

**School of Education  
Community Engagement**

..... Presents .....

**CREATIVE NETWORK  
MAGAZINE**

**About This Volume**

**Students and Staff from ALL universities and members of the general public were invited to:  
'Write about their current experiences in a creative way - a story, lyrics, poem, drawing etc...  
including how learning can take place during this time'.**

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*Sunset*  
by  
**Nonhlanhla Makhanya**  
(A Community Person)  
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Their attention is drawn to God and their within, inner soul.  
They created an atmosphere around them,  
so that they can attend to meditation.  
They keep away from whatever is distracting.  
Everybody is not fortunate to have just a devotional atmosphere divinely built around them.  
An atmosphere of God around that soul is built, so that the soul goes peacefully and is not attracted in the world.  
One is so attached within that he/she should not be disturbed.  
At that moment, leave them alone and quietly attend to your own meditation.

Why?  
Because they have meditated.  
Meditation is nothing but a DAILY preparation for eternal life.  
They are not worried when the end comes  
For which they have been prepared for the whole life.  
They rather face it gladly,  
Because their lives have been spent just for that moment.

Meditation is nothing but a preparation for how the soul leaves the body, they don't cry.  
Their souls have been prepared for this moment.  
They peacefully and sacredly realised the opportunity to achieve that, for which they have spent their whole lives.  
So, the fear of sunset should not arise.  
The departed have fallen to the hands of the Saviour, the Light. 🙏 ✨.

With love,  
NM

**INTERESTED IN SUBMITTING  
A CREATIVE PIECE**

Submit your piece to any team member by e-mail or WhatsApp by Wednesday of every week.

**SUBMIT - PERMISSION IS GRANTED TO THE EDITORS TO PUBLISH MY CREATIVE WORK IN THE MAGAZINE.**

**Prof. Maija Aksela**  
(University of Helsinki, Finland)  
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"Nature offers various opportunities for wondering and creative inquiry. You can make observations of weather, studies of water or even snow! "



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***MIND FULL or Mindful?  
It's a Personal Choice***  
*by*

**Radhakrishnan D. Moodley**

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NAVIGATING THE "Cs": CHOICE AND CONSEQUENCE

Life is a field of immense possibilities. Possibilities ring choice!  
Discerning choices lead to welcome consequences; ill-informed and crushed choices may not!

A busy mind, a mind that is "full" is one such choice. Being mindful is another.

"BUSYNESS": NEEDING TO DO MORE, WANTING MORE

It's common experience that "more is never enough!"

An infant has the wisdom to drop what's in its hand – to know that a free hand is needed to grasp. We appear to have lost that wisdom: when our minds are full, we may be denying ourselves choice options?

Our daily reality is that we are often faced with so much to do and, seemingly, so little time to do it. We feel rushed and the need to get on with it – a need that becomes habitual: we are constantly thinking; constantly planning and, often finding there's still more to do and "no time" available. In the process we may be missing significant options.

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## ANXIETY AND STRESS

This continuous demand on our personal resources becomes a source of anxiety and stress. One consequence is the burden of risk on our relationships. The first and most significant casualty is our relationship with ourselves. Another is a major threat on our personal wellbeing: "our issues are in our tissues!"

## MINDFULNESS ... The Way Out is IN

Deep within our consciousness are elegant solutions to our many challenges. We seldom realize the immense potential that lies within us. For example: our body is not just a pharmacy; it is an amazing chemical system that responds to the many demands imposed on it by our lifestyle choices. It evolves as it gathers intelligence! Many of our choices upset its fine balance.

**Mindfulness is the practice of awareness, of being in touch, of connecting:** connecting with the present; connecting with our consciousness; connecting with the cosmic consciousness; connecting with faith in the natural synchronicity and the belief in possibilities ...

**TO BE CONTINUED ...**



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## Nonhlanhla Makhanya

(A Community Person)

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People can pray to God about all the challenges we facing on this earth. However, know that God has the complete picture and plan for each and every individual. Each individual's plan and purpose is limited compared to what God has for His people. His promises are yes and amen. God prospers his people, favours his people, protects his people and loves his people, unconditionally. However, God's strategy that he employs to produce a desired effect, coaxing a greater harvest out of His branches (His people) is not the one that His people would prefer. Sometimes His strategy is to prune, which implies to thin, to reduce, to cut off. To be honest, pruning is cutting and cutting is extremely painful. "Every branch that bears fruit He prunes, that he may bear more fruit (John 15:2).

