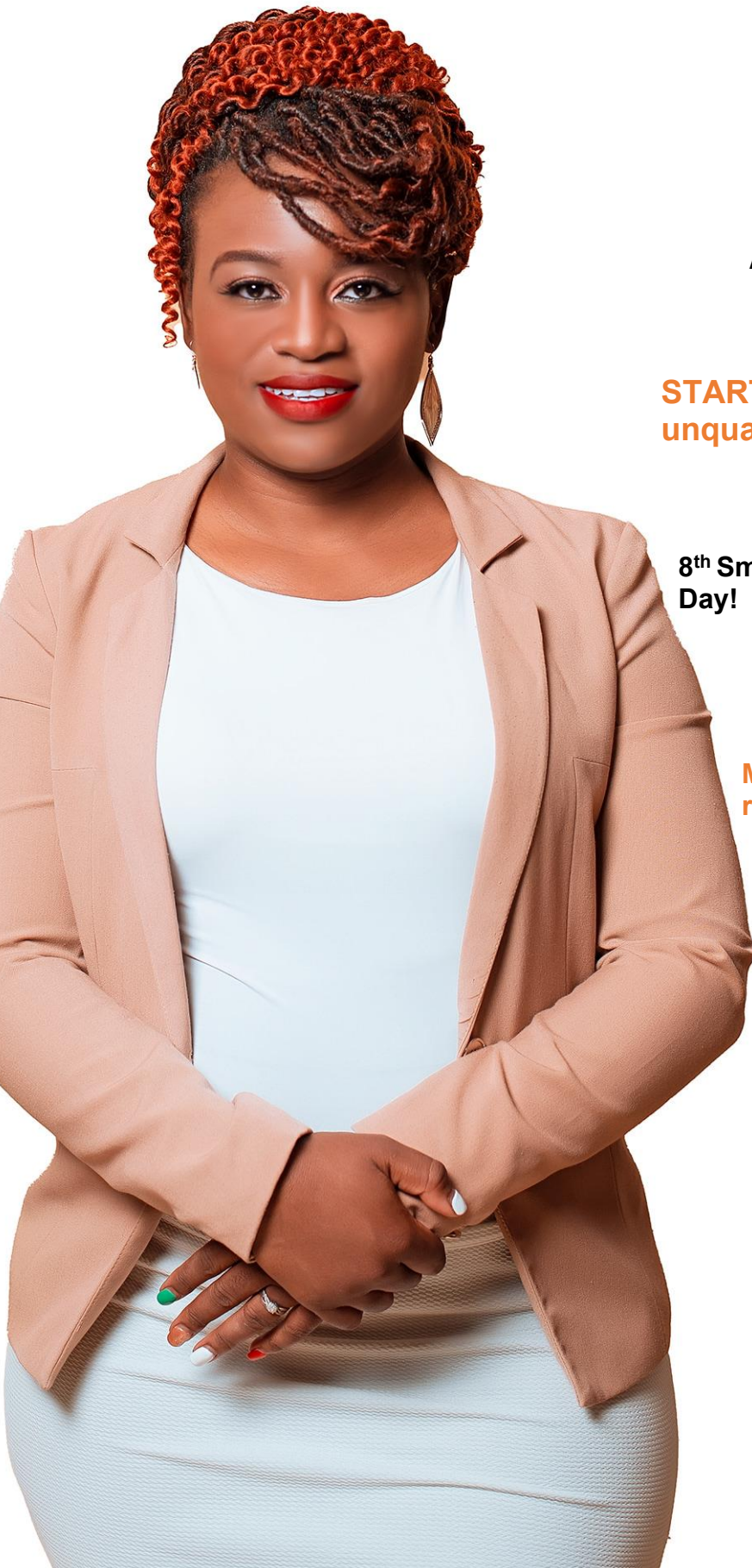


Yo School Magazine

“Enable our Children Now Better Days”



Inside Topics:

START, BEGIN, do it afraid, do it unqualified ,DO NOT REASON too much !

8th Smart Skills Centre opened -World Youth Skills Day!

Money doesn't grow on trees, it's important to respect it!

A selfless act of giving to the needy and less privileges



Editor's Note:

July in South Africa is Savings Month, and reports show that we are not doing well as a country in terms of saving.

I feel we need research initiatives to monitor savings habits and patterns at government, corporate and household levels as well as the commissioning of new research independently or through partnerships. We need more information and content provision to assist in the education of all sectors and tiers of society.

We are in the third term of the year; hope you are still maintaining the momentum. It is not about how you started the year; it is about how you finish the academic year. The longer you give yourself time for your studies, the more time you must discover and work on those areas that are weak. You also give yourself more time to go and find the support you need.

Perseverance is critical. Even if you do not have a glowing academic record, it is never too late to give your best – when you start trying, you'll start succeeding.

When tough times come, and the temptation to give up is knocking at your door, always remember to keep focus on the end goals as this will give you strength to carry on.

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



START, BEGIN, do it afraid, do it unqualified, DO NOT REASON too much!



By Mzukona Mantshontsho

COVERED BY CHRIST'S COVENANT is a pressing assignment that had to be share with people young and old that when one is covered by Christ in covenant, your life is covered.

It came from an urge to address a question I come across frequently, how do I make the Bible applicable to my life now, how do I understand it, how come I have been praying or doing this, and it feels like I am not getting any movement. Are we under law or grace covers everything and there are no more commandments to follow. It was therefore to help people who are struggling, stagnant, frustrated and feeling stuck in their faith.

Meeting the spiritual seekers in their seeking on life's deep matters to let them know that life is spiritual and is governed by spiritual laws.

The first thing to understand in Christianity is that the covenant with Christ—is a relationship. And in any relationship, there is an expected code of conduct on how the two involved relate. That is in essence what God seeks with everyone a deep intimate relationship where He loves on us and we love Him back by honouring His Word then He himself honours us and covers us. So, I wrote the book as a guide premised on my own life lessons to help everyone understand the spiritual laws that govern life to live a life of victory.

Tell us about your early life to your role today

I was raised in a fairly happy home with parents that made sure we lacked nothing. I grew up in a rough ghetto neighbourhood where futures seemed bleak— girls destined to teenage pregnancies, boys grew up to low level criminals or worked minimum wage jobs to get by.

My childhood overall was carefree full of joy and much love. I am blessed that my parents were determined to create a better future for us and open us up to opportunities. I appreciate my mom for always buying me books, she would get suitcase loads take me to bookstores and laid a desire to read the Bible early.

My early life however had vicious cycles; it had streaks of pain and the hands of the enemy beginning to make its play on my life. So, I always say this my disclaimer, “My experiences are unique to me but are universal in nature”. I grew up surrounded by violence in general, starting off with bullying in primary school, gender-based violence in the home, with some dysfunctional drama as part of the norm of daily living. It wasn't a daily occurrence but when it happened it was rough. I was molested by a maid during playtime with others.

Then as a young adult at 19 one of my first serious relationships mirrored the Gender-Based-Violence (GBV) I witnessed growing up becoming my personal experience. It was like a gazelle trapped and transfixed, mesmerized by the lights of an oncoming car I made many ungodly choices which had far reaching consequences with the relationship with my parents and my spiritual growth.

