

Shajara Magazine

July 2022 Issue

Impact of Political Manifestos on Children



Try out
this
Tongue
Twister
with your
friends
pg 16

Get to find out a parent's take on
how political manifestos will
affect children.

pg 14



There's a new
and improved law
for children!
Find out more on:

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Effects of Political Manifestos on Children

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Editorial Team

Editor in Chief

Khadija Mbesa
Jennifer Kaberi

Writers

Dan Amdavi
Kevin Anyonge
Khadija Mbesa
Purity Moraa
Raisa Okwaras

Children Journalists

Brian King
Omar Hemed
Kelvin Mwiga

Animation

Francis Kimathi

Design & Layout

Lucy Njeshuri

Letter From the Editor



Hello readers, We have missed you and I am sure you have missed us too,

But Don't worry, Our Magazine will keep you company when schools are closed during Elections.

However, make sure you stay safe and watch out for fake news. Stay Indoors, learn a new hobby and spread positivity.

I hope you will enjoy reading this month's Issue.

I highly recommend All sections, so make sure you read a page at a time

The Beauty of Caring

By Kelvin Mwiga



Life is all about baby steps, we all may be or are going through difficult times in life, and may need a shoulder to lean on, or someone to reach out to us.

Remembering the smile that his sister has been wearing since they were young, Kevin wonders what went wrong.

From being a cheerful girl, Evelyn became gloomy after joining high school, she became distant and

closed off.

When Kevin tried to talk to his parents about Evelyn's condition, his parents brushed him off telling him that children of Evelyn's age tend to have mood swings.

Having no one to turn to, Kevin decided to do some research on the internet on why a person's character can change from a positive one to a negative one.

The results that he found were impactful and he came to the realisation that his sister may be having mental health

struggles.

The information showed that children may suffer from mental health issues when they are stressed about their grades, or having a hard time adjusting to a new environment or if they are being bullied.

Thinking back, Kevin overheard a conversation between Evelyn and their parents about her poor grades. Stressing over her grades may be affecting



Evelyn's mental health.

He shared this information with his parents who listened attentively to what he had to say. Later that evening, his parents had a private talk with Evelyn, and after the talk, his parents looked for someone to tutor Evelyn and also a therapist to talk to her.

After a few days, Kelvin noticed an improvement in Evelyn's moods.

Evelyn was so grateful and thanked Kevin for reaching out and helping her when no one did.

The next day, Kevin chose to share this information with his friends John and Brian.

Kevin: Guys I have been doing some research

John: What research bro

Kevin: It is all about mental health and how we can cope with it

Brian: Oh so what is this thing called mental health

Kevin: Mental health is...

John: I will take it from here... It is about the idea of becoming mentally, spiritually or emotionally distressed.

Brian: What do you mean by that statement?

John: I mean that, when you are overwhelmed by issues and you don't know what

to do, you feel like there are problems everywhere.

Brian: I get you bro so what is the cause of all this?

Kevin: The problem caused by all these is by stress, depression, pressure at home/work/school



'The Beauty of Caring' will be continued in our next issue of Shaiara Magazine.



Normalize therapy and counseling for child mental health

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The Conceited Flower

By Omar Hemed

Once upon a time, in a desert far away, there was a rose named Cinderella. She was so proud of its beautiful looks. Her only complaint was growing next to an ugly cactus.

