

Shajara Magazine

2nd EDITION

Let's learn more on the
Crunchy Plantains of Congo

Do you know how to make
Veggie Wraps?
Let's find out on

This month theme:
Children of Resilience Pg 8

Read all about Lalla's hope
on pg 4

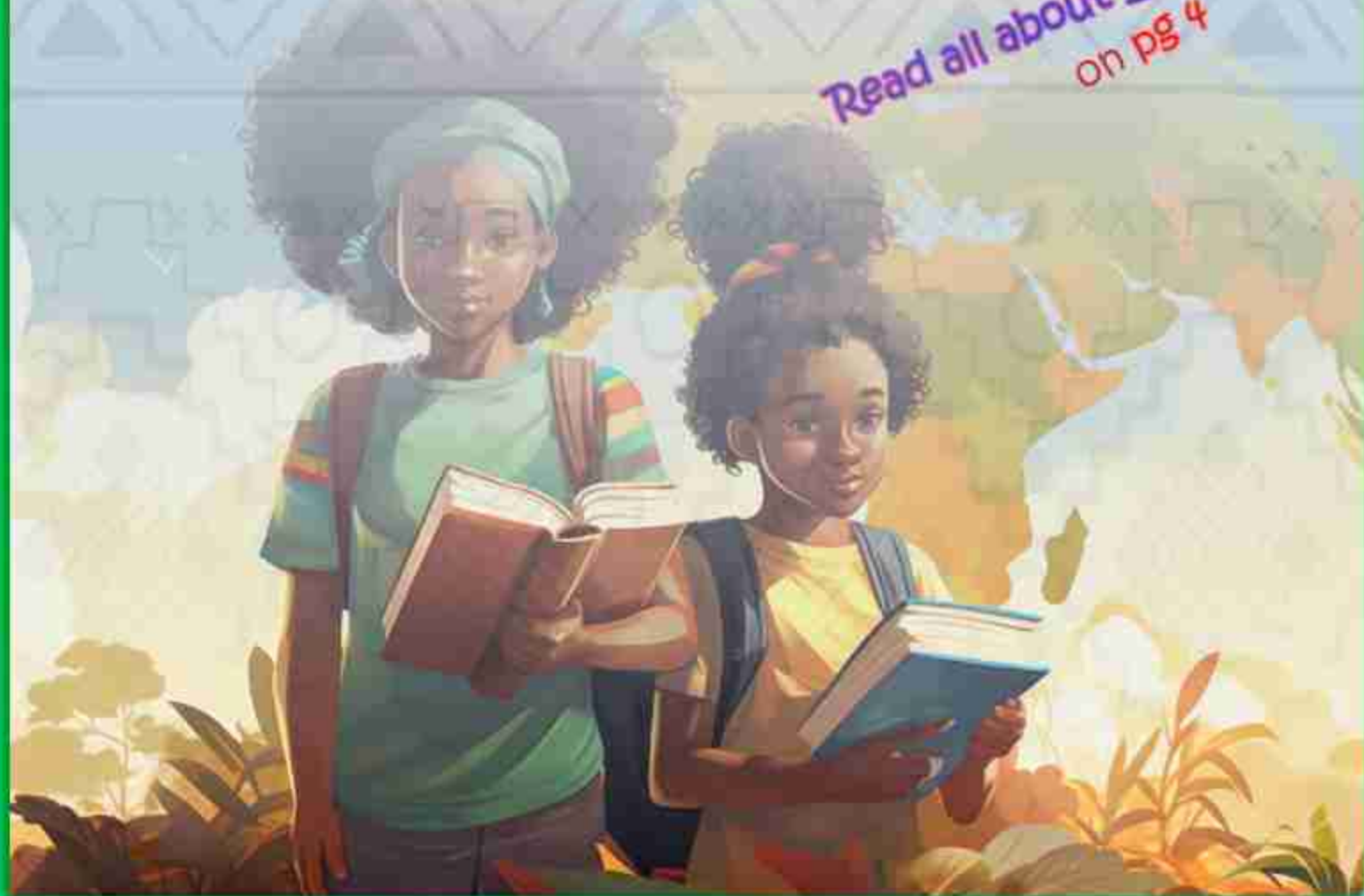






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rhyming words.

Jambo Jambo Little Friends and
Karibu to the June's Issue of
Shajara Magazine



We are back to take you guys
along our Amazing Journey
inside the Shajara so come on
lets Gooooo!!

