



ISSN 1821-9039 | [www.sematanzania.org](http://www.sematanzania.org) | Issue #20

# Semama

Tanzania's Magazine for Children

*It's possible*

**IDGC 'The  
International  
Day of the  
Girl Child'**

---

**Gifts that  
are timeless**

---

**How to Spread Joy  
to those around you**



# Sema

*It's Possible*

Gazeti la 'SEMA' linatokana na neno la Kiswahili linalomaanisha "zungumza" ~ Tunaamini Watoto wanaweza kuleta mabadiliko chanya katika jamii yao wakipewa fursa ya kuandika, kuzungumza na kusikilizwa.

Vile vile tunawapa Watoto nafasi ya kupaza sauti zao. Kupitia huduma ya simu kwa mtoto namba 116, barua za maoni za Furaha na Huzuni pamoja na gazeti hili la Sema, tunakusanya maoni yao na kupaza sauti zao.



SemaTanzania



SemaTanzania



SemaTanzania



# A PEEK AT THE INSIDE



**Managing Editor:**

Faith Mkony

**Consulting Editor:**

Kiiya JK.

**Contributors:**

Upendo Chitinka  
Kwanza International School

**Creative & Layout:**

Jamii Design & Simiyu Kenn

**Printing:**

VistaPrint

# YALIYOMO

WORD FROM THE EDITOR	3
KNOW YOUR RIGHTS	5
JUA HAKI YAKO	6
CALL 116	7
PIGA SIMU 116	8
IDGC	9
POEM	11
GET TO KNOW YOUR COUNTRY	12
MR. SNOWMAN	13
GIFTS THAT ARE TIMELESS.	14-15
SING ALONG: MUSSA AND FRIENDS	16-17
WHAT CAN YOU DO TO SPREAD JOY TO THOSE AROUND YOU?	18
STORY: SLOW AND STEADY WINS THE RACE	22
HARAKA HARAKA HAINA BARAKA POLEPOLE NDIO MWENDO	23
WORD SEARCH	24-25
GET TO THE STAR	26-27
LETTERS TO 116	28-30

WORD FROM

# SEMA

Dear Child,

It's DECEMBER!! Meaning holiday season. I know you are probably burnt out from studying hard for your end of year exams and are excited to be at home, catch up on cartoons or movies, have fun with friends, see your family if you were in boarding school etc., They do call it the most wonderful time of the year for a reason right! I truly hope you get to enjoy your holidays. I want to remind you that despite it being the holidays don't forget to be good. Help out at home, at church, at the mosque and anywhere you can. It's the time to spread Joy and Love to those who need it. Also don't forget to learn new skills that you could use in the new year. If you like something try to learn how to do it, chances are you could be great at it. Remember dreams don't work unless you do, **YOU'VE GOT THIS!!!!**

Faith Mkony



NENO KUTOKA

# SEMA

Mpendwa Mtoto,

DESEMBA, msimu wa sikukuu umewadia! Tunaelewa mwisho wa mwaka huja na mambo mengi sana. Mpo likizo, wengine mmetoka mashuleni na kurudi majumbani. Ni wakati wa kupumzika, kuburudika na kukutana na familia na marafiki...ni wakati wa furaha na chereko. Ninatumaini likizo yenu itakua njema na yenye amani. Ningependa kuwakumbusha kuwa japo ni likizo, msisahau kuwa watoto wema. Saidia wazazi wenu nyumbani, kanisani, msikitini na kokote kule utakapoweza. Sambaza upendo na baraka kwa wote wanaohitaji. Usisahau pia kukuza ujuzi wako kwa vile vipaji ulivyo navyo, vikazanie ili uweze kuvitumia mwakani na kufikia ndoto zako. Kumbuka ndoto hazitimiziki usipoweka jitihada. **UNAWENZA!!!**

