

# Shajara

3RD EDITION

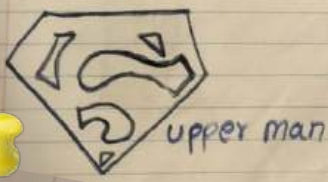
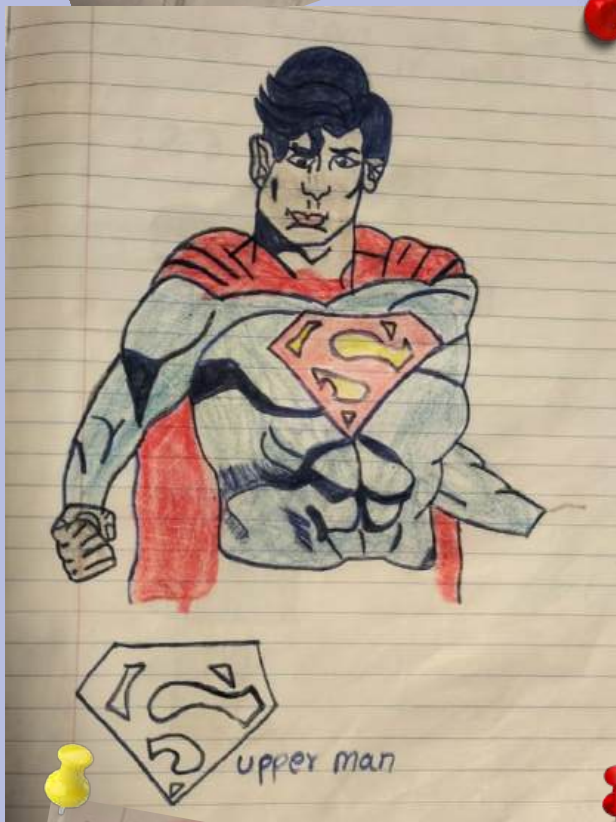
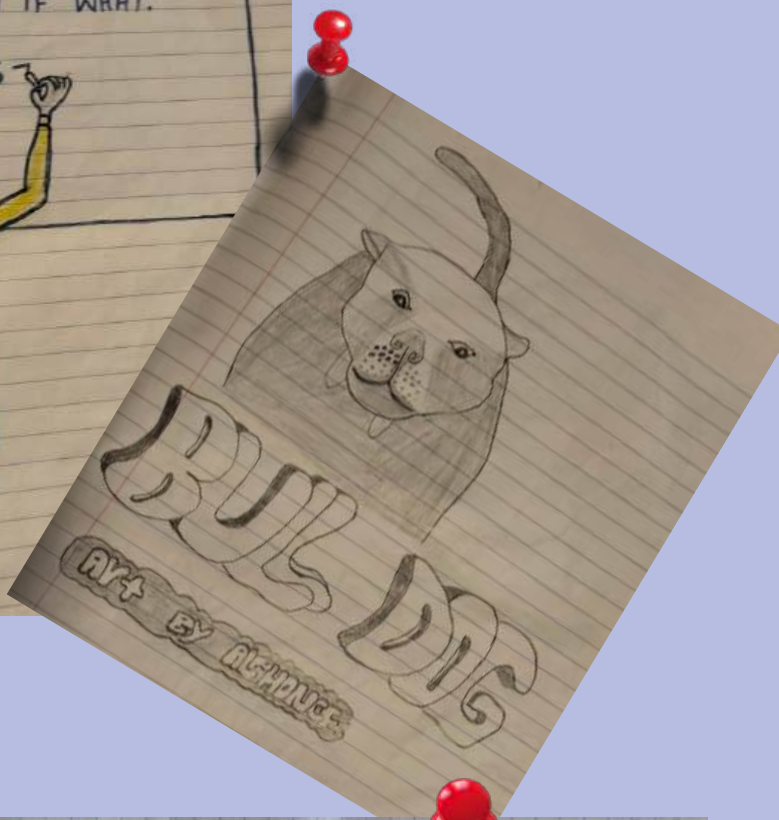
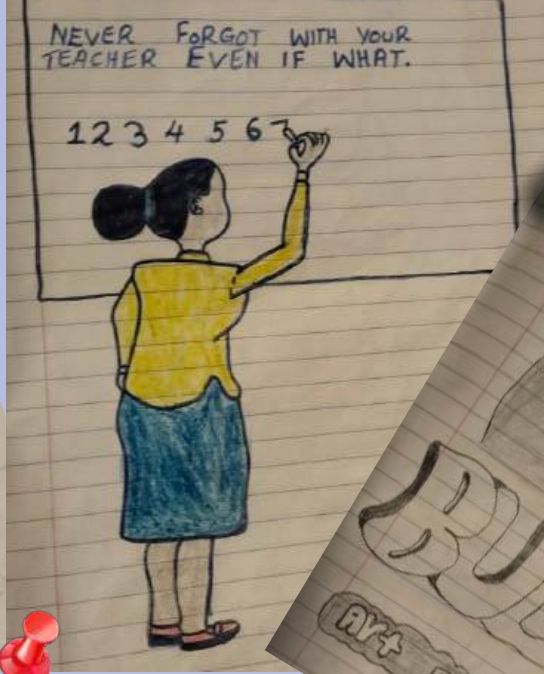
# Magazine