**LET'S
GO!**



As always we start our Journey
with a letter from Our Great
Editor Lady Khadija.





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LETTER FROM THE EDITOR

Thanks Una and Jabari,

Hello dear readers,

How are you today? Are you happy, or are you sad? Today, I want to tell you about some incredible children: children who live far away but share the same hopes and dreams as you. In Sudan, Congo, and Palestine, there are children just like you who show us what it means to be strong and brave every day.

These children face big challenges everyday, but they find ways to keep smiling, playing, and learning. They teach us about resilience - how to stay hopeful even when things are tough, and how to support each other with kindness and friendship.

In this magazine, you'll get to learn some amazing things about the places where these children come from.

Remember, no matter where you are, you can learn things about these children and make a difference in your own way.

With warm wishes,

K
Editor In Chief

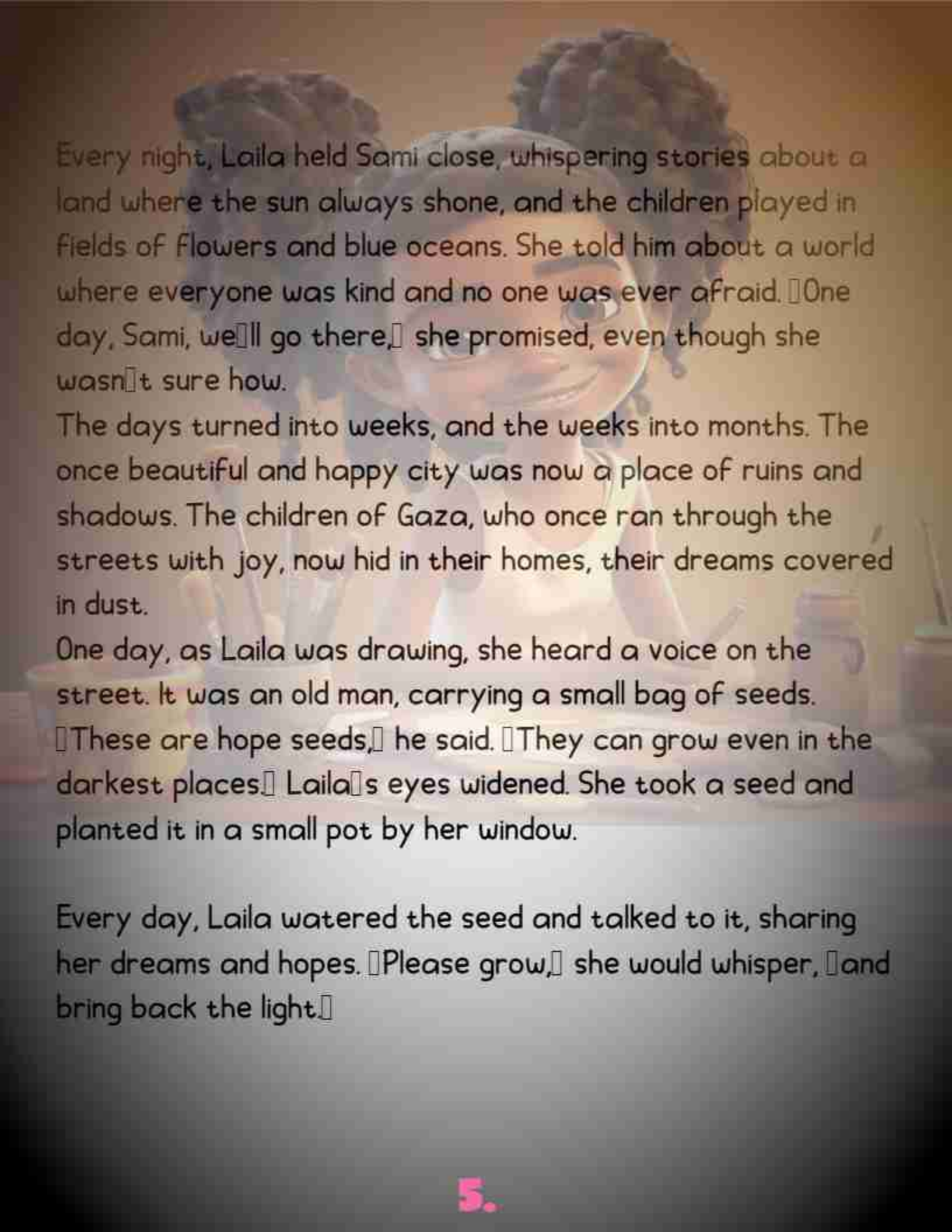
Well Thank You for that Exciting start
Lady K, Fellow Shajararians Our first Stop
is at the Beautiful hut of Babu Atulo



Laila's Hope

In a land called Gaza, where the sea once whispered stories to the children playing by the shore, there lived a little girl named Laila. Gaza had been a place full of laughter and hope, but now, the streets were quiet, and the buildings stood like sad, broken giants.

