



Semama

Tanzania's Magazine for Children

It's Possible

**Watoto Funfair
2016 Event**



Water 4 Life

STORY

*The Magic
Pizza*



**Njia 6 za kulinda
afya ya mwanao**



Sema

We believe Its Possible

C- Sema is a national organization focused on seeing children's services serve their needs and interests. Through the National Child Helpline; Happy/Sad Opinion Boxes and Sema Magazine. We want to see budget for children infrastructure in place for children services, trained personnel and quality control for children services

Find us:



@SemaTanzania



Sema Tanzania



www.sematanzania.org

We are happy to introduce our partners



A PEEK AT THE INSIDE YALIYOMO

- 4 A Word from Sema
- 5 Seeds of Change: Around the World
- 8 Be Inspired: How the World Stood with Eva
- 12 Did You Know | Je Wajua?
- 14 Sema Wazazi: 6 Pointers for Healthy Children.
- 16 116 Child Helpline: 116 Huduma ya Simu kwa Mtoto.
- 22 Watoto Fun Fair Event Special
- 26 Story: The Magic Pizza.
- 28 Our Voices | Sauti Zetu
- 30 Our World in Your Hands: Dunia Yetu Mikononi Mwako
- 34 Games

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A Word from Sema!

In this issue, we celebrate water. We learn of ways we can save water and be a part of the global efforts to ensure safe water for all. We learn of Eva, a young girl from Iringa who wrote to the president of the United States and got a response! Follow along her journey as she and her friends fight for better water supply in their village.

Did you know sewage could be turned into drinking water? That's right! Read on to learn how an amazing invention might mean that more people access safe water.

Last year we had our first ever Watoto Funfair on the Day of the African Child and the day was filled with fun and games. Check out our special event page to see what other children got up to.

Send in your stories, poems & pictures to SEMA and you could see them in the coming issues.

A big THANKS to our readers, schools, parents and all organizations supporting us. We could not have done it without you!

Until next time, ENJOY!



Neno kutoka Sema!

Katika toleo hili tunajikumbusha umuhimu wa maji na njia mbalimbali za kutunza maji.

Tunaona mchango muhimu tulionao katika jitihada za kimataifa za kuhakikisha maji safi na salama kwa wote. Pia tunajifunza kuhusu Eva, binti mdogo kutoka Iringa aliyemuandikia rais wa Marekani na akajibiwa! Fuatilia kisa cha Eva na marafiki zake ujionee jitihada walizofanya kupata maji safi katika kijiji chao.

Je, unajua maji taka yanaweza kubadilishwa na kuwa maji ya kunywa? Ni kweli kabisa! Endelea kusoma ujifunze jinsi uvumbuzi huu wa ajabu utaweza kusaidia watu wengi zaidi kupata maji safi na salama.

Mwaka jana tulidhimisha Siku ya Mtoto wa Afrika kupitia michezo mbalimbali. Soma zaidi kuhusu siku hii uone watoto walivyocheza na kufurahi katika ukurasa maalum wa Watoto Fun Fair.

Tutumie hadithi, mashairi au picha na unaweza kuziona katika matoleo yajayo.

SHUKRANI ZIENDE kwa wasomaji wetu, shule zote, wazazi na mashirika yote yanayotunga mkono katika kazi zetu. Bila nyie, tusingeweza.

Hadi wakati mwingine,

Jane Goodall's Roots & Shoots²⁵

"The most important message of Roots & Shoots is that every single one of us makes a difference every single day"

~Dr. Jane Goodall.

"Ujumbe muhimu wa Roots & Shoots ni kwamba kila mmoja wetu huchangia mabadiliko kila siku "

~ Dk. Jane Goodall.

Roots & Shoots ni programu ya taasisi ya Jane Goodall inayoweza vijana kusaidia binadamu, wanyama na mazingira. Programu hii ilizaliwa hapahapa Tanzania ikiwa na wanafunzi 12 wa sekondari waliokuwa na uchu wa kutatua matatizo katika jamii yao. Leo hii, kluba za R&S zimechipuka na kuongezeka duniani kote na zinasaidia kuleta mabadiliko chanya katika nchi zaidi ya 130.

Mwaka 2016 Roots & Shoots ilifikisha miaka 25 tangu kuanzishwa kwake na watoto duniani kote waliadhimisha na kushehereka mwaka mzima kwa namna mbalimbali. Soma jumbe za wanachama wa R&S kutoka nchi mbalimbali duniani kuhusu mabadiliko wanayoyaleta katika mazingira yao na kwa ajili ya dunia nzima.



Roots & Shoots is the Jane Goodall Institute's youth program that helps people, animals and the environment and it was born right here in Tanzania with 12 high school students who wanted to solve urgent problems in their community. Today, R&S clubs have sprouted all around the world and are making a positive change in more than 130 countries.

2016 marked Roots & Shoots' 25 year anniversary and children around the world celebrated in different ways. See what R&S members from different countries in the world had to say about the difference they are making for their environments and for the world.

Kutoka kwa watoto wa nchi mbalimbali

"Naamini kuwa watoto wanaweza kuleta mabadiliko kwa namna mbalimbali ikiwemo kupaza sauti na kusimamia kile tunachokiamini." Roghayeh, Australia

Watu wazima watusikilize watoto - kidogo kidogo, tunaweza kuchangia mabadiliko makubwa." Ethan, Hong Kong

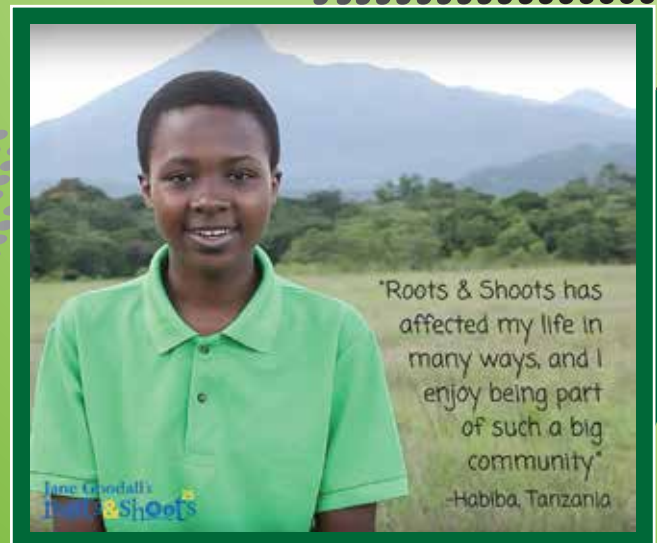
"Haijalishi wewe ni mdogo kiasi gani, kila mtu anaweza kuleta mabadiliko." Bella, New Zealand

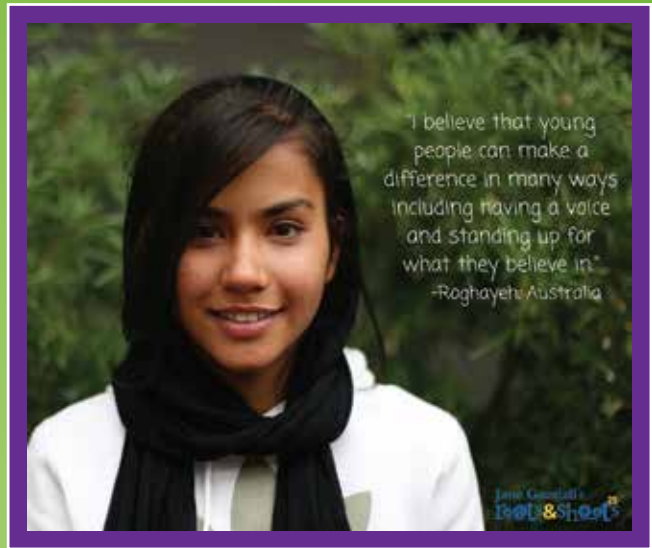
"Vijana ndio taifa la kesho." SungJoon, Korea ya Kusini

"Nilitaka nianze kuleta mabadiliko na kujitolea ili kusaidia wanyama na dunia yetu." Sanna, Sweden

"Roots & Shoots imebadilisha maisha yangu kwa namna mbalimbali na ninafurahia kuwa sehemu ya jamii kubwa kiasi hiki." Habiba, Tanzania

Roots & Shoots hutupa nafasi nzuri ya kubadilishana mawazo. Tukiangalia miradi yetu ya nyuma, tunaona kuwa tunachangia kuleta mabadiliko!" Shiva, Uingereza.







