



Editorial Note:

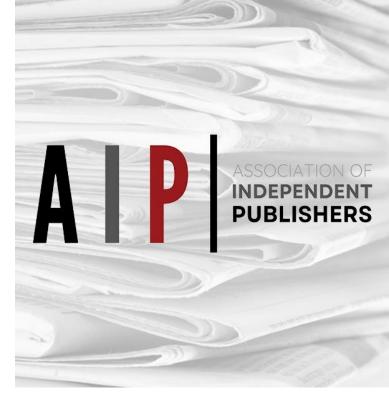
April in South Africa is Freedom Month, celebrating Freedom Day on Sunday, 27 April 2025, the Gauteng Provincial Government commemorated Freedom Day under the theme: "United in Resilience for the Defense of Our Freedom and Democracy". This day was a moment to reflect on our collective commitment to justice, equality, and the vital role each citizen plays in safeguarding the hard-won freedoms of our democracy. 31 years into our democracy, be part of the celebrations as we honor our past, embrace our present, and inspire our future.

The country is still seeking Justice for Cwecwe, we hope and pray Justice will prevail. *Climate Change* is a concern; we look at recycling and the diet you should try for a healthier and better you. Use water sparingly, Johannesburg and the rest of Gauteng is facing water restrictions.

Yo School Magazine proudly displays the "FAIR" stamp of the *Press Council of South Africa*, indicating our commitment to adhere to the Code of Ethics for Print and online media which prescribes that our reportage is truthful, accurate and fair.

Should you wish to lodge a complaint about our news coverage, please lodge a complaint on the Press Council's website, www.presscouncil.org.za or email the complaint to enquiries@ombudsman.org.za. Contact the Press Council on 011 4843612.

Enjoy the read, I am Mzukona Mantshontsho, Call or WhatsApp: +27 73 777 4434, email: mzukona@nyakaza.org.za



FOR NEWS YOU CAN TRUST...

... look for publications that display the FAIR logo of the **Press Council**, indicating that they strive to adhere to the **Press Code**



Factual - Accountable - Independent - Responsible

The 2025 Energy Efficiency & Demand Side Management (EEDSM) School Competition 2025

The 2025 Energy Efficiency & Demand Side Management (EEDSM) School Competition is heating up with an extended deadline- now open until May. until May 16 2025.

We're calling on ALL public high schools to spark their creativity, let your innovative ideas shine, and make a real impact.

Here's the buzz:

- Individual entries are welcome (with your school rep's nod).
- Deadline: Submit your entry by May 16, 2025.
- Check the poster for all the details.

Ready to electrify your creativity?

Visit <u>www.citypower.co.za</u> for more information and submit your entry today!





STIPEND

R4 000.00 per month (less 1% UIF contribution), plus R30.00 data.

APPLICATION TIMELINES

22 April - 09 May 2025 (23h59)

INTERVIEWS

19 May - 31 May 2025

CONTRACT START DATE

02 June 2025

RECRUITMENT OF UNEMPLOYED YOUTH FOR THE PYEI: BASIC **EDUCATION EMPLOYMENT** INITIATIVE

OPPORTUNITIES AVAILABLE:

EDUCATION ASSISTANTS (EA)*

To assist with teaching & learning in classrooms.

- · Curriculum Assistants
- · Reading Champions
- · e-Cadres ICT integration in classrooms
- · Care & Support Assistants psychosocial support
- Laboratory Assistants
- · Workshop Assistants

*Minimum of a matric is required but preference will be given to those with tertiary qualifications, especially in Education

GENERAL SCHOOL ASSISTANTS (GSA)**

To help with infrastructure maintenance and cultural activities.

- Handymen/women maintenance of school infrastructure
- · Sports and Enrichment Assistants lead sport, arts and cultural activities

**No matric required

WHO CAN APPLY?

- · SA citizens aged 18 34 years old
- · Must have a South African bank account
- Must live within 5km of an urban school or within 30km of a farm/rural school
- This phase is open to youth who were part of phase I,II,III and IV

It doesn't matter when you apply, as long as you send your application by the due date and time.

HOW TO APPLY



Go to sayouth.mobi/p/dbe SA Youth is free, no data needed



Once you have registered, opportunities at the schools nearest to the address you provided will



Register on sayouth.mobi The process will take +4 mins



If you have already registered on SA Youth, just log in using the same log in details



appear, enabling you to apply



No opportunities showing up? You can search for "Education Assistant" or "General Assistant" in the search box



BasicEd SAYouth.mobi

@DBE_SA

Need help? Call SA Youth on 0800 72 72 72 or TeacherConnect on 060 060 33 33 (9:00 -16:30 Monday - Friday)

















Petition - JUSTICE FOR CWECWE!



By Ngqushwa Municipality

Umasipala waseNgqushwa ebambisene namasebe karhulumente, Indlu yenkosi, NGO's, ibhunga letyalike eNgqushwa (Council of Churches), Imibutho yeeTeksi (Taxi Associations) ekhoyo ekuhlaleni, abafundi bamabanga aphantsi nabahlali ngale mini yanamhlanje bamanyene benza umngcelele (March) osuka edolophini eNgqushwa besingise kwisebe lezoBulungisa (Department of Justice) ukungenisa isibongozo (Petition) esilwisana nokudlwengulwa kwexhoba, uCwecwe waseMatatiele oneminyaka esixhenxe (7) kwakunye nabantwana jikelele ezikolweni, emakhaya nasekuhlaleni siquka nabantu basetyhini.

Isibongozo esingeniswe kuMantyi sichaza iimfuno ezizezi zilandelayo:

Sifuna ukubona ubulungisa busenziwa kwixhoba uCwecwe.

Imiba elolu hlobo inikwe ingqwalaselo ephambili xa ixelwa, kubhekiswa ngokukodwa kwi-kwinkonzo yesiPolisa (SAPS) kunye noNontlalontle njengoko sikholelwa ukuba balizibuko lokuqala xa kusenzeka ezi ziganeko.

