

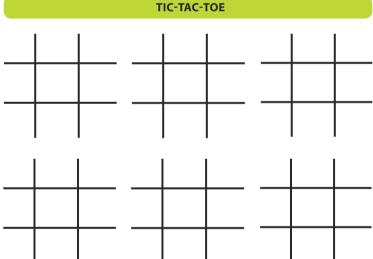




- Caxton Greater Joburg North
- **Sandton Chronicle**
- @Sandton_News
- @sandton_chronicle
- Caxton Joburg North

It's holiday, keep warm and have fun!





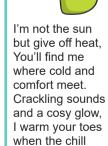


POWER UP WITH FRUIT!

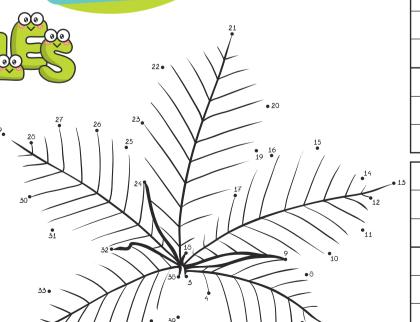
During winter, our bodies need extra help to stay strong and fight off colds and flu. Fruits are full of vitamins like vitamin C, which helps keep our immune system healthy. This means we get sick less often and feel better faster if we do. Eating colourful fruits like oranges, naartjies, and berries gives us the energy to play, learn, and enjoy the chilly days!







winds blow. What am I?



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

9

3

5

5

6

7

1

3

9

6

2

4

9

DOT TO DOT