

"IT MAKES ME HAPPY. I DON'T JUST PLAY IT FOR FUN."

MANGADI EXPRESSES HIS LOVE FOR FOOTBALL

PAGE 1



SCHOOL DISCIPLINE:
HOW BEST CAN IT BE DONE?

PAGE 1

The
Dow
Academy
Re Diteemane



DIAMOND TIMES

Edition 3, October 2021 | Written by The Dow Academy Students

Re Diteemane

Suicide is not the Answer

BY PALESA MOSOTHWANE



Suicide is death caused by injuring oneself with the aim of ending one's own life. It is the fourth leading cause of deaths in 15-19 year-olds around the world, according to the World Health Organization.

Continued on **Page 1**



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SUICIDE IS NOT THE ANSWER



BY PALESA MOSOTHWANE

Suicide is death caused by injuring oneself with the aim of ending one's own life. It is the fourth leading cause of deaths in 15-19 year-olds around the world, according to the World Health Organization.

A suicide attempt occurs when one harms themselves with the intention of death, without success. [cdc.gov]. People claim their own lives because of mental disorders, specifically depression and alcohol abuse. Additional reasons may be the inability to cope with life's challenges. These challenges include emotional stress, pecuniary issues, prolonged illness, and physical pain. Furthermore, victims of suicide may also have taken their own lives due to having experienced traumatic events such as forced displacement, abuse, or suffering the loss of a loved one.

Suicide rates were also found to be very high among prisoners, and marginalized groups such as refugees and the LGBT+ community. As fatal as it is to the victim, suicide also affects the people who were in community with the deceased. They become grieved and go through emotional challenges such as feeling guilty and helpless.

Unfortunately, the stigma around mental illnesses and suicide discourages survivors or people

having suicidal thoughts from admitting that they need emotional support and assistance. This is why the act is not acknowledged by some religions for what it truly is, but rather merely as a demon-driven deed. It is paramountly important that conversations about suicide are de-stigmatized so that more people are educated about it and possibly shed their emotional burdens.

There are ways of preventing people from claiming their own lives. These include increased emotional presence and support from kin and community. The greatest step one can take is reaching out for help from either a loved one or a professional health care practitioner. Community members also need to be more compassionate, considerate, kind and conscious of others.

Anyone can save a life by lending an ear to a person who feels debilitated by life or by a situation that seems insurmountable.

If you are going through challenges that are affecting your mental health at The Dow Academy, please report it to a teacher or Mr. Phillip Fergus immediately. The Dow Academy has also started Mental Health Coaching sessions. Mental Health Coaching is about helping our students to grow, and

learn how to find and to protect their peace, how to acknowledge their stresses and how to find and develop strategies to help them recover from the challenges which are a part of life.

The Mental Health Coach, Mrs. Irene Fergus, is a trained counselor with significant experience both in Botswana and in the UK supporting mental health.

**SUICIDE
HOTLINE -
BOTSWANA**

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"WISDOM IS KEY" MS. SEALETSA ON TACKLING TEENAGE PREGNANCY

BY TSHEPO WETSHOOTSI AND KUNGO THEBE



Teenage pregnancy occurs when a young woman under the age of 20 gets pregnant. It usually applies to teens between the ages of 15-19, but also includes girls as young as 10. It is also called teen pregnancy or adolescent pregnancy.

In an interview with **TDA DIAMOND TIMES**, motivational speaker, radio presenter and professional counsellor Ms. Zannel Sealetsa said that adolescent pregnancy has become a huge problem in society. 'Economic status, lack of knowledge on sexuality and reproductive health are some of the causes of teenage pregnancy,' she continued.

According to Botswana statistics, the national adolescent fertility rate is

estimated at 51 births per 1000 women aged 15-19 years, and continues to rise. Globally, an estimated 15 percent of young women give birth before the age of 18. 'I believe wisdom is key,' Ms. Sealetsa stated. Teens are at a higher risk of pregnancy-related high blood pressure (preeclampsia), which causes more severe complications (including death) in teens since their bodies may not be physically ready.

Many girls who are pregnant are forced to drop out of school, which negatively impacts their educational progression and employment opportunities. Teenage pregnancy can also have adverse social consequences for girls, including reduced status in the home and/or community,

stigmatization, rejection and violence by family and/or community members, peers and partners, as well as early and forced marriages. Risks for the baby include death, premature birth and low birth weight.

Ms. Sealetsa's opinion is that schools can help prevent teenage pregnancy by having clubs that meet to specifically address this issue. She says both teachers and students should be actively involved in such gatherings.



GOOD LUCK TO OUR FORM FIVE STUDENTS



We wish you all the best in your examinations. We know you are going to make us proud! We believe in you.

THE FUTURE IS NOW!

TDA DIAMOND TIMES TEAM

DID YOU KNOW?

