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FREE 4 ALL

South Africa's Senior & FET Phase Newspaper
Number 4 (2026)

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Newspaper for Foundation &
Intermediate Phase and
FREE4ALL High School
Newspaper for Senior & FET
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B-BBEE status: Level 1

TRUE OR FALSE

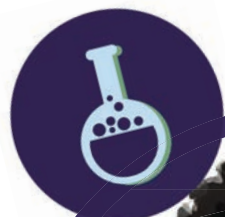
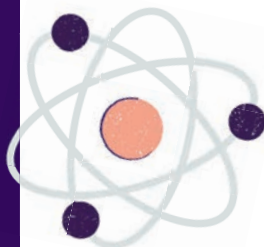
- 1 Atoms are the smallest units of matter that retain the properties of an element.
- 2 Sound travels slower in air than in water.
- 3 Carbon dioxide is a greenhouse gas.
- 4 The periodic table organises elements by increasing atomic number.

☐ T ☐ F

☐ T ☐ F

☐ T ☐ F

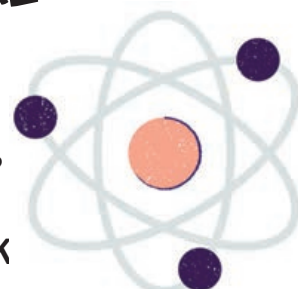
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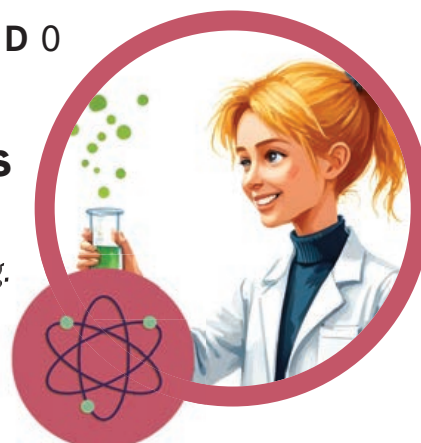
**MIND
OVER
MATTER**
THE GREAT SCIENCE
CHALLENGE

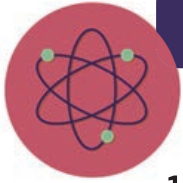
CHOOSE THE RIGHT ANSWER

- 1 WHAT IS THE CHEMICAL SYMBOL FOR SODIUM?
A So B Na C Sn D S
- 2 WHAT IS THE PH OF A NEUTRAL SUBSTANCE LIKE PURE WATER?
A 0 B 7 C 10 D 14
- 3 WHICH SUBATOMIC PARTICLE HAS A NEGATIVE CHARGE?
A Proton B Neutron C Electron D Nucleus
- 4 HOW MANY HYDROGEN ATOMS ARE IN A MOLECULE OF WATER (H₂O)?
A 1 B 2 C 3 D 0



A WHAT AM I?
THE MOVER WITHOUT MUSCLES
*I can make things move without a shove.
You can't see me, but I push and I pull.
I'm not an object, but I'm real and strong.
Without me, motion would all go wrong.
What am I?*





MATCH-UP

DRAW A LINE MATCHING UP THE TERMS WITH THE DEFINITION DEFINITIONS

- 1 ATOM
- 2 PHOTOSYNTHESIS
- 3 GRAVITY
- 4 DNA
- 5 EVAPORATION
- 6 PROTON
- 7 ECOSYSTEM
- 8 BOILING POINT
- 9 HABITAT
- 10 ACID

- | | |
|---|--|
| A | The process by which plants make their own food using sunlight |
| B | The temperature at which a liquid turns into a gas |
| C | The basic unit of a chemical element |
| D | A force that pulls objects toward each other |
| E | The part of the environment where an organism lives |
| F | A stable community of organisms and their physical environment |
| G | A positively charged particle found in the nucleus of an atom |
| H | A substance with a pH below 7 |
| I | The process where liquid changes into vapour |
| J | The molecule that carries genetic information |



C WHAT AM I?
THE INVISIBLE PULL
I'm not seen, yet I hold you down,
I keep your feet upon the ground.
Planets love me – they can't escape,
I give their orbits perfect shape.
What am I?



B WHAT AM I?
TINY BUT MIGHTY
I'm made of parts,
positive and small,
A cloud surrounds me,
but that's not all.
I build up matter,
brick by brick,
Though I am tiny,
I do the trick.
What am I?



MULTIPLE CHOICE

- 1 WHICH OF THE FOLLOWING MATERIALS IS A GOOD CONDUCTOR OF ELECTRICITY?
A Rubber B Plastic C Wood D Copper
- 2 WHAT HAPPENS TO LIGHT WHEN IT PASSES THROUGH A PRISM?
A It disappears. B It turns into heat. C It reflects back. D It splits into different colours.
- 3 WHAT DO WE CALL THE SPEED OF SOMETHING IN A GIVEN DIRECTION?
A Speed B Velocity C Acceleration D Force
- 4 WHAT IS THE MAIN SOURCE OF ENERGY FOR EARTH?
A The Moon B Electricity C The Sun D Underground volcanic activity

ANSWERS: 1 D, 2 D, 3 B, 4 C, 5 E, 6 G, 7 F, 8 B, 9 E, 10 H. TRUE OR FALSE: All True. Choose the answer: 1 B, 2 B, 3 C, 4 A, 5 C, 6 G, 7 F, 8 B, 9 E, 10 H. Multiple Choice: 1 D, 2 D, 3 B, 4 C, 5 E, 6 G, 7 F, 8 B, 9 E, 10 H. MATCH-UP: 1 C, 2 A, 3 D, 4 J, 5 I, 6 G, 7 F, 8 B, 9 E, 10 H. What am I?: A force; B atom; C gravity.



NO PAIN NO GAIN!

SORE TODAY, STRONG TOMORROW



We all know the phrase NO PAIN, NO GAIN. It sounds hardcore, but it is NOT about pushing yourself until you collapse. **HERE'S THE REAL DEAL:**

When you exercise or play sport, your muscles are challenged in new ways. That challenge creates tiny micro-tears in your muscle fibres. (Don't freak out, it's normal!)

Your body repairs those tears, making the muscles stronger and tougher.

The ache you feel a day or two later (DOMS Delayed Onset Muscle Soreness) is the 'pain' part.

