

April 2022 Issue



Shajara Magazine

School's Out,
Fun's In



Check out this awesome tour
some Mtoto News kids went on
Page 13

Did you know some
of these interesting
facts on page 19?



Saudi Zetu Training
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Letter to the Editor



Hello dear readers, my name is Michelle wanjiru from Marion preparatory school.

This holiday was the longest and the funnest. Not only did I get to see my grandparents, but we also celebrated my father's birthday. Well, I spent the rest of the time reading and sleeping.

I was also able to attend Kenyan Children's Assembly, lastly celebrating the April babies at the office as we bade each other goodbye.

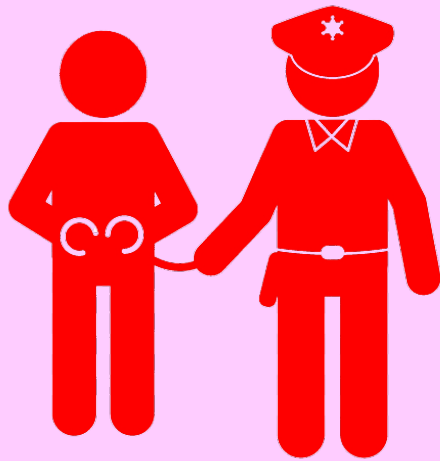
I had fun making new friends, meeting new people and also learning new things.

My holiday was as great as it could have been. I hope you had fun too.

Robbed of my Innocence

Story continued from Shajara Magazine March issue

Anonymous



They took Mumbi to the police station and later to the hospital.

On the same day the father was arrested. The absent mother was also sought for, and was found in her suitors home, which was about 5kms from her former home.

To the dismay of the chief and the police she

comes out of the house carrying a toddler who is barely 3 months. Wanjira and her suitor are also apprehended and taken to the hospital to meet Mumbi.

At the same time, Mumbi is surrounded by the state machinery; deputy police officers, a doctor and child protection officers.

The good doctor decided to conduct a test on Mumbi's siblings, interestingly the other children were safe except for Mumbi.

She had bad tears at the anal area and healing scars that indicated signs of anal sex (sodomy).

Wanjira and her suitor were directed by the police and the children department to take care of the other children and the suitor was warned against mistreating the children.

In my local language there is a saying that says 'if you buy a goat you buy it together



with the rope’.

This became the case of Murimi, Wanjira’s suitor.

The legal procedures started from this point. Endless trips to the court.

At one point, Wanjira declined the police’s order to appear for the mention, making the police go after her.

With the interest of the child at heart, I was approached by one witness to act as an intermediary in the court.

To me it was such an uphill task since I had never appeared in court before. I went for the oath taking day where I met face to face with the

perpetrator. It was also a moment of interacting with Mumbi.

The angel stole my heart, her courage and determination covered by the fear of the un-



known blazed her face.

Whenever she appears in court and sees ‘Baba’ she usually gets an urgent urge to visit the toilet. Every moment I try to give her a relaxed approach in the court setting, she

normally amazes me by her sharp memory.

The previous mention in the court left the judge and the prosecution desk lost of words as Mumbi vividly narrated her ordeal.

Judge: How are you, little girl?

Mumbi: Poa! Fine

Judge: You are a nice girl. What is your name?

Mumbi: I am Stacy Mumbi

Judge: Where do you go to school?