BY RETHABILE NDLOVU



- The couple of Meghan Markle and Prince Harry are distant cousins dating back to 15 generations. (bestlifeonline.com)
- The theme park Disneyland in Orlando has a 392,040 square feet abandoned underground tunnel system which was the first thing built (bestlifeonline.com)
- Between 1913 and 1915, seven instances of people mailing their children surfaced in the US beginning with a baby in Ohio who was transported from home using railway mail. The others mailed their children using the US postal service. At the time, train tickets were expensive for the average American. (bestlifeonline.com)
- Famous German physicist Albert Einstein's brain was stolen when he died in 1955 by a man called Thomas Harvey. It was removed from his body the moment he passed at Princeton Hospital and was found preserved in alcohol with Mr Harvey in 1978 by a journalist called Steven Levy. (bestlifeonline.com)
- Former US Presidents Barack Obama, Jim Carter and Bill Clinton have won Grammys. Carter won it three times, with both Obama and Clinton winning it twice. Obama won it in 2006 and 2008, Clinton in 2004 and 2005 and Carter in 2007, 2016 and 2019. (bestlifeonline.com)
- Botswana is as big as France with an Area of 632,734 square kilometres. (justfunfacts.com)
- The border between Botswana and Zambia is the shortest and smallest in the world at an astonishing 135 metres or 443 feet. (justfunfacts.com)
- Botswana has the oldest "continuous" democracy in all of Africa. (justfunfacts.com)
- Rapper J. Cole was born in Frankfurt, Germany on a military base. (www.Capitalxtra.com)
- The late Zimbabwean President Robert Mugabe was once a lottery winner in the year 2000, winning \$1000 in The Zimbabwe Banking Corporation Lotto. (www.thesouthafrican.com)
- Robert Mugabe was nominated for a Nobel Peace Prize in 2015. (www.thesouthafrican.com)



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Editor's Letter

THE FUTURE IS NOW-TDA



I have been with this amazing school, The Dow Academy for over six months now. If I were to share my experience in two words, it would be 'GREATEST TRANSFORMATION.' TDA is a perfect education hub.

Ask me how and why I am saying this? I see it first with our leaders. 'Everything falls and rises based on leadership' according to one of the wisest men of our generation, the late Dr. Myles Munroe. Our leaders do not only boast educational qualifications and a 'NAME' but they also carry outstanding and effective leadership skills.

When the Chief Executive Officer Ms. Cheshe Dow welcomed The TDA Tech Series® Fellows this year, she constantly mentioned that TDA is all about COMMUNITY. That it takes a village to raise a child. I have seen this spirit among the leadership of the school; how they are intentionally committed to working hand-in-hand with the staff, parents and students to build one community that will result in exceptional future leaders.

One of the greatest achievements of any leader is realizing that your team-players have caught your vision and they are running with it. That is the case here at TDA. Our peculiar combination of young, vibrant and zealous leaders and older ones with vast experience and unmatched wisdom is the secret as we see sober and innovative education here.

TDA's objective is to graduate students who, at 18 years old, can meaningfully contribute to society. To grow problem-solvers. The school is building on an impressive 25

year experience of teaching and curriculum delivery leading to the completion of Primary School Leaving Certificate and the International General Certificate. One model is by Reimagining classroom teaching and content, as well as situation-based learning. Kindly go through the www.thedowacademy.org to know more about it and other exciting initiatives such as TDA Tech Series®, The Dow Academy Partnership and Fellowship.

I'm delighted to expound on our TDA Tech Series®. These include, Tele Radio station, Media Club, Graphic Novel Design, Rebuild a Laptop, Rebuild a Desktop, Coding, Video Game Design, Car Mechanics and Electricity, Artist in Residence, Leadership Development, TDA Prefects Leadership Mentoring, Career Conversations and of course, Newspaper Production and Newspaper Skills.

The DOW ACADEMY DIAMOND TIMES is a 100% student-run publication. This is a group of ten students that are passionate about Journalism. They are curious about the world they live in. I'm impressed with these #Diamonds. Curiosity is a very attractive human-trait and seeing these students ooze it stuns me. But again, walking around the school when I come for lessons, I have come to observe that this whole community of students is going far. Conversations held. Social skills shown. Numbers don't lie. There is a sense of purpose.

I hope you will enjoy the third edition of TDA DIAMOND TIMES.

ABOUT THE EDITOR

Yvonne Mooka is a multi-award winning journalist from Botswana who joined The BBC after a decade with The Botswana Guardian and The Midweek Sun newspapers.

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EDUTALK WITH LOVENESS

SCHOOL DISCIPLINE: HOW BEST CAN IT BE DONE?

BY LOVENESS MUTONGOREYA



Gone are the days when teachers could inflict corporal punishment on naughty students as a method of discipline. The question now is, how can teachers best deal with students who tend to misbehave?

Within this context, discipline generally refers to the rules and strategies applied in schools to guide students' behaviors. In other words, when the student's behavior disrupts an ongoing teaching and learning process, then the teacher or school management has to take action to try and rectify the behavior. It is therefore imperative that a school has effective discipline so as to create a safe and supportive learning environment which is crucial for academic achievement.

There are a number of discipline problems that occur in schools. Some of these are: student bullying, racial or ethnic abuse, student sexual harassment, student verbal abuse of teachers, and widespread disorder in the classroom. Given these problems, it is therefore imperative that teachers work intensively on their classroom management strategies so as to achieve school discipline.