Laila loved to draw. She would sit by her window, sketching happy moments with her family: her mama making bread, her papa telling stories, and her baby brother, Sami, chasing butterflies. But now, the skies were full of loud noises and flashes of light, not the kind that made stars twinkle but the

Every night, Laila held Sami close, whispering stories about a land where the sun always shone, and the children played in fields of flowers and blue oceans. She told him about a world where everyone was kind and no one was ever afraid. "One day, Sami, we'll go there," she promised, even though she wasn't sure how.

The days turned into weeks, and the weeks into months. The once beautiful and happy city was now a place of ruins and shadows. The children of Gaza, who once ran through the streets with joy, now hid in their homes, their dreams covered in dust.

One day, as Laila was drawing, she heard a voice on the street. It was an old man, carrying a small bag of seeds. "These are hope seeds," he said. "They can grow even in the darkest places." Laila's eyes widened. She took a seed and planted it in a small pot by her window.

Every day, Laila watered the seed and talked to it, sharing her dreams and hopes. "Please grow," she would whisper, "and bring back the light."



One morning, Laila woke up to find a tiny green sprout peeking through the soil. Her heart soared. She showed it to Sami, who clapped his tiny hands in delight. "Look, Sami, it's a sign that good things can still happen."

As the plant grew, so did the hope in Laila's heart. She began to share her story with other children, giving them seeds and encouraging them to plant their own. Slowly, the grayness of Gaza started to change. Little green sprouts began to appear in windows and corners, bringing a touch of life and color back to the broken city.

People began to smile again, even if just a little. They saw the tiny plants and remembered that even in the darkest times, hope could find a way to grow.

In the heart of every child lies a seed of hope. With love, care, and a little bit of light, it can grow, even in the darkest of times.

That is Such a beautiful story Babu Atulo



Are you crying Una?



NO!! Am not Crying Jabari Its the Bell Peppers

What Bell Peppers and I don't think Bell peppers Make you cry Una



The Bell Peppers From our next stop Shillah Kitchen and am crying because of how delicious they look



Little Chefs



veggie Wraps

By Sheila Lwangu

Hello chefs, Once again, I am back with delicious recipe for you to try at Home:

And today's menu is the local meal of the children of palestine, So remember those children when you make these veggie Wraps.

Keep them in your prayers because they are going through a very difficult time.

Back to the recipe



Here is what you will need.

Ingredients.

1 cup hummus (you can find it in stores or you can make your own with chickpeas, olive oil, and lemon juice)

4 whole wheat tortillas

1 cup shredded carrots

1 cup sliced cucumbers



1 cup sliced bell peppers (use red, yellow, and green for a colorful wrap)

1/2 cup chopped tomatoes

1 cup fresh spinach leaves



And now we start making the meal

Step 1: Lay a tortilla flat on a clean surface.

Step 2: Spread a generous layer of hummus over the tortilla.

Step 3: Arrange the shredded carrots, sliced cucumbers, bell peppers, tomatoes, and spinach leaves evenly over the hummus.

Step 4: Roll up the tortilla tightly to make a wrap.

Step 5: Slice the wrap into smaller pieces if you like, making it easier to handle.

This is a healthy meal, and do you know why?

Because This wrap is packed with vitamins, minerals, and fiber from the fresh veggies. Hummus provides protein and healthy fats. It's a great lunch or snack that's easy to make and fun to eat!



You were right Una That
was Delicious



YUMMY



See I told you it was worth crying
for but I am stuffeddd



Well then lets Join Our Tour Guide
Benaafor a stroll in This Months
African City



LET'S TAKE A RIDE TO BAMAKO, THE BIGGEST CITY OF MALI



Bamako is the lively capital and biggest city of Mali, situated on the banks of the Niger River in the southwestern part of the country.