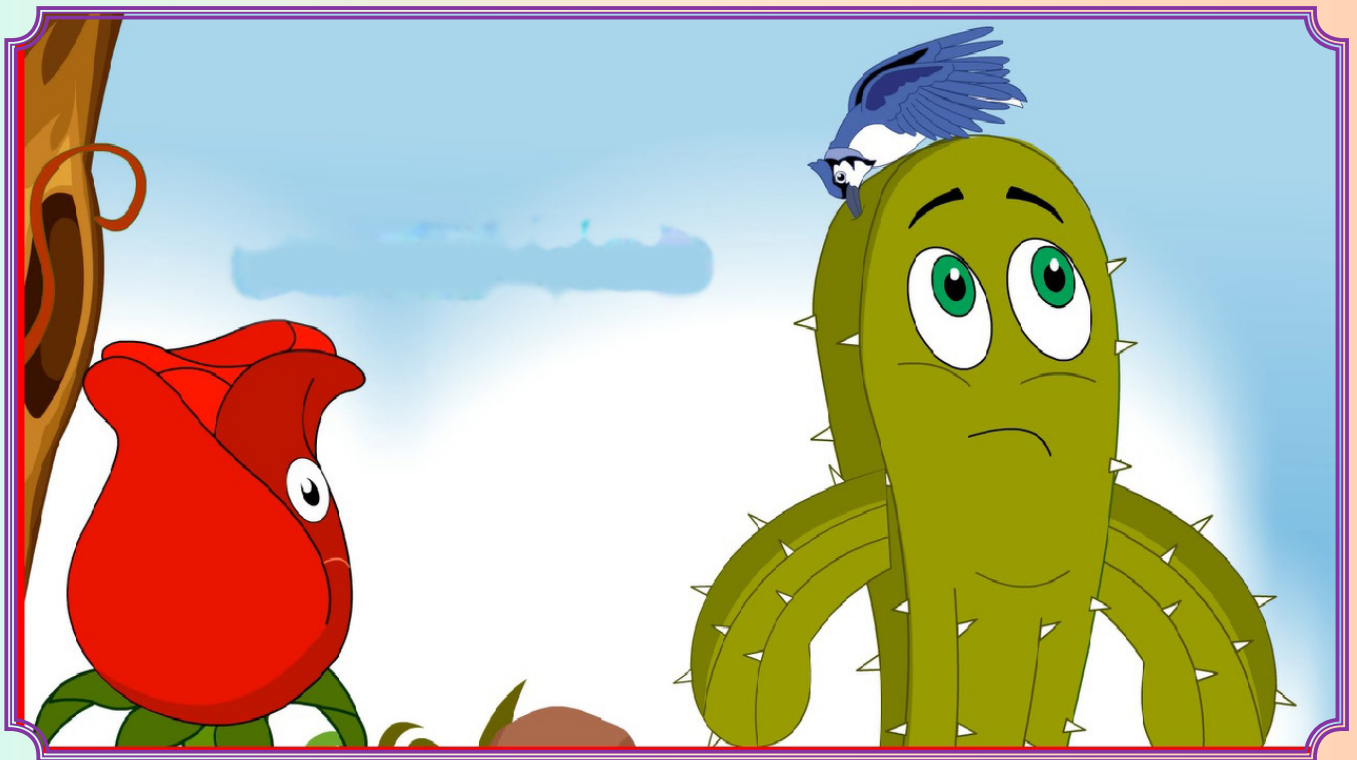
Every day, the beautiful rose would insult and mock the cactus on its looks, all while the cactus remained quiet. All the other plants nearby tried to make the rose see sense, but she was too swayed by its own looks.

One summer, the desert became dry, and there was



no water left for the plants. The rose quickly began to wilt. Her beautiful petals dried up, losing their lush colour.

Looking at the cactus, she saw a sparrow dip his beak into the cactus to drink some water. Though ashamed, the rose asked the cactus if she could have some water. The kind cactus readily agreed, helping them both through the tough summer. The rose came to realise that one should not look down on another person just because they do not have a good appearance





Little Chefs



KACHUMBARI SALAD

By Moraa

Hello little chefs!
On this month's issue of Shajara, we make kachumbari, a tomato and onion salad. It is a simple and easy to make salad for you and your family to enjoy alongside meat or rice dishes!



How to make:

1. Place the diced onion in a small bowl and massage the salt into the onion pieces. Cover the salted onions with water and let stand for 10 min.
2. Meanwhile, dice the tomatoes, avocado, and chili (if using). Place them in a bowl.
3. Drain the onions and add them to the vegetables.
4. Finish by adding the lime juice and coriander.
5. Mix well and taste the

RECIPE

What you need:

- $\frac{1}{2}$ medium red onion, diced
- salt
- 2 large tomatoes
- $\frac{3}{4}$ avocado
- 1 small chili (optional)
- $\frac{1}{2}$ lime, juiced
- Coriander, chopped

salad. Add salt or more lime juice if you want more.

