

# Top Vibe

ONLINE Kids Magazine

NOVEMBER 2023 ISSUE 64

Facts about a ducks

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**Face of Top Vibe Kids & Top Vibe Magazine**

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# Top Vibe

ONLINE Kids Magazine

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# 1.

OUR ADVERTISERS:

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# 2.

FUN FACTS ABOUT :

Learn some facts about ducks

# 3.

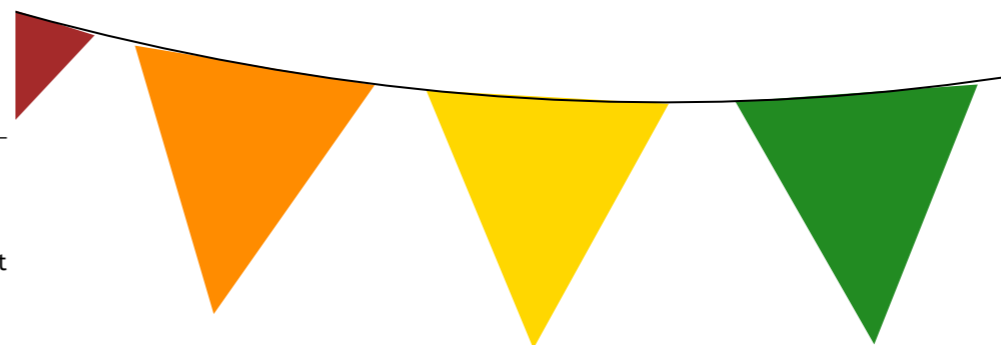
MEDIA HOUSE PROJECT :

Please support our ambassadors with our Women's Day Charity event.

# 4.

FACE OF TOP VIBE KIDS MAGAZINE:

Entries are open - enter today and be crowned as Face of Top Vibe Kids Magazine'23



## 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, and Sonja Burger*

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 is a beautiful girl taking pictures.*

5. MODEL BACK PAGE 20

*Back page: Our next Issue is ou December month issue.*



Photographer: Albertus Kriel  
Venue: Turn & Tender Vaalmall

## REDAKTEURS NOTA

Liewe maats,

Ons in nou in die laaste snukke van die jaar se skool werk. Dit is nou soos hulle sê alles of niks. So wat gaan jy gee?

Ek glo julle sal alles gee wat julle kan en nog daai iets ekstra. Sterkte dink aan julle.

Vra ma of pa om die tydskrif vir jou af te laai by [www.topvibe.co.za](http://www.topvibe.co.za) of gaan na ons Facebook blad. Facebook: <https://www.facebook.com/Vibekids.britz> sodat jy niks mis nie.

Ons is opsoek na die Face of Top Vibe Kids Magazine. Skryf in hulle sê wie nie waag nie kan nie wen nie. Ons het ons datum geskuif so gaan loer asb na ons nuwe datum op die Facebook blad. Skryf in jy mag dalk net die volgende Face wees.

Pas julle mooi op tot volgende maand. Liefde

*Charms*



# OUR AMBASSADORS



**DYNE MULDER**

Hallo Maats

Kan julle glo kwartaal 4 is al volstroom aan die gang en ons het sommer vroeg, vroeg begin met eksamen.

Ek kan nie glo hoe vinnig die jaar gegaan het nie, maar ek is bly hy is amper verby dit was nogal 'n moeilike jaar. Ek is nogsteeds aan die gang met my swem het Summer 1 geswem in begin Oktober en dit was nou glad nie lekker nie. Die water was ongelooflik koud dat ek die volgende dag siek geword het, maar hulle het ons belowe met Summer 2 sal die water beter wees so ek hoop so want as dit te koud is swem ek nie lekker nie.

My beste maat Reo gaan die einde van die jaar Kaap toe my hart is baie seer, want ons kom al 'n langpad van Laerskool af saam so dit gaan aanpassing wees. Ek verjaar binne kort en kan nie wag nie ons beplan om bietjie Airsoft te gaan speel as Mamma 'n plek kan kry waar ons kan speel wat nie te vër is nie.

Ek het so bietjie gaan navorsing gaan doen wat ons tieners deesdae die meeste interreseer en ek het gelees dat Anemei groot nou is. Weet julle wat Anemei is? Ek is mal daarvoor ek lees boeke en speel games en kyk graag stories rondom dit, Mamma laat my net toe om sekere te kyk weens daar 'n ouderdom beperk is op baie, maar ek verstaan hoekom sy dit doen. Gaan kyk gerus bietjie daarna en laat weet wat jou gunsteling is, hier is 'n paar van myne: My Hero Acadimia, Dragin Ball Z, Hunter Hunter en nog vele meer.

Maat kyk mooi na julle self sterkte met die laaste eksamen, dink mooi en leer hard.