BE INSPIRED

If you could write a letter to anyone in the world who would it be?

Eva wrote to a president!

Eva is a young girl from a small village in Iringa called Malinzanga. She lives with her parents, and has five brothers and sisters.

Growing up, Eva was a very inquisitive girl, always eager to learn and constantly asking questions about new things. She would tell her mother in excitement, "If I'm lucky enough to go to school, I'll study until form 9!"

Primary school wasn't always easy - school uniform and textbooks were expensive - but her parents worked very hard so that she and her siblings would have everything they needed to do well in school. With the hard work and encouragement Eva passed well!

But books and school uniform were not the only problems Eva faced.

There was no clean water in Malinzanga so she and her classmates had to walk 7km everyday to fetch water from a neighboring river. The whole community used the same river for cooking, cleaning, washing and drinking. This isn't safe and at times people would fall sick with stomachaches and other diseases.

The long journey was also dangerous and some girls got attacked on the way. At times, Eva and her classmates even missed classes when they were out fetching water!

"We need a well so that my village can get clean and safe water, and so that we get enough time to study at school, because we often come late to school," thought Eva. So she and her friends decided to do something about it."

They wrote a letter to their leaders asking for clean water and safe toilets at their school. Their letter was met with silence and after a long time, Eva realized that they would get no reply. So she decided to write another letter. Only this time, she wrote to the then president of the U.S.A, Barack Obama.

Eva and her classmates had learnt that leaders from all over the world were working to ensure that everyone got all the services they need for development through 17 big goals. Clean and safe water and quality education were among these 17 goals and this is exactly what Eva, her friends and their whole community needed.

In her letter, Eva wrote,

'I would like to ask what will you and the global leaders do to ensure that every single girl in my village and in Africa has better access to clean water, resources, and education, and to ensure the goals are delivered?'

This time, Eva got a reply. As world leaders met to agree on the 17 goals, Obama spoke to Eva, "I say to Eva and hundreds of millions like you, we see you. We hear you. I've read your letter and we commit ourselves as nations, as one world to the urgent work that must be done."

Eva was so excited to hear the response. A president had spoken to her!! Now she was inspired to speak to her leaders once more. With the help of two organizations; Restless Development and ONE, Eva and her friends joined hands with her community and the world to ask her leaders for clean water.

Eva dreams of becoming a police officer so that she can take care of her family and keep her community safe. Whether she becomes a police officer, a leader, or a teacher – she has shown that even in small ways, we can try to keep our communities safe.

When you promise to clean your room or do homework you are responsible to play your part and get the job done. In the same way, Eva and her friends realized that their leaders are responsible to provide her school and her village clean water, as they had promised.

What began as one letter from a small group of children spread and gained support from all over the world. Eva and her friends did not wait for things to improve; they got up and did something that would make their world a little bit better. They prove to us that young people can, and do bring change.

This is a story about one girl, but it represents the story of thousands of children. It is a story of a village, like hundreds of other villages. This is the story of how Eva made a difference.

What do you want to change in your own community? How would you want your voice to be heard?

Eva's Message to us:

"I want to achieve a better life for me, my family and the whole community, but we – my whole community, and young people like me everywhere – need to work together with our leaders.

I realized that every young person I met during my campaign needed the same thing; that the promises made by our leaders and presidents need to be fulfilled.

To my fellow young people; we should believe in ourselves. If we raise our voices, they will be heard. I am just one girl, but my voice matters."





Eva ni msichana andeishi na wazazi, pamoja na kaka na dada zake watano katika kijiji kidogo kiitwacho Malinzanga kilichopo Iringa.

Akiwa mdogo, Eva alikua mdadisi sana. Alipenda kujifunza na kila siku alikua akiuliza maswali mengi kuhusu mambo mbalimbali. Alipenda kumuambia mama yake, "Yani mimi nikija kubahatika nikasomai, basi yani kwa kweli nitamshukuru Mungu na nataka nisome mpaka fomu 9!"

Shule ya msingi haikuwa rahisi - sare na vitabu vya shule vilikua ghali - lakini wazazi wake walijituma sana ili Eva na wadogo zake wapate kila walichohitaji kufanya vizuri katika masomo yao. Kwa juhudi hizi na kutiwa moyo, Eva alimaliza shule ya msingi na kufaulu vyema!

Lakini Eva alikabiliwa na changamoto nyingine, zaidi ya vitabu na sare za shule.

Malinzanga haikuwa na maji safi hivyo kila siku, Eva na wanafunzi wenzake ilibidi watembea kilomita 7 kuchota maji kutoka mto jirani. Jamii nzima ilitumia mto huo kwa shughuli za usafi, kupika, kufua na kunywa. Hii sio salama na wakati mwingine watu waliumwa tumbo na kupata magonjwa mengine kutokana na matumizi ya maji haya.

Je, ungeweza kuandika barua kwenda kwa mtu yeyote duniani, ungechagua kumuandikia nani?

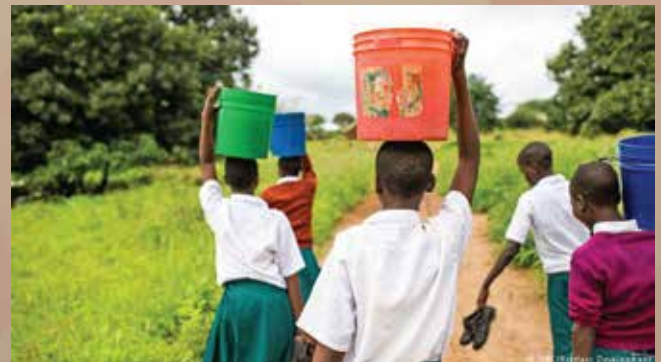
Eva alimuandikia Rais!

Safari ya kwenda mtoni ilikua ndefu na ya hatari na wakati mwingine, wasichana walivamiwa wakiwa njiani. Pia kutokana na umbali huu, Eva na wenzake walikosa baadhi ya vipindi kwa kuwa masomo yalikuwa yakiendelea huku wakiwa wanateka maji.

'Kijiji changu kinahitaji kisima ili tupate maji safi na salama, na tuwe na muda wa kutosha kwa ajili ya masomo ya shule maana mara nyingi tunachelewa shule kwaajili ya kuchota maji.' aliwaza Eva. Hivyo yeye na marafiki zake waliamua kuchukua hatua.

Waliandika barua kwa viongozi wao kuomba maji safi na vyoo salama shuleni kwao. Kwa muda mrefu, Eva na wenzake walisubiri kupata jibu lakini hawakusikia chochote. Hatimaye, Eva aligundua kuwa wasingejibiwa. Hivyo akaamua kuandika barua nyingine. Lakini wakati huu, aliamua kumuandikia aliyekuwa rais wa Marekani, Barack Obama.

Eva na wenzake walifundishwa kuwa viongozi wote wa dunia walikua na dhamira ya kuhakikisha kuwa kila mtu anapata huduma zote anazohitaji kwa ajili ya maendeleo yao. Viongozi hawa walikua wameweka malengo 17 ya kufikia ili kutimiza dhamira hii ya maendeleo kwa watu wote na miongoni mwa malengo haya 17 kulikuwa na lengo la Maji Safi na Salama pamoja na Elimu Bora. Hiki ndicho walichokihitaji Eva, marafiki zake na jamii nzima ya Malinzanga.



Katika barua yake, Eva aliandika,

“Ningependa kuuliza wewe na viongozi wengine wa dunia mtafanya nini kuhakikisha kila msichana katika kijiji changu na Afrika anapata maji safi na salama, nishati ya umeme na kuhakikisha kuwa malengo ya Maendeleo Endelevu ya Dunia yanatimia?”

