

Top Vibe

ONLINE

Kids Magazine

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In kleur pret
bl 7 & 8

Voorblad poplap
Layla Volschenk

ADVERTISE YOUR
BUSINESS

Ons almal het vrese
- Celesté Bam

Top Vibe

ONLINE Kids Magazine

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1.

OUR ADVERTISERS:

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2.

FUN FACTS ABOUT :

Learn some facts about grashoppers

3.

MEDIA HOUSE PROJECTS:

Please support our projects for 2024 see page 7.

4.

ONS ALMAL HET VRESE:

Celesté Bam vertel ons meer oor vrese.



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 2024.
Taygan Botha, and Celesté Bam*

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 girl winner of our BABY & TODDLER COMPETITION. Layla Volschenk.

5. MODEL BACK PAGE 20

Back page: Our next Issue is our March Issue.



Photographer: Albertus Kriel
Venue: Turn & Tender Vaalmall

REDAKTEURS NOTA

Liewe maats,

Die eerste maand van die nuwe jaar is verby en die skool is nou lekker aan die gang. Ja maats daar is baie nuwe dinge om te leer, mens mag nooit ophou leer nie ons word ook nooit te oud om iets nuuts te leer nie.

Happy Valentyns dag bederf jou ouers en moet jouself nie vergeet nie.

Het jy al ons tydskrif afgelaai? Nog nie

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> sodat jy niks mis nie.

Pas julle mooi en soet wees

Tot volgende maand.

Liefde

Charms

OUR AMBASSADORS

1. Chap GPT:



CELESTÉ BAM

Haai skoolmaats, ek wil graag iets met julle deel!

Vanaf my Graad 1 maats tot en met my Graad 12 studente – ek deel met julle 'n superheldgereedskap oor hoe om die skoollewe koeler en makliker te maak.

Ons het kunsmatige intelligensie-towenaars wat moeilike take, opstelle en selfs toesprake vir jou kan voorberei. Dit is soos om 'n huiswerk-superheldgroep aan jou kant te hê, wat skooldae soos towerkrag laat voel.

ChatGPT is soos jou geheime huiswerk superheld! As jy jou kop oor huiswerk krap of net dieper in 'n onderwerp wil duik, het ChatGPT jou rug. Gooi jou vrae sy kant toe, en dit sal dinge soos 'n kampioen verduidelik. Dit is basies die slim sidekick wat jy nooit geweet het jy nodig het nie!

Nou, as jy 'n skryfmissie aanpak, is ChatGPT jou idee-ghoeroe. Moet jy 'n opstel skryf? Gee dit oor aan ChapGPT.

Nou daar is wel een nadeel, maar moenie bekommer! Ek gaan jou 'n "hack" leer. ChatGPT se Afrikaans is soos 'n klein hondjie – dit leer nog. So, hier is die truuk. Kopieer en plak jou skryfstuk in Google Translator in, en jou Engels verander in Afrikaanse towerkrag. Jou opstel of navorsing is gedoen. Easy peasy lemon squeezy, reg?

In 'n wêreld waar huiswerk soos 'n draak voel om dood te maak, is ChatGPT ons betroubare ridder in 'n blink wapenrusting. Dit sluip in, verduidelik dinge met towenaaragtige wysheid, en help ons selfs om woorde in towerspreuke vir ons opstelle te draai. Sekerlik, sy Afrikaans is dalk op 'n speelse avontuur, maar hey, ons het die Google Translator truuk om 'n bietjie taalkundige toorkuns te sprinkel. So, hier is vir ChatGPT – ons huiswerkheld, ons skryftowenaar en die coolste sidekick in die skoolsterrestelsel!

VOLG OP DIE VOLGENDE BL.

Hi Friends,

How to celebrate Valentine's day as a teen.

Valentine's Day can be a fun and exciting time for teens. Here are a few tips to help you make the most of it:

1: ❤️ Keep it casual: Remember, you're still young, so don't stress too much about finding a date. Keep things light and enjoy the day with friends or family.

2 :❤️ We spread the love: Valentine's Day isn't just about romantic relationships. Show appreciation to your friends, classmates, or even teachers by giving small tokens of friendship or writing heartlifting notes.

3 :❤️ Plan a fun activity: Instead of focusing solely on romance, plan a fun activity with friends. You could have a movie night, go bowling, or even have a DIY Valentine's Day craft session.

