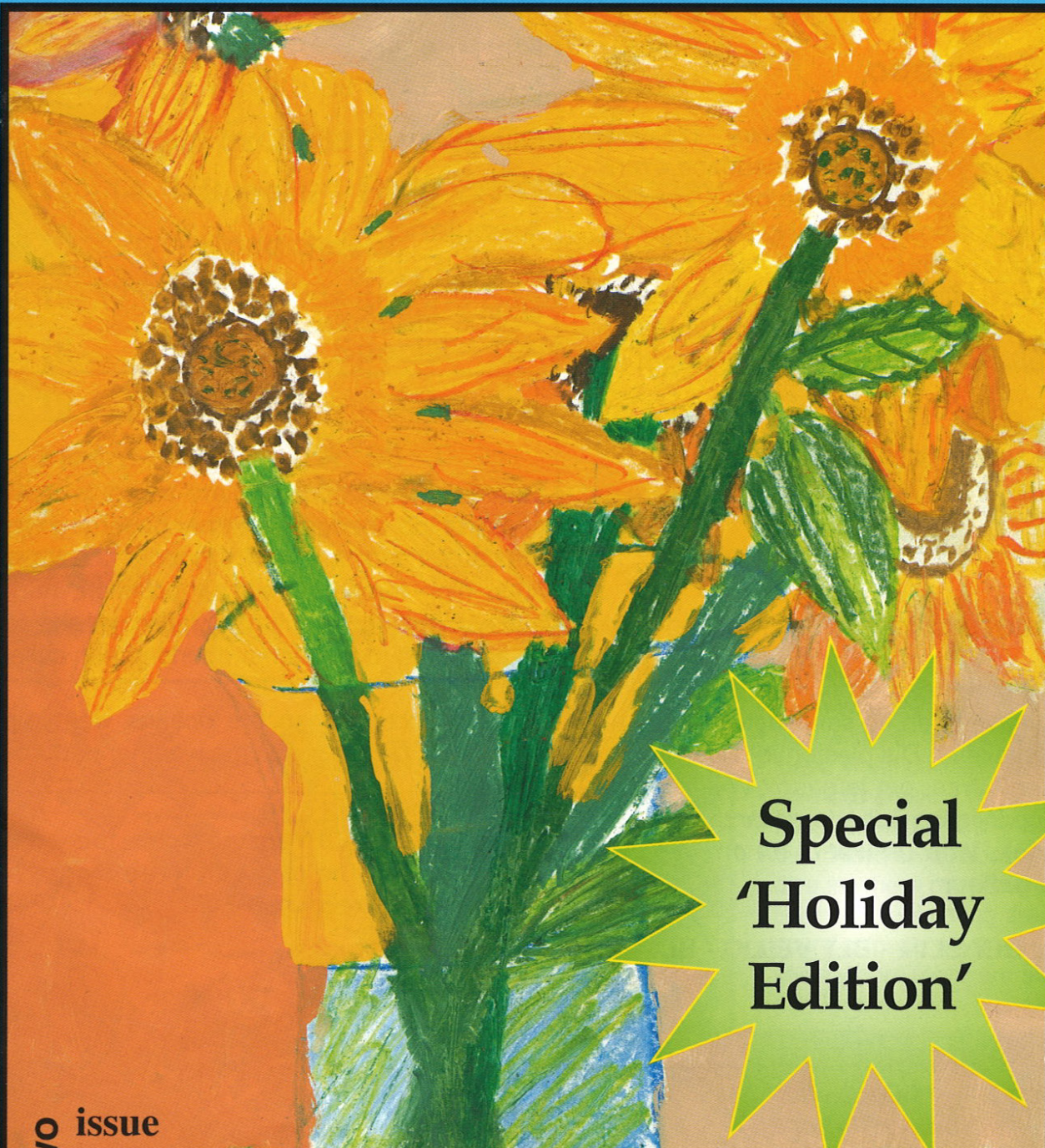


MOL

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Special
'Holiday
Edition'

Vol Two issue
6

A MAGAZINE FOR ALL CHILDREN 50c

Nov - Dec '97

Hello Friends!

Soon there will be no more school. Only sunshine, watermelons and sandcastles. Yes, it's summer holiday time! It's fun time! Yeh...! So, what to do...? Where to go...? Well, in this magazine you can find lots of information about interesting places to visit. **Find out what's happening in and around Cape Town.**

And remember! **BE SMART - BE SAFE - BE COOL!**

Molo

Molweni Bahlobo

Kungekudala izikolo zizakuvalwa. Izakube ilixesha lelanga, ivatala kunye neenqaba ezenziwe ngentlabathi. Ewe kaloku ziholide zohlobo. Lixesha lolonwabo. Ngoko ungenza ntoni ...? Ungaya phi ...? Kweli ihlelo ungafumana ulwazi oluninzi malunga nendawo ezibalulekileyo onokuya kuzo. **Ungafumanisa kunye ukuba kwenzeka ntoni kwingingqi ye Kapa.**

Khumbula! **NI ZIPHATHE KAKUHLE - NI ZIKHUSELE - NI HLAKANIPHE**

Molo

Hallo Maats

Binnekort is daar geen skool meer nie. Net sonskyn, waatlemoen en sandkastele. Ja, dis somer vakansietyd! Dis plesiertyd! Dus, wat is daar te doen? Waar om te gaan? Wel, die tydskrif is volop inligting oor interessante plekke om te besoek. **Vind uit wat in en om Kaapstad gebeur.**

En onthou! **BLY SLIM - BLY VEILIG - BLY KOEL**

Important Dates

World Aids Day - 1 December

International Human Rights Day - 10 December

Day of Reconciliation - 16 December

Front cover: Julie Robertson, Gene Louw Primary.

