



ZONE



Soul Buddyz Club Zone Magazine | 2023

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Welcome to your Zone for 2022!

Many changes have happened in the world in the past two years. How are things different now than they were before COVID:

- In your school life
- At home
- Your life with friends.

We all have to find ways to live with the changes in a positive and healthy way. Make Zone magazine your close friend. Get useful tips inside on how to be happy, how to deal with bullying, to be active and much more! Enjoy fun games and activities alone or with friends. Get inspired by real life stories. It's your time. Keep shining!

Love, the Zone team



The Day I'll Never Forget

Shining Stars Buddyz tell their stories

The day I learned about loving myself. I learned to accept who I am and how I was made. Now every morning when I wake up, I look at myself in the mirror and see a beautiful and amazing creation of God.

When I received an award at school for doing well in subjects that I love, Maths and English.

It is when my father had a car accident. We saw it happen. My baby sister cried so much I was not able to stop her. My father got injured on the head. On my way back from school I see the street where everything happened.



The day I was chased by a dog!

It was when I wore my favourite dress for my sister's birthday. It was 16th December, the Day of Reconciliation. It was a special day because it is a day of forgiveness.

When I visited my father's family. It was nice to see so many people who were my family. They said I was tall and beautiful. I played with my sisters and brothers. I have a lot to learn about my family.



Asibe-happy



GET MOVING

Make your body strong and healthy by jogging, doing sport or just dancing. Your body reacts to movement, producing dopamine, a natural chemical that makes you feel "monate" as they say in Sesotho. So, pump your best amapiano number or any happy music that you like, get your dancing shoes on – Ziyakhala manje, it's going down!



JUST BREATHE...

Sit or lie down and chill... Close your eyes... Breathe in slowly, and feel your stomach moving up... Breathe out slowly, and feel your stomach moving down... Listen to your breathing and focus on it... Repeat for a few minutes. How do you feel?



SLEEP ENOUGH

You're not lazy when you like to sleep – as long you get up when it's time to. Your body needs rest. When you sleep, it's like you're recharging yourself like a phone. **Now THERE's a power nap!**



BE GRATEFUL

Thinking about all the good things in your life puts some sweetness to your juice. Life is not always easy, but there is a lot you can be grateful for. Like good friends or the warmth of the sun. Even better, for being you – because you are one in a billion!

I'm grateful for:

.....
.....
.....

Wena o mang

Knowing who YOU are takes more than just knowing your name. It can mean asking questions you have never asked before. Answers to these can be the first steps to a trip of a lifetime, a trip to know yourself.

Draw a Johari Window like the one below. The Johari window is a tool to help you to know yourself better. You can draw pictures on it too.



These are the things:

I know about myself and others know about me.

I don't know about myself and that other people know about me.

Others don't know about me that I know about myself. It is my 'hidden' part.

Neither others nor I know about me. These are unknown skills and abilities that will come out as I grow older.

Tips

Ask your friends and family to describe your personality. Listen without interrupting. You may hear things that surprise you. You can decide to strengthen the positive and work on the weaker parts of your personality.



We Tell Stories With O

What does the statement mean to you we tell stories with our bodies?

Musa is a world renowned dancer from Sebokeng in Gauteng. When he was 11 years old, the doctor diagnosed him with bone cancer. To save his life, they said they needed to cut off his affected leg. This was heart breaking, especially for his mother. Musa didn't want to go ahead with the surgery at first. But the pain became unbearable. His life was at risk. Finally, Musa chose to go ahead with the surgery. He says losing his leg was a blessing in disguise.

After losing my leg

I never went through a crushing mode. I had prepared my mind because I knew I needed the surgery to get better. I found joy afterwards because my life changed. I was able to do things I never did before. It opened my mind to think differently and wider.

My love for dance

When I found dance, or when dance found me, we combined and produced my purpose. With dance I can do anything. Without saying a word, I can preach a message that says "I-M possible" (taken from impossible). Dance showed me a sign and a way to live. It said – this is what you were brought on earth to do.

Things I tell myself

I ask myself, if I was not born, what would the world have missed? As a person you must ask yourself, 'what is special about me'? Start believing in yourself. If you have a challenge in life, try to find a purpose behind it. Sit down and look inside yourself. Tell yourself that you can do it. If you can't do it this way, find another way to do it

Our Bodies



Interesting facts about Musa

- 1. He takes advice from his dogs! "The other day I needed to go and do something difficult. I was scared. I talked to my dog, telling him I wasn't ready, and asked if he thought I should go. The dog came and licked my face. So I went and everything went well!"
- 2. His biggest inspiration is his late uncle who taught him that in everything he must give thanks. To stay humble at all times. "Don't delay doing things. If you think of doing something, do it "same time". Just like when you want tea, just get up and make tea. That's how you should live," says Musa.



Vitamins for life








Vitamin C boosts our immune system, (the body's natural defence). It also supports the development of our bones and teeth. The fruits and vegetables below have Vitamin C, but their names are mixed up. Time yourself to see how quickly you can correct them.

Vitamin C

- rangeo = o r a n g e
- vagua = _ _ _ _ _
- berrystraw = _ _ _ _ _
- egrapuifr = _ _ _ _ _
- matoto = _ _ _ _ _
- ccolibr = _ _ _ _ _
- achpins = _ _ _ _ _



Vitamin A reduces your risk of acne. It also protects your eyes from night blindness. Get it from the food you eat. Write the correct name of each food in the spaces.

- a. _____ 
- b. _____ 
- c. _____ 
- d. _____ 
- e. _____ 

Answers to Vitamin C: guava, strawberry, grapefruit, tomato, broccoli, spinach
 Answers to Vitamin A: milk, eggs, pumpkin, spinach, carrot

The Orange Experiment

Is an orange more likely to sink in water with or without its skin on? Why? Be a scientist and find out for yourself.



WHAT YOU NEED

- An orange
- Bowl / Jug
- Water
- Pencil And Paper



1. Fill your bowl with water.



2. Put the orange in the water. Did it sink or float?



3. Take the orange out, and peel it.



4. Put the orange in the bowl again. Did it sink or float?

Water wise tip: Water a plant with your experiment water.

Why do you think there's a difference when the orange doesn't have its skin on? Write your answer here and then check out the answer at the bottom of this page.

Answer : Why the orange won't sink with its peel on: Orange peel has many air pockets in it. This helps the orange to float, like swimming arm bands. When you take off the peel, the orange doesn't have its arm bands anymore. It becomes heavy, and the force of gravity pulls the orange down so it sinks.



After school is after school!

Talk about this

“After school is after school,” is used as a threat when someone plans to fight with someone else when school is out. It’s a form of bullying. There are many forms of bullying. Tick x next to the forms of bullying that you or someone you know has experienced.



Forms of Bullying

• Unwanted teasing	
• Have lies and rumors spread about you	
• Being excluded from group activities to hurt you	
• Being hit, punched, slapped, pushed around	
• Your belongings taken from you by force	
• Embarrassing or insulting images and messages posted on the internet force	
• Someone damaging your belongings on purpose	
• Forced into a fight	



Read the poem *'I get pushed down'*, by **Verushka Hoff**, a former buddy from St Convent School

- I get pushed down
- I'm a human being and so are you
- But there is a difference: you are cruel
- You tease, pull, push, and hate
- While I can't wait to run out of the school gate
- I cry, hide and try pleading
- While you stand there and carry on teasing
- You scream, grin and frown
- During that time I get pushed down

Not your fault

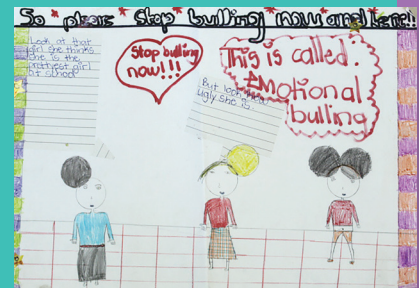


Tips to dodge a bully

A bully often picks on someone who is alone. Put a tick next to things you can do.

I can:

- Find a group of friends to hang with.
- Join a sports team or a group with my hobby.
- Help a child who is alone to make friends.
- Ask a teacher for help in making friends.



A bully often picks on someone who is shy, or is not sure of themselves.

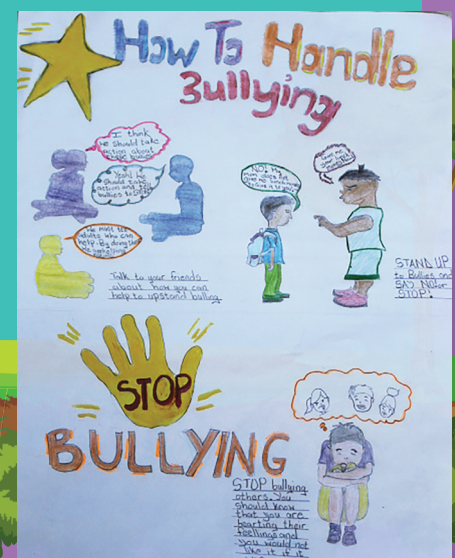
I can:

- Build my confidence by doing things that make me feel good about myself. Include someone who is shy when I play.
- Find an adult I can trust and tell them. It helps to talk.

A bully often picks on someone who is different in how they look, speak, if they have a disability, because of where they come from, or even where they live.

I can:

- Accept myself the way I am and not worry about what anyone else says.
- Show children who are different that I respect and care for them.
- Remember that it may be difficult to stop someone saying horrible things. But I can stop them from making me feel sad.