The name "Bamako" comes from the Bambara language, meaning "place of the hippopotamus" or "crocodile river." One of the coolest places in Bamako is the Grand Marché market! It's like a big, busy playground where you can find lots of colorful clothes, handmade souvenirs, and yummy food. You can even taste fresh fruits and vegetables grown on farms nearby. It's a great place to explore and discover new things!

Thank You so very Much Bena Now
I can't wait to check out the movie
Theatre of Bamako



Let me grab some popcorn then
we can find Our Movie critique
Karen





Movie Review



The Garfield Movie (2024)

Get ready for a ride of laughs and awesome adventures because the new Garfield movie is here, and it's absolutely delightful! As someone who loves Garfield and his love for lasagna, I couldn't wait to see this film, and wow, it totally exceeded my expectations.

Right from the start, the movie brings Jim Davis's characters to life with amazing animation and voices that fit perfectly. Garfield, voiced by Bill Murray, is so funny and clever. He's always up to something, whether it's trying to get lasagna or outsmarting his friend Odie. Bill Murray really brings Garfield's character to life with his jokes and timing.

The other characters are great too! Jennifer Love Hewitt is awesome as Liz, the kind vet, and Breckin Meyer is perfect as Jon, Garfield's owner. They all work together so well, making the movie really funny and sweet.

And let's not forget the bad guy, Lord Dargis, played by Billy Connolly. He's sneaky and funny at the same time, making the story even more exciting.

But what I loved most about the movie is its message about friendship and being yourself. It's not just about jokes and funny moments; it's also about how friends help each other and stay loyal. That made the movie really special to me. So I'm giving the movie a 4 star rating! Because, the new Garfield movie is amazing! It's got awesome animation, funny voices, and a heartwarming story that everyone will love. So grab some popcorn, snuggle up with your pet(If you have one, and get ready for a super fun adventure with Garfield and friends.



I Love Garfield mostly because my favorite actor Samuel L Jackson I wish I could be like him



Well you can here's how





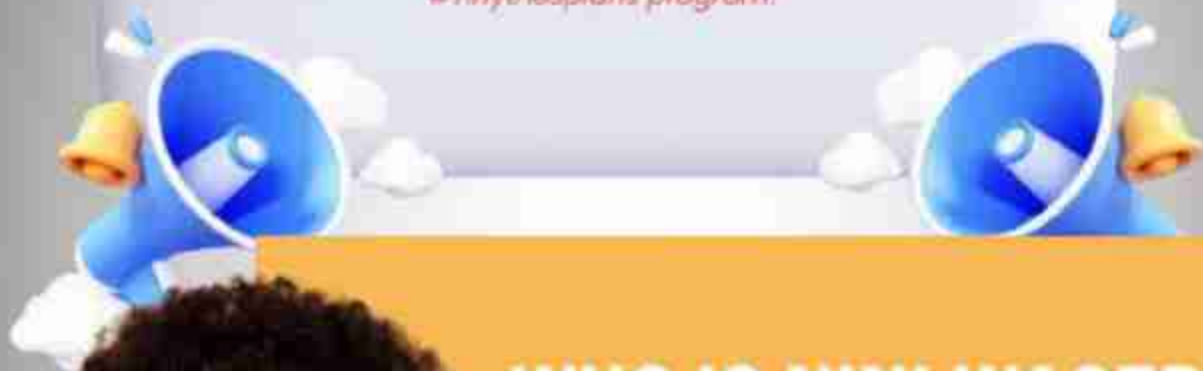
ACT WITH NINI

We are calling All Young Stars

Do you love acting? Then it's time to explore acting with Nini Wacera!

SOOO Get ready to shine bright with Mtoto News International and the amazing Nini Wacera in our

#Tinythespians program!



WHO IS NINI WACERA?

Nini Wacera is a super cool Kenyan actress who has rocked TV shows like "Wingu La Moto," starred in Netflix's "Country Queen," and even wowed audiences in the movie "Rafiki." She knows all the tricks to make acting awesome!

When Is it Happening?

Join us at Ngumo High View Phase One, House No. Two, Nairobi, where we're going to learn the ABCs of acting, how to be confident on stage, and maybe even get a chance to star in a movie!



What You'll Learn:

Day 1: Start with Acting Basics and Set Secrets

Day 2: Make Characters Come Alive with Your Own Stories

Day 3: Feel Every Scene with Your Senses

Day 4: Use Your Emotions to Tell Powerful Stories

Day 5: Stay Focused and Own the Stage



When Is it Happening?