To counter some of the problems cited above, teachers can use preventive, supportive and

corrective discipline. With preventive discipline, the teacher has to establish expectations and classroom rules for behavior during the first days of learning. Supportive discipline, on the other hand, occurs when a teacher gives a suggestion or a verbal warning to help the correction of behavior. This is best done when the teacher talks to the student politely and in private to avoid ridicule and rebellious behavior. Corrective discipline is used when a student has failed to change his or her behavior after repeated attempts at supportive discipline.

Just like any other teacher, I have also had a fair share of problems with discipline in the classroom. There is one student I will never forget. I will call him 'Michael.' Michael was very disruptive during lessons. When I asked the other students how he was in primary school, I was shocked to find out that at one time he even glued a teacher to a chair. That was when I realized that there was really a need to understand this child. When I asked him why he put glue on the teacher's chair, he simply said, "I just didn't like peace."

In class, Michael would make fun of his peers and when they got mad at him, he would laugh. Sometimes those he picked on would yell at him, which could be

quite disruptive. I tried yelling at him but it did not help. I later realized that the only way to get through to him was to be extra patient and to love him just the way he was. I am glad that this worked and by the time he wrote his Form 5 exams, he managed to pass both my subjects being History and Geography.

When I spoke to his mum, she said, "You just have to understand him and appreciate him. I like the person he is right now." She also added that he now knows what he wants and that she has seen a lot of difference from the way he was in primary school. She has also observed that he is a bit more disciplined and listens attentively when addressed. Michael's grandmother is also very proud of him. She said that even though he can be naughty at times, he is generally a pleasant boy who is well known for his generosity.

Good luck to Michael, who once glued a teacher to a chair, but is now focusing on achieving strong academic gains in the future.

ABOUT THE AUTHOR

Ms. Loveness Mutongoreya teaches English, History and Geography at The Dow Academy.

THE BAD SIDE OF SOCIAL MEDIA

BY PALESA MOSOTHWANE

Social media networks were created with the aim of connecting people from all over the world.

Different individuals and organizations have succeeded in achieving their goals online, which may include being influential through their opinions regarding different issues. However, social media has also negatively affected humans both psychologically and socially. A study from Nottingham Trent University states that social media is as addictive as any drug. Excessive users tend to possess similar attributes such as mental preoccupation, escapism, concealing their addictive

behavior, just to list a few.

Social media also has the ability to capture and scatter one's attention which can lead to poorer cognitive performance and shrinkage of the attention maintaining parts of the brain, according to neurogrow.com. Furthermore, one's presence in cyberspace evokes an elusive sense of solitude. One becomes detached from their actual life and constantly tends to compare their progress to others. This may cause social media users to develop syndromes such as inferiority complex and impostor syndrome which can be detrimental to mental health. These have to do with feelings of inadequacy, insecurity and a lack of self-assurance.

The thought of being off social media for some time could be unbearable for some as they have an illusion of a utopian society engraved in their minds. This manifests in how people continue to fall into the unhealthy cycle of keeping up with online standards, even though it only drains them emotionally and financially.

Social media is good, but it will definitely steal parts of you that are unguarded and uncentered in your true being. Always remember to use it in moderation and protect your mind.



UNDERSTANDING EXTREMISM



BY RETHABILE NDLOVU

What drives a young man with so much potential to commit suicide in the name of supposed justice and honour? What drives a man to hatred and anger in the name of righteousness and freedom?

What drives a group of people to spread fear, terror and spite amongst the masses, to ridicule those that are not immersed in their beliefs, to destroy landmarks, slaughter innocent people and negatively impact on the safety and comfort of civilians just trying to go about their lives?

Extremism is said to be the holding of extreme political or religious views and enforcing these views through the use of violence, propaganda, and the forceful attempts at political change through extreme methods.

From the Klu Klux Klan in the United States of America that stand firmly on white supremacy, to the terrorist group Boko Haram that hide under the guise of pushing Islamic law in the Nigeria, both and all of these groups have one purpose and end goal: To bring up an idea, philosophy or view and thrust it into the eyes of the masses.

Common studies have shown that

one of the many reasons for extremism is the ultimate marginalization and oppression of minorities, manifested in individuals being treated unfairly because of the colour of their skin, where they come from, or their cultural background.

Extremism is usually initiated vocally, but as a person goes through the process of radicalization, the gradual action of causing someone to adopt radical positions on all types of issues, the person becomes more comfortable in indulging in violent acts.

Young people are at the highest risk of being radicalized. A report from the American Enterprise Institute stated that in 2014, children under the age of fourteen made up one third of the 6800 recruits that ISIS, an Islamic extremist group, abducted from Sinjar, Iraq, and eventually radicalized.

Teenagers or young people going through radicalization often isolate themselves from friends and family, develop increased levels of anger and sudden disrespect towards others and their opinions. The youth and other people that join extremist groups often lack a sense of belonging, and tend to

have low self esteem. This may be a part of the transition from being a child to becoming an adult, but these underlying issues push these young people into joining extremist organisations in an attempt at fitting in and being with people that they assume will not judge them, and have the same way of thinking as them.

Geographical proximity to political conflict can also drive people into extremism with the intention being serving their country, improving their communities or out of honour. These extremist groups often claim to do what is best for their citizens and communities, that tend to be near conflict riddled areas, since they also are most

affected. Community members tend therefore to join in order to try and make a difference and resurrect some sense of normalcy in their lives.

