

Top Vibe

ONLINE

KIDS MAGAZINE

JANUARY 2026

ISSUE 90



Back to school Competition
Page 6 & 7

Happy NEW
Year

20
26

Media House projects for 2026



Top Vibe

ONLINE Kids Magazine

COMMENTS:

Please send us an e-mail to admin@topvibe.co.za to share your opinion, ideas and comments.

COPYRIGHT:

Content of Top Vibe Kids Magazine is protected by copyright. NO part of this publication may be reproduced or used in any form whatsoever without prior settlement with the editor.

DISCLAIMER:

The Editors or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and / or advertisement. The views of other writers or articles in this Magazine are not necessarily the views of the Editor.

EDITOR:
Charmaine Britz

CONTACT DETAILS:
Cell: 072 768 8582

E-MAIL:
admin@topvibe.co.za

WEBSITE:
www.topvibe.co.za

1.

OUR ADVERTISERS:

Support our advertisers they support us!



2.

2026 AMBASSADOR

Nombulelo Bless also the Face of Top Vibe Kids Magazine.

3.

BACK TO SCHOOL 2026:

Back to school wish see page 4

4.

TEENAGE PREGNANCY:

Avoid Teenage pregnancy
Page 8 & 9

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 NEW Ambassador - Nombulelo Bless*

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: Teddy bear and colour in pensels.

5. BACK PAGE 20

Back page: Back to school are you ready?



Photographer: Albertus Kriel
Venue: Turn & Tender Vaal mall

REDAKTEURS NOTA

Liewe maats,

2026 is hier, 'n nuwe jaar nuwe begin en nuwe hoop.

As dit jou eerste skool jaar is, moet nie bang wees nie. Jy gaan dit geniet, nuwe maats maak en somer gou gou rond hardloop en speel.

Die nuwe gesig van Top Vibe Kids Magazine is Nombulelo Bless. Sy sal ook ons ambassadeur wees vir 2026. Julle gaan baie pret hê die jaar hou ons Facebook blad dop vir wat op julle wag.. Ja, vra mamma om ons te volg op Facebook, daar in lekker dinge wees om te doen.

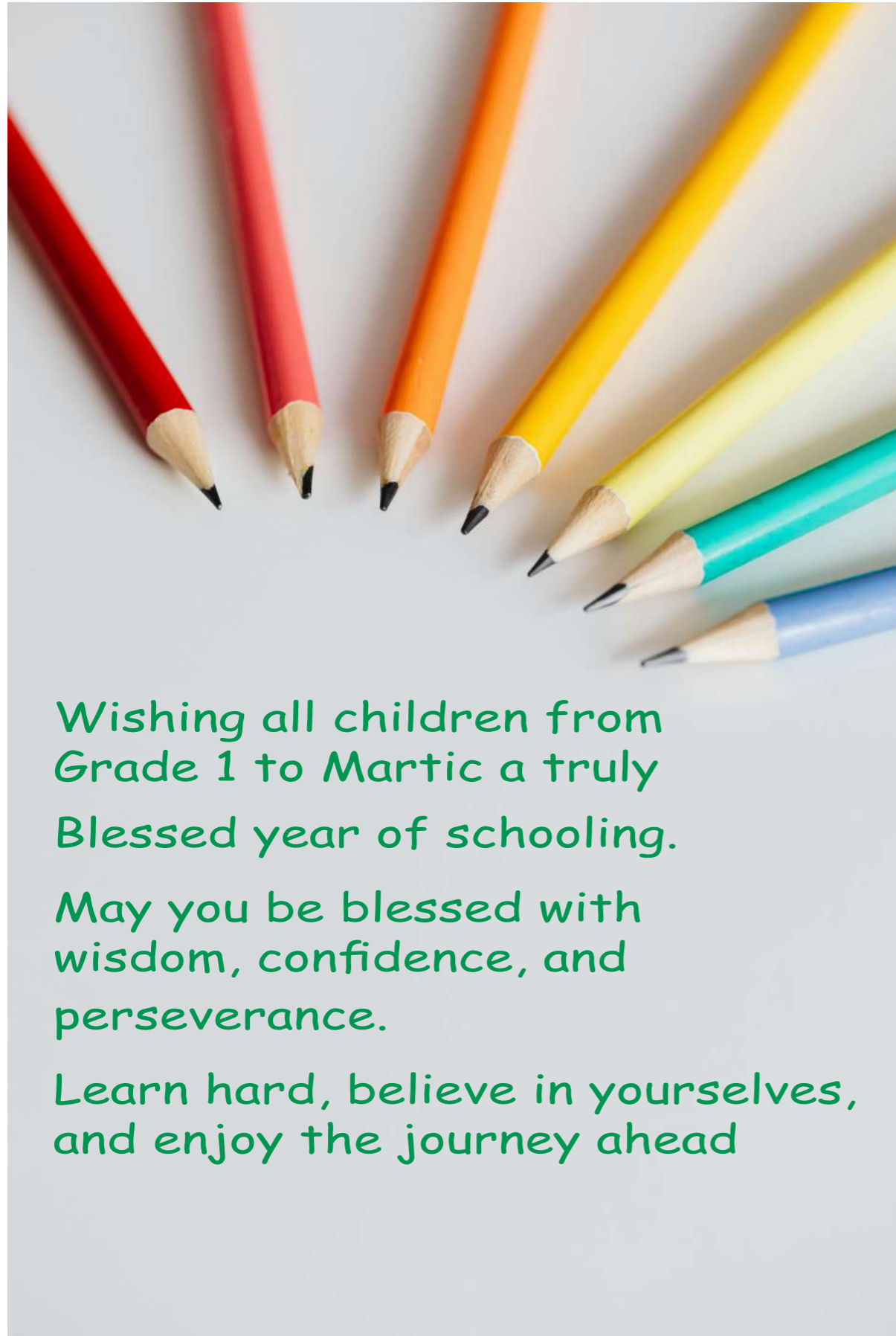
Geniet jou eerste skool daggie vra mamma se hulp en stuur 'n foto van jou eerste skooldag en jy kan in ons magazine pronk daar gaan net 10 fotos wees so wikkel.