Mumbi: At St. Martha Primary school



**OUR SAFETY,
OUR RIGHTS**



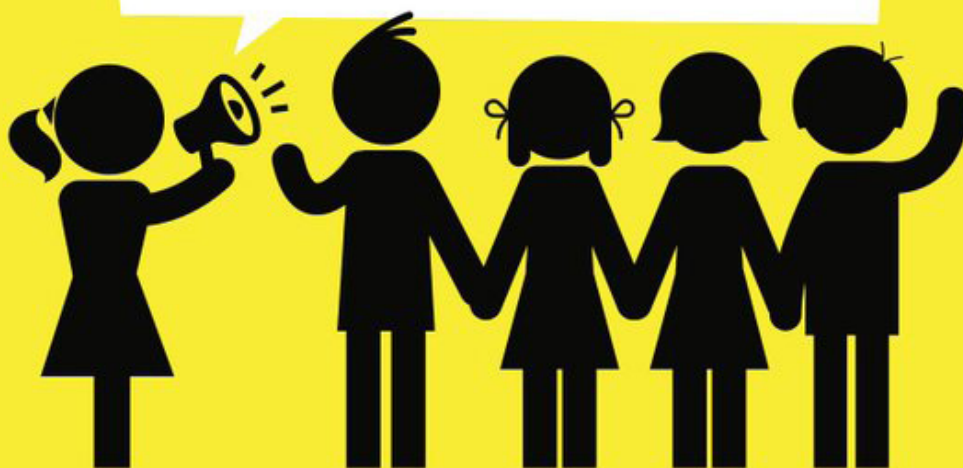
**SAY NO AND
BE ASSERTIVE**

**SHOUT OUT
AND GET AWAY**

**ASK A TRUSTED
ADULT FOR HELP**

**DON'T BLAME
YOURSELF**

SHOUT OUT AGAINST CHILD SEXUAL ABUSE



EMPOWERED AGAINST CHILD ABUSE





Pride Comes Before a Fall

Hello Friends, it is your buddy Jabari, again.

Today I am going to tell you a story about a tortoise and the Hare. Fasten your belt, because you are in for a ride.

A Hare was making fun of the Tortoise one day for being so slow.

"Do you ever get anywhere?" he asked with a mocking laugh.

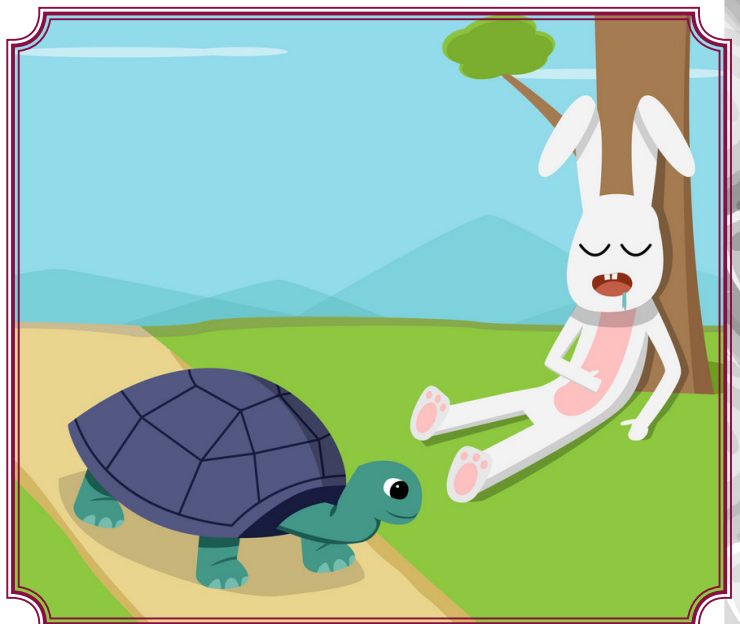
"Yes," replied the Tortoise, "and I get there sooner than you think. I'll run you a race and prove it."

The Hare was much amused at the idea of running a race with the Tortoise, but for the

fun of the thing he agreed.

So the Fox, who had consented to act as judge, marked the distance and started the runners off.

