

Top Vibe

ONLINE
FEBRUARY 2023
ISSUE 55

Kids Magazine



Facts about Donkeys

**Life skills to teach
kids before age 10**

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INDEX

CONTENT

Top Vibe
ONLINE Kids Magazine

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1.

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3.

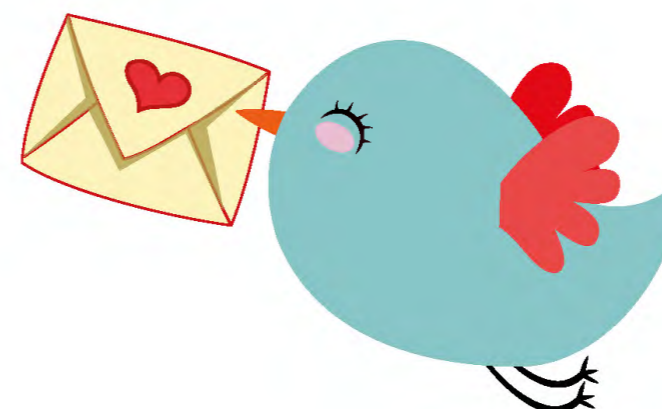
FACTS ABOUT FRUIT :

Do you love fruit?
I sure hope so...

4.

FACTS ABOUT DONKEYS:

Learn some facts about Donkeys.



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 2023.
Dyne Mulder, Taygan Botha, Carin Mulder and Sonja Botha

3. IT'S FUN TIME 08

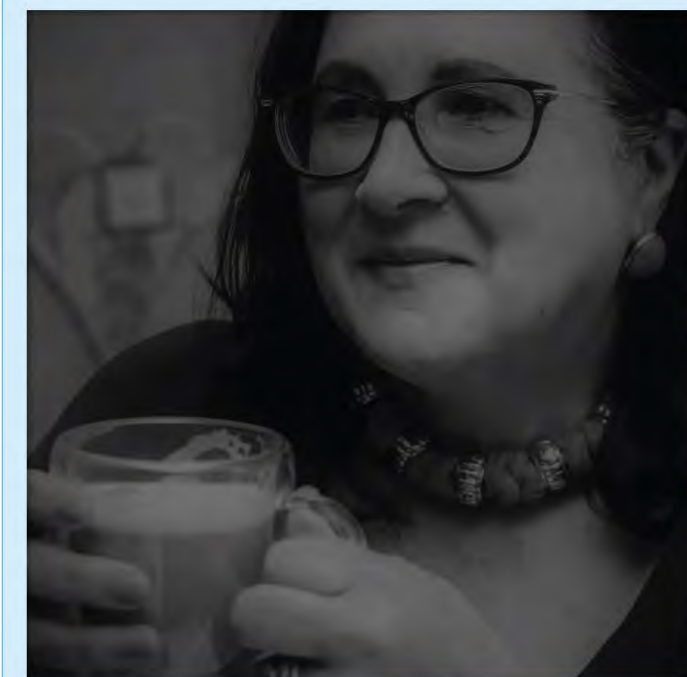
We at Top Vibe Kids Magazine try to keep you busy with fun things to do. Hope you enjoy!

4. MODEL COVER PAGE 01

Our cover page models is anonymous we celebrate Valentine's Day 14 February '23

5. MODEL BACK PAGE 20

Back page: Our next Issue is March 2023.
21 March is Human Rights Day



Photographer: Charmaine Janse van Rensburg.
Venue: Photo Diary & Venue.

REDAKTEURS
NOTA

Liewe maats,

Die eerste maand het gekom en gegaan. Julle het nou julle voete gevind by die skool en nou het die atletiek begin.

Maats dra maar jou hoet, drink genoeg water, dit is vrek warm op die sports veld.

Ons ambassadeurs is hard besig om vir julle lekker lees stof bymekaar te maak.

Ondersteun asseblief ons met die projekte waarmee ons besig is.

Ons begin al kos insamel vir Vaalpets sodat die honde se magies vol kos is in die winter. Ons is ook opsoek na komberse, handoeke enige iets wat ons kan gebruik.