So, early life was a maze of creeping things that tried to corrupt my future. When I was 20, I was held hostage at gun point and raped. These encounters all transpired between the first 2 decades ceasing at 22. These years are the formative years of self-discovery many things I experienced tried to shape the trajectory of my life and in hindsight, I sometimes wonder if I had mentorship, safe environments and spiritual guidance a stronger foundation for victorious living would have been laid.

A safe place that was a saving grace for me was school, so do appreciate every term. I enjoyed and loved school it was my happy place, the friends, playfulness, learning, and getting lost in books. I loved studying—yes, I was and still am a nerd and a bookworm. As the saying goes, high school days are the best days of one's life.

I was an A student in the first class and became a prefect both in primary and high school. I studied afterwards shortly a degree in Social Work with **UNISA** which I stopped during the self-discovery process in trying to understand one's purpose. At the time I wanted to be a combination of Oprah and Dr Phil.

Then I got my first job which led to others and discovering my passion for media and its importance. I went on to then do courses with **QuickBooks** accounting, studied bookkeeping and accounting with ICB and I was one of their top achievers in 2022, yay!

Now I am currently in the third semester to finish my Degree in Theology with Auckland Park Theological seminary because now I know what I am called to be and what my purpose is.

How long did it take to write the book, research and the final product?

Writing is a process indeed. It took me about a month; 29 days to be exact. I started the draft on 20 December 2023 and finished the manuscript 17 January 2024. The final product however has been a lesson in patience and persistence. Due to having to find the right publisher it took a year and six months also having to pray on the content, additional research and waiting on endorsements as well.

What are you hoping people will take away from the book?

My hope is that people will take away that they can confront vicious cycles and change them when they are covered by Christ and live victoriously. For everyone to know they can overcome anything and everything that is the hope of our riches in Christ. That is what my life experience has been. I went through what can break a person's worth, shift your mental state you name it but there is a God who cleanses, who restores and rewrites stories. No matter your environment it does not determine your end.

To the young people to know that your choices have consequences, the friends you keep form your views on life, seek to grow a relationship with God early, detect the devil's devises and understand life is spiritual. Learn to forgive, to speak up to keep hope alive most of all to love yourself and others right.

You can step into a victorious life Christ has already made available for you. I am happily married to a wonderful man a reflection of God's love in human form. I am a mother, a businesswoman building a kingdom business, a pastor in the making and change maker started a movement Victory Life Transformer where I mentor and help other people through their challenges, to offer encouragement and empowerment that you can make it— things do and can turnaround.

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

I founded *Christian Royalty Magazine* 10 years ago as a passion project, which I re-launched in 2024 as a space to celebrate Christians living victorious lives. *Christian Royalty Magazine* will grow and expand into other spaces creating gainful employment for the youth. I am also privileged to be a radio presenter starting a radio show titled Overcomer's Victory on Kingdom Vision Radio in August do join in.

The next is a double launch of the magazine and the book on 18 October 2025. And continually building the movement as I mentioned *Victory Life Transformer* a place to offer support, encouragement, tools and resources for those seeking to walk in victory.

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

My words are simple we have heard them often START, BEGIN, do it afraid, do it unqualified in simple words DO NOT REASON too much. Just step out in faith. Do not add to the cemetery untapped potential, unfulfilled dreams, destinies derailed by fear step out, be bold and courageous God will provide His might. There is a God who turns the small feeble steps you take into giant echoes as the sound of a great army (read 2 Kings 7:6-7).

Trust what you are sensing to build, to share and pray that it aligns with God's will—He then brings divine intervention for His glory. When you read the first words in Genesis 1:1 it reads, "In the beginning God... God began somewhere He placed elements then added on each day. So go and begin type those first few words, write them down on a paper and next you will have the sentence, then a paragraph then the book. The project plan is start small then scale it big. That business begins with the research, draft a plan, get one client, one item or product and focus on the low hanging fruits because the principle of multiplication is in place it will grow you will increase. Now go on and begin...

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

I did my best to encourage someone to know the end is not in what you encountered be it your environment or negative experiences. The end is determined by Who you encounter. I want to make Godly living glamorous because in God there is so much glory that the world must know. The legacy is to have empowered someone to experience a victorious life to have released many from the clutches of captivity (be it depression, GBV, hopelessness, unworthy feelings etc) from those trenches to rise! When people think or say my name that someone can say I got up because I stood on her shoulders, another she gave me a leg up with her hands, another I stood on her back and one I literally stepped on her head. I want to pour myself out to the extent all of me is expended for another to find hope and courage to keep going and to get to the next high level. I want to be a crown fixer and polisher for all royalty to shine.

How do you see the book DIRECTLY contributing to the community?

The book is a conversation starter for communities. Many in the black community do not like talking about issues that cause pain, and trauma. The default setting is to ignore it, push it out of your mind, sweep it under the rug—we even have proverbs that encourage silencing pain. The book is thus a candid conversation starter for authentic and vulnerable healing talks. It will also cause one to self-introspect and the collective to hold each other accountable to how much an individual's decision impacts the next person and the community. The community can also have a better understanding of what influences its makeup.

What have been your highs and lows when writing this book?

The highs were finishing the writing, the second was getting the endorsement from an international Amazon best-selling author and speaker from the Bahamas the positive aspects of global connection. The rest of the endorsements that came in and the impact of the book on those who first got a chance to read it on how it is impactful and enlightening. The lows were struggling with how much of my own journey to include in the book. Speaking on your own mistakes, your past, sharing yourself with vulnerability is not an easy feat as a black African woman, a daughter, a wife, a mother moreover as a pastor the fear of how people would receive the book. That they would start viewing you from things you already conquered since to them it is a fresh truth—the things you have overcome over years.

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

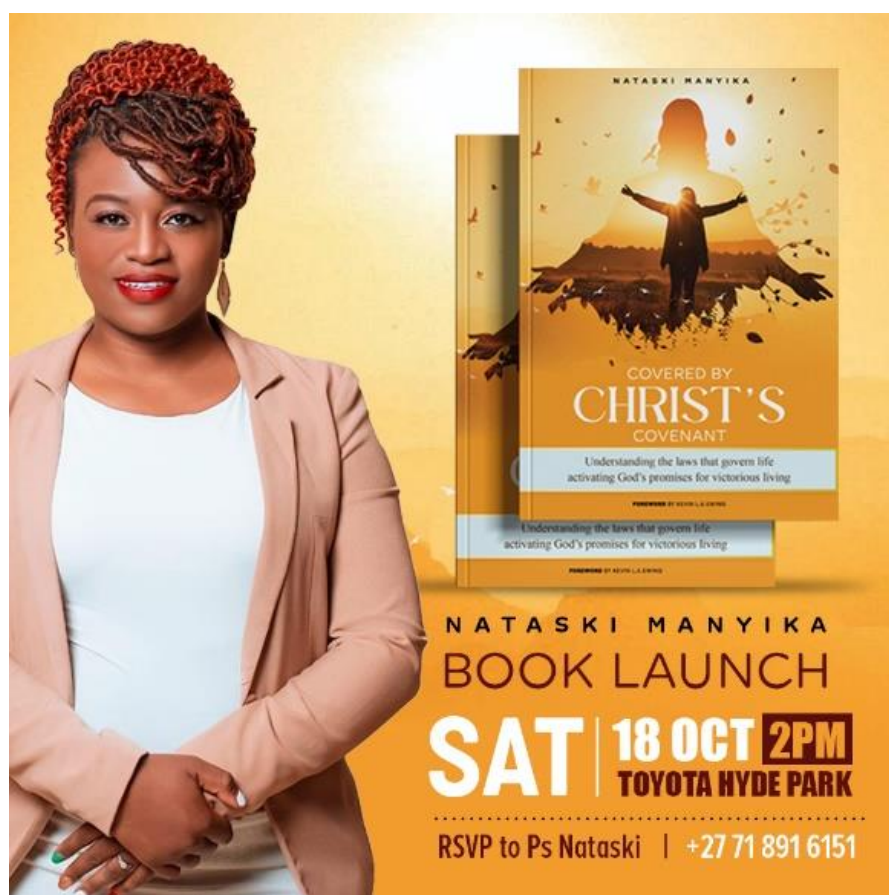
When I am not at my job, I am content being a wife to my amazing husband, a mom to my 2 children building a safe and happy home. At other times working on the charity programs, we run ***Hearty Meals Feeding the Homeless*** supporting ***Miracle Mission Children's Home***. I am also planning empowerment events for the women's ministry at our church, Amazing Grace Centre. I go for prayer retreats in nature soak up the beauty and wonder of creation.