Rooibos and Chill

Make a rooibos and lemon cooler!
Not only is it delicious, rooibos is good for your health too.

How to make:



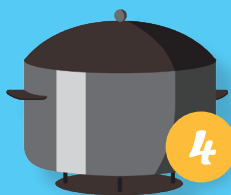
Boil 1 litre of water. Put it into a pot. Be careful not to burn yourself.



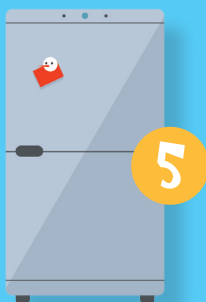
Put the tea bags, lemon slices and sugar into the pot.



Stir for a couple of minutes.



Put the pot somewhere to cool, with the lid on.



Put the pot in the fridge, or put it into a bigger pot with some ice in it. This will help to keep it cool.



Invite your friends over to sip tea and chillax (chill out and relax).

WHAT YOU NEED

- 3 rooibos tea bags
- Half a lemon cut into small slices
- 3 teaspoons of sugar or honey
- 1 litre of boiling water

Did you know?

Rooibos doesn't have caffeine in it, so you can drink it in the evening and still be able to sleep easily.

Rooibos only grows in the Cederberg, the Western Cape, South Africa.



More than just tea

a) You use this to wash your body.

OASP _____

b) You wash your hair with this.

SHAOOPM _____

c) Nice to eat with a cup of tea.

CUITSBIS _____

= _____

Answers: a) soap; b) shampoo; c) Biscuits

Get moving

Welcome autumn with a bang! Flow like a butterfly and move like the wind. Take 30 minutes away from watching TV and get moving! You will feel healthier, lighter and enjoy the breath of fresh air.

Create a chart for a week and fill in all the exercises you do. Walk up the stairs, dance, run... whatever you like. Just keep it moving.

Weekly exercise chart



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Number of minutes I did today ____	Number of minutes I did today ____	Number of minutes I did today ____	Number of minutes I did today ____	Number of minutes I did today ____	Number of minutes I did today ____	Spend Time with family and friends
						
Exercises I did today:	Exercises I did today:	Exercises I did today:	Exercises I did today:	Exercises I did today:	Exercises I did today:	Rest



You can have a strong and a healthy body by exercising regularly.

Wall gardens

Collect a few containers and some plants. Turn walls and fences into gardens.



How To Make:



Small containers like tins, big and small



Hammer and nails



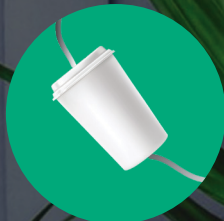
Wire and or strong string

What You Do:



Use a hammer and nail to make one or two very small holes in the bottom of each container.

Mind your fingers!



Make two holes on opposite sides of the top of the container. Thread wire or string through the hole.



Decorate your containers.



Put small stones in the bottom of the container and then fill it up with soil.



Plant a small plant or a few seeds.



Choose a safe place to hang your container/s.



Water regularly.

Water saving tip:
The best times to water your plants is early in the morning or after sunset.

Dream big!

What are your dreams? Can you achieve them? First believe in those dreams and yourself. Make a poster of your dreams and put it up on the wall. Stay positive and do your best to make them a reality.

"I want to own a business!"

I want to take part in the Olympics

"I want to travel the world!"

"I want to be a superstar!"

WHAT YOU NEED:

A big piece of paper

Magazines and other things to cut out pictures from.

A photo or drawing of yourself (and your family and friends if you like)

A pair of scissors

Things to write, draw or paint with



How to make your dream poster

1. Stick a photo, or a drawing of yourself in the middle of the page. Imagine what you'll look like 10 or 15 years from now, and draw that on a piece of paper too!
2. Find pictures, and make drawings to show what you want to do and have in the future.
3. Stick the pictures and drawings onto your poster
4. Write a few words to say what you want to do or be 10 or 15 years from now.
5. Write things that you like about yourself. You can look at your poster when you are feeling down!

Dr. Thibela

- a fast mover!

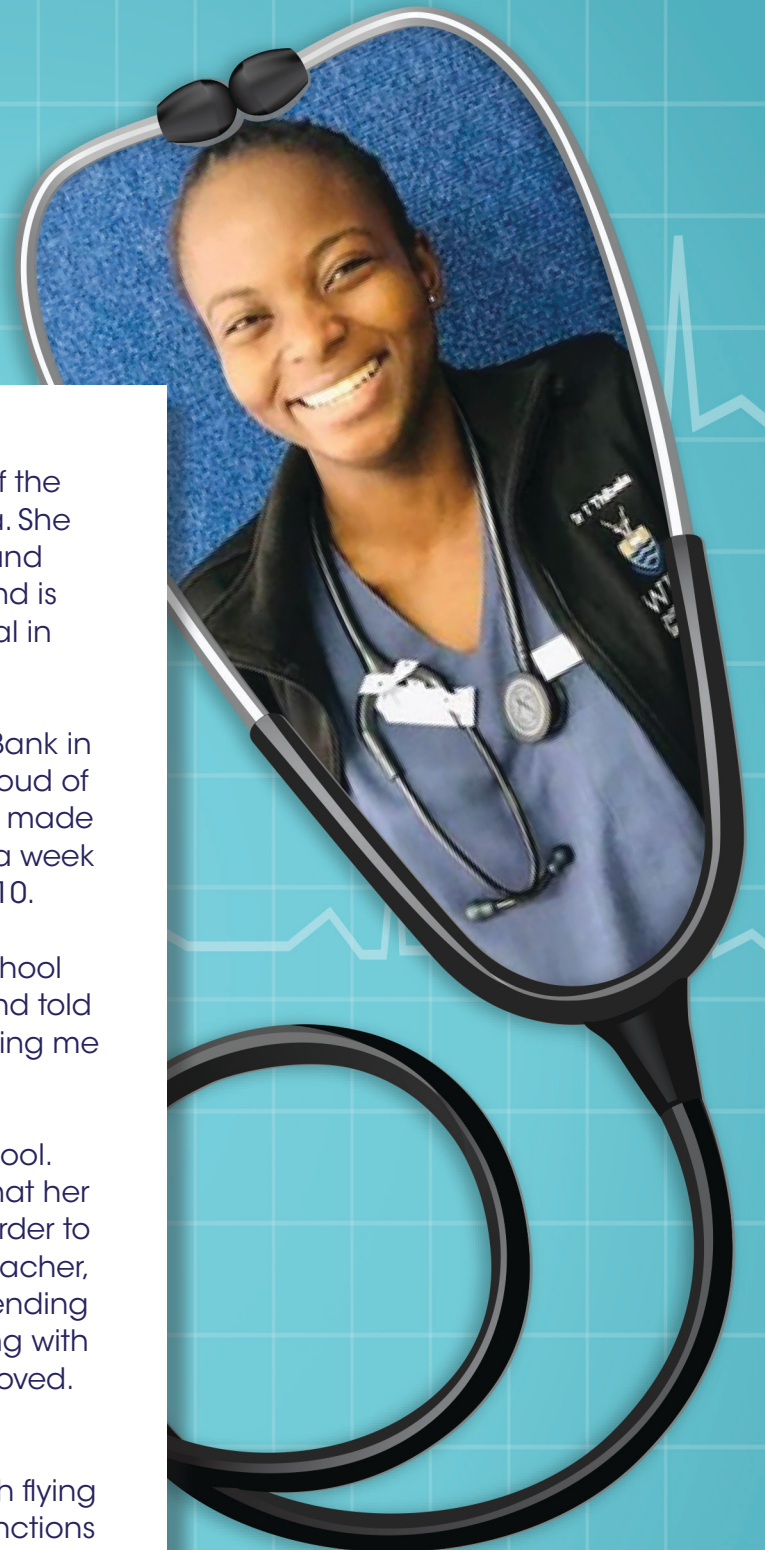
21-year-old Dr. Thakgalo Thibela is one of the youngest doctors working in South Africa. She completed her Bachelor in Medicine and Bachelor of Surgery (MBBCh) in 2020 and is now practicing at Helen Joseph Hospital in Johannesburg.

Thibela comes from the village of Violent Bank in Mpumalanga, where she says they are proud of her. She did so well at school that she was made to skip from Grade 6 to Grade 8. After just a week in Grade 9, she was moved to Grade 10.

"I was excited and nervous when the school principal decided not to waste my time and told me and my parents that they were promoting me to high school."

Things were not always rosy in high school. When she was in Grade 11, she noticed that her results were not great. She had to work harder to improve. With encouragement from her teacher, she turned things around. She started attending extra classes. She spent more time studying with friends to make sure that her marks improved. And it worked!

At age 15, Thakgalo passed her matric with flying colours. She received an impressive 7 distinctions and was awarded a bursary by the Industrial Development Corporation (IDC). She attended Wits University where she sometimes felt out of place. Some fellow learners used to make fun of her accent and how she pronounced some English words.





"It affected my self-esteem. I became scared to express myself in front of my peers."

All that teasing did not make her quit but she stayed focused on her goal. Now she gets a lot compliments from her hospital patients.

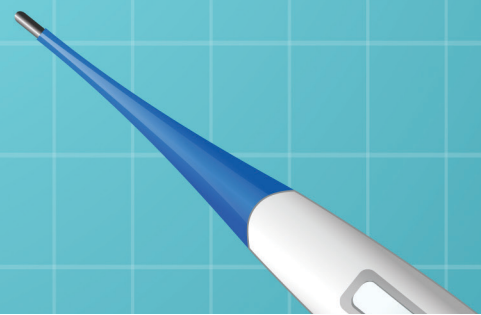
"What I like about my job is that even though I may look young, patients never refuse to be examined by me. Instead, they are surprised and ask me how old I am and complimenting me for being a doctor at an early age."