Vra ma of pa om die tydskrif vir jou af te laai by www.topvibe.co.za of gaan na ons Facebook blad. Facebook: <https://www.facebook.com/vibekids.britz>

Pas julle mooi op tot volgende maand. Liefde

Charmaine Britz Top Vibe Kids Mag 3

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

OUR AMBASSADORS

Hallo Maats!

Welkom by ons Februarie uitgawe waar ons ons die maand van liefde vier... Het jy 'n spesiale iemand in jou lewe wat jou "butterfly" 🦋 gee as jy hom of haar sien wel ek het.

Sy is 'n beeldskone mens ons is altwee nog maar baie skaam teenoor mekaar maar glo dit sal verander net tyd. Ek kan nie wag om in die middag te gaan swem sodat ek haar kan sien nie. Ons is nie in die selfde skole nie so kan haar net by die swem in die middag sien.

♥️ A ♥️

Wel my Hoërskool loopbaan het uiteindelik aangebreek ons is deur die ontgroening en was dit nou snacks vir jou ons moes 'n troeteldier gemaak het wat 'n spesifieke bakteria was myne was "Fungus" en ons moes snaakse goed doen maar dit was lekker gewees. Ek is in 'n baie goeie skool en weet sommer my toekoms gaan groot sukses hier wees.

Volgende maand is my swem Levels wat 'n baie groot kompetisie is en ek werk baie hard hiervoor ek sien 'n groot toekoms in my swem.

Julle moet julle skool geniet dit gaan so vinnig verby ek was net nou die dag nog in Gr 1 en nou is ek al in Gr 8. Maats wees veilig en bederf bietjie daai spesiale mens in jou lewe al is dit Mamma of Pappa hulle doen baie vir ons en ons waardeer nie altyd alles nie.

Valentines Groete

Dyne 😊



DYNE MULDER



Liewe vriende

Die jaar het begin met 'n bang. Ek weet ek gaan my jaar op Hoërskool geniet, die ontgroening het gekom en gegaan en dit was 'n fees.

Ek is baie opgewonde oor die jaar wat voorlê.

Julle kan julle glo ons is in die tweede maand van die jaar. En dit is Februarie die maand van liefde.

Ons ambassadeurs is besig met ons eerste projek waar ons van die gryse jeug bietjie gaan bederf met 'n geskenk pak lekker eetgoed en koffie en tee.

So gaan ons ons liefde versprei en 'n verskil maak in ons gemeenskap

Totsiens tot volgende maand

Liefde

Taygan



TAYGAN BOTHA

OUR AMBASSADORS

Goeie dag Maats,

Welkom by 2023, 'n jaar propvol nuwe dinge, liefde en geluk. Mag 2023 vir julle almal net die beste bring. Kan julle glo dit is al Februarie en julle weet seker wat dit beteken. Dit is die maand van liefde:

Wat beteken die woord liefde vir jou? Liefde kan in baie verskillende vorms gesien en gevoel word maar wat beteken dit vir jou as kind? Wanneer laas het jy vir Mamma of Pappa regtig uit jou hart dankie gesê of gesê julle is lief vir hulle. Mens moet nie net liefde vier wanneer ons so goed voel nie maar elke dag. Elke dag is besonders en julle almal is uniek gemaak so wees trots op jouself, gaan vanaand en kyk vir jouself in die spieël en sê: Ek is spesiaal en ek is lief vir jou!

Ek wil graag die volgende interressante feite met julle deel, iets wat ek nie eers geweet het nie en ek is self 'n Mamma. Het julle geweet net soos ons Mammias en Pappas 'n spesiale daggie het, het julle ook en dit val elke jaar op die 1 Junie - Kinderdag. 'n Pasgebore baba sien nie blou nie, maar kan net onderskei tussen rooi en groen. 'n Vierjarige kind vra gemiddeld meer as 900 vrae per dag, glo my dink dit is dalk meer LOL. Een van die slimste kinders in die wêreld is erken as 'n elfjarige inwoner van Egipte en kinders kan op die ouderdom van vier ongeveer 12 000 woorde uitspreek.

Hoop julle het die feite geniet en sien uit na ons volgendste uitgawe waar ek nog dinge met julle sal deel. Kyk mooi na julle self, geniet jou skool loopbaan want dit is in 'n oogwink verby.

