



Ben

se

Pen

UITGAWE 1



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Miezell Abrie
Bokamosa Malebana
Tshepiso Ramatsetse
Thato Mphahlele
Rihanna Maunatlala
Bontle Mkwanzazi



Kamo Mashishi

I joined Ben se Pen because I would like to do a little more of creative writing and enhance my writing skills.

I believe that I can use Ben se Pen as a tool for communication and self-expression. Through this writing club I am excited about getting this opportunity and seeing my work published on the school's page. This will allow me to share my ideas and creativity with a wider audience.

I aim to challenge myself and learn from others. All in all, I am eager and excited to receive feedback and being part of this creative club.

Miezell Abrie

I joined Ben se Pen because I enjoyed writing and expressing what is important to me with other people. I got into writing because I enjoy reading whether it was romance books or thrillers.

For me books are important because it's a doorway into another world and other people's stories. That's why I love writing, and being a part of Ben Se Pen because it allows us all to express ourselves and being a part of something more.

Chanté van Aswegen

Other than the participation points, I have always loved to write -

Stories, poems, news and my personal opinion. And having someone to take my bits and pieces of writing to, made all the difference.

I don't believe everyone will enjoy it, as I do, but come try it out, maybe you find a love you never knew about.

WHY DID I JOIN THE BEN SE PEN?

Khaya Nkosi

From my view I'd say it is a group which allows school children to be creative. Joining Ben Se Pen has been an incredible experience, as I get to witness and support the growth of young minds through creative expression.

Ben Se Pen provides an environment where students can express themselves freely, explore their imagination, and bring their ideas to life. As someone who believes in the power of imagination cause I daydream a lot, I was drawn to this organization's passion for empowering young minds.

But what really caught my attention was how much fun Ben Se Pen looks! The energy, the excitement, and the creativity from this group is infectious. I knew I had to be a part of it.

Nomthandazo Mabuza

I have always been a creative mind, writing anything and everything that came to me.

I always knew I needed a challenge to be able to hone my writing skills. I joined Ben se Pen because it was an opportunity to reach a wider audience, an opportunity to be better at something I enjoy and to educate everyone else about the potential of our school and how I see it.

Bontle Mkwanzazi

As a drama student, storytelling is an essential skill I need to master. Being able to effectively tell stories is crucial for bringing scripts to life, conveying emotions and connecting with the audiences. By joining Ben se Pen it helps me develop my storytelling abilities in a new way. It will also provide invaluable hands-on experience, that allows me to refine my writing and communication skills in a dynamic, real world environment.

Onkarabile Ramatshego

As a student, I've always been passionate about writing and storytelling. When I heard about the school's Ben se Pen, I knew I had to join but I only joined later in my high school years which was this year because the previous years I was scared to join because I was afraid I was too late to join.

Being part of the Ben Se Pen will provide me the opportunity to improve my writing skills and learn from others. I'll be able to get feedback on my work, try out different writing styles ect. And one thing about me is with the love of photography, I love editing as well , there's just something about it that excites me. Overall, I joined Ben se Pen with an open mind to discover things and share my ideas. You might find this funny but I also joined to get points to add to my points to be an EC next year.



WHY DID I JOIN THE BEN SE PEN?

Rihanna Maunatlala

The reason I joined Ben se Pen, is because I wanted to find my voice. I wanted to be part of something that would allow me to express myself, to share my thoughts and ideas with others, and to make a difference in our school community. When I first saw Ben se Pen, I saw a group of passionate individuals who shared their love for writing, storytelling, and creativity, which I wanted to be part of. I saw a platform where I could grow, learn and evolve as a writer and as a person. I'm eager to take on new challenges, work with others, and push myself beyond my comfort zone. As I start this journey, I'm grateful for the opportunity to be a part of Ben se Pen and to see where it takes me

Gabriella du Plessis

Ek het nog altyd 'n liefde vir skryf gehad, en wou meer ervaring kry. Aanvanklik was ek huiwerig om aan te sluit aangesien ek nie eintlik geweet het was om te verweg nie, maar my vriende het my aangemoedig om te probeer.

Ek het baie geleer gedurende my tyd saam met die Ben se Pen span en kon ook verbeter. Ek moedig leerders wat 'n liefde het vir skryf, en wie bereid is om deel te wees en tyd af te neem om elke kwartaal ten minste een artikel, skryfstuk of gedig by te dra, om by Ben se Pen se span aan te sluit.



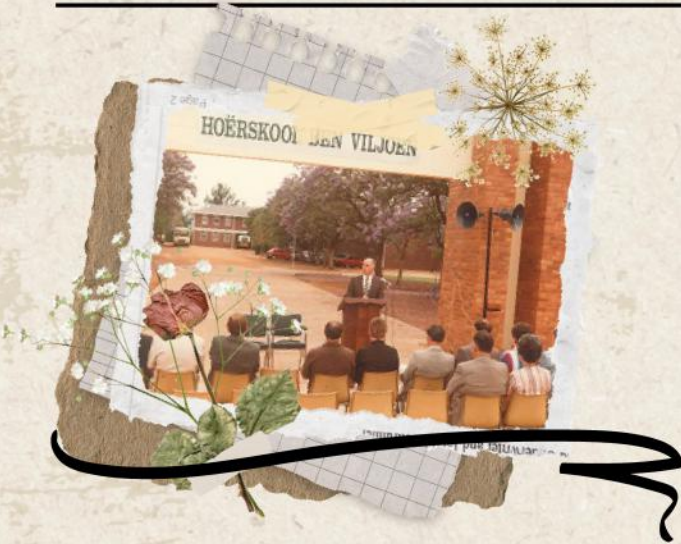
78 YEARS OF THE GREEN AND GOLD



by Nomthandazo Mabuza

This little school in the heart of the Loskop Valley grew and spread its wings like the great big Owl it is. As Dallers we have to be proud of what the school has achieved from its establishment to today.

"In die hart van die Loskop Vallei is daar 'n skool, Hoërskool Ben Viljoen."



"Ons bloed is groen", "Ons Werk - Ons Eer" these are the chants heard from a high school in the heart of the Loskop Valley. However to become the great school that it is, didn't take place overnight. Just as Rome wasn't built in a day the same can be said for this wonderful school.

Would you believe that around a 100 years ago cattle and lions roamed near our school vicinity? Hoërskool Ben Viljoen was built as a necessity for the kids in the Loskop Valley. Parents saw the need of a good school for their kids with quality education. Hoërskool Ben Viljoen was established on 21 February 1947 with 8 staff members and 185 learners from the grades 8-10. It began small, with inadequate resources available for the teachers and learners and 7 semi finished buildings. However, due to the efforts of the circuit inspector Mr BJ Viljoen and his team, the school was able to attain the resources they needed. The school was then named after Mr BJ Viljoen to thank him for his efforts.

The first matric exam in Ben Viljoen was written 1950 with a class of 14 learners. Today the the exam is written by 150+ matriculants every year. The Boomhuis hostel and Huis Cherie were established is 1951 and 1954 respectively.



