

Koppies VLU bederf kinders

Die projek-tema van VLU hierdie jaar is "Bederf met pannekoek en pantoffels". Ons het die daad by die woord gevoeg en begin brei, sodat daar binne 'n maand 40 paar warm kouse en pantoffels voltooi is.

Die pantoffels en kouse is aan die Afrikaanse Christelike skool op die dorp oorhandig, waar 40 leerlinge tans onderrig word. Gesiggies was opgewonde en dankbaar vir die warm pantoffels en kouse en 'n heerlike warm vars gebakte pannekoek is terdeë geniet.

Tydens Koppies VLU se Mei-maand vergadering is kreatiewe verf tegnieke aangeleer wat só aangewend kan word om artikels waaruit jy vir jouself 'n ekstra inkomste kan genereer te maak bv. verf tekkies, blikke, bottels, ens.

Louren Roux was die sameroepster en sy het elkeen gewys hoe om 'n geskenkhouertjie uit karton te vou.

Die VLU is 'n organisasie wat jou entoesiasies maak oor dinge en waar jy leer om jouself te verryk.



Op die foto verskyn van die leerlinge, onderwysers en VLU lede.

Terugblik



HEILBRON HERALD, VRYDAG 15 FEBRUARIE 2013 - DIE TEER GAAN SPAT
Vir diegene wat gedink het Piercestraat word oorgeteer, jammer, dit gaan nie gebeur nie. Wat wel gebeur het is dat die konstruksie maatskappy Haw & Inglis 'n toeslag gegooi het op Piercestraat om 'n kwaliteittoets op die teer te doen. Die beplanning is dat Langmarkstraat in volgende week sy nuwe teerlaag gaan kry. Op die foto bo is hulle besig met die toediening van die toetslaag in Piercestraat.

Beeste rig skade aan in Heilbron dorpsstuine



Talle inwoners se tuine het die afgelope tyd deurgeloop onder rondloperbeeste wat verwoesting gesaai het. Op die foto's bo kan gesien word hoe hulle die gras uittrap en blombeddings omkeer. "Groenvingers" is baie onsteld oor tuine en blomplante wat lank geneem het om mooi te word - nou moet hulle weer van nuuts af begin. Die SAPD was op die uitkyk om die diere te skut. Die eienaar van die beeste het hulle blykbaar kom haal, want daar is geen bees meer in sig nie.

HEILBRON Kliniek

• SA Federation for Mental Health
MENTAL HEALTH

FIRST AID
How to help someone who is suicidal

Mental health first aid is the help offered by someone who is usually not a medical professional, to a person experiencing a worsening of an existing mental health problem or in a mental health crisis. The first aid is given until appropriate professional help is received or until the crisis resolves.

MENTAL HEALTH FIRST AID STEPS
Step 1: Prepare yourself

Be aware of your own attitudes surrounding suicide and mental health problems. If the person you are talking to feels you are judging them they are less likely to open up.

Step 2: Ask about thoughts of suicide

The only way to be sure if someone is suicidal is to ask them directly. You could ask, "Are you having thoughts of suicide?" or "Are you thinking about killing yourself?"

Step 3: Be supportive and understanding

Make sure the person knows that you care and that you want to help them. Don't dismiss the person's feelings or their reasons for

wanting to die, even if you do not understand them yourself.

Step 4: Establish if there is immediate danger

It is important to determine whether the person you are talking to is likely to harm themselves and whether they are in any immediate danger.

Step 5: If suicide risk is present, keep the person safe

If someone is in danger of taking their own life, take steps to keep them safe. Never leave them on their own. If you are unsure what to do call a 24 hour suicide help line.

Step 6: Encourage seeking professional help

Always encourage a person to seek professional help. Provide them with information on emergency numbers, suicide help lines, and mental health professionals.

• **SADAG 24 Hour Suicide Crisis Line 0800 567 567**

SMS 31393

• **Lifeline 24 Hour National**

Counselling Line 0861 322 322

www.safmh.org | info@safmh.org

Tel: +27(0)11 781 1852

Aandag alle ouers!

• Heilbron Kliniek

Na aanleiding van TB uitbraak in Koppies en Parys skole wil ons die ouers bewus maak van moontlike TB simptome.

KINDERS MET TB SIMPTOME

• Hoes vir meer as 2 weke sonder verbetering

met behandeling.

• Aanhoudende koors vir 2 weke en meer.

• Onverklaarbare gewigsverlies.

• Uitputting (Altyd moeg).

• Nagsweet - deurdrenkend.

Kontak die naaste kliniek indien enige van hierdie simptome waargeneem word.

6	7			1		8	9
4			9	5	1	6	
8			7	6	3		
		6	4		7	9	
2		7	1			4	
9		5			6		
5	8	9					6
			6		5	7	8
6		1					

SUDOKU - Each grid is made up of nine columns by nine rows. This grid is then divided into groups of nine boxes giving a total of nine blocks. Each of these nine blocks must have the numbers 1 to 9 placed in them, but here is the catch - no row and no column can have any number repeated so your job is to place the numbers in the boxes without repetition in the rows and columns.