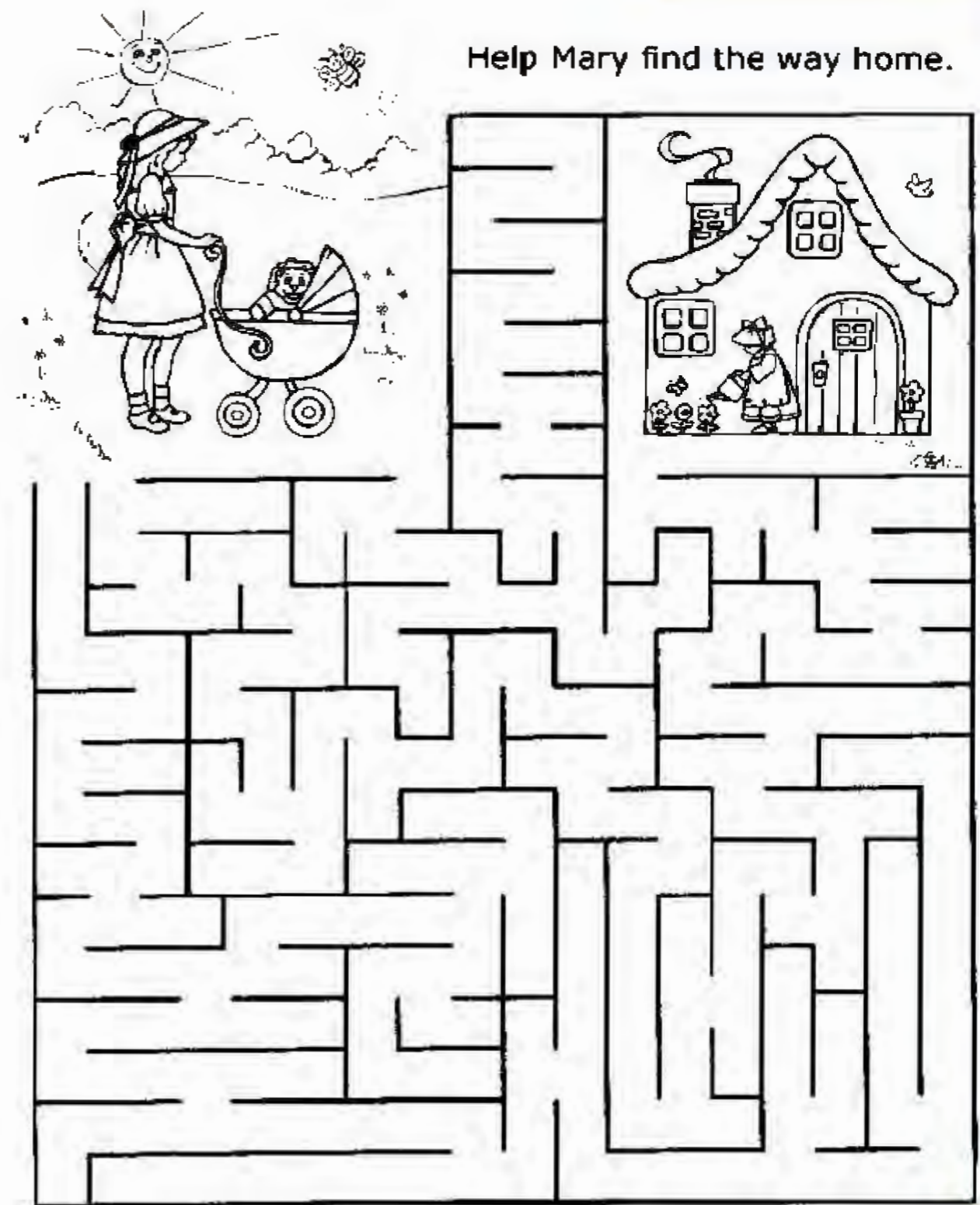
## **Metode:**

**Voeg al die bestandele saam  
meng goed tot 'n gladde  
deeg.**

**Gooi 'n 1/2 soplepel in 'n  
warm pan ek bak tot gaar in  
alby kante.**

**Strooi suiker en kaneel oor  
wat voor af gemeng is.**

**Rol op en bedien...**



*Kom bak en brou saam met my!*

# Winter party ideas



## CHEF PARTY:

A party where the kids create their own meal is fun and easy, plus you can adapt this theme to accommodate kids of all ages. Make it a pizza party with already-prepared dough divided up into small balls. Set out bowls of grated cheese, sauce and assorted toppings — then leave the rest of the work to the kids. Use extra dough for dessert pizzas topped with Nutella and ice cream. Make invitations that look like menus and give everyone their own chef hat, apron and wooden spoon for party favors.