Safari hii, barua ya Eva ilijibiwa. Viongozi wa dunia wakiwa wamekutana kukubaliana juu ya malengo 17, Obama alizungumza na Eva, *“Leo naongea na Eva na mamilioni ya watu wengine wanaoishi kwenye mazingira kama ya Eva; tunawaona, tunawasikia, nimesoma barua yako, na leo tunaweka dhamira ya kutekeleza mahitaji yenu kwa haraka kama mataifa na kama dunia moja,”*

Eva alijawa na furaha alivyosikia majibu haya. Sauti yake ilisikika na rais na kujibiwa!! Alipata moyo wa kuzungumza na viongozi wake kwa mara nyingine. Kwa kushirikiana na mashirika mawili; Restless Development na ONE Eva na marafiki zake waliungana na jamii yao pamoja na dunia nzima kuwaomba viongozi maji safi katika kijiji chao.

Eva ana ndoto ya kuwa polisi siku moja ili aweze kuliinda familia yake na kuiweka jamii yake salama. Akiwa polisi, au kiongozi ama mwalimu - Eva ametuonyesha kua kwa kuchukua hatua ndogondogo, tuna uwezo wa kuhakikisha jamii zetu zipo salama.



Ukiahidi kusafisha chumba chako au kufanya kazi za nyumbani, una wajibu wa kutimiza ahadi zako na kufanya kazi hizi. Vivyo hivyo, Eva na wenzake waligundua kwamba viongozi wao wanao wajibu kuhakikisha kwamba shule yao na kijiji chao kina maji safi na salama, kama walivyoahidi.

Jambo lililoanza kama barua moja kutoka kundi dogo la watoto limeenea na kupata ushirikiano kutoka nchi mbalimbali duniani. Eva na marafiki zake hawakusubiri mambo yabadilike; walisimama na kuchukua hatua ili waboreshe mazingira yao. Wametuonesha kuwa vijana wanaweza kuleta mabadiliko.

Hiki ni kisa cha msichana mmoja angewakilisha maelfu ya watoto. Ni kisa cha kijiji kimoja, kama mamia ya vijiji vingine duniani. Hiki ni kisa kuhusu Eva alivyochukua hatua kuleta mabadiliko.

Je, unataka kuleta mabadiliko gani katika jamii yako? Unawezaje kupaza sauti ili maoni yako yasikilizwe?

Ujumbe wa Eva kwetu:

“Natamani kupata maisha bora kwa ajili yangu, familia yangu na jamii nzima. Ili kufanikisha hili, ni lazima jamii nzima na vijana wenzangu duniani kote – tushirikiane na viongozi wetu.

Nimegundua kuwa kila kijana niliyekutana nae anahitaji kitu kilekile; kwamba ahadi zilizotolewa na viongozi na marais wetu zinahitaji kutimizwa. Vijana; tujiamini. Tukitoa sauti, tunasikika. Mimi ni msichana mmoja, lakini sauti yangu ni ya muhimu sana.”

Did you know



*Nothing goes to waste!
The current Omni Processor can produce 10,800 liters of drinking water and over 100 kilowatts of energy everyday.*

Fecal sludge - (human excreta and water) - can be turned into drinking water! That's right; from the sewage, to your cup!

The Janicki Omniprocessor can turn sewage from toilets & latrines, which is full of germs and smells really bad, into clean water, electricity and ash. All of these are safe and useful to humans.

- 1 Fecal sludge enters the omniprocessor and goes up a conveyor belt that takes the sludge to a drier.*
- 2 In the drier, the sludge is boiled at very high temperatures, which separates the water vapour from the solids.*
- 3 The water vapour enters a filtration system, where harmful microorganisms and remaining particles are removed. After condensation and distillation of the vapour, we have water that is pure enough to drink!*
- 4 Remember the solid that was separated from the water vapour earlier? It is now dry and sent into a furnace (which can reach up to 1000 degrees centigrade).*
- 5 This furnace heats water in a boiler to create steam that has high temperature and pressure.*
- 6 The steam is sent to a steam engine that drives a generator and produces electricity. This electricity is used to run the Omniprocessor and some electricity even remains that could be used for nearby communities!*
- 7 The solids that have been burnt in the furnace are released as ash and because of the high temperatures the ash no longer has harmful microbes. In fact, it can be used as fertilizer, insecticide or for making bricks.*

The omniprocessor is funded by the Bill & Melinda Gates Foundation and in 2015 it was taken to Dakar-Senegal, to test and improve it. This super machine was able to treat 1/3 of the wastewater in Dakar and with improvements maybe the world's sanitation problem will finally be solved and we will have more clean water, clean energy and organic fertilizer!

Maji taka - (mchanganyiko wa kinyesi cha binadamu na maji) - yanaweza kubadilishwa na kuwa maji ya kunywa!

Mashine iitwayo Janicki Omniprocessor ina uwezo wa kutumia maji taka yaliyojaa vijidudu na yenye harufu mbaya kweli kweli na kutengeneza maji safi, umeme na majivu. Vyote hivi vina manufaa kwa binadamu na ni salama.

Omniprocessor Inafanyeje Kazi?

- 1** Majitaka huingizwa katika omniprocessor na kupelekwa katika chemba yenye joto kali sana.
- 2** Katika chemba hii, majitaka huchemka na mvuke hutenganishwa na yabisi.
- 3** Mvuke huu hupitishwa katika mfumo wa kuchuja ambamo vijidudu vyenye madhara na chembe za uchafu zilizobaki huondolewa. Kisha mvuke hutoneshwa na kuwa maji ambayo ni safi na salama kwa ajili ya kunywa!
- 4** Unakumbuka yabisi zilizotenganishwa na mvuke awali? Hizi hupelekwa kwenye tanuru la moto lenye uwezo wa kufika hadi nyuzi joto 1000.
- 5** Tanuru hili huchemsha maji katika bwela na kutengeneza mvuke wa moto wenye shinikizo kubwa.
- 6** Mvuke huu huelekezwa katika injini ya mvuke inayoendesha jenereta na kuzalisha umeme. Umeme huu hutumika kuiendesha Omniprocessor na unaweza pia kutumika kwa ajili ya jamii zilizopo karibu!
- 7** Yabisi zilizoteketea katika tanuru hutengeneza majivu na kwa sababu ya joto kali la tanuru, hamna vijidudu vyenye madhara. Majivu haya ni salama kwa matumizi ya mbolea, viua dudu au kwa ajili ya kufyatua matofali.

Hakuna kinachotupwa!

OmniProcessor ya sasa ina uwezo wa kuzalisha lita 10,800 za maji ya kunywa na zaidi ya kilowatt 100 za nishati kila siku.

Utengenezaji wa omniprocessor unafadhiliwa na Bill & Melinda Gates Foundation na mwaka 2015 mashine hii ilipelekwa Dakar, Senegal, kwa ajili ya majaribio na kuifanyia maboresho.

Mashine hii ilionekana kuwa na uwezo wa kutibu 1/3 ya majitaka katika mji wa Dakar na ikifanyiwa maboresho huenda tatizo la usafi wa mazingira duniani hatimaye litatatuliwa na tutakuwa na maji safi na salama, nishati safi na mbolea nzuri!



Sema Wazazi

6 Pointers for Healthy Children

Njia 6 za kulinda afya ya mwanao

Cleanliness & hygiene are the best ways to ensure we remain healthy; body hygiene, clean food & water, and a clean environment.

Diseases like cholera and diarrhoea are caused by consuming unclean food or drinks; rashes and dandruff are caused by not bathing properly and regularly while most dental & gum diseases are caused by decaying food remains on the teeth. Here are a few ways that you can use to keep your child healthy, hygienic and safe.

Usafi ni moja ya nyenzo bora za mtu kuwa na afya njema. Ili mtu awe na afya bora, hana budi kuzingatia usafi wa mwili, mazingira anayoishi pamoja na vile anavyokula na kunywa.