ONS WERK

ONS EER





GRAAD 8 – WAT ‘NJAAR

deur Shiniska du Plessis

Ons het oor begin en waar ons die “Groot kinders” was, is ons nou net kleintjies. Mens kan nie dink dat ons hele laerskool loopbaan verby is en ons nou met ons finale hoofstuk van ons skoolloopbaan begin het nie. Dit het weer gevoel soos die eerste dag van Graad 1... Ons is nou weer besig om nuwe mense te vind. Al voel dit asof ons in ‘n bodemlose put gegooi is met die hoeveelheid aktiwiteite wat plaasvind.

Toe ons op 15 Januarie in Ben Viljoen se skoolsaal in stap, was dit met baie gemengde emosies. Skielik het ons nuwe drome, passie, vrees en ‘n uitsig oor lewe. Ek kan met trots se dat Ben Viljoen die beste opsie is. Hier leer ons om verantwoordelik te wees, respek te hê, nuwe vaardighede en kennis op voort te bou.

Ben Viljoen is meer as net ‘n skool. Dit skep die groot mense van die toekoms, gee jou ‘n veilige plek waar jy jouself kan wees. Jy pas in, maak nie saak wat jou talente is nie. Ben Viljoen het dadelik die vrees wat ek oor hoërskool gehad het, verander in opgewondenheid.

Elke kind se behoeftes word versorg- al is dit met sport, akademie, kultuur en selfs net iemand met ‘n goeie gesindheid. Die gees is onbeskryfbaar. Ja, hoërskool is anders en moeiliker, maar hier ken almal mekaar.

Ek weet ons Graad aggies voel tuis





The Ultimate Guide to: Survive Hoërskool Ben Viljoen



by Bokamoso Malebana

Welcome to Hoërskool Ben Viljoen! Where the learners, staff and the parents form the unique heartbeat of the school. Every high school has its own guide, but don't worry, I am here to help you survive.



Make friends

Join sports or clubs-it is like speed dating but for kids. Avoid weird lines-this is high school(Trust me ,you don't want to be made fun of)

Respect seniors but don't be their butler

Greet them and if they say that you should buy them lunch - smile and say you left your wallet in 2024. Just Kidding! Don't be cringe!

Respect Teachers

Respect them and don't try to be a teacher's pet(Balance is key) .Ask questions .It is better to look clueless for a second than to fail a subject .Remember the angrier they are, the more homework they give- Tread Carefully

Peer Pressure

You don't need to prove anything. The coolest thing you can be is yourself.

High-school Drama

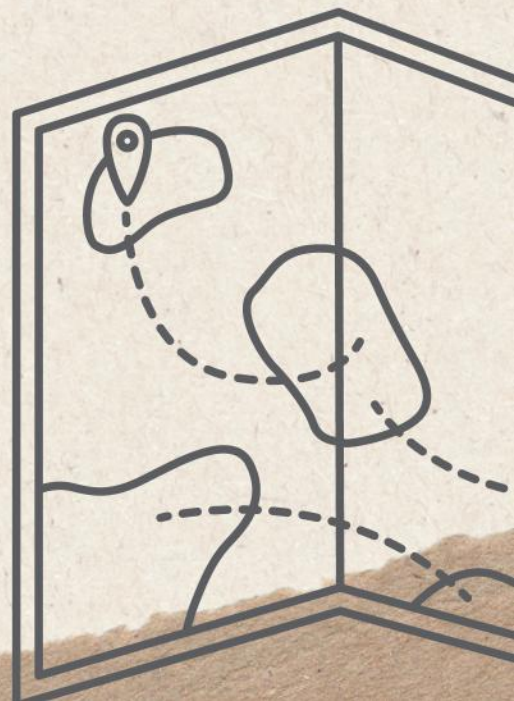
Skip that. Gossip is fun until it's about you .Don't let small things ruin your vibe-some arguments aren't worth that much. Just sip your juice and move on.

Self-care

Even though high school can be mentally draining, but you will get over it (You will be looking back and see you were also confused like that) .Until then- eat, sleep and reboot.

Get your life together

Write down your homework(you will forget it).Keep your bag organised -you don't want to be that kid that takes out an old sandwich from last term. Create a study routine-even if it is just looking at your book



BENNIES SE GROENTJIEKONSERT

deur Lanél Coetzee



Met blinkertjies, neonverf, sonbrille en baie tutu's het die UR-lede die 2025 Groentjiekonsert 'n groot sukses gemaak! Dit het op die 10de Februarie vir die oumas, oupas en leerders plaasgevind, terwyl dit op die 12de Februarie die ouers se beurt was om hierdie meesterstuk op die planke te sien.

Aan die begin van die jaar het die graad 8's die skok van hulle lewe gekry toe hulle hoor "Willy Wonder en Die Sjokolade Fabriek", was die tema vir vanjaar se graad agt konsert. Van ons beste graad 8 akteurs en aktrises was gekies tydens oudies vir hoofrolle. Die karakters speel 'n belangrike rol om die konsert lewendig te maak en die storielyn oor te dra aan die gehoor.

Die UR-lede het gou-gou die bal aan die rol gesit en vinnig-vinnig het die gr8-uiltjies begin dansies aanleer. Hierdie dansies het van die mees abnormaalste passies en draaitjies gehad maar dit was voorwaar iets om te beleef.

Dankie aan al die UR-lede se harde werk, die gr 8's waardeur dit baie. Julle het dit vir ons 'n onvergeetlike ervaring gemaak!



BEHIND THE SCENES VAN DIE GRAAD 8 KONSERT

deur Lanél Coetzee

Everyone had the chance to witness the amazing grade 8 concert of 2025. But the question is what really happened behind the scenes? Why was it so spectacular?

Well we can't forget the EC-members who definitely put a lot of elbow grease into it, and the grade 8's also did a big chunk of the work to make it so enjoyable.

Let us take you behind the scenes...





by Blessing Ratau



SURVIVING SUBJECT CHOICES: A GRADE 10'S GUIDE TO PICKING THE RIGHT SUBJECTS



They say choosing your Grade 10 subjects shapes your future. No pressure, right? I've been there—staring at the subject choice form like it held the secrets of the universe. But with the right decision-making skills, I made it out alive. Here's how you can too.