Important Numbers

National Childline - 0800 055 555

National Child Emergency - 0800 123 321

Flying Squad - 10111

Fill in Your Emergency Numbers

Mother's work:

Father's work:

Doctor:

Clinic:

Hospital:

Ambulance:

Fire Brigade:

Police station:

El Niño

Scientists the world over are trying to make sense of the changing weather patterns experienced all over the world. Floods, rain forest fires, high temperatures, air pollution, hurricane storms and droughts in recent weeks are all attributed to a weather phenomenon called El Niño.

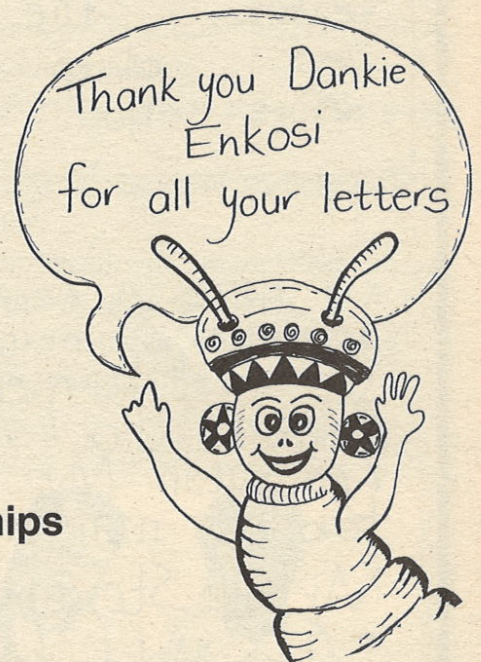
El Niño occurs when the oceans warm up, thus causing changes in the weather patterns.

Can you find the 21 treasure coins, the watch, the crown and the ring with three stones hidden within the treasure?



Contents

4, 5	Letters and Pen Pals
6	Safety Hints
7	Safety Game!
8, 9	Masifunde isiXhosa – Seasons
10, 11	Favourite Holiday Pastimes
12 - 14	Special – Plan a Fun Holiday
15	Road Safety
16, 17	The Birds and the Bees – Relationships
18	Holiday Special – Games!
19	Games and Answers
Insert:	Calender '98



'Water safety' picture from Successful Environment Studies by Helen Laurenson.

Water Safety

Which of the following *swimming dangers* can you spot in the picture?



Do not

- swim where you can't be seen
 - play wildly in or near water
 - leave small children alone in the water
 - dive into shallow water
 - use broken tubes or leaking boats
 - overcrowd small boats
 - dive in where people are swimming
 - litter near swimming areas
 - scare or push anyone
 - swim where there are sharp objects under the water
 - swim when you are cold, tired or ill
 - jump or dive in before finding out how deep the water is
 - leave a gate to the swimming pool open
 - swim after you have eaten (wait an hour)
 - swim in fast-flowing streams/rivers
 - swim when there is lightning
- Learn to swim if you can't.
Never swim alone.*

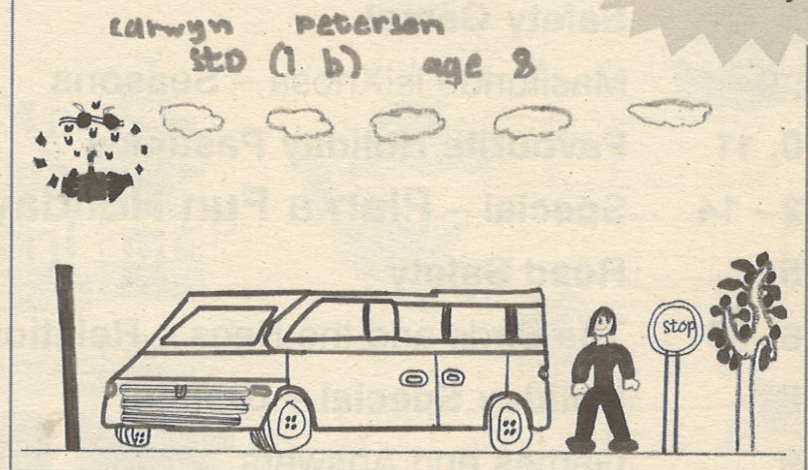


children's

becarefull when you cross the road
because the cars ride very fast
and always look left and right
before you cross the road.

An important
road safety hint

My name is Razeetah
Noordien. I am in
sub A1 at Kenmere
Primary School in
Kensington. My
teacher's name is
Michelle Stevens.
I like Molo magi-
zine because it has
lots of games. My
mommy reads the
stories to me



My Name is Larwyn Busch I am
15 years old and am a cystic
fibrosis patient and attend
Spineview Primary School. This
is the first time I write to you
I would like you to print as
Molo book please. My best friend
is Landice Dyers My hobbies are
Music, Swimming and out door
life. We all love you Molo