SERVE AND ENJOY!!

A Little Note For You:

This recipe uses a sharp object, that's a knife, so little chefs! Let your parents/guardian assist you to avoid accidents in the kitchen!

LITTLE CHEFS DICTIONARY

Dice- The process of cutting food into small cubes of equal size so that the food is evenly cooked and/or pleasant in appearance for the recipe.



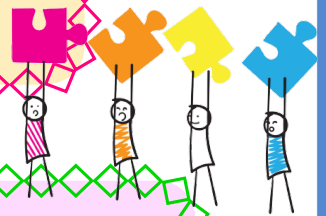
It's Riddle Time!



1. If you don't keep me, I'll break.
What am I?



2. I make a loud sound when I am
changing. When I do change, I get bigger
but weigh less. What am I?



3. There are 3 apples in a basket and you
take away 2. How many apples do you have
now?



4. The more you take, the more
you leave behind. What are they?



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



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



Did You Know



Facts About Democracy

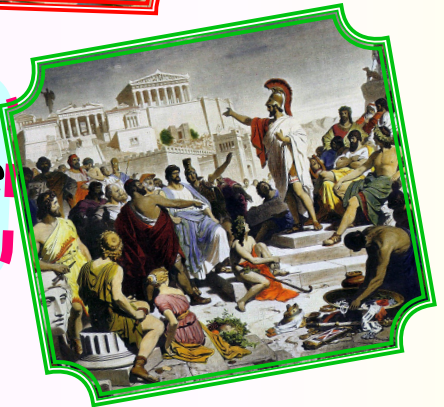
By Kevin Anyonge

First, do you know what Democracy is? Well Democracy is a government by the people, for the people and of the people.

1. The word democracy comes from the Greek word demos, which means people.



2. The first democratic forms of government are thought to have developed during the 6th century B.C.



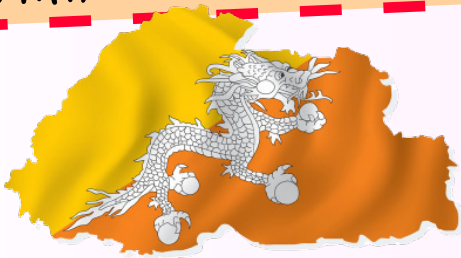
3. There are two basic forms of democracy. One is direct democracy, in which all eligible citizens have active participation in political decision making.



4. The other is called a representative democracy, in which voters remain the sovereign power but political power is exercised indirectly through elected representatives.



5. The country of Bhutan is the world's youngest democracy. The first democratic elections began in 2007; by 2011, all levels of government were democratically elected.



6. The Republic of India is the world's largest democracy; one-sixth of the global population lives there.

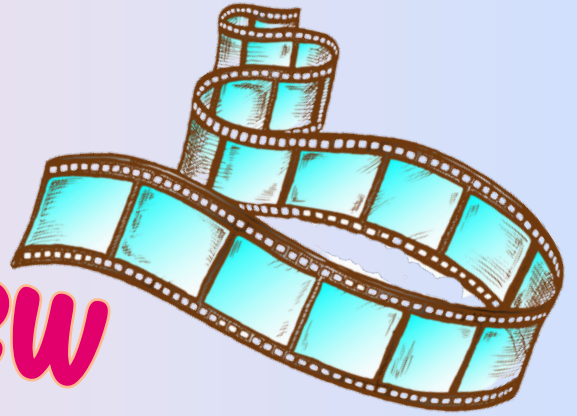


(Adapted from www.wftv.com)

Images obtained from: FreeImages, Short history website, The Carter Center, ThoughtCo, iStock and Vector stock



Movie Review



By Brian King

CHICKENHARE

AND THE HAMSTER OF DARKNESS

Do you like animals ? Do you like cartoons ? Do you like fairy tales?, then do not go far, chicken run is the cartoon for you.

Revolving around three characters: a turtle born without a shell, a skunk who knows kung-fu and a half chicken half hare hybrid who holds the animation together.