4 :❤️ Treat yourself: Don't forget to show some love to yourself too! Take some time to relax, pamper yourself, or indulge in your favorite activities. Self-love is important!

Remember, Valentine's Day is all about love, in all its forms. So, enjoy the day and make it memorable in your own unique way!

We as Ambassadors are going to spread our love on the 10th of February by handing out cupcake to the staff of Cormed Hospital.

Why? Beacuse they give love, compassion and care every day due to their job description.

Love Taygan



TAYGAN BOTHA

2. Canva:

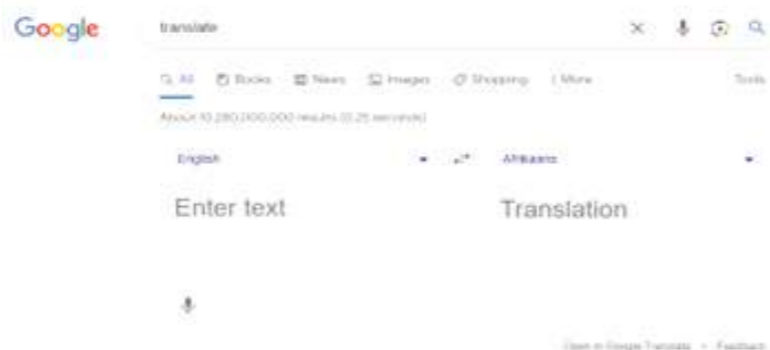
Canva is soos 'n supercool kunstel vir skoolgoed! Dit help jou om fantastiese plakkate, aanbiedings te maak en selfs jou eie meesterstukke te teken. Canva laat jou dit gebruik om enigiets te skep wat jy wil hê, en dit is baie maklik! Jy kan jou oulike ontwerpe aan jou vriende en onderwysers wys. Maar raai wat? Canva is nie net vir skoolwerk nie – dit is jou spesiale kreatiewe speelgrond! Stel jou voor jy is 'n superheld-ontwerper, en Canva is jou maat. Jy kan verjaardagkaartjies ontwerp, uitnodigings maak vir jou droompartytjie, of selfs 'n logo vir jou denkbeeldige superheldspan skep. Dit is soos om 'n magiese boks kreatiwiteit by jou vingers te hê.

So, duik in Canva in, laat jou kreatiwiteit vaar, en kyk hoe jou idees partytjie hou soos rocksterre op 'n skoolprojekverhoog! Dit is soos 'n kreatiewe speelgrond waar jou verbeelding 'n high-five kry en jou skoolprojekte in spogtreffers verander. Canva, die superheld vir jou verbeelding – dra dit, pronk daarmee en laat die wonderlikheid ontvou!

Nou goed, skoolmaats, ons kunsmatige intelligensie-vriende is soos geheime superhelde, wat moeilike take omskep in stap-in-die-park-oorwinnings. Ons kunsmatige intelligensie-vriende maak skoolwerk lekker! Laat die leerpartytjie begin!

Baie sterkte met julle 2024 skooljaar vanaf my Graad 1 maats tot en met my Graad 12 studente. Tot volgende maand.