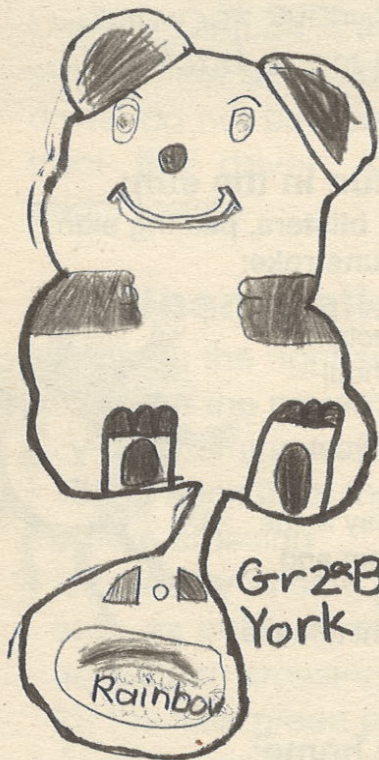


I am writing this letter to tell you that your magazine
~~is~~ very interesting. My name is Mokuthula Khawankwa.
I am 14 years old and I am in Std 5th. The name of my
school is Sinyiseni Public Primary School. It has 24 teachers.
The name of my class teacher is Miss Jodwana. There are
40 classrooms with a number of 1500 pupils. The name
of our Principal is Mr Mthandeki. I just like to read
English and Afrikaans in your magazine called "Molo Song-
doo" because it is very good and interesting

Letters!



Nicole



Gr2B
York road

Rainbow



Dear Motosengolele



My name is Sindiswa Ngqazeka. I am 13 years old. My school name is Sinayiseni Primary school. I am in std 6. I love motosengolele very much.



Because it has many interesting things like Maths, Science, stories and many games. Motosengolele helps us with our study. I would like you to send many more motosengolele.

From
Sindiswa



My name is Rizubana Mahomed. I am in Std 5A. I attend Habibia Primary School. My hopes are to become an air hostress. First I want to study. I want to be very clever. When I go to high school my only fears are the Teachers, children & work. We have to study alot to be in High School. I am really looking forward in becoming an air hostress. I want to first do my studies and then go to study air hostress.

PEN PALS



Chantal Martin (girl),
2 Slangolie St, Tafelsig,
Mitchells Plain, 7785.
South Africa

"My hobbies are reading,
singing and dancing."

Saleem Solomons (boy), 12,
55 Waterberg St, Mitchells
Plain,
Cape Town, 7785

South Africa

"I love playing Sony TV games
and soccer. I am looking for a
pen pal from all over the world."

Janine Roberts (girl),
96 Paulsberg St, New Tafelsig,
Mitchells Plain, 7785

South Africa

"I like singing, swimming
and dancing."

Ghakiem Abbas (boy), 12
yrs,
39 Botrivier St, Mitchells
Plain,
Cape Town, 7785

South Africa

"I love playing cricket and
soccer. I like to watch car-
tons and play video
games"

A Safe and Happy Holiday

Sea Dangers:

- Find out about tides, strong currents and dangers such as sharks and poisonous marine life
- Swim only where the signs /notice boards indicate
- Stay away from surfers
- Stay clear of rocks
- Avoid broken glass and shells
- Look at sea creatures but leave them alone
- Get out of the water when the life-guard tells you to



WHEN IN TROUBLE:

- Never try to swim against a current, swim parallel to the beach
- In a river, swim diagonally with the flow
- Keep calm
- Wave one arm in the air and call for help
- Tread water or float
- Look for something buoyant (floating) to cling to
- Relieve a cramp in the leg by firmly pressing on the area with one or both hands by or straightening the leg and forcing the toes upward towards the knee

HELPING SOMEONE IN TROUBLE:

- Throw the person something that floats or offer a long object such as a stick or rope to hold on to. It is better than jumping in yourself.
- If you have to go in, take something that the person can hold on to, rather than permitting the person to grab you.



Play it safe

You need:

- a dice
- coloured buttons

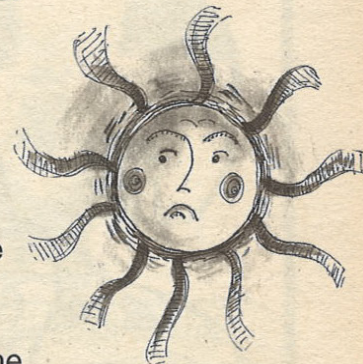


Everyone starts on 1
The youngest child throws
the dice and moves first.
+ move forward
= move back

When having fun in the sun:

Prevent sunburn, blisters, peeling skin, headaches and sunstroke:

- Wear a hat
- Use a good protection cream on face, shoulders and arms
- Keep a shirt on if your skin is sensitive
- Do not swim or stay in the sun between 11 am and 3 pm
- Never look straight into the sun



Safety rules at home:

- Keep telephone numbers of parents, family members, neighbours, the police and doctor near the telephone
- Do not just open the door to anybody.
- Keep doors locked and windows closed
- Do not play with sharp objects, glass containers, guns and ammunition, matches and medicine
- Do not drink or play with poisonous or dangerous products such as paraffin, turpentine, bleach, chemicals and batteries
- Do not leave any of these where small children can get it

1 SAFETY GAME

START

2

3

4

5

You know your address and telephone number
+ 5 spaces

6

12

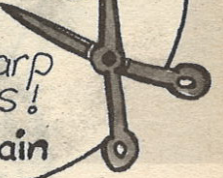
11

10

You learned to swim!
+ 5 spaces

7

You run with sharp scissors!
start again



13

You have money for an emergency phone call.
+ 4 spaces

14

You accepted a lift from a stranger!
- 5 spaces

15

16

17

23

22

You always tell an adult where you are going
+ 5 spaces

21

20

19

18

24

25

You climbed a tree near a power line!
- 4 spaces

26

27

28

You opened the door to a stranger!
- 6 spaces



29

You played with matches.
- 6 spaces

34

You picked up all your marbles
+ 4 spaces

33

32

31

You read all in Molo Songololo
+ 5 spaces

30

35

You don't use electricity near water.
+ 5 spaces

36

37

38

39

You played in an empty building!
- 5 spaces

47

46

45

44

43

You cross the road at the traffic light
+ 5 spaces

41

40

48

You walked on the railway lines
- 5 spaces



50

FINISH!