SCHOOL'S OUT,  
MINDS IN



Enjoy and Explore, Dream and Create Magazine





upper man



# Table Of Content

20 RHYMING WORDS  
WORLD OF POEM

04 LITTLE CHEF

1 ITS STORY TIME!

12 DID YOU KNOW

18

LETS TALK

9 SPORTS TRIVIA

ABOUT HEALTH

13 MOVIE REVIEW



Waaaaasssuuuup  
people's Welcome back from  
**Schooooo!**

We hope You had an awesome  
time learning and making New  
**FRIENDS ...**

Well its that time of the  
Month where we go exploring  
in Shajara Land, So buckle up  
and lets gooooooooooooo

Our first Stop is at Our  
**Editor Lady K!**



## LETTER FROM THE EDITOR

Hello beautiful people,  
It's holiday time and Shajara is also here to share this special edition with you. We've got exciting stories, recipes, and games to keep your mind active while you relax. Wait, are you reading this while relaxing??. Because I am. I think Una and Jabari have been resting too... Well let's dig in.

With Love,  
Lady K.

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Yes Lady K we've definitely been putting our feet up relaxing and preparing for our Journey

Speaking of the Journey Lets Take off, Our First stop is at Babu Atulo's Hut for our Short Story.



# SHORT By Joe STORY

Hopes and Wishes: Nabwire and Amedi


After an exhausting school year, Nabwire, a 16-year-old Form Three student, was thrilled to finally head home for the December holiday. She had her break all planned out two weeks of pure rest and fun, followed by a steady start on her studies, knowing next year was her final year in high school. It felt like the perfect way to recharge before the hard work began again.

But as soon as she stepped through her front door, Nabwire's mother told her about a children's advocacy event happening that very day with a youth organisation she volunteered for. So, instead of getting cosy at home, Nabwire found herself rushing through a quick shower before heading back out. She arrived at the event feeling worn out, and as she waited for things to start, she spotted Amedi, a 15-year-old friend from the same organisation.

"Imagine," she began, leaning against the wall. "I didn't even get a minute to rest. Just after saying hi to mum, she's telling me about this activity, and here I am. I wonder how busy the holidays are gonna be. I really, really need a break, or my mind might go crazy!"

Amedi nodded, understanding. "It's like no one thinks we need time to rest. And next year will be your last, right? I bet it's even more stressful knowing what's coming."

Nabwire sighed, thinking of her final year. "Yeah, I can't wait for the next time I leave the school gates—it'll be for the last time after my exams. High school can be exhausting, and honestly, I'm already feeling mentally tired thinking about it."

A photograph of two young women with dark skin and hair, looking at each other in conversation. They are positioned in the upper half of the page. The background is a soft, warm sunset or sunrise sky with orange and yellow tones. The woman on the left has her hair in a bun, and the woman on the right has her hair pulled back. They are both wearing light-colored tops.

