

Shajara Magazine

1st EDITION

Happy Month

Meet Avatar, The Last
Airbender at **page 26**

-
- Did You Know that Dinosaurs •
- lived here millions and million •
- ago?... **Check out page 21** •
-

Joy Jamboree,
We Are 7 years Old!

On page 24





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Hello Awesome Shajarians welcome to this months Shajara!!! Just like last time We first start with a Letter from our Amazing editor Khadijaa



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LETTER FROM THE EDITOR

Happy #7YearsofExcellence! Can you believe it's been seven amazing years since we started our journey together at Mtoto News? Back in 2017, we dreamed of making sure that your voices were heard loud and clear, and thanks to technology, we've been able to do just that!

In these seven years, we've reached over a million of you through our fun platforms. We've chatted with you in forums, taught you cool stuff, and even made awesome shows, cartoons, and booklets just for you! And guess what? You've helped us come up with some super cool ideas too!

But we couldn't have done any of this without our awesome friends and partners who believed in us and supported our wild ideas. And a big shout out to the government for giving us the space to do what we love: helping you!

So here's to many more years of fun, learning, and making your voices heard. You're all superstars, and we're so grateful to have you with us on this incredible journey!

With lots of high fives and big smiles,
Your incredible Editor in Chief

Its always Awesome to hear from you Khadija, Now we want to continue the awesome story by Our Babuu Atulo, so gather around kids and lets find out what happens to Chebi



It is a Cruel World, But Sometimes, It Does Offer the Warmest Hugs. (Continuation)

Aseemed to make sense anymore. She began to question everything she once held true. Were the people who had helped her throughout her life driven by ulterior motives? Was this so-called "land of the free" just a facade for selfish pursuits? It clashed with the values instilled in her by her mother, who always emphasized consideration for others, even in pursuit of personal gain.

Her waning commitment to the lab and reluctance to address issues caught the attention of her professor, Prof. Schmidt, who had high expectations for her role in developing groundbreaking technology.

He couldn't fathom why one of his brightest students was faltering. Something seemed off. This behavior was uncharacteristic of Chebi, and it worried him. Losing such a promising student wasn't part of his plan, so he decided to intervene.



“What’s going on with Chebi?” Mr. Obaga asked the class, eager to engage them in his storytelling.

The students guessed wildly about Chebi’s situation. Some suggested her contract was terminated, while others thought she was overwhelmed by her own intelligence. One even believed her scholarship was revoked.

Mr. Obaga chuckled at their enthusiasm, then resumed with a flourish of suspense. “Chebi... Chebi was... Chebi was...”

“Please, tell us, sir,” Nafula pleaded, her anticipation palpable. “We’re dying to know!”

Mr. Obaga’s infectious laugh rippled through the room, signaling the continuation of his tale.

Chebi felt a knot in her stomach as she entered Prof. Schmidt’s office, situated at the far end of the institution. He greeted her warmly, offering her a seat and her favorite cookies.

“Chebi, do you know why I chose you for this project?” Prof Achimdts asked. “It’s because you’re exceptional. I trust you to address any challenges and deliver outstanding results.”

Caught off guard, Chebi hesitated. “Um, sir, I need more time to refine my ideas. I want to make a meaningful impact. Please give me a few weeks.”

“You have three days, Chebi,” Prof. Schmidt replied firmly. “We need to keep the project on track. Thank you for your honesty. I’ll see you in class.”

As Chebi left the office, uncertainty worried her. Would she be able to meet Prof. Schmidt’s expectations while staying true to her values? Only time would tell. Chebi thought about her colleague’s words, a storm of doubt raged within her. Nothing

hmmmm hmmmm Una after that amazing story I sure could use a snack, Lucky for me Shillah is next up with her delicious Recipe of the month Bon-ape-tite kids

It's Riddle Time!



1

I have branches, but no fruit, trunk or leaves. What am I?

2

What is always in front of you but can't be seen?

3

If you've got me, you want to share me; if you share me, you haven't kept me. What am I?

4

I'm light as a feather, yet the strongest person can't hold me for five minutes. What am I?

5

What has to be broken before you can use it?

Little Chefs



Marshmallow Fruit Dip

Hello little chefs! Today we bring to you a Marshmallow Fruit Dip, I hope you will love making it, and also eating IT!!!