Stuur 'n WhatsApp na 072 7688582.

Liefde

Charms

OUR AMBASSADOR



Wishing all children from
Grade 1 to Martic a truly
Blessed year of schooling.

May you be blessed with
wisdom, confidence, and
perseverance.

Learn hard, believe in yourselves,
and enjoy the journey ahead

Dear readers,

As the festive season comes to an end. We had time to spend with family and friends. Food en drinks we had so much fun.

Soon we will start a new school year, I encourage all the learners to work hard, have fun while learning, stay focused, and enjoy your school year.

Before you know we will approach winter, and then summer again.

Please take care give a little more this 2026, make time for the people you love.


From:

Miss Top Vibe Kids Magazine
- **Nombulelo Bless**



Nombulelo Bless

Media House projects for 2026



Closing date
23 January 2026

R100.00

Bankdetails
Media House
Tymebank
Acc:
530022567770
Ref Name

WhatsApp
072 768 8582

*Photogenic & cover
page model
competition*

Top Vibe Kids Magazine invite you to take part in the fun. We have 2 competitions.

1. Our Cover page (closing date 23 January 2026) enter.

2. Back to school (closing date 31 January 2026)



**CLOSE 31
JANUARY
2026**

**ONLY 10
SPOTS**

**BACK TO
SCHOOL!
PHOTO COMPETITION**

Send your foto to
Whatsapp 072 768 8582

R100

Bank details:
Media House
Tymebank
Acc: 53002256770
Ref: Your name

Avoid Teenage pregnancy

What are the risks of teenage pregnancy?

Pregnant teens have a higher risk of getting high blood pressure -- called pregnancy-induced hypertension -- than pregnant women in their 20s or 30s. They also have a higher risk of preeclampsia.

How can we prevent teenage pregnancy?

Preventing teenage pregnancy involves a mix of abstinence, comprehensive sex education, consistent and correct use of effective contraception (like LARCs, pills, condoms), and addressing social factors through support programs, parental involvement, and skill-building to empower teens to make informed decisions about their sexual health. The most effective methods are abstinence and highly effective contraceptives like implants and IUDs, while education about all options, including STI prevention, is crucial.

What are the 5 effects of teenage pregnancy?