A profile in pruning is based on the fact that, an expert pruner, God himself applies his skills in a particular way:

- \* to remove growth that is dead and dying.
- \*to make sure sunlight can get to all fruit-bearing branches.
- \*to increase the size and quality of fruits.
- \*to encourage new fruits to develop.

When does the pruning stop? When God is finished.

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*Cry the Beloved Country*

by

**Seshen Brijmohun**

(Master of Education Candidate, University of KwaZulu-Natal, Edgewood Campus)

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**Submitted: Tuesday, 29 December 2020**

Cyril was not the only one crying last night.

The mother that's still waiting in the post office line to get grocery money for Christmas, was also crying.

The father that didn't receive his R350 grant because it was stolen, was also crying.

The child that lost his mother, was also crying.

The mother that lost her child, was also crying.

The family that lost their breadwinner, was also crying.

The person that lost their father, brother, sister, cousin... someone, was also crying.

Tears are just flowing - it's your choice to sink or swim....

Start Acting Right - Now!!!

Wear that mask,

Sanitize those hands,

Take your vitamins, &

Keep your distance!

Or... you'll be crying too.

PS. I don't know who needs to hear this: but - What is your mask doing on your chin? There are no holes to cover there!

Arise to Arrive Alive.

Please & Thank you.

- Seshen Brijmohun (@mr\_sesh\_b\_)

## ***THE ECONOMIST - THE WORLD IN 2021***

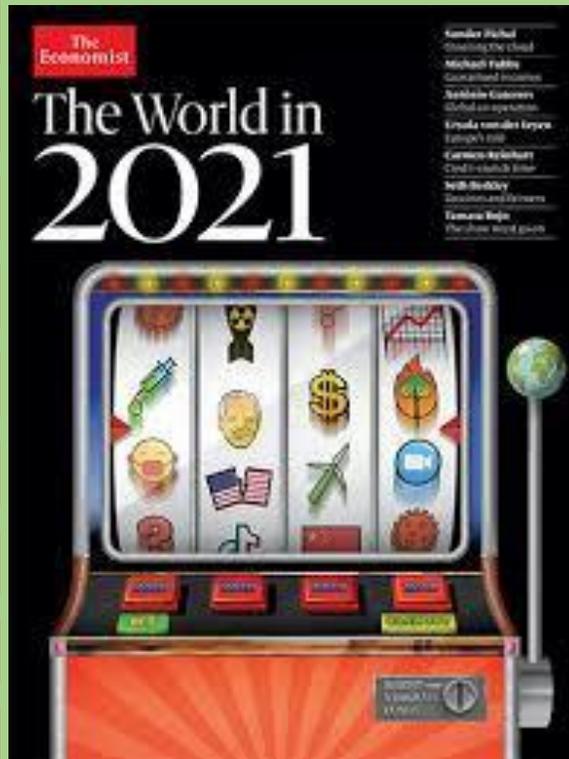
Reviewed by

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I am not, normally, a regular reader of THE ECONOMIST, but I must confess that a recent edition got me hooked! I have not been able to put it down.

The Special Issue, "The World in 2021", published in November 2020, considers the impact of COVID-19, and covers a wide spectrum of areas in our contemporary life - International News, Science and Technology, Culture, Business, Climate Change, Teaching and Learning, and a "post-crisis" world.

As far as Universities are concerned, there is concern that the number of international students will diminish, given restrictions on international travel. For example, in July 2019, 144,000 international students arrived in Australia. A year later, in July 2020, only 40 made it. Universities have to also deal with many more challenges related to funding and online teaching and learning. However, it is expected that enrolments will increase, as many other options decrease.

I will review other themes from this edition of The Economist. for the next few weeks.