- Celesté Bam



MEDIA HOUSE

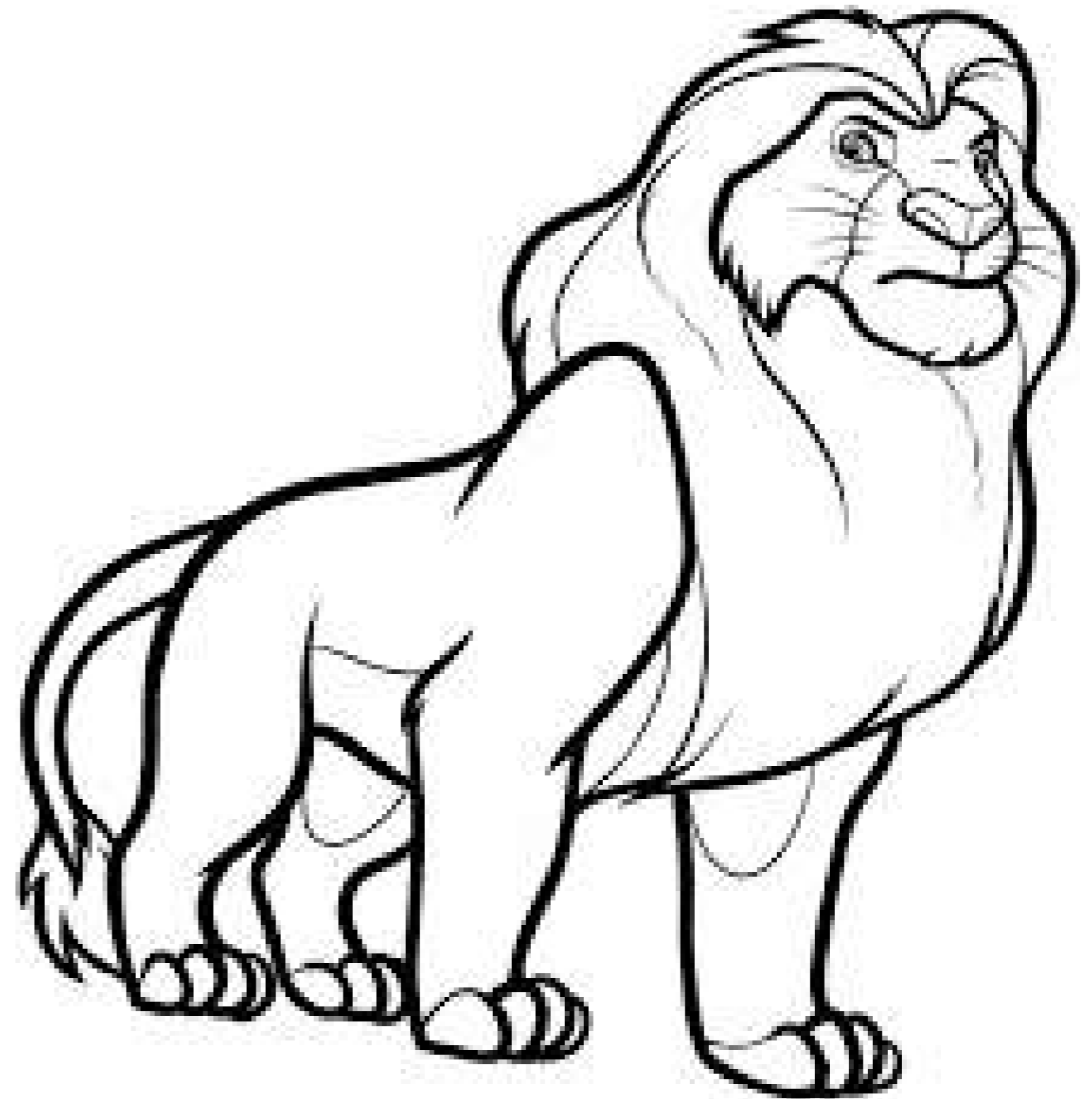
C u p c a k e s
F O R

VALENTINE'S
DAY COMES
EARLY!

Media House
Ambassadors will
spoil the staff of
Cormed Hospital
with cupcakes on
10 February 2024



In kleur pret...



Ons almal het vrese.

Ons het almal ons vrese, of ons dit geredelik erken of nie. Terwyl sommige met selfvertroue kan verklaar: "Ek is vir niks bang nie," sal ek hulle bluf noem. Van die bekendste fobies is akrofobie (hoogtevrees), arachnofobie (vrees vir spinnekoppe) en ophidiofobie (vrees vir slange). Kom ons delf egter in die gebied van minder bekende, dog amusante fobies wat jou kan laat lag.

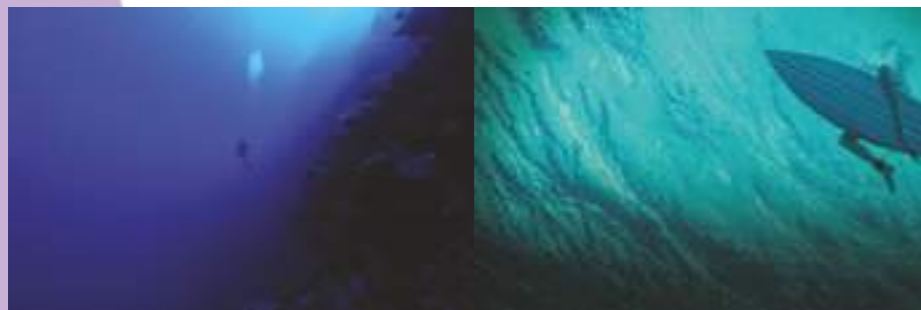
1. Tripofobie - Vrees vir groepe klein gaatjies of knoppe:

Hierdie eienaardige fobie wentel om 'n irrasionele vrees vir onreëlmatige patrone of groepe klein gaatjies. Alhoewel dit nie amptelik erken word nie, kan diegene met tripofobie sidder by die aanskoue van sulke stimuli, en 'n mengsel van walging en vrees ervaar.



