Top Vibe

Kids Magazine

ONLINE
SEP 2026
ISSUE 98



Start saving at a young age.....

Let's have fun this summer

INDEX

CONTENT

Top Vibe
ONLINE Kids Magazine

COMMENTS:

Please send us an e-mail to
admin@topvibe.co.za
to share your opinion, ideas and comments.

COPYRIGHT:

Content of Top Vibe Kids Magazine is protected by copyright. NO part of this publication may be reproduced or used in any form whatsoever without prior settelment with the editor.

DISCLAIMER:

The Editors or the publisher cannot be held responsible for damages or consequences of any errors or omissions neither do they stand warranty for the performance of any article, letter and / or advertisement. The views of other writers or articles in this Magazine are not necessarly the views of the Editor.

MEDIA HOUSE:
TOP VIBE MAGAZINE
TOP VIBE KIDS MAGAZINE
GLAMOUR TALK MAGAZINE
50+ MAGAZINE / TYDSKRIF

EDITOR:
Charmaine Britz

CONTACT DETAILS:
Cell: 072 768 8582

E- MAIL:
admin@topvibe.co.za

WEBSITE:
www.topvibe.co.za

1.

OUR ADVERTISERS:

Support our advertisers they support
us!

2.

2026 AMBASSADOR

Nombulelo Bless also the Face of Top Vibe Kids Magaazine.

3.

SAVE MONEY:

Learn to save money form a young age.

4.

DID YOU KNOW? :

Read page 10 to find out.



REGULARS

1. EDITORS NOTE 03

Charmaine Britz CEO - MEDIA HOUSE
Top Vibe Magazine / Top Vibe Kids Magazine,
Glamour Talk Magazine and 50+ Magazine/ Tydskrif.

2. AMBASSADORS 04

Top Vibe Kids Ambassadors:
Meet our NEW Ambassador - Nombulelo Bless

3. IT'S FUN TIME 08

We at Top Vibe Kids Magazine try to keep you busy with fun things to do. Hope you enjoy!

4. MODEL COVER PAGE 01

Our cover page:Susters eating candy

5. BACK PAGE 20

Back page: Our September issue



Photographer: Albertus Kriel
Venue: Turn & Tender Vaalmall

REDAKTEURS NOTA

Liewe maats,

Danke tog die winter is verby dit was darm bitter koud gewees. Ek wens hulle wil die skool sluit in die winter dan kan julle lekker warm tuis bly.

Gelukkig is die dae waremer en die swembad water amper gereed om te swem. Dan vergeet ons van die aaklige winter koue.

Die jaar is ook amper op sy rug en dan is dit Desember vakansie Julle moet nou hard leer en dan kan julle leker fokus of skoolvakansie.

Soet wees, tot volgende maand.

Neem deel aan die pret, wat ons vir julle bring.

Liefde

Tannie Charmaine

OUR AMBASSADOR



Nombulelo Bless

Dear Readers,

Yes it's September and we celebrate the month of summer

What a wonderful idee to make plans for the summer

I'm looking forward to the end of the year, just to rest and relax.

Looking forward to meeting the new face of the magazine

Take care till next month

Top Vibes Kids Ambassador

Nombulelo Bless



Let's have fun this summer

Hurry and enter before the
25 September 2026
Let's have fun together!!
Your photo will be
published in the magazine

Charmaine 072 768 8582
Carin 082 827 6556



Media House Face of Top Vibe Kids Magazine





The 2026 Face of Top Vibe Kids Magazine, must hand over the title to our new Face for 2027.

There is still time to enter closing date is 25 Sep 2026

Please call Charmaine 072 768 8582
or Carin 082 827 6556 for More information on this.

Thank you!
Media House

Start saving at a young age.....

Start Saving Young – Your Future Self Will Thank You
Start Saving Young – Your Future Self Will Thank You

Money is a lesson we can start learning when we are very young. You don't have to wait until you have a job or earn a big salary to learn how to save. Whether you are a toddler receiving a few coins, a teenager getting pocket money, or a young adult earning your first income, learning to save early can make a big difference later in life.

Toddlers: Make Saving Fun
Even little children can start learning what saving means. Give them a small money box or piggy bank and let them put their coins inside. Make it exciting! If Grandma gives them R20, perhaps they can put R10 into their savings box and use the other R10 for something small. Children can learn that you don't have to spend every cent you receive.

Parents can also help by setting a small savings goal. Perhaps the child wants a toy, a book or something special. When they see their savings grow, they learn the wonderful feeling of working towards something instead of simply asking for it.
School Children: Learn the Difference Between "Want" and "Need"
As children grow, they begin receiving pocket money. This is a perfect opportunity to teach them about choices.
Before spending, ask:
"Do I really need this, or do I just want it?"
A packet of sweets might be something you want. School stationery might be something you need.

A simple rule could be:
Save some, spend some and, when possible, share some.
Even saving R5 or R10 every week teaches an important habit. The amount isn't the most important thing — the habit is.
Teenagers: Don't Spend Everything You Get
Teenagers often have more opportunities to spend money — snacks, clothes, entertainment, games, outings and other things. Pocket money can be a great training ground for becoming financially responsible.