The main theme of this cartoon is 'what makes you different is also what makes

you special'.

This cartoon will take you through a journey of self discovery where the main characters are faced with hurdles like square pigs, murderous Gorilla dad babysitting and evil relatives.



All in all, Chickenhare is definitely the cartoon of the month and a must watch for all of you kids or adults.

Parents Views On Effects of Political Manifestos on Children

By Khadija Mbesa



Hello there, did you know that the political manifestos have been out for a while? Well they have been released and there were eyebrows raised on some of these manifestos.

Mtoto news children journalists tried asking the residents of Nairobi which political manifestos will affect children and why they think that children will be affected by them.

They managed to get few responses and most of them centred at the issue of legalising marijuana.



Most parents claim that marijuana will put their children at risk of dropping out of school, starvation and zero life prospects.

Wambui, A mother and owner of 'Kibanda' voiced out her concerns

'Manifesto on legalising marijuana will affect our children's future, and if these politicians insist on making marijuana legal, then they should offer free rehab for our children. But the bottom line is Marijuana should not be legalised.'

'We are still trying to fight its effect on our children despite it being illegal, now imagine if they start legalising it, our children will be lost!'

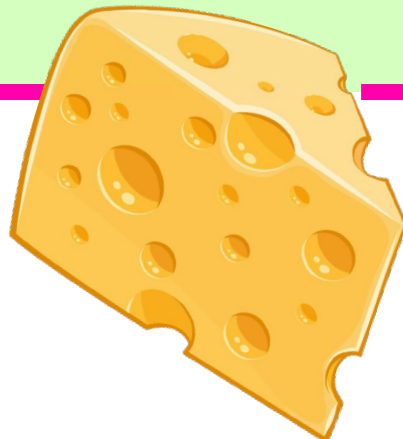
Well, which manifestos do you think will affect you as a child?

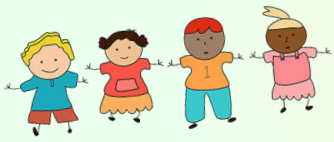
Try out this Tongue Twister



Chester cheetah chews a chunk of
cheap cheddar cheese.

If the chunk of cheese chunked
Chester cheetah, what would
Chester cheetah chew and chunk
on?