*From the hands of one 'less privileged'*  
by

**Danielle Duggan**

(Occupational Therapy Student: University of KwaZulu-Natal, Westville Campus  
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*the homeless imparts knowledge to a student*

He walked into Denis Hurley from the streets clutching a packet of possessions and an oasis of knowledge. His name meant Power and Wisdom. He came to the soup kitchen centre for sustenance, yet he had the power to impart nourishment into the souls of others. I provided him with a standard health promotion speech on TB while he ate his food; yet he enriched me on Ubuntu, and gratitude learnt through a spirit of resilience and unequitable experience of 35 years on the street. He could express deep wells of tragedy that flooded over into a stream of life lessons. As an occupational therapy student from UKZN, I am grateful for the lessons on humanity that extend beyond the university property into the reality of the lives of those marginalised.

## RESEARCH BYTES

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The trustworthiness of qualitative content analysis is often presented by using terms such as “credibility, dependability, conformability, transferability, and authenticity” (Elo, Kääriäinen, Kanste, Pölkki, Utriainen & Kyngäs, 2014, p. 1).

Qualitative content analysis is one of the several qualitative methods currently available for analyzing data and interpreting its meaning (Schreier, 2012).

Qualitative content analysis can be used in either an inductive or a deductive way. Both inductive and deductive content analysis processes involve three main phases: preparation, organization, and reporting of results. The preparation phase consists of collecting suitable data for content analysis, making sense of the data, and selecting the unit of analysis. In the inductive approach, the organization phase includes open coding, creating categories, and abstraction (Elo & Kyngäs, 2008). In deductive content analysis, the organization phase involves categorization matrix development, whereby all the data are reviewed for content and coded for correspondence to or exemplification of the identified categories (Polit & Beck, 2012)

## ***Christmas Market and COVID-19***

by

**Elmien Claassens**

(Social Work Lecturer [Practice]: University of Pretoria)

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What is the link between a Christmas market and the COVID-19 pandemic?



Two fourth-year social work students made that link after returning to their placements after the extended lockdown this year. The fourth-year social work students only returned to their placements in October 2020, to work a full four-day week in the communities for six weeks. Pumelela Dano and Chandre Burger, placed at Lynnwoodrif Church in Lynnwood Ridge Pretoria, returned to their placement and were immediately faced with the economic impact of the pandemic on the local congregation as well as the direct community around the church. Some community members were unable to sell their hand-made products at local markets, due to the closing of these markets during the lockdown. In most instances, this was the only income for a household. The church also has a labour centre, reaching out

to unemployed community members, and these members were also directly impacted by the pandemic. Many of them also have hand-made items they made during the pandemic.

As part of the fourth-year social work programme, students are required to host a community work project in their different communities. The two students, together with their placement supervisor, had this solution as a response to the economic impact of COVID-19 and the idea of a Christmas Market was born. The market was an opportunity to create a platform where the community members were able to sell their hand-made items to the public.

>>>>>



In less than five weeks, this team comprising church staff, the two University of Pretoria (UP) students and some volunteers, organised a Christmas Market. Tasks including marketing to the local communities, screening the different stall owners, networking with other local markets and every administrative detail rested on the shoulders of the two UP students. Weeks and days were filled with meetings, phone calls, hundreds of emails. Finally, 20 November arrived. The afternoon and evening market was planned as an outdoor event, but the afternoon was met with the usual Pretoria November afternoon thundershowers. Last-minute changes were made, and the market was moved inside the church premises, and like the rain outside, people supporting the market just came flooding in.

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***School Health Services go online during level 3 lockdown***  
**by**

**Khensane Mengwai (Second-year clinical lecturer) & Melitah Rasweswe (Clinical coordinator)**  
**(University of Pretoria)**

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The curriculum of the Department of Nursing Science requires second years to offer community health services at schools. The plan for this year was to visit five different schools in the first semester. Students were divided into five groups, and each group was assigned to a school to offer the services. The first visit for all the groups took place in March before national lockdown. During the first visit, the students assessed the health status of the Grade R's to identify health needs and referred them to the relevant health care providers. The most prevalent health need identified during this visit was tooth decay.