No matter the cause, governments around the world try to stop radicalization and prevent the growth of these groups. However, many others believe that the focus should rather be placed on root causes being inequality in the society, social and mental health problems within the teenage community and the misuse of social media.

In the end, it really is up to people to shine a light on this ever-growing problem.



NETHERLANDS' LEADING MAN

BY RETHABILE NDLOVU



Mark Rutte was born on February 14, 1967. Many people may not know him by name and while many may not instantly recognize or notice him, 'Teflon Mark' as the locals call him, has bagged a reputation for hypocrisy and controversy.

Rutte is the current Prime Minister of the Netherlands under the guise of the royal family and has been for the past decade, just as Margaret Thatcher had been Prime Minister in the United Kingdom. He was born in Hague to a Dutch east Indies businessman by the name of Izaäk Rutte and a Hermina Cornelia Dilling who passed away at 96 last year in his home of birth. He is the youngest of his siblings.

Rutte lived in Indonesia for some time with his father and his father's second wife. Before schooling in Hague, he contemplated trying out music. He then went on to study history at Leiden University and worked for a company called Unilever. Rutte then threw

himself into politics, actively engaging in the activities of the VVD (Volkspartij voor Vrijheid en Democratie), which translates in English to 'People's Party for Freedom and Democracy'.

He became the party leader in 2006, then Prime Minister of the country in October of 2010. Two years later, he resigned due to disagreements with the European Union pertaining to money distribution within the organisation. He went on to give a tough talk on finances that provoked anger from southern EU members. He argued that 'Greece would not and should not get one more cent from the activities within the EU.'

When he was once again running for the Prime minister position in 2015, Rutte contradicted his 2012 statement on cutting budgets by backing a multi-billion Euro financial bailout of Greece. Though his relations with Southern Europe would not improve in that one incident, in 2017 during an

election campaign, he would chase out two Turkish ministers after they addressed rallies and demonstrations within the country. This pushed the Turkish president Recep Erdogan to say that 'All Dutch Are Nazi remnants.'

Erdogan went on to say, referring to and blaming the Dutch for the Srebrenica massacre in 1995 in which 8000 Muslim boys and men were shot, comparing what happened to Rutte's kicking out of foreigners as similar marginalization of minorities. Rutte called these words 'unacceptable' and demanded an apology. This firm rebuttal proved popular with his people who voted him for a third term in office. He has lost allies and has even demanded a formal apology from the Turkish President Recep Tayyip Erdogan after being at odds with him.

Recently Rutte regained his position in the last elections despite a vote of no confidence linked to a child welfare

scandal, which further dragged the Rutte administration down. Rutte's entire cabinet resigned due to the scandal in which thousands of parents were wrongly accused by the government of tax fraud. The gross error was exposed by fellow politician Pieter Omtzigt. Rutte was once again flung to the spotlight by claiming 'From the bottom of his heart,' that he was innocent. This caused a rift with one of his allies, Sigrid Kaag, who filed a motion disapproving of his conduct. Every party in the Dutch Parliament backed her claim. 'This has seriously dented our partnership, the distance between him and me is wider and I regret that,' she went on to tell the press.

All in all despite the drama, Rutte still holds his position as Prime Minister of The Netherlands and has truly stood strong.

INCORPORATING HEALTHY SNACKS IN CHILDREN'S DIETS

Healthy eating advocacy has become such a trending topic lately that even health professionals like doctors and nurses encourage it in their consultations.

While it may be easy to follow healthy eating guidelines as an adult, it can be challenging for children since they tend to enjoy nice, yet unhealthy treats such as sweets, cookies, chocolate, chips and other fast foods. Eating fruits and vegetables can be a big challenge, although these contain important micronutrients which are

essential for children's growth. Nevertheless, it is still possible to include healthy snacks for children at home and in their lunch boxes while on trips.

Consider the following ideas:

Instead of frying potatoes, bake them. (That way, you use little to no oil).

Mash or blend fruits with milk. Add ice cubes and freeze to enjoy on a hot summer day.

When preschoolers are learning

about shapes, incorporate those shapes in their food. Remember, while it may be hard to eat a whole fruit whole, cutting in different shapes may stimulate interest and appetite.

Include your child in the preparation of healthy snacks.

Choose 2 to 3 days and label them as either "Veggie Days" or "Fruity Days." Hype the day up and get the children excited about them.

Popcorn with little to no salt is

ideal

If it happens that you offer them unhealthy snacks, give them a small portion after eating a home cooked meal, as giving them before may interfere with the child's appetite.

ABOUT THE AUTHOR

Tinabo Claud Bowane is a Motswana Dietician intern currently studying at Stellenbosch University in Cape Town.



GRIEF: COPING WITH THE LOSS OF YOUR LOVED ONE

Research shows that most people can recover from loss on their own through the passage of time if they have good social support and healthy habits.

Coping with the loss of a close friend or family member can be one of the hardest challenges any of us may face. When we lose a spouse, sibling or parent our grief can be particularly intense. Loss is understood as a natural part of life, but we are still overcome by shock and confusion, leading to prolonged periods of sadness and depression. The sadness typically diminishes in intensity as time passes, but grieving is also an important process in order to overcome these feelings and continue to embrace the time we had with our deceased loved one.

