

"Life is 10% what happens to you and 90% how you react to it" - Charles R. Swindoll

HEADLINE NEWS

KZN PREMIER LAUNCHES INTERNATIONAL YOUTH SCHOLARSHIP & EXCHANGE PROGRAMME



KwaZulu-Natal Premier Willie Mchunu has hailed the diplomatic community for working with Provincial Government in creating opportunities for young people to study overseas at the launch of the website focusing on international youth scholarship programme.

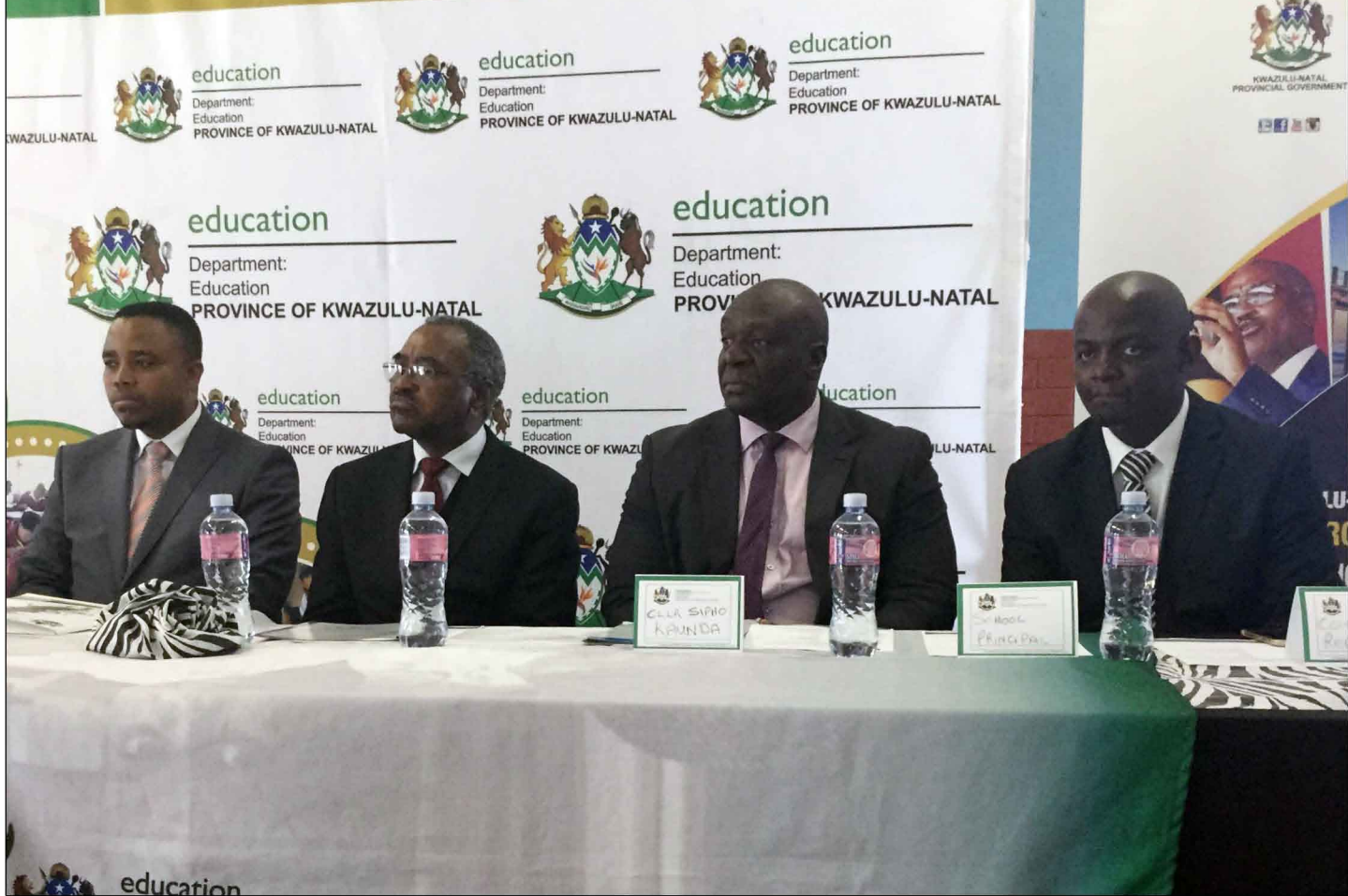
Sometimes it falls upon a generation to be great, you can be that Generation"- The office of the Premier echoed at the International Scholarship and Student Exchange Programme launch initiated by the Office of the Premier and the Department of Basic Education which was held at Sharks Board Umhlanga in Durban. Students from various institutions around KwaZulu-Natal attended the launch which reflected that they value the importance of education as they are the future leaders of the country. The growth of the South African economy is dependent upon their development. Where the Premier of KwaZulu-Natal Willie Mchunu said that the thrust of youth development should be