-Faith Mkony

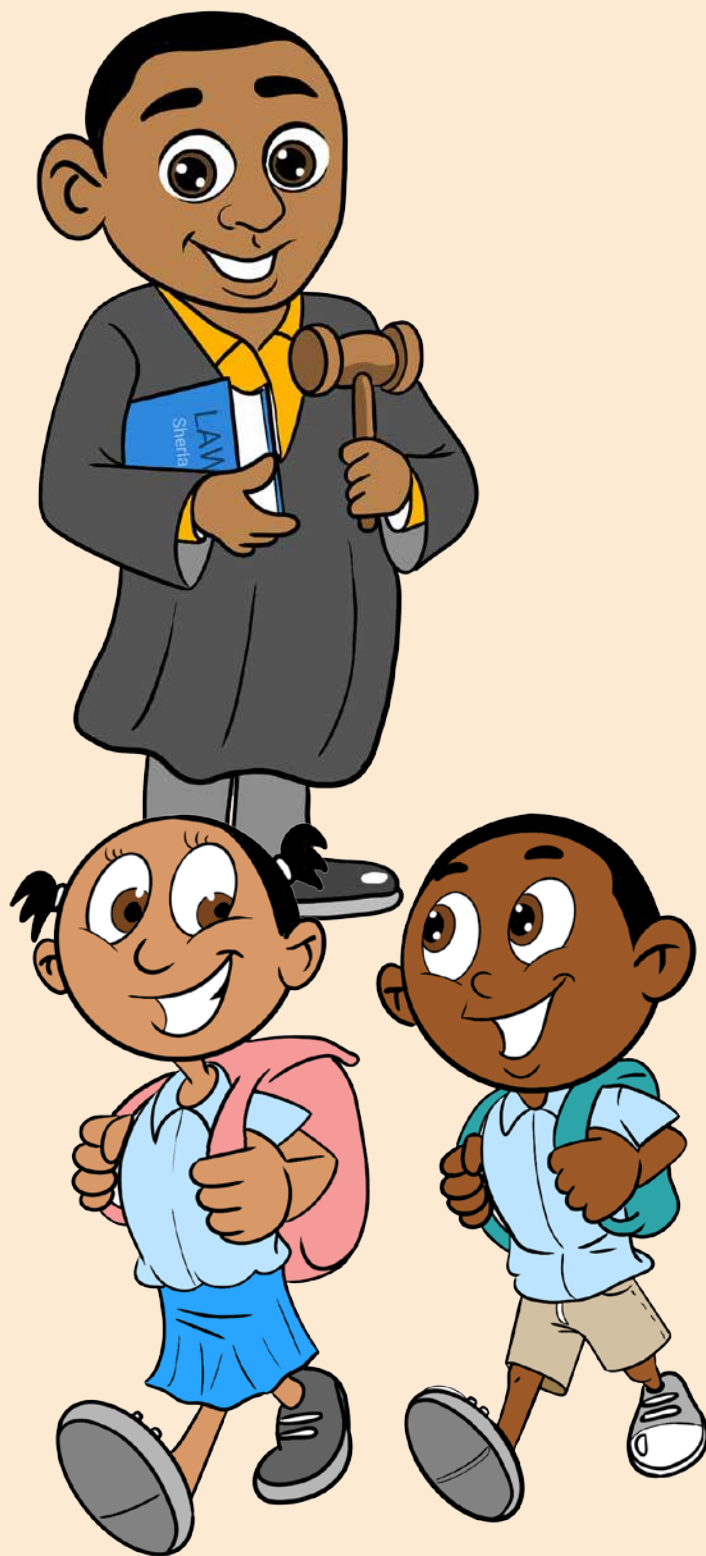


# KNOW YOUR RIGHTS

The African Charter on the rights and welfare of the child states that every child has the right to quality education. Which means every child has a right to go to school no matter what gender, race, ethnic group or socioeconomic background he or she comes from.

To make this happen, Tanzania and her government have ensured that primary and secondary education is provided freely in all government schools and is accessible to all. Higher education has also been made accessible on the basis of capacity through the provision of student loans.

You are a child and you deserve to go to school and learn and live freely and if anyone tells you otherwise, stand firm, fight for your right and remember, we are just one call away.



# JUA HAKI YAKO

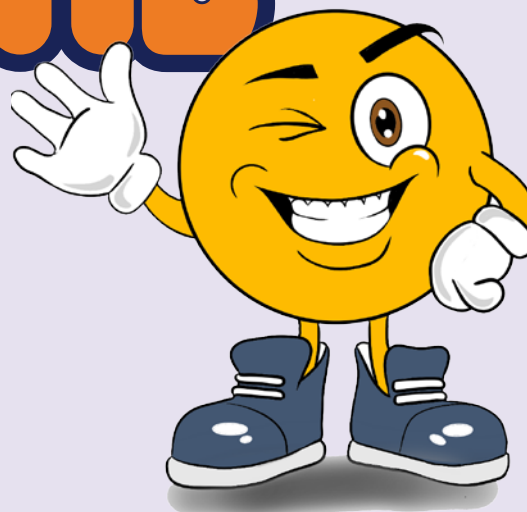
Mkataba wa Afrika juu ya haki na ustawi wa mtoto unasema kuwa kila mtoto ana haki ya kupata elimu bora. Ambayo ina maana kila mtoto ana haki ya kwenda shule bila kujali jinsia, rangi, kabila au asili ya kijamii anayotokea.

Ili kufanikisha hili, Tanzania na serikali yake imehakikisha kuwa elimu ya msingi na sekondari inatolewa bure katika shule zote za serikali na inapatikana kwa wote. Elimu ya juu pia imepatikana kwa misingi ya uwezo na vigezo kupitia utoaji wa mikopo kwa wanafunzi.

*Wewe ni mtoto na unastahili kwenda shule na kujifunza na kuishi kwa uhuru na ikiwa mtu yeyote atakuambia vinginevyo, simama imara kupigania haki yako na kumbuka, tupo pamoja na wewe!*



# CALL 116



Hello there!!!

