

# Today's young society

VOORTREKKERHOOGTE HIGH SCHOOL

10 OCTOBER 2023

## SCHOOL PRESSURE

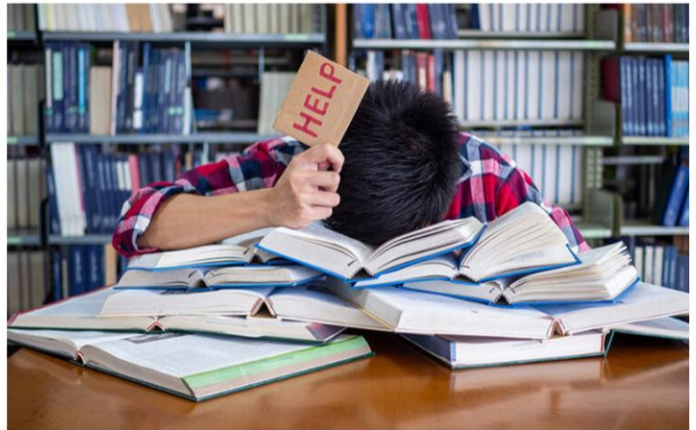
BY BOITUMELO MOSERI

“How much did you get?” This is the question that we frequently hear when we receive our results, be it from our family or friends.

It just so happens that your results are so bad that you cannot even tell people about them. I'm not sure if this is something that happens to everyone, however the one thing that happens to everyone is failure.

Failure is a part of life. It provides us with the opportunity to 're-do' so that we can notice our improvement. Failure means to try again and perhaps this time it will be a success. Hard work and dedication is needed in order to turn failure into success.

As long as you are willing to put in the work, you shall reap the rewards.



You shall get the marks that you desire. Never give up. It is not the end of the world. We all have the ability to achieve the impossible.

Through perseverance, hard work and commitment we can achieve anything that we set our minds to. Only then can we proudly answer the question: “How much did you get?”

## CROSS COUNTRY

BY EYETHU KOSE

As everyone knows, cross country was back this year after a few years of silence. The runners were being coached by Ms. Sethate, our well-known CAT teacher who organised the races for her runners and made sure all their needs were prioritised. The first race took place at Sutherland High School where over 200 learners in different schools, ran to be the first at the finish line. The second race was at Prestige College.

It took the runners quite some time to reach their destination, since it was really far away from our school. The third race took place in PBHS and the last one in Curro Hazeldean which determined whether the runners qualified for the championships that took place at TUT. Unfortunately, none of our fellow VTH runners made it through, but hopefully next year they will dominate and work harder to show their talents.

# ENTREPRENEURS DAY

## BY BARATA SIBIYA

A person who sets up a business or businesses, taking all the financial risks in the hope of profit is called an entrepreneur.

It has been proven year after year that learners in VTH have what it takes to be entrepreneurs. These individuals have shown and proven that they have what it takes to be a successful entrepreneur. They have the marked qualities of an entrepreneur.

On the first of September the VTH family have welcomed spring by celebrating it with Entrepreneurs Day, which was very successful.

Students were able to serve us some goods with a dash of character. It is agreed that students of Hoerskool Voortrekkerhoogte have indeed understood the assignment. We had characters like Harley-Quin, Spiderman and many more.

We had Retsibile Kubyana serving us with some burgers, wors rolls and sweets just to complete the meal and cold drinks to cool us down for the hot day.

We also had Regomoditswe, Refilwe, Lebogang and Mishack who gave us a with a good food sensation with their delicious ribs, wings and chips with kremo kebus as a starter and washed down with a cold, chilled drink.

Our Entrepreneurs sold so many different things and we also had a spicy noodles challenge for the spice lovers, which was fun to watch and try out.

People made sure to go all out and we are guaranteed that the business side of South Africa is still going to develop into a beautiful thing because of these young people that took time to plan and actually do the project.

# LOADSHEDDING

## BY Bianca Mtshali

Loadshedding has become an inescapable reality for all South Africans. Young or old, rich or poor, no one has been left out of feeling the wave of savouring and appreciating every moment in the lights.

