

Today's Young Society

8 May 2023

Should I study smart or study hard?

That is the question. (By Boitumelo Moseri)

A youtuber called Thomas Frank made a video explaining how students must study less and study smart. He gave the following tips on how to study smarter. The first tip is that students must break their studying into lessons. This is due to the fact that students can only pay attention for an average time of 25 to 30 minutes. After 30 minutes the mind wanders and students get distracted. Therefore students should study for 20–25 minutes, then take a 5 minutes break and after that, continue studying.

The second tip is to create a dedicated study area which is away from distractions such as the noise of

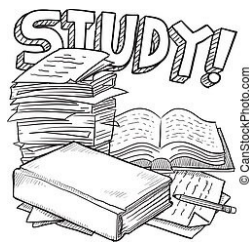
the TV and a word of advice: NEVER EVER study on your bed, because sooner or later you are going to fall asleep.

The third tip is to differentiate between facts and concepts. Concepts are information that you need to remember. According to professor Dr. Marty Ladbelle; concepts are more important than facts, because once you learn a concept and truly understand its inner workings it will be with you forever. Concepts can be learnt by putting them in your own words and quiz-

zing yourself.

The fourth tip is to summarize or teach what you learn. This is when you summarize and explain what you have learnt to somebody else and allow them to ask you questions in order to understand what you remember or don't remember and identify the gaps in your knowledge.

All the mentioned tips are important, however the one tip that I think is very important is to understand what you study in order to put it in your own words. With these tips above I hope you will be



VTH soccer (by Hulisani Mphhephu)

The U/15 girls soccer team were not expected to win such an amazing goal. They played against Jeppe college and won 8-1.

It can be said that the match was tough. The u/20 soccer players were in for the unexpected. Jeppe college was leading

with a goal but in less than 15 minutes, as VTH learners were cheering for their school, they showed us what they were made of and scored a goal.

As the match was getting interesting, Jeppe college want to forfeit, accusing VTH of cheating. None the less, they had to continue despite the complaint.



Mr. Metsing and the Boys u/18 team

Volume 2, issue 1

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Special points of interest:

- Exam tips on working smarter not harder.
- The U/15 team beat the odds!
- Mrs. Gumbo's new club for creative learners.
- Donate to the animal shelter.
- A trip to freedom park.



3 reasons why art in education is so important for kids. (by Mvufhe Ramalebo)

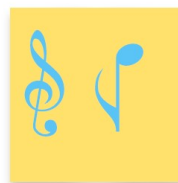
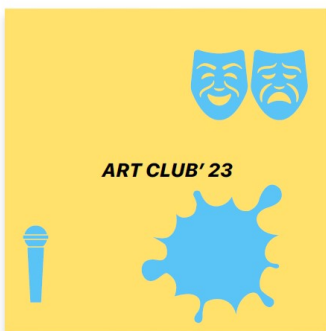
1. Creativity. This may seem like a no-brainer, but the arts allow kids to express themselves better than math or science. As the Washington Post says: In an arts program, your child will be asked to recite a monologue in six different ways, create a painting that represents a memory, or compose a new rhythm to enhance a piece of music. If children have practice thinking creatively, it will come naturally to them now and in their future Motor Skills.

This applies mostly to younger kids who do art or play an instrument. Simple things like holding a paintbrush and scribbling with a crayon are an important element to developing a child's fine motor skills. According to the National



Mrs. Gumbo and her art club members.

Institutes of Health, developmental milestones around age three should include drawing a circle and beginning to use safety scissors. Around age four, children may be able to draw a square and begin cutting straight lines with scissors. Confidence. While mastering a subject certainly builds a student's confidence, there is something special about participating in the arts. Getting up on a stage and singing gives kids a chance to step outside their comfort



WHAT PEOPLE WILL GAIN FROM THE DRAMA CLUB :

Drama Club is designed for students interested in learning more about the aspects of theatre. This includes learning stage terminology, working on acting skills, set building, and costumes/makeup design. Drama Club is open to all students. To promote communication skills, teamwork, socialize and self confidence.

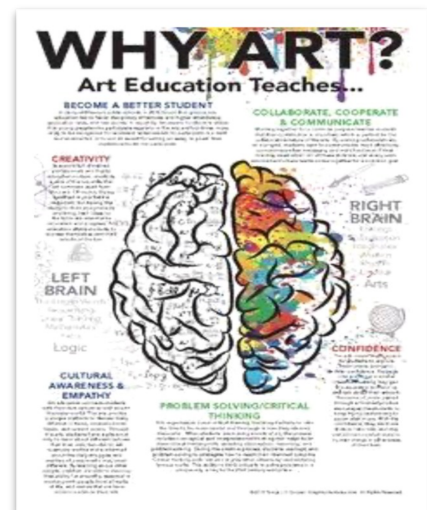
What are the learning outcomes of drama club? The aim of this course is to develop oral fluency, communication skills (oral and non-verbals), and create a piece of theatre, thereby improving the core competences of creativity, empathy, active listening, team-work, intercultural awareness, and reflexivity.

How does drama reflect and influence society?

It helps you create meaning through personal narratives. Theatre influences the way we think and feel about our own lives, forcing us to examine ourselves, our values, our behaviour. It reflects the needs and desires of our commu-

nities while contributing to education and literacy

So join Mrs GUMBO's art club now!!! And explore your potential!!!



