

BOKKOMPIE

NOVEMBER
2020

**BLAST FROM
THE PAST**
P. 6

INGEPERK
P. 14

**ALL THINGS
MATRIC 2020**
P. 17

**GENDER-BASED
VIOLENCE**
P.20



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BOKKOMPIE-LEDE

Editors

JuneBé du Preez
Micaela van der Walt

Layout

Sinead Senekal

Journalists and Photographers

Keanu Moolman
Lianka Jordaan
Crestabell Kamova
Jean-Pierre du Toit
Jaydrè Bester
Keziah Murray

Carla Esau
Elaine Bowles
Cassidy Alfredson
Cassidy Lesch
Carla-Marie le Roux

LETTER FROM THE EDITOR

2020 was a year that happened.

I think it is safe to say that 2020 was a year like no other. It may have turned out differently than expected, and some people may even refer to the year as a “dud”, but I think we can agree that 2020 has been so much more. We have all been through so much in this one year and through it all, we have learnt valuable lessons and have come out stronger than ever before.

Thank you so much to everyone in the *Bokkompie* who put in a great deal of effort in making the paper a huge success in 2020.

I hope you enjoy the last stretch of the year. Have a wonderful holiday and a merry Christmas. May 2021 be a fantastic and (hopefully) pandemic-free year.

Joshua 1:9

“Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

- Micaela van der Walt

UIT DIE HOOF SE PEN

Ek wil die leerders, ouers en gemeenskap bedank vir u getroue ondersteuning te midde van 'n moeilike Covid-jaar. Op akademiese gebied moes leerders baie aanpassings maak. Ons kon geen sport of kultuur doen nie, maar volgende jaar is die Interskole tuis en ons moet Monument Park 'n ding of twee wys.

I want to thank the staff, parents and learners who worked hard and adapted to unusual circumstances. If we make changes and adapt successfully, we can conquer anything in the future. I want to ask the parents and learners to be more involved in 2021. To be successful, we need all the Burgies to be on board the ship that will set sail on 27 January 2021.

Dankie vir die redaksie van die Bokkompie wat elke keer vir ons so pragtige blad uitgee.

'n Geseënde Kersfees and a happy New Year to everyone!

B. Brittz

Nuutgeskep en Oorgedoen

Jean-Pierre du Toit

Soos ons almal nou al weet, is ons lieflike ou Koos Kombuis herskep in 'n nuwe kompleks, op 'n skaal soos nog nooit vantevore by VHS beleef is nie.

Die ou verkoopsaal was verouderd en baie blou, maar dit het vir sommige baie herinneringe gehad, soos daardie slaptjips en toasties, die blikkie koue koeldrank na 'n harde wedstryd of die warm koppie koffie voor 'n koue wintersoggend op die veld.

Die nuwe gebou is argitektonies goed ontwerp om perfek in te pas by die landskap van die sportgronde. Die hele afbreek-en heropbouproses het baie beplanning en arbeid geverg.

Die beplanning van die nuwe verkooplokaal het reeds in 2018 begin, maar die ontwerpproses was problematies. Met plaaslike argitek, mnr. Heini van Niekerk, se hulp om die tekeninge gratis vir die skool te formaliseer, was die projek aan die gang. Mnr. Brittz het met sy aankoms in Mei 2019 die projek verder verfyn deur 'n onthaallokaal bo-op die verkooplokaal voor te stel. Met mnr. Chirsto van Dyk, 'n ouer op die beheerliggaam, as projekbestuurder en in beheer van die insamel van donasies, kon die konstruksiefase van die projek amptelik begin.

Die oorspronklike naam, *Koos Kombuis*, het vir die verkooplokaal behoue gebly, terwyl daar na die hele kompleks as *Die Burgie* verwys word.



Namens die skool word die volgende borge en betrokkenes bedank vir hulle bydrae tot die suksesvolle voltooiing van die projek:

Christo van Dyk Project Management
CTM (Beligting)
Heini van Niekerk Architects
Le Grange Elektries
OOV HS Vredenburg
PH Bester vervoer
PPC Cement
PrinroPro West Builders
Ruan (Loodgieter)
Smit Steenwerke
Teulu Consulting Engineers
VHS Oudskolierebond
Weskus Aluminium

LEERDER VAN DIE JAAR

Crestabell Kamova



Ons is baie trots om aan te kondig dat Tairique Cloete VHS se DUX-leerling vir 2020 is! Hy is die top-presteerder in Wiskunde, Rekeningkunde, Besigheidstudies, Lewensoriëntering en Fisiese Wetenskappe. Hy het die Pontie Haupt Skild Dux: Akademie, Gerhard Schooners wisseltrofee vir die beste prestasie in Fisiese Wetenskappe en Gerrit Agenbach wisseltrofee vir die beste prestasie in Wiskunde ontvang. Met 'n gemiddeld van 86% beklee hy die eerste posisie in Matriek. Ons het 'n onderhoud met hom gevoer om 'n bietjie meer oor hom uit te vind.

1) Aangesien jy wel 'n bekende Burgie is, wat sal jy aan jou fans sê?

Dankie vir almal wat my ondersteun het en altyd in my geglo het. *I am grateful for your positive frame of mind towards me.*

2) Wat wil jy eendag word?

Ek wil eendag 'n geektrooieerde rekenmeester word.

3) By watter universiteit sal jy graag wil studeer?

Stellenbosch Universiteit, #reedsgeaanvaar.

4) Wat is jou beplanning vir die pad vorentoe?

Om BRek te gaan studeer, daarna my meestersgraad te doen, waarna ek my "articles" wil doen, om uiteindelik geregistreer te word as 'n CA(SA) deur SAICA.

5) Hoe voel dit om 'n A-kandidaat/Dux-leerling te wees?

Op die oomblik het dit nog nie ingesink nie, maar dis 'n verskriklike groot eer om VHS se Dux-leerling van 2020 te wees en ek kan selfs sê dat ek trots is op myself.

6) Wat was jou gunsteling vak en hoekom?

Fisiese Wetenskap, ek en Newton kom goed oor die weg.

7) Wat sal jy van VHS mis?

Interskole, prysuitdelingsaande, Interhuis, al die sokkies, die karnaval, die lys gaan aan... Maar die belangrikste is die liefde en omgee wat onnies teenoor my getoon het.

8) Wie was jou gunsteling onderwyser/onderwyseres?

Juffrou Potgieter, juffrou Van Blerk en juffrou Niemann (eintlik al VHS se onnies, julle is amazing!)

9) Het jy 'n motiverende boodskap vir leerders wat graag soos jy wil wees en 'n paar wenke vir wat hulle moet doen om goed te presteer?

Sukces val nie in jou skoot nie, jy werk daarvoor. Glo in jouself en glo in God. Dis nie die tiende keer wat jy val wat saak maak nie, maar die tiende keer wat jy opstaan en weer probeer. Harde werk sal beloon word "met guts en commitment" (meneer Derek von Zeuner).

Wenke om goed te doen:

Beplanning is belangrik, bestuur jou tyd goed, moenie jouself uitbrand deur te veel te doen op een dag nie. Bid gereeld as jy moedeloos voel, of voel die werk is te moeilik om te onthou. Stel doelwitte wat jy wil bereik. Glo in jouself en onthou: "Net die beste gee voldoening."



BLAST FROM THE PAST

Micaela van der Walt

As VHS turned a whopping 47 on the school's birthday this year, let's look back at some memorable moments from our beloved school.

OUR OLD UNIFORM



Did you know that we did not always have the royal blue tie and blazer that we wear today? Our uniform once consisted of a navy blazer with colourful blue, yellow and red stripes and a similar tie. The design eventually changed to the less expensive and more accessible blazer and tie we have now.

VHS SPORT SOARING

V'burg Hoër het nege by proewe

NEGE v19rugby spelers van die Hoërskool Vredenburg is ingesluit in die vier proefspanne wat op 23 Mei deelneem aan die Boland se voorlaaste reeks proefwedstryde met die oog op die kies van 'n Cravenweekspan.

Hulle is Jean-Pierre Bekker (kaptein), Koen Schreuder, Nelson de la Querra en Chris Mouton (B-span); Fernando Gomez, Johan-Smit de Jongh en Gary Verwey (C-span) en Henric Mostert, en Gertie Bui (D-span).