Masifunde isiXhosa

(Learn to speak Xhosa - Leer om Xhosa te praat)



Bhotani!
Ninjani namhlanje?
Ngempilo, ndiphilile mna.

Ewe,
ihlobo liyeza
(Yes, summer is coming. Ja,
somer is op pad)

Yho!
Ngeli ixesha lonyaka kushushu kakhulu!
(At this time of the year it's very hot! Hierdie tyd
van die jaar is dit baie warm!)

Nisawakhumbula amaxesha onyaka?

Do you still remember the names of the seasons? *Onthou jy nog die name van die seisoene?*

Match the word with the picture - *Verbind die woord met die tekening.*

ihlobo

ukwindla

ubusika

intwasahlobo



winter
winter



spring
lente

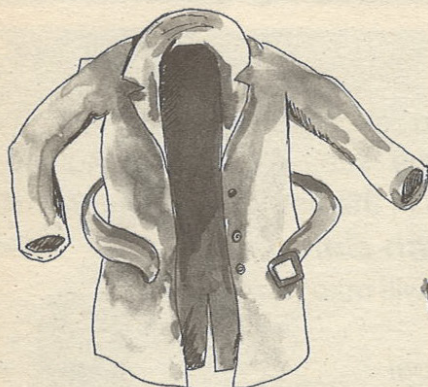


summer
somer



autumn
herfs

Xa kushushu kakhulu, kufuneka sinxibe impahla efanelekileyo. Khetha impahla efanelekileyo, ngokufaka u ☒ kwibhokokisi esecaleni kwayo.
(In summer we must wear suitable clothes. Choose the correct clothes, by putting a ☒ in the box. (In die somer moet ons die regte klere dra. Kies die regte klere deur 'n ☒ in die blok langsaan te sit.)



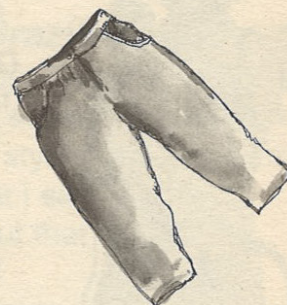
☐ idyasi



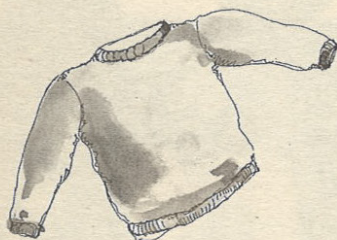
☐ iimbadada



☐ isambuleni



☐ ibhulukwe



☐ ijezi



☐ ikepusi



☐ ushoti



☐ isikhafu

Bahlobo, nisayikhumbula indlela yokubulisa?
 Friends, do you still remember how to greet?
Vriende, onthou julle nog hoe om te groet?

Guqula Translate Vertaal

MOLWENI:
KUNJANI?
I am well:
NGUBANI IGAMA LAKHO?
Ek is Linda
HAMBA KAKUHLE
SALA KAKUHLE



Zama ukuthetha isiXhosa yonke imihla.
 (Try to speak Xhosa every-day. *Probeer om elke dag Xhosa te praat.*)



Written by Andrew Kruger from Teaching and Learning Resources Centre (TLRC), University of Cape Town, Private Bag, Rondebosch, 7700, Tel 650 3276 (copyright)

We're ALL going on a Summer holiday..

Imagine having the holiday of your dreams. Well, some Molo Songololo readers tell us about their holidays and wishes.



During the summer holidays I play tennis and 'skooltjie-skooltjie' with my friends. We go to the beach and swim in the sea. We also go to the Waterfront. It's nice there. We take a boat ride in the harbour. **My wish is to go to Disney World and meet Mariah Carey.**

I will tell her that I like the songs she sings and will take her to the Spur for lunch.

Shaunry Sollons, 8 yrs, Harvester Primary School

During the holidays I like to play 'office-office'. I play with my mom's old phone, files, pens, boxes and books. I would like to work in an office one day. When my cousins visit, I play all sorts of games with them. Then I visit my aunt. It's nice being there. She lives in Rocklands. **Of course, it will be great if I can meet Celine Dion this summer holiday.**

I like her and her music. That will be my wish for the holidays.

Shanelle Buriners, 9 yrs, Harvester Primary School



I like to go to the beach with my mom. I like swimming and my mom and I have a swell time. Then I visit my grandma. I like it there because there are lots of things to do. If my holiday wish comes true, I will go to Australia. Somehow I like that country from what I saw and heard. I bet I will have fun there.

Carmelita Holdebrand, 9 yrs, Mandalay Primary School

During the summer holidays I like to play sports and enjoy myself. **I would like to go to England and see the cricket players there.** Yes! I am mad about cricket. I wish I could meet Paul Adams. I like his way of bowling. Maybe we could play a few rounds and he could teach me his bowling techniques.