Magonjwa kama kipindupindu na kuhara husababishwa na kula vyakula au kunywa vinywaji visivyo safi na salama, upele na mba husababishwa na kutokuoga mara kwa mara na magonjwa ya meno na fizi nayo husababishwa na mabaki ya chakula kwenye meno. Leo tunakuletea namna mbalimbali ambazo mzazi au mlezi unaweza kuzitumia ili kutunza afya ya mtoto wako kwa kuzingatia usafi.

01

Healthy Skin | Usafi wa Ngozi

The skin is the largest organ in the human body and it protects the body against germs. Keep your children's skins healthy by bathing them daily with clean, warm water and soap to get all the dirt off. Faces should be washed every morning when they wake up with close attention to clean the eyes so that you avoid eye diseases like trachoma.

Ogani kubwa kabisa katika mwili wa binadamu ni ngozi. Pamoja na kazi nyingi, ngozi hufanya kazi ya kulinda mwili dhidi ya vimelea vya magonjwa. Ni muhimu kutunza ngozi ya mtoto kwa kumuogecha kila siku kwa maji safi ya vuguvugu na sabuni ili kuondoa vimelea vya magonjwa juu ya ngozi ambavyo huweza kusababisha magonjwa ya ngozi. Vilevile, nyuso za watoto zisafishwe kila siku wanapoamka asubuhi na kila wanapooga kwa maji safi ya vuguvugu na sabuni ili kuzuia inzi wenye vimelea vinavyoweza kusababisha magonjwa ya macho kama vile trakoma.

02

Oral Hygiene | Usafi wa Kinywa

Brush your children's teeth daily and preferably after every meal. Teach them how to brush thoroughly to remove food particles between their teeth to prevent tooth decay and gum diseases.

Ni vyema kutunza meno ya watoto wetu kwa kuwapigisha mswaki kila siku asubuhi na ikiwezekana baada ya kila mlo. Mfundishe mtoto namna ya kuswaki vizuri ili kuondoa mabaki ya chakula katikati ya meno ili kuzuia meno yasioze na magonjwa ya fizi kwa watoto.

03

Hand Hygiene | Usafi wa mikono

Teach children to wash their hands with clean warm water and soap after playing, before & after eating, and after using the toilet. Young children, especially those who are still crawling often put their hands in their mouths so it is important to wash their hands frequently.

Wafundishe watoto kunawa mikono kwa maji safi ya vuguvugu yanayotiririka na sabuni kila wanapotoka kucheza, kabla na baada ya kula, na baada ya kutoka chooni. Watoto wadogo hasa wanootambaa mara nyingi huweka mikono yao mdomoni, hivyo ni muhimu kuwanawisha mikono mara kwa mara.

Clean & Safe Water | Maji Safi na Salama

Drinking water should be boiled at 100°C and stored in clean containers to be used by children and adults alike. It is also important to ensure that the water used for brushing teeth, bathing, cooking and washing clothes comes from a safe source.

Wazazi tunashauriwa kuwa maji ya kunywa tunayowapa watoto yawe yamechemshwa vizuri kwa kiwango cha nyuzi joto 100. Vilevile ni muhimu kuhakikisha kuwa maji yanayotumika kusafishia vinywa vya watoto, kuogeshea watoto, kupikia na kufulia nguo za watoto yawe yanatoka kwenye vyanzo safi na salama.

04

05

Clean Fruits | Usafi wa matunda

Fruits bought from the market often come from farms where they have been sprayed with pesticides and also collect dirt during transportation and even at the market. Wash fruits with clean running water, before peeling and giving them to your children to eat. A last rinse with water that has been boiled is advised.

Matunda yanayonunuliwa sokoni mara nyingi huwa yametoka mashambani ambapo yalifikwisha pigwa madawa na pia kukusanya uchafu wakati wa usafirishaji na hata yakiwa sokoni. Safisha matunda kwa maji safi yanayotiririka kabla ya kuyamenya na kumpa mtoto.

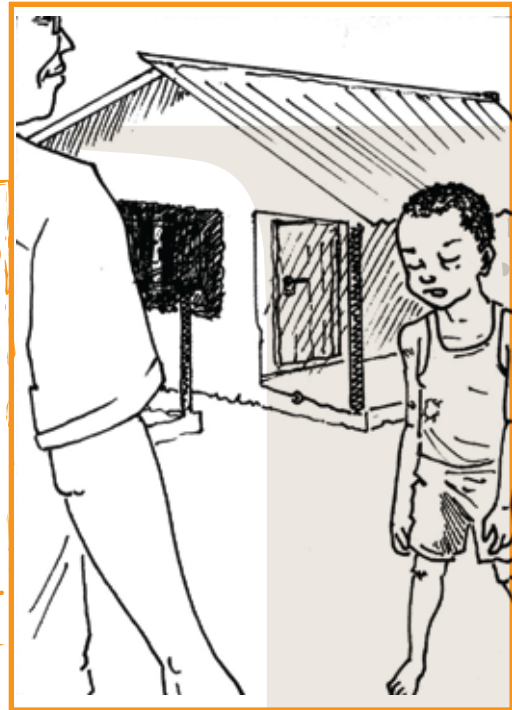
06

A Clean Environment | Usafi wa Mazingira

Places where children live, eat, play and sleep have to be safe and clean to prevent them from catching diseases that could be avoided. As children grow, teach them to clean the home and surrounding environment and any area that they are in. Internalize in them that a clean environment is key to great health.

Ili kutunza afya za watoto kwa kuwaepusha na magonjwa ya ngozi kama vile upele na mba, mzazi unashauriwa kufanya usafi wa mazingira wa mahali ambapo mtoto hupendelea kucheza na mahali anapolala. Kadiri watoto wanavyokua, wafundishe kufanya usafi wa nyumbani pamoja na mazingira ya nje na eneo lolote wanalotumia kwa muda wowote.

CHILD 116 HELPLINE



A Good Samaritan called the helpline from Makambako to report about a 9-year-old boy named Joseph who he found wondering in the streets with bruises and injuries.

Msamaria mwema alipiga simu 116-Huduma ya Simu Kwa Mtoto kutoka Makambako. Alizungumza na mshauri na kutoa taarifa kuhusu mvulana mwenye umri wa miaka 9 aitwaye Joseph aliyemkuta anazunguka mtaani akiwa na majeraha na michubuko.



Joseph had escaped from his employer who often abused him physically and the caller needed advice on how to help the child.

Joseph alikua ametoroka kwa mwajiri wake ambaye mara nyingi alikua anampiga. Mpigaji aliomba ushauri juu ya namna ya kumsaidia Joseph.

* Majina ya wahusika yamebadilishwa.
* Names of characters have been changed.





The helpline connected them to the District Social Welfare Officer at Makambako. The District Social Welfare Officer provided Joseph with temporary shelter and she helped trace his family.

Mshauri alimuelekeza kwa Afisa Ustawi wa Jamii wa Wilaya ya Makambako. Afisa Ustawi wa Jamii alimsaidia Joseph kupata makazi salama kwa muda huku yeye akilitafuta familia ya akina Joseph.



Two days later, the Social Welfare Officer called the helpline and reported that Joseph was safely back home and had been reunified with his family in the village.

Baada ya siku mbili, Afisa Ustawi wa Jamii alipiga simu Kituo cha Huduma ya Simu kwa Mtoto na kutoa taarifa kwamba alifanikiwa kumrudisha Joseph nyumbani kwao na kuwa yeye na familia yake walikua na furaha sana.



Do you have any questions about child abuse? Do you or any of your friends need to talk about abuse? You can call 116 for free and talk to our friendly counselors. Remember;

- 116 allows you to report about abuse which has happened to you or to any other child.

- 116 allows you to talk freely about your daily life and difficulties that you face as a child.

- 116 guides you in matters that you cannot share with anyone else.

- 116 helps you to know and to adhere to your responsibilities as a child.

Je, una maswali yoyote kuhusu unyanyasaji wa watoto? Je, wewe au rafiki yako anahitaji kuzungumzia unyanyasaji? Mnaweza kupiga simu 116 bure na kuzungumza na washauri wetu. Kumbuka;

- 116 inakuwezesha kutoa taarifa kuhusu unyanyasaji ambao umetendewa wewe au mtoto mwingine yeyote.