Did you know that 116 is the National Frontline Child Protection Service Provider? and we are on call 24hours each and every day? Which means no matter the time or place we are always ready to receive your call.

When it seems like no one is listening, know that the National Child Helpline is only one call away to give you a voice and a platform to speak. We are here for you.



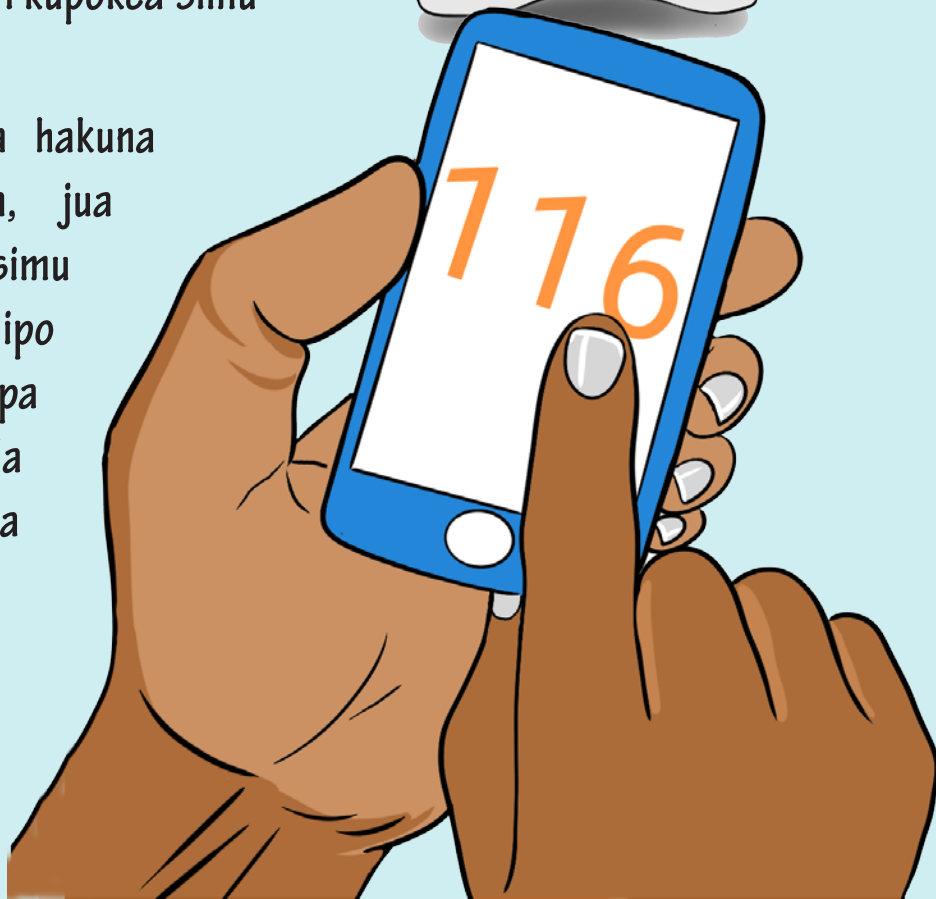
# PIGA SIMU 116



Habari!!! Je, unajua kwamba 116 ni Namba inayotoa Huduma ya Simu kwa Mtoto? Na tupo hewani masaa 24 kila siku? Ambayo inamaanisha haijaalishi wakati au mahali ulipo, sisi daima tupo tayari kupokea simu yako.



Wakati ukiona kama hakuna mtu anayekusikiliza, jua kwamba Huduma ya simu kwa Mtoto Tanzania ipo na inafanya kazi kukupa sauti na jukwaa la kuzungumza. Tupo kwa ajili yenu.





# IDGC-

## INTERNATIONAL DAY OF THE GIRL CHILD



The International Day of the Girl Child is an internationally observed day declared by the United Nations. October 11, 2012, was the first Day of the Girl Child and the day has then been celebrated ever since. The observation supports more opportunity for girls and increases awareness of gender inequality faced by girls worldwide.

These inequalities include access to education,

nutrition, legal rights, medical care, and protection from discrimination, violence against women and forced child marriage. The celebration of the day also reflects the successful emergence of girls and young women as a distinct cohort in development policy, programming, campaigning and research.

In Honor of the Girl Child, here is a short poem to show her how far she has come.

# IDGC-



Siku ya kimataifa ya mtoto wa kike ni siku inayoadhimishwa kimataifa na iliyotangazwa na Umoja wa Mataifa kumsheherekea mtoto wa kike. Oktoba 11, 2012 ilikuwa siku ya kwanza ya kuadhimisha siku hiyo na imekua ikiendelewa kukumbukwa mpaka leo.