The 'gain' is the strength, fitness, and skill your body builds as it recovers.

So, muscle soreness after exercise is actually a sign that your body is adapting and getting stronger.

GOOD PAIN VS BAD PAIN

Learn the difference, and you'll train smarter, not just harder.

GOOD PAIN:

The dull ache or stiffness you feel a day or two after a hard game or working out. It's usually an ache in the muscle, not a sharp or stabbing pain. This means your body is repairing and getting stronger.

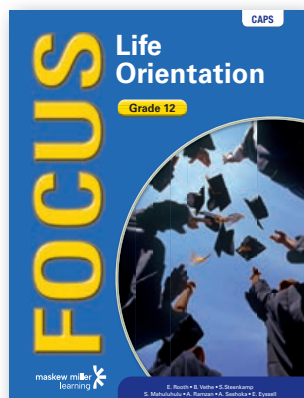
BAD PAIN: Sharp, sudden, or joint pain during or immediately after exercise. If it feels like something 'snapped' or if swelling happens, that's an injury, not progress.

Stop and rest! Your body is saying something's wrong.



SORENESS IS PROGRESS.

SHARP PAIN IS A WARNING SIGN.



MATHS ANXIETY

It can be **VERY** real ...
... but **HELP** is at hand

Maths anxiety is a very real feeling of intense worry, fear, or discomfort, related to the subject of maths – especially at test or exam times.

It can negatively impact the ability to do well in the subject even if you have the potential to ace it!

HOW TO SOLVE THE PROBLEM

● ADJUST YOUR MINDSET

Replace 'I'm bad at maths' with '*I'm learning and improving.*' Positive mindset makes a big difference.

● CONNECT MATHS TO REAL LIFE

Connect maths to your interests: saving/pocket money, sports stats, cooking. This will make it feel more useful and less abstract.

● BABY STEPS

Tackle one problem, or maths concept at a time. Big tasks can make maths feel overwhelming.

● WORK HARDER

Accept the fact that you will have to put in more effort.

● ASK FOR HELP

ASK QUESTIONS AND SEEK HELP

- It's okay not to know everything.
- Asking questions is part of learning.
- It is not a sign of failure.
- Ask your teacher, a classmate, or a tutor.

THE CYCLE OF MATHS ANXIETY

Panic and difficulty concentrating.
Giving up easily.

Negative and nervous thoughts about the subject.
'I'm just bad at maths.'

Lack of confidence and frustration.

Negative experience by achieving poor results.



MASKI IS HERE TO HELP!

Make full use of the AI study buddy to assist you whenever you feel overwhelmed and anxious about your maths performance.

STOP,
SCAN & STUDY!



Scan the
QR code & get
Maths study
assistance!



IT IS NEVER TOO SOON TO START THINKING ABOUT YOUR SUBJECT CHOICES FOR MATRIC AS YOUR FUTURE DEPENDS ON IT!

The SMART CHOICE

The right choice means further study opportunities and strong job prospects.

COMPULSORY SUBJECTS: (These are non-negotiable)

- Home Language • First Additional Language
- Mathematics or Mathematical Literacy • Life Orientation

STRONGLY RECOMMENDED:

Information Technology (IT) or Computer Applications Technology (CAT)

02 **Why:** Digital skills are in VERY high demand globally. IT is more technical (programming), while CAT focuses on office-based applications. **Choose IT if:** You're interested in coding, app development, AI, or computer science.

Life Sciences (Biology)

04 **Why:** Needed for medicine, nursing, environmental science, and biology-related careers. **Pairs well with:** Physical Sciences and Mathematics.

Accounting

06 **Why:** Key for business, commerce, finance, and entrepreneurship. **Pairs well with:** Mathematics and Business Studies.

TOP TIPS:

Talk to your teachers: They know your strengths.

Think long-term: Choose subjects that keep university/college doors open.

Don't just follow friends: Choose based on your abilities and career goals.

Check university and tertiary institutions admission requirements early

Mathematics (NOT Mathematical Literacy)

01 **Why:** Essential for careers in science, technology, engineering, finance, IT, and medicine.

Business Studies

03 **Why:** Valuable for understanding how businesses and economies work. Useful for entrepreneurs and corporate careers.

Physical Sciences

05 **Why:** Required for careers like engineering, health sciences (medicine, pharmacy), and environmental science. **Pairs well with:** Mathematics and Life Sciences.

Geography

07 **Why:** Useful for careers in environmental science, urban planning, and teaching.

BE AWARE!

Mathematical Literacy: While easier, it limits university and career options. Only choose this if you're really struggling with Mathematics and don't plan a science/commerce career.



Electricity that stays still until it finds a way to escape is called **STATIC ELECTRICITY**.

HUMAN Battery

Static electricity is the build-up of electric charge on the surface of an object, usually caused by friction (like rubbing two things together).

There you are – walking across a carpet with your socks on. But, what you don't realize is that, with every step, you're secretly becoming a human battery.

Tiny invisible particles called electrons are jumping ship from the carpet and hitching a ride with you.

The friction of your feet on the carpet is creating an electric charge.

So, now you are loaded with extra electrons and electrons hate being crowded.

THEY WANT OUT.

So the moment you touch anything like a door handle, a tap, a rail ... ZAP!

There is a spark! That spark is the electrons making a break, racing to balance things out.

LOW BUDGET SPECIAL EFFECTS

Static electricity: an electron pile-up

The shock: electrons leaving you in a hurry

The result: hair-raising fun (Brush your hair vigorously and hold the brush close!)

So yeah, static electricity is the ultimate low-budget special effect – no batteries required, just socks, carpets, and an unsuspecting victim.



STATIC FACTS

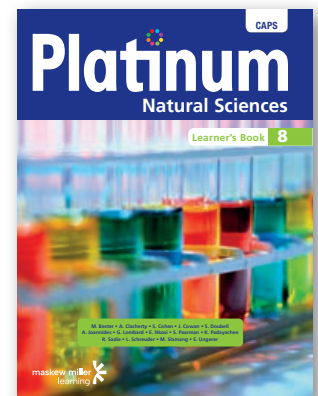
CLOTHES CLING BECAUSE OF IT
That annoying 'cling' when your clothes will not let go of your arms and legs? Yes, that's static electricity at work!