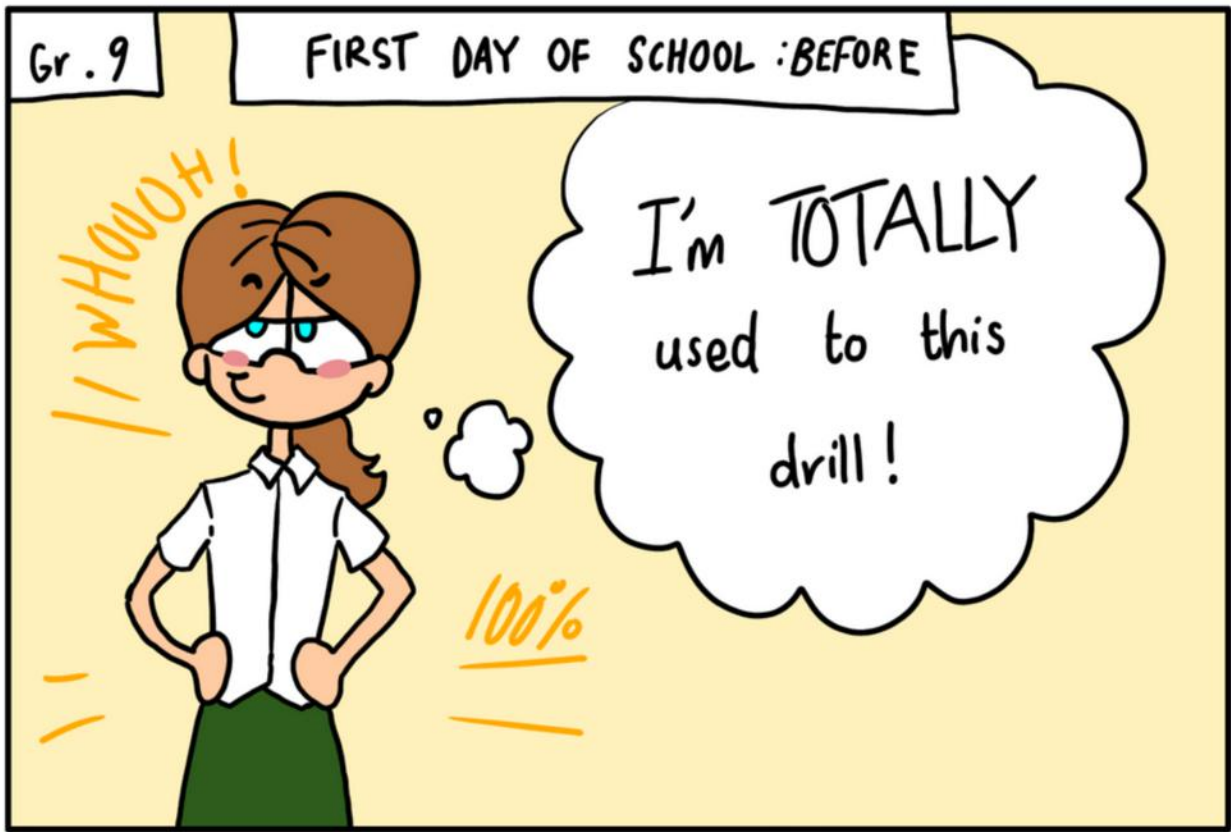
- 1. Identify the Goal** – First, I asked myself: What do I actually enjoy? (Spoiler, not balancing ledgers) Knowing my career interests helped me rule out unnecessary subjects.
- 2. Gather Information** – I researched subject combinations that universities and jobs require. Turns out, dropping Math for Math Lit would have been a disaster for my dream career.
- 3. Consider Alternatives** – I couldn't decide between Business Studies and Physical Sciences, so I took Business as an extra subject. Tough? Yes. Worth it? Absolutely.
- 4. Weigh the Pros and Cons** – I originally chose Accounting, but after considering the workload and my strengths, I realized it wasn't for me and dropped it. Best decision ever.
- 5. Think About the Long-Term** – Sure, taking an "easy" subject sounded tempting, but I didn't want future-me regretting it when applying for university.
- 6. Trust Your Gut** – Everyone had opinions, but at the end of the day, I picked what felt right for me. And so far? No regrets.

Choosing subjects can feel overwhelming, but once you take the time to think things through, it all falls into place.



explore

by Moshopiadi Nchabeleng



explore

by Moshopiadi Nchabeleng



explore

by Moshopiadi Nchabeleng



AN UNEXPECTED ADVENTURE

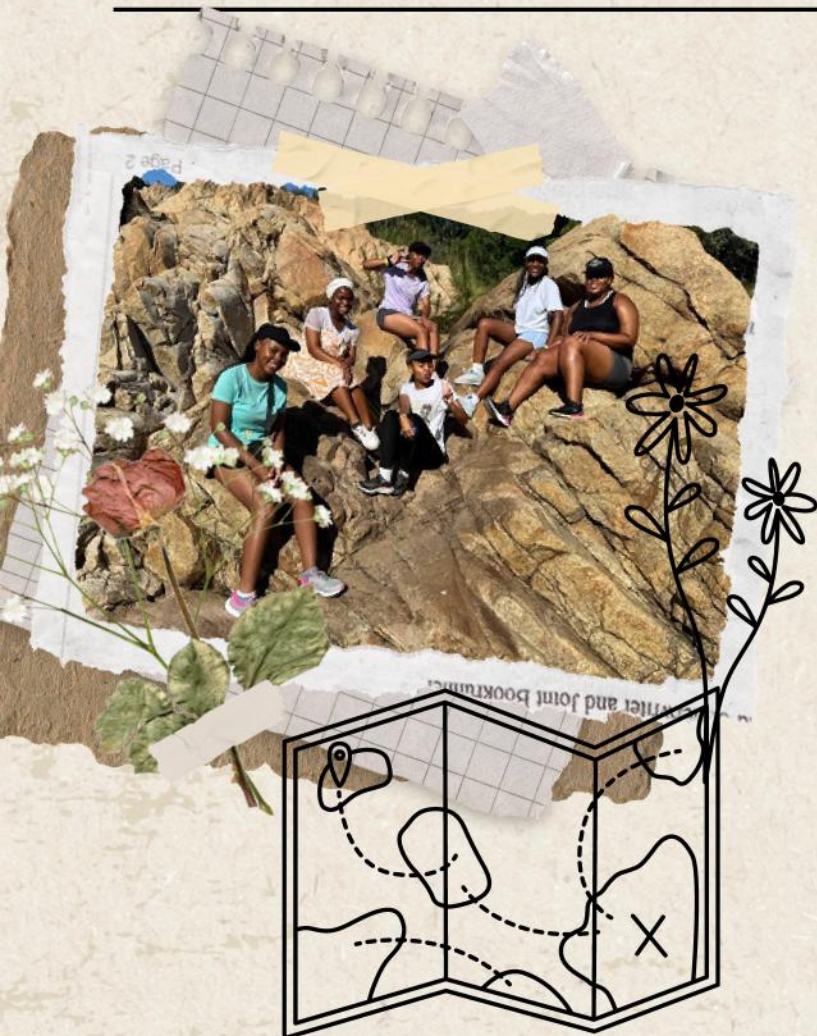
by Nomthandazo Mabuza

It was the second day of the top ten trip that we decided to be a little bit adventurous. We woke up at 7am and headed for the hiking trail. Six teenage girls persistent on exploring the outdoors - that sounded great on paper and we were optimistic about the outcome. #fitgirls was our motto. Little did we know what awaited us.

Our first stop was the bridge, there were these huge rocks in the river that we were able to walk upon. We took pictures and a few amusing and scary stories from the security guard. One of the girls then decided she wasn't up to it and went back. That should have been the first sign, however the rest of us were determined to finish what we started.

One kilometre turned into 2 and so forth but not as fast as we thought. Each kilometre felt like 10 and each minute felt like an hour. However we remained optimistic we were sure that we were going to finish the 10 kilometre trail.

The scenery was beautiful, mountains, hills, vineyards and the highlight the river. The sound of the river accompanied us through our long walk to freedom. But soon hope was shattered and our water limited. How in the world did we only have 3 water bottles amongst the five of us?





AN UNEXPECTED ADVENTURE



by Nomthandazo Mabuza

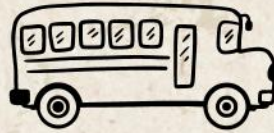
We soon came to realise that 10 kilometres was not so easy as we thought when we thought we were at the 7 kilometres mark we came to realise that it wasn't 7 but 3.7 kilometres. The shock that we felt, we thought we were near the finish line but alas we weren't so just as teenage girls do we made a decision after hearing what we believed to be a snake and slithered out of there. Although we didn't make it to the 10 kilometre mark, we were able to walk a full 7.14 kilometres.