Maadhimisho haya yamekua yakisaidia kutoa fursa zaidi kwa wasichana na huongeza ufahamu wa ukosefu wa usawa wa kijinsia unaokabiliwa na wasichana duniani kote.

Ukosefu huu wa usawa ni pamoja na upatikanaji wa elimu, lishe, haki za kisheria, huduma za matibabu, ulinzi dhidi ya ubaguzi, unyanyasaji dhidi ya wanawake na ndoa za utotoni za kulazimishwa. Maadhimisho ya siku hii pia yanaonyesha kuibuka kwa mafanikio kwa wasichana na kuwatambua kama kikundi tofauti katika sera ya maendeleo, programu, kampeni na utafiti.

Kwa Heshima ya Mtoto wa kike, kuna shairi fupi la kukuonyesha umbali gani ametoka.

# Dear girl child you have no excuse to not be great



## Poet: Upendo Chitinka

Dependent, vulnerable, incapable they see you

your place, your worth, your roles they tell you

Society shaped you

Beijing Declaration acknowledged you

Your government's ratified

Policy and Agenda empowered you

Africa to America

All around you

Movements expanding for you

Women in charge

Men becoming allies

Acting accordingly

Stereotypes reinforcing

A girl child is strong

A girl child is capable

education inequalities handled

Gender Based violence maintained

My voice your voice

Unstoppable





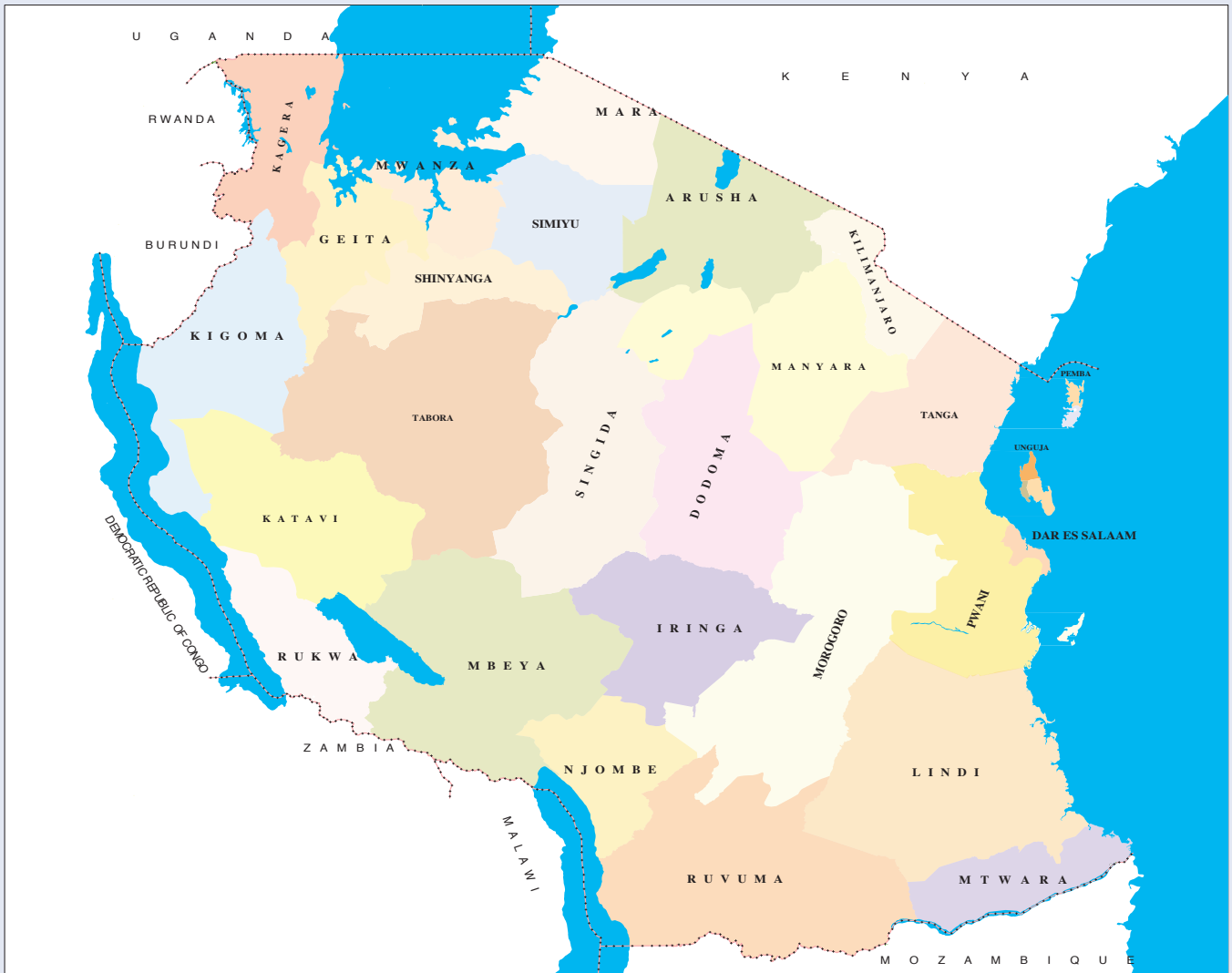
## GET TO KNOW

# YOUR COUNTRY

The United Republic of Tanzania is a country in East Africa within the African Great Lakes region. Mount Kilimanjaro, Africa's highest mountain, is found in north-eastern Tanzania. Tanzania is a member of the East African Community along with Uganda, Kenya, Rwanda, Burundi and South Sudan.