Hulle is gekies ná 'n reeks wedstryde wat verlede Saterdag in skoolwerf was hantsekkur.

Wens die nat toestand van die agtersteleë min kan gekry om te wys.



In 1984, there was a Superleague for rugby in the Boland, in which only the top schools could participate. VHS not only participated, but beat HTS Drosdy from Worcester's strong first team, which travelled through the entire country and played against many top schools. VHS was the only school that defeated them that season, with a score of 15-14. That year our school rugby team was super strong with nine players who were in the Boland Cravenweek trials, and two players were chosen for the Boland team!

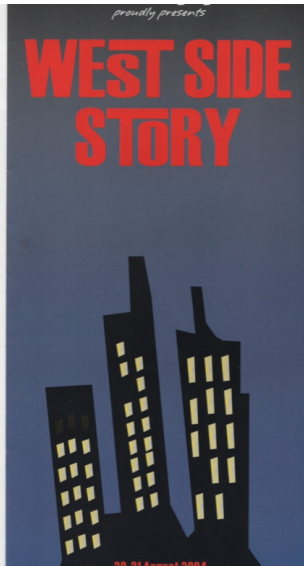
VHS LIT



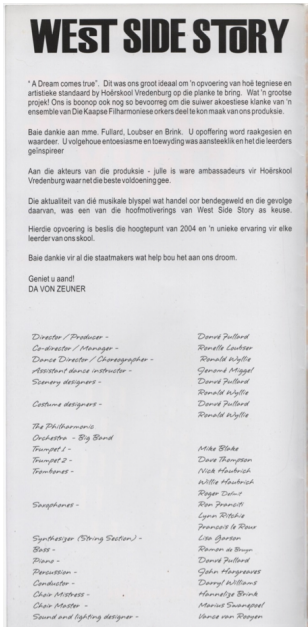
The phrase "VHS is lit" was taken perhaps too literally in 2011 when three of our VHS classrooms burned down, causing up to 1 million rand's worth of damage. With our large school, you can only imagine what complications must have followed with learners and teachers having to use different classrooms, with VHS being three classrooms short.

Luckily we have the trusty Bokkompe which recorded the tragic event that year.

2004'S PROUD PRODUCTION OF WEST SIDE STORY



When nearly half of VHS learners of today were not even born yet, our school put on an amazing production of West Side Story that will be remembered for many years to come. One of the lead actors in the play, Hildegardt Whiteseven, went on to become a professional actor, starring in 7de Laan.



SCHOOL LIBRARY?



Yes, we once had a school library, which is now Mr. Joubert's classroom (the media centre). Because of our rapidly growing school, it was decided that the library should be used as a learning space. The PTA then donated the computer room, so that we can have access to the internet for research purposes.

A huge thank you to Ms. E. Smit and Mr. Bal for providing resources making this "Blast from the Past" possible.

GIVE A LITTLE TO GIVE A LOT

Do you ever think about the blood constantly flowing through your veins?

While you are eating or sleeping, life-giving blood flows effortlessly to and from your heart, from one point in your body to the next.

But what happens if your body needs blood urgently when you have lost blood during an accident or other incident?

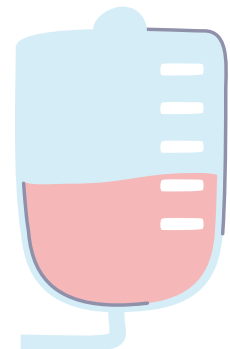
Luckily for everyone in need of a blood transfusion, there are people donating their blood regularly to be used in such an instance.

A few interesting facts about blood donation, according to the website of the South African National Blood Service (<https://sanbs.org.zaa>) and the American Red Cross (redcrossblood.org):

- NO! It does not hurt to donate blood.
- Less than one percent of South Africans are active blood donors.
- One unit of blood only lasts 42 days, which results in the urgent need for regular donations.
- One unit of blood can save about three lives.
- Donations can be given every eight weeks.
- You are not paid for any donation of blood.
- It is estimated that 80% of all people will need some form of blood transfusion during their lives.
- First time donors are accepted from the age of 16.

The following people are not allowed to donate blood:

- o People having flu-symptoms in the seven days prior to donation.
- o People taking antibiotics 14 days prior to donation.
- o Pregnant and breastfeeding women.
- o People who received blood six months prior to donation.
- o People who suffered from malaria three years prior to donation.
- o People who suffered from cancer.
- o People with a low iron level.
- o People with a heart disease also need a confirmation letter from a doctor.
- o New donors are not accepted after the age of 65.
- o In order to become a donor, you must weigh at least 50 kg and your height must be at least 1,5 m.



Beside these exclusions, it is fairly easy and painless to donate blood.

Once registered as a donor, you simply answer a few questions and complete an iron and blood pressure reading before sitting down and donating.

Originally this article was written for the Bokkompie's June Issue – seeing as June is National Blood Donor Month – but was ultimately left out due to the limited time for interviews with the blood donation personnel, for a few more interesting facts. Since the June Issue, we still have not been able to interview the personnel, because of “social distancing”.

Instead, we gained more facts (surrounding the urgency of blood donations during the COVID-19 pandemic):

- Even fewer South Africans have donated blood during the pandemic, because they would rather stay at home than risk their lives to donate blood.
- Blood is such a necessity, that donation centres had to stay open during the Lockdown.
- According to a statement from the South African National Blood Service, the virus cannot be transmitted through blood transfusions.
- For peace-of-mind, the donation centres and donating equipment are disinfected regularly.
- People who recently travelled outside of South Africa's borders should preferably wait from a period of three weeks before donating blood.
- People who contracted COVID-19 cannot donate blood until two weeks after their recovery date – seeing as one needs to use antibiotics to treat COVID-19 (which is one of the exclusions when it comes to donating blood).
- During the winter season, there is a rapid decrease in donations, as people develop the flu (which is one of the exclusions when it comes to donating blood).
- The current blood stock levels are not enough to last for one week!

In conclusion, not much has changed. Beside these new exclusions, it is still fairly easy and painless to donate blood.

This means that besides the usual questions and iron and blood pressure readings, all that is require when entering a donation centre is a mask and the use of hand sanitizers.

For more information and peace-of-mind contact the South African National Blood Service's (<https://sanbs.org.zaa>) at 0861 27 7227.

**So come on every Burgie who is able and willing,
DONATE BLOOD TO SAVE A LIFE!**

TIPS ON HOW TO STAY FIT THROUGH HOME WORKOUTS

For the time being, sports activities have been cancelled at school. This leaves many of us with no form of exercise. It is not good for your mental and physical health when you are sedentary for a long time, so here are some tips on how you can stay fit through home workouts:

Elaine Bowles

➔ 1) Choose a workout that you enjoy. There are many different types of workouts that you can try.

HIIT (also known as high-intensity interval training) is when you alternate between short periods of intense exercise and resting. Try this 30 minute HIIT workout:

Complete three rounds of these exercises. Do each one for 45 seconds, and rest for 15 seconds in between.

1. Push-ups
2. Squats
3. Butt kicks
4. Triceps dips
5. Side lunges
6. Jumping jacks
7. Sit-ups

LISS (also known as low-intensity steady-state cardio) involves cardio activities (such as walking, cycling, jogging, or swimming) which are performed for longer periods of about 30 to 60 minutes at a steady pace.

Resistance training is using any form of resistance while exercising. The most common resistance used is weights, but resistance bands or even water bottles, cans of food, a heavy backpack and other alternatives can be used. Incorporate the weights into your normal workouts to increase the intensity. Have bodyweight squats become too easy for you? Then you can do the same exercise while holding weights to increase the intensity.

These are just a few of many workout-types that you can try. Choose a workout-type that you like best, because you are more likely to stick to workouts that you enjoy.

➔ 2) Keep it simple

Don't underestimate the use of basic exercises to keep you fit such as squats, lunges, burpees, jumping jacks, push-ups, sit-ups and planks. Do not over-complicate your workouts.

➔ 3) Take advantage of free workout content available online.