Tot volgende keer

Carin

XXX



CARIN MULDER



My naam is Sonja Burger ek is 38 jaar oud en is 'n ma van 3 wonderlike seuns wat my somer lekker jonk hou, hulle is 6, 13 en 15. Ek is 'n assistent by Sueco eiendomme in Sasolburg.

Ek het 'n passie om met mense en kinders te werk. Ek hou van die buite lewe veral kamp en visvang, ek is baie lief vir swem, kook en bak.

Ek het besluit om in "Pageants" te begin deelneem in 2018 omrede ek graag 'n verskil wil maak in ander se lewens en om ander vrouens op te bou en te motiveer.

Ek het in 2018 in Empress Universe deel geneem in New Zealand en ek het die City en State title gewen, in 2021 was ek gekroon as die 2de Prinses en Public Choice van die Mrs Curve afdeling. 2022 was ek gekroon as 1ste Prinses en Public Choice van die Mrs Curve afdeling.

As daar iets is wat ek vandag by julle kan los is dat maak nie saak hoe 'n mens buite lyk nie, jy kan enige iets doen wat jy jou hart op sit, onthou sit altyd al jou vertroue in die Here en Hy sal als kan moontlik maak.

Sonja



SONJA BURGER



MEDIA HOUSE

Top Vibe Magazine Top Vibe Kids Magazine

Glamour Talk Mag 50+ MAGAZINE / TYDSKRIF

Please support our Ambassadors with donations for Dog food, blankets, towels, toys, washing powder, anything useful. Our project will start 1 April and we will DROP OFF 4 June 2023

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DROP OFF
4 JUNE 2023



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Fun facts about the fruits



DO YOU LOVE FRUIT?

What's a fun fact about fruits?

#1 - Apples, peaches and raspberries are all members of the rose family.

#2 - Pumpkins and avocados are fruits not a vegetable.

#4 - A half-cup of figs has as much calcium as a half-cup of milk.

#5 - Green fruits help make your bones and teeth strong

What are 3 things you know about fruits?

Fruit is the sweet, fleshy, edible part of a plant. It generally contains seeds. Fruits are usually eaten raw, although some varieties can be cooked. They come in a wide variety of colours, shapes and flavours.

Did you know health facts about fruits?

Fruits are an excellent source of essential vitamins and minerals, and they are high in fiber.

Fruits also provide a wide range of health-boosting antioxidants, including flavonoids.

Eating a diet high in fruits and vegetables can reduce a person's risk of developing heart disease, cancer, inflammation, and diabetes.

Bananas are berries, but strawberries aren't. ...

A pomegranate can hold up to 1400 seeds. ...

Cranberries can bounce. ...

A pumpkin is a fruit. ...

Potatoes were the first vegetable to be grown in space. ...

Not all oranges are orange. ...

Figs match milk in calcium. ...

Kiwis contain more vitamin C than oranges.

The healthiest fruits on the planet.

Cranberries.
Blueberries.
Tart cherries.
Elderberry.
Pomegranates.
Red grapes.
Citrus fruits.
Apples.



Which fruit is good for skin?

We need vitamin C to support the immune system, promote radiant skin and help blemishes heal. The best sources are blackcurrants, blueberries, broccoli, guava, kiwi fruits, oranges, papaya, strawberries and sweet potatoes.

What are 3 benefits of fruit?

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check.

Which fruit has no seed?

Common varieties of seedless fruits include watermelons, tomatoes, grapes (such as Termarina rossa). Additionally, there are numerous seedless citrus fruits, such as oranges, lemons and limes. A recent development over the last twenty years has been that of seedless sweet peppers (Capsicum annuum).



Chef Tommy



MAKLIKE KOSBLIK IDEES:

Hier is 'n paar kosblik idees help Mamma om jou kosbilke lekker te maak, jy wil tog nie altyd die verveelige broodjies eet nie.

Vrugte, kouevleis, gekookte eier, koekies, komkommer en tamaties.
Pastaslaai, of enige slaai is gesond en lekker.