Iinkundla zethu, ingakumbi iNPA incedise ekuqinisekiseni ukuba abenzi bobubi bayohlwaywa ngendlela eya kusinceda sibone ukuncipha kula matyala.

- (a) Umntu onolwazi lokuba ulwaphulo-mthetho ngokwesondo lwenzekile emntwaneni kufuneka aluxele olo lwazi ngoko-nangoko kwinkonzo yesipolisa (SAPS).
- (b) Umntu onolwazi lwesenzo sobubi kwaye angachazi olo lwazi njengoko kuchaziwe kumhlathi (a), unetyala lokwaphula umthetho kwaye akuba efunyenwe enetyala makavalelwe entolongweni ixesha eliya kutsho kwiminyaka emihlanu.

One Food: Four Food Tips for a Better you and a Healthier Planet!



By Tanya Farber

It might feel like we have little agency over our food systems as they're so much bigger than us and are often driven by profit, but the economics of the food system can shift if we alter our food choices accordingly.

An adult man mixes the ingredients for a homemade salad. © corolens / CanvaThe food we eat impacts not only our health but also the health of animals, plants and the planet.

In my adult life, I've become more aware of where my food comes from, how it was produced and how it ended up on my plate. As a child, it always just magically appeared on the plate, and I ate it or turned my nose up. A satisfying revelation to me, as I got older, was the concept of One Health. If you've ever wondered what that is, or if you've never heard of it before, you've come to the right place. This listicle will not only explain what it's about but will also give you some hot tips as a consumer.

Let's start with the basics: *One Food* forms part of the One Health concept. One Health is a term that was coined by the Wildlife Conservation Society in 2004, and it highlights the interdependence of human, animal, plant and environmental health. *One Food* applies that idea to how we manage our food systems, recognising that food production, processing, distribution, consumption and waste management are all part of those systems.

My WWF colleague Laetitia Osborne is working on a *One Food* report based on data she collected in the Eastern Cape Drakensberg by interviewing over 40 communal and private farmers. She collected valuable data into challenges like water shortage, pollution, pest and diseases, market access and climate-driven extreme weather. This type of work is a reminder that food systems are large but are influenced by local conditions along each step.

She says, "Food production relies on biodiversity, meaning the variety of plant and animal life within ecosystems. Unsustainable farming practices can disrupt this balance, threatening both food security and nature. The One Food approach raises awareness and encourages action to protect biodiversity and ensure long-term sustainability."

For it to work, there is a need for collaboration among diverse disciplines, including public health, veterinary medicine, agriculture, environmental science and social sciences, to address complex food system challenges. This needs to happen locally, nationally and globally.

What can you do?

I keep reminding myself that the food we eat impacts not only our personal health but also the health of animals, plants, and the planet. Here's how you, as a consumer, can play a vital role:

Choose local and sustainable food sources

It's amazing how much more fun it is to shop at a local market rather than under the weird lights with the dull hum of the fridges at a franchised supermarket. When buying directly from the producers, you know that it's local and hasn't travelled far, and it gives you a chance to ask questions. You can really imagine the food's life from farm to fork when you're standing there filling your bag! Even in stores, though, you can tell what's in season and locally produced simply by the price (imported and out-of-season produce come at a cost).

Supporting local, sustainable food producers, whether they're small farmers or ethical brands, helps build stronger communities and reduces the carbon footprint of transporting food long distances. These producers are often more dedicated to using organic practices, reducing waste and caring for the environment. Sustainable farming practices enrich the soil, conserve water and minimise pesticide use, all of which are beneficial for your health and the planet's well-being. Read the labels on products, buy from farmers' markets, and use the apps that are available.

Choose food that supports biodiversity and has a lower environmental impact

Like other kids, when it came to food, I knew what I liked and liked what I knew. But the pleasure of growing older is that I've developed a more adventurous palette. I can highly recommend incorporating a variety of 'new' foods into your diet, including lesser-known grains, legumes and produce. Not only is this good for your health but it also supports biodiversity, reduces reliance on monocultures and enhances nutritional intake. Maybe you've been giving your family hamburgers or macaroni cheese every Monday night for years on end, but how about mixing it up and making a butter and aubergine bean curry?

Also think about plant-based foods and unprocessed foods. I recently started reading Ultra Processed People by British physician Chris van Tulleken and my eyes were out on stalks by what he was sharing about ultra-processed food. I started reading labels and looking at food products in a totally different way. For the sake of your body and the environment, focus on whole foods like fruits, vegetables, whole grains and lean proteins. To this end, cooking with fresh ingredients helps, as does shifting towards a more plant-based diet is also a very effective way to promote health and sustainability. Most vegetables, fruits, grains, nuts and legumes require fewer resources (like water, land and energy) to grow compared to animal-based foods. They also produce fewer greenhouse gases and have a lower overall environmental impact.

Choose foods with minimal packaging

It took me a while to remember to keep shopping bags in my boot, and even longer to realise that I didn't just need grocery bags but also ones that could replace those nasty little plastic 'barrier' bags that tellers use for unpackaged fruit and veg. Excessive food packaging, especially single-use plastic, adds to the pollution that harms our oceans, wildlife and the planet. Opting for foods with minimal packaging can help reduce this burden. The One Food concept, after all, is about interconnectedness. What happens to one part of the system impacts the rest. By choosing food with minimal packaging, we can reduce waste and pollution, benefiting the environment and contributing to a healthier planet. Additionally, the production of less packaging usually requires fewer resources and energy, making the food you buy more sustainable. Did you know that in South Africa, banning or phasing out certain plastics would even boost the economy?

Reduce food waste

I love that leftovers are sometimes more delicious the next day. I also love that my daughters often don't realise that what's in their lunch tins is last night's supper which has been spruced up with some new ingredients. It saves money but it's about much more than that.

Plan meals, store food properly and repurpose leftovers to minimise waste. Food waste contributes to greenhouse gas emissions and squanders resources used in production. When food is thrown away, all the resources (water, energy, labour and materials) that went into producing it are also wasted. Additionally, food waste in landfills contributes to the production of methane, a potent greenhouse gas. Reducing food waste also helps make sure that more food reaches those who need it, rather than being discarded. It encourages a more responsible and sustainable way of thinking about food as a shared resource.