Free workout programmes, fitness apps and other content available online can be helpful when you are starting to feel bored with your usual workouts, or if you are hungry for a challenge. Try searching for one of these fitness gurus' free workout content: Chloe Ting, Pamela Reif, Lilly Sabri, Natacha Oceane, Heather Robertson, Chris Heria, Joe Wicks, Obi Vincent, MrandMrsMuscle, MadFit and Caroline Girvan.

➔ 4) Set a goal

Having a goal can motivate you to complete workouts and make you challenge yourself. Once you reach the goal that you have set for yourself, you will want to keep going. Try to set a realistic goal that you know you will be able to achieve.

➔ 5) Remember to warm-up and cooldown

A warm-up before a workout is extremely important, because it reduces the risk of injury and gets your muscles ready for activity. Warm-ups don't just prepare you physically but also mentally.

A cooldown is just as important. It helps to regulate blood flow and allows for a gradual recovery of your blood pressure and heart rate.

➔ 6) Have a routine

Having a set time and workout to do each day can be extremely helpful. You will find that you are more likely to stick to your plans and you will be more motivated to reach your goal.

➔ 7) Incorporate rest days into your routine

Rest is crucial. Having one or two rest days a week will help your muscles to repair after your intense workout, reduce the chances of injury and improve your performance.

➔ 8) You only need 20 minutes

You don't need to spend an hour or two a day working out. All you need is 20-45 minutes to get a good workout. It is not about the length of the workout, but what you put into it. HIIT is a good form of training that will challenge you even if you only have 20 minutes. Don't just skip a workout when you are feeling unmotivated or are short on time, do a 20 min workout instead.

➔ 9) Play music

One of the advantages of working out at home is that you can listen to your favourite music while exercising. Music can help you to stay focused and motivated at home, so make a fun playlist - you will be surprised at the difference it makes.

➔ 10) Switch it up

It can be easy to get stuck in a workout rut, doing exercises you like, but that won't necessarily challenge you. Don't be afraid to try out new moves or even a different type of workout that you haven't done before. This will not only be fun, but it will keep challenging you too.

➔ 11) Stay hydrated

Water is so essential for your health and even more so when you are working out. Make sure to drink lots of water to keep you hydrated.

➔ 12) Be realistic

Be patient when it comes to toned limbs or fat loss. You have to be strict with yourself and stick to your routine if you want to see results. It takes time to change physically and mentally.

LUISTER!

Wat kry jy wanneer 13 meisies van VHS, almal deel van die Bokkompie en/of boekstoor, 'n Mandeladag-projek tydens die COVID-grendeltyd aanpak?

Baie entoesiasme aangevul met ekstra moeite, tyd en 'n uiteindelijke produk waarop elkeen trots kan wees! En as bonus is daar die dankbare glimlaggies en vreugde wanneer dit uitgedeel word.

Maar dalk moet ons vir julle verduidelik waarom dit gaan.

Die COVID-grendeltyd het almal onkant gevang en sekerlik het heelwat planne en projekte deur die mat geval. 13 Meisies, huidige en oud-leerders van VHS, wat almal deel van die Bokkompie- en/of boekstoorspan is, het elkeen 'n gedig of twee (of vyf!) by hul huise op stemboodskappe opgeneem. Die gedigte is daarna met musiek op 'n CD gesny en "professioneel" verpak. Met die hulp van bereidwillige ouers, vriende en onderwysers is die CD's by tehuise vir bejaardes afgelewer sodat hul dit tydens byeenkomste kan speel. Ekstra CD's is ook aan die Pionierskool vir Blindes in Worcester gegee. Die idee agter die projek was om spesifiek uit te reik na persone wie se sig beperk is en dus nie self kan lees nie.

Die graad 12's wat selfs tydens hul eksamenvoorbereiding gedigte voorgelees het, is: Adel Schröner, Carla-Marie le Roux, Sinalo Ndeleni, Tanika van Graan en Vinneke Booysen. Uit die graad 11-groep het Carla Esau, JuneBé du Preez en Micaela van der Walt bydraes ingestuur. Die graad 10's, Crestabell Kamova, Elaine Bowles en Lianka Jordaan, het ook hul deel gedoen. Selfs oud-leerders, Nickilese van der Walt en Shana van Wyk, het hul universiteitstudies vir 'n tydjie eenkant geskuif om ook hul voorlesings in te stuur.

Ons bedank mnr. Brittz vir sy goedkeuring van ons projek en sy hulp om dit deur te voer. Dankie ook aan me. Carstens en C. Smit vir hul hulp met die koördinerings en aflewering. Julle hulp en geduld het bygedra tot 'n produk waarop ons as skool trots kan wees.

En elkeen wat gehelp het, kan weet dat dit iewers in ons dorp, omgewing en die res van die provinsie, 'n werklike bydrae gemaak het om bejaardes se lewens, selfs tydens die grendeltydperk waar besoeke van familie en vriende beperk was, op te vrolik!



MENTAL ILLNESS- THE REAL PANDEMIC OF OUR GENERATION

Cassidy Alfredson

The month of October is mental health awareness month. The objective of the month is not only to educate the public about mental illness, but also to reduce the stigma and discrimination that people with mental illnesses often face. Mental health awareness originally started in the United States by the Mental Health America Organization in 1949, and has since then helped spread awareness globally. Mental health awareness is represented by a green ribbon, and the theme for mental health awareness month in 2020 is kindness.

It is important to educate yourself on the topic of mental health, so here are some of the basics that you need to know:

There are 7 types of mental illnesses

- mood disorders (such as depression or bipolar disorder)
- anxiety disorders
- personality disorders
- psychotic disorders (such as schizophrenia)
- eating disorders
- trauma-related disorders (such as post-traumatic stress disorder)
- substance abuse disorders

When speaking to someone with a mental health illness, it is important to watch what you say. Here are 10 things NOT to say to someone with mental health illnesses:

- "It's all in your head."
- "Come on, things could be worse."
- "Snap out of it!"
- "Have you tried calming down?"
- "This too shall pass."
- "Just try to be positive."

- "Everything happens for a reason."
- "Suicide is so selfish."
- "Everyone is a little down/moody/OCD sometimes. It's normal."
- "But you have a great life; you always seem so happy!"

Instead, say:

- "Thank you for telling me."
- "Talk to me. I'm listening."
- "Would you like to talk about what you're going through? If not, who are you comfortable talking to?"
- "Have you spoken to your doctor or therapist about how you are feeling?"
- "I am proud of you for getting the support you need."
- "What can I do to help?"
- "This must be hard for you, but you're going to get through it."
- "I am there for you, you're not alone in this."
- "You are important to me."
- "I love you."

Most of the time, simply listening can be helpful. It is important to talk to someone suffering from a mental illness in the same way that you have always done. They are the same person, and letting them know your relationship is stable can be very important.

The COVID-19 virus is not only attacking our physical health. It is also increasing psychological suffering: grief at the loss of loved ones, shock at the loss of jobs, isolation and restrictions on movement, difficult family dynamics, uncertainty and fear for the future.

During this hard and trying time, it is very important to check on your family and friends' mental health. Many people with mental health illnesses use going out of the house and other activities as a coping mechanism, but with health restrictions due to COVID-19, this has become increasingly difficult. Having to face discrimination on top of this makes circumstances even more difficult. Being kind to others really does make a difference, so be kind to those you care about and even to those you don't know. Everyone is fighting a battle you know nothing about. Most importantly, be kind to yourself.

If you need to talk to someone about mental illness or a crisis in your life, please consider calling:

Adcock Ingram Depression and Anxiety Helpline: 0800 70 80 90

Befrienders Bloemfontein: 051 444 5000

ChaiFM Helpline: 0800 24 24 36

Lifeline South Africa: 0861 322 322

ChildLine: 0800 055 555

Cipla 24hr Mental Health Helpline: 0800 456 789



AUTHOR'S NOTE

For those of you who do not know, I suffer heavily from depression and an anxiety disorder and thus educating you about this topic is very close to my heart.

Die inperkingstyd was moeilik vir ons almal. Elke persoon het hul eie, unieke ervaring tydens die onvoorspelbare tydperk beleef. Om dieper te delf in ons Burgies se belewenis daarvan, het ons met 'n paar leerders van VHS gesels.