Unleash your imaginative mind

(by Boipelo Mphakane)

Introduce yourself to a whole new world of creativity in the school's new ART CLUB.

A whole new place filled with magnificent visionary adventures. This is a place for practicing artists to sharpen their skills, evolve their techniques and portfolios. A safe place, a new spot to collaborate with other artists like yourself.

The club is here to encourage your building talent and to help you develop skills, like social skills, decision making, risk-taking and inventive-ness.

What the art club offers:

- ◇ Debate
- ◇ Dancing
- ◇ Drama
- ◇ Poetry
- ◇ Rapping/ writing

The benefits of art clubs:

These mainly help with self-worth

and understanding who you are and where you lie in terms of your artistic talent. Never doubt yourself and what you can do, because it's your door to many opportunities.

It boosts your self-confidence and self-expression. I was very shy but I found my voice through poems and short stories. Who knows, I might even publish a book someday. You were born with a gift, why not share it with the world and start at the school's art club.

Never underestimate yourself because you can be more than just a human with hidden abilities. Even if you are not good at writing, there is plenty of space for any talent.

If you are good at **dancing**, don't be afraid to come show us your moves. If you dance and express your emotions through movement there is nothing that can stop you from achieving your goal. Art has many languages and one of them is dance. Feel the music chan-

neling through your body and just let it all out.

Dance isn't just about how you move, it's about what the song stirs up inside of you. The soul, emotion and body movement must show on your face that what you are doing defines joy.

"The soul, emotion and body movement must show on your face that what you are doing defines joy."

You could be good at using your body to transform yourself into somebody else. Take that leap of faith and just believe in yourself because better days are still coming.

The art club is here to provide you with an opportunity to envision and explore your talent in the form of art beyond what is offered in life.

See more than life itself.

Let life breathe, speak and move through you, because you are a vessel. The carrier of more gifts than you can imagine, you just have to unlock it.

Mathematics club (by Dembe Mphphu)

This article's focus is on Voortrekkerhoogte's very own "Mathematics club". From the beginning of term 2, learners that are struggling with math or they want to get higher marks in mathematics can go to Mr Diallo's class (C2) at break to get help. Mr Diallo's top learners will be teaching/helping or assisting you with the topics you do not understand. Any grade is allowed and if you can not make it at break you can go to Mr Diallo's class after school. I will also be there to assist.

For more information about the Mathematics club please contact 066 504 3459 - Tracey Mucale (The president of the math club) or Lesedi Morele (the vice president of the math club.)



Save a life by donating today
Animal/pet donations are needed and we kindly ask that you contribute animal / pet goods that you no longer need which will be taken to an animal shelter that is in need of donations ❤️

things needed :
-blankets and towels
-pillows and cushions / dog beds
-dog and cat food (dry/canned)
-collars
-food bowls
-pet toys
-grooming equipment
-river sand for the catteries
-cleaning supplies
-money if you cannot contribute anything

Contributions may be placed at Mrs. Deane's class ❤️
(FOR MORE INFO CONTACT MRS. DEANE)

FREEDOM PARK (by Barata Sibiya)

On the 9th of February, 10 students (RCL) with one educator went or were invited for a trip to the Freedom Park. We arrived there at 10 am. We planned to go visit the museum, which was beautiful to find out more about our history as South Africans and Africans.

The objective of the trip was to get to know more about our country where we come from, what is the significance of the flag, our national symbols e.g our national flower Protea. How to hoist our national flag. Also to get a brief understanding of what is the South African national flag, but mainly how to hoist a flag.

We were guided by ... , who is truly

proud and takes pride talking about the background of our country. During the tour we were asked questions regarding our country and it's national flag, while the flag barrier taught us how to hoist a flag, which took like half an hour. We also managed to get our Passport Identity Book and our own little flag. Due to time constraint we had to go back to the main hall or theatre, where we essentially learned about the background of our Southern African flag. We also got to see the names that were inscribed on the walls around the theater, in order to pay respect to those that fought and died while fighting against Apartheid in

South Africa. The Freedom Park hosts helped learn more about our country

Our trip ended about 1:30 pm. It can be concluded that the trip was a success, we believe that the objective of our trip was achieved. We learned something new and beneficial for us. It was a well recommended trip for the future leaders, so they know the basics of their country.



You broke my heart again

I prepare for the worst but you sit down to stay and as I'm organizing my thoughts, you say you want to marry me someday.

I'm still a little hesitant, I've heard that one before, you like me enough today but tomorrow you're out the door and I'll still be sitting here waiting for my tea to cool, and the feeling gets a little itchy, like my arms scratching wool.

Actions and words but suddenly there's neither and my coping mechanism is to not say anything either, how is that for change, some would even call it growth and our toxic patterns don't have room for us both.

You pull away and I increase the distance and I apologize in advance for my lack of persistence, if they wanted to they would but I really want to but will not and I remember you everyday but I pretend like I forgot.

The self awareness is crippling, I know what I want to do, but my thoughts cartwheel back to what if you're just an imposter too and the time skips forward instead of setting itself back down and I still don't call when I hear you're back in town.

Maybe two lost souls just remain how they are and even though you're close, you've never felt so far.

Jasmine Babunandan