Chat with a friend

- o What inspires you about Thakgalo's story?
- o Why is it important for girls to be educated?

Write your own dream below. Say what you will do to achieve your dream.





Skip and jump

Skip every day to chase your worries away! All you need is a rope... and a couple of friends.

Skip alone

Start with easy jumps and then try more difficult ones. You can count for yourself.

Skip with a few friends

Jumping and laughing go together like fish and water. When you get good at it you can try with two ropes at the same time. Shu! That would be cool, ne?

Spin and jump

Everyone stands in a circle. One person stands in the middle of the circle. She or he holds one end of the rope, and spins the rope low. Everyone else has to jump over the rope. If you don't jump in time and the rope touches your legs, you have to swop places with the person in the middle.

Jump and touch it

Tie the rope to a tree so that the tip of it hangs down. Run, jump and touch it. Set it higher and higher and see how high you can jump.

Rope alert!

Buddyz, be careful. Rope can burn you if someone pulls it hard and fast from your hand. Remember to just let go.



Multi-lingual word search

Learn a word or two in the different South African languages. Search for the words in the list. Put a circle around the word when you find it. Try to say the words out loud.

- 1) ingubo (blanket in IsiXhosa and IsiZulu)
- 2) metsi (water in Sesotho and Setswana)
- 3) mpete (bed in Sepedi)
- 4) visvanger (kingfisher in Afrikaans)
- 5) bantwana (children in Siswati)
- 6) Swiri (orange in Tshivenda)
- 7) Tintangu (shoes in Xitsonga)
- 8) Ilanga (sun in IsiNdebele and IsiZulu)

v	i	s	v	a	n	g	e	r	c
m	c	g	i	m	p	e	t	e	i
p	r	t	b	e	h	s	k	z	l
g	b	a	n	t	f	w	a	n	a
x	a	g	r	s	f	i	h	j	n
a	l	s	f	i	p	r	l	m	g
j	l	x	p	z	o	i	t	k	a
n	o	k	z	a	j	i	k	s	z
l	o	h	w	y	i	j	p	t	z
i	n	g	u	b	o	m	p	t	z
t	i	n	t	a	n	g	u	w	l



What's your study style?

On this page is a quiz that shows different ways how people learn and remember information. On the next page you will find the results of the quiz. They are based on the answers you will choose (A, B or C). Your results will show you how you prefer to learn and remember things.



1. If you need to find your way to a new place, what helps you the most?

- a) A map showing you the directions
- b) Asking someone how to get there.
- c) Going there with someone else so that you will know the next time.

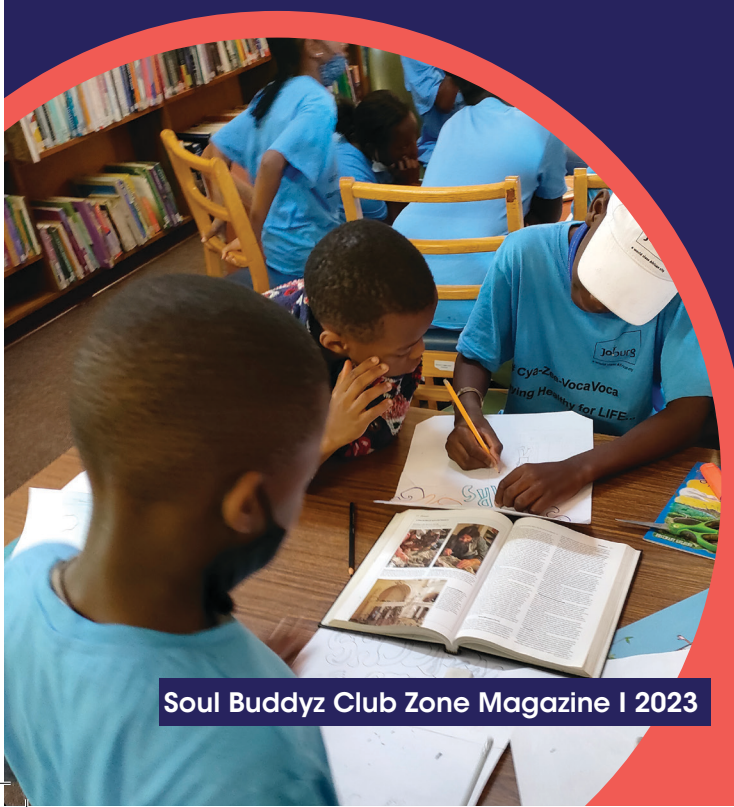
2. What do you find the most disturbing when you try to concentrate?

- a) People walking past you.
- b) Loud noises.
- c) If you are too hot or too cold.



3. What do you do when you're standing in a queue?

- a) Look at everything around you.
- b) Talk to the people around you.
- c) Move around and find it difficult to keep still.



4. If you get a new cell phone, what's the best way for you to find out how it works?

- a) Read the instruction booklet.
- b) Get someone to show you.
- c) Try it out for yourself.

5. When you hear a song on the radio, what is your response?

- a) You imagine the music video.
- b) You sing along.
- c) You start moving with the music.

What's your result?

If you got...

Mostly As:

You're a visual (seeing) learner. A visual learner remembers information in words and diagrams. It helps you to read more about a topic, take notes, write down keywords and make pictures.

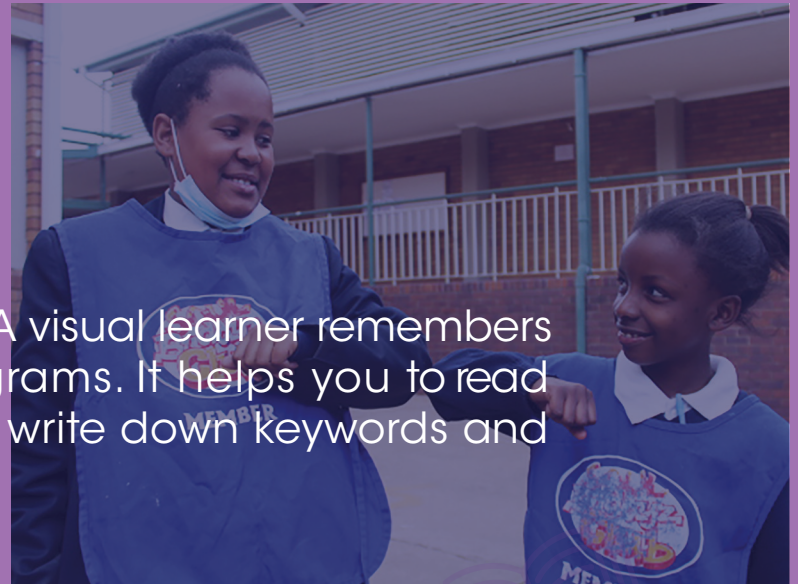
Mostly Bs:

You're an auditory (hearing) learner. You learn best from hearing information. Sit where you can hear clearly in class. Try downloading podcasts about your subjects from the internet. Or even record your own voice reading about the topic and then play it back.

Mostly Cs:

You're a tactile (feeling) learner. You understand and remember things by physically touching or doing them. It helps you to experience real objects that you are learning about. Trace words with your finger to learn them. Make models of things you are studying. Don't force yourself to keep still for too long.

You may find that you are a mix of all of the styles. Try some of the tips from each one. It is important to understand and value own unique way of doing things.



Lethabo Needs Help

12 year old Lethabo just found out that she is pregnant. Since she is 12, she is still a child and it is against the law for anyone who is 16 or older to have sex with her. Lethabo is scared to tell her grandmother. She is scared she might be blamed. The only person she has told is her best friend, Ntswaki.



- a) What would you do to help if you were Lethabo's friend?
- b) What other help do you think Lethabo needs?

Here is what the law says to protect children

- 1) The official age of consent in South Africa is 16.
- 2) If someone is 12 years old and younger, they cannot consent to sex.
- 3) A 12 year old cannot give permission to have sex with someone who is 16 and older. It is a crime of statutory rape.
- 4) Someone who is 18 and older is not allowed by law to have sex with people aged 12 – 15 or younger.
- 5) A school must inform police if a pregnant learner is under 16. This is done to protect children from abuse. It is also to identify if a crime of statutory rape was committed.
- 6) A learner cannot be kicked out of school because they are pregnant.
- 7) A minor who is pregnant has the right to be helped by health workers, police, social workers and other professionals. They should get assistance without being judged when they need help.



Help for survivors

If a person has been raped, it is important that they:

- o Know that it is not their fault.
- o Don't bath, wash or change the clothes they were wearing. This will help to gather evidence against the rapist.
- o Tell someone they trust, someone who can help.
- o Be given medical treatment within 72 hours or 3 days of the rape. This way they can get HIV prevention medicine and also medicine to prevent sexually transmitted infections (STIs) and pregnancy.



Get help at a Thuthuzela Care Centre

Thuthuzela Care Centres (TCCs) are found in some clinics and hospitals around the country. Find out if there is one in your area. Their job is to offer victims of rape and gender based violence all the services they need in one place. Some of the important people who are there to assist include:

- 1 **A nurse or site coordinator** who will make you the survivor feel welcome and explain the medical examination that needs to be done. Also what they need for evidence of the rape.
- 2 **An investigating Officer** who will interview the survivor and take their statement.
- 3 **A social worker** or nurse who will offer counselling. They also give follow up support that is needed, like offering a lift home, arranging for further counselling, and organizing a place of safety if need be.
- 4 **A special lawyer** the survivor can consult before the case goes to court.