1. How did you stay motivated, in the uncertain circumstances of the lockdown period?
2. Did you develop any new hobbies or skills?
3. What challenges did you experience concerning schoolwork?
4. What were your biggest concerns, and how did you cope with them?
5. What did your daily routine look like?
6. Did you miss out on any events as a result of the lockdown period? If so, were there alternatives in place?
7. What life lessons have you learned through your lockdown experience?

Maurita van Wyk 8ED



1. For me, it was difficult to stay motivated, but what helped me to get out of the bed each morning was to plan out my day and have a daily routine.
2. Yes, I began drawing to pass time and it has now become a hobby.
3. It was hard to focus in a non-school environment, because I kept getting distracted.
4. My biggest concern was not being able to see my friends again, but I dealt with this by video calling them.
5. Woke up, had breakfast, took a shower, cleaned my room and then prepared myself mentally to face the day's challenges.
6. I had to cancel my 14th birthday party and that's an event I can't get back, but I spent the day with my family.
7. That my family will always be there to uplift me even during a world pandemic, and I discovered that not all your friends are there to stay.

1. Hoe het jy moed gehou, in die onsekere omstandighede van die inperkingstyd?
2. Het jy enige nuwe stokperdjies of vaardighede ontwikkel?
3. Watse struikelblokke het jy ervaar met betrekking tot skoolwerk?
4. Wat was jou grootste bekommernisse en hoe het jy dit hanteer?
5. Hoe het jou daaglikse roetine gelyk?
6. Het jy uitgemis op enige byeenkomste, weens die inperkingstyd, en indien wel, was daar enige alternatiewe in plek vir deelname?
7. Watse lewenslesse het jy gedurende die inperkingstyd geleer?

1. Ek het moed gehou deur my aandag op my skoolwerk te fokus en nie op die pandemie nie.
2. Ja. Ek het met die hulp van my pa, met 'n budgie-boerdery begin. Ons het 'n bestaande voëlhok omskep in 'n budgiehok. Dit was 'n baie tydrowende projek, omdat materiaal moeilik bekombaar was.
3. Sommige van die skoolwerk was moeilik, omdat dit nie vooraf aan my verduidelik was nie. Ek het die hulp van Wolkskool by sekere moeilike werk gebruik.
4. My grootste bekommernis was dat ek nie graad 9 suksesvol sal kan voltooi nie. Nog 'n bekommernis was dat ek Covid-19 sou opdoen.
5. Ek het later as normaalweg opgestaan, ontbyt gemaak, huistakies gedoen, aan die budgiehok gewerk, middagete geëet, die kombuis skoongemaak, weer aan die budgiehok gewerk, tuinwerkies gedoen, soms gehelp met voorbereiding vir aandete, Netflix gekyk tot laat en dan gaan slaap.
6. Nee
7. Waardering vir familie en vriende. Om tyd te spandeer met geliefdes is belangrik. Om jou hande gereeld te was, beskerm jou teen die Corona-virus. Geduld met jou medemens is belangrik, veral bejaardes.

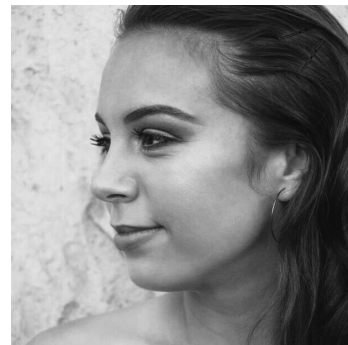
Bernicio Coetzee 9AN



1. Hoe het jy moed gehou, in die onsekere omstandighede van die inperkingstyd?
2. Het jy enige nuwe stokperdjies of vaardighede ontwikkel?
3. Watse struikelblokke het jy ervaar met betrekking tot skoolwerk?
4. Wat was jou grootste bekommernisse, en hoe het jy dit hanteer?
5. Hoe het jou daaglikse roetine gelyk?
6. Het jy uitgemis op enige byeenkomste weens die inperkingstyd, en indien wel, was daar enige alternatiewe in plek vir deelname?
7. Watse lewenslesse het jy gedurende die inperkingstyd geleer?

1. Geloof. Ek het elke dag gebed. Dit was alles in God se Hande.
2. Ja. Ek het gebak en my kamer uitgeverf.
3. Ek het met Wiskunde gesukkel. Oor die algemeen het ek 'n onderwyser se hulp nodig as dit by Wiskunde kom, en dit was nie moontlik nie.
4. Dat ek self die virus kan kry. Ek het nooit die huis verlaat nie. Ek het gevoel dis belangrik om so min as moontlik in die publiek te kom.
5. Ek het nie 'n roetine gehad nie! Dit was moeilik om na drie maande weer vroeg op te staan.
6. Ek sou op die hokkietoernooi gaan, maar dit is gekanselleer.
7. Die lewe is onvoorspelbaar. Lewe in die oomblik en asof vandag jou laaste dag is.

Zané de Beer 10AL



1. How did you stay motivated, in the uncertain circumstances of the lockdown period?
2. Did you develop any new hobbies skills?
3. What challenges did you experience concerning schoolwork?
4. What were your biggest concerns, and how did you cope with them?
5. What did your daily routine look like?
6. Did you miss out on any events as a result of the lockdown period? If so, were there alternatives in place?
7. What life lessons have you learned through your lockdown experience?

Siphosakhe Mbalo 11EM



1. Prayer. It was the only solution (way) for me to stay motivated and positive throughout the lockdown and pandemic. It gave me hope that everything passes and that God is in control.
2. Yes, I did. I developed a great interest in reading novels. It helped me relax and escape reality for a while.
3. The main challenge I came across was the lack of internet access to be able to participate in online classes.
4. Losing a loved one because of the disease and knowing that I might not be able to attend the funeral because of circumstances. It had me feeling sad and hurt. As said before, I prayed and made myself aware that there is nothing I can do to control the situation. Everything that happens is in God's will, bad or good.
5. I would wake up, eat, read a few chapters of my novel, watch TV, eat again, and then be busy on my phone until the next day.
6. Yes, I missed out on a lot of events. Since I went to Eastern Cape when the school closed due to lockdown, there were a lot of ceremonies and celebrations cancelled because of the strict rules of social distancing and crowd gatherings.
7. I got to learn a lot of things, but mainly the value of family and appreciating things, such as waking up and getting to see your mom or dad, or having a chance to fix whatever was broken. It showed me that life can be short and you have to love everyone around you as well as appreciate the input they bring in your life.

1. Hoe het jy moed gehou, in die onsekere omstandighede van die inperkingstyd?
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Tanika van Graan 12AD



1. Ek het moed gehou deur by God skuilplek te vind. Daaglikse Bybelstudie en gebed het my gehelp om moed te hê.
2. Ek het my bak- en naaldwerkvaardighede opgeskerp en ek het selfs 'n masker gemaak. Ek het borduurwerk aangeleer en ek het ook begin verf.
3. Dit was moeilik om motivering te kry om my skoolwerk te doen; dit verg baie selfdisipline om elke dag jou werk te doen.
4. Ek was bang dat ons Matriek in 2021 moes voltooi. Ek het dit toe 'n gebedsaak gemaak en ek het advies en ondersteuning by vriende en familie gekry oor hoe om die situasie van onsekerheid rustig en kalm te benader.
5. 06:00-07:00 was die tyd wanneer ek opgestaan het en Bybelstudie gedoen het. 08:00 tot 11:00: drie of vier vakke se werk gedoen. 11:00 tot 12:00 was my "pouse" waar ek geslaap het. Van 12:00 tot 14:00: drie of vier vakke se werk gedoen. 15:00: huistakies voltooi. 16:00: enige ekstra huiswerk voltooi. 22:00: slaaptyd.
6. Ja, ek het op die hokkietoe uitgemis waar ek as kaptein ons span sou lei. Ek het toe smiddae maar hokkie in ons straat geoefen as 'n "alternatief".
7. Ek het geleer om nie so te stres oor die toekoms nie, want net die Here weet wat in die toekoms gaan gebeur en ek moet lewe volgens Sy wil en nie my eie nie.

BOKKOMPIE-KOMPETISIE!