Mthstwana Matthew, 11 yrs, Mandalay Primary School

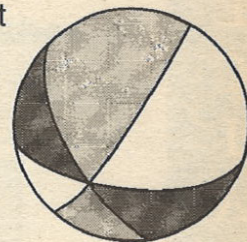
This holiday, I would like to meet Arthur. He is a singer. **I think Arthur is a real smooth guy and I love his singing.** I want to sing with him and tell him that he sings beautifully.

Amanda Mawisa, 11 yrs, Walter-teka Primary School



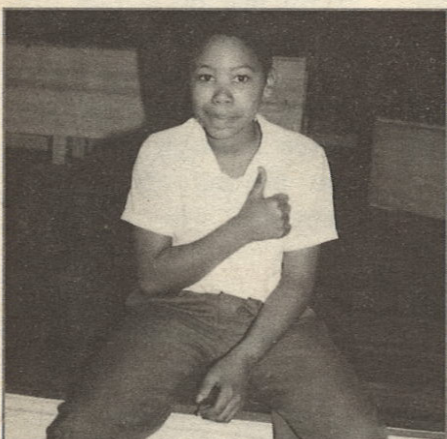


The first thing I do is go to the beach with my friends. We always have a great time swimming, playing and building sandcastles. For a holiday surprise it will be cool if I could meet Mariah Carey and spend time with her and her music. But my real holiday dream is to see Paris. I am in love with Paris.
Alicia Gabuza, 13 yrs, Walter-teka Primary School



My only holiday wish is to go to Brazil. I want to see the soccer players there, especially Ronaldo. That man's got a cool style. You must just see him man! He is super cool! I will ask him to coach me and show me his playing style. And whilst I'm there, I will go over to Argentina. From what I saw in books, it is a very beautiful place. How about that for the holidays!

Thabang Malgas, 12 yrs, Walter-teka Primary School



Oh dear! ***My dream holiday is to go to Disney World in the USA.*** I want to go on all the rides, especially the space tunnel rides and speak with Mickey Mouse, Goofy and Donald Duck. I'll check out all the latest movies like George of the Jungle. I will also go around to the shops and buy everything I always wanted to have, especially things that you don't find in South Africa.

Matthew Mentasha, 12 yrs, Observatory Junior Primary School



During the holidays I would like to visit my uncle in Kleinmond. I like it there because there is a beach where you can swim and get a nice tan. Also, my uncle, he's got a pizza place and his own golf course. I will help him with the pizza. I make a mean margarita pizza. ***One of my wildest dreams is to meet Michael Jackson and to take him to the movies.*** I'll be very shy, but don't you think that will be a very cool holiday experience?

Nicole Maddock, 10 yrs, Observatory Junior Primary School



For me summer holiday is a time to have fun. I want to go to Robben Island. I have never been there. Then it will be nice to take a tour into the country-side through the game reserves. I want to see the lions, zebras, elephants, cheetahs and many more wild animals. My big dream is to go to America to see Bill Clinton. I want to meet him and tell him about South Africa and its freedom.

Thobile Sakayi, 11 yrs, Walter-teka Primary School

Plan a Fun Holiday

what's up

Getting out

where to go?

what to do?

Use your holiday time well and plan some special activities and outings. These pages are filled with stacks of things to choose from.

Brainwave! Do something new! Visit an art gallery or a museum. Some museums have really exciting workshops. Explore a nature reserve you never knew existed! Some places might be within walking distance and the outing need not cost much.

HOW TO USE THIS HOLIDAY LIST:

- Keep these pages handy/where you can see it
- See what interests you and mark it off
- Phone and find out when the place is open, where it is, how to get there, and what it might cost
- Involve friends or family and plan for it
- Remember the road safety rules
- Have fun and enjoy it!

HERE'S AN IDEA

Why not do a few odd jobs for someone or collect cans for recycling. Save up until you have enough money to do something special.



ANOTHER IDEA:

Plan to spend some special time with your family and other important people in your life. Parents or guardians sometimes need a break too, so give them a hand with chores and you might have time to plan and go on a special family outing. Pack some food and drink, have a picnic.

LIBRARIES

Your nearest public library offers special programmes for children during the holidays. Phone or go there to find out what is happening. Reading is a wonderful way to relax and forget about worries. Make sure you always have an interesting book to read.



RECREATION COME AND PLAY GROUPS

Observatory Recreation Centre:
47 3690

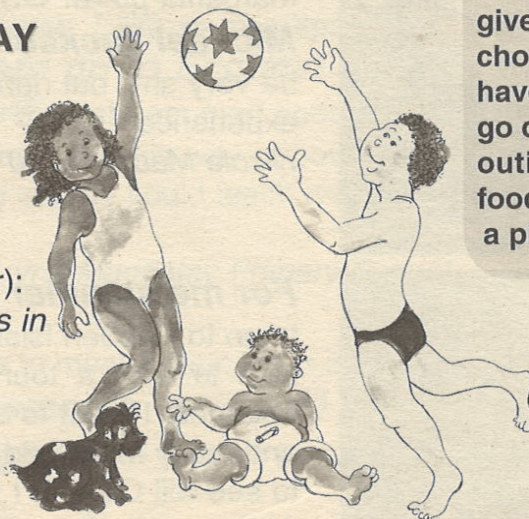
Coniston Park Recreation Centre
(Steenberg): 701 1230

Merrydale Recreation Centre (Lentegeur):
31 3191 – Various programmes in parks in
Mitchells Plain