By adopting these practices, we can all play a part in creating a more ethical, sustainable and healthier food system. Together, these small changes help to create a healthier world for everyone. And don't give up if can't tick every single box at first. I am still learning as I go, and each time I try something new in my own life towards the One Food approach, I feel good both physically and psychologically. Yes, these food systems are like giants looming over us, but you'd be surprised how much heft we have as the consumers!

Happy Earth Day – 22 April 2025!



The day was a reminder that we all have a role to play in protecting our planet.

Let's take action to give back to the Earth—because every small step makes a big impact!

Reduce, Reuse, Recycle – Less waste, more sustainability.

Plant a tree – Green up your space & help our air quality.

Walk, bike, or carpool – Cut down on emissions.

Save water & energy – Every drop and watt counts!

Support eco-friendly brands – Vote with your wallet for sustainability.

Let's love, protect, and respect our planet—not just today, but every day!

What's one thing you'll do for the Earth going FORWARD?

Schools battle It out in the 2025 The Glass Recycling Company schools Competition



The Glass Recycling Company (TGRC) is thrilled to unveil the 2025 Annual Schools Competition, beckoning educational institutions across Gauteng, the Western Cape Peninsula, Eastern Cape, and the Greater Durban and Pietermaritzburg areas to a dynamic challenge of glass recycling, commenced on February 1, 2025. This contest not only aims to tackle environmental pollution but also offers over R 440,000 in rewards, distributed through monthly and grand prizes. Schools also have the chance to secure additional monthly contributions for each ton of glass they recycle.

Imagine transforming your school into an eco-haven, where students become green champions, conjuring funds and fostering sustainability. It's time to weave the spell of environmental stewardship into the fabric of education, and TGRC is calling all young recyclers to this captivating crusade.

The objective shines bright: amass more glass bottles and jars than any other school in your region. Top-recycling schools will claim their crowns in monthly and grand prize ceremonies, showcasing their commitment to the planet. Participation is a breeze - simply secure a free glass bank from TGRC, motivate everyone in your school community to contribute their recyclable glass, and witness the eco-magic unfold. From sparkling soda bottles to peanut butter and mayo, to elegant jam jars, every piece of glass recycled is a step towards a more sustainable future.

Dive into the quest for green glory at any time throughout the year and keep your school in the race for those monthly and annual rewards. Gather your classmates, empower your community, and start building your glass treasure today!

For more exciting details, visit TGRC's official website tgrc.co.za or our Facebook page: www.facebook.com/TheGlassRecyclingCo

At The Glass Recycling Company (TGRC), our mission is to promote glass recycling across South Africa. We are committed to educating and motivating everyone from individual citizens to large corporations to engage in glass recycling, thereby enhancing community wellbeing and environmental health. Though we don't collect glass ourselves, we are dedicated to empowering communities through job creation and skills development in the recycling sector. Supported by leading glass manufacturers and packagers, TGRC believes in the limitless possibilities of recycled glass to make a significant, positive impact on our society.

This is our curse as Africans!



By Rhulani Ngobeni

South Africa is often referred to as the Rainbow Nation due to the different languages and diversity in cultures.

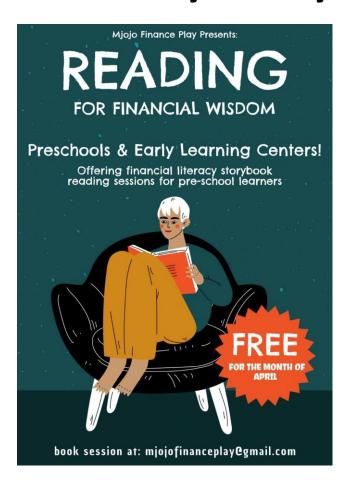
Just as the rainbow has different colours, those different colours have to make up a great nation. Although the nation has different people and cultures, we are all South Africans. We all share the same President.

Our different languages and ways of life make South Africa interesting. We might have different provinces, but we also have things that unify us like our National Flag and Anthem. We might have Foreign Nationals from various countries around Africa in our spaces; the reality is we are all Africans.

All we need to do is to love each other as God loved the church. Let us 'SAY NO TO XENOPHOBIA' in all its forms in our communities. We all know and heard what happened in the dark days of Apartheid, let us not go back there with Xenophobia. As South Africans, we need to respect foreign nationals and their cultures and beliefs in our country, and they should do likewise.

Let us treat each other with dignity and show unity against Xenophobia, any form of Discrimination and Racism in all forms. A nationwide public awareness campaign on racism and xenophobia should be made priority so we can live together in peace and harmony as South Africans, as Africans and as Humanity.

Financial Literacy Starts Early!



By Ofentse Montshiwe

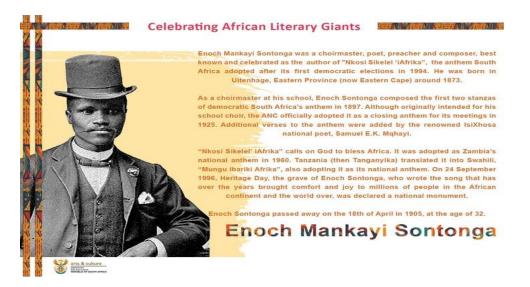
Mjojo Finance Play is excited to launch "*Reading for Financial Wisdom*" – a special initiative bringing free financial literacy storytelling sessions to preschools and Early Childhood Centres in Johannesburg South for the month of April!

Through engaging stories and interactive reading sessions, we help little ones start their journey toward understanding money in a fun and relatable way.

If you run a preschool or early learning centre and would love to introduce financial education through storytelling, send us an email at mjojofinanceplay@gmail.com to book a free session!

Let's plant the seeds of financial wisdom early and make learning about money fun!

Our National Anthem!