The book journey can be followed on www.victory.christianroyalty.co.za to order copies or join the movement or on all social media platforms;

Facebook: **Victory With Christ-Nataski Manyika,**

Instagram: **nataskivlt** and

TikTok: **Nataski Manyika**



A selfless act of giving to the needy and less privileged



By Mzukona Mantshontsho

MKWEDINI JINGXENI FOUNDATION was founded in Cosmo City in 2023 by Lusanda Jingxeni – Qekeleshe to address the plight of the needy, underprivileged, homeless, vulnerable children and communities in South Africa.

Mkwedini Jingxeni Foundation is a registered Non-Profit Company (NPC), Non-Profit Organization (NPO) that started as a need to help the less privileged, homeless individuals who had lost everything from shack fires in surrounding areas in Cosmo City.

Cosmo City continues to grow as a place of choice. That number has increased substantially over the years with backrooms being built, mostly in the RDP houses, and now even in the semi-financed houses and bonded houses. The recent developments and job opportunities in Cosmo City have created an influx into the area, which cannot be avoided.

Cosmo City emerged out of an urgent need to provide accommodation for the informal settlers of *Zevefontein and Riverbend* who had been illegally occupying privately owned land 25 kilometres North West of the Johannesburg Central Business District.

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 sat down with Founder at **Mkwedini Jingxeni Foundation** Lusanda Jingxeni-Qekeleshe about her personal and activism journey thus far.

During the week, she works as a cleaner in one of the local secondary schools in Cosmo City and on weekends, she makes it her priority to go around the community asking for clothes, food donations, shoes, blankets from individuals, retail outlets that can spare. She sends those donations to those needy areas in the area, surrounding communities, back home in the Eastern Cape (where she is originally from), and the whole country in the future.

She does this without excluding individuals, whether they are foreign nationals or not. “For me, ‘umntu ngumntu’, loosely translated to “I am because you are”. We need each other as individuals and as communities and as a society. This is so fitting as we celebrate Mandela Month in South Africa in the month of July annually.

Mandela Month reminds us of the power of unity, service, and selfless leadership. Former South African First Black President Nelson Rolihlahla Mandela believed deeply in the power of gathering around a meal. Mandela Month, is a powerful reminder of the values Nelson Mandela stood for: dignity, service, justice and unity. Mandela Day challenges each of us to do what we can, with what we have, to make a difference.

Mandela Month challenges us to ask: What are we doing with our freedom? If it doesn’t build others, it’s wasted. If it doesn’t uplift communities, it’s empty. Let’s honour Madiba with impact, not just memory.

All of these Mandela traits ring true with Lusanda, “I have received clothes donated by individuals, friends, family and from retail outlets, Ackerman’s and Legit and donated to the needy in Cosmo City, sent back home in the Eastern Cape, sent to Honeydew Informal Settlement, Malibongwe Ridge Informal Settlement, and surrounding areas with the aim to support and offer relief”.

All of these donated items are kept at her rented room in Cosmo City, which begs the question: will she have enough space?

Lusanda wants to see the foundation growing and be able to support people across the country and all 9 provinces. “I would love to see the foundation having its own storage space, a soup kitchen, a car, trailer, petrol and food parcels for her to fully support those in need”.

In the spirit of making Mandela Day every day by DONATION, you can contact Lusanda Jingxeni-Qequeshe at email palesaxoka@gmail.com, you can contact her at +27 73 743 6827 or her husband Mzo Qequeshe at +27 83 218 3208 or charlesqequeshe@gmail.com



8th Smart Skills Centre Opened - World Youth Skills Day!



By Yershen Pillay

PG Group (Pty) Ltd is one of South Africa's oldest and largest glass manufacturers. The **CHIETA–PG SMART Skills Centre** is a **public-private partnership. A SETA and an employer** working together to do more.

Why it's unique:

It's on the factory floor —
not at a college or office park.

What's inside:

- ◇ 20 private internet pods
- ◇ Free data + WiFi
- ◇ VR + AR welding simulations
- ◇ Gamified glass fitting
- ◇ SMART Boardroom for SMMEs & co-ops

This is more than a training centre. **It's a bridge between the workplace and the community.**

Return On Investment on SMART Skills Centres?

R31.1 million invested across 7 centres, 36 797 learners impacted = **R845 per learner**. For every R845 we spend. One learner is skilled or trained.

☒ **Value for money?** Yes.

☒ **Value for many?** Absolutely.

A Huge thanks to Mr. Charles Bromley, CEO of PG Group, and Ms. Gontse Madumo for partnering with **Team CHIETA** on this **world-class, state-of-the-art facility**.

2025 Theme: Youth empowerment through AI and digital skills.

In 2014, the United Nations General Assembly declared 15 July as World Youth Skills Day, to celebrate the strategic importance of equipping young people with skills for employment, decent work and entrepreneurship.

15 July 2025 marks the 10th anniversary since World Youth Skills Day (WYSD). This year's theme focuses on Youth empowerment through AI and digital skills.

As the Fourth Industrial Revolution reshapes economies through Artificial Intelligence (AI), Technical and Vocational Education and Training (TVET) must evolve to equip youth with future-ready skills. AI is transforming how we live, learn and work — but it also poses serious risks if not implemented equitably.

On World Youth Skills Day, let us come together to recognize the power of young people as drivers of change—and commit to equipping them with AI and digital skills to tackle today's challenges and shape a more peaceful, inclusive, and sustainable future.



Let's ALL go vegetarian, what do you SAY?



By Simphiwe Ndlovu.

I believe that if all people go vegetarian, it will save the environment because when we look at 100 years ago our elders used to eat more plants than meat.

People who were vegetarian looked healthier than people who ate meat. This shows that being vegetarian has more benefits and prevents of diseases.

“The greatest of a nation and its moral progress can be judged by the way its animals are treated,” said Mahatma Gandhi. For me that meant that nonviolence starts in your mind because if you are used to killing something, it means that you are a murderer.

For instance, China is known for eating animals, and when you look at their country it is not in peace. Instead of killing a life we can make a difference by planting vegetables in our yards and own farms like back in the days. Now it would be different because we will have more oxygen, healthier vegetables and we would save money.

Animal agriculture plays a role in environmental issues like instance climate change, soil degradation, water and air pollution. If more people go vegetarian, it would reduce animal cruelty, and we must not forget that animals have rights too.

