

Shajara Magazine

2ND EDITION

Talking of culture
Find it on page 3

If you love football
Catch it on page 19

MAY 2024 ISSUE

Celebrating
Diversity



The **Enjoy** and **Explore**, Dream and Create Magazine





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Hello Hello Shajarian's
welcome to May's issue of
your favourite Magazine,
I'm Jabari



And I'm Una and together we
are going to be taking you deep
into the adventures of Shajara but
first our Awesome Editor Lady
Khadija has a letter for us.

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LETTER FROM THE EDITOR

Hey Jabari, Una, and our amazing readers,

I missed you all! How did the sports trivia go? Did you ace it? I know someone who did!

Ladies, head over to Fashion Spree—there's something there you'll absolutely love.

Got any questions, answers, or ideas to share? Fantastic! Shoot us an email at khadija@mtotonews.com or give us a call at +254 790 568 290. We'd love to hear from you!

Have fun reading and keep being awesome!

Yours,

K.

Editor-In-Chief



Well Thank You so very much Lady Khadija.Şhajarian's our first stop is at Babu Atulo's hut for a nice and educative story remember to carry your lesa.

The World, One Big Family.

Mphatso felt nervous as he held the admission letter his mother had given him. They had just picked it up while getting his new school uniform for the term. All his excitement about starting at the new school disappeared in an instant. The letter said that all new 9th graders had to wear their cultural attire on the first day of orientation. Mphatso didn't like standing out, especially because he was from a different country. Should he wear something from his mother's South Sudanese culture or his father's Malawian heritage?

On the day of orientation, Mphatso nervously entered the school hall. He saw students in various cultural outfits, some very different from his own. He felt eyes on him and heard whispers, but he held his head high and took a deep breath.

As the day went on, Mphatso noticed that while some students were curious, others seemed indifferent. He decided to be brave and talk to a group of students. He introduced himself and explained his cultural mix. To his surprise, they were fascinated and wanted to know more about his traditions and heritage.

Throughout the semester, Mphatso faced challenges. Sometimes, other students teased him about his accent or his clothes. But each time, he stood up for himself. He shared stories about his family's cultures, showing how rich and beautiful they were. He explained that differences make the world more interesting and that everyone has something valuable to share.



One day, the school organised a cultural fair. Mphatso decided to participate by setting up a booth showcasing both South Sudanese and Malawian cultures. He displayed traditional clothes, music, and food from both backgrounds. He even performed a dance that combined styles from both cultures.

Mphatso's booth became one of the most popular at the fair. Students and teachers alike praised him for his courage and creativity. They appreciated how he embraced his heritage and shared it proudly with others.



By the end of the semester, Mphatso felt at home. The school's culture of embracing diversity made him feel comfortable and accepted. On the last day of the term, all the freshmen wore traditional attire from a culture they had enjoyed learning about. They also painted a mural on the administration block wall, celebrating the different cultures of the world with art and poetry.

Three years later, when Mphatso became the school captain, he stood before the new students and shared his story. "Our differences and diversity should unite us rather than divide us," he said. "I learned to stand up for myself and my culture, and I hope you all find the strength to do the same. Remember, we are all part of one big, happy family."



Like always that was an amazing story and Jabari I always wanted to tell you I love your bright colours is there anything really unique about your culture



Thank You so much Una and yes in my culture we sing alooooot in the morning and at lunch and at 4pm tea and at dinner, am getting hungry just thinking about all the amazing foods we eat after singing



Oh Jabari, anyway that's fine because our next stop in our adventure is Chef's Shillah Snack stand Let's find out what delicious treat she has prepared for us this month...Bon