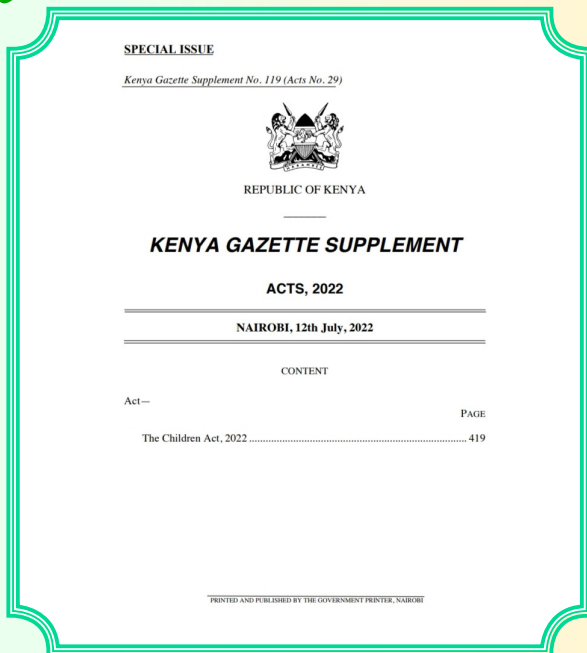


Let's Learn about Children Rights



The New Law for Children takes effect

By Dan Amdavi



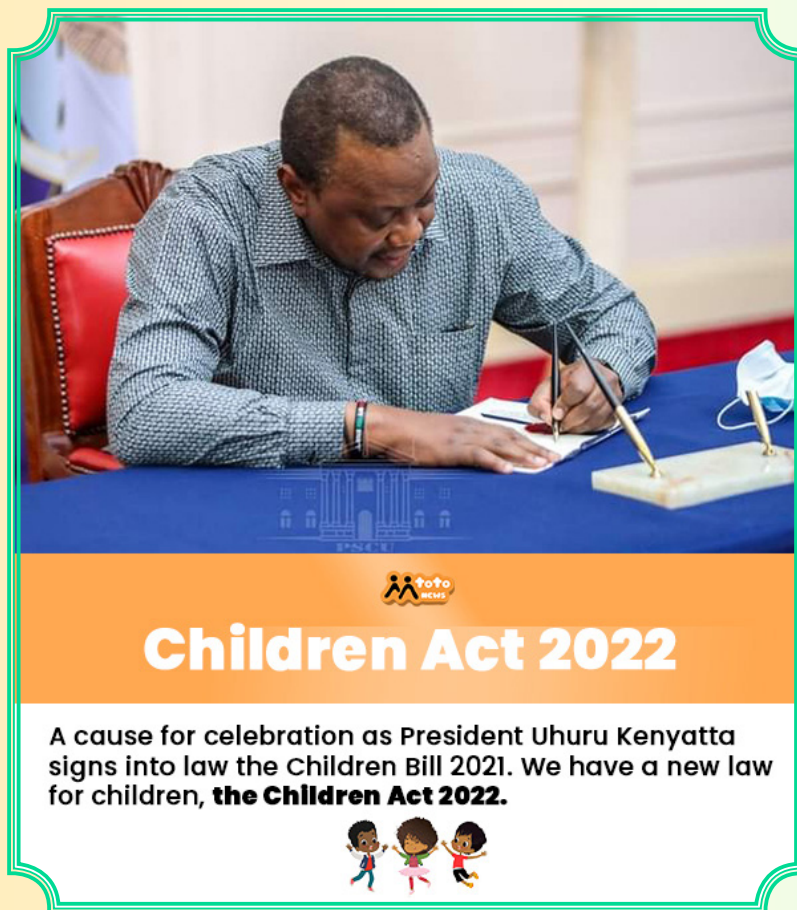
emerging issues affecting children in Kenya and gaps identified during the implementation of the previous law.

Some of the new additions and improvements to the law include:

- Provides ways of addressing vulnerable children's concerns
- New definitions capturing the emerging trends and issues have been added like online abuse, child trafficking, and radicalization among others.
- The law established a Child Welfare Fund funded through the na-

The new Children Act signed by President Uhuru Kenyatta early this month took effect on Tuesday, July 26. This was after it was gazetted.

The amended Children Act 2022 which is a significant improvement to the Children's Act 2001 sought to address



Children Act 2022

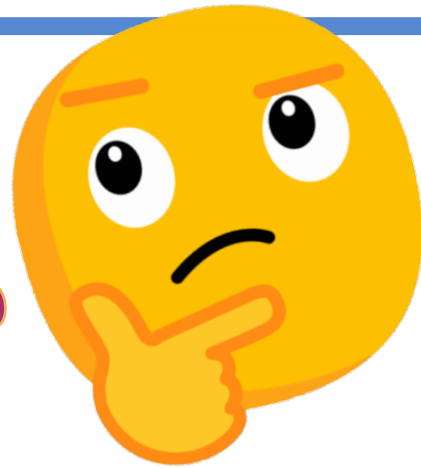
A cause for celebration as President Uhuru Kenyatta signs into law the Children Bill 2021. We have a new law for children, **the Children Act 2022.**