- 116 inakupa nafasi kuzungumza kwa uhuru kuhusu maisha yako ya kila siku na matatizo ambayo unakutana nayo kama mtoto.

- 116 inakupa muongozo juu ya mambo ambayo umeshindwa kumshirikisha mtu mwingine.

- 116 hukusaidia kujua na kuzingatia majukumu yako kama mtoto.



MALENGO
YA MAENDELEO
ENDELEVU



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Mama Jumanne,
SLP. 116-Tanzania.
14. 02. 2017.

Mpendwa Mama,
Leo nimekukumbuka sana, hadi nimekuchorea
ua, natamani kurudi nyumbani mama ili nipate
yale maandazi yako mataamu.

Ni mimi mtoto wako,
Jumanne



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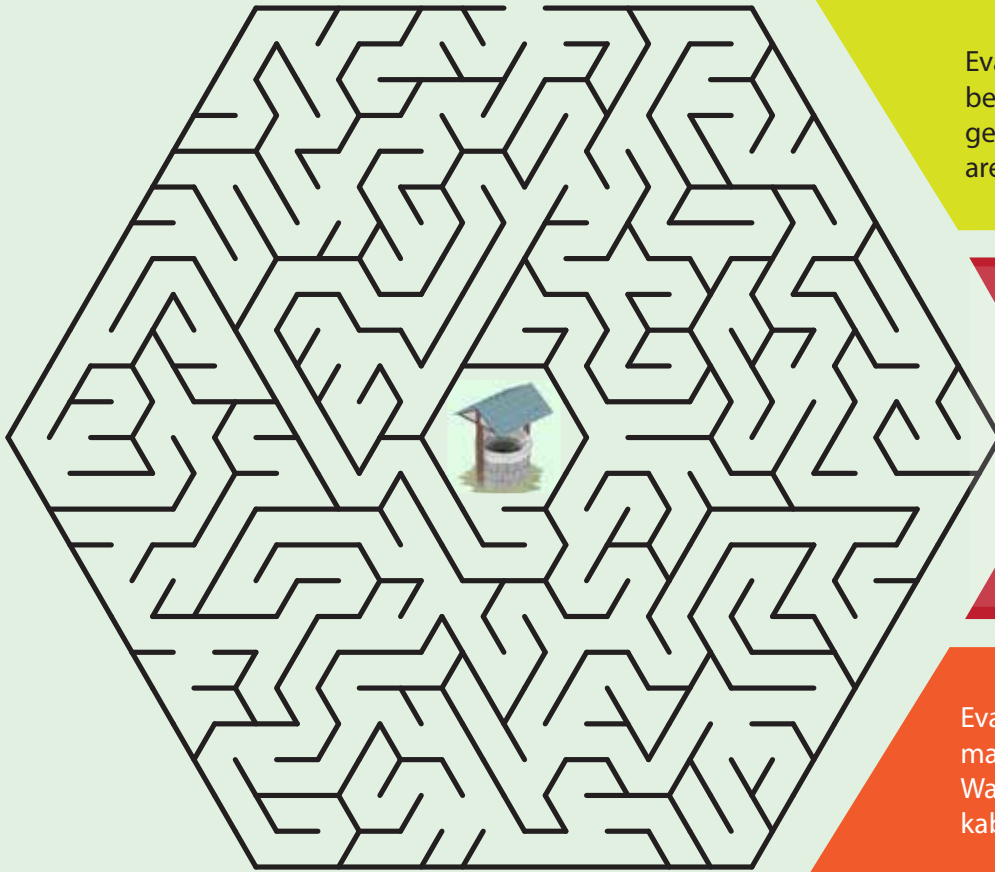
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Eva and her friends need to fetch water before the school day begins. Help them get to a safe source of water before they are late for class.

MAZE

Eva na marafiki zake wanatakiwa wachote maji kabla muda wa masomo haujafika. Wasaidie kupata chanzo salama cha maji kabla hawajachelewa darasani.

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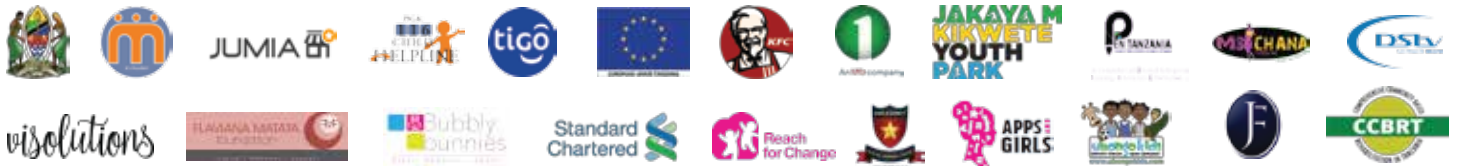
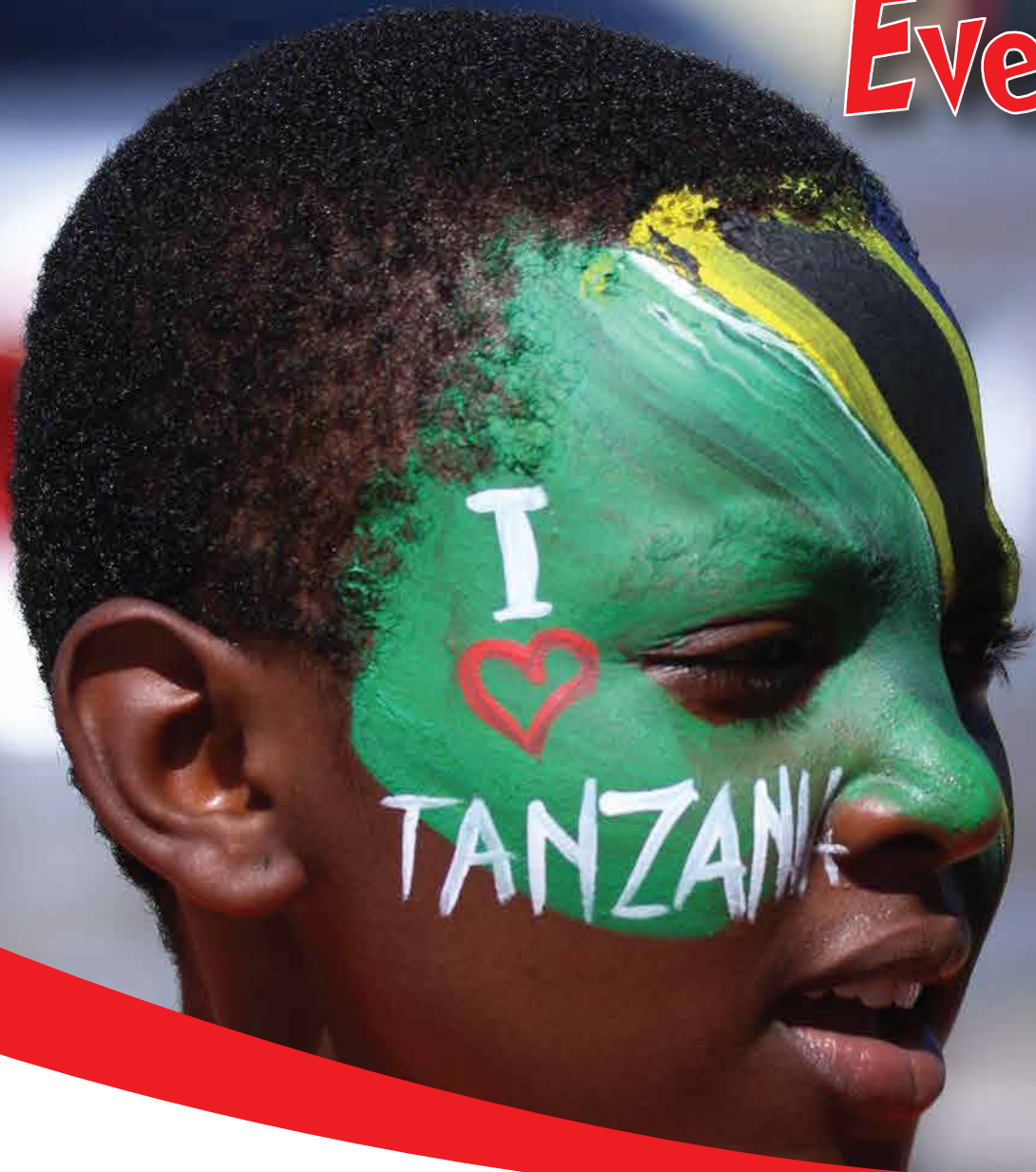
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Magomeni - Mwembechai

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Watoto FUNfair Event



The event was jointly organised by C-Sema and Jamii Media (who owns Jamii Forums & Fikra Pevu social networks). Held on the Day of the African Child, the event commemorated this important international day and created space for children to have fun, fun and fun! And yes, it was fun!