The Hare was soon far out of sight, and to make the Tortoise feel very deeply how ridiculous it was for him to try a race with a Hare, he lay down beside



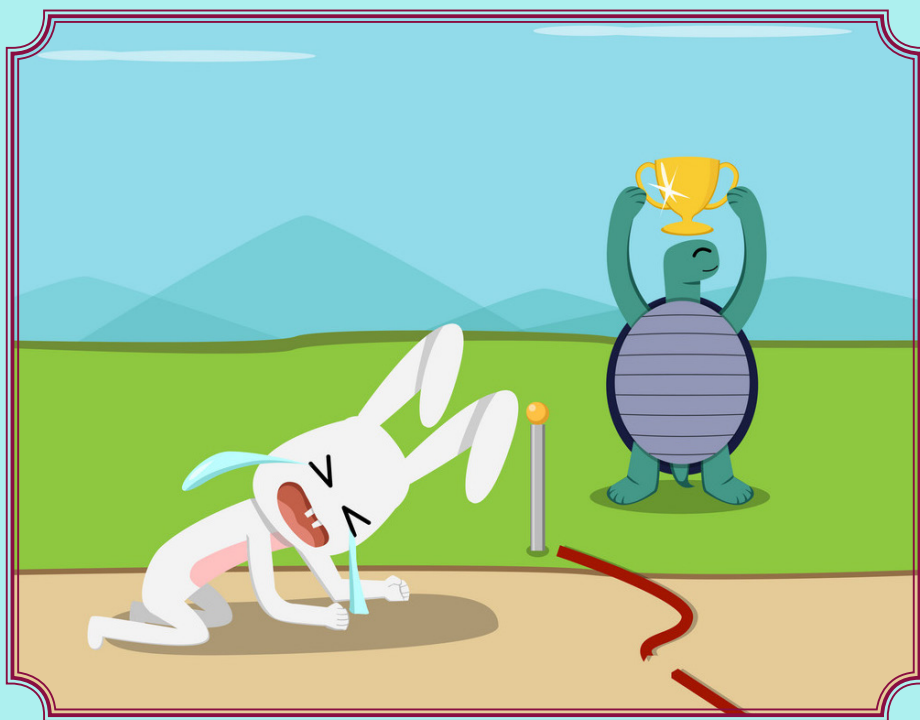
the course to take a nap until the Tortoise should catch up.

The Tortoise meanwhile kept going slowly but steadily, and, after a time, passed the place where the Hare was sleeping.

But the Hare slept on very peacefully; and when at last he did wake up, the Tortoise was near the goal.

The Hare now ran his swiftest, but he could not overtake the Tortoise in time. And at last, the Tortoise won the race!

What did we learn from this Story?



Little Chefs!

By Moraa

Scrambled Eggs

Hello little chefs!

HOW TO COOK:

On this month's
Shajara issue, we
make
Scrambled
eggs, a
simple
breakfast
meal
for you
and your
family to
enjoy!



- Beat eggs into a bowl and whisk

- Add milk, salt, pepper and whisk some more

- Heat a pan for a few seconds

- Put some oil/butter in it

RECIPE

WHAT YOU NEED:

Eggs

Milk

Vegetable oil/olive oil/

Butter

Salt to taste

Pepper for flavor
(optional)

- Pour egg mixture and let it cook for a few seconds without stirring

- Cook on medium-low heat

- Using a spatula/cooking stick, stir as you scrape the bottom and sides of

the pan to prevent the mixture from drying out as the egg forms curds.

- Remove from the heat

Your scrambled eggs should be ready in 5mins, and can be served with toast or breakfast potatoes.

SERVE AND ENJOY!!

A Little Note For You: This recipe uses heat, so little chefs! Let your parent/guardian assist you to avoid accidents in the kitchen!

LITTLE CHEFS GLOSSARY

Whisk- Beat or stir (a substance, especially cream or eggs) with a light, rapid movement.

Stir- Move a spoon or other implement round in (a liquid or other substance) in order to mix it thoroughly.

Scrape- Move in sliding contact with a rough surface



Serving Suggestion.

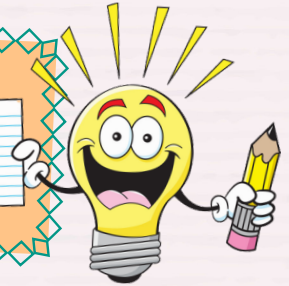




It's Riddle Time!