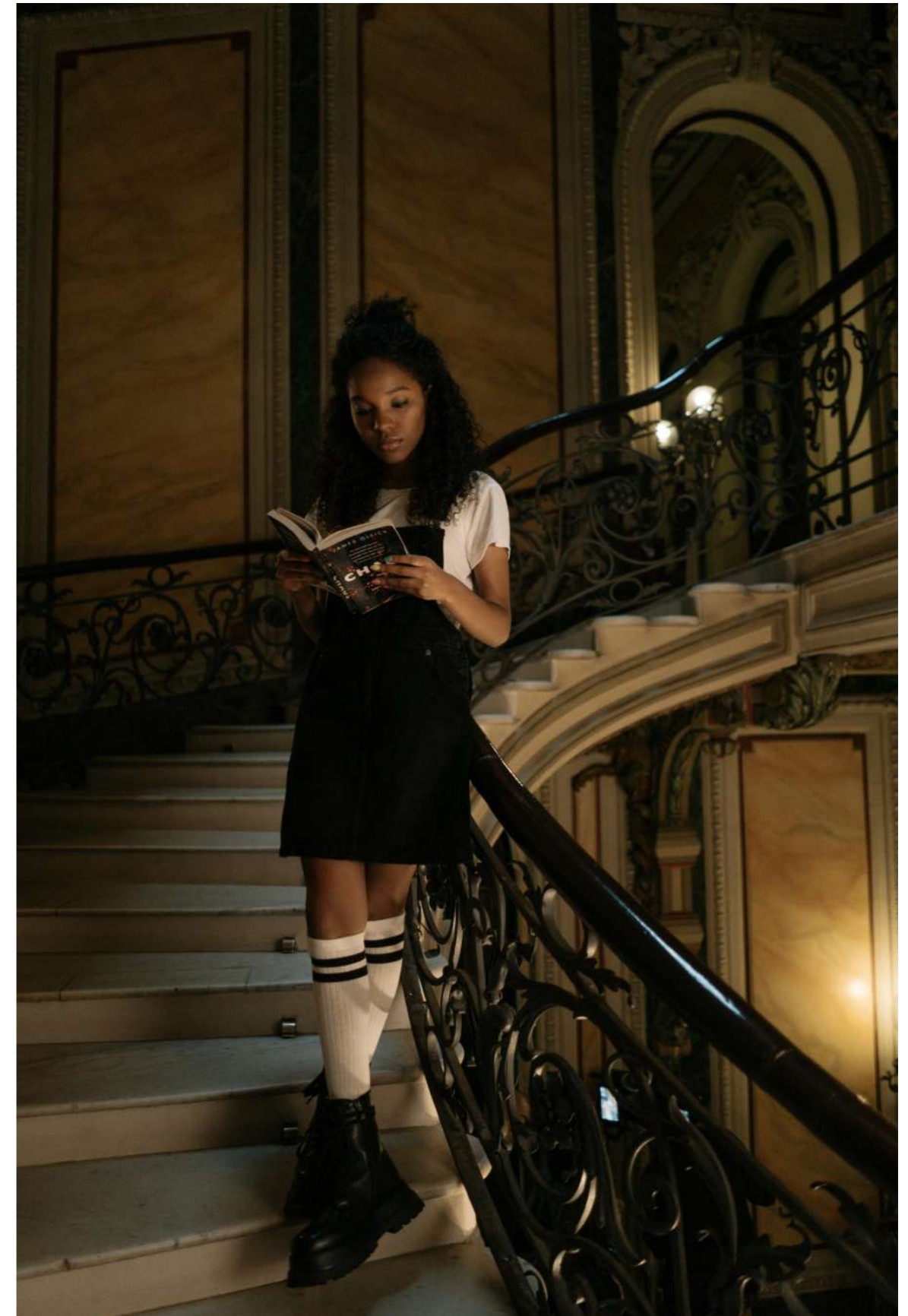
Poverty, malnutrition, complications of pregnancy, and emotional problems such as depression, drug, and alcohol use, are all risks for the mother. Children are also at greater risk of physical, cognitive, and emotional problems

To avoid pregnancy, use reliable birth control like pills, implants, IUDs, patches, shots, or condoms (which also protect against STIs), combined with abstinence as the only 100% effective method; consistency is key, and combining methods (like condoms with the pill) offers better protection.

Methods range from long-acting (implants, IUDs) to short-acting (pills, patches) and barrier (condoms, diaphragms), plus permanent options like sterilization.

Shocking stats SA report reveals that 438 girls between age 10 and 14 gave birth in KZN in just over a year.

Christmas day 2025 there was 1320 births in SA. The youngest girl that gave birth was 15.



Onthou om fotos te neem van jou kind....

Onthou om daardie eerste skoolfoto's op kamera vas te vang.

Maak herhinneringe - elke jaar s'n. Jy leen jou kinders vir 'n kort tydjie by die skool gedurende die jaar.

Dit is kosbaar, dit is oomblike wat vinnig verby gaan.

Mamma jou dae gaan so vol wees, indien jy vergeet om foto's te neem kontak Sarel hy sal gou jou kind se fotos neem.

Onthou jou kind het net een Graad 1 skooldag, moet nie later spuit wees nie.

Ons is so vinnig om ons selfone te gebruik om fotos te neem dat ons vergeet om professioneele fotos te laat neem.