Here is what you will need.



1 cup marshmallow cream



Some cream cheese, softened



1/2 cup powdered sugar



1 tsp Vanilla extract



Different type of fruits for dipping (such as strawberries, bananas, apples, grapes, pineapple)



How to prepare it

1. In a mixing bowl, combine the marshmallow Cream and softened Cream Cheese until smooth and well combined.



2. Add powdered sugar and Vanilla extract to the mixture, and continue mixing until smooth and creamy.



4. Transfer the dip to a serving bowl.



5. Arrange the assorted fruits on a platter around the dip bowl.



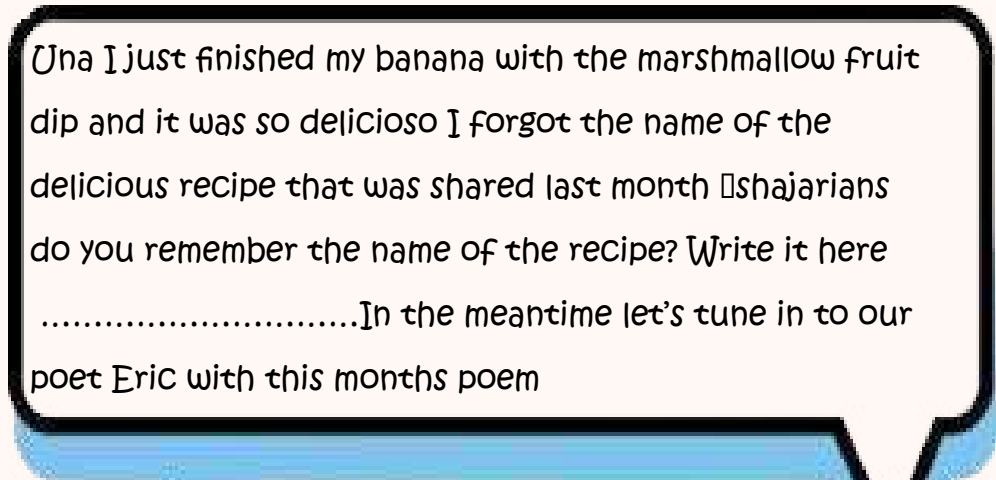
Images are attributed from: theproducemoms.com

6. Serve immediately and enjoy dipping the fruits into the marshmallow dip!

This sweet and creamy dip pairs perfectly with the natural sweetness of fresh fruits, making it a delightful treat for kids. So Enjoy!



Well Thank You so much Shillah,
Kids do you know how to say
Thank you in French? The French
say



Una I just finished my banana with the marshmallow fruit dip and it was so delicioso I forgot the name of the delicious recipe that was shared last month [shajarians do you remember the name of the recipe? Write it hereIn the meantime let's tune in to our poet Eric with this months poem



Mtoto News at 7



In the land of laughter, where dreams come alive,
There's a place called Mtoto News, where joy thrives.
Seven years of smiles, seven years of fun.



From sunny days to starry nights,
We've spread happiness with all our might.
Through magazines, shows, and tales so bright,
We've made the world a happier sight.



With every child's voice, a beacon of light,
We've journeyed together, shining so bright.
So let's celebrate #7YearsofExcellence with glee,
For happiness is what we bring, for you and me.



Forever happy, forever free!



Ohh I do so love Eric's poems
but this one is even more
special, do you know why

Jabari



Yes Una! This poem is very
very special because it
celebrates Mtoto News for
turning 7 years old on February

Yaay for Mtoto News I
can't wait for the next
birthday, Maybe we will
celebrate it in a
different City



I hope so to and speaking of
cities here's our cities expert
Benedetta I wonder where
she's taking us this month





JOHANNESBURG, The City of Gold.

Have you ever been to Johannesburg? the largest city in South Africa?

Well, here are some facts about it. It is one of the 50 largest urban areas in the world.

It is known as the “City of Gold” due to its rich history in gold mining.

The tallest building in Africa, the Carlton Centre, (223 meters tall) is found in Johannesburg. Most people also call the city Jo Burg



Jo Burg is beautiful thankyou
Bennedetta, see you in the city.
Jabari where are we going next



Am getting some popcorn
Una because we are going to
the movies next



Yaaay I can't wait to see what our
Movie Critic Karen decided was
this Month's Movie of the Month



Movie Review

Avatar, The Last Airbender



Welcome to the amazing world of 'The Last Airbender' series! This is a super fun journey with Aang, Katara, Sokka, and all their friends.