The two talked on, realising how many students their age felt the same way. "Sometimes, I don't even feel like I can say what's on my mind," NabWire admitted. "Everyone seems so busy with their own lives."

Amedi shared a story about how, over the past year, two students at their school were taken to a mental health centre. "It's scary, honestly," he said. "There's so much pressure, and sometimes we're too tired to keep up with everything."

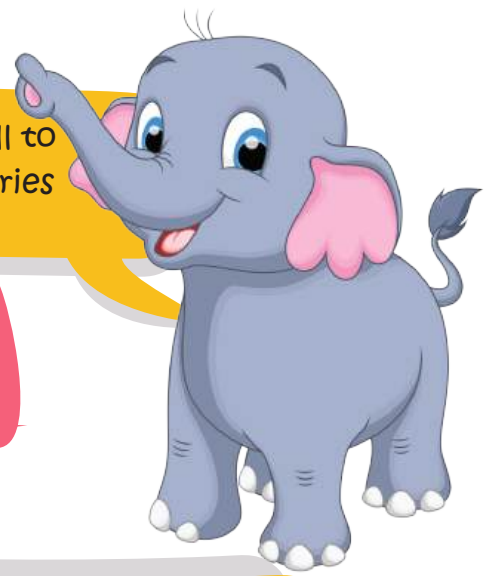
They grew thoughtful as they wondered where students like themselves could go to talk about their mental health. "Is there really any place for us to open up and share when we're struggling?" NabWire asked quietly.

Just then, their patron called them over, signaling that the event was about to begin. The friends agreed they would continue the conversation, maybe even find ways to start it with others\_both online and offline.

"Oh, and while we're at it" NabWire added, her eyes sparkling, "let's remember it's the holidays! Christmas is coming, and we need to get ready for some fun, right?" She and Amedi shared a high-five, already planning ways to enjoy the break as best they could.



As always its such a thrill to listen To Babu Atulo stories he's so wise



Yes Una that's what happens when you live Hundreds of years.



I don't think he's that old Jabari. Maybe just a couple of decades. Our Next stop is at Shilla's Kitchen for this Months Recipe.

# PILAU RECIPE

by Shillah Lwangu



Guess who had pilau today?

Pilau is so delicious so I had to share the recipe with you. You must taste what I tasted.

Pilau is a popular dish from Kenya's coast, especially loved by the Swahili people. It's made by cooking rice with simple spices like cumin, cardamom, and cloves, along with meat. This delicious dish is often enjoyed at special events and family gatherings because of its rich flavor and wonderful aroma.





**2 cups rice**  
**(I prefer the long grain rice)**



**2 large onions,**  
**finely chopped**



**500g beef**  
**(cut into small cubes)**



**4 cloves of garlic,**  
**minced**



**4 cups beef broth**  
**(or water)**



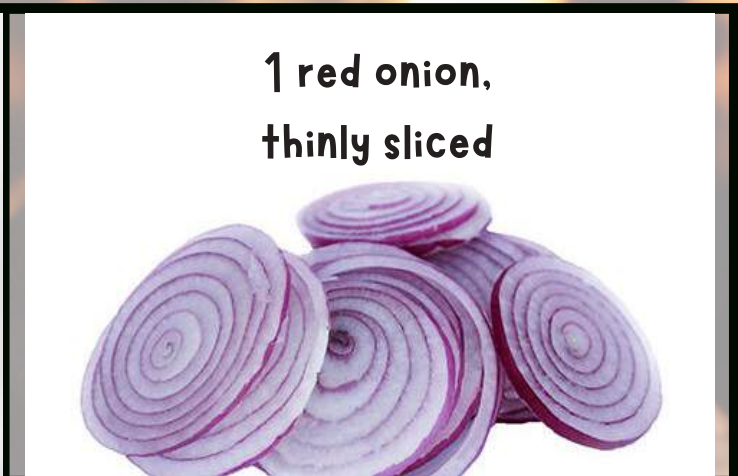
**Salt to taste**



A little bit of vegetable oil (around 5 tablespoons) and your pilau mix (cumin, cinnamon, cardamom, and cloves) (put just enough, not too much, not too little) the pilau mix is for the pilau smell not for the taste so be wise.