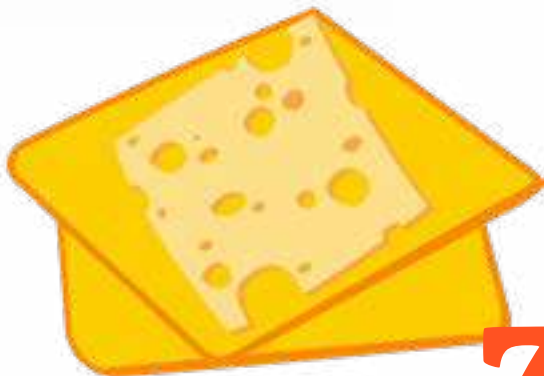
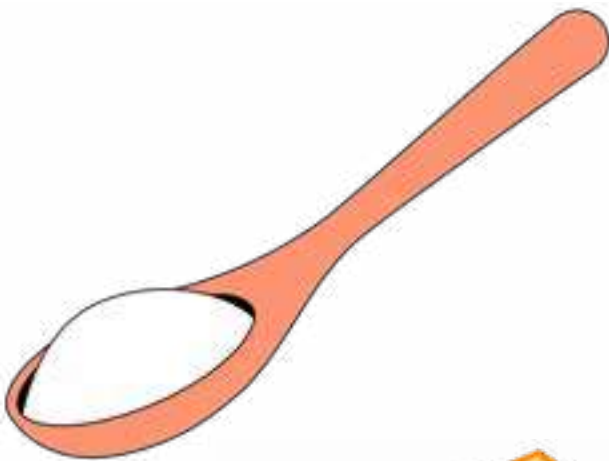
Little Chefs

RECIPE

Grilled Cheese Sandwich.

Ingredients.

- 2. slices of bread
- 2. slices of cheese (cheddar, American, or your choice)
- 1. tablespoon butter



Instructions.

1. Heat a pan over medium heat.
2. Spread butter on one side of each slice of bread.
3. Place one slice of bread, butter side down, on the pan.
4. Put the cheese slices on top of the bread.
5. Top with the second slice of bread, butter side up.
6. Cook until the bottom slice is golden brown, about 2-3 minutes.
7. Flip the sandwich and cook until the other side is golden brown and the cheese is melted, another 2-3 minutes.
8. Remove the bread from the pan, let it cool a little bit, and then cut in half and serve.

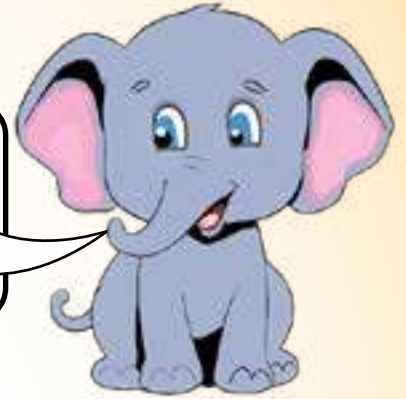


You can serve the sandwich with milk, tea, juice or a smoothie.





This is amazing Chef Shillah, don't you agree Una?



I totally agree Jabari it's a sandwich made of happiness



it's so filling too whoof I need to take a walk let's head over to Bena's so she can take us exploring in this months African City



AFRICAN CITIES.

Hey explorers! Let's take a trip to Asmara, the capital city of Eritrea. Have you ever wondered how cities get their names? Well, Asmara has a cool story behind its name. It comes from "Arbate Asmera," which means "four made them unite" in the Tigrinya Language. Can you guess why? Because four villages came together to create this amazing city!



Asmara is like a living museum of modernist buildings from the time when Italy ruled Eritrea. Imagine walking down wide streets lined with trees and looking at colourful buildings that seem like they're from an old movie! Because four villages came together to create this amazing city!

Here are some fun places to visit in Asmara:

Fiat Tagliero Building: This building looks like an aeroplane!. Can you imagine a building that looks ready to take off?



Medebar Market: This market is really nice and beautiful. You can see people selling all sorts of things, from fresh fruits to handmade crafts. It's a great place to feel the heartbeat of Asmara.

Let's go explore and have fun in Asmara!