The National Anthem of South Africa was adopted in 1997 and is a hybrid song combining new English with extracts of the 19th century hymn *"Nkosi Sikelel" iAfrika"* (English: "God Bless Africa", lit. "Lord Bless Africa") and the Afrikaans song "Die Stem van Suid-Afrika" (English: "The Call of South Africa"), which was used as the South African national anthem during the apartheid era.

The committee responsible for this new composition included Anna Bender, Elize Botha, Richard Cock, Dolf Havemann (Secretary), Mzilikazi Khumalo (Chairman), Masizi Kunene, John Lenake, Fatima Meer, Khabi Mngoma, Wally Serote, Johan de Villiers, and Jeanne Zaidel-Rudolph.

The anthem is often referred to by its incipit of "Nkosi Sikelel" iAfrika", but this has never been its official title, which is simply "National Anthem of South Africa".

Nkosi Sikelel' iAfrika

Maluphakanyisw' uphondo lwayo,

Yizwa imithandazo yethu,

Nkosi sikelela, thina lusapho Iwayo.

Morena boloka setjhaba sa heso,

O fedise dintwa le matshwenyeho,

O se boloke, O se boloke setjhaba sa heso,

Setjhaba sa, South Afrika, South Afrika.

Uit die blou van onse hemel,

Uit die diepte van ons see,

Oor ons ewige gebergtes,

Waar die kranse antwoord gee,

Sounds the call to come together,

And united we shall stand.

Let us live and strive for freedom,

In South Africa our land.

What are the threats that face South African children?



By Mzukona Mantshontsho

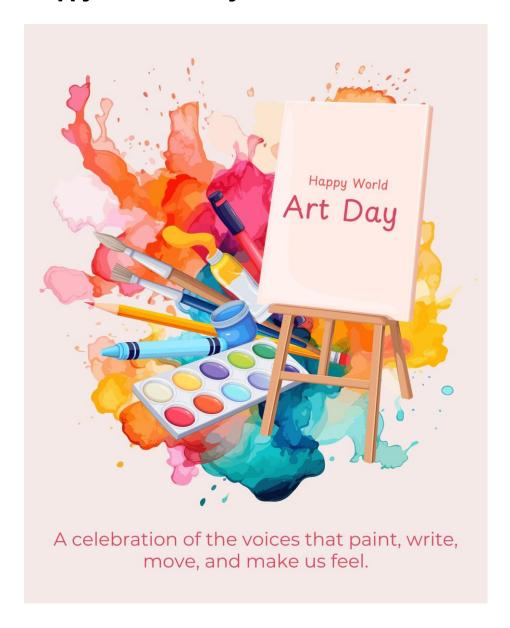
"It takes a village to raise a child."- African proverb

Children require a great deal of assistance and guidance in everyday life, much more so than adults do. From the time they are born, children need help with almost everything they do, from basic tasks such as having a bath and getting dressed, to learning how to treat other people. This means that children are much more vulnerable than adults and therefore require protection from the many dangers that threaten their well-being.

A vast number of issues threatening the well-being of children today. Below is a list of just some of these issues:

- Lack of proper nutrition and shelter
- Lack of access to proper healthcare
- Neglect
- Violence
- Sexual abuse
- Child pornography
- Child trafficking.

Happy World Art Day



Each year, on 15 April, World Art Day celebrations help reinforce the links between artistic creations and society, encourage greater awareness of the diversity of artistic expressions and highlight the contribution of artists to sustainable development. It is also an occasion to shine a light on arts education in schools, as culture can pave the way for inclusive and equitable education.

AECI's Future Leaders Challenge: Investing in the Servant Leaders South Africa Desperately Needs!



"What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead." – Nelson Mandela.

South Africa stands at a defining moment. With the youth unemployment rate at 45.5-percent, political and economic uncertainty continue to widen inequality. With ethical servant leadership in short supply, the future of the country depends on who steps up next. South Africa faces urgent questions about its future, but if history has shown us anything, it's that when young people take the lead, transformation follows.

This is the driving force behind the AECI Future Leaders Challenge—a bold, forward-thinking initiative designed to equip young South Africans with the leadership skills and ethical foundations needed to drive meaningful change in their communities and beyond.

The AECI Future Leaders Challenge is more than a programme; it's a national movement to cultivate the leaders, problem-solvers, and innovators who will shape the country's next chapter.

Despite their talent, ambition, and resilience, millions of young South Africans remain locked out of opportunity. Leadership in business, government, and communities cannot afford to be left to chance.

In line with its ethos of "We are One AECI for a Better World," AECI, with *Primestars* and The YouthStart Foundation as implementing partners, has launched this high-impact servant leadership programme.

With South Africa facing a critical shortage of ethical, innovative, and solutions-driven servant leadership, programmes like the AECI Future Leaders Challenge offer a proven blueprint for change.

On 7 March 2025 at the Ster-Kinekor complex in Rosebank, the AECI Future Leaders Challenge kicked off with the premiere of Future Leaders—a groundbreaking edutainment feature film that turns cinemas into classrooms and storytelling into a call to action.

Produced by award-winning production house Coal Stove Pictures, the 75-minute film follows the journeys of young South Africans as they navigate the real-world challenges of leadership—demonstrating that leadership is not about power, but about purpose, service, and action.

The film features an all-star South African cast, including Wandile Molebatsi, Leanne Manas, Luversen Gerard, and Phumzile Kubeka, as well as rising stars Khensani Chauke and Ngwedi Ramphele.

At the heart of this programme is a simple but powerful message: Leadership is not inherited; it is cultivated. The programme content embeds 12 globally recognised leadership principles, including leading with integrity, celebrating diversity, and developing emotional intelligence—critical skills for a generation that will shape South Africa's future.

Beyond the Film: Real-World Leadership in Action

The true impact of the programme goes far beyond the big screen.

Through an innovative dual-model approach, the AECI Future Leaders Challenge is reaching thousands of high school learners across five provinces:

- Cinematic Leadership Experience Schools transport learners to cinemas, where they receive an immersive leadership education experience.
- In-School Screenings For schools beyond cinema reach, the film is brought to them, ensuring no learner is left behind.