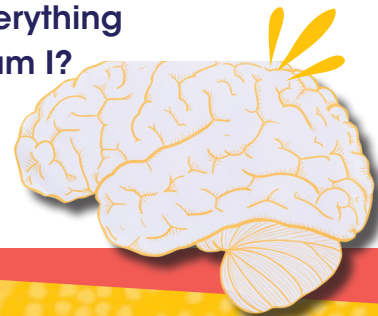
Make up a play where you show a survivor getting help at a Thuthuzela Care Centre. Show the people involved. Stage your play at school to teach others about getting help.

Numbers to call to get help: **Lifeline** – 0861 322 322 | **Teddy Bear Clinic** – 011 484 4554 | **Childline:** 08000 55 555
SAPS (South African Police Services) – 10 111 / 012 393 100 | **SAPS Family Violence, Child Protection and Sexual Offences** – 012 393 2014

Mind shake-up!



1. Three large people try to get under a small umbrella. They don't all get fully covered but nobody gets wet. How can this be?
2. What has wheels and flies, but is not an aeroplane?
3. I am the only thing that always tells the truth. I show off everything that I see. I come in all shapes and sizes. So tell me, what am I?
4. What is $\frac{1}{2}$ of 2 plus 2?



Kikiki!

A man who drinks a lot of alcohol felt sick and so he decided to go to the doctor. The doctor examined him. "I can't seem to find the problem," said the doctor. "But I think it has something to do with the alcohol." "Well then," said the man, "I will come back when you are sober."

Teacher: I see you missed the first day of school.

Tshepi: Yes, but I didn't miss it very much.

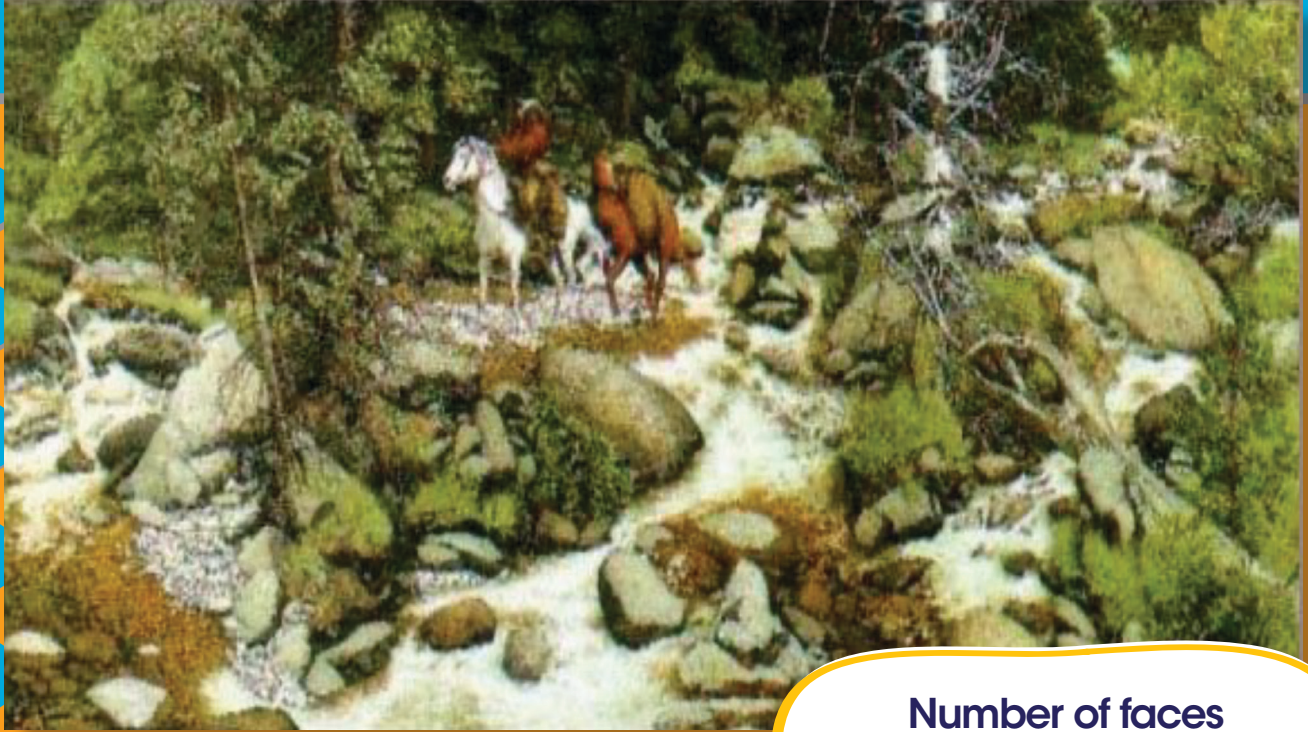


What did the pencil say to the sharpener?
Stop going in circles and get to the point!



Optical illusions

Count the number of faces that you see in this picture. See how many you and your friend can find.



Number of faces

Look at the colours written below. Say the colour of each word, not the word itself.

Blue Red Green Cyan
Magenta Black Pink
Yellow Orange Violet
Brown Purple Cyan
Indigo Red Green Blue



Counting water

Meet Bongani and his cousin Mpho. They push the wheelbarrow to fetch 40 litres of water from the tank.

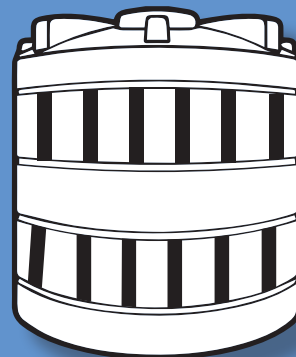
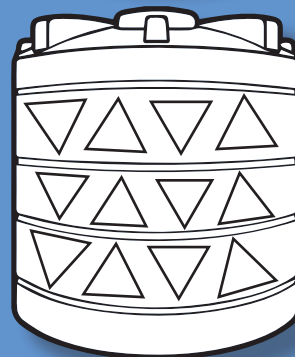
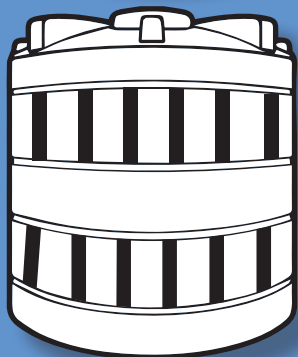
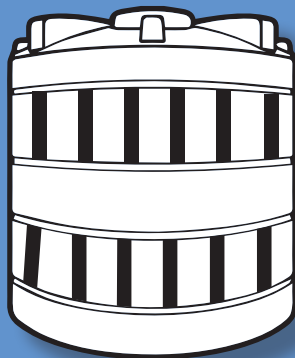
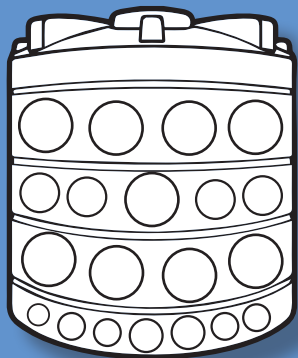


- If Bongani and Mpho used 1 litre for cooking and 15 litres for washing their school uniforms, how many litres of water would be left? _____ litres
- With the water that is left, Mpho and Bongani brushed their teeth and washed their faces and after that there were 22 litres left. How much water did they use? _____ litres.
- If Bongani and Mpho fetch 40 litres of water 5 times a week, what is the total amount of water they fetch in one week? _____ And in two weeks? _____
- They reuse the water that was left after washing their school uniforms to water the garden. What is this kind of water called:

- **Pink water**
- **Grey water**
- **Blue water**

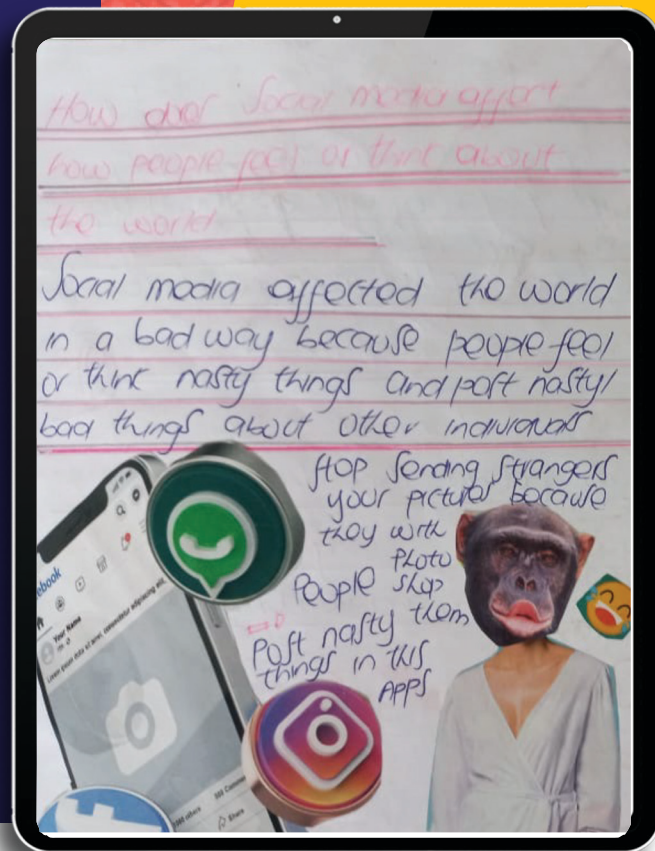
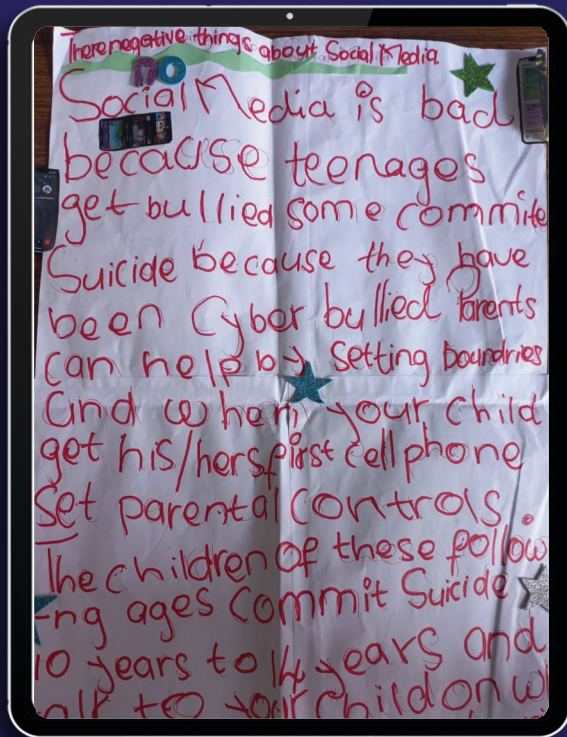
SPOT THE MATCHING PAIR

Find the water tanks that are the same, and colour in all the tanks.



Answers to Counting Water: 1) 39 litres (b) 19 litres (c) 200 litres (d) 200 litres (e)

Your say on social Media



WHAT'S GREAT, WHAT'S NOT?

- Social media helps us to connect with family and friends from anywhere in the world.
- It can inform us about different things in the world.
- Encourages us to learn and grow
- We can express our thoughts

What's not:

- There can be cyber bullying. People post harmful or false content about someone else.
- Students can lose concentration on their studies because of spending time on social media.
- It can make people feel ugly, depressed and like they are not good enough. People compare themselves with others.
- Social media is addictive

Make your own poster about how social media affects people.



Get ready

It is the third quarter of the year! Get ready for final exams. This is a good time to form or become part of a study group. Don't wait until the last minute.



WHO CAN YOU INVITE TO MAKE A STUDY GROUP WITH YOU?

WHERE COULD YOU MEET?

WHICH DAYS AND TIME COULD YOU MEET?

WHAT SUBJECTS WILL YOU FOCUS ON?



Group Study plan

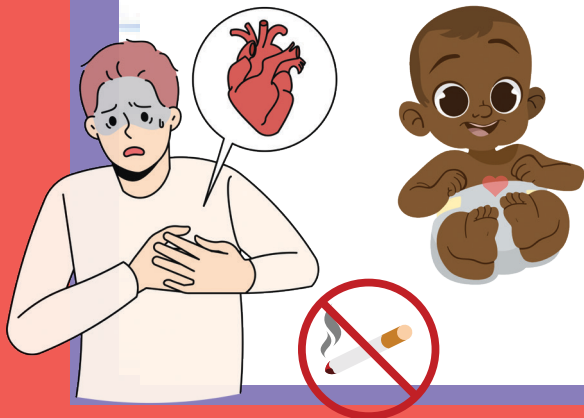
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SUBJECT							
STUDY TIME							



Heart beat

DID YOU KNOW?

- ♥ Your heart is a pump that moves blood around your body.
- ♥ Your heart is about the same size as your fist.
- ♥ The number of times your heart beats in 60 seconds (which is 1 minute) is called your heart rate, measured in beats per minute (BPM).
- ♥ A newborn baby's BPM is about 100.
- ♥ A Buddy's heart rate is about 84 BPM (if you are 8 to 14 years old). Some children might be a bit faster or slower.
- ♥ Adult heart rates are around 70 BPM. The fitter you are the slower the heart beats.
- ♥ If you are overweight or you smoke, beware! You have much bigger chance of having a heart attack or stroke.



Work out your own BPM

1. Put two fingers on your lower wrist, (where your palm ends and arm starts).
2. Move your fingers on your veins until you can feel the pulse.
3. Press lightly on your pulse.
4. Count the number of beats for 10 seconds exactly. Multiply the number by 6 to get your BPM

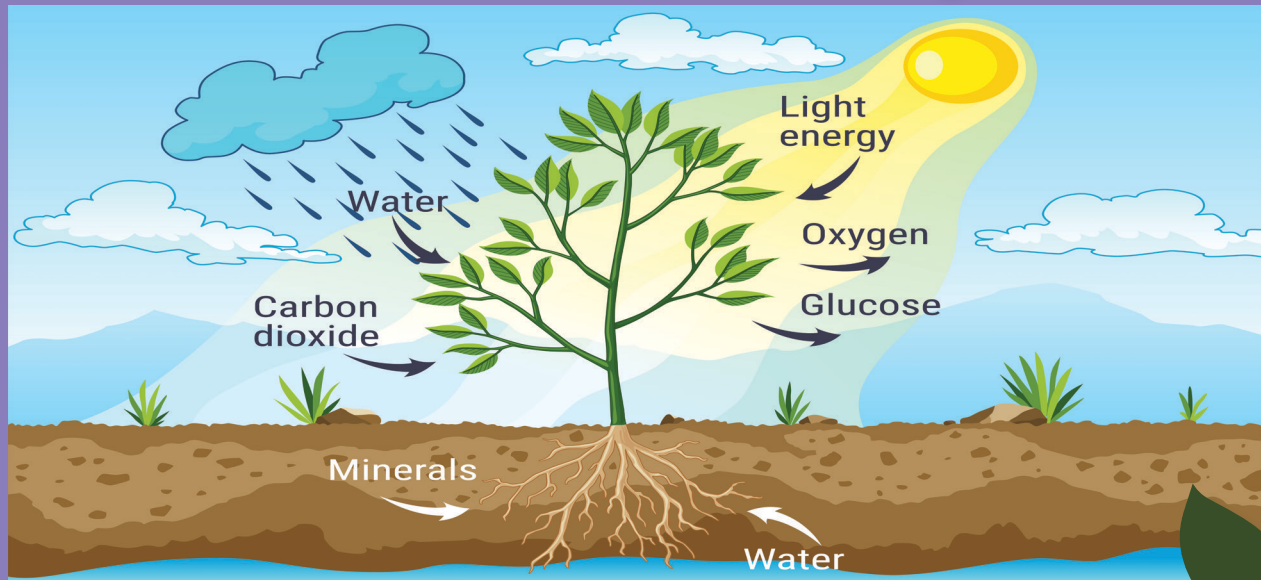
Write your BPM here _____

EXAMPLE

Step 1: Siya felt his pulse and counted 15 beats in 10 seconds.
Step 2: He multiplied 15 by 6 ($15 \times 6 = 90$)
Siya multiplied his beats by 6 because $10 \text{ seconds} \times 6 = 60 \text{ seconds}$
 $60 \text{ seconds} = 1 \text{ minute}$
His BPM 90

Love leaves

Have you noticed how in the autumn, leaves on trees start to turn red, yellow, orange and brown? Then the leaves start to fall off the trees. Why does this happen?



Plants are clever. They make their own food. They have roots that suck in water. Plants also take in carbon di oxide, which is a gas, from the air. They mix the water and the carbon dioxide together and turn it into their food. And they give off the oxygen. That's cool and friendly to us, because we humans need oxygen to breathe.

To make their food, plants use sunlight and a green colouring called chlorophyll. In winter, in many places it is dry, and there is less sunlight. Many plants stop making food. The chlorophyll goes away. The other colours, called pigment, that are in leaves, like yellow, orange and red, get a chance to be seen. And then the leaves become dry and fall off the trees.

Four Seasons

We have four seasons. Do you know what they are?

					S				n	g
	a				m	n				
W					r					

Did you know?

In the United States of America (USA) and Canada they call the season of autumn 'fall'.
You can guess why, nèn?



A saying about leaves

I am turning over a new leaf.



The meaning

I have messed up with something and I am going to start afresh with a good attitude.



A. Sieberiana Tree

B. Baobab Tree

C. Fever Tree



Make a leaf rubbing

Find a leaf and put it under this box.
Use a pencil to rub gently over it.
Watch as your leaf comes to life!

The longest rivers

The Nile, Amazon and Yangtze are the three longest rivers in the world.



- (a) Which sea does the Nile River flow into? M_d_t_r_n_n Sea.
 (b) Which countries does the Amazon River mainly flow through? P_ _ and B_ _ _ _ .
 (c) Which country does the Yangtze River flow through? C_ _ _ _ .

Name of river	Length in kilometres	Which continent?
1. Nile	6 650km	A_ _ _ _
2. Amazon	6 400km	S_ _ _ A_ _ _ _ _
3. Yagtze	6 300km	A_ _ _ _



- (d) The Nile River is longer than the Amazon River. Write down how many kilometers longer _____
 (e) The Nile River is longer than the Yangtze River. Write down how many kilometers longer _____
 (f) If you added all three rivers into one long river, how many kilometers would it be?