VHS is gevra om van ons onderwysers te teken vir die nuutste

Bokkompie-Kompetisie!

EN DIE WENNER IS...

Die baie talentvolle Zané van Wyk met haar tekening van Meneer Van Hooi as 'n karakter in JoJo's Bizarre Adventure!

Please support a fellow Burgie!

INSTAGRAM:@JACKIEREINDEER





ALL THINGS MATRIC 2020

Keziah Murray

Let's start with the walkout.

It was an emotional hour packed with a long prize giving, where all the top achievers were given what they truly deserve. Tairique Cloete was awarded the Dux learner achievement, and Diederik Botha was awarded "Silwer Valke Toekenning vir Veelsydigheid".

Heart-warming and inspirational speeches were given by pastor C. van Rensburg, Ms. H Kleynhans (the matric's guardian teacher), head girl Sinalo Ndeleni, head boy Diederik Botha and our principal Mr B. Brittz.

There were tears from the parents, but at first, seemingly none from the matrics. It appeared as if they did not mind leaving the school as everyone waited outside while they could not stop singing the school's anthem inside the building.

Ten minutes later, they finally walked out. All the tears started running and cameras started clicking.

This is what some Matrics had to say about VHS and how they feel about leaving...

"I want to thank VHS for accepting me when I arrived in Grade 10. Then to all the teachers and other staff, I want to thank them for being there for us during our entire school career, but mostly this year, during COVID-19. I'm extremely sad to leave VHS, because it wasn't just a school. We were a family. I will truly miss VHS and the V-Ball."

-Jaden May

"VHS, you have been an emotional roller coaster for us all. Not only during our matric year, but throughout our high school 'career', I should say. VHS has really broadened our minds to a point where we all did something completely out of our comfort zone, but I wouldn't have done it any differently. I'm sad about leaving, but we've all come this far and we've worked our way up to finish on a good note. I will truly miss everyone and the opportunities that the school has offered, but I cannot wait to start a new chapter, even though it's quite intimidating."

-Destiny Swigelaar

"VHS was the best school. The environment and everything was just amazing and I would recommend VHS to any learner. The fact that I'm leaving is sad, because all those fun times that we had at school were definitely ones for the book of memories. On the other hand, I'm happy to leave, because I'm finally done with school, but also because you won't get badmouthed anymore or treated like you don't belong. But I'll definitely miss the school no doubt"

-Fazlin Bailey

"I didn't always like VHS, but the fact that their tests are harder than NSC papers is pretty neat. I'm sad to leave VHS, because I am going to miss my friends and the simple life of high school. "

-Hannah du Toit

"The last five years have been something I am not able to explain. It might not have always been the best, but it is truly something that could never be replaced or forgotten. The effort of the teachers I had through the years is something I am extremely thankful for. It ranges from extra classes in the week, to starting WhatsApp groups, to constantly help us and provide us with extra resources. To the class of 2020, this last "year" has been a joy ride with you all. It might not have been as memorable as it is, but we made the best out of it. There is pleasure and heartache in the thought of leaving VHS, but mostly pleasure. The truth is that I am glad this chapter is finally coming to an end so that the next is able to begin."

-Chernelle Thompson

"High school can often be difficult for learners, but I loved being at VHS as they made me feel extremely welcome. The hard work is evident throughout the school and the results really pay off. I would like to say thank you to everyone for running a tight ship and keeping everything under control even in the toughest situations. I am really going to miss VHS, the teachers and the school spirit. The past five years have contributed to my life in a great way and have changed the way I look at life. Yes, it is sad to leave behind a great chapter, but it will never be forgotten."

-Cassidy Barry



Die monster in die kas

JuneBé du Preez

Elke dogtertjie ken die gevoel:

Die voetstappe oor die vloer. Die deur wat kraak. Die asemhaling in die donker. En dan die gil uit jou mond, gevolg deur 'n volwassene wat instorm en jou troos en jou oortuig dat dit net 'n "kamma" monster in jou kas is!

Maar wat as die monster nie in jou verbeelding is nie? Wat as die volwassene wat jou moet troos en veilig laat voel, juis die monster is? En nie net in jou kas wegkruip nie, maar permanent in jou huis – jou veilige plek – bly?

Dán gaan geslagsgebaseerde geweld (GGG) of die meer bekende Engelse term, *gender-based violence* (GBV), dikwels hand-aan-hand met huishoudelike geweld. 'n Nagmerrie waarvan enige dogtertjie – klein of groot – dikwels NOOIT kan ontsnap nie!

Die nagmerrie het meisies soos Asithandile Kwasa Zozo, Namvuzo Atoli, Asalinto Lumkwana, Uyinenene Mrwetyana, Janika Mallo, Leighandre Jegels en Jesse Hess, hul lewens gekos.

Hulle kon nie soos Cheryl Benadie die nagmerrie ontsnap nie. In die artikel, "Why Doesn't She Leave? Message of Hope for Victims of Gender-Based Violence", skryf sy oor haar eie ervaring as 'n GGG-slagoffer. Sy noem dat slagoffers dikwels nie die situasie aanspreek nie, want navorsing wys dat dit minstens sewe probeerslae neem voor 'n gewelddadige verhouding beëindig word én dat GGG vererger wanneer die slagoffer die situasie probeer aanspreek. Die absolute magteloosheid van die situasie veroorsaak dat slagoffers voel dat daar geen vooruitsig daarin is om dit aan te spreek of daarvan te ontsnap nie.

Benadie se stelling word gemotiveer deur statistieke, wat wys dat 62% van alle Suid-Afrikaanse vrouens onder GGG en huishoudelike geweld ly, maar slegs 42% van die gevalle word gerapporteer.

Sy noem ook dat die manlike mishandelaar gewoonlik die slagoffer isoleer en vervreem van haar familie, kollegas en vriende om haar sodoende te forseer om by hom, die enigste persoon wat dan in haar lewe oor is, te bly.

Volgens die artikel, "Kenmerke van slagoffers – die persoon en die gemeenskap", kan slagoffers gekenmerk word deur emosionele onstabiliteit, senuweeagtigheid, angstigheid, pessimisme, depressie en wantroue teenoor selfs bekendes.

Een van die grootse redes vir GGG en huishoudelike geweld is die misbruik van alkohol, veral oor naweke – juis die tyd wanneer vrouens en meisies tuis saam met hul mishandelaar is. Die afname in GGG, asook huishoudelike geweld tydens die COVID-grendeltydperk toe daar 'n verbod op die aankoop van drank was en die gepaardgaande afname in trauma-gevalle by hospitale as gevolg van huishoudelike geweld, was 'n duidelike bewys daarvan.

President Ramaphosa het die stryd teen GGG die "tweede pandemie in ons land" genoem. Die hoë werkloosheidsyfers wat veroorsaak dat mans voel dat hul "manlikheid" aangetas word, omdat hul nie vir hul gesinne kan sorg nie, veroorsaak verdere opgekropte emosies, wat dan dikwels oorgaan tot huishoudelike geweld.



Wat ookal die rede daarvoor is, Suid-Afrika se onnodige hoë GGG-statistieke is onaanvaarbaar en iets waaroor ons almal, vroulik én manlik, bekommerd moet wees. Dit het doodeenvoudig net te maklik geword om 'n vrou in ons land seer te maak of selfs te vermoor. Daaglik word daar nuusberigte die wêreld ingestuur waarin nóg 'n sinnelose moord beskryf word.

'n Voorbeeld hiervan was op 7 September 2020, toe die artikels, "Yet another young Eastern Cape woman stabbed to death, allegedly by boyfriend" en "Man arrested after killing wife inside police station as she reported domestic violence case", twee sulke gevalle op EEN dag rapporteer het.

Dit is duidelik dat die situasie rondom GGG en huishoudelike geweld werklike optrede van almal begin vra.

Die regering spreek hulself konstant teen GGG uit en ons president het selfs opdrag gegee dat sulke gevalle vinnig deur die regstelsel hanteer moet word om te wys dat die slagoffer 'n "stem" het en dat daar opgetree sal word teen die wat daaraan skuldig is.