Everyone reacts differently to death and employs specific coping mechanisms for grief. Research shows that most people can recover from loss on their own through the passage of time if they have good social support and healthy habits. It may take months or years to come to terms with a loss. There is no "normal" time period for someone to grieve. One should not expect to simply pass through phases of grief either, as research suggests that most people do not go through stages as progressive steps.

If your relationship with the deceased was difficult, this will add another dimension

to the grieving process. It will take time and introspection before you are able to look back on the relationship and adjust to the loss.

Human beings are naturally resilient, considering most of them can endure loss and continue on with their lives. But some people may struggle with grief for longer periods of time and feel unable to carry out daily activities. Individuals with severe grief or complicated grief can benefit from the help of a psychologist or a licensed mental health professional with a specialization in grief.

MOVING ON WITH LIFE

Mourning the loss of a close friend or relative takes time, but research tells us that it can also be the catalyst for a renewed sense of meaning that offers purpose and direction to life.

Grieving individuals may find it helpful to use some of the following strategies to help them process and come to terms with loss:

Talk about the death of your loved one with friends or colleagues in order to help you understand what happened and remember your friend or family member. Avoidance can lead to isolation and will disrupt the healing process with your support systems.

Accept your feelings. You may experience a wide range of emotions, from sadness, to anger or even exhaustion. All of these feelings are normal and it's important to recognize when you are feeling this way. If you feel stuck or overwhelmed by these emotions, it may be helpful to talk with a licensed psychologist or other mental health professional who can help you cope with your feelings and assist you in finding ways to get back on track.

Take care of yourself and your family. Eating healthy foods, exercising and getting plenty of sleep can help your physical and emotional health. The grieving process can take a toll on one's body. Make sure you check in with your loved ones and that they are taking the necessary healthy steps to maintain their health.

Reach out and help others dealing with the loss. Spending time with loved ones of the deceased can help everyone cope. Whether it's sharing stories or listening to your loved one's favorite music, these small efforts can make a big difference to some. Helping others has the added benefit of making you feel better as well.

Remember and celebrate the lives of your loved ones. Anniversaries of a lost loved one can be a difficult time for friends and family, but it can also be a

time for remembrance and honoring them. It may be that you decide to collect donations to a favorite charity of the deceased, passing on a family name to a baby or planting a tree in memory. What you choose is up to you, as long as it allows you to honor that unique relationship in a way that feels right.

SOURCE: AMERICAN PSYCHOLOGICAL ASSOCIATION





**WE ARE A
COMMUNITY**

JESUS GOT MY BACK

BY LELENTLE MOKARAGA

Tshepo Lesole, popularly known as T-Les in the music circles, is an award-winning gospel singer.

Married to a beautiful lady, with whom he has two children, T-Les is a staunch Christian and also a preacher's kid. He has just released a new hit song 'Jesus Got My Back' featuring Naomi Classic. The song is enjoying massive airplay among local radio stations.

In an interview with TDA DIAMOND TIMES, he said the song was inspired by the difficult season the world is currently facing. "Covid-19 season has covered our earth with a dark cloud. The song basically is an encouragement to let people know that even though we are going through this sad season, God is still with us. He shall forever be with us".

are not yet available in stores," he continued.

When asked whether he sees himself singing Gospel for the rest of his life, the velvet-voiced 'Nkabo ke le kae' hit maker said that if it was all up to him, he would do so.

The track can be bought from digital stores such as Spotify, Deezer and can also be found on YouTube. Hard copies were also made, catering to those who may not have access to digital stores. "Merchandise is out so if you buy the merchandise they will give you a free hard copy on the side. You have to order online to get the merchandise and hard copies

"But we never know what God has planned for us (in future)". He also revealed that he enjoys R&B and mentions Boys II Men as some of his favourite artists. He however stated that this does not mean he is going to be making R&B music anytime soon.



SASA KLAAS IS YAMAS HALL OF FAMER



The late female rapper Sarona 'Sasa' Klaas' Motlhagodi won the Hall of Fame award posthumously at the Yaron FM Music Awards (YAMAs) held last month in Gaborone. The 'Mmamongwato' hit maker, featured in a song called Savanna, also won the Best Amapiano award.

Sasa Klaas' mother, Anna Mokgethi, said accepting the award on behalf of her daughter gave her the utmost pride and joy. She also received P30 000 cash. She noted how her daughter dedicated her life to the music industry, in particular to hip-hop.



R.KELLY FOUND GUILTY OF RACKETEERING AND SEX TRAFFICKING

After more than 25 years of accusations and a federal court trial in New York that lasted seven weeks, R&B singer R. Kelly (Real name Robert Kelly) has been found guilty of charges including sexual exploitation of a child, bribery, racketeering and sex trafficking involving five victims. Kelly faces a possible sentence of 10 years to life.

Kelly sat absolutely still as the foreperson gave the jury's verdict to Judge Ann Donnelly.

Fourteen alleged underlying acts were associated with the racketeering charge. The jury found that the government had proved 12 of those acts, which involved five victims: the singer Aaliyah as well as women named Stephanie, Jerhonda Pace, Jane and Faith. Two acts associated with an alleged victim named Sonja were not proved. (Most alleged victims went by their first names or pseudonyms.) The government needed proof of only two of the racketeering acts for a guilty charge.