There are always plenty of holiday plays and puppet show performances during the winter season. Take the partygoers out for a show and then afterward, hit the town for dessert or set up an ice-cream sundae bar at home. Make invitations look like a playbill and include autograph books with pens for goody bags — they'll be useful after the show.

## LEGO PARTY:

Many craft stores offer Lego-building parties, but you can throw a bash with this theme at home for a fraction of the cost. Purchase small inexpensive Lego kits for the kids to construct or set up plastic buckets with a variety of Legos (you can buy large assortments for cheap on eBay) for kids who like to create their own masterpieces.

Create the party theme with Lego cardboard cut-outs, a Lego-shaped birthday cake and a game of hide-the-Lego, and then send the kids home with cool, Lego-filled goody bags.

## ROCK CLIMBING PARTY:

Let kids climb the walls all they want at a rock-climbing gym. You can usually find one in most large cities and it's a perfect party place for energetic kids. They offer a variety of climbing structures to choose from, so they're great for children of all ages. If everyone's new to the sport, then go for the party package, which typically includes instructions and all the gear to keep them vertical for hours.

How do you make an indoor birthday fun?

### Classic Party Games

- Balloon stomp.
- Beanbag toss.
- Freeze dance.
- Hide and seek.
- Limbo.
- Simon says.
- Treasure hunt.



# Healthy winter food for kids

As winter days grow colder and darker, it can be challenging to find the energy to keep eating healthy. After all, sweets and comfort foods go hand in hand with the winter season. But with a bit of planning, it can be easy to prioritize healthy nutrition for the whole family.

"Eating healthy, well-balanced meals plays a big part in helping maintain a healthy body weight and achieving our health goals," says Ashley Kim, Registered Dietitian with Get Up & Go by Children's Health<sup>SM</sup>.

While a well-balanced diet is important year-round, it can be especially important during the winter cold and flu season. "Paying attention to the nutrient adequacy of our diets helps provide important vitamins and minerals we need to boost our body's immunity to illness during the winter months," Kim explains

Eating healthy can be a challenge all year long – not just the winter. Try to think of creating well-balanced meals as an opportunity rather than a chore. Get kids excited about trying new fruits and vegetables by selecting recipes together. Involve everyone – even children – in the planning and preparation of meals, to the extent that kids' ages safely allow.

"If you make eating well a whole-family goal, it's going to be easier to stay motivated because everyone can cheer each other on," Kim says.

In addition to incorporating new healthy foods, challenge family members to come up with new ways to prepare food items they already know and love. Keeping nutrition fun is a great way to encourage kids to

develop lifelong healthy eating habits. No matter the weather, aim to serve well-balanced meals with a variety of fruits, vegetables, protein, grains and dairy. "Ideally, we want to fill half the plate with fruits and vegetables, a quarter with a protein, a quarter with a whole grain and include a dairy group," Kim explains.

And remember that kid-friendly healthy meals don't have to be fancy. "Especially when we're working with younger children, it's best to keep things simple," Kim adds. "Kids typically like to be able to identify what they're eating."

As the temperatures drop, try offering these easy cold weather meals:

**Soups** – When it comes to soups, the options are endless. Spice up kid-favorite chicken noodle soup by adding carrots, celery and even broccoli or red pepper. Encourage kids to try other soup varieties like vegetable, minestrone, lentil, potato, broccoli cheese, tortilla or tomato. Soups are a great (and warm) way to encourage kids to eat their vegetables and get a healthy portion of protein. If buying canned soup, check the food label and be mindful to limit the amount of sodium. You can also make soup at home to create healthier versions that incorporate vegetables. For instance, try blenderizing cauliflower into a soup.

**Hot sandwiches** – Swap out your child's typical sandwich for a hot "panini" style deli sandwich. Toast two slices of whole-grain bread before adding a lean protein. Add a piece of cheese and some color with tomato or leafy greens.