But watching a film is just the beginning. The real transformation happens when these learners step up and take action.

The Leadership Challenge: Turning Knowledge into Power

Learners will be challenged to apply their leadership skills to real-world problems within their communities.

- Community-Based Leadership Projects Participants will design and implement initiatives that create measurable change.
- The Leadership Competition Shortlisted candidates will be invited to an intensive leadership bootcamp in Gauteng, leading up to a high-profile awards ceremony where top performers will be awarded:
- o Mentorship opportunities
- Bursaries
- o Work experience placements
- o Funding and training

This is not a once-off event—AECI is committed to making the Future Leaders Challenge a long-term, scalable programme that invites other corporates and stakeholders to invest in the leadership pipeline of South Africa's future.

Why Leadership Development is South Africa's Best Investment

As the country faces complex socio-economic challenges, this is not just about individual success—it's about national progress. Enhanced servant leadership skills and capabilities extends beyond election cycles and so instilling these within the youth will benefit not only themselves but their respective communities.

"True leadership is rooted in service and driven by purpose. South Africa's future depends on developing resilient, ethical, and solutions-driven leaders. The AECI Future Leaders Challenge is about creating a ripple effect of positive impact."

- Holger Riemensperger, AECI Group CEO
- "Leadership is not a privilege—it is a responsibility. Inspired by Nelson Mandela's words, 'Be the scriptwriters of your destiny,' this programme will empower young South Africans to step up, take ownership, and lead."
- Kavita Pema, AECI Group Vice President of Sustainability, ESG, and EHS
- "Youth make up 70% of our population but 100% of our future. Investing in them is not charity—it's the only viable strategy for South Africa's success."
- Martin Sweet, Managing Director, Primestars

AECI: A Legacy of Innovation and Social Impact

With over 100 years of industrial and social impact, AECI has consistently invested in initiatives that drive real, measurable change.

AECI is not just talking about leadership development—it is actively shaping a generation of young leaders who will redefine South Africa's future.

In a time of uncertainty, this is the certainty South Africa needs: Young leaders, equipped, empowered, and ready to build a better tomorrow.

The Future is Here. The Future is Them. The Future Starts Now.

Image: Phomolong Secondary School learners and cast members.

Water is a scarce resource, let's conserve it!



Water is essential for all living things -water covers 80% of our planet Earth -this however does not mean water is sufficient for all. In fact, of that 80% only less than 1% of that is fresh and drinkable. Government annually sets aside a week to raise awareness for our water as a scarce resource.

Minister of Water and Sanitation Pemmy Majodina has issued a warning that as a country we should use water sparingly – with the recent water shortages, dams running dry, the drought threats, it will be in our best interest to save water, every drop counts.

Research has shown that in 2030 we will have shortage of water so great that the next world war might be for water. We however, can change that because our usage of water is unreasonable. One of the ways would be for us to purify our water an infinite number of times so that we save our scarce resource –WATER!

The Constitution of South Africa has placed a legal obligation on the government to realise people's right to sufficient water. In order to do this, South Africa has developed policies, strategies and institutions to manage water resources and deliver water services to people through local government structures.

Although access to water has been included in our Bill of Rights, few people working with water-related issues understand the implications of a human rights approach to water, while those with a right to water also do not fully comprehend what is meant, particularly the most vulnerable and poor members of the South African community.

The historical imbalances that have resulted in the spatial segregation and allocation of people and resources, respectively, is at the base of the problem; however, 22 years into democracy access to water as a human right is an important issue to unpack.

The generally accepted volume associated with the human right is 25 litres per person per day. However, we need to check if all citizens have access to this allocation.

Does the country have enough water to allocate this volume to the population? Your guess is as good as mine!

What has HPV got to do with Cervical Cancer?



Human Papilloma Virus (HPV) is a group of over 200 viruses, some of which are transmitted sexually through skin-to-skin contact as well as through intimate touching including contact with fingers, mouths, and other body parts.

Most HPV infections present with no symptoms or health problems, but certain strains can increase the risk of cancer in the mouth, throat, cervix, vagina, vulva, anus, and penis.

Most HPV-related Cancers are Preventable through Vaccination

Taking advantage of HPV vaccinations available is highly desirable in SA, where cervical cancer is the second most prevalent cancer among women and the cancer that results in the deaths of most women.

What is the HPV Schools Vaccination Programme?

The South African Government has implemented several interventions to prevent cervical cancer including the launch of the Human Papillomavirus (HPV) vaccination campaign in 2014. This initiative aims to reduce cervical cancer incidence by targeting all Grade 5 girls, aged 9 years and older, in public, private, special, and independent schools. Research confirms that vaccinating children in late childhood or early adolescence is highly effective, as it helps build strong immunity before sexual activity begins.

Since the campaign's launch, more than 7.1 million doses have been administered, protecting over 4 million girl learners. It is estimated that approximately 85% of girls aged 9–15 years in public schools and around 75% of all girls in this age group in South Africa have been vaccinated, significantly reducing their risk of developing cervical cancer – By SADAG!

31 years into our DEMOCRACY!



Observing the politics, emotions and theatrics at play every time there is a change in leadership; people react either with enthusiasm or strong resistance.

Our reaction to new leadership is based on the reputation of the existing leadership, combined with expectations and hopes of improvement from the new one.

Either way, the introduction of new leadership brings with it a weird mixture of uncertainty, combined with hope and excitement.

If we do not like our leaders, we must banish them,

if we do not like our government, we must fight to change it,

If we do not like the way things are going, we must speak out and stop it,

Building a great South Africa is the job of each one of us.

We can never entrust that to just a few people seated in the comfortable seats of OUR BURNT parliament – but we can direct them.

Rights & My Responsibilities as a Learner!