700+

Over 700 Children

20

20 Volunteers

19

19 Partner Organizations & Corporates.





Outdoors:
Watoto had fun! Football, face
painting, basketball, imagination
playground and music!



Indoor gamers had fun
too! Drawing, poems,
dancing, reading and much
more!



Everybody made it to the main stage, winners were awarded ... AND everybody entertained!



And what would the Day of the African Child be without our beloved Ngomas?

Children brought their messages to life through song, dance & acrobatics.



We were joined by Damian Soul as Save the Children International launched an animated version of his 'Watoto Wetu', a melody that carries a call to end physical humiliating punishments in schools. The song has been animated by Ubongo Kids and a girl joins Damian in this version to deliver this important message.

You can watch both the animated video and the original version of Watoto Wetu on YouTube.

Photos by:
Atte Leskinen Photography

The Magic Pizza



Once upon a time there was a chef who lived in a small village called Pizza and just like the name of his village, the chef made delicious pizzas for everyone to enjoy.

Alas! The chef eventually grew too old to make his delicious pizzas for people to enjoy.

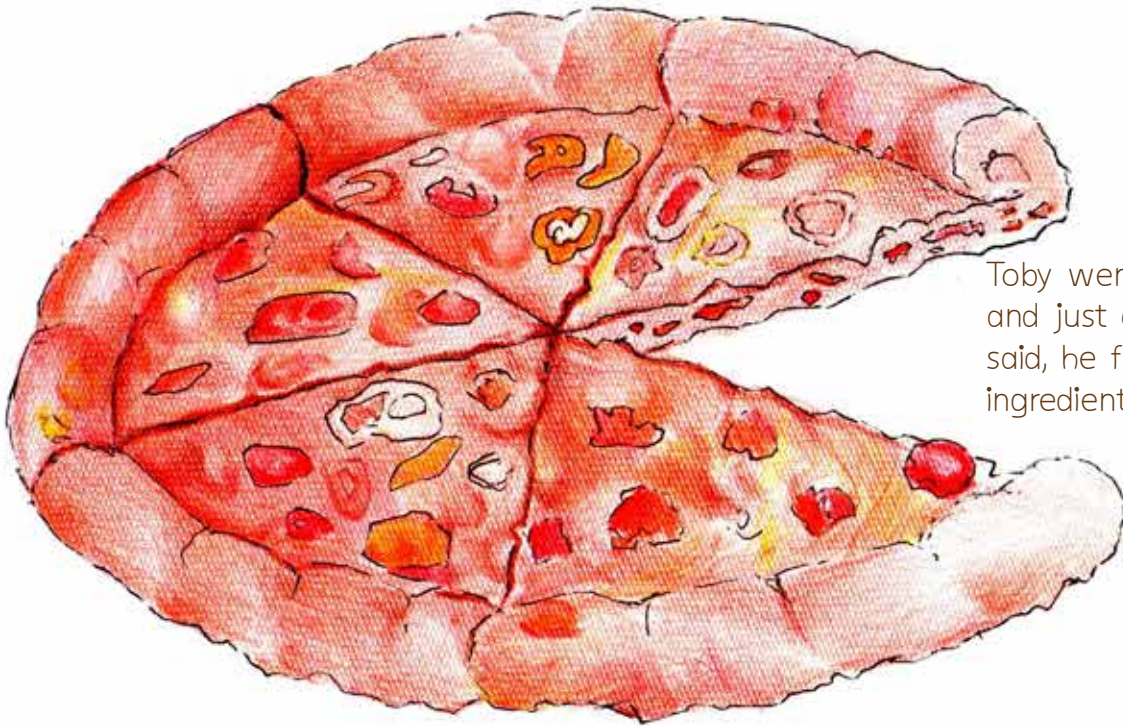
Now the old chef had a son named Toby and although he could prepare any dish in the whole world like pies and cakes; Toby couldn't make pizzas.

One day the old chef told Toby the secret of the magic pizza.

He said, "Just prepare the kitchen and utensils then say 'pizzafond' and you will get instructions to the best pizza ingredients you could ever imagine."

Toby was very excited to hear this; he was quite desperate to make his own delicious pizzas!

He did as his old father had advised and suddenly, he heard a faint whisper, 'Go to a place called the Santima. There you will find flat bread, tomato sauce, delicious pepperoni and cheddar cheese.'



Toby went to the Santima, and just as the voice had said, he found every ingredient he needed.

He rushed back home and hurried into the kitchen. Again Toby said 'pizzafond' and waited eagerly for more instructions. This would surely be the best pizza he ever made!

Once more, the faint whisper instructed Toby, 'Take the flat bread and place it on the pan; spread tomato sauce on it, then place peperoni, and sprinkle your cheese.' Toby followed the instructions and when he was done, he placed the pan in the warm oven.

After what felt like a very long wait, there was a loud 'Ping!' from the oven and at last Toby's Pizza was ready to eat. Toby took a small bite and jumped in delight as he realized it was just as tasty as the ones his father made.

He placed some on a plate and rushed to show his father the perfect pizza he had made.

The old chef had a bite and grinned a toothy grin for Toby had made the most delicious pizza. He turned to Toby proudly and said, 'Son, there was no secret. I was the voice that whispered all along. All you needed to do was to believe in yourself!'

The old chef called his friends over to have a taste the delicious pizza for themselves. Tonight, there would be free pizza for everyone!



the
best
teachers in life

You probably have so many teachers – history teachers, math teachers, science, social studies, Kiswahili, English, French and sports teachers. Without them, you'd have a very hard time understanding all the important things you learn at school everyday. You probably wouldn't be able to understand how things work, how our world works, where we came from, how our continent got divided into countries and so much more. In the academic world, these teachers help light our way from nursery school all the way to University.

Although all our teachers are important, the most important teachers we'll ever have are our parents.

Not only are they the best teachers, they are also our first teachers

From the moment we are born, we begin to learn new things instinctively. From that moment, our parents hold our hands and guide us so that we learn the right thing. Think about it.

- Who taught you how to walk?
- Who taught you how to eat without making a big mess?
- Who taught you how to clean up after yourself?
- Who taught you how to tie your shoelaces and ride your bike?
- Who taught you how to greet or say 'please', 'thank you' and 'I'm sorry'?
- That very first word you spoke? You learnt it from always listening to your parents as they talked to you – and they encouraged you until you too, could pronounce it perfectly.

From the moment you started crawling, you followed your parents around and learned from them. You copied how they walked and talked, what they did and said. It is from them that you first learnt the difference between right and wrong; what you should do and what you shouldn't do. They teach you all the time, through fun stories and stern warnings.

After the first few years of all their priceless lessons, we can finally join other children at school.

Even after you've started school, your parents still teach you and help with your homework. The best thing about them is that throughout our lives, they remain patient as we learn, make mistakes and then continue to learn some more.

Long after we've left our teachers at school and gone back home, we are still learning priceless lessons from our parents. Remember how hard Eva's dad works so that she and her siblings can have a better life? Every single day, Eva learns the value of hard work from him and I bet you also learn this lesson when you watch how hard your parents work to provide for you and your whole family.

So even when we get older, and don't always understand our parents' advise, we need to remember that whatever lesson they try to teach us, they also learnt when they were children. There is no better teacher, than one who has learnt through experience.

