

The Student SURVIVAL HANDBOOK



A HANDY GUIDE TO SURVIVING AS A STUDENT



Hello students,
I trust you and your families are doing well and looking forward to the year-end break.
As you prepare for your exams, we have put together this care pack, aptly named "The Student's Survival Pack", as I'm sure you just need something to pull you through this last lap.

You have worked hard, persevered and pressed on through another trying year of challenges as we continue to face the global pandemic. Our wish to you is that you end the year strong and make every minute count as you prepare for your final exams.

We wish you all the best and know that we are cheering for you on the sidelines! We believe in you and we know that you will give your best.

I trust the goodies in the box will bring a smile to your face and you will enjoy our token of care for you.

Once again, all the best and please do take care and stay safe.

Kind Regards,
Lezelle Scholtz and Simone Daniels
From the Polyoak Family Educational Foundation

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5 SIMPLE EXERCISES YOU CAN DO AROUND THE HOUSE.

10 HEALTHY EATING TIPS FOR SURVIVING UNIVERSITY

by Nicole Haird – Registered Dietitian

1

Eat a variety of foods – we get different nutrients from different foods, so it is important to eat from all the food groups!

Practical tip:

Try to 'eat from the rainbow'. This means have as many different colours as possible on your plate (think red – tomatoes; green – spinach; yellow – corn; brown – beans/lentils/meat)



2

Make vegetables and fruit part of most meals. Fruit and veg are packed with vitamins and minerals, as well as fibre which we need for healthy digestion. We should be eating 3 portions of vegetables, and 2 fruits every day.

Practical tips:

- Add veggies to soups, stews and sauces – this will help to make the meal go further and can 'disguise' the taste of veggies that you don't like.
- Choose fruit and veg that are in season – these contain more nutrients and are often cheaper than out-of-season options.



3

Eat breakfast every day. Studies show that people who don't eat breakfast are more likely to get diseases like diabetes and heart disease; they have poorer academic performance and have higher risk for depression.

Practical tips:

If you don't have time to make breakfast before you leave or aren't hungry first thing in the morning, pack a healthy breakfast to take with you. This could be a peanut butter sandwich on brown bread with a fruit, or 2 boiled eggs and a slice of toast, or even overnight oats (See recipe on page 9!)



4

Avoid sugary snacks and drinks – these foods aren't healthy. Eating sugar regularly can lead to overweight and obesity, as well as diseases like diabetes and cancer. Remember that sugary foods are a treat – not something that should be consumed every day.

Practical tips:

Avoid sugary drinks like Coke, Monster etc. Rather choose unsweetened or sugar-free options like water, tea or coffee. Even fruit juice has lots of sugar in it!



5

Avoid fatty or oily foods. Foods that are prepared with lots of oil can cause overweight and obesity, as well as heart disease.

Practical tips:

- Choose less fatty meat portions and remove the fat from your meat before cooking.
- Remove the skin of your chicken.
- Try to avoid foods that are deep fried.



6

Eat beans/lentils/legumes regularly – these foods are packed with nutrients and are very good for gut health. Add them to your meals as often as possible.

7

Eat 1-2 portions of oily fish per week. Oily fish like pilchards and sardines contain omega 3 which feeds our brains and helps reduce inflammation in the body.

8

Be careful of portion sizes – use the hand model to determine how much of each food group to eat.

9

Drink plenty of water – aim for 6-8 glasses per day.

10

Exercise regularly – try to walk/jog/dance/gym for 150 minutes per week.

Practical tip:

- Exercise doesn't have to be exhausting! Choose something you love like dancing, hiking or swimming.
- If you struggle with motivation, ask a friend to join you – it'll help to keep you accountable!

Healthy Snack Ideas

1. Peanuts & raisins

(peanuts contain protein and are a source of healthy fats and raisins are a great example of high-fibre carbohydrates)

2. Apple slices with peanut butter

(apple = high-fibre carbohydrate, peanut butter = protein and healthy fats)

3. Baked beans or pilchards on toast

Brown/whole wheat toast (baked beans/pilchards = protein; brown bread = high-fibre carbohydrate). Pilchards are also a great source of healthy Omega 3 fats

4. Low fat yoghurt & muesli or fruit

(yoghurt = protein; muesli and/or fruit = high-fibre carbohydrate)

5. Popcorn & peanuts

(popcorn = high-fibre carbohydrate; peanuts = protein and healthy fats)

6. Fresh veg

Fresh veg like carrots, green beans, cucumber – snacking on veg will help to increase your veg intake for the day. Remember, the more vegetables you can eat, the healthier you'll be!