1. Give it food and it will live; give it water and it will die. What is it?



2. What can you catch but not throw?



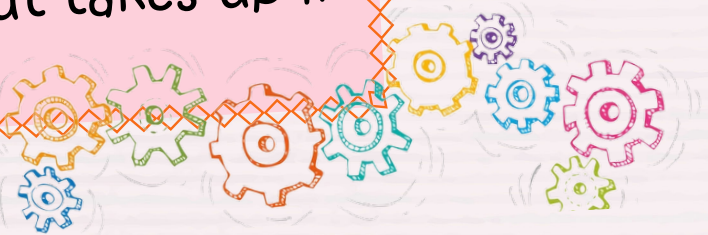
3. I run, yet I have no legs. What am I?



4. The more there is, the less you see



5. What can fill a room but takes up no space?



Send us the answers to these riddles on 0790 568 290 and we will appreciate you in our next Shajara magazine issue.



Movie Review

By Brian Gatundu

If you ask me, this movie has quickly become my favourite movie of the 2020 decade (so far).

I highly recommend

watching it because it's definitely another addition to the Pixar library of amazing classic animated films.



The main character, Mei Lee, tries to navigate her changing social relationships, puberty and growing up in Toronto.

However, when the stress piles on too high, Mei finds herself sporadically turning into a red panda.

By confiding in her friends and standing up to

The story is incredibly well told with some great comedy and amazing heartwarming moments; every single character is memorable in their own rights with relatable problems they face.

her mother, Ming Lee, Mei realises that some things have to change.

Turning Red is a unique kids' movie in that it tackles important issues that are usually overlooked. Basically it's a film worth checking out.

Sauti Zetu Reviews from Children



It was perfect! When I came to Mtoto News I was taught about things I did not know like who is a journalist, types of journalism, types of cameras and formats of writing. I believe what I learnt at the training will help me write better compositions.

Even though it is not my dream to be a journalist when I grow up, I really enjoyed the training.

I learnt a lot in the Sauti Zetu Journalism training but what interested me the most was Journalism. We were taught a lot about journalism ethics which I did not know about.

I will use the skills I learnt to write stories about child rights and I will help children to be their own advocates.



Sauti Zetu trainees' visit to KBC

On April 2022, some of the trainees' from the Sauti Zetu Journalism Training were invited by the Chief Justice media advisor on a tour to Kenya Broadcasting Corporation (KBC) in order to see how a media broadcasting station operates.



The Sauti Zetu Trainees enjoying their tour at KBC.



The trainees being briefed on how a broadcasting station operates.



The Sauti Zetu Trainees pose at the entrance of KBC.



A KBC news anchor explaining how a typical show is made.



Some of the trainees got an opportunity to go live on air.

Training on Interviewing Skills

Some young and aspiring journalists attended a training on interviewing skills at Aga Khan Media Innovation Center with former renowned journalist Wanyama Chebusiri.



A practical session underway on questions to ask during an interview.



Trainer Wanyama Chebusiri answering a question posed by Mtoto News Journalist Shillah Lwangu



Mtoto News Journalist Al-Amin Ahmed receiving guidance on his interviewing skills.



Former BBC Journalist Wanyama Chebusiri poses for a photo with young journalists



Journalists and aspiring journalists pose for a photo after the training.

Supreme Court Tour

A few of the Sauti Zetu trainees and children from Child Space Kenya got the opportunity to tour the Supreme Court of Kenya to learn the history of the courts and how the justice system works in Kenya.



Children in attendance at the Supreme Court.