Of course you will love all the cool bending powers, like water float and earth move! And don't forget about the adorable flying bison, Appa (actually, he was the best!)

The series is full of exciting adventures and awesome characters. Zuko might seem a bit grumpy at first, but he's got a big heart underneath all that tough armor. And Iroh? He's like the wisest uncle ever!

Sure, there are a few moments that might make you go, 'Hmm,' like when Aang talks to other avatars. But hey, that's all part of the fun!

Most importantly, 'The Last Airbender' teaches us about teamwork, bravery, and always doing what's right. So gather your friends, grab some snacks, and get ready for an epic journey you'll never forget! Or may forget!, but I know I won't.

I really liked the characters most especially their fashion and style ☺ Oh I wish someone would help style me so I can also look that amazing



Fear Not Jabari Our most chic stylist Kate is hear for you let's see what she recommends for this Months closet



FASHION SPREE

Hello kids! Welcome back to another exciting month of fashion spree.

Remember what we learnt last month? I hope you now go to Thrift as you learnt the benefits of thrifting.

This month we are going to focus on one outfit. This is mostly for the boys but girls, don't feel left out, I have something very cool waiting for you next month.

Well, let us start with a casual wear

This is a simple wear for the boys. It is very comfortable and can let you go about your daily activities with ease



Ushanka hat

The hat is not the most popular, but it's certainly a vibe. Aside from being stylish, it is very warm and is perfect for the cold weather.

Soccer jersey

Soccer jerseys have their lovers and with no doubt, it's a must have. Retro jerseys in particular bring a vintage aspect in your fit



Jorts

Jorts have surely burst into the fashion scene of late and rightly so. Jorts are a creative name for shorts made out of jeans and certainly, you could never go wrong with jorts!

Adidas sneakers

Relatively slim shoes are a perfect fit when wearing baggy clothes, Adidas samba and Adidas gazelles have evolved into hot pieces in the fashion world of late. It all goes down to preference but they are indeed beautiful sneakers.



That's what we have for this month. Girls, you can show this aesthetic to your brothers or cousins. Let's meet again next month. I hope you enjoyed it.

I for sure am getting myself some Jorts and for the jerseys they have to be from your favorite football team My favorite football team is



Well that's a Fun fact and right on time too because here is Alice with Did You know?



Can you Calculate all the maths?



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	+	2	=	
--	---	---	---	--

	+	5	=
--	---	---	---

	-	4	=
--	---	---	---

	+	1	=	
--	---	---	---	--

6	+		=	
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	-	2	=
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	+	3	=
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	+	4	=
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2	+		=	
---	---	--	---	--

	-	5	=	
--	---	---	---	--

	-	3	=
--	---	---	---

	-		=	
3	+		=	5

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--	---	---	---	--

Did You Know



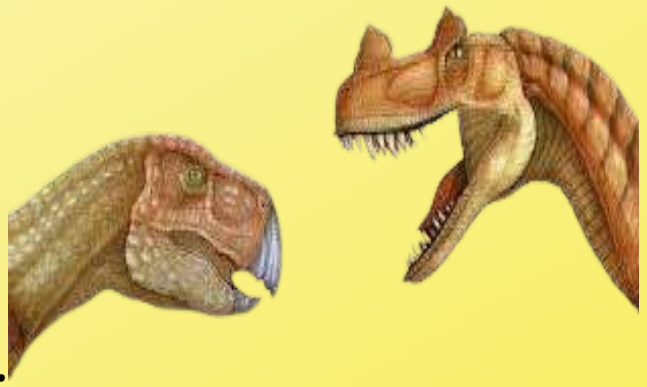
That Dinosaurs were giant reptiles that roamed the Earth millions of years ago. ??



They lived during the Mesozoic Era, which lasted from about 252 to 66 million years ago. Dinosaurs came in all shapes and sizes, from tiny creatures like Compsognathus to massive beasts like Brachiosaurus.

Some dinosaurs had sharp teeth, while others had beaks for eating plants.

Dinosaurs went extinct around 66 million years ago, but scientists are still studying why they disappeared.