The Acting classes will be happening from July 30th to August 3rd 2024. DON'T MISS IT!

Why Join Us?

At Mtoto News International, we're all about giving kids like you a voice. We want you to feel brave, creative, and ready to show the world what you've got! Plus, Nini Wacera is here to teach you everything she knows about acting.

Ready to Shine?

Spaces are limited, so don't wait! Email us at catherine@mtotonews.com to join the fun or learn more. Let's make this adventure unforgettable with acting and fun with Nini Wacera at Mtoto News International!

Nini Wacera

Actor & Casting Director

Check out [Nini Wacera's website](#) to see her awesome work!

I Really hope I see more of
you guys in the acting
lessons



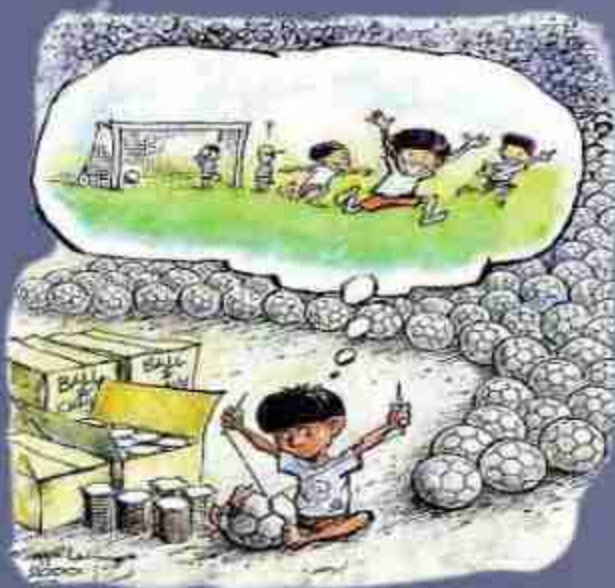
Well the next stop on our journey
is the Infodesk with Alice Njoki lets
goooooo



DID YOU KNOW??

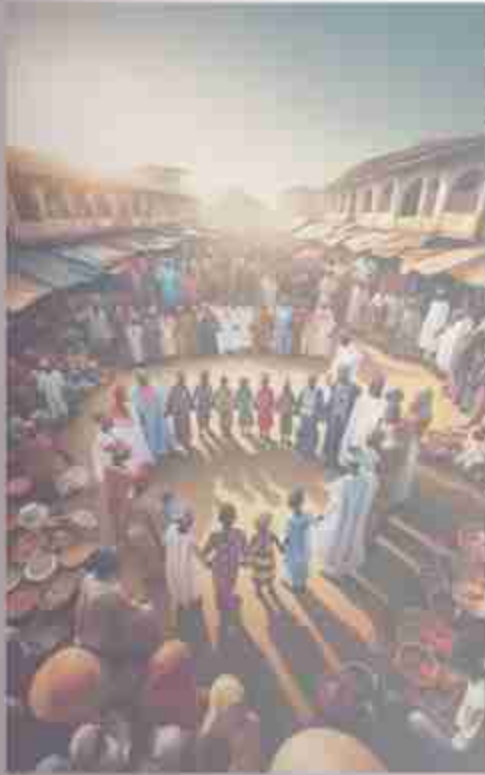
Did you know?

That ..Congo's child refugees are using art to heal: In refugee camps, children like 10-year-old Kizito are using art to express their emotions and find solace after fleeing conflict. His drawings of hope and peace are a testament to the power of creativity in healing.



Did you know?

That Palestinian children are turning trash into treasure: In Gaza, children like 12-year-old Rania are using recycled materials to create innovative products, teaching them valuable skills and promoting sustainability.



Did you know?

Sudanese children are finding strength in traditional culture: In South Sudan, children like 9-year-old Aku are learning traditional dances and songs, which help them connect with their heritage and build resilience in the face of adversity.

Hey UNA Did you know I have a great love for basketball?



Well then you are going to love our next stop the Sports Trivia with Esdaisy Njoroge



SPORTS

TRIVIA



Hello everyone! I hope you all had fun with our previous sport. Now, let's switch things up, change our jerseys, and step into a new world of sport. Let's test your knowledge on basketball!

First, Things you need to know: Basketball is a super fun sport where two teams compete to score the most points by shooting a ball into a high hoop. Each team has five players who run around the court, passing and bouncing the ball. They try to make baskets while also stopping the other team from scoring. The team with the most points when time runs out wins the game!