Answers to the three longest rivers:
 (a) Most of the Nile River flows into the Mediterranean Sea. (b) Most of the Amazon River flows through Peru and Brazil. (c) The Yangtze River flows through China. (d) Nile River: Africa (2) Amazon River: South America (3) Yagtze: Asia (4) 250km (e) 360km (f) 19 350 km

Wet, wet, wet

March 22 is World Water Day. So let's splash into some water facts.

1. How many glasses of safe, clean water should you drink every day?

- a) 6
- b) 2

2. Our bodies are made up of this % of water

- a) 10%
- b) 70%

3. Earth is covered with this % of water. Most of it is sea water.

- a) 70%
- b) 10%

4. You can only survive this long without water

- a) 30 days
- b) 5 to 7 days



500 million litres of water go over the Victoria Falls in one minute in the summer season.

- a) How many litres go over in two minutes?
- b) How many litres go over in 30 seconds?
- c) How many litres go over in 90 seconds?

EVERYONE HAS A RIGHT TO CLEAN, SAFE DRINKING WATER

If you cannot drink water because it has a bad or strong smell, or it tastes strange then you should tell the Water Services Authority at your local municipality.

You can treat your water by doing these things:

- Pour it through a cloth to remove sand or dirt and boil it for ten minutes.
- Put in 1 teaspoon of bleach for every 25 litres of Water and then keep the water away from sunlight For at least 2 hours.
- keep your water in clean containers.



You can get more information about clean and safe water from the Department of Water and Forestry on their website www.dwaf.gov.za

Answers to Chasing water falls: (a) 1000 million litres, (b) 250 million litres, (c) 750 million litres

Mask pollution

How many masks do people around the world use every month? (See the correct answer at the bottom of the page.)



a 70 million

b 129 billion

c 129 million

Out of these, over 1 billion have ended up in the ocean, causing danger to animals and plants under water. On land, birds and animals have choked on masks or became entangled by their strings. We have to be careful of how we get rid of used masks, otherwise we might end up with another pandemic – pollution!

What we can do

1. Throw used masks into a bin that has a lid or a bag that closes to avoid masks being blown away by wind.
2. Cut the strings before getting rid of the mask.
3. Do not flush a disposable mask.
4. Use a reusable mask. Wash it daily when you get home.
5. Encourage others to do the same.



Answer: 129 billion

Make a mask

Use a bandana or cloth and elastic bands to make a face mask in these simple steps. You can reuse the mask and wash it after every use.

YOU NEED

A SQUARE CLOTH
2 RUBBER BANDS



STEP 1

Place the cloth flat on a surface.



STEP 2

Fold the top and bottom inward to meet in the middle.



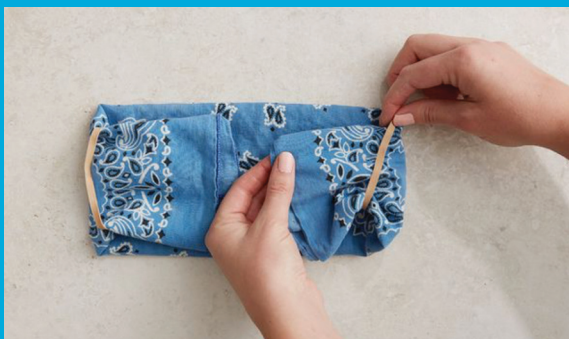
STEP 3

Fold the cloth in half again. There should now be four layers of cloth on top of each other.



STEP 4

Make ear loops with the elastic bands. Slip each end into an elastic band, pulling the elastic band towards the middle of the bandana. Do this for both sides.



STEP 5

Fold the ends of your cloth to meet in the middle. Make the ends overlap slightly, and tuck one end into the other.



YOUR MASK IS READY

Treatment and vaccines

Covid-19 came with many challenges to our lives. Many people living with diseases such as HIV couldn't go to clinics to get their treatment.

"I was lucky that I did not stop taking my treatment during COVID. In the mornings I take pills for TB and in the evenings a pill for HIV. When there was lockdown I couldn't go to the clinic. They delivered the medication for me at home. That helped me to stay healthy."

– Thobeka



Preparing For Covid-19 If You're Living With HIV

TAKE ACTION TO AVOID COVID-19



Follow the general prevention advice.

CONTINUE YOUR TREATMENT



Take your ART to keep your immune system healthy.

STOCK UP ON ART



Have a 30-DAY supply of your ART, ideally 3 months.

CHECK YOU'RE UP TO DATE...



...with your immunisations.

HAVE A PLAN IN PLACE...



...for if you feel unwell and need to stay at home.

LOOK AFTER YOURSELF



Eat well, exercise and look after your mental health.

Avert > www.avert.org/coronavirus

Myths	Facts
<p>COVID Vaccination:</p> <ul style="list-style-type: none"> • Changes your DNA • Is meant to infect people with an evil spirit • Was made too fast, and we still don't have a vaccine for cancer, therefore it can't possibly work! 	<p>COVID Vaccination:</p> <ul style="list-style-type: none"> • Reduces the risk of being seriously ill if you get COVID. • Is medically tested and proven by scientists to protect against COVID. • Was developed faster because scientists and governments all over the world worked together on one common goal.

Sources: (accessed 01/03/2022)

https://www.avert.org/coronavirus/covid19-HIV?gclid=Cj0KCQiA64GRBhCZARiAHOLrjL-X7ymcgeXf8gNo0-G9M1HKOwbXmiVmayE4zlyXU1gv0LsLQSAp-caAsxqEALw_wcB https://www.gov.za/covid19/vaccine/myths?gclid=CjwKCAiAjoerBhAJEiwAYY3nDKbD7D4VOC4bCDfnpqBBPeKNSIZz9zZGSZNSUY-1cLHrBBxZtMqkRHxoCj50QAvd_BwE

Body facts



1) Choose the correct answer. How many muscles does the human body have?

- 640
- 2300
- 120



2) How many bones do you have on each of your feet? How many foot bones do you have when you put your feet together? (image of child's feet)

- 26
- 10
- 18



3) When you stand in one place for a long time it is more tiring than walking. This is because you are putting more demand on a few muscles when you stand for a long time, than if you are walking. Keep walking!

4) Although it is different for each person, fingernails take about three to six months to re-grow completely. Toenails take about a year to a year-and-a-half. Your age, the season, how much you exercise, and your diet all affect how quickly your nails grow.

5) Your skin is the largest organ of your body. Your eyelids and the skin below your eyes is the thinnest, and the thickest skin is on the palms of your hand and the soles of your feet.



Just for laughs

• This is the advice that Lifa gave to his younger brother who was going to school for the first time. "Don't learn how to spell the word "car" because after that the words just keep getting harder and harder!"

• Teacher: Katlego, this essay is exactly the same as your brother's, word-for-word. Katlego: That's true, teacher. We wrote about the same dog!



On the ball

The Blue Birds Ladies Football Club play in the SAFA SASOL Provincial Women's Soccer League. They are from Alexandra, Gauteng. They speak of their passion for soccer.



"I fell in love with soccer in 2011. I grew up with boys and they were always playing. My family have always supported me. The only pressure they put on me is that I must have time for my school work." **Nthabiseng August**

"After school I must be at training. When I come back, I bath and go straight to my books. Being in a team has taught me respect, commitment and how to treat others." **Mary Mamabolo.**



"I will not forget the day I played my first game. Even though we lost that game, the experience was unforgettable. After that we have won championships for under 17 and under 20. It's a great feeling." **Sinovuyo Sophila**

"I play 3 different positions in the team. Being in the team is all about commitment and passion to grow together to the next level. One day I want to see myself playing overseas." **Nozi Kobeane**

BLUE BIRDS FLY HIGH

Some of the players from the team now play for the National League. Others have played for the Women's National Soccer team Banyana Banyana. The players also get help with school work and life skills from other local organisations to make sure they do well in other areas of their lives.

"Losing is not nice but after losing we talk about it at training. We look at our mistakes and fix them. We tell ourselves that we can do better." **Tshiamo Segwatle**



Soul Buddyz Club Zone Magazine | 2023



Touchy topics

Can you talk to adults at home about any topic? Talking to adults about sex, sad feelings, drinking alcohol are taboo for some families. What other topics can you think of that are no-go areas?

Put a tick in the box you agree with.

- 1) Would adults in your family:
- Chat with you about relationships?
 - Chat with you about sexuality?
 - Chat with you about sex?

Yes	
No	
Not sure	



If you said 'yes' to all three of the questions, good for you! We all need older, wiser people to chat to about important things in our lives, néh?

TIPS TO TALK

Adults have been there... done that. Hard to believe but they were your age once. Here are some tips to get the talk started.

- o Find the right time to talk.
- o Ask for a special time with them.
- o Show them a story from a newspaper or magazine.
- o Start a conversation about something you've seen on TV or heard on the radio.

Here's a space for you to write down some questions you would like to ask your parents or guardians. Practice how you will ask. Maybe practice with a trusted friend. If it is still too hard to do, you can call Childline on this free number: 08000 55 555.