Maatskappye soos Microsoft South Africa, NPO, 1000 Women Trust en TEARS Foundation het ook finansiële bydraes begin lewer deur 'n virtuele Hackathon bekend te stel, waar oplossings vir GGG gevind kan word – om slagoffers te ondersteun en hul lewens te red, asook hul herstelproses te finansier.

Die belangrikste ondersteuning moet egter aan slagoffers gegee word. Soos Cheryl Benadie ook in haar artikel skryf, kan die slagoffers die gevolge van GGG verander, *"by making one powerful choice at a time"*.

Verskeie hulpmiddels is beskikbaar waar slagoffers GGG kan rapporteer (en uit die situasie ontsnap of selfs hul lewens red). Hulplyn (waar slagoffers met iemand kan praat, wat hulle kan vertrou):

- *Gender-Based Violence Command Centre* – 0800 428 428 of *120*7867# of SMS "help" na 31531
- *TEARS Helpline* - *134*7355#

Vrouens begin al hoe meer hul eie stemme gebruik om die boodskap oor te dra en die nagmerrie te bëindig, deur optogte en betogings wat weekliks gehou word om almal bewus te maak van die situasie op hul eie voorstoepe.

GGG en huishoudelike geweld kom in elke gemeenskap voor, maar as ALMAL saamwerk, KAN die monster(s) permanent uit elke meisie – klein of groot – se nagmerries verdwyn.

Skakels na artikels:

- <https://www.iol.co.za/news/opinion/why-doesnt-she-leave-message-of-hope-for-victims-of-gender-based-violence-be6b62fd-8dda42a8-b3bb-39bb1e2f2a65>
- <https://maroelamedia.co.za/debat/rubrieke/kenmerke-van-slagoffers-die-persoon-en-die-gemeenskap/>
- <https://www.news24.com/news24/southafrica/news/yet-another-young-eastern-cape-woman-stabbed-to-death-allegedly-by-boyfriend-20200907>
- <https://www.news24.com/news24/southafrica/news/man-arrested-after-killing-wife-inside-police-station-as-she-reported-domestic-violence-case-20200907>



20 Apps and Websites That Can Help You Improve Your Grades!

Elaine Bowles and Carla Esau

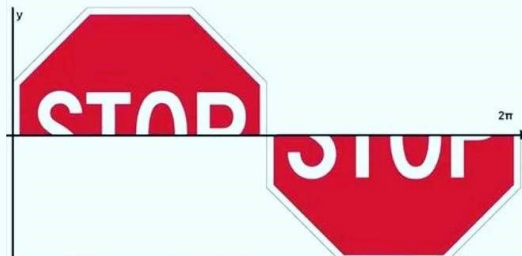
Are you tired of having late nights sitting in front of your books? Schoolwork can be frustrating sometimes, especially when you do not understand the work and we all know that learning for exams is not easy. Thankfully, the *Bokkompie* team gathered some of the many apps and websites available that can help us learn and understand our schoolwork better.

- 01 QUIZLET**
is a platform where you can create flashcards to test your knowledge and understanding as well as practice your work.
- 02 MINDMUP AND SIMPLEMIND**
are websites that allow you to create mind maps easily to summarise complicated concepts of your schoolwork.
- 03 ANKI**
is a great app that you can use to help you learn your work thoroughly. With Anki, you can create decks of questions to answer, or use decks already available on specific topics.
- 04 CLOCKWORK TOMATO**
is an app that helps you to organise your study time. It requires you to study for a specific time period (generally 25 minutes) before you can take a short break (generally 3-5 minutes). After two hours, it allows you to take a longer break.
- 05 OFFTIME**
allows you to block incoming texts, calls and notifications and even prevent you from accessing apps while studying. It will help you stay focused on your work while you are learning and limit distractions.
- 06 MY STUDY LIFE**
is an app that helps you to keep track of exams and projects that are due. Furthermore, you can input your class schedule to keep track of where you need to be and at what time.
- 07 GOCONQR**
allows you to join learning groups, and connect and collaborate with other people who are studying the same subject as you.
- 08 STUDY**
is a platform where you can access and use flashcards made by others, or even create your own. It is a great way to revise and quiz yourself wherever you go.
- 09 CELL BIOLOGY 101**
helps you with Life Science by teaching you the fundamentals of cell biology. This app helps you to prepare for your next test or exam by providing study guides, flashcards and unlimited random practice tests covering cell structure and function.
- 10 MATHWAY**
covers all levels of math, from basic algebra problems to trigonometry and even statistics. Simply type a math problem (or point a camera and snap a pic!) and you will receive step by step detailed solutions.
- 11 WOLFRAM ALPHA**
Through this website you can research and learn more about topics that interest you. The website provides you with useful information on particular topics.
- 12 DUOLINGO**
If you want to learn a language, Duolingo is the app to have, where there are over 30 languages that you can learn in a simple and fun way.
- 13 CHEMISTRY**
The Chemistry app allows you to find chemical reactions and solve chemical equations with one or multiple unknown variables, or if the right or left side of a chemical reaction is unknown. It can even help you calculate molar masses.
- 14 SNAPPLIFY**
is an app where you can download and read your textbooks and other e-books on your phone. Snapplify has made most textbooks available to download for free that you can use until the end of the year. There are also fun games available to help you practice what you have learnt.
- 15 PHOTOMATH**
is the app to have if you are struggling with maths. This app allows you to take a photo of the math problem you want to solve and then gives you a detailed explanation on how to solve the problem.
- 16 SOCRATIC BY GOOGLE**
is an app that can help you understand any subject's work better. It uses Google's artificial intelligence (AI) and search technologies to connect students to helpful educational resources from the web and sites such as YouTube. All you need to do is take a photo of what you are struggling with and the app will give you information or explanations on how to solve the problem.
- 17 PHYSICS CALCULATOR**
helps you to learn the basics of physics. It can convert units and calculate acceleration, velocity, time and displacement.
- 18 MATH AND SCIENCE TUTOR**
explains everything you need to know for science and math in detail and solves problems, step by step. All classes are taught assuming that the student has no knowledge of the subject.
- 19 MIAO- AI MATH HOMEWORK SOLVER**
helps you with math homework. All you need to do is take a photo of your math homework to get guided solutions, videos and more from this useful app.
- 20 KHAN ACADEMY**
helps with any schoolwork. With Khan Academy, you can view lessons and practise problems with videos helping you to understand various topics.

WE HOPE YOU FIND THIS HUMERUS...

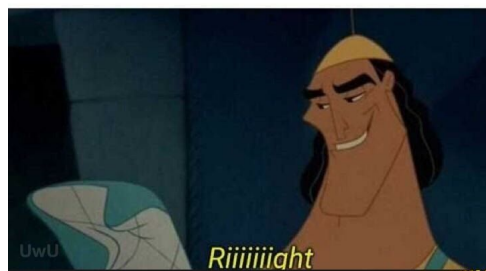


This is a Stop sine

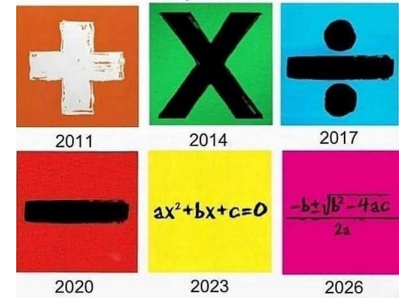


Author: "I chose the colour of the curtains randomly there is no deeper meaning"

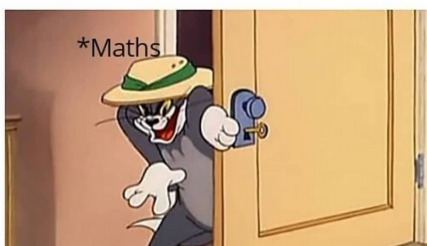
English teacher:



Ed Sheeran albums through the years



me: I love Physics so much but I am not that good in Maths. I hope it doesn't Matter.