QUICK & EASY MEALS TO FOLLOW



Beef Stew

Serves: 4

Preparation: 20 min

Cooking: 2 hrs 30 min

INGREDIENTS

30ml fresh chillies
 1 onion - freshly chopped
 2 garlic - cloves, crushed
 2 celery stalks - finely sliced
 2 fresh thyme - sprigs
 2 carrots - chopped
 800g beef - chuck steak - cubed
 15ml flour
 1 can tinned tomatoes
 300ml beef stock
 4 potatoes - quartered
 salt and freshly ground black pepper
 fresh parsley - handful - chopped
 rice - steamed to serve

1. Heat olive oil into a heavy based saucepan and sauté onion, garlic, celery, thyme and carrots until onions are soft and translucent and vegetables are just beginning to soften.
2. Add cubed beef and flour then sear until meat is well browned.
3. Pour in tinned tomatoes and stock, season with salt and pepper and cover with a lid.
4. Simmer gently over a low heat for about 2 hours or until meat is soft and tender.
5. Add potatoes and cook for a further 20-30 minutes or until potatoes are cooked.
6. Check seasoning and garnish with freshly chopped parsley.
7. Serve with steamed rice and seasonal vegetables.

Spicy Chicken Shisa Nyama

Serves: 4-6

Preparation: 20 min

Cooking: 1 hr

INGREDIENTS FOR CHICKEN

2 tbsp Olive Pride Blend
 1 tbsp Paprika
 1 tsp Cumin
 1 tsp Chicken spice
 1 tsp Dried oregano
 5 Garlic cloves, minced
 1 tsp Ginger, minced
 3 Red chillies, finely chopped
 1 Lemon, zested
 8 Chicken thighs and drumsticks

INGREDIENTS FOR SALSA

½ Pineapple, peeled & cut into 1cm rings
 1 Mango/Paw Paw, cut into cubes
 1 Avo, cut into cubes
 2 Limes, juiced
 1 tbsp Coriander, chopped
 2 tbsp Olive Pride Extra Virgin Olive Oil
 Salt and pepper

INGREDIENTS FOR MIELIES

4 Mielies
 4 tsp Olive Pride Fat Spread

TO SERVE

Garnish with chopped herbs and serve with your favourite sides like roasted mielies and pap.

1. For the chicken, begin by making the marinade.
2. Place the Olive Pride Blend into a bowl, followed by your spices. Mix well, then add the minced garlic, ginger, chili, and lemon zest. Add a big pinch of salt and pepper, mix well again, and massage into your chicken. Ideally you'd like to do this a few hours before you eat, or even overnight if you have the time. This will ensure maximum flavour penetration, and even seasoning.
3. For the mielies, boil a pot of salted water and par-cook for roughly 2 minutes. Remove from the water and set aside.
4. While the chicken is marinating, make your salsa by charring the pineapple on your braai grid, or in a griddle pan on the stove. This imparts a delicious smoky-sweet flavour onto the pineapple. Remove once charred on both sides, cut into cubes, and set aside. In a bowl, add your Olive Pride Extra Virgin Olive Oil.
5. Add the mango, avo, lime juice, coriander, and a healthy pinch of salt and pepper. Mix well, taste, and adjust seasoning as needed. Add your pineapple. Set aside once you are happy.
6. Once the chicken is marinated, cook over the coals, in a pan, or in the oven, until your chicken is golden brown and juicy. While the chicken is cooking, prepare the mielies for the fire by spreading roughly 1 tsp of Olive Pride Fat Spread on each mielie. Braai over a medium-high heat, until slightly charred, and set aside.
7. Serve with your mango and avo salsa, and favourite sides like mielies and pap.



Spicy Chicken Shisa Nyama

QUICK & EASY 'CHEAT DAY' DESSERTS

One Bowl Chocolate Brownies



Easy One Bowl Fudgy Cocoa Brownies

Serves: 16
Preparation: 5 min
Cooking: 20 min

INGREDIENTS

½ cup Melted butter or 1 stick
 ½ cup Unsweetened cocoa
 1 cup Sugar
 2 large Eggs
 1 tsp Vanilla
 ½ cup Flour
 ¼ tsp salt Leave out if using salted butter

1. Preheat oven to 350°F. Grease an 8x8 square pan or line with foil and set aside.
2. In a medium bowl combine melted butter and cocoa and sugar stir until fully dissolved.
3. Add eggs one at a time then vanilla and stir until well combined.
4. Stir in flour and salt until the flour is fully combine. Be careful not to overmix mix.
5. (optional) fold in 1 cup of nuts, raisins, chocolate chips or anything you desire.
6. Spread in pan and bake for approximately 20-22 minutes or until the center is slightly set.