Asmara is sooo beautiful definitely one of my top 5 Cities now

That building that looks like an aeroplane made me miss my plane too bad I had to give it away so they can use it for a movie



You know jabari Asmara would be a really nice place to shoot movies from and speaking of movies lets get our popcorn because its movie time with our top Critique La Madame Karen.

Before the movie can you try out this tongue twister, Jabari's tongue is all twisted because of it.



TIME FOR SOME TONGUE TWISTERS



1

If you must cross a coarse, cross cow across a crowded cow crossing, cross the cross, coarse cow across the crowded cow crossing carefully.

2

Pad kid poured curd pulled cod.

3

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

4

Rory the warrior and Roger the worrier were reared wrongly in a rural brewery.





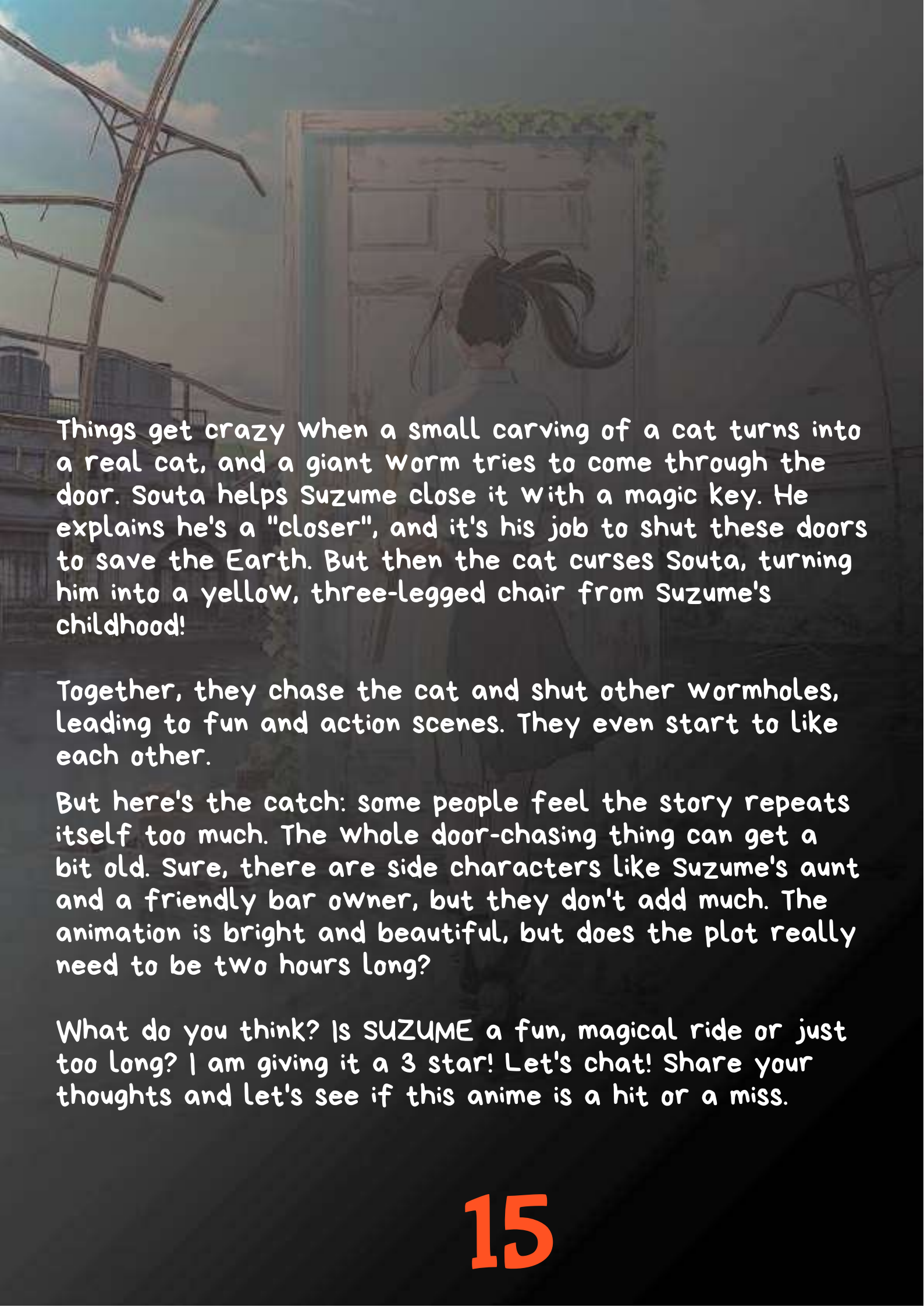
MOVIE REVIEW

Suzume

Fun Adventure or Same Old Story?

Hey, anime fans! Let's talk about Suzume, a movie that's got everyone buzzing. Is it amazing or just more of the same?

Suzume, a regular girl, meets a mysterious guy named Souta while biking to school. He asks her for directions to a ruin. Curious, she later follows him and finds a magical door standing alone on a wet patio. Opening it, she sees another world!



Things get crazy when a small carving of a cat turns into a real cat, and a giant worm tries to come through the door. Souta helps Suzume close it with a magic key. He explains he's a "closer", and it's his job to shut these doors to save the Earth. But then the cat curses Souta, turning him into a yellow, three-legged chair from Suzume's childhood!

Together, they chase the cat and shut other wormholes, leading to fun and action scenes. They even start to like each other.