Did you know that more than 100 languages are spoken in Tanzania, making it the most linguistically diverse country in East Africa?

3 of Africa's great lakes i.e., Lake Victoria, Lake Tanganyika and Lake Malawi are found partly within Tanzania can you point them out on the map?



# Mr. Snowman



Hello, I am Mr. Snowman.

I have travelled around the world and decided to make a stop in Tanzania this year. I have to admit it's rather warm here but not to worry I have my vest on and my sun-hat protecting me. In my travels, I have met a lot of children and they have all told me how good they have been throughout the year. I was very happy to hear about the different wonderful things they did to be good and now I want to hear from you.

What good things have you done for yourself or for others this year?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

I will be back to read your responses, store them in my little book of travels and share them with other children around the world.

# GIFTS THAT ARE TIMELESS.

## Dear Parents

Material gifts are important but their durability wears off in time, as children look for the better and improved version of that game you bought them last year or those shoes that now have a hole in them and they need a new pair that is not like the last one. It's always a struggle that is why we bring you alternatives "gifts that are timeless."



## The gift of love

Every parent loves their child, there is no doubt about it. The issue comes in showing and reflecting how you love them into the material world. Children crave to hear their parents say they love them out loud, never assume that they know it. Hug them and remind them that you love them. Remember you are a "mama" or "baba" because of them.

## The gift of reprimand

Yes! reprimanding can be a gift. Your child is not perfect he/she will make mistakes and you will have to reprimand them with your words and actions. When reprimanding your child, remember to explain what the mistake is, why it's wrong and that they shouldn't repeat it. It can be painful to do but a gift nonetheless that'll help your child live a good life.

### **The gift of time**

Everything takes time mostly when it comes to building a strong relationship with your children. You need to spend more time with them, be available when they need you, talk to them about their day, their needs and their hopes while sharing yours too. This will help strengthen the bond and trust between you and your child.

### **The gift of hospitality**

When your child starts going to school, they build new friendships and eventually they will want to bring their friends home to play or study. It is important that you treat them with love and kindness like you would your own child. This will help your child's friendships at home and at school.

### **The gift of forgiveness**

After reprimanding a child, forgive him or her and not carry the anger around with you. This will help your child learn how to live with and forgive those who hurt or offend them. Teach them honesty and to admit when they are wrong and how to avoid those wrongs in the future. This teaches your child that it's okay to tell the truth when they have made a mistake.

### **The gift of education**

When your children have a good education, they have a better chance at life. Take your children to school at the right age provide their basic needs and follow up closely on their progress. After school ask them what they have learnt and do homework or revise with them to gauge their understanding. This allows them to remember what was taught, love learning and ultimately it is a great foundation for whatever careers they may choose to pursue.

All these gifts are very important and your child will never forget them for as long as they live. And above all else the gifts of love will bring forth all other gifts both material and more priceless non-material gifts.



# SING ALONG

## MUSSA AND FRIENDS



**Come sing with us this  
Christmas**

**(Chorus)**

Jingle bells, jingle bells

Jingle all the way

Oh, what fun it is to ride

In a one-horse open sleigh,  
hey

Jingle bells, jingle bells

Jingle all the way

Oh, what fun it is to ride

In a one-horse open sleigh



### **(Verse 1)**

Dashing through the snow  
In a one-horse open sleigh  
O'er the fields we go  
Laughing all the way  
Bells on bobtails' ring  
Making spirits bright  
What fun it is to ride and  
sing  
A sleighing song tonight  
Again, sing the Chorus!!  
(Mussa could say this)

### **[Verse 2]**

A day or two ago  
I thought I'd take a ride  
And soon, Miss Fanny  
Bright  
Was seated by my side  
The horse was lean and  
lank  
Misfortune seemed his lot  
He got into a drifted bank  
And then we got up sot.



# WHAT CAN YOU DO TO SPREAD JOY TO THOSE AROUND YOU?

We are all familiar with feeling of Joy (that feeling of happiness that just lights you up)

It happens when you finally get that toy you've been asking for or when you score a high grade in your test. It's a wonderful feeling and it is the most wonderful time of the year. Which means everyone needs a little bit of JOY. Since you and I know how it feels why don't we share it with others.





# HOW?

Think of the things that make you happy and see if you can apply them to the people around you to give them joy too.