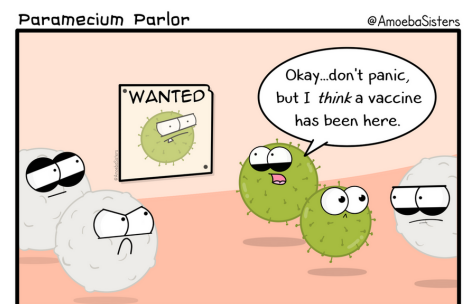


A minor inconvenience: *happens*

A Shakespeare character:



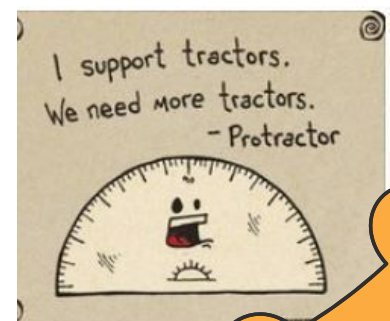
due to personal reasons i will be passing away



Since light travels faster than sound, people may appear bright until you hear them speak.



If you don't understand any of these hilarious jokes, go study.



VOLUNTEER WORK!

JAYDRÉ BESTER

WHAT IS VOLUNTEER WORK?

Volunteering is helping people in need without being paid for your service. *Vrywillige werk is wanneer jy jou eie tyd spandeer om mense te help wat dit nodig het sonder om enigiets in ruil daarvoor terug te verwag.* Volunteering has an enormous impact on the community and its people. Most of the time, volunteers are the glue that keeps the community together. It allows you to connect more with yourself and the community.

"Life's most persistent and urgent question is, What are you doing for others?"

-Martin Luther King Jr.

QUESTIONS TO ASK YOURSELF IF YOU WANT TO VOLUNTEER:

1. How much responsibility can you take on?
2. What causes are important to you?
3. What skills will volunteering bring you?
4. How much time can you commit to volunteering?
5. Do you want to be in the spotlight, or behind the scenes while volunteering?
6. Do you prefer to volunteer with other people, or to volunteer on your own?
7. Why do you want to volunteer?
8. Is it the right time to volunteer?

The heart of a volunteer is not measured in size, but by the depth of commitment to make a difference in the lives of others.

- Anonymous

No acts of kindness, no matter how small, is ever wasted.

- Aesop

VOORDELE VAN VRYWILLIGE WERK:

- Verbeter geestelike en fisiese welstand.
- Bevorder loopbaankeuses en geleenthede.
- Bevorder positiewe sosiale kontak met ander.
- Skep geleenthede vir pret.
- Verbeter selfvertroue.
- Ontwikkel nuwe vaardighede en ervaringsgeleenthede.

WHERE CAN I VOLUNTEER?

- Kansa
- Tehuise vir bejaardes
- Kinderhuisev DBV of organisasies waar diere betrokke is
- Organisasie vir gestremdes
- Eie gemeenskap
- Siyabonga
- Badisav Rape Crisis Cape Town Trust
- DARG
- TEARS
- Etafeni
- Haven Night Shelter
- SANCOB
- Saartjie Bartman Centre For Women & Children
- Eiland Huis

Volunteers do not necessarily have the time; they just have the heart.

- Elizabeth Andrew

As you grow older, you will discover that you have two hands – one for helping yourself, the other one for helping others.

-Audrey Hepburn

"SHALL I COMPARE THEE TO A SUMMER'S DAY?" OF NIE?

CASSIDY LESCH

Die dae van Shakespeare se Engels is tog só lank verby en dit kan tog nie kompeteer met die "taal" wat tieners vandag praat nie.

Woorde soos "howzit", "period" of "ratchet" is algemeen in baie gesprekke tussen tieners. Tye het handomkeer verander en toe ons onself weer kom kry, kan ons feitlik ons eie tiener-woordeboek skryf.

Die oorsprong van die woord "sleng" is self onduidelik. Dit het wel die eerste keer omstreeks 1800 in druk verskyn en is gebruik in die toespraak van kriminele klasse in Londen. Die term is egter waarskynlik baie vroeër gebruik. Dit kan ook beskryf word as nie-standaard woorde of frases wat geneig is om binne subkulture van 'n samelewing te ontstaan.

'n Nuwe woord word daagliks op Instagram of Facebook gevorm en versprei dan soos 'n veldbrand, soos tieners by die nuutste "trends" wil inpas.

Byvoorbeeld, baie tienermeisies sal vir 'n mooi vriendin sê: "Jislaaik, jy lyk stunnas!"

Vandag word tieners aangespreek oor hul spraakgewoontes, omdat dit hul akademie beïnvloed. Soms sonder dat hulle dit besef, glip die woorde in hul opstelle in en dit veroorsaak 'n situasie op sy eie!

Soos die seisoene en dae verander, so verander die spraakgewoontes van tieners met elke nuwe modegier.

Hier is n paar sleng-woorde om met die tye by te hou:

- **"extra"**: om oorboord met iets te gaan
- **"flex"**: om spoggerig te wees
- **"howzit"**: 'n manier om 'n persoon te groet
- **"lit/GOAT"**: verwys na iemand of iets wie/wat regtig goed is
- **"lowkey"**: om iets te doen wat niemand of baie min mense kennis van dra
- **"no cap"**: om 100% met iets saam te stem
- **"period"**: verwys na die einde van 'n argument
- **"slay"**: verwys na iemand wat asemrowend lyk



CHRISTMAS CORNER

Carla Esau

The True Meaning of Christmas

Alle kinders sien uit na Kersdag. Maande voor die tyd word 'n briefie vir Kersvader geskryf. En ouers gebruik die geleentheid om ons te dreig met sy "stout-lysie". Op Kersdag word 'n groot ete voorberei, geskenke word uitgeruil en almal is net gesellig. Soos ons ouer word, begin ons vrae vra oor Kersvader en die ware betekenis van Kersfees. Alhoewel 25 Desember nie die werklike geboortedag van Jesus Christus is nie, is dit die dag waarop ons dit herdenk. Vir Christene is dit die dag waarop ons die geboorte vier van ons Vredevoers, Raadsman, Sterke God en Ewige Vader wat na die wêreld gekom het om ons van ons sondes te verlos (Jes. 9:5).

"Want so lief het God die wêreld gehad dat hy sy eniggebore Seun gegee het sodat elkeen wat in Hom glo, nie verlore mag gaan nie, maar die ewige lewe kan hê."

-John 3:16-

Jesus surrounded himself with sinners and made them fishers of men. Jesus healed many and ultimately healed us all from our sinfulness. He saw the best in people. He made the impossible, possible.

Christmas is not just about giving presents to your loved ones. On this day, we can give to those who are less fortunate, make people smile and strive to live as Jesus did in remembrance of his life on Earth. We celebrate the birth of our Saviour, long-awaited for throughout the entire Old Testament.

"She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins."

All this took place to fulfill what the Lord had said through the prophet: 'The virgin will conceive and give birth to a son, and they will call him Immanuel' (which means "God with us")."

-Matthew 1:21-23-

Christmas Movies to Watch

These Christmas movies will surely put you into the holiday spirit! So grab some popcorn, a candy cane and cuddle with the family while watching some of the best Christmas movies:

- The Princess Switch
- The Grinch
- How the Grinch Stole Christmas
- The Knight Before Christmas
- Christmas Calendar
- Home Alone
- Holiday Rush
- Elf
- The Santa Clause



Cheap Homemade Christmas Gift Ideas

Make a Photo Frame!

(Adapted from <https://www.google.com/amp/s/www.wikihow.com/Make-a-Photo-Frame%3famp=1>)



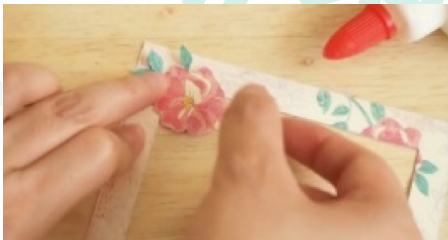
Step 1: Cut a piece of cardboard into a rectangle (according to the size you want the frame to be).



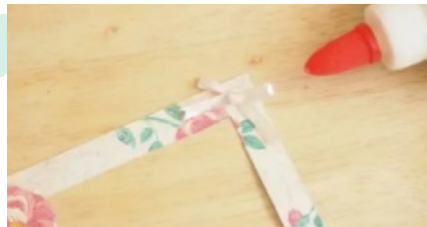
Step 2: Cut a rectangle out of the middle of the cardboard (the rectangle's size should be slightly smaller than the photo you will be placing in the frame)



Step 3: Paint the frame. You can paint it one colour, or paint patterns and figures on the frame. You can also use markers, crayons, pens, or colour pencils to decorate the frame.