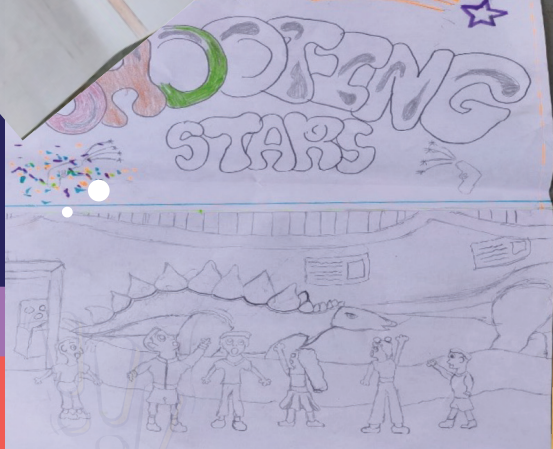
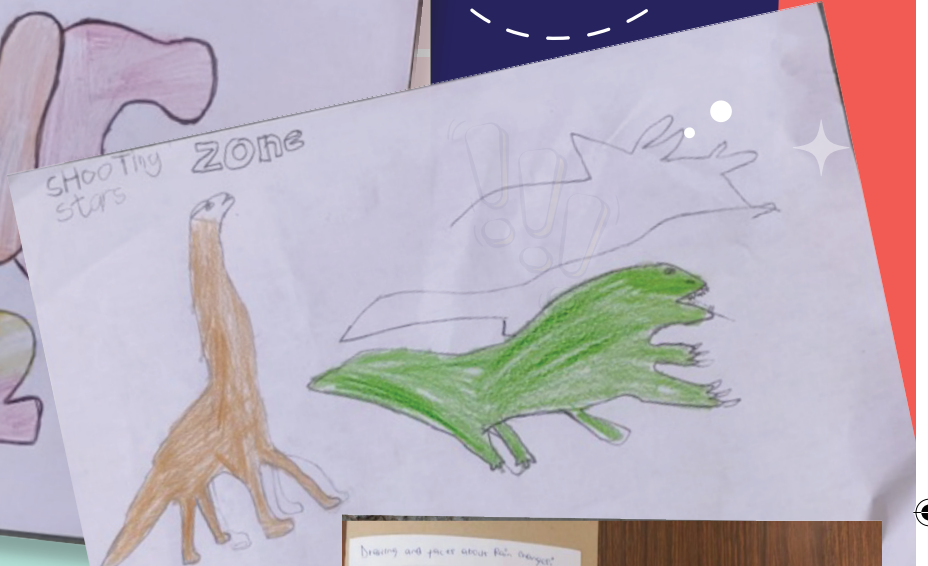
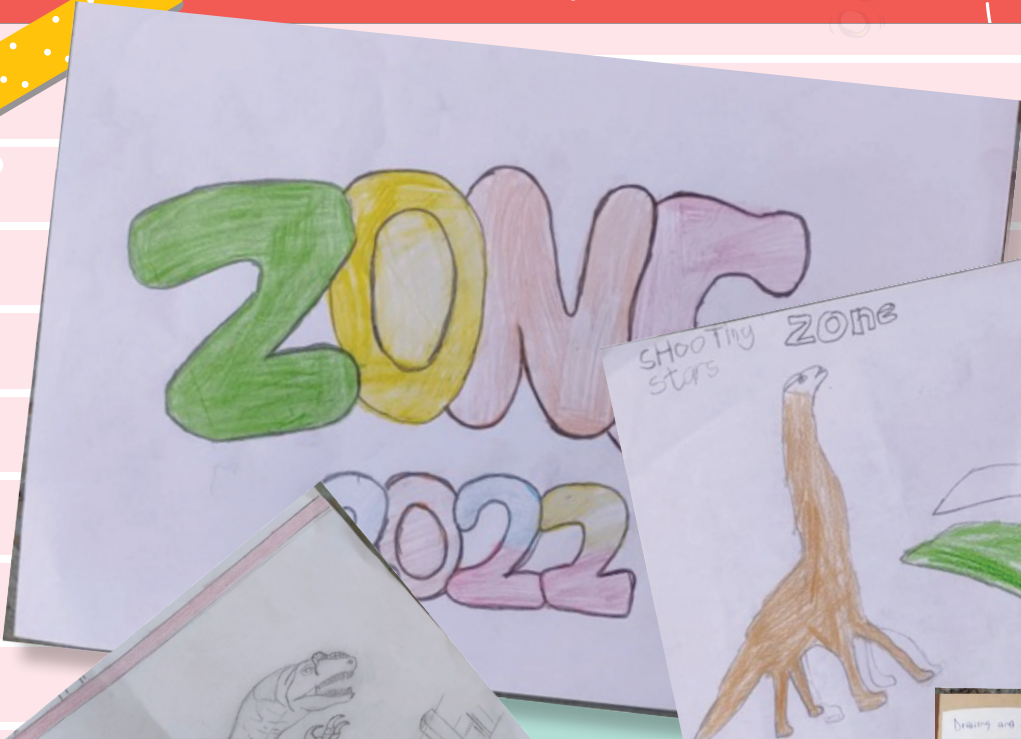
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Welcome to quarter 4

Buddyz mail and art



Be safe on social media

WHAT'S YOUR FAVOURITE SOCIAL NETWORK?

- (a) Tiktok (b) Snapchat (c) whatsapp
(d) instagram (e) Facebook (f) Other _____

It's really cool to share news and connect with friends and family on these socials. Complete the activity below to see how safe you are online.

IF YOU AGREE, TICK

Like 

IF YOU DISAGREE, TICK

Unlike 



- Social Media is fun and cool. But, we must keep safe.

Like  Unlike 

- I keep my full name and personal information private. I can use a nickname if I want to.

Like  Unlike 

- I know that nothing is ever private on social media. People can copy it to send it to other people. I am very careful about what I post. I stop and think before I send.

Like  Unlike 

- I don't post photos and videos that I wouldn't show my family, friends, educators. I know they might see them.

Like  Unlike 

- It's not cool to post or send photos that would embarrass someone else.

Like  Unlike 

- I can't tell what a stranger wants from me. I don't give strangers or people I don't trust any of my personal details.

Like  Unlike 

- I don't get involved in personal chats, or tell strangers my secrets. I don't arrange to meet them.

Like  Unlike 

A boy like me

Zameer Dada has written a book called *The Lion of Soweto*. Zameer won the Mzansi Spelling Bee Championship for 2014, 2015 & 2016 and was the 1st African Spelling Bee Champion. His story is about a boy named Joseph who also overcomes his own challenges and goes on to win a National Spelling Bee. "Even though my character and I come from different backgrounds, we are similar in that we work hard and we don't give up," Zameer says.



WHY DID YOU DECIDE TO WRITE A BOOK?

I knew I would write a book one day. I just didn't know about what. The spelling Bee gave me the idea. I had to create a character that most South African children would relate with. With the book, I wish everyone to know that if they want to achieve something, nothing should stop them.

WHAT HELPED YOU TO BE GOOD AT SPELLING?

Reading a lot of books. When I read, I found a lot of words I wouldn't have known. I learned how to spell them and studied their background. Not only did reading boost my vocabulary, it helped me to learn about many things about the world. I got new ideas. I learned to have meaningful conversations with people.

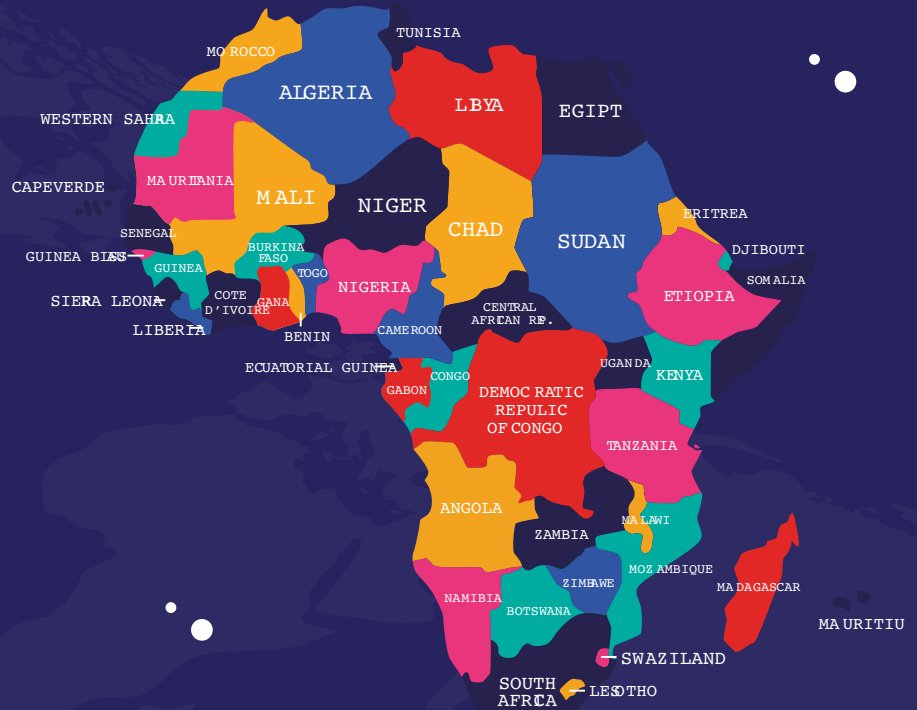
YOU DIDN'T WIN THE FIRST TIME, WHAT MADE YOU TRY AGAIN?

Because I ended up in the finals, I knew I could do better. I told myself that if I could come that far, then there was a chance I could go further if I worked harder.

GOING FURTHER!

Zameer is now a University student. He wants to be a doctor so he can make a difference in people's lives. In his spare time he likes to play soccer.





In the African Spelling Bee, Zameer competed with 26 children from (a) Botswana (b) Ethiopia (c) Kenya (d) Lesotho (e) Malawi (f) Nigeria (g) Uganda (h) Zimbabwe. Time yourself and see how fast you can find these countries on this map.

Write the name of a country on each flag.