Tot volgende keer  
Dyne 😊

Dear readers,

Fun Facts About November

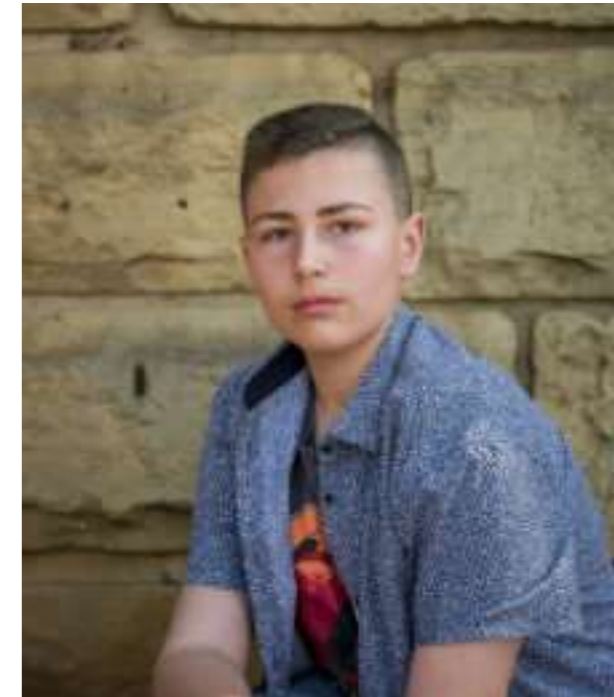
November's full Moon is traditionally called the Beaver Moon. This was based on the month that beaver traps were set before winter in the Colonial era.

November's traditional birthstone is the topaz which is a symbol of honor and strength. A heavy November snow will last until April.

What is best about November?

With the chilly weather and calming vibes, November is a great time to take up meditation or go for a yoga class to get your body moving. It's an excellent month to recharge, set new intentions and learn something new. Hope you enjoyed it...

Love Taygan



**TAYGAN BOTHA**

# OUR AMBASSADOR.

Die laaste groot hekkie van die jaar vir ons kinders.

Vader, Vandag kom lê ons elke kind voor U voete neer waar hulle oppad is na hulle laaste eksamen van 2023.

Seën elke kind met insig, wysheid, goeie begrip en helder verstand. Vul hulle met energie om alles in te sit met hulle leer werk. Omvou hulle met kalmte en vrede sodat hulle sal weet die toekoms staan reeds opgeskryf in U hart. Hiedie is 'n groot hekkie van die jaar om oor te kom. U is die God wat hoor en wat uitkoms gee.

Ek weet u sal U hand van beskerming oor elke kind plaas, wanneer hulle voel dit raak te erg of hulle voel hulle kan nie meer nie help hulle en hou hulle vas.

Vader help ook elke ouer sodat ons, ons kinders kan bystaan waar hulle ons ook al nodig het gedurende die eksamen.

Baie dankie Vader

Ons bid dit in U naam alleen

Amen



**SONJA BURGER**





**ENTRIE CLOSE**  
**28 Nov'23**

# Top Vibe Magazine

## AFRICA cover page

Name & Surname..... **Entry Fee**  
Contact detail..... **R150**  
Age.....E mail.....

POPI ACT: I,..... give this magazine permission to publish my photo Signature:.....

**MALE / FEMALE**

All age groups can enter.  
Only one portrait picture per entry.  
All entries must be completed with payment to reach us before the closing date. **NO late entries.**  
Judges decision is final.

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# December holiday

Are you looking forward to the December holiday?  
Don't forget first focus on the last weeks in school.

In your spare time between preparing for your exams you can slowly but surely make a list of what you want to pack for the vacation.

While you busy with that, go through your cupboards and throw out clothes that you not wearing,

We will help you to distribute the clothes to people in need.

Make a list of your toiletries that you want to take with, remember cell phone charges, it's easy when you have a list that you can tick of that way you will not forget something.

I hope that you saved some of your pocket money for the December holiday....



# Chef Tommy

## Jellie!!!

Maklik en vinnig om te maak.  
Wees net versigtig dat jy nie Brand met die warm water nie.



## Jy benodig.

1 of 2 pakkies jellie indien jy twee verskillende geure wil maak.  
1 of twee mengbakke.

Gooi die jellie poeier in 'n bakkie

Gooi 1/2 koppie kook water en 1/2 koppie kouewater meng goed laat afkoel en sit is yskas tot dit gestol is

Nou kan jy terugsit en eet.  
WhatsApp my met jou prentjie van jou die jellie wat jy gemaak net na 072 768 8582



*Kom bak en brou saam met my!*

# MEDIA HOUSE

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Baby oil, Baby shampoo,  
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Wetwipes, Baby wash and lotion.  
Blankets, toys anything would be welcome!

# BABY

Baby love colors and clothing  
is nothing without colors



# Facts about a ducks



When ducks clean themselves, it is called 'preening'. ...  
Most duck eggs hatch within 28 days.  
Ducklings can fly within 5-8 weeks of hatching.  
Ducks waddle because of their webbed feet!  
They cannot feel cold in their feet because their feet have no nerves or blood vessels..

Ducks can communicate via a range of sounds like barks, honks, coos, and even purrs.

There Are at Least 100 Different Types of Ducks. ...

All Ducks Have Waterproof Feathers. ...

Ducks Are Omnivores. ...

Ducklings Walk in Line Behind Their Mother. ...

Most Ducks Are Monogamous. ...