IT'S NOT ALWAYS HARMLESS
Static sparks can damage sensitive electronics, which is why people working with computer parts need to take care.

DRY AIR MAKES IT WORSE

Static shocks are more common in winter because dry air doesn't let the electric charge escape easily.

YOU CAN CONTROL IT
Just by touching a metal surface before someone else, can help discharge static safely.



The Great Wall of China was built in a single century.

Nelson Mandela spent 27 years in prison before becoming president of South Africa.

Mahatma Gandhi began his political activism while living in South Africa.

Jan van Riebeeck landed at the Cape in 1752.

Shaka Zulu was a leader who united many Zulu clans into a powerful kingdom.

Napoleon Bonaparte was a famous French military leader and emperor.

Back to the **PAST**

THERE ARE 3 FALSE STATEMENTS. CAN YOU SPOT THEM?



The Great Trek involved British settlers moving inland from the Cape Colony.

Steve Biko was a leader in the Black Consciousness Movement in South Africa.

The Berlin Wall was built to keep people from East Germany from escaping to the West.

The United Nations was founded after World War II.

Adolf Hitler was the leader of the Soviet Union during World War II.

The Renaissance was a period of cultural and scientific rebirth in Europe.

The Voortrekkers moved inland to escape British control at the Cape.

The Titanic sank in 1942 during its first voyage.

The South African War is also called the Anglo-Boer War.

The American Civil War was mainly fought over slavery.

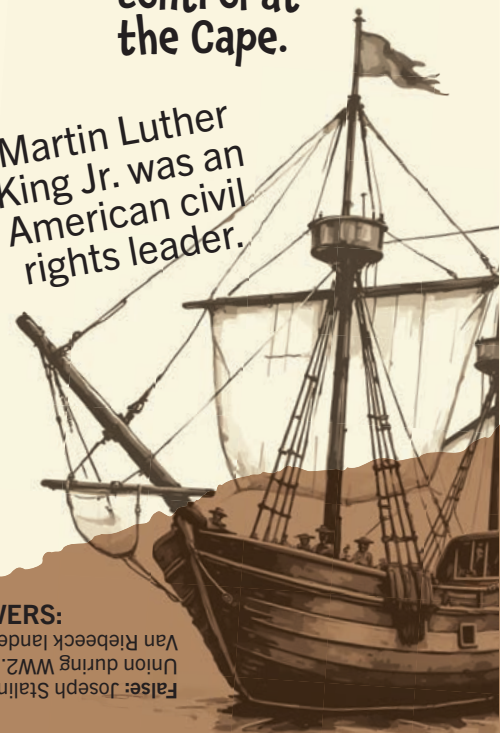
Martin Luther King Jr. was an American civil rights leader.

The Holocaust was the mass killing of Jews by Nazi Germany during World War II.

The United States dropped two atomic bombs on Japan during World War II.

ANSWERS:

Van Riebeeck landed in SA in 1652.
False: Joseph Stalin was the leader of the Soviet Union during WW2. The Titanic sailed in 1912.



MARMOSET

Males carry the infants constantly, grooming them, and bringing them to the mother to nurse. In small family groups, shared parenting increases survival and helps females reproduce more often.



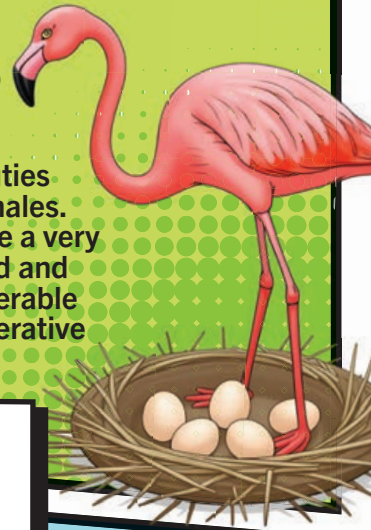
OSTRICH

Males incubate eggs and raise chicks, often from multiple females. This ensures better survival of the offspring.



GREATER FLAMINGO

Males share all incubation and chick-rearing duties equally with females. Flamingoes have a very strong pair bond and chicks are vulnerable and need cooperative parenting.



Super DADS

Because mammals have internal gestation and lactation, the mother is usually the primary caregiver.

So parenting is likely to be shared, as the offspring are vulnerable and benefit from both parents being involved in the growing up process.

BUT there are many species where the father is very much in the foreground of the raising of the young. These are the GOOD DADS!

RED FOXES

Males bring food to the den for the mother and pups and help guard the territory.



EMPEROR PENGUIN

The male incubates the egg on his feet under a brood pouch for about two months without eating, in brutal Antarctic conditions.

He ensures the egg stays warm while the female forages at sea. This high cost to produce one egg makes both parents essential.



BEAVERS

Beavers mate for life and share parental responsibilities. Both parents build and maintain the lodge, gather food, and care for the kids.



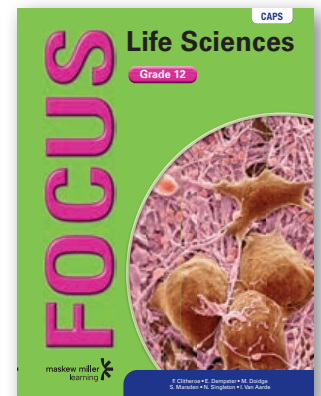
SEAHORSE

The male has a brood pouch where he carries fertilized eggs until they hatch. In this unique reproductive system, the females transfer eggs to males. This allows females to lay more eggs.



STICKLEBACK FISH

Males build the nests then court females to lay eggs in them. Males guard the eggs until they hatch, fanning them to keep them oxygenated. This allows males to control egg protection and increases offspring survival.



CRISIS

MANAGEMENT

Crisis management is how people or organisations deal with really tough or unexpected situations that could cause serious problems.

If you are planning to run your own business one day – you need to be well equipped to manage a crisis.

**CRISIS?
IT CAN BE MANAGED!**

**TO SEE IF YOU WOULD COPE – LOOK AT THESE EVERYDAY TEENAGE SCENARIOS.
COULD YOU HANDLE THEM?**

**TEEN
CRISIS
AHEAD**

✂ **FORGETTING TO STUDY FOR A MAJOR TEST**

THE CRISIS: You completely forgot about a test that counts for a large part of your grade, and it's tomorrow.