Zulu-Natal Willie Mchunu said that the thrust of youth development should be to equip young people with the necessary attitude, knowledge and skills and enable them to be responsible citizens. Students are encouraged to work hard at producing good academics enabling them with the opportunity to apply for the Student Exchange Programme which will give the opportunity to study abroad and enhance their education level as they will receive vast experience. Parents are encouraged to motivate their children to take upon this opportunity as presented because to acquire knowledge is power for the future of tomorrow

The international Scholarship & Student Exchange Programme is opened to the Public at large, applications are currently open. Start applying and don't be discouraged by your situation or circumstances this opportunity is for all young individuals who believe in education. Application forms and vital information is made available on the KZN Youth International Scholarships website and just by a click of a button you could find yourself studying in one of the European or Asian Countries. So make it happen... its Possible!

<http://www.kznyis.gov.za>

COUNTDOWN TO THE 2016 MATRIC EXAMINATIONS



Officiating over the ceremony was KZN Premier Willie Mchunu together with the Department of Education's MEC Mr. Mthandeni Dlungwana.

"Your child is my child, my child is your child"

Government is calling upon the people of the KwaZulu-Natal to support matric learners as they write their final examination. We must all unite and create a prosperous province that is stronger economically and socially. Education is the key to better future.

Parenting is one of the most important responsibilities we will ever take upon us, and yet what training do we receive for this awesome task? In school we learn algebra, history, and English, but not how to raise happy and responsible children. We receive no parental guidance training or how to deal with stress of being parents.

Our lack of preparation is reflected in the condition of our children. They often sulk and glare at us. They fail to carry out the responsibilities we give them. They don't do their homework. Parents must encourage pupils to read, study and squeeze their free time. Whatsapp chat, social media and #tag times must be minimal because it doesn't equip them with knowledge for their exams. They argue and fight with one another in home environment.

They make a great deal of noise, often with the generous assistance of ampli-

fiers and speakers. Others are busy with social media where they use it wrongly instead of looking for information that is vital for their future. Most kids stir their eyes on TV watching things that are not useful to acquire their education.

They bring their problems and bad attitudes to school, where they're disruptive and irresponsible. And that's just the beginning! Most parents report that there is nothing in life more frustrating than bedtime, begging children to do their chores, herding them out the door on time, and manipulating them to do their homework. Do you find parenting to be difficult? Do you hate the whining and arguing? We were not taught parenting skills in school. Nearly all of us certainly were not taught good parenting at home.

Raising children seems to be a mystery, but it doesn't have to be. We really can learn how to raise a child who is loving, responsible and happy. No kidding. Most people just talk about wanting to have a better life, but they don't really do anything about it. If simply talking about it were enough, then we'd all have what we want.

By taking action and choosing to get involved in open discussion parents

need to unite and have Coaching or Forum where they can teach each other how to be a best Parent. Parents can teach each other how to stop their kids in getting addictions to drugs. They can transfer knowledge within their villages through war rooms where problems are being discussed. Most problems do have solutions and where services are needed the government provides assistance. Parents must stop feeling empty, lonely, fearful, and angry for not providing information or leadership to their kids.

Be involved in your child's life. "Being an involved parent takes time and is hard work, and it often means rethinking and rearranging your priorities. It frequently means sacrificing what you want to do for what your child needs to do. Be there mentally as well as physically."

