



Jambo Rafiki



Jambo Rafiki and welcome to the third edition of our magazine.

We, at the Friends of Mombasa children, really hope you are enjoying these newsletters, especially produced for you. However, issue number four won't be available to 2020, that's next year! So, I have something very special to say to you.

HERI ZA KRISMASI (Merry Christmas).



Going to school in Mombasa

My name is Ben Gulu. I am a boy. I am a Kenyan. I like eating Hot dogs and Pizza. My compulsion is chocolate. I like to be smart all the time. I like obeying my family. I have two brothers. I am 12 years old and I live in V.O.K. I am in class 5 at Unity Freretown. It is near Kisimani. The school starts at 6.30am. I like science as it is my best subject. We eat breakfast at 5.30am and I leave for school at 5.40am.

My hobby is football. My home is ten* kilometres from school. I love science because it teaches me about our bodies. My Father's name is John and my Mother's name is Joan. My brother's names are James and Moses. I am the second in my family. My father and Mother are teetotal.

When the rain came yesterday our house stayed dry. Our roof is a wooden roof. The environment of our house is clean. We have a flower garden. In our house we have a nice floor on which is drawn a nice dolphin. Our home is a double room and a kitchen. In our school I like Mr Robert, our class teacher and Mr Were.

**Editor's note: Ben takes 50 minutes to walk to school, so he actually lives about 3km away from school. While I was talking to class 5, I realised that they had little idea of long distances; probably because they don't have opportunities to travel very far from home.*

Do you like writing stories?

The following tale was written by a young person at one of the local schools that supports the Friends of Mombasa Children. It was beautifully designed and illustrated and made its way to Unity School to be enjoyed by all of the younger children there.

Maybe you would like to do the same?

Stories can be sent by Email to the address at the end of this newsletter or by post to: The Newsletter Co-ordinator, 16A Evelyn Road, Worthing, West Sussex. BN14 8AY Thank you.

Beeboo the Robot.

As the sun poured upon the small village, a small package had been delivered. Maya opened up the door, as she had heard a little knock. She un-wrapped the box and - a little robot was inside :Beeboo! - Beeboo was quite small, but always helped Maya and her husband Arron, Beeboo was AMAZING.

Suddenly, after a week Beeboo became very tired and then !CRASH! Maya rushed over to Beeboo and realised she forgot to give Beeboo batteries. Maya rushed to the town super-market and bought Beeboo some batteries. As soon as she got home she gave Beeboo the batteries.

Maya and Beeboo went to the circus, Beeboo was amazed to see the clowns, acrobats, funny jokes, Beeboo found out a lot about himself. He loved the circus.

Typed as written



Communicating with Kenya

Class 5 at Unity School were delighted to talk to children of their own age at school in the UK. They are all huddled around a laptop computer whereas the English school had a projector so that all could see the images clearly.

The picture on page 1 shows some of the pupils in Class 5 replying to the booklets they had received from their counterparts in England.

If you are wondering what has happened to their uniforms—On Tuesdays they all wear their PE kit ready for games lessons.



Money raised at Broadwater Primary School's Dancerthon has enabled Unity School to buy storage cabinets in each classroom together with atlases and blackboard equipment. Not in the picture are 5 globes and a selection of reading books.

Cooking with an African Flavour

PLEASE REMEMBER that it is **always** a very good idea to get the help of an adult when you are cooking.

Knives are sharp and cookers are hot and will burn.

Sukumawiki

This literally means 'push the week' and is a low priced vegetable that will enable the family to eat throughout the week when money is short. Sukumawiki can be any member of the cabbage family.

Sukumawiki na Nyama ya Ng'ombe (kale and beef stew)

1 large onion, chopped
Oil
½kg stewing steak
1 tomato, chopped
1 large carrot, grated
1 bunch coriander
Salt & pepper
½ teaspoon curry powder
½ kg kale
½ litre beef stock

Saute onion in oil until golden brown.

Add diced steak and fry until brown.

Add chopped tomato, grated carrot, coriander, salt, pepper and curry powder.

Finely chop the kale and add to the steak mix.

Add stock, bring to the boil and then simmer for 15 minutes.

Serve with ugali or rice.

What's your verdict? Have you tried any of the recipes published in RAFIKI?

If you have, then let us know how successful you were. Send your verdict and, if possible a picture to k.hinks@mombasachildren.ork.uk



It's that time of year when schools perform their Christmas Nativity Play

Here's Class 1 at Unity School performing their play

Animal antics

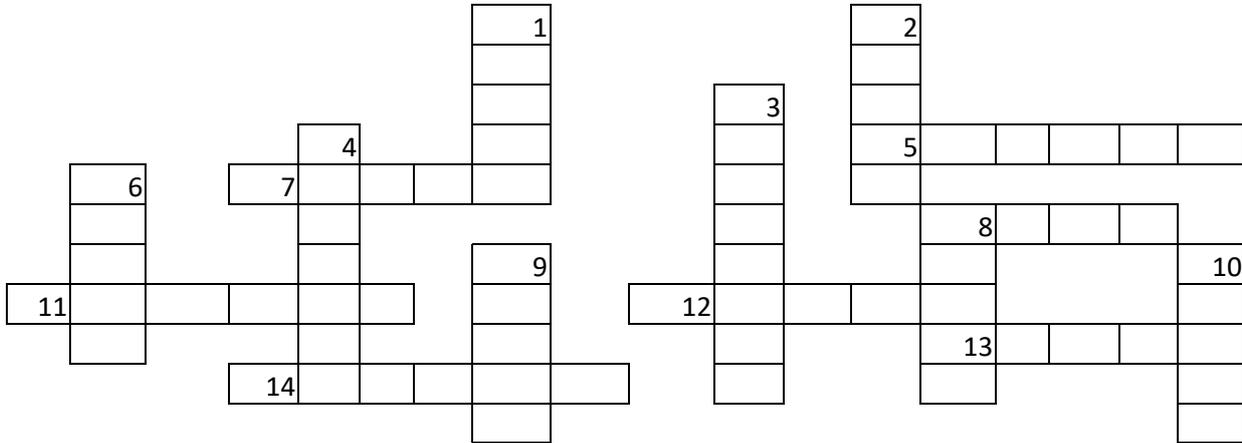
Can you solve this crossword of Swahili words for African animals. All the clues were included in the wordsearch from Issue One.

ACROSS

- 5 These reptiles have a nasty bite!
- 7 Like a horse with pyjamas
- 8 These cats wouldn't fit on your lap!
- 11 These animals can go for days without water
- 12 Make it snappy
- 13 Probably the longest neck in the jungle
- 14 You wouldn't want to head butt this creature

DOWN

- 1 The king of the jungle
- 2 Can I hear a hissing sound?
- 3 These deer-like creatures have nasty horns
- 4 These can be cheeky!
- 6 The milk from this animal can make mozzarella
- 8 A squeeze from this guy could be the end!
- 9 This animal never forgets
- 10 Similar to a small deer



Sorry but we could not fit in an animal story into this edition.

Next time we'll include a story called "Why does the lion roar?"



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Ask an adult to send an email address to our website – Contact us

It cost you nothing and saves us the cost of printing.

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www.mombasachildren.org.uk