Many people believe that a massive asteroid or comet hit Earth, causing a catastrophic event that led to the extinction of dinosaurs.

Although dinosaurs are gone, we can still learn from them. Their fossils tell us about the Earth's climate and geology in the past.



Dinosaurs continue to inspire us today. We see them in movies, books, and even in the names of some modern animals.

Paleontologists, scientists who study fossils, continue to find new dinosaur fossils and learn more about these amazing creatures.

Dinosaurs may be gone, but their legacy lives on!

Did You Know?

Did you know that sharks have been around longer than dinosaurs? That's right, these amazing creatures have been swimming in our oceans for over 400 million years!



Did you know that the Mona Lisa has no eyebrows? That's because the artist, Leonardo da Vinci, wanted to create a mysterious and enigmatic expression on her face

tihhi... I didn't know the Monalisa doesn't have eyebrows, but it still looks amazing in pictures almost as Amazing as our happy 7th Anniversary pictures here are some of them take a look



Try out this Tongue Twister



Brisk brave brigadiers brandished broad bright blades, blunderbusses, and bludgeons—balancing them badly.



Mtoto News at 7

Meet the Team Behind Mtoto News



The Africa Children Climate Summit



Children panelists discussing climate solutions at the Africa Climate Summit held in Nairobi, Kenya on 4th - 6th September, 2023.

The Africa Children Summit

There has been good events but there will also be better ones to come..make sure you come and join us...

Well that sure was Fun. Now we join Shillah at the healthy corner to learn what she has prepared for us



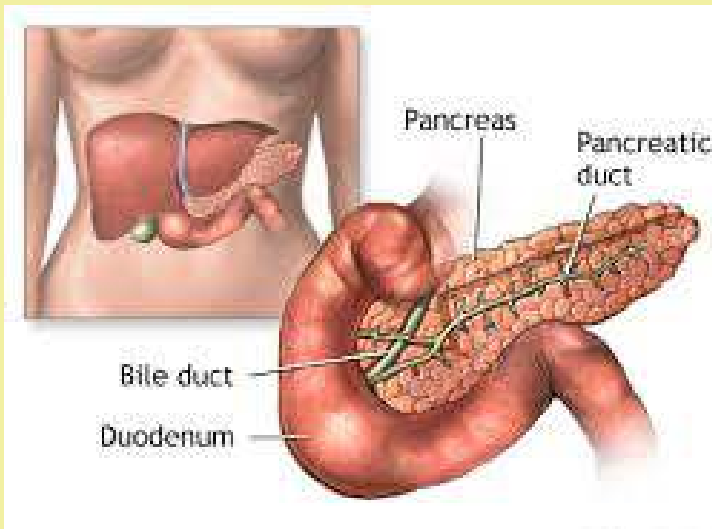
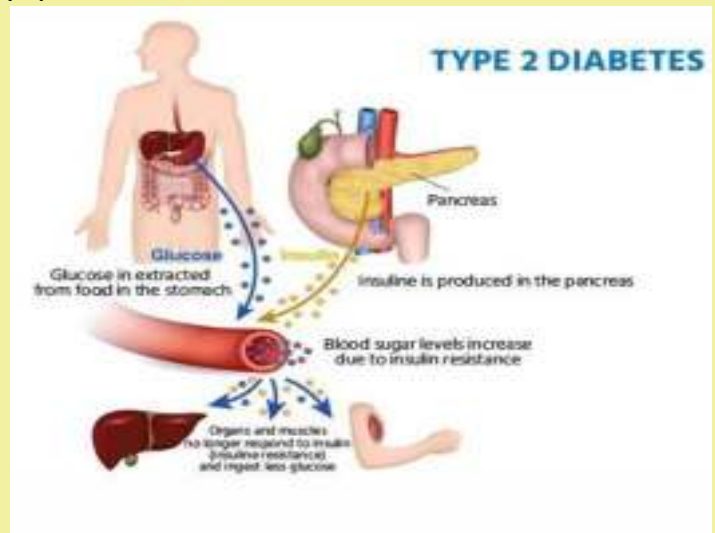
Healthy Corner

Ever Heard of Diabetes?



Type 1 is like your body's immune system going haywire and attacking the insulin-making cells in your pancreas. Insulin is like the key that unlocks your body's cells so they can use sugar for energy. Without enough insulin, sugar piles up in your blood.

