



Overcome the battle against obesity among South African teenagers.

By Zinathi Mahonga (Gr 11)

Looking at the world's statistics, South Africa places one of the countries with a large population of overweight people (obese people). Obesity is defined as the state of being grossly fat or overweight, meaning one's body becomes bigger than what the bones can carry. The most commonly used measure of weight status today is the body mass index, or BMI. BMI uses a simple calculation based on the ratio of someone's height and weight ($BMI = kg/m^2$). Decades of research have shown that BMI provides a good estimate of "fatness"

One cause obesity is FOOD! Wrong/unhealthy eating habits. The world seems to think being overweight is genetically but I strongly believe it bad eating habits is a contributing factor. Investigation shows that many obese South Africans indulge in junk food and do NOT exercise.

The topic maybe sensitive to people and I stand to be corrected as this matter is psychological. This being the reason obese people turn to food for comfort making it hard to let go of such eating disorders. I came across a

case whereby the person had an absent mother figure and would binge herself simply because (in her words) "happy to eat junk". I conclude, until she accepted her life as is and move on , she'll never let go of her bad eating habits. Little does she know the effects of her happiness when eating "junk".

In my opinion she is cutting her life short as she stands high chances of:

- High blood pressure;
- Stroke;
- Diabetes; and
- Heart failure

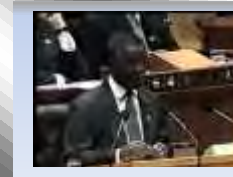
We can beat the battle. Remember *Mens sana in corpore sano* – A sound mind in a healthy body. Lead a healthy lifestyle! Exercise! Love your body enough not to poison yourself. Eat fruit and vegetables. Have your protein. Beware of the calories you intake. Stay in Shape and beat obesity!

HEALTHY SELF

Heal -Thy - Self

MAY- AFRICA MONTH

On the 8th of May 1996 (10 years ago), the former President (at the time Vice President) of the Republic of South Africa, Thabo Mbeki stood to open the parliamentary session on the occasion of the passing of the new Constitution of South Africa.



Thabo Mbeki uttered:

"I am an African.

I owe my being to the hills and the valleys, the mountains and the glades, the rivers, the deserts, the trees, the flowers, the seas and the ever-changing seasons that define the face of our native land...

I owe my being to the Khoi and the San whose desolate souls haunt the great expanses of the beautiful Cape - they who fell victims to the most merciless genocide our native land has ever seen, they who were the first to lose their lives in the struggle to defend our freedom and independence and they who, as a people, perished in the result.

Today, as a country, we keep an inaudible and audible silence about these ancestors of the generations that live, fearful to admit the horror of a former deed, seeking to obliterate from our memories a cruel occurrence which, in its remembering, should teach us not and never to be inhuman again.

I am formed of the migrants who left Europe to find a new home on our native land. Whatever their own actions, they remain still part of me.

I am the grandchild of the warrior men and women that Hintsa and Sekhukhune led, the patriots that Cetshwayo and Mphephu took to battle, the soldiers Moshoeshe and Ngungunyane taught never to dishonour the cause of freedom.

My mind and my knowledge of myself is formed by the victories that are the jewels in our African crown, the victories we earned from Isandhlwana to Khartoum, as Ethiopians and as Ashanti of Ghana, as Berbers of the desert...

I am the child of Nongqawuse. I am he who made it possible to trade in the world markets in diamonds, in gold, in the same food for which our stomachs yearn.

I come of those who were transported from India and China, whose being resided in the fact, solely, that they were able to provide physical labour, who taught me that we could both be at home and be foreign, who taught me that human existence itself demanded that freedom was a necessary condition for that human existence.

Being part of all of these people, and in the knowledge that none dares contest that assertion, I shall claim that - I am an African.

I am born of a people who would not tolerate oppression...

..It is a firm assertion made by ourselves that South Africa belongs to all who live in it, Black and White.

It gives concrete expression to the sentiment we share as Africans, and will defend to the death, that the people shall govern.

Today it feels good to be an African.

I am born of the peoples of the continent of Africa.

Whatever the setbacks of the moment, nothing can stop us now! Whatever the difficulties, Africa shall be at peace!"



VOX
POP

Grade 8 & 9 Learners were asked what makes them a true African child and they said:

"Being able to speak African languages either than IsiXhosa."- Kamva Tyalisi

"The ability to know your history and africa roots."- Lusindiso July

"The ability to play indigenous games (upuca, gqaphu...)" – Babalwa Ntate

"Being proud of your country and wanting people to govern" – Kamvelihle Faba

"To respect and explore different African cultures"- Siphosethu Jibliba

"Born and bred in Africa"- Ibenam Nkohla

SCHOOLS CHOIR & MUSIC COMPETITION

It has been a journey of soothing sounds as the Choristers and musicians of Toise Senior Secondary School prepared for Music Competitions.

It all began within the bounds of Toise Senior Secondary School when our school competed with the schools in King Williams Town Circuit 5. Our school won all categories. The categories were as follows:

- 1st Place in Solo Soprano
- 1st Place in Alto
- 1st Place in Quartet
- 1st Place in Female Voice
- 1st Place in Mixed Choir
- 1st Place in African Piece
- 1st Place in Western Piece

Toise Choristers and Musicians then went further to compete in the District Competition in Zwelitsha, competing against schools like Richard Varha, Xolani, Hector Peterson, Bhisho High, Thembalabantu, St Matthews etc. Again we proved to the District that “we were made to sing”. The results were as follows:

- 1st Place in Solo Soprano
- 1st Place in Quartet
- 2nd Place in Mixed Choir
- 2nd Place in African Piece
- 1st Place in Western Piece

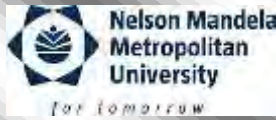
The competition was tough when we competed in the Mega District Schools Competition. The results were as follows:

- 2nd Place in Solo Soprano
- 2nd Place in Quartet
- 2nd Place in Western Piece

However, that was the end of the road for 2016 Music Competition (2016) as they only selected the first place winners for Provincial level. 2017 is another Year!!!



GRADE 12 CAREER EXHIBITION



The Grade 12 class attended a career exhibition at the University of Fort Hare. The purpose of attending was to obtain an insight on the different careers world wide. This exercise was to mold us towards the career choices we are going to make either this year or 20 years to come.

The informative trip organized by Mr Yengo ensured that we gain



knowledge around different careers as far as qualification types, entry requirements and bursary opportunities.

The following institutions were present:

Nelson Mandela Metropolitan University

University of Fort Hare

North West University



Representative from the bursary sponsors, Anglo American, Water Affairs, Thuthuka and SAICA were also present.

The career exhibition was informative and it prepared us for hard work and to aim for the stars. A wise man once said " Education is the key to success" . I too believe it truly is the key to success.

Article by Yonwaba Tyiki