A teacher is a person who teaches all you need to know so that you can take your next steps and move on to the next stage in life. Our parents guide our very first steps so today we Thank You for our very first lessons in life all the lessons that are still to come.

*Written by
Martha Yusuph*



walimu bora maishani

Una walimu wengi - mwalimu wa historia, wa hisabati, wa sayansi, wa stadi za jamii, wa Kiswahili, Kiingereza, Kifaransa na walimu wa michezo. Bila walimu wako, ungekuwa na wakati mgumu sana kuelewa mambo yote unayojifunza kila siku shuleni. Usingeweza kuelewa dunia yetu inavyofanya kazi, usingeewa tulikotoka wala jinsi mipaka ya bara letu ilivyogawanywa na mengine mengi.

Katika dunia ya kitaaluma, walimu wetu hutumulikia njia kuanzia tukiwa chekechea hadi kufikia Chuo Kikuu. Ingawa walimu wote ni muhimu, walimu muhimu kuliko wote maishani mwetu ni wazazi wetu.

Zaidi ya kuwa walimu bora, wazazi wetu ndio walimu wetu wa kwanza. Punde tunapozaliwa, tunaanza kujifunza. Tangu wakati huo, wazazi wetu hutushika mikono na kutuongoza ili tuweze kujifunza mema.

Tafakari kidogo;

- Nani alikufundisha kutembea?
- Nani alikufundisha kula bila kujichafua?
- Nani alikufundisha kuwa msafi?
- Nani alikufundisha kufunga kamba za viatu vyako na kuendesha baiskeli?
- Nani alikufundisha jinsi ya kusalimia watu au kusema 'naomba', 'asante' na 'samahani'?
- Neno la kwanza kabisa ulilotamka ulijifunza kwa kuwasikiliza wazazi wako

walivyokua wanaongea na wewe - na walikutia moyo hadi ukaweza kulitamka vizuri.

Ulivyojifunza kutambaa, ulianza kuwafuata wazazi wako ili uwe karibu na ujifunze kutoka kwao. Uliwaiga kutembea na kuongea, ukaiga matendo na maneno yao.

Kutoka kwao ulijifunza tofauti kati ya mema na mabaya; unayopaswa kufanya na usiyopaswa kufanya. Wanakufundisha wakati wote, kupitia hadithi za kufurahisha na pia kwa kukukanya vikali pale unapokosea.

Baada ya miaka michache ya kwanza ya kujifunza kutoka kwa wazazi wetu, hatimaye tuko tayari kujumuika na watoto wengine shuleni.

Hata baada ya kuanza shule, wazazi wako bado wanakufundisha na wanakusaidia na kazi za shule. Kwa maisha yetu yote, wazazi wetu huwa na subira na uvumilivu huku wakitupa muongozo mzuri.

Hata pale tunapokosea, wanatupa nafasi yakujaribu na kujifunza tena na tena.

Muda mrefu baada ya kuwaacha walimu wetu shuleni na kurejea nyumbani, bado tunajifunza mengi yenye thamani sana kutoka kwa wazazi wetu.

Unakumbuka Baba Eva anavyofanya kazi kwa bidii ili Eva na wadogo zake wapate maisha bora? Kila siku, Eva anajifunza umuhimu wa kuwa mchapa kazi kutoka kwa baba yake na nina uhakika kuwa wewe pia unajifunza hili ukiona juhudi wanazofanya wazazi wako kwa ajili yako na ya familia nzima.

Tunavyozidi kuwa wakubwa kuna wakati hatutaelewa ushauri tunaopewa na wazazi wetu ila ni muhimu tukumbuke kwamba jambo lolote wanalotufundisha leo, na wao walifunzwa angali wadogo. Hakuna mwalimu bora zaidi ya yule aliepata hekima kwa kujifunza.

Mwalimu ni mtu anaekufundisha kila unachohitaji kujua ili uweze kusonga mbele katika maisha yako. Wazazi wetu huongoza hatua zetu za kwanza kabisa hivyo leo tunawashukuru kwa ajili ya mambo yote walilotufunza maishani na mambo mengi zaidi watakayoendelea kutufundisha.

Imeandikwa na Martha Yusuph.

Our World In your Hands

This World Water Day - Learn how you can save a little more

With every living thing dependent on water, it is important that we keep it clean and save as much as we can at home and at school.

We often say that 'Water is Life' and that is true! Water is one of the most important things on earth!

It makes up 70% of our earth; the oceans, rivers, lakes, ice, and is even in the air all around us. Even the driest places on earth – the deserts – have water! Water is found in every living animal and plant and without it, there would be no life.

You use water everyday from the moment you wake, till the moment you go to bed. You use it to brush your teeth, to wash your face and take a bath. You drink it and your food is cooked using water. We use water to wash and clean, to water our gardens and for all our pets and animals.

Over 1 billion people's jobs depend on water. Think of fishermen and farmers, sailors and oceanographers, swimmers and divers. Industries need water and most of our cities depend on electricity that is generated by water. Can you think of more jobs that depend on water?

A Day Just for Water!

The first World Water Day was celebrated on 22 March 1993 and since then, we use this day to remind ourselves of the importance of water and make a difference for everyone around us by conserving more water. If each and every one of us saves a little water, there will be more for those who don't have enough right now and for so many generations to come.

How much water is used in your home daily? Work with your whole family to figure out how you can save more water at home. Every Drop Counts!

- Take shorter showers.
- Close the tap as you brush your teeth.
- When washing clothes, reuse the soapy water to scrub the bathroom and the final rinsing water for mopping and cleaning.
- Water used to wash vegetables can be reused to water the garden or houseplants.
- Look out for leaks that could be wasting water and fix them as soon as you can! Check the taps, sinks and garden hoses regularly. Check that taps are properly shut at all times. If you hear that dripping sound, find the source!
- Have joint meals so that all the dishes can be washed at the same time.
- When washing the car at home, use a bucket instead of a hose.
- Water the garden in the evening; this helps soil retain water for longer so the plants have more to drink.

Can you think of ways to save water at school? What about in your community?

GET 2 KNOW (G2K)



In September 2015, global leaders met at the UN headquarters in New York and agreed on 17 goals to improve lives for our generation and for generations to come. We now call them the Sustainable Development Goals (SDGs) or the Global Goals.

Goal 6 focuses on water! Why is that?

The world has over 7 billion people today & each and every one of us needs water to survive!

But by the end of 2016, at least 1.8 billion people still used unsafe and contaminated water for drinking. They are at risk of diseases like diarrhoea, cholera, typhoid and so many others caused by worms and germs found in contaminated water.

Access to safe water is a human right recognized by the United Nations and governments around the world have pledged to work towards helping people get this right by 2030!

SDG 6:

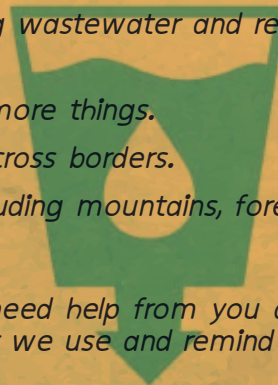
Ensure availability and sustainable management of water and sanitation for all.

How do they plan to do that? We all have six targets to meet.

- 1. Safe water for everyone*
- 2. Good sanitation (good sewage disposal & management) and good hygiene for all*
- 3. Improve water quality by reducing pollution, treating wastewater and recycling, and safely reusing wastewater*
- 4. Reduce water scarcity by using less water to do more things.*
- 5. Properly manage water resources at all levels & across borders.*
- 6. Protect and restore water-related ecosystems, including mountains, forests, wetlands, rivers, aquifers and lakes.*

Our leaders alone cannot meet these targets; they need help from you and me. So starting today, let's think a little more about the water we use and remind each other to save a little more. Every Drop Counts!

6 CLEAN WATER AND SANITATION





Mara nyingi tunasema 'Maji ni Uhai' na ni kweli kabisa! Maji ni kati ya vitu muhimu katika maisha yetu!