HOW TO MANAGE IT:

- *Don't waste time freaking out – use the time you have wisely.*
- *Make a quick study plan, focusing on the most important material.*
- *Ask a classmate for notes or a quick summary.*
- *Talk to the teacher if there's a reason for the mix-up – they might offer advice or partial credit later.*
- *Next time, use reminders or a planner to stay organised.*



✂ **ACCIDENTALLY SENDING A PRIVATE MESSAGE TO THE WRONG PERSON**

THE CRISIS: You meant to send something personal or sensitive to one friend but accidentally sent it to the wrong person or group chat.

HOW TO MANAGE IT:

- *Act quickly – delete the message if possible (some apps allow this).*
- *Reach out to the person/group to explain it was a mistake.*
- *Apologise if it was inappropriate or embarrassing.*
- *Learn from it – double-check who you're sending messages to in the future.*

Imagine you're the captain of a ship. Everything is fine, then suddenly a huge storm hits.

You have to think fast, stay calm and make smart decisions to keep the ship and everyone on it safe.

That's what crisis management is like – handling the storm instead of panicking.

IN REAL LIFE, A CRISIS COULD MEAN:

- A company dealing with a major accident or mistake
- A school responding to a serious incident
- A person managing a personal emergency, like a health scare or family problem

GOOD CRISIS MANAGEMENT MEANS:

- 1 Staying calm under pressure
- 2 Quickly figuring out what's really happening
- 3 Making a solid plan to fix things
- 4 Communicating clearly with others
- 5 Learning from the crisis to do better next time



✕ A FRIENDSHIP BLOW-UP

THE CRISIS: You and your best friend had a huge argument, and now they've blocked you or are telling others their side of the story.

HOW TO MANAGE IT:

- Give them space, but don't let it drag on forever.
- Reach out calmly, not to argue, but to listen and explain.
- Take responsibility for your part, if needed.
- Avoid drama – talk privately rather than through social media.
- Work on making peace, even if the friendship changes afterward.



✕ ACCIDENTALLY SPREADING A RUMOUR

THE CRISIS: You shared something personal someone told you in private, and now it's spread around school. The person is upset, and others are angry at you.

HOW TO MANAGE IT:

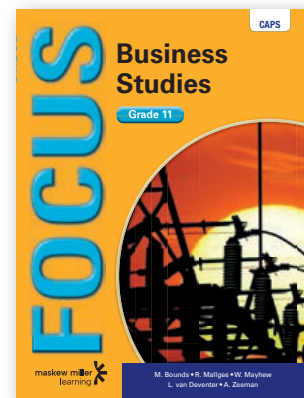
- Stay calm and don't try to cover it up or blame others.
- Take responsibility and apologize sincerely to the person affected.
- Talk to others involved to clear up the misunderstanding, and stop the rumour.
- Learn from it by being more careful about trust and private conversations in the future.

✕ GROUP PROJECT GONE WRONG

THE CRISIS: Your group project partner didn't do their part, and the deadline is tomorrow. You're about to fail if nothing is done.

HOW TO MANAGE IT:

- Stay focused – don't panic or get angry.
- Communicate quickly with your teacher to explain the situation honestly.
- Come up with a backup plan, like finishing part of the project on your own or asking for an extension.
- Reflect later on how to choose partners better or divide work more clearly next time.



Your **BONE** dome

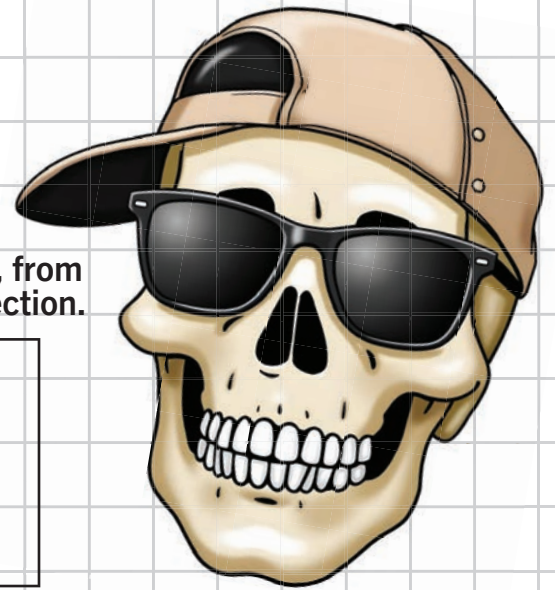
YOUR SKULL IS NATURE'S ULTIMATE CRASH HELMET AND IS YOUR BRAIN'S BODYGUARD!

Your brain is super important as it controls everything you do, from thinking and feeling to moving and breathing, so it needs protection.

The Human Crash Helmet

The skull isn't just one solid bone – it's a complex structure of many bones working together to protect your brain, support your face, and enable chewing and speaking.

The human skull is made up of 22 bones, and it's divided into two main parts:



CRANIUM

This is the part that protects the brain.

It's made of 8 bones that are fused together like a puzzle.

Frontal bone
(forehead)

Parietal bones
(top and sides)

Occipital bone
(back of the head)

FACIAL BONES

These are some of the bones that form your face.

Nasal bones
(bridge of your nose)

Zygomatic bones
(cheek-bones)

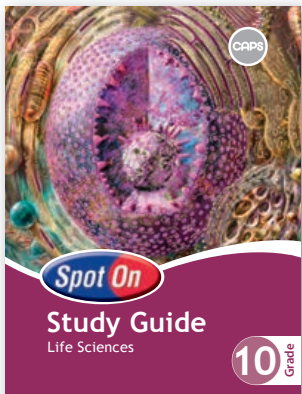
Maxilla
(upper jaw)

Sphenoid and ethmoid bones
(deeper in the skull)

Temporal bones
(sides near your ears)

Teeth aren't technically bones, but they are embedded in the jawbones of the skull.

Mandible (lower jaw – the only skull bone that moves!)



STOP,
SCAN & STUDY!



Scan the
QR code & get
subject study
assistance!



Where am I?

THE LOST
TRAVELLER NEEDS
TO USE THE CLUES TO
NAME THE CITY

AIRTICKET



1 CLUES:

This is the world's most populous metropolitan area. It's located on the island of Honshu. Mt. Fuji is visible from this city on a clear day. The local currency is the yen. Anime and high-tech gadgets are part of its global fame.