Students have felt it the most; long hours of studying in the dark, restricted use to resources and falling behind with school work. There are some precautionary measures that learners can take to keep up with the load shedding schedule to avoid interrupted studying.

# STOP BEING DISTRACTED

## BY ZENANDE NDLEBE

God wants us to pursue our goals, but with gentleness and kindness. We are really living in tight and tough times but keep in mind that God has prepared us for times like these. Like Proverbs 3:5 -6 says: 'Trust in the Lord with all thine heart; and then not unto thine understanding. In all thy ways acknowledge Him and He shall direct thy path.' This verse tells us how we should not rely on our own understanding because our minds are filled with all these worldly things, namely fear, doubt and insecurities. If you don't build your dreams, someone else will hire you to build theirs. In your process of goal reaching, include God and reach out to God.

He is waiting for you because in your process of work, the enemy will come and attack. If the enemy cannot destroy you he will distract you through temptations like friends and relationships. That's why we should not solve problems with the wisdom and knowledge of the world.

And I will end this passage with: A circus never over stays their stay, so being a people pleaser won't be sustained; we are living in this world, not from it. **STOP BEING DISTRACTED.**



Studying during load shedding can be quite a challenge. It's important to try to find a way to create a study environment that is as conducive to learning as possible. The second option might be to use a battery powered lamp or study lights, so that you can continue to work without the power. Find a quiet space to minimize distraction so by the time its dark outside you have pushed a lot.

# AN APPLE A DAY KEEPS THE DIABETES AWAY

BY MS. DE VRIES

There is never too much of a good thing, as the old saying goes. But your dentist would disagree. Excess sugar leads to the destruction of your tooth enamel and then causes tooth decay, according to [healthline.com](http://healthline.com). Imagine needing to blend your burgers or spare ribs because your teeth have fallen out and not being able to drink a milkshake or coffee because your gums are too sensitive. Regular brushing and less sugar can prevent that nightmare from being your reality.

Can this innocent ball of sugar and bubble-gum be causing such havoc in your organs that you start developing diabetes? [Health.Harvard.edu](http://Health.Harvard.edu) says: "Over time, this (excess sugar) can lead to a greater accumulation of fat, which may turn into fatty liver disease, a contributor to diabetes, which raises your risk for heart disease." Make the right choice for your future, you don't want to lose a toe to something you could've prevented now.



Hcf.com has identified the 7 hidden side effects of sugar. It makes your organs fat, even if you are a "skinny minny" you may have hidden fats surrounding your organs. It can lead to heart disease, your heart works faster to absorb that sugar and excessive pumping causes your heart muscles to fail. It plays havoc with your cholesterol levels, cholesterol is the fat inside your arteries, I don't have to explain why too much of that is bad. Excessive sugar is linked to Alzheimer's disease, don't just think about now, think about your future! It makes you an addict, it reduces your appetite control and it can make you depressed. If you are suffering from depression, it is likely due to your diet, try to change what you eat to assess if your depression can be treated.

As a teacher, I frequently see lollipop sticks or wrappers littering my floor, even though I staunchly ensure that no lollipops are eaten in my class. Your habit is negatively affecting your environment, we need to be more conscientious of how we affect the environment around us. Do we want to be taught in a clean, neat classroom? Then we need to clean up and tidy around us, waiting for other people to clean up after us leads to more and more disgusting surroundings.

So in the future, instead of paying for a lollipop each day that adds no nutritional value, consider eating an apple to boost your vitamin C and reduce the risk of diabetes or tooth decay.



# You should be addicted to me

by jasmine Babunandan

I'm not the darkness within, I'm your biggest sin...

I'm the monster you keep when you feel alone and weak, the  
subconscious you shut out,  
I'm the noise that's so loud

In my dream I do anything I want to you, I find it funny how you can  
control the urge to undress me with your eyes but never recollect  
your lies.

I'm not the whiskey you want, I'm the water you need...

I'm the oxygen you breathe and the vision that you seek, the sound  
that you speak, I'm the drug you can't keep.

You might OD if you get too much of me, the thin line sending you to  
a capsule, the puff you take when I'm too much to handle

I'm not the girl you want, but the love you need...

I'm the dream you want but also the nightmare you had, the beauty  
you won't find, I'm the fairytale that was all in your mind.