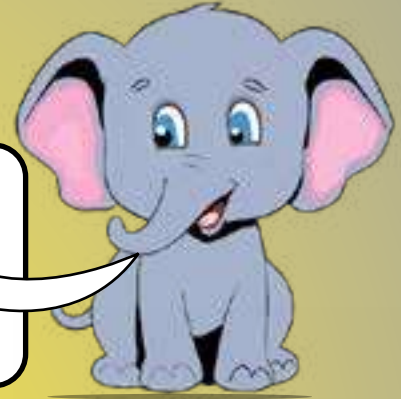
But here's the catch: some people feel the story repeats itself too much. The whole door-chasing thing can get a bit old. Sure, there are side characters like Suzume's aunt and a friendly bar owner, but they don't add much. The animation is bright and beautiful, but does the plot really need to be two hours long?

What do you think? Is SUZUME a fun, magical ride or just too long? I am giving it a 3 star! Let's chat! Share your thoughts and let's see if this anime is a hit or a miss.



Whoof i guess our critique is still doing her thing what did you think about the Anime Una?

I kinda loved it, the colours, the characters and ohhh how Suzume starts to like SoutaI give it 4 stars



I know if I ever made a movie or a cartoon it would be so awesome even Karen would give it a 10/10 and all 5 stars



You really think so Jabari?



YES! I just need to find something interesting to create a movie about. Follow me shajarian's let's find Alice I am pretty sure she knows an interesting fact that I could make a movie with



DID YOU KNOW??

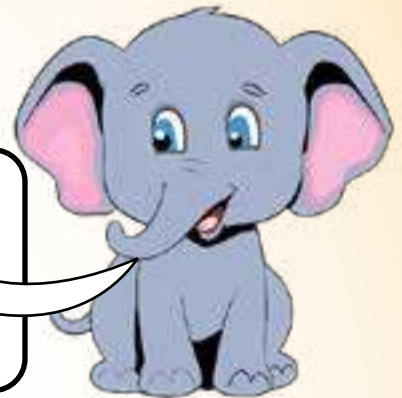
1. Did you know that in a family of elephants, the oldest female, called the matriarch, is the leader? She guides the herd and knows where to find food and water!

2. Did you know that in some cultures, there are special names for relatives that don't exist in English? For example, in Hindi, there's a different word for your mother's brother (mama) and your father's brother (Chacha)!

3. Did you know that in some penguin species, the dad takes care of the egg? Emperor penguin dads keep the egg warm on their feet for two whole months until it hatches!