Here is a little exercise, come up with a few things you can do that you think can make another person happy and write them down below. You can ask your parent or sibling to help you make it happen. It could be as simple as a hand written note of appreciation to a friend or handmade gift to your teacher. Whatever it is make sure you have fun with it and that person will too.

- a) .....
- b) .....
- c) .....



# KWANZA INTERN



## Our school Profile.

- **The school motto: KNOWLEDGE IS LIGHT**

Kwanza International School was registered by the ministry of Education Science and Technology in the year 2000 and has since established itself as a quality driven institution that prides itself with providing well rounded academic and extra-curricular activities to its students.

- **Our Location**

The school has three constituent campuses that are all located in

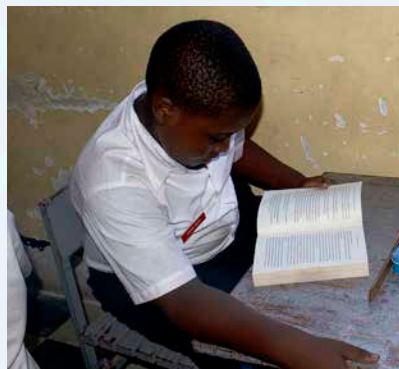
Mikocheni "A" and "B" These are: Kwanza Nursery school (formerly known as ABC), Kwanza Necta and Kwanza Cambridge.

- **Our Curriculum**

Kwanza Cambridge and Nursery offers the British National Curriculum while Kwanza NECTA offers the Tanzanian Curriculum.

- **Subjects taught at the school**

Languages (English, French and Kiswahili), Mathematics, Science, Physical education, Swimming, History, Geography, ICT, Art and Craft, Civic and Morals and Social studies.





# ATIONAL SCHOOL

- **Extra-curricular activities**

Kwanza school believes that children's learning involves not just classroom engagement but also active learner involvement in other social activities. The school has a vibrant and practical E.C. activities such as Taekwondo, Table tennis, Badminton, Football, Basketball, Debating, Cookery and Home science, Performing arts and Board Games.

- **School facilities**

- A computer lab
- A school library with audio-visual facilities
- A laboratory
- Sports facilities
- Enough classrooms
- A school canteen with hot meals

- **School transport**

There is reliable transport to and from school. Each bus has and female staff to accompany the children so their safety is guaranteed.

- **Study tours and trips**

Trips and tours are part of learning and each class level organizes a study tour in line with the topics covered in course outline.

External trips outside the country are held annually so as to expose our pupils in global citizenship. We have in the past years visited Egypt, South Africa, Dubai, Hong Kong and Kenya.

- **School Events**

Our school has three major invents annually that call for parents and community participation: - Annual School Concert, Annual Swimming Gala, and Annual Sports Day.



## STORY

# SLOW AND STEADY WINS THE RACE

Once upon a time, there was a hare and a tortoise. The hare was called Haraka and the tortoise was called Polepole. They lived in a huge jungle, with other animals like tigers, elephants, deer, and crocodiles. Haraka was very fast on his feet. He took part in many races, and always came first, no matter who the opponent was. Over time, his constant victory turned him into a very proud hare. He began to put in lesser effort in the races he took part in because he was winning them all anyway.

Unlike Haraka, Polepole was extremely slow. In fact, he was one of the slowest animals in the jungle. He kept observing Haraka, and he saw that the Haraka's success was getting to his head. So, he decided to teach him a lesson. He called all the animals of the jungle, including Haraka, and openly challenged him to a race. When the animals heard this, they all began to laugh.

Animals that were faster than Polepole had lost to Haraka. How was the tortoise, which was the slowest animal in the jungle, going to defeat the hare? But they all were curious, and Haraka loved a challenge. So, he accepted it.

The next day, the hare and the tortoise were all set to begin the race. "On your mark, get ready, and GO!" The monkey of the jungle said, waving a white flag.

Haraka took off immediately and had already covered a distance when he noticed that Polepole was still barely across the starting line. After a while, he stopped running and thought to himself. The tortoise was going to take forever to reach the end of the race. It was obvious to him that Polepole was going to lose. So, the hare decided to take a short nap.

He found a shady, comfortable spot and fell asleep. Meanwhile, the tortoise never gave up. He kept running. By the end of the day, to everyone's surprise, Polepole was the winner! Haraka, because of his pride and overconfidence, had lost the race.

The moral of this story is, slow and steady wins the race.



# HARAKA HARAKA HAINA BARAKA, POLEPOLE NDIO MWENDO



**H**apo zamani, kulikuwa na sungura na kobe. sungura aliitwa Haraka na kobe aliitwa Polepole. Waliishi katika msitu mkubwa, na wanyama wengine kama chui, tembo, kulungu, na mamba. Haraka alikuwa mwepesi sana kukimbia na Alishiriki katika mbio nyingi, na daima alikuwa wa kwanza, haikujaalisha mpinzani wake alikuwa nani. Baada ya muda, ushindi wake wa mara kwa mara ulimfanya kuwa mwenye kiburi sana. Alianza kuweka juhudi kidogo katika mbio alizoshiriki kwa sababu alikuwa akishinda zote na alijiamini sana.