AIRTICKET



2 CLUES:

This city is built on over 100 small islands connected by canals. Gondolas are a common mode of transport here. It's known for romantic bridges and Renaissance architecture. The Grand Canal flows like a street through the city. It lies in northeastern Italy and is sinking slowly.

AIRTICKET



3 CLUES:

Portuguese is the official language here. Sugarloaf Mountain overlooks this city's harbour. This city is known for its massive statue of Christ the Redeemer. It's famous for a colourful carnival held before Lent. This city is in the largest country in South America.

AIRTICKET



6 CLUES:

It's not a capital city, but many think it is. It's in the Southern Hemisphere. This city is famous for its opera house. Its harbour bridge is nicknamed 'The Coat hanger'.

AIRTICKET



5 CLUES:

This city lies just south of the Equator in East Africa. It has a national park with lions and giraffes right on its outskirts. It's the capital of a country famous for long-distance runners. The Great Rift Valley runs through this country. Swahili and English are commonly spoken here.

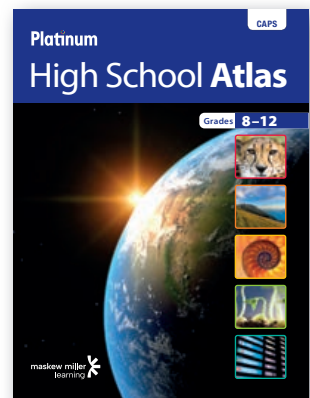
AIRTICKET



4 CLUES:

It's located in the north-eastern part of the United States. This city is home to Times Square and Central Park. Broadway shows and Wall Street are major features here. It's often called 'The Big Apple'. There is a famous statue of a woman in the harbour.

ANSWERS: 1 Tokyo; 2 Venice; 3 Rio De Janeiro;
4 New York; 5 Nairobi; 6 Sydney;



Where Science MEETS WELLNESS

Careers
IN BEAUTY

The study of **SOMATOLOGY** involves learning all about the human body, its structure, how it works, and how to take care of it, especially in ways that promote health and well-being.

It is the science behind how your body works, moves, and stays in shape. This knowledge is used in health and wellness careers like beauty therapy, massage, and physical health care.

Overall, somatology combines science, health, and hands-on care to help people feel and look their best. It's a great field for those interested in the human body and helping others.

Somatology INCLUDES:

ANATOMY & PHYSIOLOGY

- Learning about the body's parts (like muscles, bones, skin, and organs) and how they work together.
- Understanding systems like the nervous, circulatory, and muscular systems.

HEALTH & WELLNESS

- Studying how to keep the body healthy through nutrition, exercise, and lifestyle choices.
- Learning how stress and emotions can affect physical health.

Skills REQUIREMENTS

MASSAGE & BODY THERAPY TECHNIQUES

- Proficiency in Swedish, deep tissue, hot stone, or aromatherapy massage.
- Body treatments like wraps, exfoliations, and lymph drainage.

EXCELLENT CLIENT COMMUNICATION & CARE

- Strong interpersonal skills to build trust with clients.
- Listening to client needs and giving clear, professional advice.

KNOWLEDGE OF ANATOMY & PHYSIOLOGY

- Understanding how the body works to offer safe and effective treatments.
- Being able to explain how certain therapies benefit the body or skin.

ADVANCED SKINCARE KNOWLEDGE

- Understanding skin types and conditions (acne, sensitivity, aging).
- Knowing how to choose and apply the right treatments and products.
- Using skincare machines like steamers, LED therapy, or microdermabrasion devices.

PRODUCT & INGREDIENT KNOWLEDGE

- Understanding how skincare products work and what ingredients are effective for different skin concerns.



Jobs IN THE HEALTH AND WELLNESS INDUSTRY

Somatologist

A professional who specialises in body and skincare treatments like massages, facials, and body therapies.

Skincare Therapist / Beauty Therapist

Focuses on skin health, including facials, acne treatments, and anti-aging care.

Massage Therapist

Uses massage techniques to help clients relax, relieve pain, and improve circulation.

Spa Therapist

Works in spas doing body wraps, aromatherapy, hydrotherapy, and relaxation treatments.

Makeup Artist (with skincare knowledge)

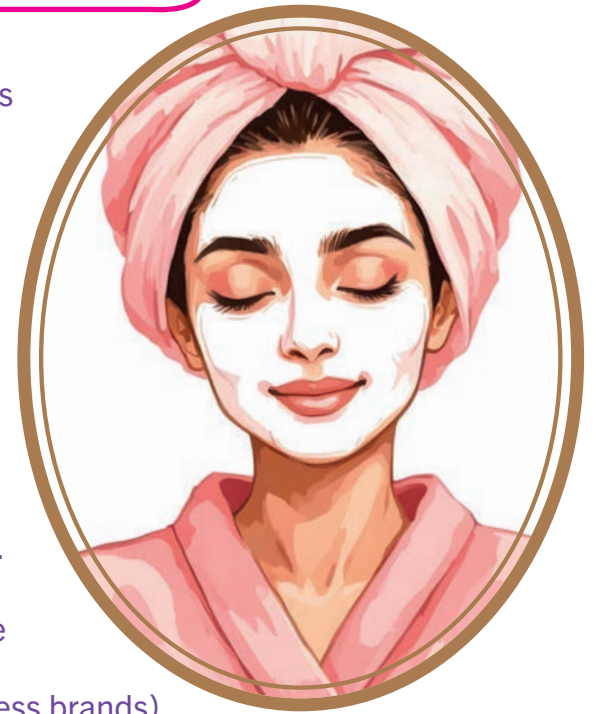
Applies makeup professionally and gives skin advice to clients.

Wellness Consultant

Advises people on how to improve their health through lifestyle changes, nutrition, and stress management.

Product Consultant or Sales Rep (Skincare/Wellness brands)

Works for skincare or wellness brands, helping clients choose the right products.



Study REQUIREMENTS

Maths is not necessarily a requirement (Maths Lit is accepted) but having good results in Life Science and English will strengthen your application.