2 large tomatoes,  
diced



1 red onion,  
thinly sliced



1 tablespoon fresh  
coriander, chopped



1 chili, finely chopped  
(optional)



Juice of 1 lemon



Salt to taste

For Fresh Juice:

Your choice of fruit (mango, pineapple, orange, etc.)

Sugar or honey (optional)

Water or ice cubes

# Instructions:



- ✓ Boil your beef until tender
- ✓ Heat the vegetable oil in a large pot over medium heat. Add the chopped onions and saute until they turn golden brown. Add the minced garlic and ginger, stirring for another minute.
- ✓ Add your pilau mix spices: Let the spices cook for 2 minutes until the whole house start smelling like pilau
- ✓ Add the beef and close the pot lid. Use low heat for 5 minutes before adding the broth or water. After the water or the broth has boiled then
- ✓ Rinse the rice under cold water and drain. Add the rice to the pot, mix it with the beef and spices. and bring to a boil until all the water is absorbed.
- ✓ lower the heat, cover the pot, and let it dry well

Prepare kachumbari: While the pilau is cooking, mix the diced tomatoes, sliced onions, chopped coriander, chili (optional), lemon juice, and salt in a bowl. Set aside.

Pilau is my favorite.....i don't know about Una and Jabari



Mmmmmmmhmmmmmmmm That was so tasty



I totally agree Jabari, I haven't eaten that much since Last Months Recipe

Well then it's a good thing our Next stop is at the Sports Zone so we can burn some of those Calories



I wonder what this month's sport is going to be.....



# SPORTS

By Esdaisy Njoroge

## SPOTLIGHT

**Pool : A game of skills and fun.**



Hello little ones today we are going to learn or talk about a different type of sport, some may take it as a sport and others as a fun family or friend kind of game, **The Pool Table**.

Pool is a fun game played on a big table with colourful balls and a long stick called a CUE. The main goal of pool is to hit the white ball (called the cue ball) and try to get the other balls into the pockets (holes) around the table. There are solid coloured balls and striped balls, and each player tries to pocket all of their types of balls first.

It's a game of skill where you have to aim carefully, just like playing a video game or tossing a ball into a basket. Pool is all about aiming, thinking ahead, and having fun while playing with friends or family

1. How many balls are used in a game of pool?

- a) 10
- b) 16
- c) 12
- d) 20

2. What do we use to hit the balls on a pool table?

- a) Bat
- b) Paddle
- c) Cue stick
- d) Golf club

3. What is the white ball called in pool?

- a) Striker
- b) Cue ball
- c) King ball
- d) White shot

4. How do you win a game of pool?

- a) Pocket all the balls before your opponent
- b) Hit the cue ball into a pocket
- c) Hit the black 8-ball into a pocket first
- d) Pocket all your balls and then the black

5. Can you name the two types of balls in pool (solid and striped)?

- a) Small and big
- b) Red and blue
- c) Solid and striped
- d) Black and white

6. What happens if you accidentally hit the black ball (8-ball) into a pocket too early?

- a) You lose the game
- b) You get another turn
- c) The game resets
- d) You win the game

7. How do you decide who goes first in a game of pool?

- a) Flip a coin
- b) Rock-paper-scissors
- c) Lag by hitting the cue ball to the opposite end
- d) The tallest person starts

8. What is the long stick called that you use to play pool?

- a) Cue stick
- b) Pool wand
- c) Table rod
- d) Pool bat

9. How do you know which ball you need to hit next?

- a) You choose any ball
- b) You hit the black 8-ball first
- c) You hit only the solids or stripes, depending on your group
- d) The referee tells you which ball

