

the

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SCHOOL LIFE

Set goals, work hard and
reap the rewards

* Distributed to the communities of Ballito, Durban North, Gateway, La Lucia, Mt Edgecombe, Prestondale, Somerset Park, uMdloti, uMhlali, uMhlanga Ridge, uMhlanga Rocks, Zimbali



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NEW BEGINNINGS

Aren't we creatures of habit? As every new year dawns, so we have two things on our mind. The first one is getting the kids ready and motivated for another year of classes, homework, projects, sports and cultural activities, discipline, and long hours studying. The second is getting ourselves motivated to lose those extra kilos that have piled on over the festive season – be it exercising or simply disciplining ourselves to eat less and eat better.

The focus of this issue is education and wellness – two must-haves that might be poles apart, but are “joined at the hip” if we want to live a long and fulfilled life.

Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning – THOMAS JEFFERSON

Getting The Balance Right on page 12 looks at the issue of balancing academics with sports and culture to breed a good all-round learner, one who is disciplined, determined, driven to succeed, and goal orientated. Two other issues discussed are whether to choose a co-ed school or single sex school (page 18); and screen addiction (26), a growing concern for parents.

Getting healthier, fitter and embracing all-round wellness is on everyone's lips at this time of the year, so turn to page 42 for some inspiration to kick you into gear. Tied in with this, the benefits of pink Himalayan



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salt are the latest trend for your home and health (page 46).

In our festive issue we ran a competition to win a weekend for two at the uMfolozi Big Five Game Reserve. Thank you to everyone who entered. But a big congratulations to our winner Bev Pennington from Durban North. Here's wishing you an amazing weekend, relaxing and enjoying the luxury uMfolozi Big Five Game Reserve offers.

After 15 years of service, we bid farewell to Tracy Linden, our sales manager, who is leaving us to venture into new territory and face new challenges. Good luck Tracy.

Until the next time,

Lorna King



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