Hey there! So, you know about diabetes, right? It's like having a tricky relationship with sugar in your blood. There are two main types: type 1 and type 2.



Type 2 is when your body becomes stubborn and doesn't respond well to insulin, or it doesn't make enough of it. So, sugar still hangs around in your blood causing trouble.

Now, managing diabetes isn't all doom and gloom. There are cool ways to handle it!

First up, your diet. Instead of loading up on sugary stuff, focus on eating good carbs like whole grains, fruits, and veggies. These help keep your blood sugar levels steady. Also, fiber is your buddy! It slows down how fast sugar gets into your bloodstream, so include foods like nuts, seeds, and whole grains.

Don't forget about healthy fats! Avocados, nuts, and olive oil are like superheroes for your body. They make your cells more sensitive to insulin, which is awesome.

Protein is important too. Go for lean options like chicken, fish, tofu, and beans. They help keep you feeling full and your blood sugar in check.

Foods You Can Eat on a Diabetes



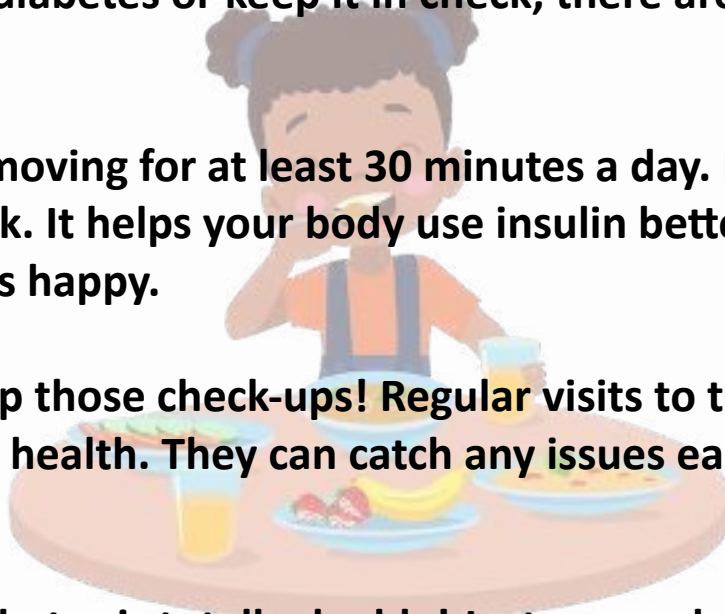
But hey, portion control is key! Eating smaller meals throughout the day stops your blood sugar from going on a roller coaster ride.

Now, to prevent diabetes or keep it in check, there are some fun things you can do.

Stay active! Get moving for at least 30 minutes a day. Dance, play sports, or just take a walk. It helps your body use insulin better and keeps your blood sugar levels happy.

Oh, and don't skip those check-ups! Regular visits to the doctor are like pit stops for your health. They can catch any issues early and keep you on track.

So, managing diabetes is totally doable! Just remember to eat right, stay active, and keep an eye on your health. You've got this!



WELL Shajarian's That's all we prepared for you this Month

See you next Month byeeee!!



Answers to Riddles

From Shajara Magazine February 2023 issue

1 I'm black when you get it, Red when you burn
it, Gray when you're done with it. What am I?

Charcoal



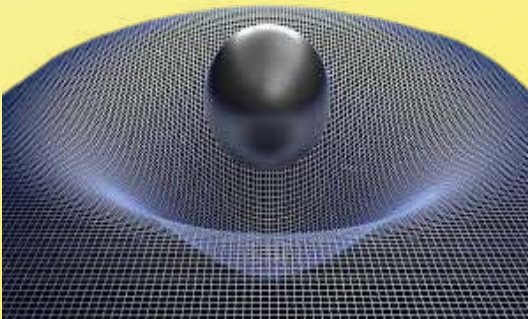
Number one is hydrogen, Number 16 is sulfur,
Number 36 is krypton, What list is this?

Periodic table

2

3 I'm as hard as stone but can be found on the
body. What am I?

Teeth



It keeps you on the ground and stops things
floating around. What is it?

Gravity

4

5 I can be hot, I can be cold, I can run and I can be still,
I can be hard and I can be soft. What am I?

Water





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