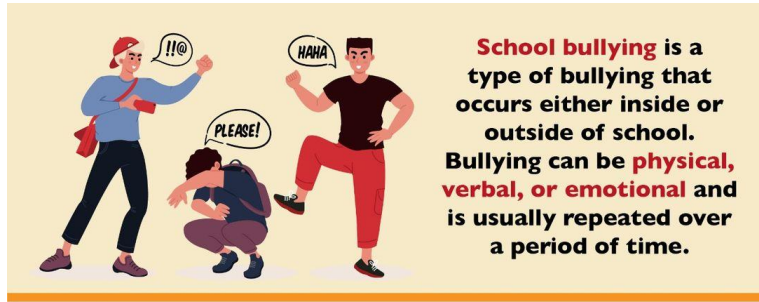
We would save water because boiling vegetables takes less than 20 minutes whereas a chicken breast would take more than that. There would be more land because a lot of land is used to raise cattle, meaning that there would be more business opportunities and human settlements.

This action would create more money in the economy. Even the cattle that we raise feed off the plants showing that plants are a necessity for life.

Eating meat can cause various health problems like heart disease, kidney problems, digestive issues and mortality. These health issues result in spending more money at the clinic or a doctor whereas when you eat vegetarian food you are basically preventing yourself from a lot of diseases.

Some people would get confused thinking that eating meat can produce stronger bones, retention of muscles and better iron absorption whereas a vegetarian diet is said to be lower in fat and higher in fibre than animal-based food.

Bullying at our Schools!



By Rosemary Mashale

Bullying in our school is a very unwelcome behavior because it makes so many learners feel uncomfortable and often hate or choose to bunk school, because of bullying.

Bullying is expressed in numerous ways: emotionally, physically, psychologically and at times plain peer pressure in terms of being made to feel 'uncool' or weird. When you are bullied at school, make the effort to inform the teachers or management, to find a lasting solution.

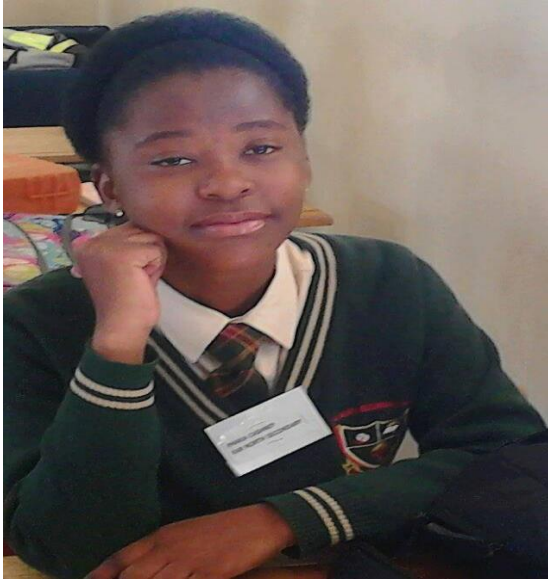
So many learners no longer feel safe at school because of bullying. Speaking to two learners at our school about their experiences with bullying, their views contradicted each other, the one learner said:

"I opted not to come to school because I felt unsafe at my own school. I eventually reported the issue to my parents who told the school principal, and the bullying stopped".

The other learner said: "I am very reluctant to report any form of bullying because I fear intimidation at the school or even outside, on my way home! I am really not sure how to react to bullying".



My greatest adventure!



By Cashney Phaka

I always had that silent dream inside of me being in the Centre of the Universe

I took my goals like dreams that needed to be nurtured for them to grow.

My journey to success has always been like water

Being poured inside a closed bottle because it was so tight

It was like a stream of water on dry land

It was like being I paradise.

I walked on the path of my success.

With no hesitation having determination and that made me extremely motivated

My journey to success has been like moving from North, South, East and West.

I always had that capability of determining it

Success is the greatest adventure!

What is Freedom of Expression?



By Angelina Sani

Freedom of expression is when one is allowed to express his or her feelings or giving an opinion about a certain issue or topic.

This freedom of expression in our schools seems to be easily violated by our teachers and learners. It is important that we know which role we play in every relationship we have at school.

The roles we play with our teachers, our classmates, our friends, our boyfriends or girlfriends.

If there are certain things we don't like in any of these relationships, it is important that we express how we feel – we the right to anyway!

After all, a true relationship is one that a both parties in the relationship will want to know and accept your honest feelings and thoughts and still think you are the best!

So, it is important that we stop bullying each other and enjoy a right of having freedom that our late fore-fathers brought to us.

It is important that we learn how to express ourselves as it will boost our self-esteem and confidence.

Puberty and Adolescence!



By Previledge Shoko

Puberty is the time between childhood and adulthood when girls and boys mature physically and sexually. It is also a stage when a boy becomes a man, and a girl becomes a woman.

The girl child experiences changes such as breast development & menstruation and facial hair growth & ejaculation in boys.

This stage of puberty is also called adolescence because of some of these changes and characteristics:

- o Back-chatting and complaining,
- o Increase in moodiness and seeking more independence,
- o A bad attitude and varying levels of rebellion, and
- o an increased interest in relationships with the opposite sex.

How should our parents and guardians deal with this stage?

It's important for the family unit to raise the child in a warm and healthy environment. It is encouraging to know that some parents do talk to their children about some of the changes that come with puberty before the child notices these changes.

Some parents on the other hand wait until the child asks questions, but what if the child is shy, then what?

For me, here are some things that parents can do to avoid the awkwardness and for the child's well-being:

The parent has a role to provide the child with a safe, secure, nurturing, loving and supportive environment, one that allows the offspring to have a happy and healthy life; this sort of experience allows the child to develop the knowledge, values, attitudes and behaviours necessary to become an adult making a productive contribution to self, family, community and society.

Your role as a parent:

- ☐ Be a role model for forming and maintaining positive relationships with your friends, children, partner and colleagues because your child will learn from observing relationships where there is respect, empathy and positive ways of resolving conflict,
- ☐ Get to know your child's friends and make them welcome in your home as this will help you to keep in touch with child's social relationships,
- ☐ Listen to your child's feelings – if your child wants to talk, stop and give your child full attention,
- ☐ Be open about your feelings – be a role model of dealing with difficult challenges, emotions and moods. Be open to talk to your child about relationships, sex and sexuality. Keep discipline. Non-punitive punishment like grounding instead of physical punishment will go a long way.

No matter which stages we might be going through as young people, there is always a way out of it, I think!



Consequences of Peer Pressure!



By Ayanda Mazibuko

Being a teenager can be challenging. We tend to do things to impress our friends not realising how our actions could affect our lives negatively.

We fall into the trap of experimenting with drugs, substances and partying the night way. As teenagers we have our fair share of positive and negative experiences, but peer pressure, curiosity, the availability of drugs and alcohol are by far the most destructive forces that affect us as vulnerable young people.

Teenage drug and substance abuse in our social spaces, among friends, at school and in our communities are a direct result of peer pressure. We are good at telling ourselves that ‘everybody else is doing it’ because we think our friends are more important than our health and future.

We are forever trying to belong and impress our friends by being ‘cool’ and getting acceptance in our social circles. We see experimenting with drugs and substances as a casual way of having fun and never see it as damaging our lives.