10. What is the name of the special powder players use on their hands to grip the cue better?

- a) Sand
- b) Chalk
- c) Paint
- d) Powder ball

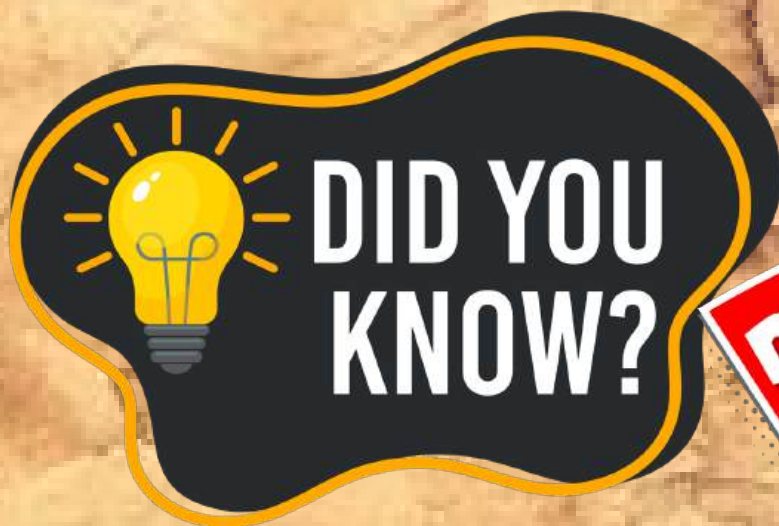


As always the sports zone gets our Mind and our bodies to do some exercise



Yeeee I always get to find out so many things that I didn't even know I wanted to know ,learning interesting facts is so Fun

Well then hold on to your seat Una because if you enjoyed the previous stop your going to just love our next stop at Did You know





## World Mental Health Day

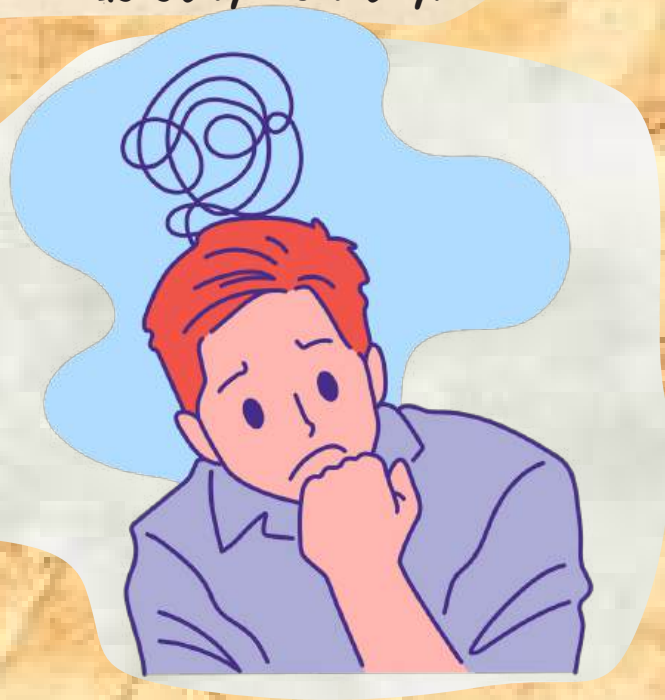
is celebrated on October 10 each year! It reminds us that taking care of our minds is as important as caring for our bodies.



Just like exercise helps our bodies activities like reading, playing games, and chatting with friends help our minds stay healthy!

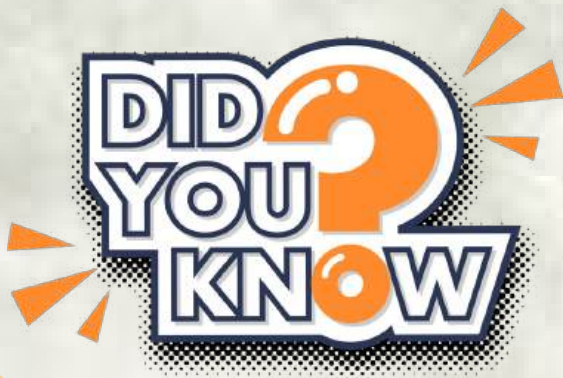
## Feeling worried or sad?

It's normal! Talking to someone you trust can make a big difference.



## Taking short

Taking short breaks helps you recharge and feel better, whether it's a walk, a fun game, or a little quiet time.



Did you know that smiling can make you happier? Smiling releases chemicals in your brain that lift your mood. Try it and share a smile today!