**Oatmeal** – Instead of cold breakfast cereal, start kids' mornings off with a bowl of warm oatmeal. Add fruit, cinnamon, applesauce or a small amount of honey to add a tasty burst of flavor.

**Crockpot meals** – On the busiest winter days, take a few minutes to throw some ingredients into a crockpot, and dinner will practically cook itself. From chili, soup or stews to crockpot lasagna, sloppy joe or chicken fajitas, you can find a slow cooker recipe for nearly any dish your child loves. Just a few minutes of prep, several hours of cooking on low, and your meal is ready by dinner time.

Create healthier versions of your winter favorites – Many meals can be made healthier with simple food swaps or by adding extra vegetables into foods your kids already enjoy. Don't shy away from frozen, canned or freeze-dried fruits or vegetables, especially during winter when fresh produce can be harder to find. Because they have a longer shelf life and are budget-friendly, they may be easier to incorporate into your family's recipe routine. For example, add a can of pumpkin puree to your morning pancakes to add a boost of nutrition. Here are some other ideas for healthier versions of kid favorites:

It's important to set realistic goals for your kids' daily nutrition. Try to serve fruits and vegetables with every meal. But realize that, given everyone's busy schedules, it may not be reasonable to expect every meal to include an item from every food group. Instead, make it a goal to serve a variety of different types of healthy foods routinely





# Beat the winter Blues.....



## Fun Ways for Kids to Beat the Winter Blues.

**Play in the Sand.** There is something about throwing on a swimsuit, getting out the sand toys, and pretending we're somewhere tropical that just begs you to be in a good mood.

**Go "Camping"**

**Have a Cooking Class.**

**Build a Fort.**

**Go Skating.**

**Crafts.**

**Puzzles.**

**Tea parties.**

Do the chilly, gloomy days of winter make you want to curl up under the covers and stay there until the sun shines again? You're not alone. During our dark and rainy Pacific Northwest winters, we get less of the mood-boosting help of sunlight, which may set the stage for the winter blues. What can you do to beat the blues when the short, dark days are getting you down?

### Overcoming the winter blues

Here are 8 ideas to get past the winter blues recommended by Kaiser Permanente physician Amado Daylo, MD (Assistant Medical Director of Behavioral Health Services).

### Exercise

Bundle up for a walk, swim indoors, or head to the gym. Exercise can work as well as antidepressants (drugs to control a person's mood) in fighting mild-to-moderate depression.

### 2. Check your vitamin D levels

Sunlight is a source of vitamin D, a nutrient linked to sharper thinking and better emotional health. Check with your doctor about whether a vitamin D supplement is right for you.

### 3. Get some light therapy

Give yourself every opportunity for daylight, such as placing exercise equipment or your work area near a window. Lamps that simulate natural light can also help.

### 4. Eat a healthy diet

Complex carbohydrates such as whole grains can boost your energy and are vital year round. Fruits and veggies of deep green or orange, like broccoli, kale, and carrots, have nutrients that promote better mood and total health.

### 5. Stimulate your senses

Some people find that painting their walls a bright color — or even their nails — can improve their outlook. Scents can add to your feeling of well-being; try peppermint essential oil or some other energizing scent.

### Nurture your spirit

Slow down and curl up in a cozy chair with a good book or write in your journal.

### 7. Head to a sunnier climate

If time and budget allow, plan a midwinter visit to a warmer, sunnier climate.

### 8. See a therapist

A therapist can help you train your brain to think more positively, which can also make you feel better physically.



# Helping Kids Deal With Bullies

A bully can turn something like going to the bus stop or recess into a nightmare for kids. Bullying can leave deep emotional scars. And in extreme situations, it can involve violent threats, property damage, or someone getting seriously hurt.

If your child is being bullied, you want to act to help stop it, if possible. You can help your child cope with teasing, bullying, or mean gossip, and lessen its lasting impact. And even if bullying isn't an issue right in your house right now, it's important to discuss it so your kids will be prepared if it does happen.

## When Is it Bullying?

Most kids get teased by a sibling or a friend at some point. And it's not usually harmful when done in a playful, friendly, and mutual way, and both kids find it funny. But when teasing becomes hurtful, unkind, and constant, it crosses the line into bullying and needs to stop.