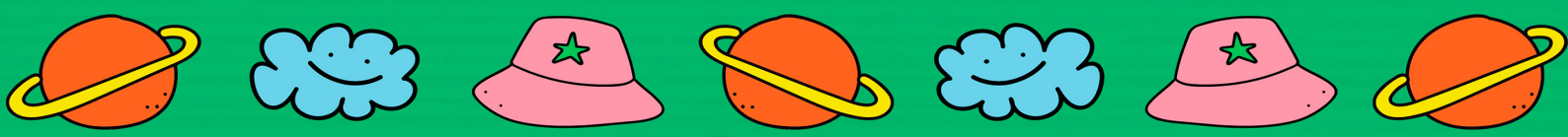
The children learning about Kenya's justice system.



Court of Appeal Judge Lady Justice Hannah Okwengu with the children.



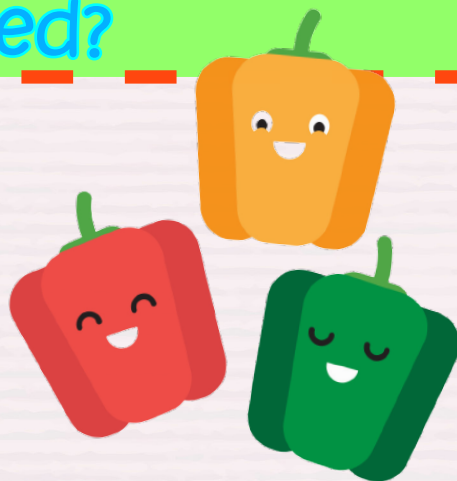
An informative session at the Supreme Court.



Try out this Tongue Twister



Peter Piper picked a peck of pickled
peppers.
A peck of pickled peppers Peter Piper
picked.
If Peter Piper picked a peck of pickled
peppers?
Where's the peck of pickled peppers
Peter Piper picked?



Lets Learn About Children Rights

By Dan Amdavi



Article 45 of the Constitution states that, every adult has the right to marry a person of the opposite sex based on the consent of the parties.

Child Marriage in Kenya

The Marriage Act of Kenya sets the age of marriage at 18 years. It defines a marriage as the voluntary union of a man and a woman whether in a monogamous or polygamous union and registered in accordance with this Act.

Marriages are thus contractual relationships where consent of the parties is called for.

The parties who enter into a marriage must also have the legal capacity to marry. The age of legal capacity in Kenya is 18 years and so a child does not have the capacity to marry.

Some customs have been practicing and encouraging child marriage.

The victim of this offensive practice is the innocent unwilling girl child who has already been subjected to female genital muti-

lation (FGM) in the name of preparing and ushering her into maturity.

After FGM the poor girl has to behave like an adult suddenly.

The girl is then prematurely married off to a man the same age as her grandfather. Once the old man has brought the cows and the goats as dowry, the poor girl has to comply.

At times she has to be literally carried away crying by the man like a little lamb. She must not bring shame to her family. This marks the end of her education.

In a normal family setup, children are supposed to be in Class studying and playing in line with the rights to education and not playing 'parents' **Cha baba na mama** in a matrimonial setup.

Article 43 of The Constitution, stipulates that every child has the right to Education.

A child also lacks the legal Capacity to enter into any consent to a sexual relationship.



Did You Know?

Facts about art

By Kevin Anyonge

Hello kids, What do you do in your free time? Especially during the holidays?

I know most of you have a lot to do, from sports, watching movies, drawing and many more, But here are facts about your way of fun. Remember, everything is art.

1. Children use several points of views to explain their environments.



2. Critical thinking and imagination are developed by doing art.



3. Art teaches people that there is more than one way to solve a problem.



4. The first pencil was invented in England in 1565.

5. Learning and practising art leads to higher achievement in reading and maths.



Healthy Corner

By Amandla Busisa

Hello kids! I know that you have all been enjoying your holiday with some fun activities, right?

Well, did you know that you can do a lot of fun activities and still be healthy? I'm sure you can think of something fun to do that will also keep you healthy. One activity I know that is both fun and will keep you healthy is.... exercise!