Tofauti na Haraka, Polepole alikuwa kama jina lake, mpole sana. Kwa kweli, alikuwa mmoja wa wanyama wenye mwendo wa polepolekuliko wote msituni. Aliendelea kumchunguza Haraka na aliona kwamba mafanikio ya Haraka yalikuwa yakimfika kichwani mwake. Kwa hiyo, akaamua kumfundisha somo. Aliwaita wanyama wote wa msituni, ikiwa ni pamoja na Haraka, na kumwambia wazi kuwa alitaka kushindana nae katika mbio. Wanyama waliposikia haya, wote wakaanza kucheka.

Wanyama wengine walijiuliza Ni kwa jinsi gani Polepole mnyama asie na mwendo kwenda kushindana na Haraka? Lakini wote walikuwa

wadadisi, na Haraka alipenda changamoto. Kwa hiyo, alikubali.

Siku iliyofuata, Haraka na Polepole wote wakaenda kushindana. “Kwenye alama yako, jitayarishe, na uende!” Tumbili wa msitu alisema, akipeperusha bendera yake nyeupe.

Haraka alichomoka mbali mara moja na alikuwa tayari amefika mbali alipogundua kuwa Polepole alikuwa bado yupo nyuma kwenye mstari wa kuanzia. Baada ya muda, aliacha kukimbia na kujiwazia kua Polepole atachukua muda mrefu sana kufikia mwisho wa mbio. Ilikuwa wazi kwake kwamba Polepole alikuwa amesha shindwa, Kwa hivyo, Haraka aliamua kulala kidogo, akatafuta doa la kivuli kizuri na kujilaza.

Wakati huo huo, kobe Polepole hakukata tamaa. Aliendelea kutembea mdogomdogo. Mwisho wa siku, kwa mshangao wa kila mtu, Polepole alikuwa mshindi wakati Haraka akilala. Kwa sababu ya kiburi chake na kujiamini kwake kupitiliza, alipoteza mbio.

Maadili ya hadithi hii ni, haraka haraka haina baraka, polepole ndio mwendo.

# Family members

Do you know all your family members?  
If you do, Try finding them in the puzzle below



## WORD SEARCH

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

Mother

Brother

Grandfather

Sister-in-law

Father

Uncle

Grandmother

Sister

Aunty

Brother-in-law



# Wanafamilia

Je! unawajua wanafamilia wako wote?  
Jaribu kuwapata kwenye fumbo hapa chini



## WORD SEARCH

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

Mama  
Baba  
Dada

Kaka  
Mjomba  
Shangazi

Babu  
Bibi  
Shemeji

Wifi

# GET TO THE STAR

Help Mussa and his friend reach the star.