Being involved does not mean doing a child's homework -- or reading it over or correcting it. "Homework is a tool for teachers to know whether the child is learning or not at home. Neighbors are also part in teaching a child. If you do the homework, you're not letting the teacher know what the child is learning."

It takes the whole village to teach a child and a bright child is from the village that is united.

PRACTICAL TIPS WE CAN FOLLOW TO HELP OUR MATRICULANTS:



1. Be patient and understanding by providing your 12th grader with silence, private space and support while he studies. Keep other children in the home quiet and away from him. Television and radio should be played softly so as not to distract the student. It is a good time to encourage silent reading in the family in support of the matric student. Family arguments should be taken outside where he can't hear you. Worrying about family members will create an enormous amount of unnecessary anxiety and stress for him.
2. Have loads of healthy "brain food" snacks around the house for him to munch on such as bananas, chocolate, fresh fruit and vegetables.
3. Invite your child to exercise with you during his breaks. Walk the dog or encourage your teen to join in a family dance/sing-a-long.
4. Take the pressure off your child. At this stage, your child needs support, patience and understanding. He is under enough strain as it is, so nagging him while writing exams is counterproductive.
5. Teach your teen perseverance. Even if he fails his matric exam, it is not the end of the world.
6. Be aware of signs of depression, negative self talk, feelings of helplessness and hopelessness, changes in your teen's personality, and behaviour such as withdrawing from the family.
7. Sleep is very important. Encourage your teen to concentrate in an exam, so spending nights studying is not conducive to good results. Encourage your student to get eight hours of sleep.
8. Teach your 12th grader the power of positive thinking and visualisations. We don't know the true power of the human brain. Positive self-talk and creativity may help him through a difficult paper
9. Provide practical support in the form of tutors, study guides, study groups, and assistance from teachers.
10. Remember to celebrate even the smallest success with your 12th grader, looking forward with optimism and enthusiasm.

We wish the #ClassOf2016 all the best in their Examinations.

HEALTH CORNER



October is international breast cancer month. Studies have shown that mostly women are diagnosed with this type of cancer and that it is more common in developed countries. Diagnosis however does not mean a death sentence if detected early. Breast cancer is a cancer that develops from breast tissue and signs of breast cancer include a lump in the breast, dimpling of the skin and fluid coming from the nipple or red scaly patch skin.

1 IN 8 WOMEN will be diagnosed with breast cancer in their lifetime

Early detection is vital because it improves treatment outcomes, which is why women are encouraged to regularly examine their breast for signs or any anomalies, because many lumps are harmless but they all should be checked.

Besides being a woman other risk factors include obesity, lack of physical exercise, drinking alcohol, hormone replacement therapy during menopause,

early age at first menstruation, having children late or not at all, older age and if there is a family history of breast cancer.

As much as being diagnosed with breast cancer can be stressful and emotionally draining but there is treatment for it. Women who are diagnosed with breast cancer are encouraged to live a healthy lifestyle and exercise to nurture their bodies as well as to gain strength.

Several studies have shown that physical activity contributes to disease prevention and may have an impact on cancer survival rates and recurrence. Women are also encouraged to have a positive mentality towards it because it is highly curable if detected and treated early.



It's important for women of all ages to conduct a breast self-exam at least once a month. You understand the look and feel of your breasts, so you are aware of any changes and can report them to your OB/GYN.

A breast self-exam can be performed lying down. In the shower or standing up facing a mirror:

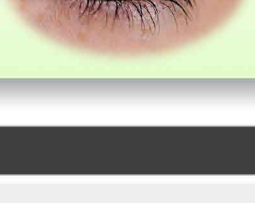
1. Stand in front of the mirror with your arms over your head.
2. Look for puckers, dimples, or redness of the skin.
3. Use three or four fingers on your left hand to explore the right breast, beginning at the outer edge. Move your fingers in small circular motions or up and down around the breast to feel for any changes.
4. Repeat with the left breast.
5. With one arm raised, check under your arm for any lumps. Repeat with the opposite arm.
6. Gently squeeze each nipple to check for discharge.