My feeling is: “All teenagers need to be educated about drug and substance abuse at home and at school. The effects of drug addiction should be taught at home and at schools so we can make better choices about our lives and wellbeing, perhaps we would have less of Teenage Pregnancy in our schools!

International Mandela Day 2025 message from United Nations!



By António Guterres

Nelson Mandela's extraordinary life showed how one person can transform oppression, struggle and subjugation into reconciliation, social justice and unity.

Just as Madiba's life was a triumph of the human spirit, his legacy is a call to rekindle our global commitment to peace, justice and human dignity.

This year's theme reminds us that the power to end poverty and inequality is in all our hands.

Mandela believed in the power of collective, grassroots action. He knew that ordinary people could bend the arc of history, and that lasting change started not in capitals and boardrooms, but in neighbourhoods and communities.

Mandela's life of service and progress continues to inspire our own efforts at the United Nations, as we celebrate our 80th anniversary.

On this important day, and every day, let us all be guided by Madiba's lifelong commitment to freedom, justice, equality and the rights that belong to every person on earth.

Money doesn't grow on trees, it's important to respect it!



By Mzukona Mantshontsho

July in South Africa is Savings Month, and reports show that we are not doing well as a country in terms of saving.

I feel we need research initiatives to monitor savings habits and patterns at government, corporate and household levels as well as the commissioning of new research independently or through partnerships.

We need more information and content provision to assist in the education of all sectors and tiers of society.

Spoke to Sisandile Cikido, Head of Retail Investments at Nedbank, to get a sense of how we are doing in terms of saving, particularly for our young people.

What do we say to young people about saving?

You've got to start saving and budgeting now, no matter how little you have, get into the habit of saving at least 20% of what you get. I call it the "pay yourself first" principle, make sure you pay yourself by paying it forward, don't just think about the now.

South Africans are known not to save, how bad is it?

It's bad because previous research has indicated that South Africans have a poor savings culture. In 2019 the SARB (South African Reserve Bank) published the national household saving ratio which was -0.20%, this is the ratio of savings per household for the year.

Are you surprised that we are battling with savings as a nation?

Not really, we are seeing an increase in unemployment and COVID-19 did not do our struggling economy any favours. It's not surprising that saving seems like a luxury we cannot afford. We are also a highly indebted country, we used 72.8% of our gross income to service debt, in 2019 alone.

Where do we start with children, how do we introduce the subject and how early in their lives?

It's important to teach children about money. Not just the negative aspect of it but emphasize the "money doesn't grow on trees" concept and the importance of respecting it. Having a budget is important, if you have R10 and have needs that amount to R15, you need to give up something in order to spend less than R10. Also, we must teach children to put something away for tomorrow, this will drive the right habits and create a psychology of saving.

Do you have any practical examples of savings options for young people?

Read about how money works, budget, live within your means, there are no get rich quick schemes because saving and investing takes time and if it sounds too good to be true, it probably is.

All children are future leaders and equally deserve a learning chance!



By Mzukona Mantshontsho

Teachers help by giving back to communities, while developing critical leadership skills for the classroom and beyond.

Yo School Magazine spoke to Educator Thandeka Dlamini about her career journey so far.

Tell us about your brief history and how you got into education?

If you asked me ten years ago what I wanted to be when I grow up; the response was definitely not being a teacher. During my childhood days, I never liked teaching because it looked easy and boring as portrayed by my both parents who are teachers. Therefore, I wanted a change and a more challenging profession. I always saw myself as an international model, and it was promising, but my conservative parents would not allow it.

My father would not let his only daughter be exploited and go around half naked as he saw it. I needed to adhere to societal expectations and acquire an educational qualification first. I'm glad they stood their ground on that one. I enrolled for Public Relations in one of the universities and started modelling part-time.

That is when I realised what exploitation means. It was a dirty industry which needed a young black child to be strong willed and have a firm backbone. So I quit because I refused to lie on my back for shows. Finally, I completed my course, got internship in an advertising and marketing agency for six months.

How the teaching career came?

That is when teaching came to play in my life. The private sector had not worked in my favour or as anticipated and all I wanted at that point in time was to get into governments payroll. I dropped my application on the closing deadline day and with God's grace it was approved. August 2016, I was a student at college for a primary teacher's diploma specialising in English and French.

What are your thoughts on Covid-19 and teaching?

I think Covid- 19 has brought a wake-up call to ministry of education to enforce the use of digital learning. It is important to keep abreast with the evolving technology which on return is crucially beneficial to the learners. The pandemic has also reminded parents about their stakeholder ship in the educational system to be hands on in their children's learning progress.

Homeschooling brings up maximum interaction with the "teacher" and also allows for a combination of teaching methods to be possible in the case where learners prefer two or more teaching methods. The next best is online learning, so learning methods may not be possible with this one but most are. Here learners are able to interact with their teachers as well as with other learners. I've noticed some private schools have combined online learning with homeschooling, the teacher will send videos of themselves breaking down the lesson then the parent does the exercises with the child, that can also be an effective way of teaching.

Lessons learnt thus far as a teacher.

Teaching in primary has been a privilege and learning journey endured which has impacted positively on my character. It has taught me not to just teach but to inspire learner's, to change their mindsets positively and never give up on them even when faced with challenges that seem impossible. It made me realize that all children needs are attention, acceptance, patience, love and compassion. The happier and free they are the more comfortable they become with their educator which makes communication easier and the learning environment a pleasant place to be.

I am more cautious and vigilant of my surroundings, because having young people's lives needs me to be exceptionally alert not to miss any changes. I have most importantly grown to love myself more because without love what will they draw out of me?

What do you say to those in tertiary doing education?

Those in tertiary institutions need to clearly understand what being a teacher is and means in order to prepare themselves mentally, emotionally and physically for the corporate world. Hence taking the fundamentals being learnt at tertiary seriously.

Being a teacher needs one to wear different shades of characters daily: you become a parent because parental guidance is necessary at times. When learners are ill it's your responsibility to be a nurse and comfort them.

You have to be a mentor and role model to the innocent souls - mould and motivate them to be better responsible individuals in society and in general life. Encouraging them to be the best in all they do, not forgetting inflicting spiritual guidelines as the word of God is life!

A teacher has to care and inspire various personalities; privileged and underprivileged, above average and below average learners – they all need you in their own different ways. Therefore, aspiring teacher always remember that you can either "make" or "break" learner's lives. They are all future leaders and equally deserve a learning chance.

How do new educators navigate their way in the profession?

They ought to be prepared to work and adapt under the working conditions they find in that particular school whether urban or rural school. This is to say you need to keep your head high and above sea level in whatever situation you find yourself in. Your passion and goal will be your driving force to excel.

They should also be capable of working under a team of teachers who have got different characters and personalities as well as the different kinds of learners they will be imparting knowledge to.

Honestly, there are no dummies on how to do it as experiences may be different with many individuals. There's no formula of being a "perfect teacher" I believe a good teacher is one that makes the learners excited about learning, a teacher who smiles and makes them enjoy coming to school each and every day.

They should be able to adhere to the demands of the learners to improve the teaching and learning process and to ease the process for them as they teach the learners. This includes going an extra mile if need be. Your priority is ensuring that learner's understand subject matter always.

Panic Awareness Day!



By Zane Wilson

July marks a significant month as we observe Mental Health Awareness Month, and most importantly on July 10th, it's Panic Awareness Day.