Weltevreden Recreation Centre
(Rocklands): 32 5131

The Farm Recreation Centre (Mitchells
Plain): 376 1430

Sunbird Environmental Centre (Noordhoek): 789 2213

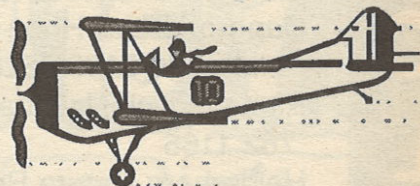


CAPE TOWN CITY MUSEUMS

- Bo-Kaap Museum : 71 Wale St. Cape Town 24 3846
- District Six Museum: Buitekant Methodist Church, 25a Buitekant St. 461 4735
- Castle of Good Hope: Castle St. 469 1249
- SA Cultural History Museum: 49 Adderley St. 461 8280 –
Also holiday workshops starting 8 Dec.
- SA Museum: Queen Victoria St. 24 3330 – *Exciting activity for the whole family ('Trackers on Trail') every day and workshops for children (e.g. The ancient art of fish printing; Make your own mobile of deep sea creatures) starting 11 Dec. Also daily video shows.*
- Koopmans-De Wet House Museum: 35 Strand St. 461 8280 –
Skills workshops starting 11 Dec.
- SA Maritime Museum: Victoria & Alfred Waterfront, 410 2506 –
The 'Seashell Sea-safe' Drama, a life skills drama workshop from 10 Dec.

PENINSULA MUSEUMS

- Robben Island Museum (Robben Island): 411 1006
- SA Fisheries Museum: Hout Bay Harbour, 790 7268
- Josephine Mill: Boundary Rd. Newlands, 686 4939 –
book for interesting and educational tours
- Mayibuye Centre: UWC, Bellville, 959 2954
- SA Rugby Museum: 9 Boundary Rd. Newlands, 686 4532
- SA Airforce Museum: Airforce Base, Ysterplaat, 508 6377
- Clay Museum/Cultural Society: Rust-en-Vrede, Wellington Rd. Durbanville, 96 4691

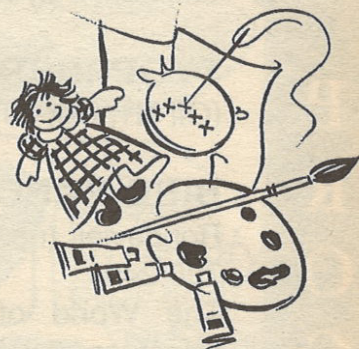


FALSE BAY COAST MUSEUMS

- Fish Hoek Valley Museum: 59 Central Circle, 782 1752
- SA Police Museum: 186 Main Rd. Muizenberg, 788 7031/5
- Simon's Town Museum: Court Rd. 786 3046 – *talks and slides on penguins and whales; 'Just Nuisance' display and slide show; Doll's House*
- SA Naval Museum: West Dockyard, Court Rd. Simon's Town, 787 4635
- Toy Museum: 8 Beach Rd. Muizenberg, 788 1569
- Warrior Toy Museum: St. George's St, Simon's Town, 786 1395

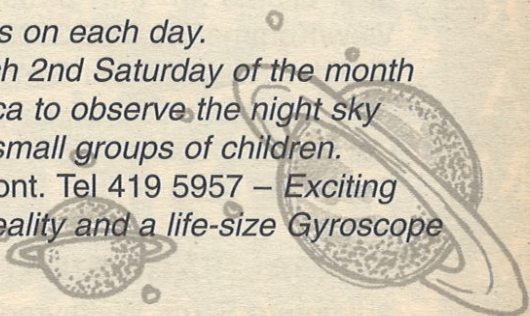
ART GALLERIES AND MUSEUMS

- SA National Gallery: Government Ave. Gardens 45 1628 –
art workshops to be booked in advance
- Michaelis Collection: Greenmarket Square, Cape Town 24 6367
- The Natale Labia Museum: 192 Main Rd. Muizenberg 788 4106 –
phone to find out about children's shows



FUN AND EDUCATIONAL PLACES

- Planetarium: 25 Queen Victoria Rd. Cape Town. 24 3330 –
Learn about planets and stars – The show 'Davy Dragon' is on each day.
- Astronomical Observatory: Observatory. Tel 47 0025 – *Each 2nd Saturday of the month you and your family can visit the oldest observatory in Africa to observe the night sky through a powerful telescope. Tours can be organised for small groups of children.*
- Telkom Exploratorium: Union Castle Building, V&A Waterfront. Tel 419 5957 – *Exciting 'hands on' activities and demonstrations such as Virtual Reality and a life-size Gyroscope (for adults and children)*
- Two Oceans Aquarium: V&A Waterfront, 418 3823
- Honey Bee Foundation: 38 Milner Rd. Maitland. 511 4567



NATURE RESERVES AND PARKS *(for walks and trails)*

Wolfgat Nature Reserve
(near Khayelitsha and Mitchells Plain):

400 3953

Tygerberg Nature Reserve
(Welgemoed, Belville):

913 5695

Cape Flats Nature Reserve
(UWC, Belville):

959 2498/3273

Koeberg Nature Reserve:

553 2133/ 2466

(need to book)

Silvermine Nature Reserve: 713 0510

Cape of Good Hope Nature Reserve (Cape Point): 780 9100/9526

Kirstenbosch National Botanical Garden:

762 1166

Helderberg Nature Reserve: 851 6982

Cape Peninsula National Park (Table Mountain): 22 2810



OTHER WALKING/HIKING TRAILS

Table Mountain: Network of 550 walks:
689 9176

Kirstenbosch Forest Trail: 762 1166

Rhodes Memorial: 402 2911. Tea garden:
689 9151

Elephant's Eye Cave (Tokai): 72 7471

TYGERBERG ZOO

(Off N1, exit 39): 884 4494

BIRD SANCTUARIES

Rondevlei (near Grassy Park):
706 2404

The World of Birds Wildlife
Sanctuary (Hout Bay): 790 2730

Nature Park, *African Crane Breeding Centre and Giants of the Birds' World* (Ocean View/Kommetjie): 783 2309

Boulders Beach (near Simon's Town):

See the colony of Jackass penguins

Cape Point Ostrich Farm, Plato Rd. Cape Point: 780 9294



ANIMAL FARMS/PARKS

Adventure Farm, Weltevrede Rd. Phillipi:
Tel. 31 5246

Nature Park, Imhoff's Gift Farm, Ocean View/Kommetjie: 783 2309

West Coast Ostrich Ranch

(on N7 Malmesbury): 972

1905/1669

Wiesenhof Wildpark (off N1 exit 47) Klapmuts:

875 5231/5181

Cape Town Snake Park, Imhoff's Gift Farm, Kommetjie: 783 3573



BUTTERFLY WORLD,

(off N1, exit 47 Klapmuts): 875 5628



STRAWBERRY PICKING,

Polkadraai Farm, between Kuilsriver and Stellenbosch: 881 3303

CHERRY PICKING, between Ceres and Touws River: 0233-22085

TABLE MOUNTAIN CABLE WAY:

24 5148 – Open from 7 am to 11 pm.

Children under 16 pay R28 for a return trip up the mountain

GOODWOOD ICE RINK: 535 2260

SCRATCH PATCH, gemstone fun.

Waterfront: 419 9429 and Simon's Town: 786 2020

LASER QUEST Kenilworth Centre:

683 7296; Parow: 930 2214; Strand: 854 3501

THE FOLLOWING SHOPPING CENTRES RUN SHOWS AND WORKSHOPS FOR CHILDREN

Nyanga Junction Centre: 691 2938

Westgate Mall (Mitchells Plain): 31 2115

N1 City Mall (Goodwood): 595 1170

Kenilworth Centre: 61 5054

Cavendish Square (Claremont): 64 3052

Fairest Cape Hypermarket (Ottery): 73 3517

The Waterfront Centre: 418 8640

The Atrium (Claremont): 683 3008

Blue Route Mall: 75 1154

Gardens Shopping Centre (Le Papier Du Port): 462 4796

Maynard Mall (Wynberg): 797 1714

Tyger Valley Centre (Belville): 914 1822

Hyperama/Sanlam Centre (Parow): 930 8570

ROAD SAFETY

ROAD SAFETY RULES

For the car

Use the seatbelt in the car; sit still; do not lean out of windows; do not be noisy or distract the driver; keep car doors locked

When walking

- Walk on the right side of the road, on the pavement, facing oncoming traffic
- Stand back from the road before crossing
- Cross only at safe places such as traffic lights and pedestrian crossings. Wait for the little green person
- Always stop, look right, left and right again for oncoming traffic before stepping into the road
- Never dash across
- Wear bright or pale/light clothes. Wear white when walking after sunset

On a bicycle

Obey all road signs. Know and use the proper hand signals. Cycle in a single file. Check for opening car doors and oncoming traffic. Do not hold onto moving vehicles. Wear bright clothes. Do not ride after sunset without a headlight and reflectors.

On public transport

Try not to use public transport by yourself. Make sure that you know where to get off, near your destination. Wait for the bus, train or taxi to stop before getting on or off.

SAFE AND UNSAFE BEHAVIOUR

Link the opposites



The Birds and the Bees - for pre-teens (10—13 years)



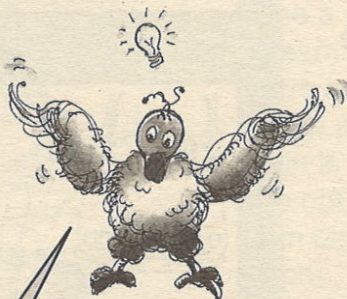
Let's talk about Relationships

The most important relationships you have are those with your family members. Some children live with uncles, aunts or grandparents, or have adopted families. We need to get along with all the people we live with.

During puberty, good relationships with family members can help you to understand and enjoy this exciting period in your life. You can help to form stronger and healthier relationships amongst family members.



Wouldn't that be something? How can we do this?



I know, I know. Through better communication!



That means through talking, listening and the way we behave. We talked about it in the previous magazine.

Now, when you have a disagreement at home (or anywhere else), how do you handle it? What do you think is the best way to go about it? The aim should be to listen to each other's point of view, and to reach an agreement or understanding, not winning or persuading. You, as a pre-teen can set an example for the rest of the family and friends.

Copy these relationship tips and put it up where you can see it every day.

- Talk and listen with respect to each other
- Talk in a calm way so that everybody understands what you think and feel
- Stick to the point and say exactly what it is you think or need
- Ask others to help you with a problem
- Find answers to a problem together and solve it within a set period of time
- Be willing to compromise (accept part of another answer to a problem)
- Do not insult, accuse or threaten a person
- Say when you need more time to think rather than blurting out something harmful
- Do not try to resolve a fight when you (or the other person) is rushed, tired, ill or drunk
- Always talk about the things that are upsetting you



Good communication between you, your family, and the community, will give you a sense of belonging and being valued.