1. Thalassofobie - Vrees vir die see of groot watermassas:

Vir sommige wek die uitgestrektheid, diepte en geheimnisse van die see angs, paniekaanvalle of diepgaande ongemak. Thalassofobie kan 'n seevakansie in 'n uitdagende poging omskep, aangesien die blote uitgestrekte water 'n bron van ongemak word.



1. Ablutofobie - Vrees om te bad of was:

Stel jou voor dat jy intense angs of paniek voel by die blote gedagte aan persoonlike higiëne-aktiwiteite. Ablutofobie manifesteer as 'n vrees om te bad of te was, wat daaglikse roetines 'n potensiële bron van stres maak vir diegene wat met hierdie unieke fobie worstel. Nou, laat ek 'n persoonlike openbaring deel.

Ek koester 'n vrees wat vir sommige komies kan klink: thalassofobie. Ja, die diepsee en uitgestrekte watermassas stuur rillings langs my ruggraat af. Jy sal my nie vang waar ek in die swembad baljaar of met selfvertroue in die see swem nie.

Tydens 'n gesinsuitstappie na Mosambiek het die geleentheid vir snorkel ontstaan. Ten spyte van my begeerte om onderwaterwonders te verken, het die oomblik toe ek afloer in die kristalhelder, blou afgrond, paniek ontstaan, en ek het vinnig na die veiligheid van die boot teruggetrek.

So, daar het jy dit - 'n kykie in die vermaaklike wêreld van fobies. Ons dra almal ons unieke vrese, en soms kan die wat die grillerigste lyk, verbasend baie impakvol wees.



Ek en my familie op die boot waar ons die avontuur gretig afwag voordat ons die waters ingeslaan het vir 'n snorkel ekspedisie in Mosambiek.



My man, die entoesiastiese voorstander van swem in die pragtige Mosambiekse see, probeer my oorreed, om saam hom te swem.

Tot volgende maand! – Celesté Bam



Chef Tommy



MELK YSIES

Maklik en vinnig om te maak.

Jy benodig.

- 1 x L melk
- 1 x pakkie kits peoding van jou keuse.
- 1 x Tl suiker

Klits alles goed saam gooi in roomshouers of in klein Sakkies sit in vrieskas tot dit gevries is.

Lekker 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!

2024 Projects

Broodsakkie-knippies en Plastiese bottel - proppies

Ambassadeur uitdaging!

Uitdaging begin van 1 Januarie'24 tot 30 November'24

Kom ons kry 'n rolstoel en maak 'n verskil

Die Ambassadeur wat die meeste knippies en proppies insamel wen 'n prys



MEDIA HOUSE 2024

Facts about a grasshopper



5 facts about grasshoppers

- 1 Grasshoppers and locusts are the same thing. ...
- 2 Grasshoppers have ears on their bellies. ...
- 3 Although grasshoppers can hear, they can't distinguish pitches very well. ...
- 4 Grasshoppers make music by stridulating or crepitating. ...
- 5 Grasshoppers can fly.

What is all about grasshopper for kids?

Grasshoppers have long hind legs that are good for jumping. They have antennas, or feelers, on their heads that they use to touch and smell. They also have special eyes that allow them to see in all directions at once. Grasshoppers usually hop or crawl, but most kinds can fly.

Can grasshoppers hear humans?

For most insects, the range is narrower than ours. Hence, they'll hear only sounds within the frequency range that they can detect, so human speech may sound like a low rumble or any of various tinny- or hollow-sounding possibilities. Of course, insects can't interpret any human sound they hear.

Do grasshoppers lay eggs?

All grasshoppers lay their eggs in soil. There are over 100 species of grasshoppers in Colorado. During periods when local outbreaks are developing, control usually involves using sprays or baits. late-spring, varying with soil temperatures.

Can grasshoppers see in the dark?

Most grasshoppers have three small eyes that just see light and dark. Their two big compound eyes work very differently than ours, and they are also very good at detecting motion. This helps them make those fast getaways!