Over forty years ago, I really needed help with my own Panic Attacks. This need led me to start SADAG. What began as just my own search for help has grown hugely over 30 years. Now, it's South Africa's biggest group for Mental Health.

It's truly amazing to see how much we've grown, helping many people every single day. This July, we continue to Make Mental Health Matter for everyone.

SADAG has put together a Panic Toolkit with information that can be helpful in identifying and managing Panic Disorder. In addition, we planned a series of online webinars with experts in the field that will be sharing easy-to-understand information.

We will show you how to identify if you have Panic, where to get help from experts, and give you simple tips to help yourself manage panic better.

Come join us as we show what these hidden problems are and help people feel better. So, keep updated and be part of the conversation!

Image from: Sandton Chronicles



SADTU Aims to Train 15 000 Teachers Through Master Training Programme!



The South African Democratic Teachers’ Union (SADTU) is taking a bold step toward strengthening the education system by launching a large scale training initiative that will equip 15 000 teachers with the skills to adapt to a changing world.

Speaking at the opening of the Teacher Union Collaboration (TUC) Assessment for Learning (AfL) Master Teacher Training under the theme “Skills for the Changing World”, SADTU Vice President for Education, Comrade Fasega Solomon, provided critical background and context to the gathering. The three-day training is being held at the Garden Court Nelson Mandela Boulevard in Cape Town.

“The SADTU AfL Master Teacher Training Programme is targeting to train seventy thousand teachers across the country,” said comrade Solomon. “This is part of our broader vision to empower educators and improve the quality of public education.”

Vice President Solomon took a moment to acknowledge her team and introduce key role-players in the initiative. “Let me recognise our HoD, Comrade Renny Somnath. Comrades, you will also see Comrade Thoko Ntshangase and Brenda Ndelu outside. Brenda is our Professional Development Specialist, while Comrade Thoko, though an administrator, also acts as Deputy Vice President in my absence. She keeps me sane and puts up with my 2 AM messages,” Solomon said, drawing warm laughter from the audience.

She went on to express appreciation for the Union’s Media Team, who were present to document the training for broader distribution. “The media team is always the one I don’t like because I don’t like being recorded but I’m very appreciative of them being here. Their work ensures that this content reaches others through our website, so that all our members, including you as Master Teachers, can review and benefit.”

Clarifying the purpose of the training, Solomon stated: “You are here to learn. You are not going to be a master trainer yet. You can observe the trainers, but your role now is to absorb and develop so we can support your growth into the profession.”

She also stressed the dual nature of SADTU’s mission. “Comrades, as a trade union, we stand on two legs, the leg of labour and the leg of education. Our legal responsibility is to negotiate and represent you, improve your working conditions, and ensure proper collective bargaining. But we also operate within education, and what happens in education impacts our members directly.”

Drawing from the Union’s constitution and historical themes, Solomon said quality education is not a side issue, it is central. “We are guided by the principles of accessible, equal, and qualitative education. Every programme we undertake is examined through the lens of whether it promotes equity, social cohesion, transformation, and social justice,” she said.

Cadre Solomon further criticised current austerity measures affecting education funding. “Education should not be part of irregular budgets. It must be protected from austerity cuts. These cuts have a direct impact on learners, teachers, and ultimately the country’s development.”

Referring to SADTU’s past congress themes, Solomon emphasised the union’s consistent prioritisation of quality education. “From ‘Quality Public Education’ in 1998 to ‘Free Quality Public Education’ in 2002, and now to our current focus “Strengthening Foundational Learning and Functional Skills’, our themes guide our programmes and reflect our unwavering commitment.”

She concluded with a powerful reminder: “If we do not get our foundation right, if we do not deliver learners with functional skills who can participate meaningfully in society then we have failed. Foundational learning is not optional. It is essential.”

The training programme continues, bringing together passionate educators committed to transforming South Africa’s education system from the ground up.

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3. Proof of Home Address
4. Proof of Work Address
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24

www.nyakaza.org.za

How can SADAG help YOUR School?



Dealing with a Suicide Attempt and what to do thereafter. Every family's experience in the days, weeks, and months following a youth suicide attempt is different. There's no single plan of care to offer parents after such an event.

School Talks to Learners

This is always done class by class, grade by grade, to ensure interaction and an atmosphere that is more conducive to the sensitivity of the topics at hand. The learners are given the opportunity to share problems and ask questions in a secure and confidential environment.

The talks focus on educating the learners about the impact of the psychosocial problems they face, inform them about the assistance that is available and how they can access help for themselves or a loved one.

The main message that we impart is that they must "speak up, reach out and have hope – there is help available".

SADAG has done many talks on Teen Depression, Suicide Prevention, Trauma, Grief and Loss, Anxiety and Stress, Exam Stress, Bullying, and Substance Abuse.

Teachers and Parents Talks

These talks provide key health information on signs and symptoms, how to get help and the prevention of Teen Suicide.

SADAG provides practical tools, tips and resources for Teachers to empower them on what to say or do to help a student at-risk, and through SADAG's talks for Parents, we focus on sharing resources, tips on how to talk about mental health, and what to do to get help for their child.

Teachers "Connect Sessions"

We know that Teachers themselves juggle so many different roles and often are dealing with Stress, Anxiety, Trauma and Burnout themselves.

SADAG hosts Connect Sessions for teachers where they can speak about common experiences in a safe space, share concerns and provide emotional and moral support for one another.

These Debriefing Connect Sessions can encourage a sense of community and a source of empathetic understanding in a non-judgmental environment.

SADAG on Panic Awareness Day 10 July annually!



By Zane Wilson

I am incredibly honoured and proud to be the Founder of SADAG, I would have never imagined that my journey to finding help for my severe Panic Attacks would have resulted in the start of an organisation that is now about to celebrate its 30th year. It is a great milestone and achievement. I could have not done this alone, and I am grateful to every person and donor or sponsor for the support SADAG has received from day one.

I lived through undiagnosed panic disorder for more than 10 years. For anyone who has experienced it, you would understand how suffering Panic Attacks can be both terrifying and debilitating. In my case, the Panic Attacks became more and more frequent from two or three per week to more than that per day! The sweaty palms, chills and shakes got so bad that I could be in the middle of shopping and would have to drop the food basket and run out the supermarket. It eventually had taken over my life, where I could no longer drive on my own or even stay at home alone.

At the same time, I was holding down a very responsible job as a Director of an Information company working up to 12 hours a day and throughout this time, I was on a never ending search from one medical professional to another, to not only diagnose my condition, but also to treat - sadly without success.

Then fortunately I was referred to Prof Michael Berk, the head of Psychiatry at Wits Medical School at that time, who knew exactly what was wrong and even more importantly knew how to treat it. In a matter of weeks my life changed dramatically for the better, and I never looked back.

I set up the tiny Panic Disorder Support Group, inviting people to join us at the Sandton Library and we had such a great turnout, that included people from as far as Witbank and Siyabuswa. Fast forward to present day SADAG, and we have grown from those early days into Africa's

largest Mental Health NGO, and we continue to grow with the help, support and dedication of many.

Anyone can get Panic Attacks, but we need to ensure that they know that they are not alone and there is help through therapy, medication, Support Groups and learning self-help techniques. We also need to reassure everyone that SADAG is there on our many Helplines and WhatsApp Chatlines, with caring trained counsellors that will be there to provide resources and share self-help suggestions.