Each team has five players on the court, and basketball is played on a rectangular court with a hoop at each end. Players must bounce the ball while moving and can't take more than two steps without dribbling.

1. Who invented basketball?

- A. DR. James Naismith
- B. Cristiano Ronaldo
- C. Neymar Jr
- D. Michael Jordan

2. Which is the biggest basketball association of all time?

- A. Real Madrid
- B. Manchester City
- C. NBA
- D. Denver Nuggets

3. A standard basketball game consists of how many quarters?

- A. 10
- B. 2
- C. 5
- D. 4

4. Which of the following is not among the key skills in basketball?

- A. Dribbling
- B. Shooting
- C. Rebounding
- D. Slide tackle

5. Which among these is a shooting skill in basketball?

- A. Step-back jump shot
- B. All round shot
- C. Free fall
- D. Penalty

6. Choose two international basketball competitions.

- A. Worldcup
- B. FIBA Basketball world cup
- C. Euro Leagues
- D. Olympics

7. Who is known as the greatest basketball player of all time?

- A. Wilt Chamberlain
- B. LeBron James
- C. Michael Jordan
- D. Magic Johnson

JUST A TEASER, GO AND FIND OUT THE YOUNGEST BASKETBALL IN THE NBA AND WHAT'S HIS AGE.

Have fun dribbling the questions and shooting some answers. Next time we'll find out more about this marvelous sport.

Whooooooiiii That was alot
of information to take in



Well dont worry Una You can
relax your Mind Because our
next stop is at Eric's Poetry
Arcade



What about them?



What about them, I know ours are happy and having fun
But we are still under one sun
So what about those who are condemned
What about them



Our playgrounds might be sunny
But iron rain falls on theirs
Ours play tag, when they are actually running
With rivers for tears
This young eyes, that once sparkled with dreams that
are yet to be chased,
Now blink with fear, anxiety with a distancing face
What about them, what about the innocence that was
stolen from them with passion
What about the ones who've fallen
From blind destruction

Tiny hands clutch dolls with missing limbs,
Lullabies morph into war hymns
What about them, what about their dreams
Does anyone care about these kids?



I don't like wars, but if there should be one
One rule should stand
And all the other should sit
That rule is to keep the kids out of it



And since that's next to impossible
Then we should bring and end to all wars

You know what Jabari I had
really missed eric



I have to agree with Eric,
all the other rules should sit
down when the rule to keep
kids out of conflict
stands

Absolutely tootely and Fun
Fact we are celebrating the
Birthday of our Favorite Poet
horray party poppers and
party hats.

To celebrate
here's a Riddle



It's Riddle Time!



1. What can you put between 7 and 8, to make the result greater than 7, but less than 8?

2. I go all around the world, but never leave the corner. What am I?

3. What kind of room has no walls or corners?

4. What can be cracked, made, told, and played?

5. You'll find me in Mercury, Earth, Mars and Jupiter, but not in Venus or Neptune. What am I?



Send us the answers to these riddles on [0790 568 290](tel:0790568290) and we will appreciate you in our next *Shajara Magazine* issue.

Well I hope you cracked the riddle but in the meantime let's check out what our fashion guru has in store for us this month



FASHION SPREE

Hello Kids!

I hope you've had a fantastic month. Did you enjoy making your own jorts from last month's fashion spree in the Shajara Magazine?

This month, let's take a break from all the cutting and designing. Are you curious to know what I have for you?

FACTS AND TIPS YOU DIDN'T KNOW ABOUT FASHION

Did you know that when you're styling your belt, its color should match that of your shoes?



If you're on the plumper side, opt for vertical line patterns rather than horizontal ones, as they can make you look slimmer. Conversely, if you are slender, horizontal patterns can add some width.

When choosing an outfit, avoid wearing two different sets of patterned clothes together. For example, a floral t-shirt with polka-dotted trousers.



Matching the colors of your outfit creates an aesthetic look. For instance, a beige t-shirt with white pants, or vice versa. Avoid wearing loud colors from head to toe.

Always prioritize comfort in whatever you wear. Let your dressing reflect your character and choose to stand out. Word of the Month: Expensive clothes do not define fashion. Fashion is about styling the pieces of clothes you have and creating an aesthetic look!