That's right!! Exercises are so much fun to do. They help you to become energised and keep you fit. One exercise I know that is enjoyable for kids like you is dancing to music. You can easily do this at home.

Just pick a fast song that you love to dance to and simply dance! You can make it more enjoyable by inviting your friends to join you. That way, you will keep fit and not worry about having body pains. Go on, try it!!



*"I like to
move it move it!"*

Thriving After High School



By Lucy Njeshuri

Hello kids, I hope you had an amazing holiday! Today we are going to talk about life after high school for form four leavers.

After you have completed your KCSE you will find yourself with a lot of free time on your hands.

You can use this free time to finally dig deep and explore all the things you are passionate about.

One way you can do this is to practice a talent or skill you have always been interested in. It can be anything from drawing, coding, learning a new language, writing or even playing a sport. For you to get good at your chosen skill, you can use the internet to look for tutorials or find a mentor to train you on that skill.

You can also choose to be of service to others by volunteering. There are a lot of organizations that help those in need and you can have a talk with your parents to find an organization where you can donate your time, food or clothes to people in need.

It's all up to you readers, make sure you use this time to explore everything you have always wanted to do. The sky is not the limit, it's just the beginning!

Be SMART online!

By Lydia Gichuki



be educational and entertaining they can also be used by bad people to lure children into engaging in bad things.

As a child you can be subjected to online crimes such as;

An adult can ask you to meet them with an aim of engaging in sexual or illegal activities.

A person May abuse, embarrass and give false information about you.

Someone may use your photos or social media accounts while pretending it is you so that they can commit crimes using your identity.

Although they can



A person may even ask you to send them explicit or nude photographs of yourself.

Therefore, it is important for you to be SMART online to avoid such people and platforms.

The Communication Authority of Kenya provides Safe Online Tips for Children to help you stay safe as you browse through the internet. They advise you to use SMART rules to engage in the internet.

S- Set your limits-This is by keeping the privacy of your family and friends and using privacy settings while using social networking sites

M- Meeting Online/ Friends Offline- Think twice before meeting an online friend in real life and if it's really necessary to meet them ask your parents to

Article continued on page 25.



Can you find all
the words?



school's out

I	K	A	S	C	R	E	E	N	S	O	F	F	S
E	N	I	H	S	N	U	S	X	A	L	E	R	M
P	A	R	K	U	R	R	S	I	I	R	F	B	L
G	X	E	B	E	S	N	R	N	N	I	R	I	I
V	A	C	L	O	H	S	L	N	R	E	T	A	W
R	E	M	M	U	S	F	G	N	E	T	C	I	I
S	N	S	E	O	E	T	V	F	O	R	E	S	T
S	L	E	E	P	I	N	G	I	N	F	I	V	R
E	E	R	I	F	F	N	H	R	T	I	S	H	N
K	E	F	R	T	H	G	I	N	E	I	V	O	M
I	K	L	S	E	E	V	A	C	A	T	I	O	N
B	I	V	C	T	P	L	A	Y	P	G	G	C	I
I	H	I	I	R	I	F	N	N	K	N	H	S	Y
E	E	B	S	I	R	F	F	N	B	I	P	N	H

MOVIE NIGHT
SLEEPING IN
FRISBEE
SUMMER
WATER
SUNSHINE
SCREEN OFF
PLAY
PARK
BIKE
FOREST
VACATION
RELAX
HIKE



accompany you.

A- Accepting Invitations/ Friendships- Decline invitations from people that you do not know.

R- React - Protect yourself from inappropriate content by not visiting such pages or sharing such content with others. Additionally, block anyone approaching you using rude, intruding or threatening emails or comments.

T- Tell Someone about Your Concerns- Report any concerns or problems while online to a trusted adult. Also report harmful or inappropriate content or activities on the websites to the host of the site.



Interesting facts about Ghana



By Raisa Okwaras

Hello young reader,

Today, I want to take you all the way to a beautiful country in West Africa known as Ghana. I am going to tell you interesting facts about Ghana. Let's have a look at them;

On March 6, 1957, Ghana became the first country in West Africa to gain independence from the British.