### Kindness counts!

Being kind not only feels great but is also good for your mental health. Helping a friend or sharing a compliment boosts your mood!



Yeeee I always get to find out so many things that I didn't even know I wanted to know ,learning interesting facts is so Fun



Speaking of things that make us Happy,  
It's Movie Timeeeeeeeee

**MISSIO  
ACCOMPLISHED**

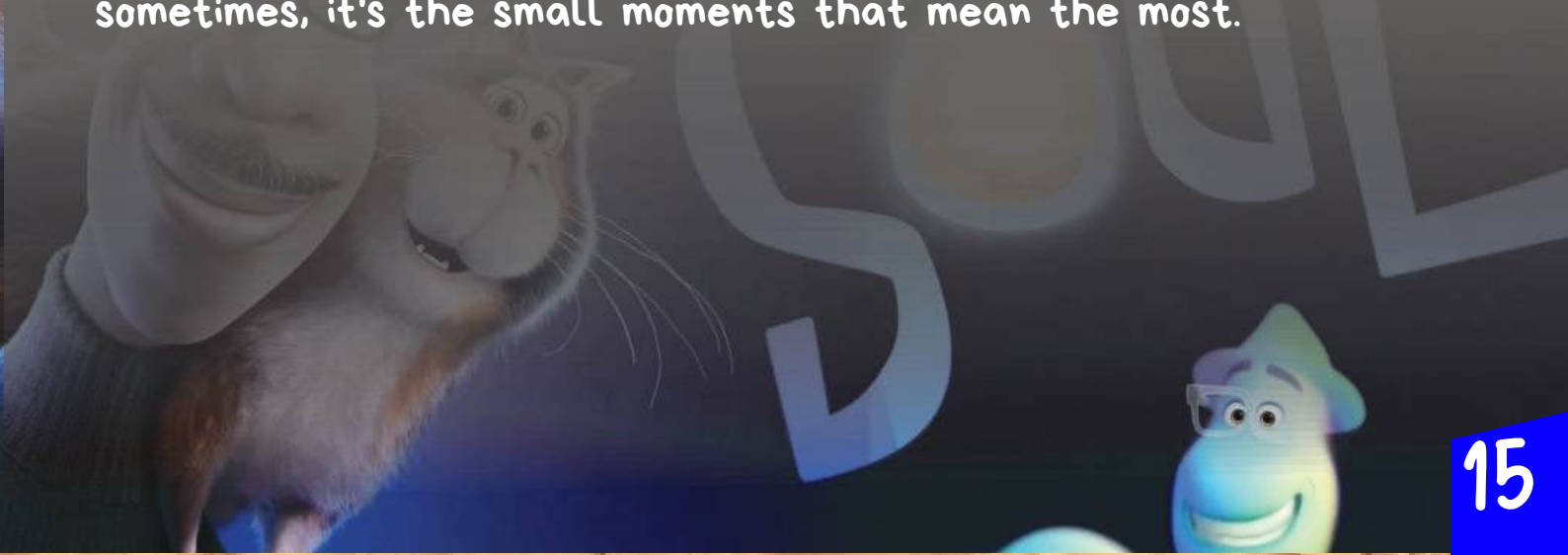


# MOVIE SPOTLIGHT



Disney-Pixar's Soul is a story about a musician named Joe Gardner who dreams of becoming a famous jazz pianist. But when his big break takes a surprising turn, he finds himself in an otherworldly place where new souls are created before they come to Earth.

Joe meets a quirky soul named 22, who has no interest in life on Earth yet. Together, they go on an adventure that teaches them both something special: life is full of surprises, and sometimes, it's the small moments that mean the most.