6. I am an odd number. Take away a letter and I become even. What number am I?

Well I hope you enjoyed that along with the extra riddle Up next is the Healthy Corner with our own Shillah Lwangu



Healthy Corner

Welcome to our Healthy Corner! This month, we're going on a tasty trip around the world to see what healthy snacks kids in Congo, Rafah (Palestine), and Sudan enjoy.

Children in Sudan, Congo and Palestine are affected daily because of genocide and wars, Children in these countries do not have food to eat, nor do they have clean water to drink. They don't have safe places to live, and their schools and hospitals are destroyed. They have nowhere to run to, and so let us remember them always.

Now, Let's explore these yummy treats and learn how they keep the children of these countries healthy and strong!

Congo: Crunchy Plantain Chips



What are they? Plantains are like bananas but bigger and less sweet. Kids in Congo love plantain chips because they are crunchy and delicious!

Why are they healthy?

What are they? Plantains are like bananas but bigger and less sweet. Kids in Congo love plantain chips because they are crunchy and delicious!

Fun Fact:

In Congo, plantain chips are sometimes called "makemba."

Rafah (Palantine):

Hummus and Veggie Sticks

What is it?

Hummus is a creamy dip made from chickpeas. Kids love to dip crunchy veggies like carrots, cucumbers, and bell peppers into hummus.



Why is it healthy?

Hummus has protein that helps you grow strong muscles, and the veggies are packed with vitamins to keep you healthy.

Fun Fact:

Did you know hummus has been eaten for hundreds of years? It's a very old and very tasty snack!



Sudan:

Foul Medames (Mashed Fava Beans)

What is it? Foul Medames is a yummy dish made from mashed fava beans, often eaten with a bit of olive oil and lemon juice.

Why is it healthy?

Fava beans are full of protein and fiber, which are great for your body. They help you stay full of energy and keep your stomach happy.

Fun Fact:

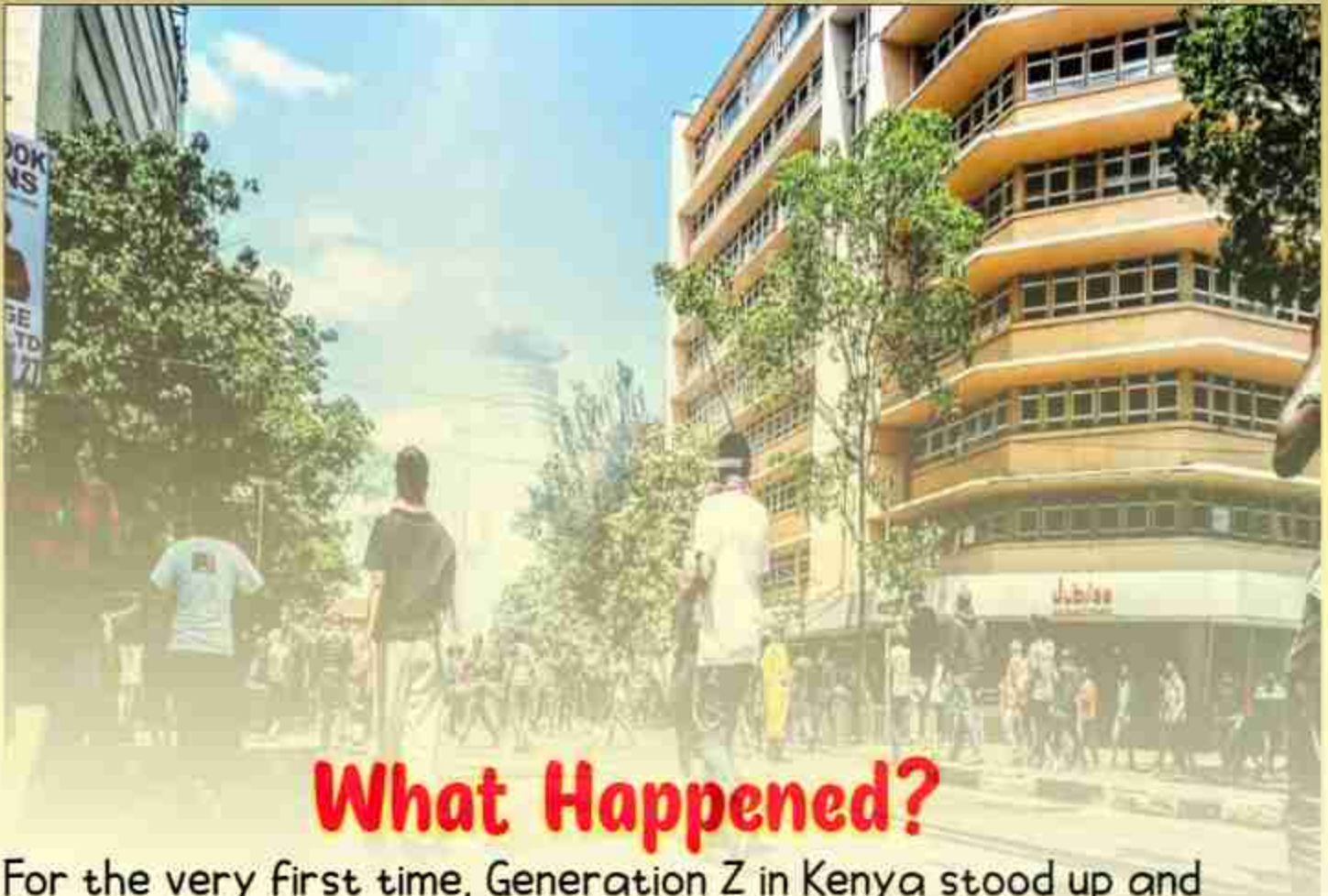
In Sudan, Foul Medames is sometimes enjoyed for breakfast to start the day off right!