The adventures that we experienced throughout the hike such as the animals we saw and the rescue jokes we were making will forever stay with me. Although this was an unexpected adventure, it would be the perfect adventure.





deur Gabriella du Plessis



WENKE HOE OM MATRIEKSTRES TE HANTEER



Skool druk kan soms lei tot 'n geweldige aantal stres. Veral in matriek. Die pas is vinnig. Die verwagtinge is hoër. En die werk word net meer en moeiliker.

Te veel stres kan lei tot uitbranding en ook 'n negatiewe invloed tot gevolg hê op akademie. Dus is dit belangrik om stres te hanteer en beheer deur gesonde wyses.

Prioritiseer slaap - Slaap is verskriklik belangrik om akademiese sukses te behou. Slaap affekteer jou fisiese en emosionele welstand en het ook 'n impak op konsentrasie vlakke en geheue. Deur genoeg slaap (7-9 ure) in te kry, verminder stres vlakke.

Handhaaf 'n gesonde dieet - Dit wat jy in jou liggaam inneem, het 'n invloed op jou emosionele toestand. Deur gesonde en gebalanseerde voedsel in te neem, word meer energie vrygestel om stressor te hanteer.

Beoefen ontspanningstegnieke - Byvoorbeeld asemhaling oefeninge, yoga, en meditasie.

Luister na musiek - Musiek veroorsaak dat die brein hormone soos dopamien vrygestel word, wat jou goed laat voel. Dit verlaag ook stres vlakke en stel 'n mens in staat om te ontspan.

Spandeer tyd buite - Stres kan ook versmorend voel wanneer 'n mens op dieselfde plek bly vir ure op een. Dit is dus goed om af en toe 'n stappie te vat tussen studie periodes en net die natuurskoon te waardeer.

Skep 'n studie skedule - Aangesien meeste van die stres gespek word as gevolg van akademiese bekommernisse, sal dit 'n goeie idee wees om studie tye te beplan, vakke te prioritiseer volgens dit wat eerste geskryf word en wat die meeste aandig benodig om verbeter te word.

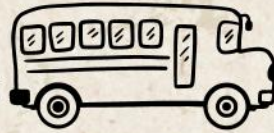
Praat met iemand - Soms benodig jy net iemand om na jou probleme en frustrasies te luister. Dis is normaal om stres te beleef en maak jou nie swakker as mens nie. Moet nie bang wees om jou gevoelens uit te spreek nie.

Moet nie hard wees op jouself nie - Die werk is moeiliker en dit is normaal om te knak onder die druk. 'n Dip in jou punte is nie die einde van die wêreld nie. Fokus op verbetering en hou jou kop hoog. Solank jy aanhou probeer sal jy die vrugte van jou harde werk eventueel pluk.

Behou die pret van tiener wees - Matriek is kort en die druk is soms oorweldigend. Dit is egter belangrik om ook te fokus op die goeie, opwindende aspekte van dit. Geniet die jaar soveel soos wat jy kan en onthou om deel te neem!



by Nomthandazo Mabuza



TAKE A DEEP BREATH AND START



There comes a time where we all reach the last stretch of the race - a time where you also need your ID, not just your pens and pencils in order to write, MATRIC. The six lettered giant, MATRIC. This giant however requires a little bit more than a slingshot to tackle and since I have experienced a full term of trying to tackle this giant I think I'm experienced enough to advise you on how to handle matric.

• **Firstly take a deep breath and start**

We've all heard those scary stories about matric, how difficult it is, how exhausting it is and the list goes on. Ignore all that and take a deep breath and start. So don't let outside noise scare you from being open minded about the matric experience

• **Create a daily schedule**

We've all heard of study schedules but people don't mention that a daily schedule leads to discipline in your study schedule. How can you implement a study schedule when you don't even know how your day looks like? This will enable you to see how many hours you can allocate to your daily activities and studying

• **Do your homework**

As much as exhausting doing homework is especially in matric when a day's homework seems like an entire week's homework. DO IT! Homework is the first step to passing. By doing homework you are then able to identify and deal with your weak points before the test series or exams.

• **Learn from your failures**

When it comes to matric, you have to be realistic there will be a time of failure or a time when you feel as if you've failed because we all have our own definitions of failure. You can cry about it for a day but the moment the sun rises again you take it as a lesson learnt and move on. Learn so that you don't have to keep on learning. Evaluate so you can know what to do better next time.

• **Speak up if you're struggling**

Most learners feel ashamed when they don't understand something especially if your classmates continue to brag about how 'easy that topic is.' Remember that we all have different capabilities, strengths and weaknesses. Speak up while it's still early so you can get help.

• **Remain faithful**

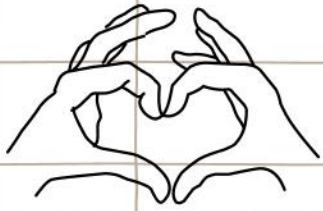
Matric tends to make you question your faith, you come across challenges and wonder if God has abandoned you, well he hasn't. He'll always be there it's a matter of are you allowing him to be there. Remain strong in your faith at all times

• **Lastly make the best of every moment**

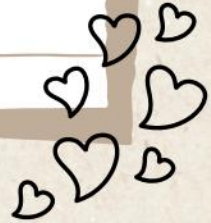
Although matric might seem like it brings only sorrow and exhaustion, it has its own hidden gems. It's up to you whether you cherish them or not. Try to enjoy every moment, every moment of harmless foolishness, take it all in and enjoy it. This is the one year of your school career you are most likely to remember. So make the best of it.

By now you must have also figured out that matric requires more than a slingshot to tackle. So pack your slingshot and your new guideline on tackling matric in your bag and sprint into your matric year. All the best.

Valentine's Day



by Bontle Mkwanazi



Can a single day capture the complexity of love? Perhaps not. Love is a messy, yet beautiful tapestry of emotions, with joy and heartache, tears and laughter all intertwined.

So, why is Valentine's Day celebrated? And where does this beloved holiday even originate from?

Interestingly Valentine's Day originated from the Ancient Rome festival '*Lupercalia*' which celebrated love, fertility and friendship.

But Valentine's Day is more than just a romantic dinner or a box of that expensive chocolate that you like. It's a day to appreciate the loved ones in our lives. And let's be real, it's also the only day where we work up the courage to ask our crushes out without feeling embarrassed about it... or being rejected.

Valentine's Day is a time to reflect on love in all forms: the unconditional love, the romantic love of partners, the platonic love and the spiritual love that connects us to something greater than ourselves.

Love is something to be cherished and chosen in true occasions, not just on February 14th.

So, what's your love story?



VALENTINE'S DAY



by Onkarabile Ramatshego

Valentine's Day is a special day to show love and kindness. On February 14th, people give sweet treats, gifts, and heartfelt messages to their loved ones. At school, students have fun buying cupcakes, donuts, and raffle tickets to win teddy bears for their friends. They even wear Valentine's Day-themed accessories!