Geniet dit om jou kosblik te pak. WhatsApp vir ons fotos van jou kosblik na 072 768 8582



Kom bak en brou saam met my!

Face of
Top Vibe
Magazine
2023



Top Vibe

Kids Magazine

Entries open February 2023



You will have FUN...

Facts about Donkeys



The domestic donkey is a hoofed mammal in the family Equidae, the same family as the horse. It derives from the African wild ass, *Equus africanus*, and may be classified either as a subspecies thereof, *Equus africanus asinus*, or as a separate species, *Equus asinus*.

What are 5 interesting facts about donkeys?

Animal Aid Abroad

A donkey is stronger than a horse of the same size.

Donkeys can see all four of their feet at the same time.

Donkeys can vary hugely in size, from 26 inches to 68 inches tall.

A donkey's bray can carry up to 60 miles in the desert.

What are donkeys scared of?

Donkeys also have a natural dislike of foxes, coyotes, wild dogs, and other members of the canid family. They can be taught to tolerate them, but their instincts will never really go away.

What is donkey behavior?

Donkeys are not like horses; they differ physically, mentally and emotionally. Donkeys are more stoical in their behaviour and tend to startle less than horses. Compared to horses, donkeys show limited fear response to novel situations and this can be mistaken for stubbornness rather than fear.

Which is smarter donkey or horse?

Donkeys are quite intelligent, even more intelligent than horses. You are likely to find that your donkey may need to "decide" to obey your commands, rather than obeying them routinely

Do donkeys like humans?

If donkeys have a warm and welcoming home, are handled correctly and experience the kindness of humans from an early age they will reciprocate and show their affection to us. Donkeys are very good at avoiding people that are bad for them.

Spog blad vir prestasies



Ons spog met Sonja Burger, 'n mamma van drie pragtige seun. Sy het 2018 in New Zealand gewoon en het daar deelgeneem aan Empress Universe en het toe die volgende gewen:

Mrs New Zealand City 2018/2019
Mrs New Zealand State 2018/2019

Hier in Suid Afrika het ek die volgende gewen:

Mrs Curvé Vaal 2'nd Princess 2021/2022
Mrs Curvé Vaal Public Choice 2021/2022
Mrs Curvé Vaal 1'st Princess 2022/2023
Mrs Curvé Vaal Public Choice 2022/2023

Wow baie geluk Sonja dit wil gedoen wees, Jou seuns is trots op jou. Ons kan ook met trots sê dat Sonja ook nou deel van die Media House span is en 'n ambassadeur is vir Top Vibe Kids Magazine.

Baie sterkte vir die jaar 2023, mag daar nog baie wees om meer te spog

Trots op jou!!



**February
month
of
love
make
every
day
a day of love**



Bullying in schools...

What are the effects of bullying on school children essay?
Some of the effects comprise anxiety, post-traumatic stress disorder, lack of self-esteem, gastric issues, relationship issues, and addiction to alcohol and drug. Most of the victims need years of treatment and therapy to get over their psychological trauma caused by the bully.

What type of movement is anti-bullying?
The anti-bullying movement was based on the premise or theory that students are unable to stop bullying on their own. It views kids as victims, completely powerless to change their situation without outside intervention.

How effective is bullying prevention?
This meta-analysis found that anti-bullying programs were collectively effective in reducing school-bullying perpetration by around 19–20% (odds ratio = 1.309) and school-bullying victimization by around 15–16% (odds ratio = 1.244)

At what age does the greatest amount of bullying occur among students?
While bullying occurs in every age group, bullying happens most often in middle school. Thirty-one percent of bullying occurs in sixth grade, more than any other grade level. Bullying looks different at different ages. Physical bullying is more common in elementary school.

Are schools effective in stopping bullying?
Specifically, it was found that school-based anti-bullying programs were effective overall in reducing school-bullying perpetration by approximately 19%–20% and school-bullying victimization by approximately 15%–16%.

What is a good slogan for stop bullying?
Don't be a zero, be a hero and refrain from being a bully. Don't let anyone EVER dull your sparkle. Don't stand by – stand up, stand strong together. Don't stand by, stand up against bullying.