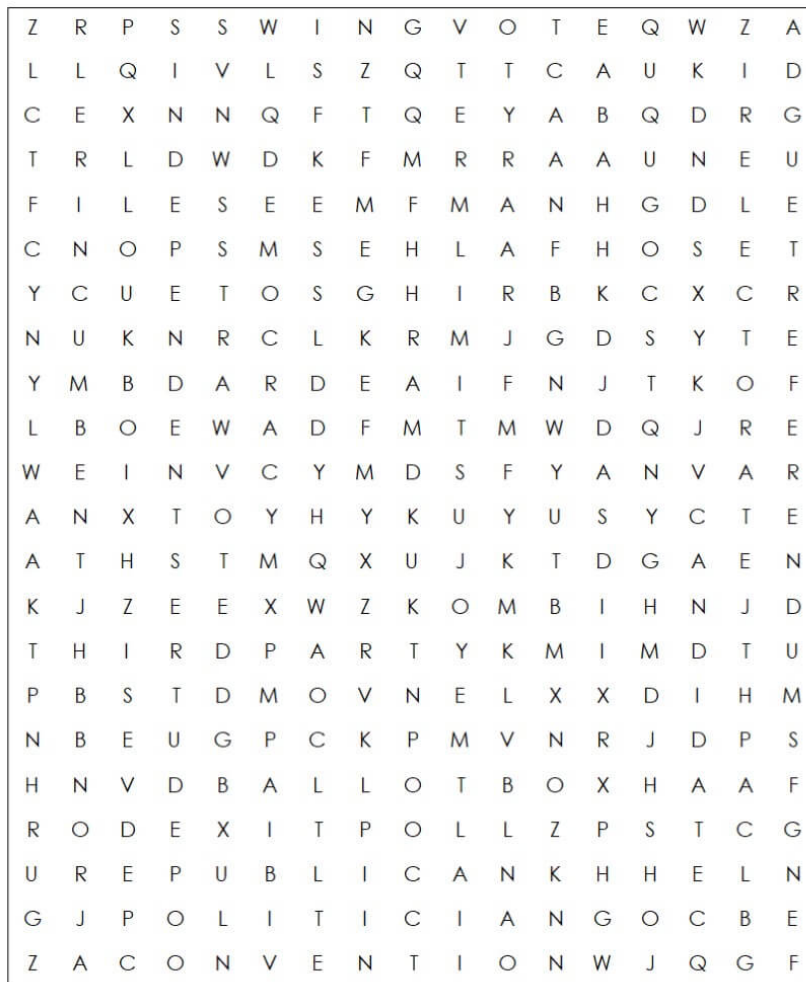
- tional exchequer under the aegis of the Public Finance Management Act. The Children Act expressly mandates County Governments to establish child welfare schemes and child care facilities in their respective counties besides taking charge of pre-primary education.
- The age of criminal responsibility among children have been raised from the current 8 years to 12 years
 - Children in Conflict with the law after committing minor offenses will not be taken through the court system; they will be diverted to community-based systems.

The Article will be continued on page 20

Can you find all the words?



Elections Word Search



INDEPENDENT	ELECTORATE	SWING VOTE
TERM LIMITS	POLITICIAN	CANDIDATE
THIRD PARTY	REFERENDUM	DEMOCRACY
BALLOT BOX	REPUBLICAN	EXIT POLL
CONVENTION	STRAW VOTE	INCUMBENT



© Monsterwordsearch.com

Novice

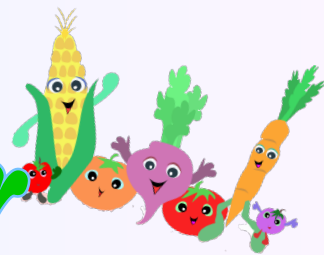
- All Children in Conflict with the law will have access to free legal aid as they navigate through the justice system.
- Children living with disability will be accorded free medical treatment, special care, education and training
- Kinship adoption has been included in the law where a relative is able to adopt a child in his lineage in a much cheaper and faster way with less legal technicalities.
- The Children Act, 2022 gives priority to family based alternative care as opposed to institutionalization of children in Children Homes.



Mtoto News trained Children Journalists learn about the justice system during their tour to The Supreme Court of Kenya.



Healthy Corner



By Omar Hemed

Hello pizza lovers, today we will talk about pizza!!!

I know most of you did not know that pizza has nutritional value, and that is why Today we will be exploring the nutritional gain we get from eating pizza.

Let's begin,

First of all, did you know the average slice of pizza contains 12 grams of protein. Indeed, protein is an essential component of good health. Protein is what helps you to gain muscle, and make hair, blood, connective tissue, antibodies, enzymes, and more.

Without enough protein in your diet, you'd start get-

ting sick quite often.

Pizza crust made from whole wheat adds fibre to your meal.

Buying or making a whole wheat crust pizza is worth it! And I will tell you why you should consider having the whole wheat crust pizza.