Requirement Details

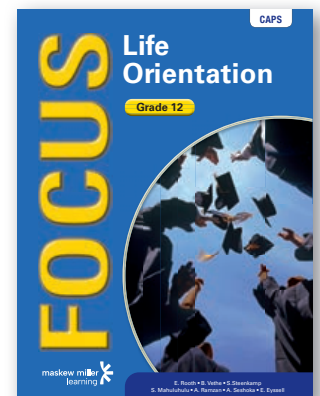
- NSC/Matric Required – Grade 12 pass
- English – at least Level 4 (50–59%)
- Life Sciences Recommended
 - APS Score Usually 20–24+
 - Maths Literacy Accepted by most institutions in somatology.
- *Check online to see which institutions offer diplomas.*



Overseas OPPORTUNITIES

There are many opportunities for SA somatology graduates to work overseas, especially for those with good qualifications, practical experience, and strong communication skills.

- It's a field that offers great prospects, especially in spas, cruise ships, and resorts. Countries always seeking are UK, Australia, New Zealand and Canada.
- Beauty therapists are listed under Australia's *Skilled Occupation List*, which can open up visa options.



The power of **PRONOUNS**

A PRONOUN IS A WORD THAT TAKES THE PLACE OF A NOUN TO AVOID REPETITION.

Eg: Instead of saying: Jay lost Jay's phone. You say: *Jay lost his phone.*

TYPES OF PRONOUNS

PERSONAL PRONOUNS:

Refers to specific people or things.

Eg: Subject: I, you, he, she, it, we, they
Object: me, you, him, her, it, us, them

INDEFINITE PRONOUNS:

Refer to non-specific people or things.

Eg: someone, anyone, everyone, nobody, each, few, many, several

REFLEXIVE PRONOUNS:

Refers back to the subject of the sentence.

Eg: myself, yourself, himself, herself, itself, ourselves, yourselves, themselves

POSSESSIVE PRONOUNS:

Shows ownership.

Eg: mine, yours, his, hers, ours, theirs

DEMONSTRATIVE PRONOUNS:

Point out specific things.

Eg: this, that, these, those

INTERROGATIVE PRONOUNS:

Used to ask questions.

Eg: who, whom, whose, which, what

RELATIVE PRONOUNS:

Introduces a clause that describes a noun.

Eg: who, whom, whose, which, that

► IDENTIFY THE PRONOUNS IN THE SPEECH BUBBLES BELOW

She is going to the mall.

That shopping bag is mine.

I went shopping by myself.

That is my wallet.

Whose phone is that?

The girl who paid the money is my friend.

Everyone is invited to the party.



GENDER PRONOUNS

* There is an increasing awareness of gender-neutral pronouns as they are seen as part of expressing one's gender identity. In some schools, students are encouraged to share their pronouns, electronically or on name tags. This practice promotes respect, inclusion, and awareness of diverse identities.

ULTRASOUND

UNCOVERED

THE HIDDEN POWER OF SOUND WAVES

kHz stands for kilohertz, and it's a way of measuring how many times something happens every second – usually sound waves or signals.

Ultrasound refers to sound waves with frequencies higher than the human ear can detect. (above 20 000 kHz)



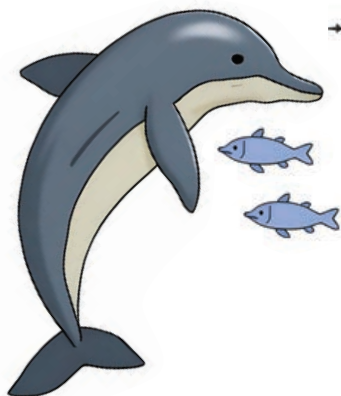
ULTRASOUND & ANIMALS

Many animals use ultrasound for navigation, hunting, and communication. It's a biological phenomenon known as ECHOLOCAION.

Bats use echolocation when they emit high-frequency sound waves that bounce off objects in their environment. This allows them to detect the location, size, and movement of prey, even in complete darkness.

Dolphins and certain species of whales also use clicks and listen for echoes to navigate through murky waters, locate schools of fish, and even communicate with each other.

This natural use of ultrasound demonstrates its effectiveness as a tool for survival.



ULTRASOUND IN INDUSTRY & THE AIRPLANE SECTOR

In industry, ultrasound can detect weak spots in metal objects. In aviation, it can find cracks in aeroplane wings that are invisible to the naked eye.

High-frequency sound waves are sent into the material, and any disruptions in the wave patterns indicate the presence of imperfections.

Delicate mechanisms like antique clocks are also cleaned and maintained by using ultrasounds.

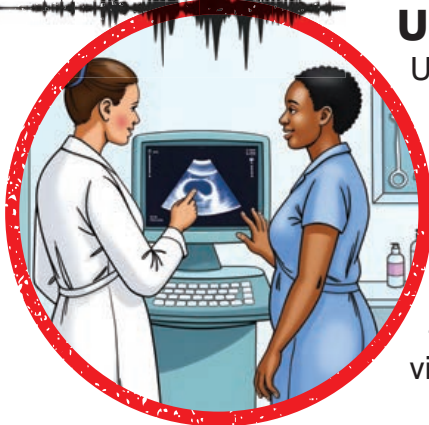


ULTRASOUND IN MEDICINE

Ultrasound has become an invaluable tool in modern medicine due to its safety, non-invasiveness, and ability to provide real-time imaging.

It is widely used for diagnostic purposes, particularly in obstetrics, where it allows doctors and expectant parents to monitor the development of a foetus.

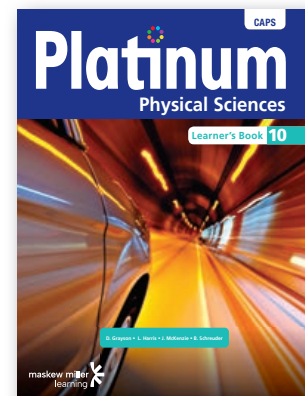
Ultrasounds can also detect abnormalities like tumours, cysts, and blockages in arteries and other vital organs.



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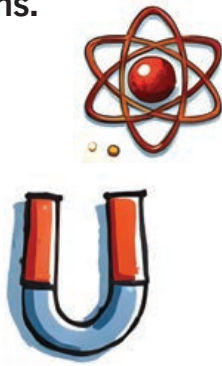


AI doesn't 'think' like humans. It learns patterns from huge amounts of data and makes decisions based on logic, not emotions.