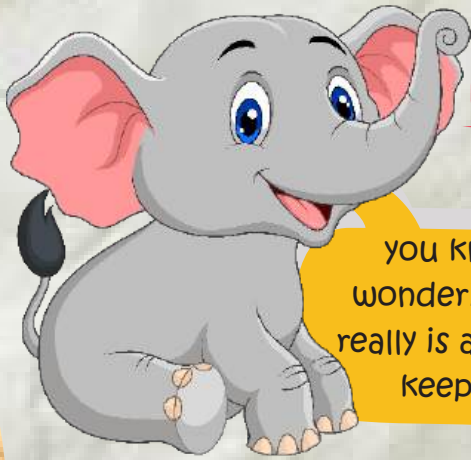
### Why You'll Love It

Soul is funny, touching, and full of incredible music! You'll follow Joe's journey through dreams and friendship, and you might even find yourself wondering, "What makes me unique?"

## Fun Facts:

Did you know Soul won an Oscar for Best Animated Feature? Joe Gardner is Pixar's first Black Lead character. The movie's jazz music was performed by real musicians.

So grab some popcorn, get cozy and get ready to find YOU



Soul is such an interesting Movie I hope all of you go watch it. Jabari! Why do you look so concerned



you know Una I've just been wondering how healthy Popcorn really is and what other things can keep us happy and healthy



Those are genuine concerns Jabari But I don't know too much about health maybe we should visit Shilla Our health Enthusiast

## Healthy Corner



# Healthy Corner



School's out, and the long holiday is here! It's easy to feel pressure from social media and friends, seeing people traveling or trying the latest trends. But guess what? You don't have to keep up with anyone. This break is yours' and you can make it amazing in your own way!



Instead of stressing about what others are doing, why not take a step back, relax, and enjoy time with the people who truly care about you—your family and close friends? Even if you're not going on some grand adventure, you can create your own fun at home.



Here's a fun idea: Use this time to dive into your hobbies and passions. Love drawing? Sketch the world around you. Into music? Write some lyrics or learn a new instrument.

Whether it's reading, cooking, or even dancing, there's no better time than now to grow your talents and skills. The beauty of this break is that you set the pace. No rush. No competition. Just you, resting, growing, and creating in your own unique way.





So, let's kick that pressure to the curb! Your break should be about YOU\_taking time to recharge and do what makes you happy. After all, growth comes from doing what you love, not from fitting in.



Thanks Shilla, Una. Do you know what's a really good way to relax, Una? poetry



UUUUUUUUUH poemsss



TENDO



LEMUEL



# POEM

# QUESTIONS

By Eric Namayi



when you feel so tired but can't sleep  
when you sink so hard and hurt so deep  
when you burn in the fire of your own thoughts  
when you drown in hatred that's self-taught





when your nights scare the darkness itself  
when the light inside is screaming for help  
when you want to scream but can't even squeak  
when sadness reaches its highest peak when the  
right door has nothing left  
empty promise , all unkempt



when you're out in public but you cannot talk  
burning midnight oil watching sad TikTok  
when the joy you had is no longer there  
and it seems you've started doubting prayer  
when you want to hold on but you slip and tremor  
how do you get your life back? that's my dilemma



# Answers for the Sports Zone

1. B
2. C
3. B
4. D
5. C
6. A
7. C
8. A
9. C
10. B



Well guys, we have reached the end of our Journey today.