But the excitement doesn't stop there. Later that night, some schools host a special Valentine's Day dance, often called a "Valentine's Sokkie". It's a fun evening of music, dancing, and celebration with friends and crushes. Students dress up in their favourite outfits, and the school is decorated with balloons, streamers, and hearts. The dance is a wonderful way for the students to socialize, have fun, and create unforgettable memories with their peers.

But some people Valentine's Day is a painful reminder of what's missing in their life. It can bring up feelings of sadness, rejection, and isolation. Social media can exacerbate these feelings, as people as people share photos and stories of their romantic celebrations, it's essential to remember that everyone's journey is unique, and it's okay to not have a romantic partner. It's also important to focus on the love and support that doesn't exist in our lives, whether it's from family friends or ourselves.



Remember, Valentine's Day is not just about romance. It's about friendship, family, and loving yourself. Be kind to yourself and others. Focus on the good things, like giving and receiving thoughtful gifts. By doing so, we can spread love, kindness, and understanding. "Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope"-Maya Angelou. Let us spread love and kindness this Valentine's Day, and every day!

by Blessing Ratau

VALENTINE'S DAY

a Love Letter to Chocolate



Oh, dearest chocolate, my heart's delight,
My sweetest joy in morning and night.
No flowers, no diamonds, no love-struck
cliché,
Could ever outshine your rich, sweet display.

Dark, milk, or white—you never deceive,
Each bite a promise, a reason to breathe.
Through heartbreak and stress, you're always
near,
A melt-in-my-mouth whisper—I'm here, my
dear.

Forget grand gestures, forget the chase,
One square of you—pure sweet embrace!
No mind games, no texts left on read,
Just silky perfection straight to my head.

So while others hold hands and whisper I do,
Chocolate, my darling, I choose you!



Ben Viljoen rugby vs Pretoria Noord



by Thato Mphahlele



On the 15th of March, Hoërskool Ben Viljoen's rugby teams put on a spectacular display against Hoërskool Pretoria-Noord, proving their strength and teamwork across all divisions. The younger squads wasted no time in setting the tone, with the I4A team storming to a dominant 40-0 victory.

The I5A side took it up another level, completely overpowering their opponents with an incredible 68-0 win. The I5B team followed suit with a solid 34-3 victory, while the I6A team continued the winning streak with a commanding 33-7 triumph. It

was a day of standout performances, further cementing Ben Viljoen's reputation as a rugby powerhouse.

One of the most intense matches of the day came from the 2nd team, who found themselves in a tense match. Despite relentless pressure from Pretoria-Noord,

Ben Viljoen's defense held strong, grinding out a hard-fought 18-12 win. Their composure under pressure made all the difference, as they managed to edge out their opponents in the dying minutes of the game.

The 1st team clash, however, was a completely different battle—arguably the toughest they've faced this season. Ben Viljoen came out firing, drawing first blood with early points on the board.

Pretoria-Noord, however, was quick to respond, and from that moment on, it was a back-and-forth war. Both teams showed great discipline throughout the match, but as the final minutes ticked away, the tension began to rise. Some heated words were exchanged, but the captains took charge, keeping things from escalating. In the end, neither side could find the breakthrough, and the game ended in a hard-earned draw.

Overall, it was a day filled with incredible rugby, from dominant wins to nail-biting finishes. Hoërskool Ben Viljoen can take immense pride in their rugby performances, and if these matches are anything to go by, they'll be a force to be reckoned with for the rest of the season.





Eerste van die Beste

deur Shiniska Du Plessis,
Lanél Coetzee

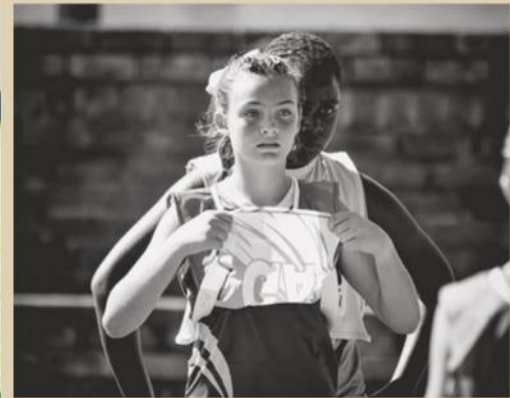


Die eerste keer na 'n witwarm atletiek seisoen, skop die Dallers af met 'n BANG! waar ons 'n lang warm dag met netbal, hokkie en rugby aangebied het op ons eie sportsvelde.



Ellisras het ons verseker op ons tone gehou, maar ons het deurgedruk met die volgende sportspanne:

Rugby : o.I5A en Eerstes, Netbal: o.I4A en O.I6A, asook met die Hokkie se O.I5A, O.I6A, tweee span en eerste span.



Dan moet ons nie vergeet van ons ander spanne wat weer 'n "comeback" gemaak het met die Pretoria-Noord wedstryde. Ons eerste rugbyspan het verseker ons senuwees klaargemaak, maar vir ons 'n goeie game gegee om na te kyk... En moenie van Du Toit vergeet wat gees gebring het met "Ollée, olé ,olé"



Ons hoop dat die wedstryde wat kom sal net so uitstekend en vol gees gespeel word soos die. Ons wens almal 'n geseënde jaar verder. En wen soos 'n ware Daller.



by Khaya Nkosi



THE GREEN AND THE GOLD UNLEASHING THE BEAST OF BEN VILJOEN SPORTS SPIRIT

Our school spirit burns, like a fire so bright,
united we'll shine, with all our might.

Dallers are driven by passion, and dreams
anew .

Varies from school to school, we're blessed

To some , winning is wealth and fame.

To us , it's love and a family tight ,

A sense of belonging, that shines bright .

And on the pitch , we're equal & our hearts
made of gold.

Together we rise, our bond crystal clear

For in the unity of sports, we find our
greatest score as one.

We'll play with kindness, with respect, and
with cheer.

In sports where our love takes flight.