**Msaidie  
Mussa na  
Rafiki yake  
kuifikia  
nyota.**

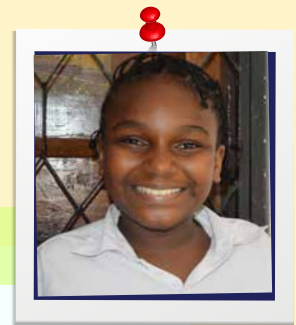


# LETTERS TO 116



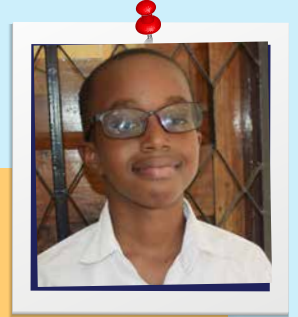
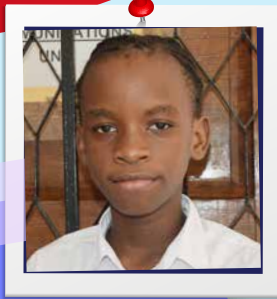
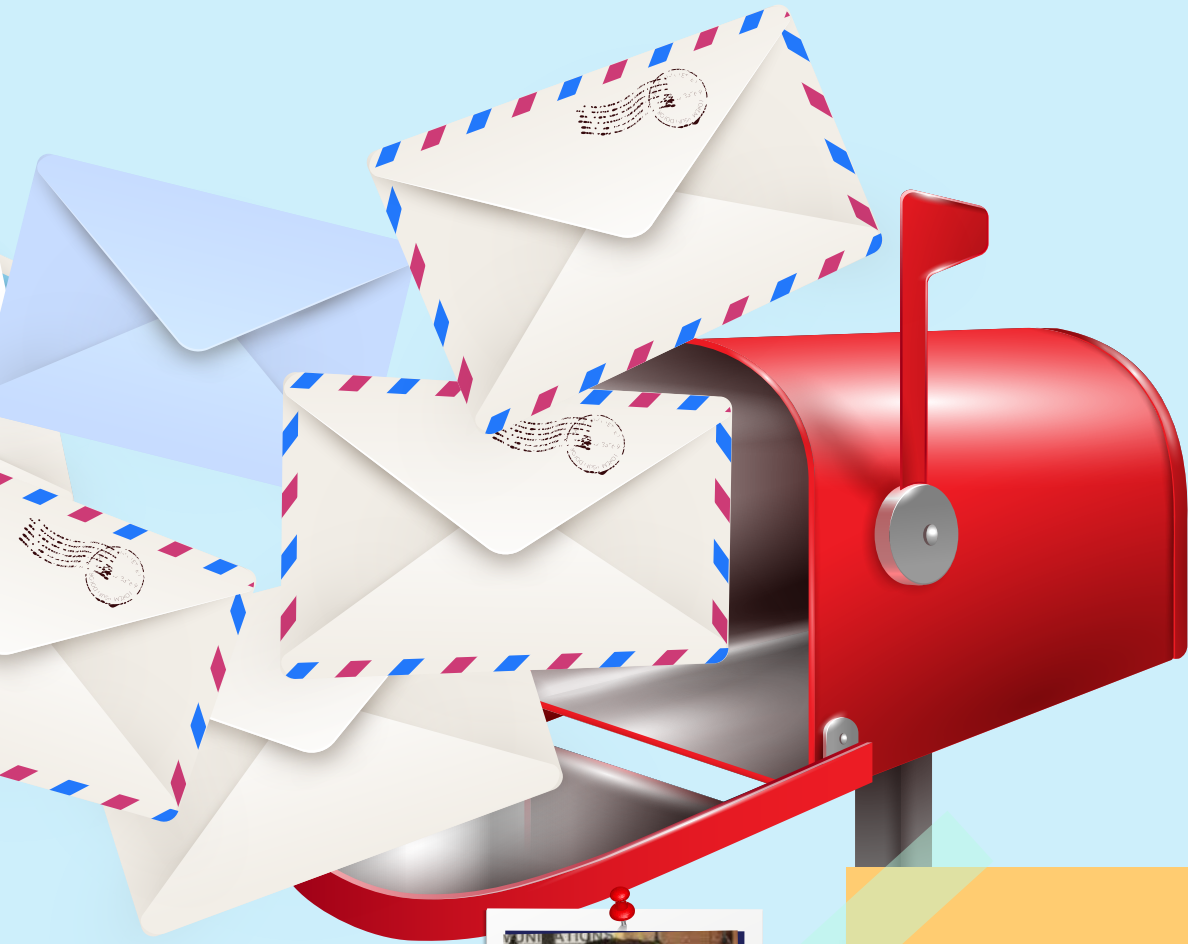
Dear 116  
I have just learnt  
that there is a  
number that I can  
call to help and save  
the lives of  
children. I really  
appreciate that you  
are here and I am  
grateful for it.

**Zuena Mueni**



Dear 116  
I am very grateful for what  
you guys are doing, because  
you help children with their  
lives. We get the opportunity  
to express ourselves. I am  
hoping that you keep on being  
there for us. I will be telling  
other children in my  
neighborhood about 116 and  
the Child Helpline.

**Charity Kanyenye**



Dear 116  
I read that children have a right to go to school, to play and live freely. I appreciate that you work to enforce these rights. Knowing this I want to ask whether foul language is an act of violence against children.

**Nina Waithira**

Dear 116  
Thank you for listening to us. you have changed our lives for the better. I appreciate you for listening.  
Thank you.

**Ian Nanyaro**

# LETTERS TO

# 116



Dear 116  
My name is Magreth Bigambo, I really appreciate the work you have been doing to help us children. I have seen and heard a lot of cases of child abuse and many have been solved. I am grateful to have you guys in my country. I hope you continue your great work.



Dear 116  
My name is Laris Matemba. I have learnt about child abuse and that i should speak up about it. one day while I was on a walk, I saw a child working instead of going to school and his parents were forcing him to do so. Since learning about 116 I now know who to call to report such incidences.



Dear 116  
When I witness injustice, especially on my fellow children, I feel very bad. Mainly because I didn't know who to tell and it made me angry, but now that I have learnt about 116, I am encouraged and grateful for the service they give. Please keep working and in the future I would like to be one of you. - **Raghav Battacharya**



**You dream it...  
We design it.**

We create innovative and unique solutions for **Graphic, Brand Identity, Packaging, Digital and Animation** for every design problems you may pose.



CONTACT US AT 0718 175 801 | 4th Floor  
Jangid Plaza | Plot No. G6 Chaburuma Road



# KUWAZA

**Kuzuia Udhalilishaji wa Watoto Zanzibar**

“Together we can prevent violence  
against children.”