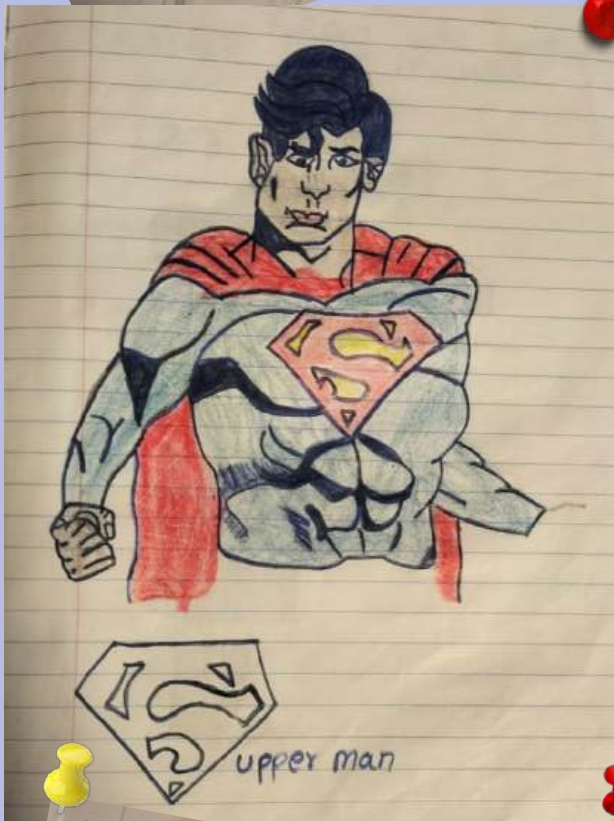
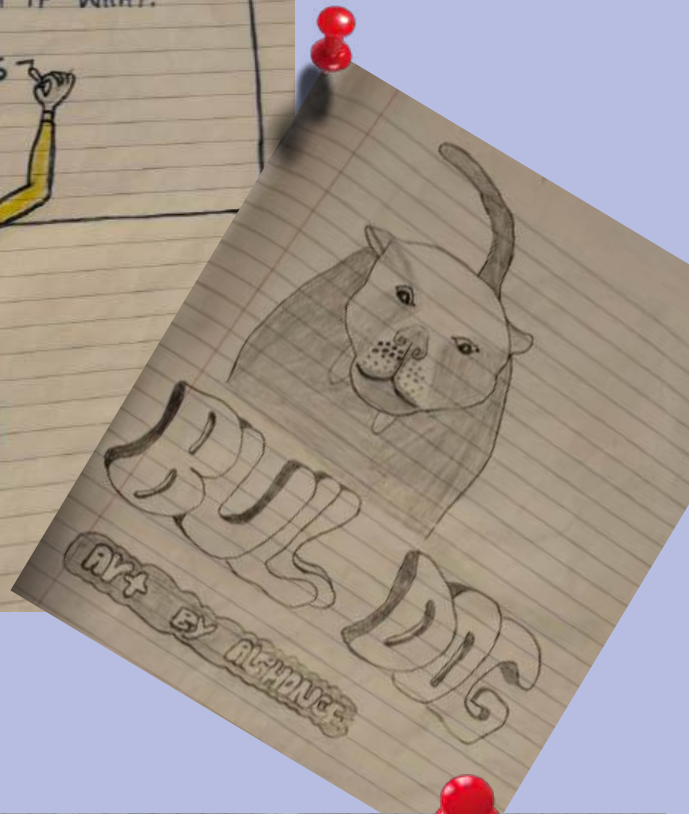
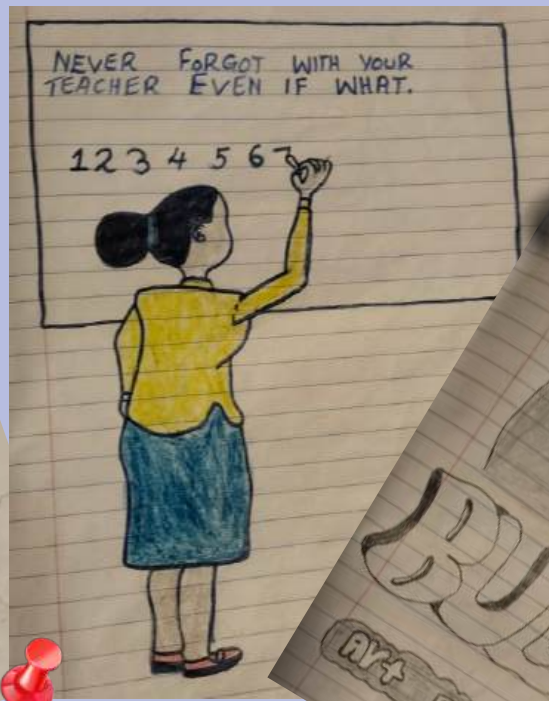


Yes, Good bye guys, make sure you get as much rest as possible, and do something for your community Volunteer where you can



yees, Till next time.

INSTRUCTIONS: CHILDREN VOLUNTEERING IN DIFFERENT AREAS IN THEIR COMMUNITIES ( ILLUSTRATIONS)  
ALSO OF JABARI AND UNA VOLUNTEERING





**SCHOOL'S OUT,  
MINDS IN**