**Health education and safety precautions for the COVID-19 pandemic.**

- **Social distancing:** when communicating with your friend keep your distance of 1.5m and both of you need to wear masks to limit your exposure to Covid-19 in case one of you might have it.
- Wash your hands often, washing your hands is more effective than using a hand sanitizer.
- Isolate yourself if you suspect you have contracted Covid-19.
- If you feel sick, inform your teacher.
- Lie down on your desk to rest.
- Stay at home if you feel sick.
- Stay away from anyone who is coughing.



Online health education for Mmekwa Maseding prepared by Nursing students

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The second visit was planned for April and a third visit for May. The second visit was to follow up on the referrals and to conduct a school situational analysis, interviewing Grade 6s and Grade 7s to identify challenges that learners were experiencing at school. From the difficulties identified, our students learned to prioritise and compile solutions that were communicated to the learners in the third visit.

However, with a sudden closure of schools to curb the spread of the coronavirus (COVID-19), all plans were cancelled during levels 5 and 4 of national lockdown. The nationwide lockdown was downgraded to level 3 in July, when Grade 7s resumed their studies at school. Due to lockdown restrictions such as social distancing, our students were not able to physically conduct situational analyses at schools.

The lockdown situation made the second-year clinical lecturer and clinical coordinator think about school health services in fresh ways. In consultation with our students, the support of the Unit for Community Engagement and a lesson learned from Community-Based Project Module (Code: JCP) students, a situational analysis was conducted online. The students became innovative and creative, videos, posters, pamphlets and flyers were created and presented to schools. The group is planning to physically present their work to Grade 7s when lockdown is completely lifted. Students from the Nursing Department are also planning to collaborate with JCP students in future.

## ADVERTISEMENTS

**NOMINATE** A YOUNG ENTREPRENEUR FOR THE ANZISHA PRIZE  
"I'm younger than 23, and I have a business that is creating jobs for my age group."



THE ANZISHA PRIZE  
Celebrating and supporting African entrepreneurs

Dear Educators,

It's hard to believe that we are already three weeks into 2021! Having spent much of 2020 behind screens or apart from loved ones, students, and colleagues, we hope you are finding new ways to build and sustain community.

### The Search Is On!

The new year brings with it the beginning of our search for the next cohort of Anzisha Fellows. Applications for the Anzisha Prize open on 15 February 2021 and we need your help! The Anzisha Prize has long recognized and celebrated the important role that educators play in developing entrepreneurial mindset, skills, and behavior in young people.

With that in mind, we call on you to help us find this year's top 20 young African entrepreneurs aged between 15 and 22 years old. You know them, these young, enterprising, creative, forward-looking problem-solvers and strategic risk-takers. They are your students, mentees, and neighbors. Nominate them today for an opportunity to receive the financial and networking support they need to succeed!

>>>>>

2012 Anzisha Fellow Andrew Mupuya started his paper bag manufacturing company YELI with just \$14 in capital, most of which he raised himself. He cites the crucial role of a teacher who assisted him with the balance in moving the business forward. In a similar vein, Amanda Jojo, a 2018 Fellow and founder of The Trea Garden, lauds her mentors for supporting her both professionally as an entrepreneur in the restaurant industry and personally, as a young individual.

Read more stories like Amanda's and Andrew's here. With just one nomination, you, too, could make a difference in a young entrepreneur's journey. It starts with you!

**NOMINATE AN ENTREPRENEUR TODAY**

Warm regards,  
Nolizwe Mhlaba  
[prize@anzishaprize.org](mailto:prize@anzishaprize.org)

## **IMPORTANT NOTICES TO ALL AUTHORS**

### **NOTICE 1**

Dear Authors

Thank you so much to everyone who submitted their great creative piece(s) which were published in Volumes 1 - 39 and to those whose pieces are in the current publication, we are grateful for your amazing work.

**Creative pieces in any language are welcome.**

Kindly please note that we **ONLY** publish **8-10** “creative pieces” each week.

If your piece is not in the current publication, it will be published the following week.

Kind regards,  
Creative Network Magazine Team

### **NOTICE 2**

Dear Authors

Whenever you submit your creative piece to Dr. James, we kindly and warmly request you to please also send the following note with your submission:

I ..... (Full name and Surname) hereby grant permission for the Creative Network Magazine to publish my submission (creative piece).