Federal prosecutors in the Eastern District of New York (United States of America) successfully proved to a jury of seven men and five women that Kelly had been the head of a criminal enterprise whose purpose was to lure girls, boys and women to the R&B singer for his sexual gratification.

On top of awaiting sentencing in this New York case, Kelly will face a second federal trial on charges of child pornography and

obstruction of justice in the state of Illinois (US). Some of those accusations are related to a 2008 child pornography trial in Chicago in which he was acquitted of all charges.

Additionally, Kelly faces outstanding criminal charges in both Cook County, Illinois, where he was indicted by the state attorney in February 2019 for aggravated criminal sexual abuse involving four victims (three of them minors), and in Minnesota, where Kelly was charged in August 2019 with engaging in prostitution with a minor.

Sentencing in New York is scheduled for May 4 2022.

SOURCE: CNN





HOW DO YOU FEEL ABOUT HAIR RESTRICTIONS AT THE DOW ACADEMY?

BY KUNGO THEBE



Mr. Patrick Kaunda

'This is a school system with rules and regulations that help the child to be nurtured into uniformity. However, hairstyles should be neat as they give a positive impression of both the school and students.'



Ms. Vimbai Chingwe

'I believe it is fair to come out as unique, but the hairstyle should not be too expensive. We are all from different places and an expensive hairstyle can make an individual force money out of their parents' pocket. I prefer we keep it simple.'



Salifya Kapengwe Form 1

'The restrictions are bad because students cannot do as they please.'



Sthembile Ndlovu Form 2

'These restrictions are not really good because we as students want to be free.'



Lefa Motshegwe Form 3

'Everyone should do as they wish but not excessively.'



Ridge Lemao Form 4

'It's good to have these hair restrictions because we look like students and at the same time we look presentable as a school.'



Oratile Poonyane Form 5

'Restrictions are fair but strict.'

Rashid Mashungwa's artwork gets the 'August Page' of the prestigious Moso Children's Art Calendar.

On Friday 24th September 2021 TDA Secondary had a surprise visit from a teacher from his old school – Seingwaeng Primary. He brought with him the exciting news that our own Rashid had won an Art competition in Standard 7 which resulted in his artwork being used for the August page of the 2021 Moso Children's Calendar.

In a presentation ceremony in the presence of his peers in Form 1, Rashid was given a wonderful prize of art materials worth a considerable sum. Two letters addressed to Rashid were shared by Mr Fergus – Secondary Deputy School Head.

The first letter which was from The Acting Director of Curriculum Development and Evaluation congratulated Rashid for the very good work he had produced which resulted in his effort being selected for publication in The Moso Children's Art Calendar.

The second letter which was written by School Head of Seingwaeng Primary School in Mochudi, Rashid was once again congratulated and appreciated for the work he had done. He was urged to continue working in this manner and to reach for greater heights.

"We wish he could continue working hard and also do well in his academic work." Mr Ramono, the teacher that brought the good news told the audience that Rashid was a star student at Seingwaeng Primary

School and that he had enjoyed teaching Rashid himself when in Standard 5. Mr Ramono was asked to return to Seingwaeng Primary School with thanks and appreciation from all at The Dow Academy.

The Seingwaeng Primary School teacher that was directly responsible for working with Rashid on the calendar project was Mr Badubi who has taught at Seingwaeng Primary School for 6 years. He had this to say about Rashid: -

"Rashid is a very hard-working student who obviously wishes to pursue his dreams. I wish him well for the future."

When asked how he felt receiving this prestigious award, Rashid said the following:-

"This was my sixth attempt at winning this competition and at last I have been successful".

This attitude goes to show that if you have a 'never say die' attitude and you persevere, your efforts will be rewarded in some way.

The TDA is proud to have such a talented student as Rashid in our midst and wish him well as he draws ever closer to Form 2 and the hard work this transition will expect of him.

In addition to winning this prestigious prize, Rashid and his proud Parents / Guardians have also

been invited by the School Management of Seingwaeng Primary School and the Local Councillor to attend a celebration event to honour those students who achieved the very highest marks at PSLE in 2020.

This news was broken to both Rashid and his Form 1 classmates (who responded with rapturous applause) on Wednesday 6th October 2021.

The entire TDA family congratulate our Seingwaeng Primary School colleagues, The parents of Rashid and Rashid himself on a job well done!!

We would like to encourage Rashid to continue to work this way to ensure he achieves all A*s when he writes his IGCSEs in 2025.

Thank you.

Mr P. J. Fergus
Deputy School Head – Secondary.



IGCSE EXAMS 2021 GOOD LUCK FORM 5

A MESSAGE FROM Mr Fergus, Deputy School Head – Secondary.

You have started your IGCSE examinations and from the 'exit polls', the majority of you are saying that you "recognised the questions" and were "well prepared for them". As such, I feel you must continue to be confident and assured that these particular examinations were designed with you in mind. Never doubt your abilities. Your parents, teachers and I fully believe in you and have complete faith that all your hard work and sacrifices will bear fruit.