Asilimia 70 ya dunia yetu imeumbwa na maji; bahari, mito, maziwa, barafu, na hata katika hewa inayotuzunguka kuna maji. Hata kwenye sehemu zenye ukame kuliko yote duniani - jangwani - kuna maji! Maji hupatikana katika kila mnyama na katika kila mmea na bila maji, pasingekua na uhai.

Unatumia maji kila siku kuanzia unapoamka hadi unapoenda kulala. Unayatumia kusafisha kinywa, kunawa uso wako na kuoga. Unahitaji maji ya kunywa na chakula unachokula hupikwa kwa kutumia maji. Tunatumia maji kwa ajili ya kufua na kufanya usafi, tunamwagilia bustani zetu na wanyama tunaofuga nyumbani pia wanahitaji maji.

Zaidi ya watu bilioni 1 wanategemea maji ili waweze kufanya kazi zao. Fikiria kazi kama uvuvi na ukulima. Mabaharia, wanasayansi wa bahari na wapiga mbizi, wote hutegemea maji katika kazi zao. Viwanda pia vinahitaji maji na miji mingi hutegemea umeme unaozalishwa kwa kutumia maji. Je, unaweza kufikiria ajira nyingine zinazotegemea maji?

Siku Madlum kwaajili ya Maji!

Siku ya Maji Duniani ilisherehekewa kwa mara ya kwanza tarehe 22 Machi 1993 na tangu mwaka huo, tunaadhimisha siku hii na kujikumbusha umuhimu wa maji na matumizi mazuri ya maji ili yamtoshe kila mtu. Kila mmoja wetu akitumia maji vizuri, kutakuwa na maji zaidi kwaajili ya watu wasio na maji ya kutosha kwa sasa na pia kwa vizazi vijavyo.

Mwaka Huu- Jifunze unavyoweza kuhifadhi maji zaidi

Kwa kuwa kila kiumbe hai hutegemea maji, ni muhimu tuhakikishe maji ni safi na salama na tuzingatie matumizi mazuri ya maji nyumbani na shuleni.

Nyumbani mnatumia maji kiasi gani kila siku? Shirikiana na familia nzima kufikiria jinsi mnavyoweza kuokoa maji zaidi nyumbani. Kila Tone ni Muhimu!

- Tumia muda mfupi zaidi kuoga.
- Ukiwa unapiga mswaki usiache maji yatiririke. Funga bomba au tumia kikombe.
- Ukiwa unafua nguo, tumia maji yenye povu kusugualia bafu na maji uliyosuuzia ya mwisho kwa ajili ya usafi mwingine kama kudeki.
- Maji yaliyotumika kuoshea mbogamboga yanaweza kutumika kumwagilia bustani au mimea ya ndani.
- Kuwa makini na sehemu maji yanapovuja na kupotea na zirekebishwe haraka iwezekanavyo! Chunguza mabomba, masinki na mipira ya kumwagilia mara kwa mara.
- Hakikisha mabomba yote yamefungwa vizuri wakati wote. Ukisikia sauti ya matone tafuta chanzo na ufunge bomba!
- Jeneni ratiba ya milo ya pamoja ili vyombo vyote vioshwe kwa wakati mmoja.
- Wakati wa kuosha gari nyumbani, tumia ndoo badala ya mpira wa kumwagilia.
- Bustani imwagiliwe jioni; hii husaidia udongo kuhifadhi maji kwa muda mrefu zaidi hivyo mimea hupata muda zaidi wa kufyonza maji.

Je, unaweza kufikiria njia za kuokoa maji shuleni na katika jamii yako?

JIFUNZE ZAIDI



Septemba mwaka 2015, viongozi wa kimataifa walikutana makao makuu ya Umoja wa Mataifa jijini New York na kukubaliana juu ya malengo 17 ya kuboresha maisha kwa kizazi chetu na kwa vizazi vijavyo. Malengo haya yanaitwa Malengo Endelevu ya Maendeleo.

Lengo la 6 linahusu maji! Kwanini?

Dunia ina zaidi ya watu bilioni 7 na kila mmoja wetu anahitaji maji ili aweze kuishi!

Lakini, hadi mwisho wa mwaka 2016, watu wasiopungua bilioni 1.8 bado walikua wanatumia maji ya kunywa yasiyo safi na salama. Wapo katika hatari ya kupata magonjwa kama, kipindupindu, homa ya matumbo na mengine mengi yanayosababishwa na minyoo na vijidudu vinavyopatikana katika maji machafu.

Upatikanaji wa maji salama ni haki ya binadamu inayotambulika na Umoja wa Mataifa na serikali duniani kote zimeahidi kuwasaidia watu kupata haki hii ifikapo mwaka 2030!

Lengo la 6:

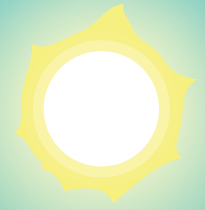
Kuhakikisha upatikanaji na usimamizi endelevu wa maji na usafi kwa wote

Wamepangaje kufikia lengo hili? Sote tuna malengo sita ya kufikia ili kufanikisha Lengo Endelevu la Sita.

- 1. Maji salama kwa kila mtu.*
- 2. Uzingatiaji wa usafi kwa watu wote pamoja na usimamizi mzuri wa majitaka*
- 3. Kuboresha maji kwa kupunguza uchafuzi wa mazingira, kutibu majitaka na kuyatumia tena yakiwa salama.*
- 4. Kupunguza uhaba wa maji kwa kutumia maji kidogo kufanya mambo mengi zaidi.*
- 5. Usimamizi mzuri wa rasilmali za maji katika ngazi zote ndani na nje ya mipaka ya nchi zetu.*
- 6. Kulinda na kukarabati mazingira yanayohusiana na maji, ikiwemo milima, misitu, maeneo oevu, mito, maziwa na vyanzo vingine vya maji.*

Viongozi wetu hawawezi kufikia malengo haya peke yao; wanahitaji ushirikiano kutoka kwetu sote. Hivyo kuanzia leo, tuwe makini zaidi na matumizi yetu ya maji na tukumbushane kuokoa maji zaidi. Kila Tone ni Muhimu!

GAMES



Did you know Africa is home to some of the fastest, largest, and most majestic animals on the earth? Unfortunately, many of these are endangered species. There are 20 wild animals in the boxes below. See if you can find and circle them in English and then in Kiswahili.

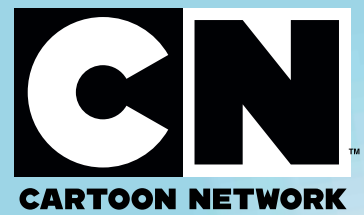
K C U B R E T A W L L P K X Q
H N S O E F F A R I G F J P E
A P N N G O H T R A W T H Q B
R X A F P K D R A P O E L G V
T Z K Y G B E M O N G O O S E
E O E E L E P H A N T M N E O
B B T K J R H I N O C E R O S
E H I P P O P O T A M U S Q E
E O E B K T S E E B E D L I W
S G L U T H G J G A G T V H J
T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

1. Lion *
2. Elephant
3. Waterbuck
4. Zebra
5. Hippopotamus
6. Rhinoceros
7. Snake
8. Mongoose
9. Leopard
10. Hartebeest
11. Baboon
12. Gorilla
13. Gazelle
14. Warthog
15. Buffalo
16. Crocodile
17. Wildebeest
18. Giraffe
19. Hyena
20. Cheetah

Je, unajua kuwa bara letu la Afrika lina wanyama pori wakubwa, wenye mbio, na wazuri zaidi duniani? Inasikitisha kuwa baadhi ya wanyama hawa wapo hatarini kupotea. Kuna wanyama pori 20 katika visanduku. Jaribu kuwatafuta wote na kuwazungushia maduara kwa lugha ya Kiswahili kisha kwa lugha ya Kiingereza.

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

1. Simba *
2. Tembo *
3. Kuro
4. Pundamilia
5. Kiboko
6. Kifaru
7. Nyoka
8. Nguchiro
9. Chui
10. Kongoni
11. Nyani
12. Sokwe
13. Swala
14. Ngiri
15. Nyati
16. Mamba
17. Nyumbu
18. Twiga
19. Fisi
20. Duma



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