EC BALL '25

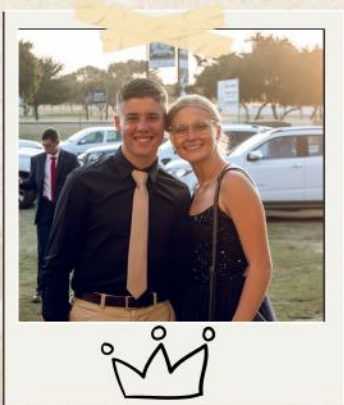
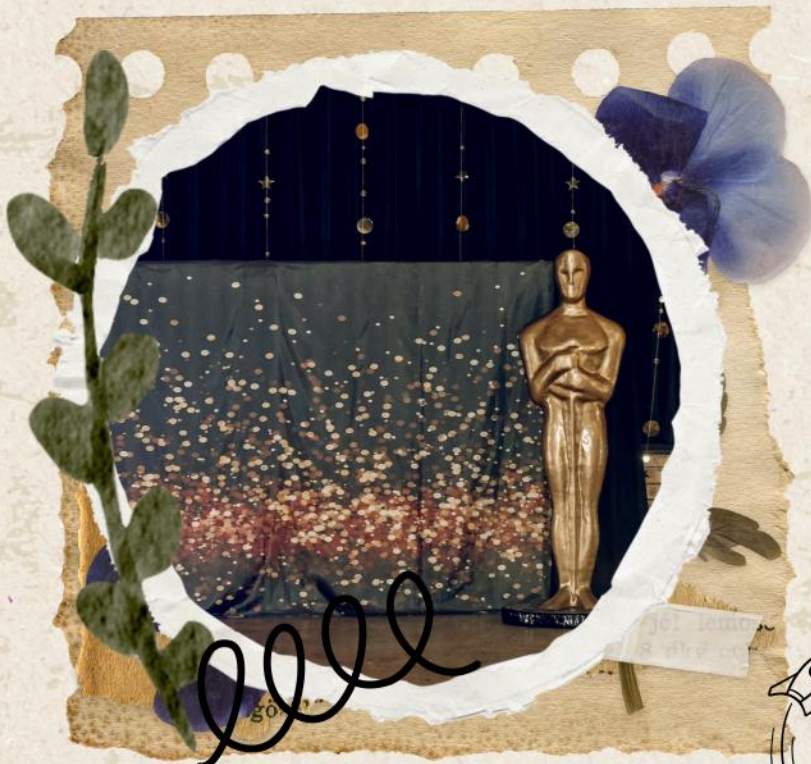
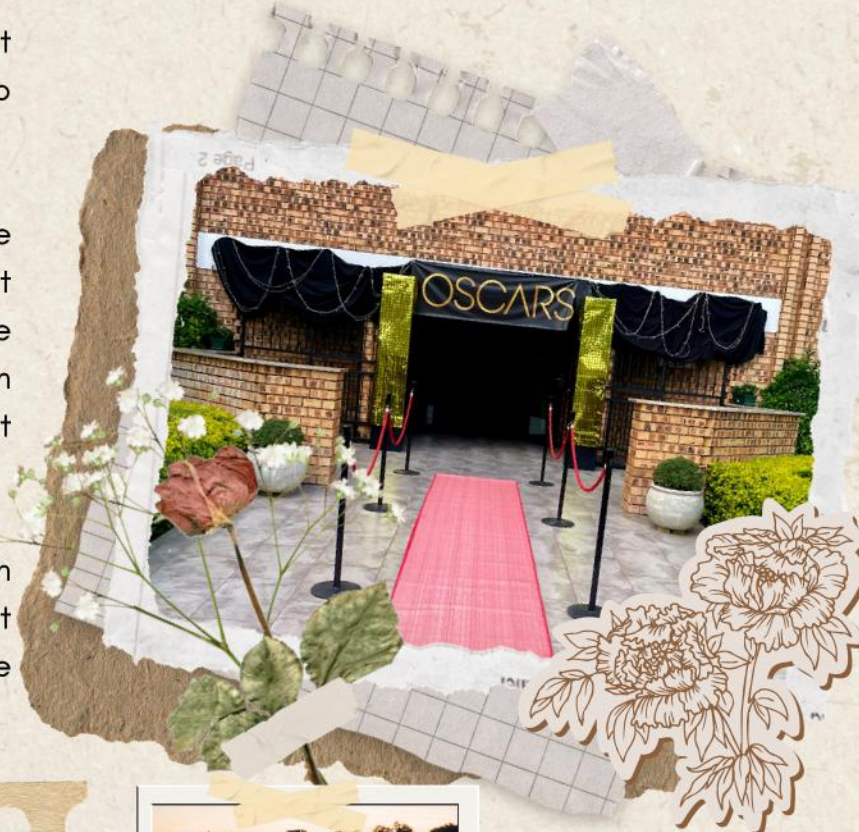


deur Miezell Abrie

The EC ball which was held on 20 March at DLU Hall was definitely a night to remember and a huge success!

This year, the theme was Oscars, and the organizers certainly didn't disappoint! It was an evening of glitz and glam where we as students of Hoërskool Ben Viljoen walked on a red carpet in our fanciest outfits.

The hall was decorated lavishly, with beautiful lighting that made the night ethereal that contributed to us dancing the night away.



Strange but True

by Maggie French



The Weirdest Facts You
Won't Believe

It is no secret that our planet is filled with some of the strangest and funniest facts whether it be about nature itself or us human beings, and this article is written to highlight some of those secrets of our beautiful planet and the activities happening on its crust. Enjoy, if you dare...

1. A day on Venus is longer than a year on Venus. Venus rotates on its axis so slowly that a full rotation takes longer than it takes the planet to orbit the Sun.

2. Sloths can hold their breath longer than dolphins. Sloths can hold their breath for up to 40 minutes, which is longer than dolphins, who can hold theirs for about 10 minutes. That is pretty ironic, considering...everything.

3. A cloud can weigh more than a million pounds. Despite looking fluffy, a typical cumulus cloud can weigh as much as 1 million pounds (or 500,000 kg).

4. Rats laugh when tickled. Rats emit a high-pitched sound when they're tickled, which is considered their version of laughter.

5. There's a town in Norway where it's illegal to die. Longyearbyen, a town in Norway, forbids its residents from dying because the permafrost prevents bodies from decomposing.

6. Pineapples were once so rare that they were rented out. In the 18th century, pineapples were considered a luxury item in Europe, so wealthy people would rent them for parties and social events to display their status. Suppose that explains King Julian's obsession...

7. The shortest war in history lasted 38 to 45 minutes. The Anglo-Zanzibar War of 1896 holds this record. (Even shorter than our war against our teachers, those can last years)

8. A group of flamingos is called a "flamboyance."

9. Cows have best friends. Studies have shown that cows form deep social bonds and can become stressed when they are separated from their friends. Think about it the next time you sink your teeth into a juicy beef burger...

10. There's a species of fungus that turns ants into zombies. The Ophiocordyceps fungus infects ants, takes over their central nervous system, and makes them climb vegetation before killing them. (That must be where Plants VS Zombies got their idea?)



The Ultimate Reading List:

Books to Expand Your Mind and Imagination



by Michelle Nkadameng

From unraveling the mysteries of the universe with mathematics and physics to exploring the depths of human thought in philosophy, experiencing timeless romance, and venturing into the limitless realms of science fiction and fantasy—this list has something for every curious reader. Whether you seek knowledge, adventure, or emotional depth, these books will inspire and challenge you.

Mathematics: The Language of the Universe

1. "The Princeton Companion to Mathematics" - Edited by Timothy Gowers
A masterful guide covering everything from fundamental mathematical concepts to cutting-edge research. Perfect for anyone looking to understand the beauty and depth of mathematics.

2. "How Not to Be Wrong: The Power of Mathematical Thinking" - Jordan Ellenberg
A witty and insightful book that demonstrates how mathematical thinking applies to everyday life, from politics to personal decisions.

3. "Fermat's Enigma" - Simon Singh
An exhilarating story of the 350-year-old mystery behind Fermat's Last Theorem, following Andrew Wiles' journey to solve one of mathematics' greatest puzzles.

4. "Gödel, Escher, Bach: An Eternal Golden Braid" Douglas Hofstadter
A fascinating exploration of patterns, logic, and consciousness through the works of Gödel, Escher, and Bach, blending mathematics, music, and philosophy.

Physics: Unraveling the Secrets of Reality

5. "The Feynman Lectures on Physics" - Richard P Feynman
A legendary collection of lectures by one of the greatest physicists, covering everything from classical mechanics to quantum theory in a captivating style.