Finally, I would like to share my heartfelt gratitude to our over 200 counsellors that volunteer at SADAG to make sure that every person that reaches out to us is helped, your hard work and dedication does not go unappreciated.

International Plastic Free Day on 3 July Annually



Join the world in recognising the International Plastic Bag-Free Day today.

We are aware of the dangers posed by plastic to the environment and believe it is important to urge South Africans to curb the use of single-use plastic bags and other plastic products.

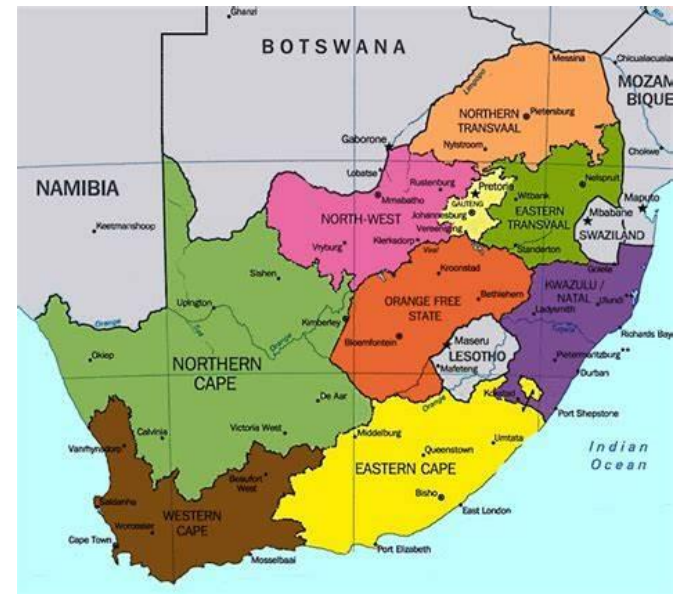
Plastic bags have adverse effects on the environment, and it has become evident that plastic products, such as plastic carrier bags and single-use plastic bags, contributes to marine pollution.

We urge more South Africans to recycle plastic products to prevent plastics from ending up in the sea and destroying the marine population.

These initiatives need to be expanded and grown on a larger commercial scale to offer more value to beneficiaries and enterprise-support programmes in the informal sector.

There is a need to develop a policy instrument to phase out plastic straws and to manage single-use plastic products in a manner that will protect the environment, while not impacting negatively on the economy and in a manner that will prevent job losses in affected industries.

Proposal to change the name of SOUTH AFRICA!



By Garrin Lambley

The African Transformation Movement has announced plans to formally table a proposal before parliament to change South Africa’s official name.

The African Transformation Movement (ATM) has announced plans to formally table a proposal before parliament to change South Africa’s official name to the Republic of Azania, reigniting a decades-old debate about national identity and colonial legacy.

ATM leader Vuyo Zungula says the current name, South Africa, is a relic of colonial rule and fails to reflect the indigenous heritage of the nation’s people.

‘Decolonise the state’

Speaking in parliament, Zungula argued that the name originated with the British and Boer colonisers during the formation of the Union of South Africa in 1910 and should be replaced as part of a broader effort to decolonise the state.

“Before 1652, we were not South Africans. The name was imposed upon us,” Zungula stated.

“We need to reclaim our identity, just like other formerly colonised nations have done.”

The proposal calls for South Africa to be renamed the Republic of Azania – a title historically associated with various liberation movements during the apartheid era

Zungula said the change would symbolise a break from the past and the restoration of dignity to the country’s indigenous population.

Mixed reaction

Predictably, the proposal has sparked mixed reactions among political commentators and the public.

While some support the change as a meaningful step toward decolonisation, others have dismissed it as unnecessary and politically motivated.

Political analyst Kenneth Mokgatlhe criticised the move, arguing that “South Africa” is a geographic term, not inherently colonial.

“Many countries use geographic descriptors – think South Sudan, Central African Republic, or North Macedonia,” he said.

“The name ‘Azania’ has no broad cultural or linguistic grounding among South Africans.”

He added that the term is mostly embraced by a narrow group of black radical thinkers and lacks the widespread recognition necessary for a unifying national name.

Parliamentary process ahead

ATM and its allies plan to approach the Constitutional Review Committee to initiate formal discussions.

Any name change would likely require a constitutional amendment, supported by a two-thirds majority in parliament and broad public consultation.

Legal experts note that such a change would have wide-ranging administrative implications, including updates to passports, government signage, legislation, currency, and international treaties.



Follow your dreams and make them come true!



By Mzukona Mantshontsho

TS PLUMBING and CONSTRUCTION is a reliable team which you can rely on based in Cosmo City.

Our services are affordable. At TS Plumbing & Construction, we offer quality general building, alterations & renovations, ceiling installations, electrical works, paving, Plumbing, plastering, painting, tiling, waterproofing, and more.

TS Plumbing & Construction will definitely inspire our young people to follow their hearts and start something to improve the lives of people in their communities with what they have.

Cosmo City continues to grow as a place of choice. That number has increased substantially over the years with backrooms being built, mostly in the RDP houses, and now even in the semi-financed houses and bonded houses. The recent developments and job opportunities in Cosmo City have created an influx into the area, which cannot be avoided.

Cosmo City emerged out of an urgent need to provide accommodation for the informal settlers of Zevenfontein and Riverbend who had been illegally occupying privately owned land 25 kilometres North West of the Johannesburg Central Business District.

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!

What does your role mean to you?

My role is to satisfy my client's needs each and every time they call me.

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

Started this industry 2012, wish TS Plumbing & Construction to be known all over South Africa as reliable service whom you can rely on.

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

Follow your dreams and make them come true.

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?

Take precautions.

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

Trust yourself and respect everyone.

How does your work DIRECTLY contribute to the community?

Solve their issues and give them advice.

What have been your highs and lows of your career?

Difficult clients. When a client doesn't comply.

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

Relax at home with family and friends.

You can contact Thembani at +27 78 177 4957 directly, email Thembani at thembanitee8@gmail.com or follow me Facebook, TikTok and Instagram @ Tee Thembani



Don't wait until everything is perfect — it never will be



By Mzukona Mantshontsho

SpecCon Academy is on a mission to prepare school learners for the real world by combining quality education with future-focused skills. *SpecCon Academy* offers learners access to accredited online learning and provides opportunities to acquire career-ready skills while still in high school. *SpecCon Academy* is not just about academics — it's about giving learners a head start in life. *SpecCon Academy* is where school meets the future. *SpecCon Academy* helps learners build confidence, stay motivated, and prepare for a rapidly changing world of work.

SpecCon Academy platform includes:

- CAPS-aligned subjects
- Extra academic support
- Life skills and digital literacy
- Career guidance
- Opportunities to earn industry-recognised certifications.

I recently spoke with Hein van der Westhuizen, Founder and Managing Director at SpecCon, about his personal, professional, and entrepreneurial journey thus far.

How did your upbringing lead to your journey at SpecCon today?

I was raised with the mindset that if you want to achieve something, you have to work hard for it. I studied hard to achieve my current position and picked up valuable life lessons along the way—lessons about discipline, resilience, and staying focused. That's a big part of what drives me at SpecCon now. I want to create opportunities for young people to learn those same lessons, so they too can build a future they're proud of.

What is your view in terms of success in Entrepreneurship?