I have known all of you for almost a complete academic year and in this time I have never ceased to be amazed by your willingness to do the right thing! You have stayed behind after school to do extra work. You have spent afternoon upon afternoon revising and preparing for this moment in time. You have spent countless hours on Saturday mornings with your teachers. You have worked online with your teachers and spent time in small study groups that

you have set up yourselves. In the face of adversity with school closures and year group lock-downs, you have all worked tremendously hard.

As a result of this I know you are all completely capable of achieving anything you want to. You must continue to believe in yourselves because you are the ones who have studied, you are the ones who know how tough exams can be and you have prepared yourselves thoroughly for this most important time of your lives.

Banish any and all negative thoughts from your minds. Continue to approach your examinations with 'bucket loads' of positivity and energy. When you have confidence in yourselves, nothing can stop you or get in your way!

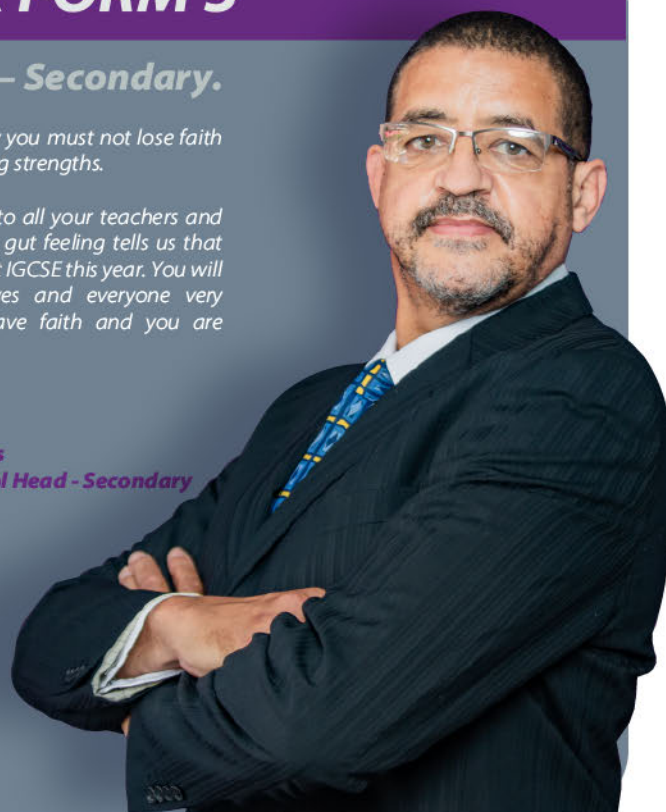
Don't tell me you haven't studied, revised or prepared because I know you have. I have seen you steadily getting

ready and now you must not lose faith in your amazing strengths.

I have spoken to all your teachers and collectively our gut feeling tells us that you will excel at IGCSE this year. You will make yourselves and everyone very proud. Just have faith and you are going to nail it.

Best wishes!

Mr P. J. Fergus
Deputy School Head – Secondary





LOPANG THE HAIRDRESSER

BY ANGELA NJOROGIE



Lopang Mosothwane started plaiting hair for a living in 2018.

The 22 year-old woman from Mochudi tells **TDA DIAMOND TIMES** Business that she has always wanted to have her own hair salon. At school, she was an excellent Art student who specialized in Pattern and Design. She says that hairdressing is her passion and true calling. "I did not go to school to pursue my dream of being a hairdresser. I simply learned from friends and got a few hints from local hairdressers," says Mosothwane.

She is persuaded that hairdressing is her gift from God. However, she also states that a friend taught her techniques on how to improve her talent and customer service skills. "I socialize with a lot of people and that makes it easier for me to connect with my customers". She is a guru when it comes to plaiting the "Carrot" hairstyle and she loves mixing patterns to see the end result. She says her business is doing well.

"It is doing exceptionally well, but I

have realised that in summer, there are long queues of customers compared to winter," she added that in winter, people prefer to plait the "Singles" hairstyle because it lasts for months and the braids act as insulation. Some of the other hairstyles that she offers include "Dreadlocks" and "Carrot Needle".


The challenges she faces in her business include customers not paying on time and having to follow them around. She says they put their needs and problems first. Another challenge, she explains, is that some customers refuse to wash their hair because of their beliefs. Her worry is that this is harmful because dandruff build-up can help transmit Tuberculosis.

Mosothwane advises whoever would like to pursue hairdressing to be able to assess a person's head first and to know what might suit them. Furthermore, she says the hairdresser should be neat and must be able to tell a person which hair product could improve their hair.



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MEET THE BOXING GIANT

BY RYAN MOILWA



On August 26 2021, the **TDA DIAMOND TIMES** interviewed Botswana's renowned professional boxer Mr. Lechedzani Master Luza. He also teaches Biology at Ledumang Senior Secondary School in Gaborone.

Master Luza was born in Sekakangwe, a village in the North East of Botswana. He tells this publication that his late brother Mbakiso Masole inspired him to start boxing. "Although I used to play karate and volleyball, I particularly fell in love with the sport of boxing. It gave me an opportunity to show my strengths as an individual," he says.

The 42 year-old coach started boxing in 1996 and began competing in 1997. In 1997 while he was at Masunga Senior Secondary School, he managed to scoop a national championship gold medal with the Botswana Integrated Sports Association as the Boxer of the Year. Since then, he has managed to continue acquiring numerous medals.