Tell Mom or Dad if you been bullied at school



STOP Bullying

Life skills to teach kids before age 10

There's so much for our children to learn in today's high-tech world that it can become easy for them to miss out on practical life skills. In fact, a 2014 study by the security company [AVG Technologies](#) found that while 57% of 3- to 5-year-olds can navigate at least one app on a smartphone, only 14% could [tie their shoes](#).

"I see many parents doing everything for their kids instead of letting them fend for themselves," says Tim Elmore, founder of [Growing Leaders](#), a nonprofit in Atlanta that works with schools and civic groups to promote leadership qualities in kids. "We must prepare the child for the path, not the path for the child."

By focusing on life skills early on, you can do just that. Read on for tips on teaching your young kids practical skills.

Preparing a Simple Meal

Invite your child to [help make meals](#) and do your best to stay calm when the flour spills and the eggshells fly. Some ideas to get young children started in the kitchen:

- Practice cutting a banana with a plastic or wooden knife.
- Let pre schoolers spoon yogurt into a bowl and add cut prewashed fruit.
- Show kids 5 and older how to make sandwiches and smoothies.
- Let those 7 and older try using the toaster oven.

If you gradually add to their developing kitchen skills, your child should be able to use the stovetop with supervision by age 10.

They will surprise you from time to time, kids are more helpful than what you like to think



Using the Web Wisely

With kids spending more time on screens than ever before, it's essential to reinforce a few rules to help them [safely navigate the digital world](#).

If they are too young put a parental code on with certain times that they can use their device.

- Help your child choose a password that's hard to guess and tell them to never share it with anyone except you.
- Ensure your child only chats with people they know in real life and doesn't give out personal information such as their birthday, home address, or phone number.
- Remind your child to be kind; anything they send or say virtually is there forever.
- Have your child get permission or ask for help from you before downloading something or clicking a pop-up.
- Most importantly, let your kid know they can come to you with any issue. "This is a conversation you will have again and again as your children get older."

Doing the Laundry

Too many teens head out on their own without knowing how to clean their clothes. Don't let your child become one of them.

You can begin laundry lessons when kids are around 6. If you have a top-loading washer, keep a step stool nearby. Walk them through the process—how to measure and add the detergent, choose the settings, and start the machine—and make it fun.

1. **Prepare a spot to plant a seedling.** If possible, add about 2 inches of organic compost to the top of the soil. Mix it in, break up dirt clods, and water the soil until it's almost as moist as a wrung-out sponge.
2. **Dig a hole.** Ask your child to dig a hole slightly larger than the plant's container.
3. **Remove the seedling.** By age 6 or 7, kids can remove a seedling on their own. First, have your child split two fingers apart so the plant's

so the plant's stem goes between them. Then turn the potted seedling upside down and squeeze the outside of the container until the plant comes out. If the roots are wound tightly, your kid should loosen them a few at a time before planting.

4. **Plant it!** Once you remove the plant from the pot and place it in the hole, have your kid delicately push soil around it and pat it down.

5. **Water.** Let your child water it with a gentle stream from a watering can with a perforated nozzle.

Writing a Letter

Letter writing is a lost art, but it doesn't have to be. Toddlers can dictate a note to a family member or a friend (enhanced with drawings, of course), attach the stamp, and drop it into a mailbox. Older children can pen their own letters and address envelopes. You can also take the opportunity to teach them the five parts of a letter: date, greeting, body, closing, and signature.

Treating a Wound

To help your child doesn't freak out when they see blood, do your best to avoid having a big reaction yourself. Giving them a [first aid game plan](#) will also help distract them from the pain and come in handy when you're not around to kiss their boo-boos.

To treat a minor cut.

1. Washing your hands with soap and water to avoid contaminating the wound.
2. Washing the cut with soap and lukewarm water to remove dirt and debris.
1. Pressing firmly on the area with a clean cloth until it stops bleeding (usually one or two minutes)
2. Applying petroleum jelly with a cotton swab to keep the wound moist.
3. Covering the wound with an adhesive bandage or gauze and tape



MAGAZINE

Media House



NEXT ISSUE - MARCH 2023

**Public Holiday 21 March'23 Human Rights Day
TO DOWNLOAD GO TO www.topvibe.co.za**