Bullying is intentional tormenting in physical, verbal, or psychological ways. It can range from hitting, shoving, name-calling, threats, and mocking to extorting money and possessions. Some kids bully by shunning others and spreading rumors about them. Others use social media or electronic messaging to taunt others or hurt their feelings.

It's important to take bullying seriously and not just brush it off as something that kids have to "tough out." The effects can be serious and affect kids' sense of safety and self-worth. In severe cases, bullying has contributed to tragedies, such as suicides and school shootings.

## Why Do Kids Bully?

Kids bully for a mix of reasons. Sometimes they pick on kids because they need a victim — someone who seems emotionally or physically weaker, or just acts or appears different in some way — to feel more important, popular, or in control. Although some bullies are bigger or stronger than their victims, that's not always the case.

Sometimes kids torment others because that's the way they've been treated. They may think their behavior is normal because they come from families or other settings where everyone regularly gets angry and shouts or calls each other names. Some popular TV shows even seem to promote meanness — people are "voted off," shunned, or ridiculed for their appearance or lack of talent.

## What Are the Signs of Bullying?

Unless your child tells you about bullying — or has visible bruises or injuries — it can be hard to know if it's happening.

But there are some warning signs. Parents might notice kids:

acting differently or seeming anxious  
not eating, not sleeping well, or not doing the things they usually enjoy  
seem moodier or more easily upset than usual

avoiding certain situations (like taking the bus to school)

If you suspect bullying but your child is reluctant to open up, find ways to bring up the issue. For instance, you might see a situation on a TV show and ask, "What do you think of this?" or "What do you think that person should

have done?" This might lead to questions like: "Have you ever seen this happen?" or "Have you ever experienced this?" You might want to talk about any experiences you or another family member had at that age.

Let your kids know that if they're being bullied or harassed — or see it happening to someone else — it's important to talk to someone about it, whether it's you, another adult (a teacher, school counselor, or family friend), or a sibling.

## What Can Parents Do?

If your child tells you about being bullied, listen calmly and offer comfort and support. Kids are often reluctant to tell adults about bullying because they feel embarrassed and ashamed that it's happening, or worry that their parents will be disappointed, upset, angry, or reactive.

Sometimes kids feel like it's their own fault, that if they looked or acted differently it wouldn't be happening. Sometimes they're scared that if the bully finds out that they told, it will get worse. Others are worried that their parents won't believe them or do anything about it. Or kids worry that their parents will urge them to fight back when they're scared to.

Praise your child for doing the right thing by talking to you about it. Remind your child that they're not alone — a lot of people get bullied at some point. Explain that it's the bully who is behaving badly — not your child. Reassure your child that you will figure out what to do about it together.

In surveys, most kids and teens say that bullying happens at school. Let someone at school (the principal,

school nurse, or a counselor or teacher) know about the situation. Often they can watch and take steps to prevent further problems.

## Advice for Kids

Parents can help kids learn how to deal with bullying if it happens. For some parents, it may be tempting to tell a kid to fight back. After all, you're angry that your child is suffering and maybe you were told to "stand up for yourself" when you were young. Or you may worry that your child will continue to be bullied, and think that fighting back is the only way to put a bully in their place.

But it's important to advise kids not to respond to bullying by fighting or bullying back. It can quickly escalate into violence, trouble, and someone getting injured. Instead, it's best to walk away from the situation, hang out with others, and tell an adult.

Here are some other ways kids can improve the situation and feel better:

Avoid the bully and use the buddy system. Use a different bathroom if a bully is nearby and don't go to your locker if nobody else is around. Make sure you have someone with you so that you're not alone with the bully. Buddy up with a friend on the bus, in the hallways, or at recess — wherever the bully is. Offer to do the same for a friend.

Hold the anger. It's natural to get upset by the bully, but that's what bullies thrive on. It makes them feel more powerful. Practice not reacting by crying or looking red or upset. It takes a lot of practice, but it's a useful skill for keeping off of a bully's radar. Sometimes kids find it useful to practice "cool down" strategies such as counting to 10, writing down their angry words, taking deep breaths, or walking away.

Do you have a child that is a bully? or Is your child been bullied? Send us an e mail at [admintopvibe.co.za](mailto:admintopvibe.co.za)

# MAGAZINE

## Media House



**NEXT ISSUE - AUGUSTUS 2022**

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