At SpecCon Academy, we see entrepreneurship as a vital skill – not just a career path. We believe that all learners, regardless of their background, should be exposed to entrepreneurial thinking from a young age. It builds creativity, problem-solving, independence, and resilience – all essential for success in today's world. Entrepreneurship is more than starting a company – it's about thinking differently, leading yourself, and being future-ready. That's why we integrate entrepreneurial thinking into our learning approach – so learners can dream, plan, and take action.

Tell us about your early life to your role today

I grew up in Witbank and attended *Reynopark High School*, where I developed a strong work ethic and early ambition. My parents played a big role in shaping my journey—they were both supportive and inspiring, and they encouraged me to pursue a professional career. I always had a goal to become a Chartered Accountant (CA) and eventually run my own business. After school, I went on to varsity where I completed my degree, laying the foundation for the career I have today.

What does your role mean to you?

My role at *SpecCon Academy* is more than just a job — it's a responsibility and a purpose. I see myself as a bridge between opportunity and potential. Every day, I have the opportunity to help shape the future of young people by providing them with access to quality education, relevant skills, and the confidence to succeed — whether in further studies, the workplace, or their businesses. At the heart of it all, my role is about unlocking possibility — and that's something I take seriously, with passion and pride.

What are the most critical resources for your successful leadership?

The most important resources for my leadership are people, purpose, and perspective. I believe good leadership starts with the right team — people I can trust, share ideas with, and learn from. Having a clear purpose also helps me stay focused, especially when things get tough. At SpecCon Academy, our purpose is to help young people grow and succeed. I also value perspective — being open to feedback, learning new things, and understanding different points of view. Tools, technology, and time to plan also make a big difference. But at the heart of it all, leadership is about serving others and helping them do their best — and that's what I try to do every day.

What can we expect from you going forward since you started?

I officially started the *SpecCon Academy* initiative in June 2025. Since then, it's been about building strong foundations — from our systems and learning platform to our learner support and partnerships. As we move forward, you can expect consistency, innovation, and genuine impact. I'm focused on expanding our reach, enhancing the learner experience, and ensuring that every student who joins us leaves with confidence, skills, and opportunities. You can expect better tools for learning, stronger school partnerships, more entrepreneurial and career-focused content, and a team that truly cares about our learners' futures. This is just the beginning — and I'm fully committed to taking SpecCon Academy to the next level.

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

My advice is simple: start where you are, with what you have. Don't wait until everything is perfect — it never will be. If you see a need in your community or have an idea that excites you, take that first step. It doesn't have to be big. What matters is that you begin. To the young women especially: your voice matters, your ideas are powerful, and your community needs your leadership. Don't let fear, doubt, or the opinions of others stop you. Surround yourself with people who believe in you, stay curious, and keep learning as you grow. Most importantly — believe in yourself even before others do. Every big dream starts small, and with consistency and heart, you can make a real difference.

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?

COVID-19 was a challenging time for small businesses, teaching us important lessons about being prepared and flexible. Many businesses had to adapt quickly, move online, and find new ways to reach their customers. If another pandemic were to strike, small business owners should prioritise building robust online systems, saving for emergencies, and diversifying their income sources. It's also important to invest in skills, stay connected with customers and staff, and be part of support networks. Above all, strong relationships and effective communication can help businesses navigate challenging times. Being ready, staying informed, and remaining adaptable are key to protecting a business in any crisis.

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

When I retire, I want to leave a legacy of empowerment and opportunity. I hope people will remember that I helped create pathways for young learners to believe in themselves and reach their full potential. I want to be known for building a community where education is accessible, relevant, and inspiring — a place that doesn't just teach subjects, but prepares people for real life and meaningful careers. Most importantly, I want to leave behind a culture of care, integrity, and passion that continues to uplift future generations long after I'm gone.

How does your work DIRECTLY contribute to the school community?

My work directly supports the school community by providing learners with quality education and practical skills that help them succeed both in and out of the classroom. I help create learning programmes that are easy to access and relevant to today's world, which boosts learner confidence and engagement. By offering extra support and career guidance, I also help students make informed choices about their futures. This enhances the entire school environment by fostering achievement, motivation, and a positive outlook for all learners.

What have been your highs and lows of your career?

One of the greatest highlights of my career has been growing a company from a single person to over 100 employees in just 10 years. What makes it even more rewarding is that many of those team members came through learnership programmes—we've seen real success stories where people have grown personally and professionally within the business. On the low side, there have been moments where people were offered support or got involved with good intentions, but over time, their actions didn't align with the values or direction of the business. Those situations are always difficult, but they've taught me the importance of protecting your vision and staying true to your purpose.

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

Outside of work, I'm an avid golfer and cyclist—it's my way of staying active and clearing my head. I'm also a proud husband and father of three, so family time is incredibly important to me. Whether it's weekend outings or just relaxing at home, I really value that quality time.

What's Your Emotional Equation with Money?



By John Sanei

Everywhere I look, people are working harder than ever. But here's a truth I've learned (often the hard way): effort alone doesn't always equal abundance. If money were purely logical, we'd all have what we deserve based on output. But money, like all energy, responds to frequency. And that frequency is deeply emotional.

So, what's your emotional equation with money?

Here are the three feelings that shape the flow of wealth in your life:

01 | Excitement

Not desperation or need, but excitement that more is on the way.

02 | Ease

A deep trust that money will come, not by force, but through alignment and flow.

03 | Love

Gratitude and appreciation for what money makes possible, not guilt or resentment.

But many of us, my past self-included, operate from a very different equation:

Lack instead of excitement.

Anxiety instead of ease.

Bitterness instead of love.

And then we wonder why money stays away

Here's the shift:

Like anything in life, what you resist resists you. If you hold bitterness toward money, it will stay at a distance. But if you welcome it with excitement, trust, and appreciation, it will flow more freely.

Take a moment to reflect:

How do I feel when I think about money right now?

Am I approaching it from a place of trust, or tension?

What would it look like to replace stress with gratitude?

The future of wealth is emotional as much as it is practical.

Change your energy, and you'll change your outcomes.

Want more like this?

I'm John. I write Future Rise to help you rewire your thinking and prepare for what's next

If you're ready to shift your mindset and unlock new possibilities,
subscribe via the link here:

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Congratulation Mhlengi Khuzwayo, we will be rooting for you



Mhlengi Khuzwayo will be going to the International Teen Pageant in Peru in December, after winning the Mr. Teen International title at Wits on Saturday. He was the runner-up in the competition – the winner got the title of Mr. Teen World – and they will both be representing the country at the event.

Pageantry, he explained is an activity that combines a number of aspects. “It does have a modelling component, there is a swimsuit and evening wear competition, but there is also public speaking, and interviews that evaluate character, personality and charisma,” he said.

Mhlengi advanced into the semifinals as one of 12 entrants from an original group of 70. “I was the only semi-finalist who did not have an agent and who was not at a modelling academy, getting professional coaching,” he said. “But being just an ordinary Jeppe boy probably helped me. At Jeppe you learn to cope under pressure, and I think that being involved with many activities was good for me in the interviews.”

And he certainly is involved in many things. As a Theo Jackson Scholarship Fund boy, he wants to repay those who have been supporting him by getting involved in everything that he can. He participates in the 1st term athletics programme, he is in the public speaking team, he is the leader of the Marimba Band, and he sings in the choir. He is also a senior member of the Emergency Care Club. This Saturday we will swap the glamour and glitz of the pageant stage for the trenches next to the rugby fields, doing duty at the KES derby games.