Try dividing your money into three parts:
💰 SAVE – Put some away for the future.
🛍️ SPEND – Use some for things you enjoy.
❤️‍🩹 SHARE – If you can, use a little to help someone else.
For example, if you receive R200, you could decide to save R50 before spending anything.
And here's an important rule:
Pay yourself first.
That means saving your chosen amount before you start spending.
Start With a Goal



Saving is much easier when you know what you're saving for.
Maybe you want:
A new pair of shoes
A bicycle
A cellphone
A special outing
A birthday present for someone
Your first car one day
Money for your studies
An emergency fund
Write down your goal and how much you need. Then work out how much you need to save each week or month.
Watching your progress can be very motivating!
Young Adults: Your Future Starts Now
When you start earning your own money, it can be tempting to spend your whole salary because you finally have the freedom to buy what you want.
But this is when saving becomes even more important.
Get into the habit of saving before you spend on entertainment and unnecessary purchases. Even a small percentage of your income can become meaningful over time.
Also remember that saving isn't only about buying something nice later. It can give you freedom and security when unexpected expenses come along.
Don't Compare Your Money With Someone Else's
One of the biggest money traps is trying to keep up with friends. Someone else might have the newest cellphone, designer clothes or an expensive car. That doesn't



Let's have fun!



Spot 10 Differences



Start saving at a young age.....

mean you need them too.
Learn to be proud of what you can afford.

You don't have to look rich to become financially secure.

Parents: Teach, Don't Just Give
Parents have an important role in teaching children about money. Instead of simply saying, "You can't afford that," explain why. Let children make small mistakes with their pocket money. If they spend everything on sweets on Monday and have nothing left on Friday, that's a lesson they are likely to remember!
Give children age-appropriate responsibilities and allow them to experience the connection between earning, spending and saving.

The Little Amounts Add Up
You might think, "What's the point of saving R5?"
But saving isn't about the first R5.
It's about creating a habit.
R5 becomes R10.
R10 becomes R50.
R50 becomes R100.
The amounts may change as you grow, but the habit can stay with you for your entire life.

Start Today
You don't need to wait for your next birthday, your first job or a bigger pocket-money allowance.
Start with what you have.
Save a little. Spend wisely. Set goals. Learn from your mistakes.
And remember that money is a tool — you should control your money rather than allowing your money to control you.

The child who learns to save a few coins today could become the young adult who knows how to manage thousands tomorrow.
Start small. Start early. Start today.
Your future self will thank you!
Add a simple savings activity
Include a teen budgeting example
Strengthen the parent guidance



Food facts every child should know

🍎 Food Facts Every Child Should Know
Food gives our bodies the energy we need to play, learn, grow and stay strong. But not all foods give our bodies the same kind of fuel. Learning the difference between healthy foods and foods we should only enjoy sometimes is an important lesson from a young age.
🥦 What foods are healthy?
Healthy foods are packed with nutrients that help our bodies grow and work properly.
Fruits and vegetables:
Apples, bananas, oranges, berries, carrots, spinach, broccoli and tomatoes are full of vitamins, minerals and fibre. Try to eat a variety of different colours – the more colourful your plate, the better!
Protein foods:
Eggs, fish, chicken, beans, lentils, meat, nuts and seeds help build and repair our muscles and keep our bodies strong.
Whole grains:
Oats, whole-wheat bread, brown rice and whole-grain cereals can provide energy and fibre to keep us going throughout the day.
Milk and other dairy foods:
Milk, yoghurt and cheese provide important nutrients, including calcium, which helps build strong bones and teeth.
Water: 💧
Don't forget water! Our bodies need water every day. Water is usually a better choice than sugary drinks when you're thirsty.
🍭 What foods should we eat less often?
Sweets, chocolates, biscuits, cakes, doughnuts, chips, fast food and sugary drinks can be delicious, but they often contain lots of sugar, salt or unhealthy fats and don't provide as many nutrients as healthier foods.

That doesn't mean children can never have these foods. A treat now and then is perfectly okay. The important thing is that treats don't replace healthy meals and snacks.

🍔 A simple rule for kids
Think about your plate:
🥦 More: vegetables and fruit
🍗 Some: protein such as chicken, fish, eggs or beans
🍞 Some: whole grains and other healthy carbohydrates
🥛 Include: nutritious dairy or alternatives
💧 Drink: plenty of water
And remember: healthy eating isn't about never eating your favourite treats. It's about balance.

🌟 Did You Know?
Your body is growing every single day! The food you eat helps provide the building blocks for your brain, bones, muscles, teeth and immune system.
So next time you reach for a snack, ask yourself:
“Is this going to give my body the fuel it needs?”
Make healthy choices, try new foods and enjoy your meals. Your body will thank you! ❤️



Fun Facts that Children should know!

🐙 An octopus has three hearts! Two hearts pump blood to the gills, and one pumps blood to the rest of the body.

🦒 A giraffe's tongue can be up to 50 cm long! It uses its tongue to grab leaves from tall trees.

🍯 Honey never spoils. Archaeologists have found pots of honey in ancient tombs that were still safe to eat.

🐧 Penguins can jump up to 2 metres out of the water! Their strong flippers help them launch themselves onto ice.

🌙 The Moon is slowly moving away from Earth. It drifts about 3.8 centimetres farther away every year.

🦋 Butterflies taste with their feet! When they land on a leaf, they can tell if it is good to eat by standing on it.

Did You Know? A group of flamingos is called a flamboyance—one of the most colourful names in the animal kingdom! 🦩✨







MAGAZINE Media House



NEXT ISSUE - OCT 2026

TO DOWNLOAD GO TO www.topvibe