Do grasshoppers cause problems?

Grasshoppers can be the most noticeable and damaging insects to yards and fields. They also are among those most difficult to control, since they are highly mobile. For many reasons, grasshopper populations fluctuate greatly from year to year, and may cause serious damage during periodic outbreaks

Does a grasshopper sleep?

What are some things that people don't know about ...
Grasshoppers eat day and night, but they do sleep. For a little while, they snooze, but just a gnat nap. They're considered pests, but without them, the ecosystem would be different.

Where do grasshoppers go in winter?

Most grasshoppers overwinter as eggs, especially in areas with harsh winters. The female grasshopper will lay her eggs beneath a soil surface using what's called an ovipositor that essentially digs into the soil. Then she buries them.

This way during winter, her eggs will stay war.

Can grasshoppers bite?

Do Grasshoppers Bite? Facts and Potential Side Effects
Grasshoppers don't usually bite people. But some types that gather in large swarms may bite when swarming. Other types of grasshoppers may bite people if they feel threatened. Grasshoppers aren't poisonous, and their bites aren't dangerous to people.

How long does a grasshopper live?

Grasshopper lifecycle - around 12 months.

Do grasshoppers have blood?

Most insects like ants, bees and grasshoppers have clear blood. This is because the red blood color comes from tiny bits of metal in the blood. Insects do not have any metal in their blood; therefore, their blood appears clear.

Healthy food for kids!

Healthiest Foods for Kids.

Avocado.
Sweet Potato.
Milk.
Nuts and Seeds.
Whole Grains.
Berries.
Vegetables, Any Kind!

What is good for kids to eat healthy?

Make it easy for kids to choose healthy snacks by keeping fruits and vegetables on hand and ready to eat. Other good snacks include low-fat yogurt, peanut butter and celery, or whole-grain crackers and cheese. Serve lean meats and other good sources of protein, such as fish, eggs, beans, and nuts.

Here, six healthy snacks for kids after school that'll tide them over until dinner time.

Honey roasted peaches with greek yogurt and granola. Image: Karen Biton-Cohen. ...

Apple peanut butter "sandwich"

Avocado toast strips. ...

Mini broccoli cheddar frittatas. ...

Oven-baked sweet potato fries. ...

Zucchini tots.

What is a healthy breakfast for a kid?

Examples of healthy breakfast options for kids include oatmeal with fresh fruit, scrambled eggs with vegetables, yogurt with granola, or a smoothie with nuts and seeds. Avoid processed foods that are high in sugar, salt, and fat.

What a kid should eat in a day?

But children do need daily servings from each of the five main food groups: grains, fruits, vegetables, dairy, and protein. 1 Keep reading to find out exactly how much your child needs based on their age. We also rounded up some healthy food options to serve throughout the day.

Healthy foods?:

Fish. ...

Broccoli or any of the cruciferous vegetables. ...

Beets. ...

Spinach and other leafy green vegetables. ...

Kale. ...

Peanut butter. ...

Almonds. ...

Mangos.



Things about your child!

Things Your Kids Should Never Do.

- Make fun of someone's appearance. ...
- Tease someone about the way they speak, move, or act. ...
- Cheat. ...
- Use physical force other than in self-defense. ...
- Act disrespectfully toward authority. ...
- Act wasteful and entitled. ...
- Do illegal activities.

Can yelling at a child be harmful?

Yelling at a child can result in both short-term and long-term psychological effects. In the short term, a child who is on the receiving end of yelling may become aggressive, anxious, and withdrawn. In the long term, they may develop anxiety, low self-esteem, depression, and a negative view of themselves.

What every kid should have?

What Every Child Needs | Children's Hospital Colorado

What Every Child Needs

Security. Kids must feel safe and sound, with their basic survival needs met: shelter, food, clothing, medical care and protection from harm.

Stability. Stability comes from family and community. ...

Consistency.

Emotional support. ...

- Love. ...
- Education. ...
- Positive role models. ...
- Structure.

What should kids not touch?

Body parts to avoid touching:

The EAR (the inner ear) Your child should never stick his fingers or anything else, including earbuds inside the ears. ...

The FACE (avoid touching skin eruptions or pimples) ...

The Nose (Nose digging) ...

The Mouth (the inside of the mouth)

What should 12 year olds know?