By Mzukona Mantshontsho

- 1. I have the right to be taken seriously and the responsibility to listen to others,
- 2. I have the right to privacy and the responsibility to respect other's privacy,
- 3. I have the right to quality medical care and the responsibility to take care of myself,
- 4. I have the right to a good education and the responsibility to study and respect my teachers,
- 5. I have the right to be loved and protected from harm and the responsibility to show others love and care,
- 6. I have the right to own belongings and the responsibility to respect the belongings of others,
- 7. I have the right to special care for special needs and the responsibility to be the best person I can be,
- 8. I have the right to a say in my care and any changes to how I am cared for and must take responsibility for my own actions,
- 9. I have the right to make mistakes and the responsibility to learn from my mistakes,
- 10. I have the right to be well fed and the responsibility not to waste food,
- 11. I have the right to a safe and comfortable home and the responsibility to keep it neat and clean,
- 12. I have the right to be proud of my heritage and beliefs and the responsibility to respect other's origins and beliefs,
- 13. I have a right to be told the house rules where I live and the responsibility to keep to them,
- 14. I have a right to a lawyer in courtrooms and hearings affecting my future and the responsibility to be truthful.

Why should you save as a Teen? And How to Save



By Mzukona Mantshontsho

South Africa continues to rate poorly in terms of savings among adults and youth. The financial literacy baseline study, which was undertaken by the Financial Services Board (FSB), revealed several statistics about young people aged 16 to 19. The study found that the majority of young people would prefer to spend money than save it; that the majority of young people never enjoy dealing with financial matters and that young people are least likely to stay within their budgets.

Your parents play a critical role in teaching you savings behaviour and if your parents are like most others, they put away some money for you and are responsible in doing so. When parents do not teach teens to save, they inadvertently do not foster the right savings habits. Your parents want to do everything for you, and by seizing the opportunity to foster financial literacy through education from a young age, they're setting you up for a financially secure future.

Not saving puts you at great risk should anything unexpected happen, such as unexpected costs for education, this also means that there is nothing put away for that rainy day. You parents can't look after you forever, and the sooner you become financially empowered, the better.

The key to saving is having financial plans and goals, even when you're a teen. It's never too early or too late to start. You are the only one with control over your own finances. You need to know what your short-, medium- and long-term financial goals are. And you can work these out by drawing up a budget and sticking to it.

A short-term goal is one that comes up in the next couple of months up to two years, such as buying a pair of shoes, a TV or planning a December holiday with friends. A medium-term goal is one which needs more consideration and a longer period to save, such as deposit for car or saving towards your tertiary education. A long-term goal is the most important, such as saving for a house.

Budgeting is essential for day-to-day living, but also important for saving. One should budget to save, in other words, include a portion of your income (whether it be from an allowance or job) every month as an item on your budget to put away, rather than waiting until the end of the month to see what is left over.

Include a savings amount in your budget and ensure it is transferred into your savings or investment account. An easy way to do this is to transfer the money yourself, or set up a debit order. Make it one of the debits orders that go off close to your payday. This way, you're guaranteed of putting something away for your savings every month.

Importantly, savings need to be placed in a savings product, such as an appropriate savings or investment account or savings pockets with no monthly account fees where it is safe and earns interest. The type of product you choose depends on your specific goal, how long you want to save, so it is important to speak to your parents and visit your bank or registered financial advisor to get advice on which savings product is best for you.

Don't be tempted to keep your savings in cash. Because of the nature of inflation, the cash that you put away will not keep up with inflation, meaning that it will not be worth as much in the future. For example, if you keep money in cash your R100 savings today will still only be R100 next year, however the cost of bread today versus next year will increase, which means the value of your cash savings reduces every year. Not only will the value of your money reduce but cash can be stolen easily.

Another way to save money is to watch your spending and identify areas where you can cut down, or try not to buy non-essential and unplanned items such as expensive shoes or dinners.

You don't have to cut these out completely, rather plan smarter. The suggestion includes these in your budget and saving towards them, instead of impulsively spending money.



Are You Truly in Control of your Money?



By Youth Hub Africa

As young people, we often complain our parents didn't make good financial decisions, but we're in that age now; do you think you're making a good financial decision for yourself?

Do you think your finances are on the right track?

Do you think you have ample knowledge about saving and investing? Do you think you're making better choices than your parents did?

Now let's talk about savings.

Before I dive into the ocean of what saving means, let me tell you a short story of what happened to me during my NYSC service year.

Before I went to serve my nation, I had always boasted that I would save as much as I could. I had plans to save up to 30% of my allowance because then the government had just increased the allowance given to corps members by almost 100%, so I thought to myself, I will save so much, but guess what? I couldn't save a dime!!

The only thing I saved throughout was people's contact, despite receiving an extra 30% from my Place of Primary Assignment (PPA), which means that was about a 130% increase for me. But the day I collected my certificate of completion; I had a ridiculous amount of 8000 naira left in my account.

A sad story, right? Yeah, it was a story, but I told you that story because discipline is key when it comes to matters of finances.

There was an opportunity to save, but I didn't because I didn't have the discipline. There's no point talking about savings if we won't talk about discipline; discipline is the door into savings; without it, savings and financial prosperity remain a house without a door, which means "NO ENTRANCE.

But do you know in today's world there are several digital banking platforms you can not only save but also get interest on your savings? Such as;

Piggyvest: Offers up to 12% - 22% annual interest on savings depending on the savings plan.

Cowrywise: Provides interest rates ranging from 10% to 15% per annum, depending on the savings plan.

TymeBank's GoalSave Account (South Africa): Offers up to 10% annual interest when you save for 90 days or more.

African Bank Fixed Deposit Account (South Africa): Provides a fixed interest rate of up to 10.5% per annum for a 60-month term.

As we round off our exploration of savings, let me add this: when people who earn, low income begin to earn high income and life starts getting comfortable, they usually make three mistakes.

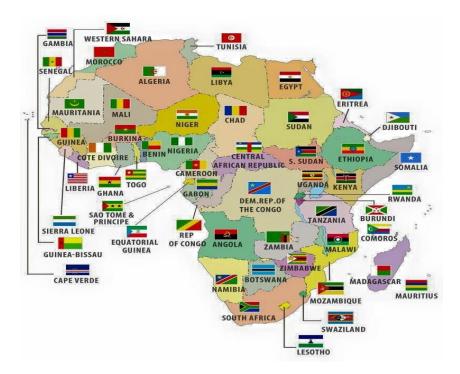
Firstly, they maintain the low percentage they've always saved instead of increasing it a bit.