He became the first Motswana to achieve a silver medal at the Commonwealth Games in 2002. In 2005 he won a gold medal in the Commonwealth Championships in Scotland. In the same year, Master Luza started coaching boxing courses and completed his level

IV boxing coach course with a distinction in 2009.

Master Luza then retired from boxing in 2006 after the Melbourne Commonwealth Games and has since started coaching even though he long started coaching his first group of boxers in 2005.

The much-celebrated professional boxer and coach was able to achieve a number of awards in coaching, including one award in 2013 where he was crowned Best Coach in the national boxing championships. He went and won it again in 2017. He was also able to qualify one woman

boxer for the Tokyo 2020 qualifiers.

He reveals that he has even managed to acquire a Presidential Award in 2006 from the former President of Botswana, Honorable Festus Mogae.

Master Luza is the visionary behind a private entity called Master Fitness Centre situated in Broadhurst, Gaborone, where he grooms boxers.

"Throughout the years, boxing has taught me a lot of things such as hard work, discipline and teamwork. I get to work with a lot of different individuals from different backgrounds," he states.

"IT MAKES ME HAPPY. I DON'T JUST PLAY IT FOR FUN."

MANGADI EXPRESSES HIS LOVE FOR FOOTBALL



BY JASMINE LESEJANE

Loago Junior Mangadi beams with excitement when he speaks about his first love, which is playing football.

The 19 year-old Mochudi man, who is a former student of The Dow Academy, tells this publication that he unlocked his love for football at the age of four. "Growing up with my brother and uncle who played football led me to the same road. I've never thought of doing anything else apart from football," he says.

He shares that his biggest inspiration is FC Barcelona player Frenkie De Jong because of the skills he possesses. His favourite player is Lionel Messi, Forward for Paris Saint-Germain FC /Argentina, whom he describes as the best player in the whole world.

During his second year at TDA Secondary School, one of his friends suggested he visit Just For Keepers Academy based in Maru-a-Pula in Gaborone, where he has been training and playing since.

"Last year, Township Rollers FC put up trials for Under 20, 17, 15 and 13 and I decided to go for them. I was 17 and got selected for the Under 20s," he says, adding that it really meant a lot to him to achieve one of his goals of having to play for a senior team.

Mangadi says that early this year he stopped playing for Township Rollers FC. "I

wanted to challenge myself to grow. Right now I'm with Masitaoka FC and this means I have a chance to play with other teams which would let me play for their senior teams," he states.

Advising young people who would like to play football in future, Mangadi says it takes a lot of patience and resilience. "Football needs you to be patient. It is not for the faint-hearted; hence it needs you to be resilient. Parental support is also very vital. Parents must know that the basic thing to do is to support their child in whatever they want to do that makes them happy!" he concluded.

And the good news is that Mangadi now plays for Botswana National team, The Zebras!



"I WANT TO CHANGE LIVES" MR. MOSIMANYANE, THE COACH

BY LEKGOTLA MAPHORISA



Mr. Kebonyemodisa 'Dose' Mosimanyane was born in Maun some 43 years ago. He is a man on a golden mission as he has sharpened some of Botswana's finest athletes.

His list of successful protégés includes among others; Amantle Montsho, Baboloki Thebe, Galefele Moroko, Leungo Scotch, Victor Ntweng and Karabo Sibanda.

He attended primary school at Lesedi Primary School in Gaborone, before moving to Marang Junior School. He would later go to Naledi Senior Secondary School for his senior secondary school, before proceeding to Midrand Graduate Institute in South Africa for his tertiary education. He tells TDA DIAMOND TIMES that he spent his childhood playing softball, football, basketball and tennis, but his favourite sport was football. He unfortunately got into a car accident and broke his pelvis in 1998, which negatively affected his aspirations.

Mr. Mosimanyane carried out his national service at Lobatse in the X-ray department. After which he went on to undertake a Business Communications course before dropping out. He then moved to Francistown to start a security company called Syngeta Security, and after this he ventured into events management, where he was introduced to athletes. In one of his previous interviews with a local newspaper, Mr. Mosimanyane said that he started coaching athletes almost by accident,

revealing that he joined Maun Athletics in 2006 due to boredom, and that he initially only focused on the welfare of athletes by helping in the provision of training equipment such as spikes, trainers, and training attire, as well as transport and accommodation for competitions outside Maun.

Mr. Mosimanyane says he later helped Meleko Ndolo and Odirile Sibanda, who were athletics club coaches, with time keeping, which was when his love for coaching was ignited.

His biggest challenge was COVID-19 as he says he was not able to achieve objectives he had wanted to reach in training. "The first lockdown was the toughest because the Olympics were going to take place but unfortunately they were cancelled," he says. Asked why he chose coaching, he says that he wanted to change lives. "I want to help athletically gifted youth to reach their potential". He also revealed that he also took a coaching course in South Africa. Mr. Mosimanyane says he does not count medals as success. "For me, it's really about impacting lives," he emphasizes.

Meanwhile, last year Mr. Mosimanyane won The Coach of the Year award during the 40th Botswana Sport Awards. Two of his athletes, Scotch and Moroko, both won awards at the same event, with Scotch winning both sportsman of the year and Moroko winning the sportswoman of the year.