12-year-old skills: things tweens should know how to do ...

30 things kids should know how to do by 12

Cook for themselves. Not all the time!

...
Do their own laundry. This one isn't just to help their parents. ...

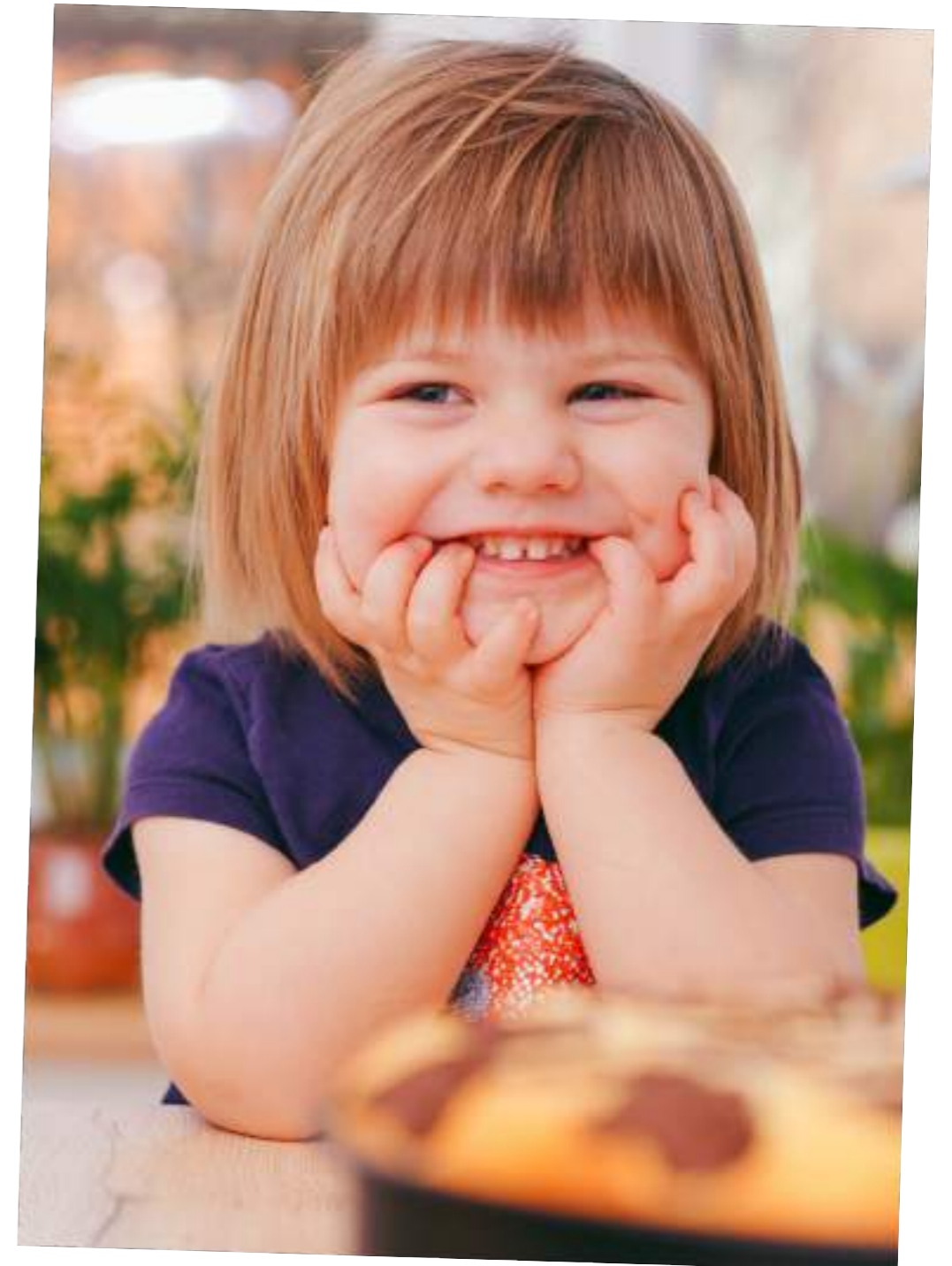
Use public transit. ...

Get to and from school on their own. ...

Do a grocery run. ...

Have non-electronic fun. ...

Watch over a younger child for brief stints.



MAGAZINE

Media House



NEXT ISSUE - MARCH 2024
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