Your phone is more powerful than the computers used for the moon landing in 1969.



Everything is made of atoms – and if you lined up the atoms in a grain of salt, they'd stretch more than a kilometer!



You are made of stardust – almost every element in your body was formed inside stars billions of years ago.



The acid in the human stomach can dissolve razor blades.

THE EARTH IS A MAGNET.

Bananas are naturally radioactive – they contain potassium-40, a radioactive isotope.

You're technically moving at 1 600 km/h while sitting still – because Earth is spinning!



Helium can escape Earth's gravity – once released, it floats into space and is gone forever.



THE FACT OF THE MATTER



Viruses are not really alive – they can't reproduce or carry out life functions unless it's inside a host cell.

Time moves slower the faster you go – according to Einstein's theory of relativity, astronauts age slightly slower in space.

Light can be bent by gravity – massive objects like black holes can actually bend light beams.

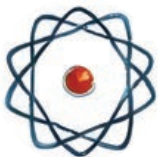


Your stomach gets a new lining every few days – to protect itself from being digested by its own acid.

Doctors use AI to help detect diseases, such as cancer, from X-rays and scans faster and sometimes more accurately than humans.

Lasers can trap and move small objects – scientists use them in "optical tweezers" to move cells or atoms.

Quantum particles can be in two places at once – until observed, they exist in a state of probability.



SOME AI SYSTEMS, LIKE THOSE THAT PLAY VIDEO GAMES OR CHESS, USE REINFORCEMENT LEARNING. THIS IS ESSENTIALLY LEARNING BY TRYING, FAILING, AND IMPROVING.



WHAT WOULD YOU DO?

Your personal life is influenced by the choices you make. When faced with a situation, we all react differently. Look at these scenarios and choose what YOU think is the correct solution.

IT'S YOUR CALL!

1 Jordan, (15) has always been a good student, but lately things are changing. Both parents work long hours and are hardly ever home. They rarely ask about school or how he is doing. Jordan's friends are fun to hang out with but often break rules. They bunk school, they only use AI for assignments, they stay out late and drink a lot. Jordan is feeling pressured to fit in.

WHAT SHOULD HE DO?

A Go Along with Friends:

Decide that school isn't everything, and focus more on having fun with friends. You are only young once! Besides, there is time to catch up.

B Push Yourself Alone:

Even if it is tough, he should power through without family support. Set goals, study hard and be a success.

C Reach Out to an Adult Ally:

Talk to an adult, about how to balance friendships and school, and ask for guidance or support.

D Create Balance with Friends:

Keep spending time with friends but set the boundaries. NO bunking but hang out over the weekends. (Even if it does get a little wild!)

2 In science, Mia is put into a group where no one else wants to work. She is stuck doing most of the work, but she wants a good grade.

WHAT SHOULD SHE DO?

A Take charge, do it all, and make sure the project succeeds.

B Refuse to do all the work and let the project suffer.

C Speak to the teacher about the group being unfair.

D Divide the work up. Do hers and hope she will get a better grade than the others.

3 Anil is a great drummer, and his dream is to become a professional musician. But his parents think it is foolish, and want him to only focus on academics and become a doctor or a pharmacist.

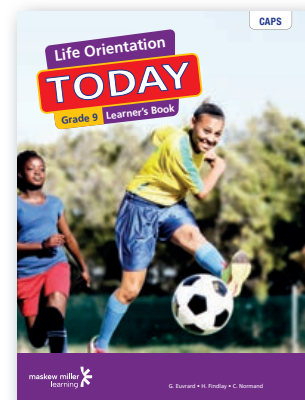
WHAT SHOULD HE DO?

A Follow the parents' wishes and give up his music.

B Secretly keep practicing guitar while trying to keep up his grades.

C Take a huge risk and commit to music fully, even if his parents disapprove.

MAKE YOUR CHOICE



Level **UP** your LINGO

We are all guilty of having 'favourite words' and using the same words over and over again – so here is an exercise to help you increase your vocab and not sound so repetitive.

LOOK AT THESE PARAGRAPHS AND CHOOSE A REPLACEMENT WORD FROM THE BOX BELOW. * It must have the same meaning.

I was so happy when I woke up this morning. It was a sunny day, and that made me happy. I was happy to see my friends at school, and my teacher was happy with my homework. I aced my maths test which made me happy. Overall, it was a very happy day.

It was a bad day from the start. I woke up late and had a bad breakfast. The weather was bad, and I missed the bus, which put me in a bad mood. At school, I got a bad grade on my test and had a bad pie at lunch. Everything about the day just felt bad.



The instructions were simple, so I followed the simple steps to make a simple sandwich. I used simple ingredients like bread, cheese, and ham. It was a simple lunch for a simple day. I like keeping things simple because simple is always best.

I had a good day at school. The weather was good, and I was in a good mood. My teacher gave a good history lesson. I had a good training session after school. I had a good supper with my family and we all watched a good movie.

- LOVELY • STYLISH • FUN
- DELICIOUS • BEAUTIFUL
- LOVELY • CHARMING
- PICTURESQUE • ELEGANT
- PLEASANT • EXCELLENT
- BASIC • TASTY • JOYFUL
- CHEERFUL • DELIGHTED
- PLEASED • ENJOYABLE
- EASY • STRAIGHTFORWARD
- PLAIN • UNCOMPLICATED
- TERRIBLE • UNPLEASANT
- AWFUL • DISAPPOINTING
- FRUSTRATING • STORMY



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SAFFER SPEAK



SOUTH AFRICANS have always had our own special words that belong to us.

Words like BILTONG, BRAAI, ROOIBOS, UBUNTU, KLOOF and VELD that have slowly crept into international acceptance.

However, with the development of social media we are becoming firmly entrenched in global speech.

Our unique vocab is gaining traction internationally.

The words may not be in the dictionaries yet – but watch the space!

Why the words are **CATCHING ON**

Amapiano & Gqom music: With international DJs picking up these genres, the slang used in lyrics is traveling.

TikTok/YouTube: SA creators are funny, relatable, and often throw in local lingo that catches on.

Global youth culture: Drip, vibes, and party terms are universal, and our South African versions are just as catchy.