Step 4: Add paper decorations. Cut shapes out of paper (like stars, hearts, animals, letters, or symbols) and glue them onto the frame.



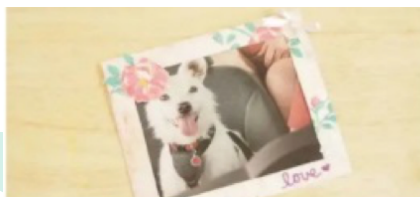
Step 5: Get creative with your decorations. Use cloth, buttons, beads, glitter, stickers, or anything else you can think of. Glue these decorations onto the frame in whatever patterns you like.



Step 6: Make the back of the frame. Cut a rectangle out of another piece of paper. This rectangle should be slightly smaller than the whole frame, so that it easily covers the centre of the frame.



Step 7: Glue this new rectangle to the back of the frame. Attach it firmly and smoothly on three sides, but make sure to leave one side open so that you can slide the picture in.



Step 8: Slide the picture into the frame. Slip it through the slide you left open on the back of the frame.



Make a Christmas Ornament!

1. Fill a clear Christmas ornament with sand and shells.
2. Decorate the outside of the ornament using ribbon, pretty stickers, or anything else you can think of.
3. To make the ornament extra special, write a meaningful letter to the person you want to give it to.

Going the Distance during Lockdown

JuneBé du Preez

A Virtual Tour through Europe

For the time being, it is unlikely that we will be traveling abroad any time soon.

Thanks to the Internet and lots of imagination you can travel all over the world from the safety and comfort of your home.

Join us for a trip through Europe and see how many of these places you can identify.

① START YOUR JOURNEY AT THE TRAIN STATION IN LONDON WITH THE SAME NAME AS A CHILDHOOD BEAR.



WHERE ARE YOU?

② TRAVEL PER TRAIN TO THE BUSIEST AIRPORT IN EUROPE.



WHERE ARE YOU?

③ BOARD A PLANE AND LAND AT THE CHARLES DE GAULLE AIRPORT IN THE "CITY OF LOVE".



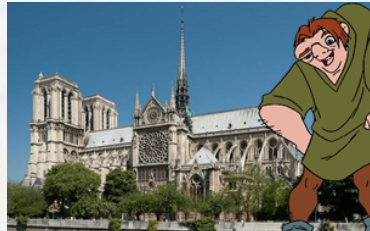
WHERE ARE YOU?

⑥ SPEND THE REST OF YOUR DAY ON THE AVENUE FAMOUS FOR BEING THE FINISH POINT OF THE TOUR DE FRANCE CYCLING RACE.



WHERE ARE YOU?

⑤ SECOND STOP IS THE MEDIEVAL CATHEDRAL THAT PROVIDED THE BACKDROP TO THE DISNEY MOVIE, "THE HUNCHBACK OF ...".



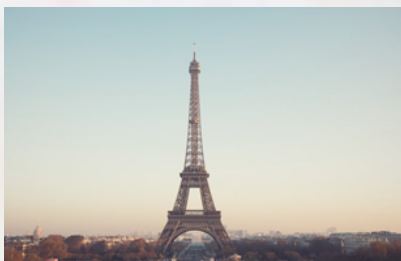
WHERE ARE YOU?

④ FIRST, GO TO THE WORLD'S LARGEST ART MUSEUM WHERE THE MONA LISA IS DISPLAYED AMONGST 35 000 OTHER COLLECTIONS.



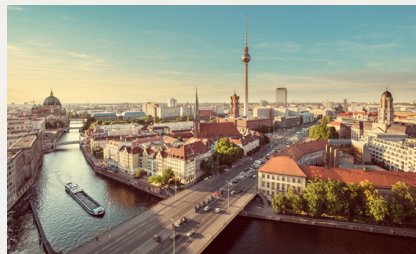
WHERE ARE YOU?

⑦ END YOUR VISIT TO FRANCE AT THE MOST RECOGNISABLE FEATURE IN PARIS.



WHERE ARE YOU?

⑧ FLY TO THE CAPITAL CITY OF GERMANY.



WHERE ARE YOU?

⑨ VISIT THE REMAINS OF THE WALL THAT DIVIDED WEST AND EAST GERMANY FROM 1961 TO 1989.



WHERE ARE YOU?

10 TREAT YOURSELF TO A HUGE SLICE OF CAKE NAMED AFTER THE LIQUOR MADE FROM BLACK FOREST CHERRIES.



WHAT ARE YOU EATING?

11 TRAVEL TO THE CAPITAL CITY OF AUSTRIA.



WHERE ARE YOU?

12 AFTER STROLLING THROUGH THE CITY'S ANCIENT ARCHITECTURE AND MUSEUMS, ATTEND A CONCERT OF THE VIENNA PHILHARMONIC ORCHESTRA.



WHERE ARE YOU?

15 TAKE A PHOTO OF THE FAMOUS ROMAN TEMPLE WITH THE WORLD'S LARGEST UNREINFORCED CONCRETE DOME.



WHERE ARE YOU?

14 VISIT THE REMAINS OF AN ANCIENT AMPHITHEATRE WHERE 50 000 SPECTATORS USED TO WATCH GLADIATORS FIGHT EACH OTHER AND WILD ANIMALS, LIKE LIONS.



WHERE ARE YOU?

13 FLY TO THE LEONARDO DA VINCI AIRPORT IN THE CAPITAL CITY OF ITALY.



WHERE ARE YOU?

16 BOOK A VISIT TO THE HEADQUARTERS OF THE ROMAN CATHOLIC CHURCH AND HOME OF THE POPE.



WHERE ARE YOU?

17 SPEND A FEW DAYS IN THE PICTURE PERFECT SUNSHINE OF THE SECOND SMALLEST COUNTRY IN THE WORLD KNOWN FOR THEIR FORMULA ONE GRAND PRIX CIRCUIT.



WHERE ARE YOU?

18 FLY TO THE CAPITAL CITY OF SPAIN AND TOUCH DOWN AT THE ADOLFO SUÁREZ MADRID-BARAJAS AIRPORT.



WHERE ARE YOU?

21 FLY BACK TO BEAUTIFUL MZANSI AND ENJOY THE SUNSET OVER THE NEWEST NATURAL WONDER OF THE WORLD AS YOUR PLANE CIRCLES OVER CAPE TOWN.



WHAT ARE YOU LOOKING AT?

20 BE SURE TO SIT NEAR A PLAZA WHERE LOCALS SHOWCASE THEIR TRADITIONAL DANCE, KNOWN FOR ITS HANDCLAPPING AND CASTANETS.



WHAT ARE YOU LOOKING AT?

19 ENJOY THE LAST DAY OF YOUR TOUR THROUGH EUROPE AND TASTE THE VARIETY OF TRADITIONAL SPANISH APPETIZERS, SERVED ON SMALL PLATES.



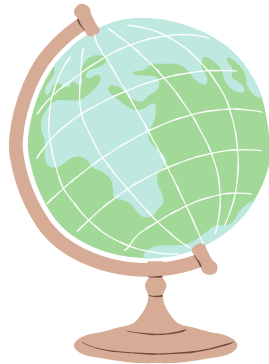
WHAT ARE YOU EATING?

For more virtual travel experiences, try the following:
1.) Automated 360° Virtual Tours → www.ricohtours.com
2.) Virtual Tours of Europe → <https://www.ef.com>

3.) The 19 Best Virtual Travels and Experiences in Europe → <https://www.wanderlust.co.za>

Answers to "Going the Distance During Lockdown"

1. Paddington Station
2. Heathrow Airport
3. Paris
4. Louvre Museum
5. Notre Dame
6. Champs-de-Elysees
7. Eiffel Tower
8. Berlin
9. Berlin Wall
10. Black Forest Cake
11. Vienna



12. Vienna State Opera
13. Rome
14. Colosseum
15. Pantheon
16. Vatican City
17. Monaco
18. Madrid
19. Tapas
20. Flamenco Dancers
21. Table Mountain



That's all folks!