HOT SPOT!!! Generation Z's Bold Move in Kenya!

Have you heard the buzz about Generation Z? These are kids and young adults born between the late 1990s and early 2010s. Guess what? In Kenya, Generation Z has made history with an incredible first-ever protest organized entirely by them!



What Happened?

For the very first time, Generation Z in Kenya stood up and voiced their concerns about something that affects everyone taxes! They Are Rejecting the Finance Bill that has been proposed by the government for the year 2024- 2025. They believe the government taxes are too high and are making life

difficult for many people.

So, they decided to take action and let their voices be heard by occupying the Parliament of Kenya.

Gen Z has shown 3 important things While demonstrating, which is Power, No Politics It was Just Passion and Unity.

But the Serious Side is While the protest was an amazing show of unity and passion, it wasn't all fun and games. Unfortunately, the peaceful demonstrations faced challenges. The authorities responded with tear gas and live bullets to disperse the crowds. This led to some very sad news ☹ more than 13 people lost their lives during these protests.

Why is This Important?

By organizing this protest, Generation Z is showing that even young people can make a big difference. They're proving that when they come together, they can stand up for what's right and make their voices heard. It's a powerful reminder that no matter how young you are, you can be a force for change.

Here are some AURA photos of Gen Zs from the Protest.



Not One, Not Two but three tasty snacks I sure do love this months issue

Yes Jabari but lets not forget we arent just celebrating the resilience of the Children of Congo,Sudan and palestine we are Also telling the bad guys to back off and stop being evil

I totally agree Una we say "WE ARE THE WORLD AND WE ARE THE CHILDREN" Let their be PEACE!! And Speaking of peace We also want Give a shout Out to the Young people of Kenya the GEN-Z for standing up to their president and For their Country

Oh Yes Jabari millions of young people from all over Kenya Gathered and protested they went all the way to Parliament Check out some of the pictures of this momentous Event



That beautiful message brings us to the End of our Journey This Month and we cant wait to see all you guys plus your friends Next Month

Viva means Long Live and we Shajarians Say Viva Gen-z

But Before we say Goodbye, Here are the answers to last issue's SPORTS TRIVIA!

ANSWERS to the last sports trivia. (AT THE END)

1. Types of Fouls:

Question:

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

-Kicking

2. Free Kicks and Penalty Kicks:

Question:

What happens if a foul occurs inside the penalty box?

- The fouled team gets a penalty kick

3. Yellow Cards:

Question:

What does a yellow card signify in a football game?

- A warning for a serious foul

4. Red Cards:

Question:

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

- Receiving a second yellow card



5. Corner Kicks:

Question:

When is a corner kick awarded in football?

- When the ball is kicked over the goal line by the defending team

6. Substitutions:

Question:

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

- At the halfway line

7. FIFA World Cup:

Question:

How often is the FIFA World Cup held?

- Every four years

8. Penalty Kick Position:

Question:

Where is the ball placed during a penalty kick?

- Inside the penalty box, with a direct shot to the goal

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From both Of us we say see you next timeee

Byeeeee



SEE YOU NEXT MONTH





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