Ducks Can Fly, Walk, and Swim.

What is duck for kids?

Ducks are birds with strong bills, or beaks, and webbed feet. Ducks live near water in ponds, lakes, and marshes, or swampy areas, all over the world. Ducks are omnivores and eat both plants and animals, including insects, worms, and leaves.

What are 10 interesting facts about ducks?

10 Facts About Ducks That Might Surprise You | PETA

Learn About Ducks and How to Take Action for Them in One 'Fowl' Swoop

Ducklings are loving siblings and communicate with each other before hatching. ...

They are super-social animals! ...

Ducks have regional accents. ...

Free from human intervention, some ducks can live up to 20 years. ...

Ducks have better vision than you do

All ducks have highly waterproof feathers. ...

Ducks are omnivorous and will eat grass, aquatic plants, insects, seeds, fruit, fish, crustaceans and other types of food.

We've put together a list of six different foods that you can use as duck feed, instead of bread.

Sweetcorn. It turns out that ducks are quite partial to sweetcorn. ...

Lettuce. As a nation we're guilty of throwing away a vast amount of lettuce, especially the bagged variety. ...

Frozen peas.

Oats.

Seeds.

Rice.

How long do ducks live? Larger breeds of duck have the shortest lifespans. Depending on the breed, ducks can live anywhere from five to 10 years on average, but they can live up to 20 years if properly cared for



# Last month of school!

How do you get through the last month of school?

8 Tips for Surviving the Last Month of School.

Put EVERYTHING on a calendar. ...

Choose a meal strategy. ...

Focus on the basics. ...

Prep teacher gifts now. ...

Build in some downtime. ...

Ask your kids what they're looking forward to this summer. ...

Decide how you want to celebrate the end of the school year.

Get organized. If you have not already, develop a schedule with all your remaining due dates.

Control your environment.

Be positive about yourself.

Reward yourself. ...

Exercise your body.

Stay in the moment.

Get plenty of rest.

Listen to your body.

Take small breaks in-between work.

Why is the end of the semester so stressful?

The end of the semester can be extremely stressful with finals, moving out of your dorm room, and figuring out the next steps for the summer. There is so much going on that students are starting to get stressed out and anxiety hits.

Here are some ways to help manage your stress and anxiety at the end of the semester.

How bad is academic stress?

But research shows that feeling overwhelming school-related stress actually reduces your motivation to do the work, impacts your overall academic achievement, and increases your odds of dropping out. Stress can also cause health problems such as depression, poor sleep, substance abuse, and anxiety.

How to avoid stress?

7 Tips to Avoid Stress - NYC Health + Hospitals

7 Tips to Avoid Stress

Take care of yourself. Avoid drugs and alcohol as they can add to stress. ...

Engage in self-relaxation. ...

Take breaks when needed. ...

Seek out social support. ...

Connect with others socially. ...

Maintain a normal routine. ...

Give back to others.





# My Lyfie Se Reels

## My lyfie is my lyfie en dit behoort aan my!

Ek mag "NEE" sê as ek iemand nie 'n drukkie of soentjie wil gee nie.  
 Ek kan vir hulle 'n 'high 5' gee, hulle hand skud of 'n soentjie eerder blaas.  
 Ek is die baas van my lyfie, en wat ek sê gaan!



## Ek het 'n veiligheids netwerk!

Hierdie is 5 grootmense wat ek vertrou. Ek kan vir hulle enige iets vertel en hulle sal my glo.

As ek bekommerd, bang of onseker is, kan ek iemand op my Veiligheids Netwerk vertel hoe ek voel en hoekom ek so voel.



## Waarskuwings tekens

As ek bang of onveilig voel, kan ek dalk baie sweet, 'n seer magie kry, 'n bietjie bewe en my hart kan baie vinnig klop. Hierdie gevoelens noem ons 'Waarskuwings Tekens'. As ek so voel oor enige iets, moet ek 'n grootmens op my veiligheids netwerk dadelik vertel!



## Geheime

Ek moet nooit 'n geheim hou wat my sleg of ongemaklik laat voel nie. As iemand vir my vra om 'n geheim te hou wat my sleg of onveilig laat voel, moet ek 'n groot mens op my Veiligheids Netwerk dadelik vertel!



## Private Dele

My private dele is die dele onder my swemklere. Niemand mag aan my private dele vat nie. Niemand mag vir my vra om aan hulle private dele te vat nie. En niemand mag vir my prentjies wys van private dele nie. As enige van hierdie dinge gebeur, moet ek 'n groot mens op my Veiligheids Netwerk vertel.



# Urgent Notice! Signal for HELP!!!

PLEASE , EVERYONE NEEDS to learn this.  
 We don't know if we are going to be in trouble or if we are going to need to help someone in trouble.

This sign needs no words, just observation, actions and compassion. We don't know which side of the coin our fate lies. Learn this. Be saved or be someone's hero.

This hand signal is for VICTIMS to reach out for help. If you see someone doing this sign on social media or in public they are reaching out for HELP.

## Universal Hand Signal for HELP!!



Designed By:





# MAGAZINE

## Media House



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