Visit www.cansa.org.za or call 0800 22 66 22

Did You Know ?

DID YOU KNOW: THAT ALL THE BLINKING IN ONE DAY EQUATES TO HAVING YOUR EYES CLOSED FOR 30 MINUTES



ANNOUNCEMENTS

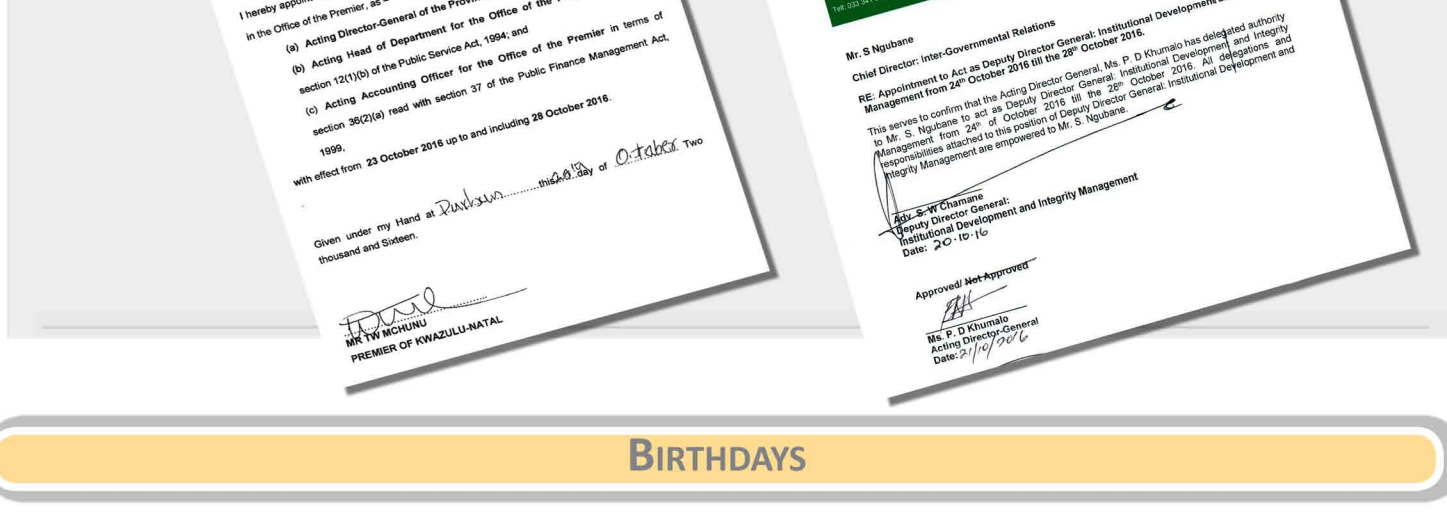
Kindly take note that the footer slogan adopted at Leggotla is **To be the centre of governance, providing leadership towards achieving KZN Vision 2035**. Please take note of the this and amend your documents to reflect the new slogan.

All previous slogans are no longer in use and should be replaced immediately.

It is with great sadness to announce that **Ms Nombulelo Mkhize** (known as Nombi) who was employed as a cleaner by M&J Chemicals at the 2nd floor, Moses Mabhidha building, has passed on the 18 October 2016.

The Memorial Service was held on the 21 October 2016 (Friday) Auditorium boardroom, ground floor. She was laid to rest on Sunday 23 October 2016.

Our thoughts and prayers are with the Mkhize's family during this difficult time.



BIRTHDAYS

- 17th - Gumede MC (KINGS SUPPORT SERVICES)
- 18th - Mkhize KC (ROYAL HOUSEHOLD OPERATION)
- 20th - Mthembu AM (INKULULEKO PROJECT)
- 21st - Mkhize MEBU (NGO AND CBO COORDINATION)
- 21st - Zulu MR (ROYAL HOUSEHOLD OPERATION)
- 22nd - Xaba HT (PROVINCIAL STRATEGIC PLANNING)
- 23rd - Mngqayi SC (BUSINESS LIAISON)