4. Did you know that you can create a family tree to see how everyone in your family is related? Some family trees go back hundreds of years!

Well Jabari, Alice sure didn't disappoint I can't wait to see what movie you create



SHHHHHHHHH Una My brain is busy creating a movie. Oh! And call me Director Jabari



OK, OK well in the meantime Shajarian's here's Esdaisy with our Sports Trivia how many questions can you get right let's find out?



Hi everyone, missed me? Well, here I am again with more sports trivia! We're still testing your knowledge of football.

First, here are the answers to last issue's trivia:

- [1] (A) SOCCER**
- [2] A) TO SCORE MORE GOALS THAN THE OTHER TEAM**
- [3] (B) 11**
- [4] (A) OFFSIDE, FOULS, HANDBALL**
- [5] (A) DRIBBLING**
- [6] (A) WORLD CUP**

How many did you get right? Are you a football guru or just starting out? Let's find out—check out the trivia below and see how knowledgeable you are.



1. Types of Fouls:

Question:

Which of the following is NOT one of the three types of fouls in football?

- (A) Pushing
- (B) Handball
- (C) Kicking



2. Free Kicks and Penalty Kicks:

Question:

What happens if a foul occurs inside the penalty box?

- (A) The fouled team gets a free kick from the spot of the foul
- (B) The fouled team gets a penalty kick
- (C) The fouled team gets a corner kick
- (D) The fouled team gets a throw-in



3. Yellow Cards:

Question:

What does a yellow card signify in a football game?

- (A) Immediate ejection from the game
- (B) A warning for a serious foul
- (C) A penalty kick for the opposing team
- (D) A free substitution



4. Red Cards:

Question:

Which of the following can result in a player receiving a red card?

- (A) Committing a handball
- (B) Receiving a second yellow card
- (C) Scoring an own goal
- (D) Failing to take a corner kick



5. Corner Kicks:

Question:

When is a corner kick awarded in football?

- (A) When the ball is kicked over the goal line by the attacking team
- (B) When the ball is kicked over the goal line by the defending team
- (C) When the ball is kicked over the sideline by either team
- (D) When a player commits a foul near the corner flag

6. Substitutions:

Question:

Where must a player enter and leave the field during a substitution?

- (A) At the halfway line
- (B) At the corner flag
- (C) Anywhere along the sideline
- (D) At the goal line



7. FIFA World Cup:

Question:

How often is the FIFA World Cup held?

- (A) Every two years
- (B) Every three years
- (C) Every four years
- (D) Every five years



8. Penalty Kick Position:

Question:

How often is the FIFA World Cup held?

- (A) At the halfway line
- (B) At the centre circle
- (C) Inside the penalty box, with a direct shot to the goal
- (D) At the corner of the field

Well, you will have your answers in the next issue! Until we meet again, this sports guru is signing off



well....How many questions did you get right Jabari



Una I only got one of them right so I guess my movie is going to be about football.



I got all of them right maybe I should create a movie about football



Maybe you should Una in the meantime let's go calm our hearts and mind at Al-Amin's tent of poetry



TIME FOR A POEM.

For family's not just blood

In hearts alone, a journey starts,
For those who wander, seeking hearts.
Yet in friends found, near and far,
A family forms, a guiding star.



In shelters warm, or streets so cold,
Kindness blooms, a hand to hold.
For family's not just blood, you see,
It's love and care, for you and me.



That beautiful poem makes want to
tear up.



it's the most beautiful thing I have
heard today.



I'm not sure that's possible Jabari but
don't worry because we are going for
our Monthly Fashion spree with our
Resident Designee Bena Kate



OKAY!

FASHION SPREE

Hello kids!! I hope you have been keeping safe! I am so excited about this month's fashion idea. Are you? This month I'm going to guide you how to make yourself some jorts from an old pair of Jean trousers.