Secondly, they increase their spending without increasing their savings

Lastly, the ones that don't save at all while receiving a low income still don't save at all; they just increase their spending!



The Keys to Quality Education for Africa's Future Leaders



By Elizabeth Elango Bintliff

Since 1967, International Literacy Day (ILD) has been commemorated globally as a day that reminds us of the importance of literacy as a matter of dignity and human rights, and to advance the literacy agenda towards a more literate and sustainable society. Unfortunately, around the world, and especially in Africa, literacy challenges persist, even as the demands for skills required for work change quickly.

We join the world in celebrating literacy day, and highlighting the importance of literacy as it was and as it needs to be for the future of youth and skills development.

How we define literacy is central to how well we understand its impact. According to UNESCO, "Embracing linguistic diversity in education and literacy development is central to addressing literacy challenges and to achieving the Sustainable Development Goals." Today, literacy has become so much more than the ability to read text, it is increasingly about the ability to discern and decode text, context and the unseen meanings of things.

I saw this importance in the deliberate hand movements of the deaf/mute kids I spent time with in Zambia, as they communicated in sign language with their peers clearly across the aisle: sign language literacy. I see it in my own kids as they navigate their way easily through their tablets and computers: digital literacy. I see it in the eyes of our JA students when they understand the complex dimensions of money: financial literacy.

All these are key skills and knowledge that they need to succeed in the 21st century workforce. That's why our work at *JA Africa* is important. We are building foundational skills for young

people to discern and decode the world of work as a prerequisite for them carving their place in it.

JA's work focuses on entrepreneurship education, workforce readiness and financial literacy. Literacy! Literacy, in all its forms, is a critical building block to success.

Young Motswana Elevating the BW Snack Industry with pure Goodness



An enthusiastic Entrepreneur and Managing Director Kago Dichabe of *CK FOODS ENTERPRISE*, who through his passion for food, developed a delicate product of great standard inspired by the high import rate of dairy-based products.

Kago began his entrepreneurial journey at the age of 18, from selling sweets to providing breakfast and running a poultry house where through these experiences, he learned that innovation is the key to transforming the ordinary into the extraordinary. Believing strongly in personal and professional growth, Kago started attending various business-related courses workshops to increase his production and business management acumen.

CK Foods Enterprise processing company was established in 2022, based in Tlokweng with the aim of becoming a leading producer of high-quality nutritious and healthy dairy products, beverages and natural foods with the ability to enhance the health and well-being of its consumers.

Their products include;

- **Yogurt:** A preservatives free yogurt infused with sago pearls (Sago is a gluten free starch) or chia seeds which is available in five (5) various flavors namely; plain, cinnamon, blueberry & granadilla and strawberry. Packaging of these products comes in different sizes of 250ml, 500g and 1kg.
- Granola: A nutritious and energy-dense granola which is rich in fibre, healthy fats, and proteins.

In their strive to maintain the highest standard of food safety and sustainability while supporting local farming communities, CK Foods products have been successfully tested by NARDI. They have also managed to approval of using Brand Botswana pride mark on their products.

Dichabe's company has been honored with:

- First position, tokafala business plan competition,
- Top 12 finalist, Tokafala-Stanbic Bank Business Pitch Competition
- 2023/2024 YDF beneficiary

Sustainable farming is not just a trend—it's a necessity for the future of agriculture



As the world faces environmental challenges such as climate change, soil degradation, and water scarcity, adopting sustainable farming practices is crucial to protect the environment while ensuring long-term agricultural productivity.

Implementing these agronomic practices not only benefits the planet but also enhances farm profitability by improving soil health, reducing costs, and increasing yields.

Here are key sustainable farming practices that help protect the environment:

1. Crop Rotation

- Crop rotation involves changing the type of crops grown in a particular field each season. This practice helps prevent soil depletion by allowing different crops to replenish nutrients that others may have used.
- For example, growing legumes like beans or peas can fix nitrogen in the soil, improving soil fertility for the next crop.
- benefit: Reduces the need for synthetic fertilizers and minimizes soil erosion.

2. Reduced Use of Agrochemicals

- Excessive use of chemical fertilizers and pesticides can harm the environment, pollute water sources, and disrupt local ecosystems. Sustainable farming emphasizes the judicious use of agrochemicals.
- Integrated Pest Management (IPM) is an effective approach that combines biological, cultural, and mechanical methods to control pests, reducing reliance on harmful chemicals.
- benefit: Protects biodiversity, reduces water contamination, and promotes healthier ecosystems.

3. Conservation Tillage

• Conservation tillage minimizes soil disturbance by reducing the frequency and intensity of plowing. This practice helps preserve soil structure, moisture, and organic matter.

Shortcuts versus Build for Impact!



By Sheldon Tatchell

When I first started franchising Legends Barber, I made a mistake that many entrepreneurs make I took shortcuts. If someone could afford a franchise, I welcomed them in. But I quickly learned that money alone doesn't build a strong brand; the right people do.

This approach led to attracting franchisees who didn't align with our values, which ultimately affected our customer experience. I had to make a tough decision: to stop prioritizing quick growth and instead focus on long-term impact. That meant turning down franchisees and setting higher standards even when it wasn't popular.

The greatest lesson I've learned is that if you want to build something that lasts, you must be willing to do the hard things that requires Integrity. You must be willing to go against the grain. At Legends Barber, we're not just building for today. We're building for the next 10, 20, and 30 years. That means choosing the right people, maintaining high standards, and staying true to our purpose.

Shortcuts may get you ahead for a moment, but they won't sustain you. If you want to build a business that truly makes an impact, you must be willing to do what's difficult.

Because in the end, that's what makes the difference between a business that fades and a legacy that lasts.....#BuildForCulture

The most important life changing lessons may come from places or people you never thought of!