Ghana is the second-largest producer of gold and cocoa in Africa.



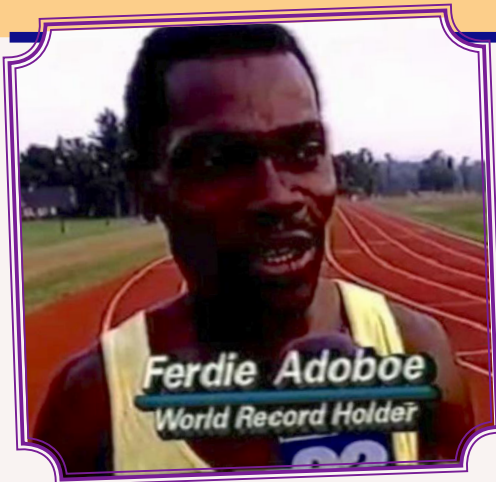
The Ashanti Empire ruled during Traditional African Society. The kingdom is still present and is recognized all over the world.



About 80 percent of Ghanaians speak Akan.



Ghana is home to the fastest backward-running man in the world. On July 25, 1991, Ferdie Ato Adoboe set the world record by running 100 metres backward in just 12.7 seconds.

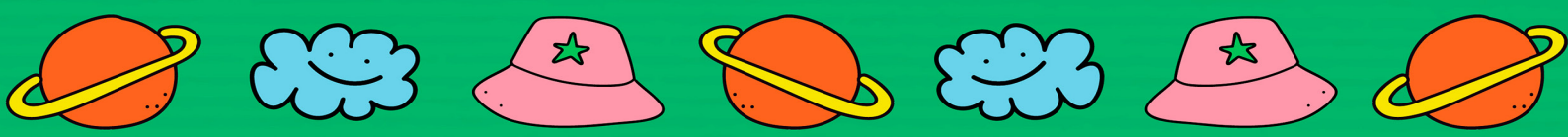


The currency used in Ghana is known as Cedi. One Ghanaian Cedi is equivalent to about 15 Kenya Shillings.



Did you learn anything new about Ghana? Well, now you know something about Ghana that you can teach your friends.

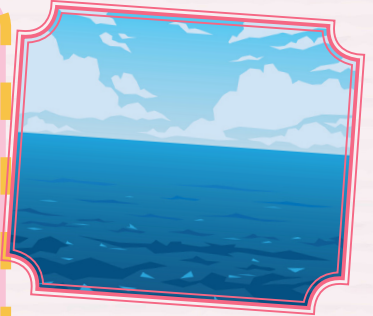
Images obtained from: iStock, World atlas.com, Wama.ch, adidian.net, Ghanaian Museum and Numastic.com



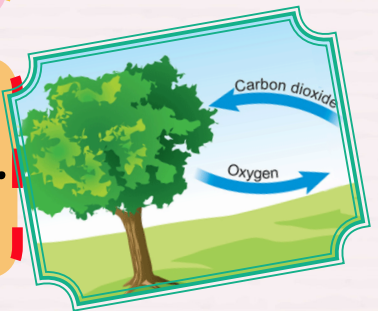
Answers to Riddles

From Shajara Magazine March Issue

1. I am a shimmering field that reaches far. To the horizon beneath the universe's largest star. Yet I have no tracks and I am crossed without paths. What am I? - **The Ocean.**



2. I am a gas that is helpful to plants, but I cannot be bought at a gas station. What am I? - **Carbon dioxide.**



3. I am white. I hang out where birds take flight. I am up in the sky so I can sit and spy. I look down on every fellow. When I'm gone you seek our pillow. What am I? - **The clouds.**



4. I have no eyes, no ears and legs, and yet I help to move the earth. What am I? - **An earthworm.**



5. What passes under the sun but makes no shadow? - **Wind or planets.**





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