- Well, get yourself ready.
- You will need the following:
 - Stationary (pen, pencil, ruler)
 - Geometrical set
 - A pair of old Jean trousers
 - A pair of scissors

I'm sure you are wondering why a Geometrical set, relax you'll see! You can make it more fun by having some music playing. Now let's get onto it.



Step 1

Gather all your requirements at one place



Step 2

Take your pair of jeans and measure the height from which you want to cut it from. Lay your trouser on top of a table, floor or a flat space.

Step 3

Using a ruler and a pen or pencil, draw a line to mark the cutting area.



Step 4

Use a pair of scissors to cut through the line you drew.



Remember kids, for your safety, please ask your parent, guardian or an older person to help you out.



Step 5

I'm sure you're wondering what the Geometrical set was for. So here, use the divider or one sharp side of the compass to uneven the cut part of the jeans.



Notice the difference?



Wondering how you can style these jorts? You can style these with a T-shirt, a button up shirt or a jersey.

For the shoes, just put on sneakers of your preference with long or ankle socks



Was that fun?
More is yet to come next month.
Don't forget to share the inspo with your
friends

SEE
YOU

NEXT
MONTH



I would look amazing in jorts don't you
think so Una



I know you would Jabari but remember
it's important to take care of yourself
so ask an adult for help when your
making them ok

OK Una and speaking of taking care of
yourself up next is the healthy corner
with more tips on how to stay happy
and healthy



HEALTHY CORNER

Fun and Healthy Habits for the Whole Family

EAT THE RAINBOW.

Eating a variety of colourful fruits and vegetables is not only fun but also super healthy! Each colour gives your body different vitamins and minerals.

Try to fill your plate with a rainbow of colours at every meal. Here are some ideas:

- **Red:** Strawberries, tomatoes, and red bell peppers.
- **Orange:** Carrots, sweet potatoes, and oranges.
- **Yellow:** Bananas, corn, and yellow peppers.
- **Green:** Broccoli, spinach, and green apples.
- **Blue/Purple:** Blueberries, grapes, and eggplant.

FAMILY FITNESS FUN

Staying active is important for everyone in the family. Here are some fun activities you can do together:

Nature Walks: Explore your local park or nature reserve. See how many different plants and animals you can spot!

Dance Parties: Turn up your favourite music and dance around the living room.

Sports Games: Play a game of soccer, basketball, or even a fun game of tag in your backyard.

HYDRATION STATION

Drinking enough water is essential for staying healthy. Try these tips to make sure everyone in the family is hydrated:

Flavour Your Water: Add slices of lemon, lime, or cucumber to your water for a refreshing twist.

Water Bottles: Give each family member their own special water bottle to carry around.

Water-Rich Snacks: Eat fruits and veggies with high water content like watermelon, cucumbers, and oranges.

MINDFUL MOMENTS

Taking care of your mind is just as important as taking care of your body. Here are some ways to practise mindfulness as a family:

Deep Breathing: Sit comfortably, close your eyes, and take deep breaths in and out. Try to breathe in for four counts and out for four counts.

Gratitude Jar: Each family member writes down something they are grateful for and puts it in a jar. Read them together at the end of the week.

Yoga Time: Follow a family yoga video online. It's a great way to stretch and relax together.

COOKING TOGETHER

Cooking as a family can be a fun and educational experience.

Try these simple and healthy recipes:

Fruit Kabobs: Thread pieces of your favourite fruits onto skewers for a colourful and tasty treat.

Veggie Pizzas: Use whole-grain pitas as the base, and let everyone add their favourite veggie toppings.

Smoothie Bowls: Blend up a smoothie and pour it into a bowl. Top with granola, nuts, and fresh fruit.

Remember, the healthiest habits are the ones that are fun and easy to do together.



Well that was fun I hope you enjoyed this month's adventure just as much as we did.

Remember to keep in touch with us on all social media platforms @MTOTONEWS and use the HASHTAG #shajara



byeeeee see in the next months issue shajarians