CHECK OUT THE LIST OF NEW SA SLANG AND EXPRESSIONS THAT ARE FAST BECOMING GLOBAL

**AWEH
SHO**

Music, TikTok, DJs abroad
Amapiano lyrics, TikTok sound bites

PANTSULA

Featured in dance videos & documentaries

**HAIBO!
YOH!**

Instagram reels, reaction content
Common in memes, reaction videos

MZANSI

Hashtagged widely on Instagram and Twitter

KASI

DRIP (SA meaning)

SA rap, youth fashion, vlogs
SA hip-hop scene, global urban fashion

SKRR SKRR

SA trap/rap crossover with global trap culture

GROOVE

Big on Twitter & music captions: *See you at groove*

VIBE

**SLAY QUEEN/
SLAY KING**

JIGGY

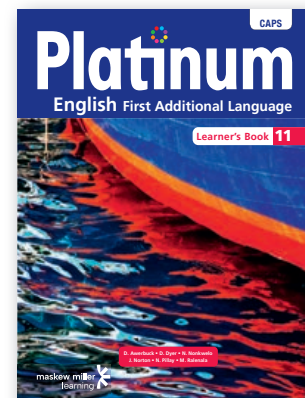
ZAKA

Instagram captions, DJ set themes

Social media slang, especially in beauty/fashion spaces

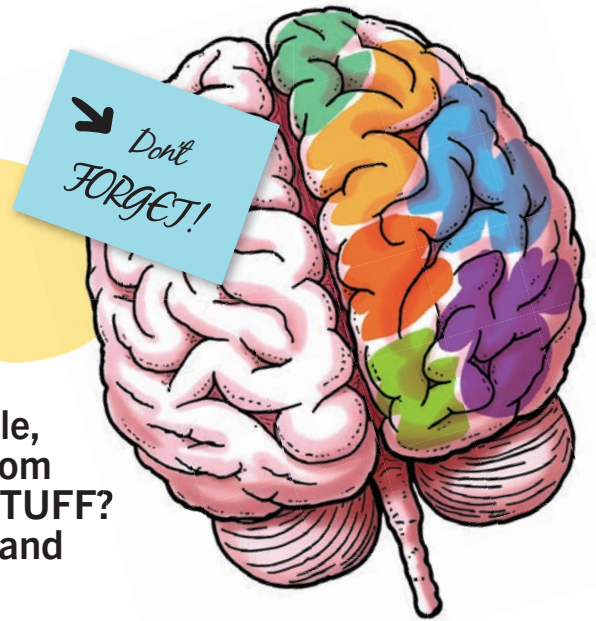
SA rap & fashion posts – same vibe as *fresh* or *lit*

Trending in hip-hop and online give aways
(*Need that zaka!*)





LEARNING AND MEMORY



Think of all the stuff you have learnt in your life already.

You have learnt to walk, talk, ride a bike, tie your shoelaces, read, write, add, subtract, recognise people, work with money, send texts plus thousands of random facts, **BUT WHERE ARE YOU PUTTING ALL THIS STUFF?**

In your brain of course! But how does it get there and why don't you forget it?

PATHWAYS of learning

Your brain is constantly building new pathways as you learn. The paths that are being used the most, become fixed in your brain and are very strong. Those paths that are used the least, fade away (this is the stuff that you forget).

BRANCHING OUT

As you learn, your brain is constantly forming new pathways. When you learn something new, the neurons (cells in your brain) grow branches and make new connections with each other. This creates a new road of pathways in the brain. When you remember something that you have learnt, signals zoom along this road again. It is memorised.

HAVING A GOOD MEMORY IS CRUCIAL FOR STUDYING EFFECTIVELY BECAUSE IT ALLOWS YOU TO RETAIN, RECALL, AND APPLY INFORMATION MORE EFFICIENTLY. HERE ARE SOME REASONS WHY MEMORY PLAYS A VITAL ROLE IN LEARNING:

- 1 Retention of information:** Without a reliable memory, learning can feel like starting over every time.
- 2 Building connections:** Learning involves connecting new information to what you already know. A strong memory is critical for this.
- 3 Efficiency in learning:** A good memory saves time.
- 4 Improved academic performance:** A good memory helps to perform well on tests and assignments.
- 5 Boosts confidence:** Memory gives confidence to tackle challenges.



SLEEPING ZZZZZ

Sleep is very important to the brain. When you sleep, your brain goes through what you have experienced or learnt that day. Some things are 'banked' as memories, and other things are 'deleted'.

HOW IS **your** MEMORY?

Answer the following questions with **YES or NO** and discover the truth!

- Can you always remember song lyrics?
- Do you always remember family and friend's birthdays?
- Do you prefer subjects that have lots of facts because you find them easy to remember?
- Can you remember stuff from when you were very little? (Not stuff that your parents have told you about from when you were little.)
- If someone tells you where to find something do they only have to tell you once?
- Do you always remember where you place your stuff?
- Are you always on time or are you often late?
- Do you remember phone numbers off by heart?
- Do you remember people's faces and recognise them easily?
- Do you remember people's names after you have been introduced to them?
- Do you remember the punchlines of jokes easily?

YES	NO
YES	NO
YES	NO

YES	NO
-----	----

YES	NO
-----	----

YES	NO
-----	----

YES	NO
-----	----

YES	NO
-----	----

YES	NO
-----	----

YES	NO
-----	----

YES	NO
-----	----



TIP OF THE TONGUE

Everyone has moments when they forget things even though they **KNOW** they know it.

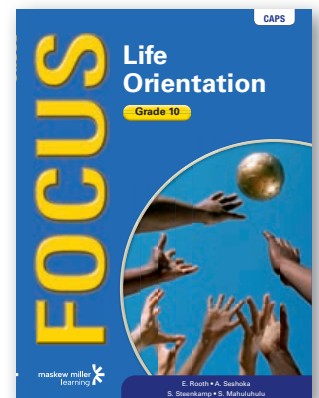
This is called **Tip of the Tongue syndrome (TOT)**. Some people struggle to remember things and some are lucky and remember things easily.

RATING:

If you answered **YES** to nine or more questions – **WELL DONE!** You have an excellent memory.

If you answered **YES** to between five and eight questions you have an average memory.

If you answered **YES** to four or less, you have probably already forgotten that you took the test!



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learning



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- 2 Open WhatsApp