First of all, Whole Wheat Dough contains fewer carbs than White Dough, and also has a higher fibre content.

Higher fibre content means that you will feel full quickly, which also means that you will eat less.

Pizza can help you absorb

the antioxidant Lycopene.

Lycopene is found in tomatoes, which are used to make the base sauce for pizzas.

Lycopene helps to lower blood pressure and bring down high cholesterol.

It is also more easily absorbed from cooked tomatoes as opposed to fresh tomatoes.

So, the next time you're trying to think of a healthy meal to get for dinner, think pizza! But of course, do not make it a daily routine.

Until next time.



Can you find the hidden animals?



FIND THE TIGER
IN THE PICTURE

FIND
10
HIDDEN
OBJECTS
IN THE
PICTURE





President Uhuru Kenyatta Signs the Children Act 2022 into Law



By Raisa Okwaras



Some of the advancements in the new Act include enforcement of Article 53 of the Constitution of Kenya whose reforms include advancing the concept of 'best interest of the child' regarding every decision or matter concerning a child.

Even better news for you, children.

On Wednesday, July 6, 2022, President Uhuru Kenyatta passed a new law by signing the Children Act 2022, replacing the Children Act of 2001.

The Children Act of 2021 was part of five other bills he signed into law, all of 2021.

Others include reforms on parental responsibility which include prioritisation of family-based care. Such are through custody, foster care, kinship care, maintenance, adoption, kafalah, and guardianship among others. By doing so, the government largely shifts child care to the state and the community.

It also raised the criminal fault age from 8 to 12. This means that children below 12 years old cannot be held responsible for any criminal activities, a win for children in contact with the law.

Also, children in contact with the law will be awarded free legal aid to help them easily navigate through the justice system.

In addition, children accused of committing minor offences will not go through the court system. Rather, they will go through community-based systems.



Trained Children Journalists from Mtoto News during a tour of The Supreme Court of Kenya.

What is your favourite thing about the new Children Act 2022?

Interesting facts about Zimbabwe



By Omar Hemed

Today's interesting facts come from Zimbabwe.

Zimbabwe holds a Guinness record of having the most official languages in the world, with up to 16 official languages spoken in the state. These are: Chewa, Chibarwe, English, Kalanga, Koisan, Nambya, Ndau, Ndebele, Shangani, Shona, sign language, Sotho, Tonga, Tswana, Venda and Xhosa.



Zimbabwe is also home to the world's biggest water fall called the Mosi-oa-Tunya.



Musi-oa-Tunya means “the smoke that thunders” in the Kololo and Lozi languages. This makes Victoria Falls the 5th UNESCO world heritage site in the world.



The name of the waterfall “(Victoria Falls)” was derived from Queen Victoria by scottish explorer David Livingstone and it is the largest curtain of falling water in the world with an altitude of about 915 metres above mean sea level and is 1,708 metres wide.



Zimbabwe is also home to the largest man-made lake in the world by volume. It is 226KM long and up to 40KM wide in some places, which provides electricity to both Zambia and Zimbabwe.



Images obtained from: Freepik, Micato Safaris, iStock, African Budget Safaris and Travel Trivia.

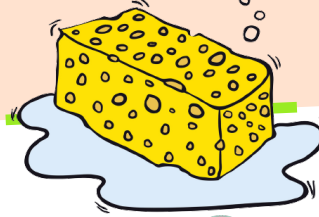
Answers to Riddles

From Shajara Magazine June Issue

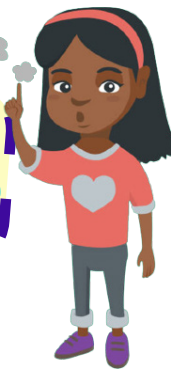
1. I'm tall when I'm young, and I'm short when I'm old. What am I? - **A candle**



2. What is full of holes but still holds water? - **A sponge**



3. What is always in front of you but can't be seen? - **Your future**



4. What has many keys but can't open a single lock? - **A piano**



5. What has one eye, but can't see?
- **A needle**





Get in touch with us:



www.mtotonews.com



+254 793 913 416



info@mtotonews.com



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