SJ Botha Photography
Cell: 074 409 3929



Dreamteam
Wedding photography & services

Photography/Video/Editing
Drone photo/Video
DJ, Live Music, MC's
Photo printing, Framing
Gifts, MUA, hairstylists
Dressmakers
Venues, Decor hire, Catering

PHONE: 074 409 3929

Chef Sue



Pizza broodjie

Benodig:

2 x snye brood

Tamatie sous vir die basis

Gerasperde kaas

Rooi worsies of enige iets

Smeer die snye brood met
tamatiesous sny worsies in

skywe pak die sny brood lekker

Vol bedek met kaas.

Plaas in n lugbraaier vir so 5

min of tot die kaas lekker

gesmelt het en eet (dit is warm)



Kleur My in



Tips to store your Christmas decorations



To store Christmas decorations, use clear plastic bins, not cardboard, to protect from moisture and pests, and label everything clearly. Wrap delicate ornaments in tissue or bubble wrap and use compartment boxes, egg cartons, or plastic cups for separation, placing heavier items at the bottom. Wrap lights around cardboard or use cord organizers to prevent tangles, store in a cool, dry place like a closet, and take photos of your setup to recreate it next year.

Storage Containers & Location

Use Plastic Bins: Opt for clear, durable plastic containers instead of cardboard to prevent mold, mildew, and insect damage.

Label Everything: Clearly label bins with contents (e.g., "Glass Ornaments," "Lights") and even take pictures of your decorated tree to recreate displays easily.

Choose the Right Spot: Store in a

cool, dry, dark place, like a closet or attic (for sturdy items). Avoid damp basements or hot attics for delicate items.

Should you need to add some Christmas decorations to your collection you can save money to buy them before the stores pack them away.

That way you will have some new decorations for next Christmas.



Starting Grade 1 is a Big step!

Starting Grade 1 is a big step, requiring parents to set consistent morning/evening routines, talk about feelings, and prepare kids practically (uniform, lunch) to build independence, while teachers focus on social activities and basic literacy/numeracy (vowels, simple addition/comparison) to ease them in, making it a mix of routine, emotional support, and gradual learning.

For Parents: Preparing Your Child

Establish Routines: Create a predictable morning (wake, breakfast, dress, pack) and evening routine (bath, quiet play/reading, early bedtime - 7:30-8 PM is good for Grade 1) to build security.

Talk About Feelings: Discuss making friends, sharing, and anxiety using stories or characters to help them feel seen and heard.

Practice Independence: Let them pack their own bags, choose outfits (within limits), and manage their lunchbox.

Limit Screens: Balance screen time

with social play and outdoor activities to develop better attention and social skills.

School Logistics: Understand school communication, choose the right school, and involve yourself in the community.

What to Expect in Grade 1 (First Few Weeks)

Social Focus: Teachers will do introductory activities like "magic beads" to help kids get to know each other.

Basic Skills: Expect focus on vowels (A, E, I, O, U) for reading and simple addition/subtraction within 20, plus comparing numbers (e.g., 47 vs. 52).

Review & Routine: Teachers will review procedures and slowly introduce curriculum content.

Key Takeaway

The first few weeks are about settling in, learning classroom rules, and building friendships as much as academics, so focus on creating a calm, supportive, and structured environment at home.



What Kids should know about Valentine's day

cupids.

Origin: Named after St. Valentine, a Roman priest who secretly married soldiers, showing bravery and kindness.

What kids can do:

Make Cards: Create your own valentines for everyone you appreciate.

Acts of Kindness: Give hugs, help with chores, or draw pictures for people.

Share with Friends: Give valentines to classmates to spread kindness.

Appreciate Teachers: Show gratitude to your teachers and school staff.

Practice Self-Love: Be kind to yourself, talk nicely to yourself, and believe in your worth.

Celebrate love....

Kids should know Valentine's Day (Feb 14th) is about celebrating love and friendship with cards, candy, and gifts for family, friends, and teachers, stemming from stories about St. Valentine in ancient Rome who helped people in love, teaching kindness, gratitude, and self-love through actions like hugs and nice words, not just hearts and romance. It's a chance to make people feel special and show appreciation for everyone who cares about you.

What it is:

A Day for Love & Friendship: It's about showing you care for parents, siblings, friends, classmates, and teachers.

Gifts of Love: People exchange cards (valentines), candy, flowers, and small gifts.

Colors & Symbols: Red and pink are popular, along with hearts and



MAGAZINE

Media House



NEXT ISSUE - FEBUARY 2026
TO DOWNLOAD GO TO www.topvibe.co.za