6. "A Brief History of Time" - Stephen Hawking
A groundbreaking introduction to the cosmos, black holes, and the nature of time, explained in an accessible way by one of the most brilliant minds in physics.

7. "Six Easy Pieces" - Richard P. Feynman
A beginner-friendly introduction to the fundamental principles of physics, written in Feynman's signature engaging and intuitive style.

8. "The Elegant Universe" - Brian Greene
A fascinating exploration of string theory, extra dimensions, and the quest for a unified theory of physics.

Philosophy: The Art of Deep Thinking

9. "Meditations" - Marcus Aurelius
A timeless collection of personal reflections on stoicism, self-discipline, and resilience from the Roman emperor and philosopher.

10. "The Republic" - Plato
A cornerstone of Western philosophy, this dialogue explores justice, morality, and the ideal society through Socratic discussions.

11. "Beyond Good and Evil" - Friedrich Nietzsche
A provocative critique of traditional morality and a call for independent thinking and self-overcoming

12. "The Problems of Philosophy" - Bertrand Russell
A concise and insightful introduction to fundamental philosophical questions about knowledge, reality, and perception

13. "Being and Time" - Martin Heidegger
A challenging but profound exploration of existence, time, and what it means to be human.

The Ultimate Reading List:

Books to Expand Your Mind and Imagination



Classical Romance: Love Stories That Stand the Test of Time

14. "Pride and Prejudice" - Jane Austen
A brilliant novel of wit, romance, and social critique following the unforgettable relationship between Elizabeth Bennet and Mr. Darcy.

15. "Wuthering Heights" - Emily Brontë
A dark, intense tale of love, obsession, and revenge between the tormented Heathcliff and Catherine.

16. "Anna Karenina" - Leo Tolstoy
A sweeping novel of passion, betrayal, and societal constraints, following the doomed love affair of Anna and Vronsky.

17. "Jane Eyre" - Charlotte Brontë
A powerful story of independence, morality, and love, centred on the intelligent and strong-willed Jane Eyre

18. "The Age of Innocence" - Edith Wharton
A beautifully written novel about love, duty, and societal expectations in 19th-century New York.



Science Fiction: Exploring the Future and the Unknown

19. "Dune" - Frank Herbert
A masterpiece of science fiction, blending politics, religion, and environmental themes in the epic story of Paul Atreides and the desert planet Arrakis.

20. "Foundation" - Isaac Asimov
A visionary work of futuristic politics and science, following mathematician Hari Seldon's quest to save civilization using his revolutionary theory of psychohistory.

21. "Neuromancer" - William Gibson
A cyberpunk classic that pioneered the concept of virtual reality and artificial intelligence, shaping the future of sci-fi literature.

22. "The Left Hand of Darkness" - Ursula K. Le Guin
A thought-provoking exploration of gender, identity, and politics set on a distant planet where inhabitants can change genders.

23. "The Three-Body Problem" - Liu Cixin
A mind-bending novel that blends hard science with deep philosophical questions, following humanity's first contact with an alien civilization.

24. "Hyperion" - Dan Simmons
A richly woven sci-fi epic that follows a diverse group of travellers on a pilgrimage to the mysterious Time Tombs.

Fantasy: Immersive Worlds of Magic and Adventure

25. "The Lord of the Rings" - J.R.R. Tolkien
An epic tale of good versus evil, following Frodo Baggins and his companions on a quest to destroy the One Ring A defining work of fantasy literature.

26. "A Song of Ice and Fire" (Series) - George R.R. Martin
A gripping, unpredictable fantasy saga of power, betrayal, and war, set in the brutal world of Westeros.

27. "The Name of the Wind" - Patrick Rothfuss
A beautifully written coming-of-age tale following the legendary Kvothe as he rises from poverty to become a powerful magician.

28. "Mistborn: The Final Empire" - Brandon Sanderson
A unique take on fantasy where magic is based on metals, featuring an epic rebellion against a seemingly immortal ruler.

29. "The Earthsea Trilogy" - Ursula K. Le Guin
A profound and poetic fantasy series following the journey of Ged, a young boy who becomes a powerful wizard.

30. "American Gods" -- Neil Gaiman
A modern fantasy that blends mythology, history, and contemporary America, following a man caught in a war between old and new gods.

Final Thoughts: Expand Your Mind, Explore New Worlds

Whether you're diving into the mysteries of mathematics and physics, contemplating deep philosophical questions, experiencing timeless romance, or venturing into sci-fi and fantasy worlds, these books offer a lifetime of knowledge and adventure.

Which one will you pick up first?

GESONDHEIDSWENKE VIR 'N GESONDE EN GEBALANSEERDE LEEFSTYL

deur Miezell Abrie



'n Persoon se geestelikegesondheid is net so belangrik soos jou fisiese welstand. Deur meditasie en diep asemhalingstegnieke te beoefen kan help om stres te verminder en jou konsentrasievlakke verhoog. Om goeie verhoudings en konneksies met familie en vriende te hê kan vreugde en vervulling bring tot jou lewe. Stokperdjies soos skilder, lees en rotsklim kan weer bydra tot jou geestelike welstand.

Produktiwiteit en tydsbesturing speel 'n groot rol in 'n gebalanseerde leefstyl, omdat dit jou help om doelwitte op te stel en om jou energie spaarsaamig te gebruik. Deur gebruik te maak van 'n rooster verminder stres en help jou om georganiseerd te bly.

Dit is belangrik om tyd te maak vir ontspanning. Prioritiseer die goed wat jou gelukking maak, wat jou help ontspan soos na musiek te luister of om 'n boek te lees. Gee jouself ook die tyd om te rus en te ontspan.

'n Gebalanseerde leefstyl vereis harde werk maar die belonings is die moeite werd. Deur fisiese, geestelike, tydsbesturing en ontspanning eerste te stel, help jou om die uitdagings wat oor jou pad kom beter te hanteer. Deur die wenke te gebruik help jou om al die areas van jou lewe tenvolle te benut.

Vandag beweeg die lewe teen 'n vinnig tempo en as gevolg daarvan is dit maklik om oorweldig te voel in ons daaglikse lewens. Met vandag se eise is dit 'n uitdaging om 'n gebalanseerde leefstyl te leef. 'n Gebalanseerde leefstyl is egter belangrik vir ons welstand en met hierdie wenke kan jy dit bereik.

Fisiese welstand is baie belangrik want 'n gebalanseerde leefstyl begin met 'n gesonde liggaam - gereelde oefening, 'n gebalanseerde dieët en 'n goeie slaaproetine. Dit is belangrik om te minste 30min drie tot vier keer per week te oefen, en genoeg porsies van elke voedsel soort te eet. Moet ook nie vergeet om 7 tot 9 ure slaap elke aand in te kry nie.



CREATE
Healthy
HABITS

How to deal with school stress like a pro!

by Michelle Nkadameng

In today's fast-paced academic world, students face immense pressure to excel in their studies while balancing extracurricular activities, social life, and personal well-being. The stress can feel overwhelming, but with the right mindset and strategies, you can navigate school life like a pro. Here's a comprehensive guide to managing school stress effectively.

1. Understand the Source of Your Stress

Before tackling stress, identify what's causing it. Is it upcoming exams? A heavy workload? Social pressures? Lack of sleep? Once you pinpoint the cause, you can develop targeted solutions.