Be careful not to over-bake!
7. Cool completely then cut into 9 large squares or 16 small squares



Snowflake Peppermint Choc Tart Jars

Serves: 10 - 12 cupcakes
Preparation: 10 min
Baking: 15 min

INGREDIENTS

230g Snowflake Creations Chocolate Cupcake kit
 1 extra-large egg
 60ml cooking oil
 100ml milk
For the Peppermint tart filling:
 2 cups fresh cream
 ½ cup icing sugar from Snowflake Creations Chocolate Cupcake kit
 1 tin Caramel
 200g peppermint chocolate, chopped
 Peppermint chocolate shards for decorating

1. Preheat the oven to 180C
2. Beat the egg, oil and milk and then add the cupcake mix.
3. Beat the batter until smooth.
4. Spoon batter into paper cups in a muffin tin. Bake for 15 minutes and allow to cool.
5. To make them, whisk the caramel in a bowl until smooth. In a separate bowl, whisk the cream with the icing sugar from the cupcake kit, until stiff peaks form. Fold 1 cup of the whipped cream into the caramel, along with half of the chopped peppermint chocolate. Fold until well combined.
6. To assemble the jars, slice the cupcakes so that you have flat rounds. Add a cupcake layer to the bottom of your serving glass or jar. Top with a layer of the peppermint tart filling and some chopped peppermint chocolate.
7. Add another layer of chocolate cupcake layer, peppermint tart layer and finish off with a layer of whipped cream.
8. Garnish with more peppermint chocolate when ready to serve.



Snowflake Peppermint Choc Tart Jars

Carrot cake overnight oats

Serves: 1
Preparation: 10 min
Baking: Overnight

INGREDIENTS

¼ cup Oats
 125ml Milk
 100ml Low fat yoghurt
 1 x Medium carrot, grated
 1 x Apple, chopped
 OR 15 raisins
 ½ tsp Cinnamon
 Small pinch nutmeg
 Pinch of salt
 Honey if desired

1. Combine all ingredients and leave in the fridge overnight



OUR TOP STUDY TIPS

by Nicole Haird – Registered Dietitian

 <p>1 Give yourself enough time to study</p>	 <p>2 Review syllabuses and subject reports</p>	 <p>3 Organise study groups with friends</p>
 <p>4 Take regular breaks</p>	 <p>5 Practise on past papers</p>	 <p>6 Snack on brain food</p>
 <p>7 Plan your exam day</p>	 <p>8 Organise your study space</p>	 <p>9 Get plenty of sleep</p>

SEVEN SKILLS STUDENTS NEED FOR THEIR FUTURE

It's important that you are prepared to lead productive and successful lives once you leave college or university and enter into the realm of adulthood.

We may not know exactly what lies ahead for you in the future, but we have the advantage of knowing what skills you will need once you get there.

Here are skills all students will need for careers, college, university and citizenship in the 21st century.



- **Curiosity & Imagination**
- **Initiative & Entrepreneurship**
- **Agility & Adaptability**
- **Critical Thinking & Problem Solving**
- **Effective Oral & Written Communication**
- **Collaboration Across Networks & Leading by Influence**
- **Accessing & Analyzing Information**

NEED TO KNOW EMERGENCY NUMBERS

It's always a good idea to have a fully stocked first aid kit at hand, plus a list of emergency numbers.

EMERGENCY 10111



Ambulance
10177 OR 082 911



Fire Brigade
10177



Fire - Mountain Rescue
021 535 1100 OR
031 307 7744



Poison Control
021 931 6129



Lifeline
021 461 1111 051 357 2746
012 342 2222 031 312 2323
011 728 1331



Suicide Crisis Line
0800 12 13 14 OR
31393



Alcoholics Anonymous
www.aasouthernafrica.org.za



SANCA (Council for Alcohol & drug dependence)
011 781 6410 031 202 2241
012 542 1121 051 447 4111



Cape Town Rape Crisis
021 447 9762



POWA (People opposing Women abuse)
021 447 9762 012 342 2222
011 642 4345 051 525 2395
011 650 5050 031 204 4111



Child Helpline
0800 05 55 55



Child Abuse Unit
011 481 5118