Botswana flag



Ethiopia flag



Kenya flag



Lesotho flag



Malawi flag



Nigeria flag



Uganda flag



Zimbabwe flag



PLAY SPELLING BEE

Get a friend to recite to you and you spell. Take turns and add your own words to the list.

1) Republic

2) Continental

3) Europe

4) Morocco

5) Phillippines

6) International

7) Conversation

8) Nervous

9) Achievement

10) Perseverance

It's not magic, it's Science!



Have you ever seen tiny sparks in the dark when you take your jersey off? Or maybe you got a shock when touching something metal? It's not magic, it's science.

Electrostatic Attraction/Repulsion

Opposite charges attract - → ← +

Two positives repel each other ← + + →

Two negatives repel each other ← - - →



Things have positive (+ve) and negative (-ve) electrical charges in them. When something that has a build-up of +ve charges touches another thing with +ve charges, there will be sparks. It is the same when -ve charges meet each other. Lightning is an example of this. But when something with +ve charges meets something with -ve charges, they are attracted to each other. This is called static electricity.

Try this experiment

1. Tear some paper into small pieces.
2. Rub a plastic pen on a jersey or through your hair about ten times, it will build up electrical charges.
3. Hold the pen above the small pieces of paper.
4. Watch the pieces of paper get attracted and rise up and stick to your pen.

Thank you, **dankie,** ngiyabonga!



Saying 'Thank you', or being thankful is good for our health. There are so many things to be grateful for. What are Buddyz grateful for?

I am grateful I have shelter, parents that love me and I have food.

I am grateful for my life, a wonderful family and parents to guide me.

I am grateful for my mother. She carried me for 9 months. She is my hero. She is my provider. I love her with my whole heart.

I'm grateful for my education because one day I will be a psychologist.

I am grateful that I can dance.

I am grateful I can go to church.



BEING GRATEFUL

1. Makes you happier
2. Reduces worry
3. Helps you see important things in life
4. Encourages positive thinking
5. Helps you get through hard times

If there is someone you are grateful for in your life, let them know. Make a gratitude card for them. Use words, drawings and pictures to let them know how you appreciate them. Give them the card and you are sure to brighten up their day!

Too cool to get wasted

Many people try alcohol for the first time during the holidays. Sadly, the dangers of alcohol don't go on holiday, they are always there.



"I drink because I'm bored. There is not much to do around here."

"All the people in my neighborhood do it. I don't want to be left out or called names."

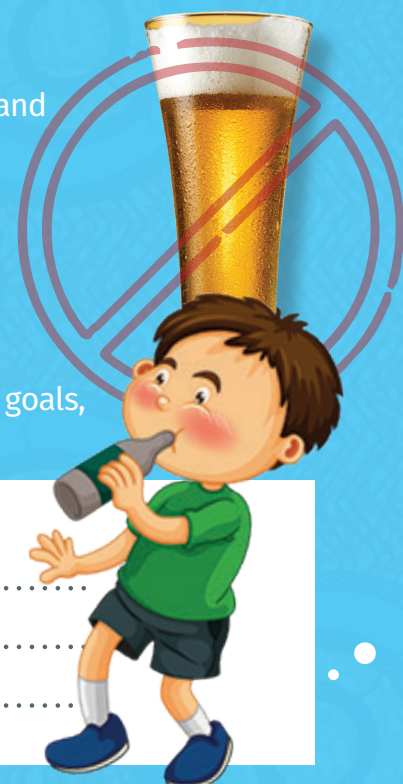
"Drinking helps me to talk to people. I'm always shy around other people. When I drink I become friendly."

"It's fun and cool. If you don't drink you're boring."

"Life is hard. When I drink I forget about my problems. I just become happy."

THE TRUTH IS...

- Too much alcohol can affect your body, feelings and mind very badly.
- The earlier you start to drink alcohol, the greater the risk of alcohol problems and addiction when you are older.
- Alcohol affects self-control. If you drink a lot, you are more likely to:
 - do badly at school
 - have risky sex
 - get into fights
 - get in trouble with the law
- If you are depressed, alcohol can make you feel worse.
- Drinking can make you lose focus and make it harder for you to reach your goals, like getting good grades.



How are you going to spend your holidays?

.....

.....

.....

Alcohol advertising

In South Africa, breweries produce lots of alcohol. They want people to buy and drink more of their products. So they advertise to make it look super cool to drink their products.



Put a ✓ next to each statement if you think it is a myth or truth.

	Myth	Truth
You will be more attractive and successful if you drink alcohol.		
If you drink a lot you can get a P.F (Phuza face)		
If you drink too much, you can lose your money and health.		
Drinking makes you popular		
Alcohol can destroy your good relationships with friends and family.		
You will be cool if you drink.		
Drinking can damage your health and the way you look.		
You will be more fun to be with if you drink alcohol.		
You are more likely to be unaware and hurt others when you drink.		
It is easy to control how you drink.		
Once you are used to drinking, it is hard to stop even when you want to.		

Do you think it is a good idea for famous people to promote alcohol?

Do you think it is a good idea for alcohol brands to sponsor public events?



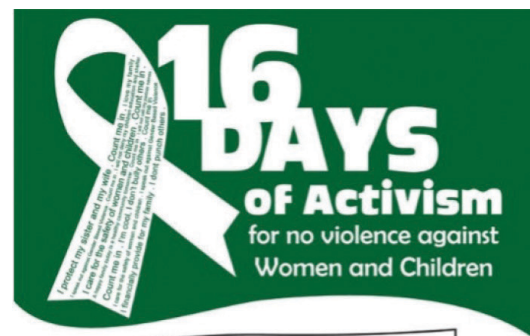
16 DAYS OF ACTIVISM

Can you drum up support for this world-wide campaign to raise awareness about gender-based violence?

In South Africa we call it the 16 Days of Activism for No Violence Against Women and Children. We can all play a part in making people aware of the violence that happens in homes and elsewhere.

During the 16 days of activism, you can:

- Wear a white ribbon go to an event or organised by an NGO, a community organisation, or your local government
- Get your Soul Buddyz Club to organise an event – you could do dramas, poetry, dance and songs
- Encourage anyone you know who is abused to report it



HELP IS HERE



If you or someone you know needs help, give them these numbers:

- National Crisis Helpline (Lifeline) 0861 322 322
- Stop Gender-Based Violence Helpline 0800 150 150
- Childline 08000 55 555



END THE VIOLENCE



What is consent?

What is consent?

Saying yes or no to sex is like saying yes or no to having a cup of tea.



Would you like a cup of tea? → Yes please! = **CONSENT**

Would you like a cup of tea? → hmmm... I'm not sure. =

Would you like a cup of tea? → actually, no tea. =

Stop. Think. Talk about it. Do not force them to have tea.

Do not make them a cup of tea.

Would you like a cup of tea? → Yes please! → actually, no tea. =

People can change their mind. Do not force them to drink tea.

But you wanted tea, right? →

Even if they have had tea before, do not force them to drink tea again. Especially if they are unconscious. Unconscious people do not want tea.

DECIDING TO HAVE A CUP OF TEA OR NOT - IT'S THE SAME WITH **SEX**. **CONSENT IS EVERYTHING.**

Talk about it

Read this page and talk about it. Think of other ways to educate people about consent and rape.

Adapted from:

Thames Valley Police: <http://metro.co.uk/2015/10/28/this-new-sexual-consent-and-tea-video-from-the-police-is-brilliant-5466392/>



Consent is about respecting another person's choices. It is not only about sex. It is also about getting too close or touching them anywhere on their body. It can even be about talking. They might not want to talk about something. They might not want to talk at all. Respect their choice. We all must respect each other's choices.



Summer swim safety

Say “**Summer Swim Safety**” repeatedly, very fast. Now get some tips on being safe if you’re thinking about swimming.

Do the swim safety checklist

Tick ‘Yes’ or ‘No’ before you go near water. Share the checklist with friends and family.

1) Can you swim very well?	Yes	No
2) Are you going with other people so that you are not alone?	Yes	No
3) Are any of the people you want to go with strong swimmers?	Yes	No
4) Is there a lifeguard, or an adult, who could save a drowning person at the place you want to swim?	Yes	No
5) Are people allowed to swim where you want to swim?	Yes	No
6) Do you know how deep or fast the water is?	Yes	No
7) Do you know if there are rocks or weeds below?	Yes	No
8) Will you be able to stand in the water and have your arms and head above water?	Yes	No

If you answered ‘Yes’ for all 8, that’s great! If not, best not jump in. Make sure your safety is covered before you swim.

Did You Know?

Drowning is the second most common cause of accidental death among South African children. Learn to be a good swimmer so you can be safer and confident in the water.

Smart Swim tips

- Never swim alone
- Never push someone into water
- Avoid rivers if there has been rain
- Avoid to dive in unless you know what is underneath and how deep it is
- Don’t swim at night
- Don’t pretend to know how to swim
- If someone is drowning, Do Not jump in to save them. Call an adult immediately.

Make up a story



Use this photo to make up a story.
Or write any story that the photo
makes you think of.

Lined writing area for creating a story based on the photo.



Fill in the missing letters

1. A story has a beginning, m _ _ _ _ and end.
2. Someone who writes stories is called an auth _ _ .
3. The person a story is mostly about is the main char _ _ t _ r.
4. What people say in a story is called the dial _ _ _ e.
5. A made-up story is fict _ _ _ .





health

Department:
Health
REPUBLIC OF SOUTH AFRICA



**SOUL CITY
INSTITUTE**
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basic education

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