Common School Stressors:

Academic Pressure: High expectations and competition

Time Management Issues: Balancing school, activities, and personal time

Peer Pressure: Social expectations and relationships

Uncertainty About the Future: Career and university concerns

Lack of Sleep and Poor Nutrition: Impacting focus and mood

2. Master the Art of Time Management

Poor time management leads to procrastination, last-minute cramming, and stress. A well-structured schedule can make all the difference.

How to Manage Time Effectively:

- ✓ Use a Planner or Digital Calendar: Track assignments, tests, and activities.
- ✓ Set Priorities: Tackle urgent and important tasks first (use the Eisenhower Matrix).
- ✓ Break Down Big Tasks: Divide projects into smaller, manageable steps.
- ✓ Avoid Multitasking: Focus on one task at a time for better efficiency.
- ✓ Plan Breaks Strategically: The Pomodoro Technique (25 minutes of work, 5-minute breaks) boosts focus.

> Pro Tip: Schedule buffer time for unexpected delays to avoid last-minute panic.

3. Build Smart Study Habits

The way you study determines how much stress you experience before exams. Optimize your study methods for better results with less effort.

Effective Study Strategies:

Active Recall & Spaced Repetition: Regularly review material instead of cramming.

Teach What You Learn: Explaining concepts to someone else strengthens understanding.

Use Study Groups Wisely: Discuss tough topics but avoid distractions.

Create a Distraction-Free Study Zone: Silence notifications, use focus apps, and set a dedicated space.

> Remember: Studying smarter, not harder, saves time and reduces stress.

How to deal with school stress like a pro!

by Michelle Nkadameng

4. Prioritize Self-Care: Sleep, Nutrition, and Exercise

Your body and mind are interconnected—neglecting one affects the other.

Healthy Habits for Stress Management:

Sleep: Aim for 7-9 hours per night. Lack of sleep weakens memory and concentration.

Nutrition: Avoid excessive caffeine and junk food. Eat brain-boosting foods like nuts, fish, and whole grains.

Exercise: Physical activity releases endorphins (happy hormones) that fight stress. Even a 10-minute walk can improve focus.

> Quick Fix: Stay hydrated! Dehydration affects mood and energy levels.

7. Seek Support When Needed

No one succeeds alone. If stress becomes overwhelming, don't hesitate to reach out.

Who to Turn to for Help:

- Teachers & Counselors: They can guide you through academic struggles.
- Friends & Family: A strong support system provides emotional relief.
- Online Communities & Study Groups: Surround yourself with like-minded peers.
- Therapy & Professional Help: If stress turns into chronic anxiety or burnout, seek professional guidance.

> Fact: Talking about stress reduces its intensity. Never feel ashamed to ask for help!

5. Develop a Positive Mindset and Emotional Resilience

Your mindset plays a major role in how you handle stress. A strong mental attitude helps you bounce back from challenges.

How to Strengthen Mental Resilience:

Practice Gratitude: Focus on the positives instead of dwelling on failures.

Adopt a Growth Mindset: View challenges as learning opportunities rather than setbacks.

Limit Negative Self-Talk: Replace "I can't do this" with "I'll figure it out."

Meditation & Deep Breathing: Simple breathing exercises calm the nervous system and reduce anxiety.

> Try This: The 4-7-8 breathing technique - inhale for 4 seconds, hold for 7, exhale for 8. It works wonders for instant stress relief.

Final Thoughts: Balance Is Key

School stress is inevitable, but how you handle it determines its impact. By mastering time management, adopting smart study habits, prioritizing health, and maintaining a positive mindset, you can thrive academically without feeling overwhelmed.

Remember: Success isn't about working yourself to exhaustion—it's about working efficiently and taking care of yourself along the way.

So, take a deep breath, tackle one task at a time, and believe in yourself. You've got this!

6. Learn to Say No and Set Boundaries

It's okay to decline extra commitments if they interfere with your well-being.

How to Protect Your Time & Energy:

Say No to Overcommitment: You don't have to join every club or help with every project.

Avoid Toxic Comparisons: Focus on your progress, not someone else's achievements.

Balance Social Media Use: Too much scrolling can increase anxiety and FOMO (fear of missing out).

> Rule of Thumb: If something drains your energy more than it adds value, reconsider its place in your life.

written by Amber Minnie

original by: Lois Blanchard Eades

IF JESUS CAME TO YOUR HOUSE

If Jesus came to your house to spend a day or two,
I wonder what you would do.

OH, I know you would give Him your nicest room to such an honored guest.

And all the food you would serve Him would be the very best.

Would you keep assuring Him that your glad to have Him there,
that serving Him is a joy beyond compare.

But when you saw Him coming, would you meet Him at the door,
and say you've never loved someone else like this before?

Or would you have changed clothes before you let Him in,
or hide some magazines and put the Bible where it should have been?

Would you turn off the radio and hope He hasn't heard.

And wish you hadn't said that mean word.

Would you hide your music and put some nice words out.

Could you let Jesus walk right in, or would you rush about.

I wonder if the Savior spent a day or two with you.

Would you go on in doing the things you always do.

Would you keep right in the things you always say?

Would life continue as it does from day to day,

you sing the songs you always sing

and read the books you always read,

and let Him know on which your mind and spirit feed.

Would you take Jesus everywhere you planned to go

or would you change your plans for a day or so.

Would you be glad to let Him meet al your friends

or hope they stay away until His visit ends

Would you be glad to let Him stay forever on and on,

or would you be relieved when He is finally gone.

It might be interesting to know the things that you would do,

IF JESUS CAME AND SPENT THE HOLIDAY WITH YOU!!!



deur Chanté van Aswegen

TUSSEN DIE BLAAIE

Roes en mot
Verweer en verrot
Die dinge van die aarde
Dra geen ewigheid waarde

So die nuwe tekkies
Die blink kar en al
gaan met 'n hemel kaartjie
verval

Ek soek ook die klere
Die huis en juwele
maar as ek Die Boek weer oopmaak
onthou ek om my denke te bewaak

Ek lees van die vrou met heuning lippe
Die dood by haar deur
Hoe sy mans met sagte woorde
Na ondergang laat keur

Ek lees van ander se foute
Oor slaap en oor smul
Van wat Die Boek haat
Van goed wat my laat ril

Ek lees van myself
Tussen die blaaië wat ek skuil
Ek hoor Sy stem
Ek voel Hom in die trane wat ek huil

Die woorde streef my siel
Soos ek sien hoe mense mekaar verniel
Van gebroke harte
Vind ek vertroosting

Tussen die blaaië
Lees ek van verwering en roes,
Van hoe jou keuses
jou kanse kan verwoes.
Tussen die blaaië vind ek Hoop
Ek lees van mooi en van seer
Van hoe om te loop
Waarheen om te keer.



by Moshopiadi Nchabeleng

A BOY WITH NOT ONE TOY

Feeling this glum,
Eating a plum,
Is I a boy
With not one toy.

I clean the gutters
As the boss utters
About his life
With his new wife.

They married in holy matrimony
And now live in a house of mahogany
And they are very happy,
With a life-time supply of a son snappy.

I watch a frog croak
Near the tree of oak.
When will I be done
And get to eat a cheesy bun?

My stomach is grumbling
And I am mumbling
About how I am a boy
With not one toy.