By Mzukona Mantshontsho

MSPPLANTS will be celebrating a year's anniversary in 2025. It's important to develop an understanding of the skills required in artistic expression projects, causes to empower our communities and business and to change the mind-sets of residents, particularly the unemployed youth. It's important to encourage the youth through examples to aspire and pursue their own paths, to further developing their own skills to earn a living, be better citizens and FUTURE Leaders!

I recently spoke to Founder at *MsPPlants* Phuti Mothapo about her personal, professional and entrepreneurial journey thus far.

What is at the centre of MsPPlants, when people ask you what you do, WHAT DO YOU SAY? The name, how did that come about?

I searched for a suitable name related to plants and most I could think off were already in use. I settled for *MsPplants*. I celebrate myself for taking the first step. It's bravery.

Tell us about your early life (school, any further education or professional qualification to your role today)

I'm an MBA Graduate from *University of Limpopo Turfloop Graduate School of Leadership (TGSL)*. I did my undergraduate degree and honours in Media Studies at the same institution many years ago. I work in a Communication and Marketing space, but my love for plants has broaden my perspective on career growth. I understand learning is a life long journey and I'm always willing to gain new insights.

What does your role mean to you?

This role means a lot. I get to make a difference and give life to people's spaces. I realised people don't see the importance of having plants in their spaces and I made it my mission to educate, whenever I get an opportunity.

What are the most critical resources for your successful leadership?

You need to understand that it always seems impossible until you do it. We all start from somewhere. The most important life changing lessons may come from places or people you never thought of. So be considerate at all times.

What can we expect from you going forward since you started? when did you start the initiative exactly?

In February, we celebrate one year anniversary. I will be at *Malatja Pre-School, Mohodi Ga-Manthata* planting with kids.

What are your words of advice for young people, particularly women to take that first step and start community projects or small businesses?

We need change of mindset, if you think of it like me, I thought I needed a lot of money to start my business which was not the case. That led to a lot of procrastination and created self-doubt. I say to anyone with an idea, start with what you have.

What are your thoughts on Covid-19 in terms of small businesses, what measures should business owners take to protect their businesses if another pandemic were to hit?

As much as it was a tragedy, we draw lot of lessons and opportunities from it.

What is the legacy that you would want to leave when you retire?

There is no retirement in plants. It is a fact; plants are an imperative component of the environmental ecosystem. We need to have more.

How does your work DIRECTLY contribute to the community?

I always take my time to educate people about the importance of plants and will be planting some at *Malatja Pre-School* as part of celebrating one year anniversary of *MsPPlants*.

What have been your highs and lows of your career?

Like life, this journey has not been without losses, gains, lessons and pain. I choose to remain positive and grateful for every encounter.

When you not at work, what do you get up to, and where can people follow the program online?

I recently joined social runners and I also dedicate a lot of my time to plants.

Self-doubt and lack of advice in high school limits your career options!



By Siyabonga Motha

Being in high school and doing matric was exciting for me, but growing up at Elukwatini, a small town in Mpumalanga was challenging, especially when it comes to having access to information regarding career choices. There were no clear guidelines and assistance regarding choosing subjects in grade 10.

My subjects then were Mathematics Literacy, History, Life Sciences and Geography. I didn't do Mathematics and Physical Science because I had the perception that it was too difficult and it was for smart people. My perception was incorrect and only now do I realise that it was self-doubt that made me not to select Physical Science. It is essential to remember that you are very capable to do whatever subjects and whichever degree that you want, as long as you set your mind to it and work hard.

Self-doubt and lack of advice in subjects' selection in high school may later limit your career options or choices. It is important for learners to be introduced to career choices by their parents and teachers as soon they are in grade 7 or 8. Schools need to clearly explain to learners what each subject is about and the possible degrees or career that a leaner may pursue after matric.

Fortunately, I knew that I wanted to pursue my career in law, however, I had limited information about law, I could not differentiate between legal paralegals, advocates, attorneys, type of universities, bursaries and even NSFAS neither did I know how and where to start to apply for universities and bursaries.

I matriculated in 2010, however, as the results of the lack of information regarding careers options for someone who did History at school, I enrolled for legal paralegal in 2011, at *Tshwane University of Technology*, Pretoria, assuming that I was doing a laws degree (LLB). After some research on the course, I de-registered and went back home to restart with universities applications again. It was not easy to be back home. I felt like a failure and left behind by my peers, however, I was passionate about law and I knew exactly what I wanted. I applied at the University of the Witwatersrand and the University of Pretoria, both universities accepted me.

Getting space and to enrol for what you really want at universities might be difficult sometimes, but I would not advise a learner to choose a career that they know for a fact they do not like because of pressure. Learners should try not to be influenced by friends in high school when it comes to choosing a field of study. Choose what you like or what you believe you are passionate about. Hence you should not choose a career overnight, rather have second or third choices.

In 2012 I enrolled at the University of the Witwatersrand, Johannesburg for a law degree (LLB). The thought of becoming a lawyer made me to work harder and I completed the degree in record time (after 4 years) with distinctions. Before applying to a university or a college and enrolling for a degree or diploma in a certain facility, it is important to try to understand the number of years required to complete the degree as well as what you will be doing in those years and after you have started working in that field.

In 2016 I joined *Webber Wentzel* as a candidate attorney where I was introduced to various law departments (such as, Corporate, Banking and Finance, Competition, Financial Regulatory, Litigation, Project Finance and Public Law). The first few months I struggled to fit in the corporate world, but with determination and good training, I managed to find my feet.

In school we learn about everything that is in the syllabus in respect of each of the subjects, however, that is not enough to prepare a young adult for life after high school. Parents and teachers need to work together in order to equip learners with other basic life skills (social skills) such as, being independent (which is required at university and at the work place), self - esteem, confidence, financial management, preparing a curriculum vitae, how to dress professionally and to expose learners to various work places.

After two years at *Webber Wentzel*, I joined the mergers and acquisitions (corporate private equity) division and I love it. I am now an admitted attorney and I practice in one of the best law firms in the country. With determination anything is possible and can be accomplished.