Special Friendships

Friends play an important role throughout life. You need casual as well as close friends. A group of friends who share your interests and values will help you to develop a sense of belonging. You will also learn how to mix and get along with others. Close friendships take time to grow. Close friends share feelings, problems and secrets.

Choose your friends carefully because they affect your life – Do not have friends that might get you into trouble or situations that will frighten or shame you. Never let friends force you into having 'a boy- or girlfriend'. That might be okay for them but you may want to make as many friends as you can and need. This usually cannot be done when you spend all your free time with one person!

Communication skills (learning to express yourself well and understanding others better) always come in handy no matter where you are or what you do. It opens doors to friendship, better self-esteem, many activities, and experiences throughout life. Communication is a tool for learning life skills (the skills you acquire to protect as well as develop yourself). *We will talk about life skills next time.*

How to Make Friends

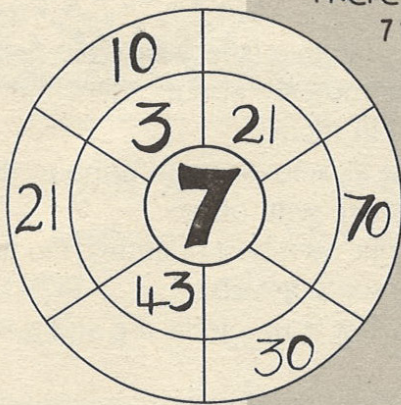
- Take the initiative (speak or greet first)
- Show that you care about others and are interested in them
- Participate in activities and hobbies that you can share with others
- Explore your own best qualities. Do not try to be like someone else
- Find out what your talents are and develop it
- Admit that you do not know something and ask questions
- Do not put people down or brag about your good points or possessions
- Take time to understand others and become an understanding person



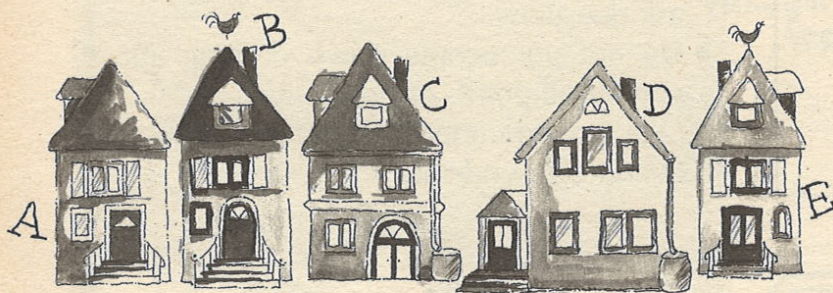
How to Keep Friends!

- Good friends have to accept each other with their faults and all
- Share your feelings and remember to let the friend share hers/his
- Show respect for their feelings and rights
- Do not behave selfishly
- Keep your promises and be honest
- Be careful with criticism
- Say if you need more time to think about something, rather than blurting out things you don't mean
- Show friends that you care about them

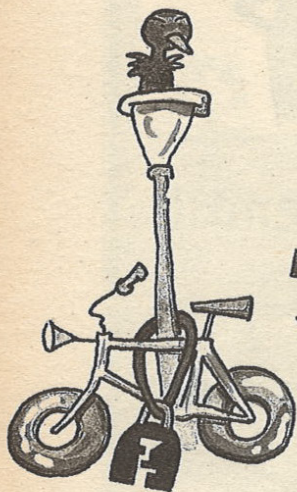
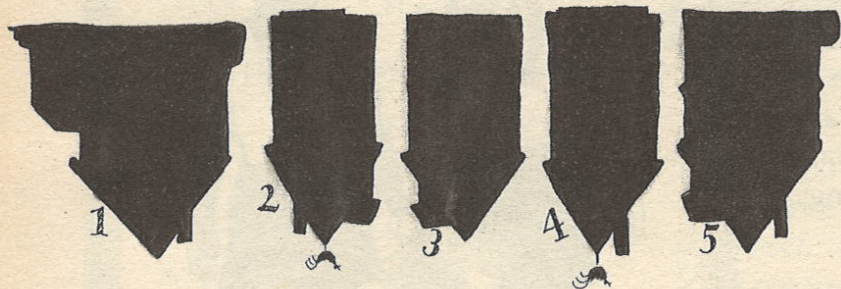
Games



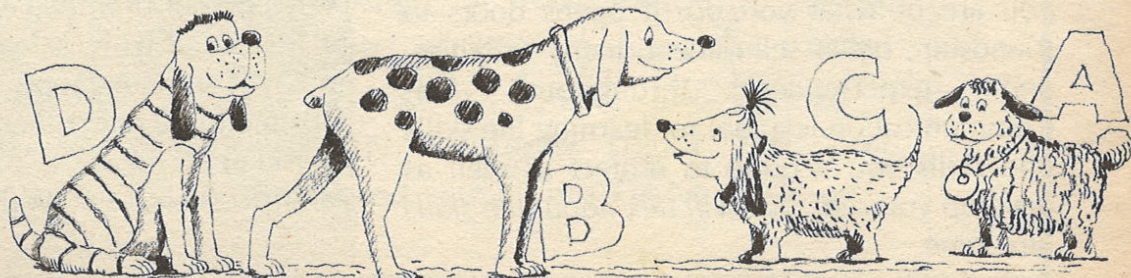
There are 3 circles. Add 7 to the inner circle to find the outer circle answer. Subtract 7 from outer circle to find the inner circle answer. Can you solve the maths riddle?



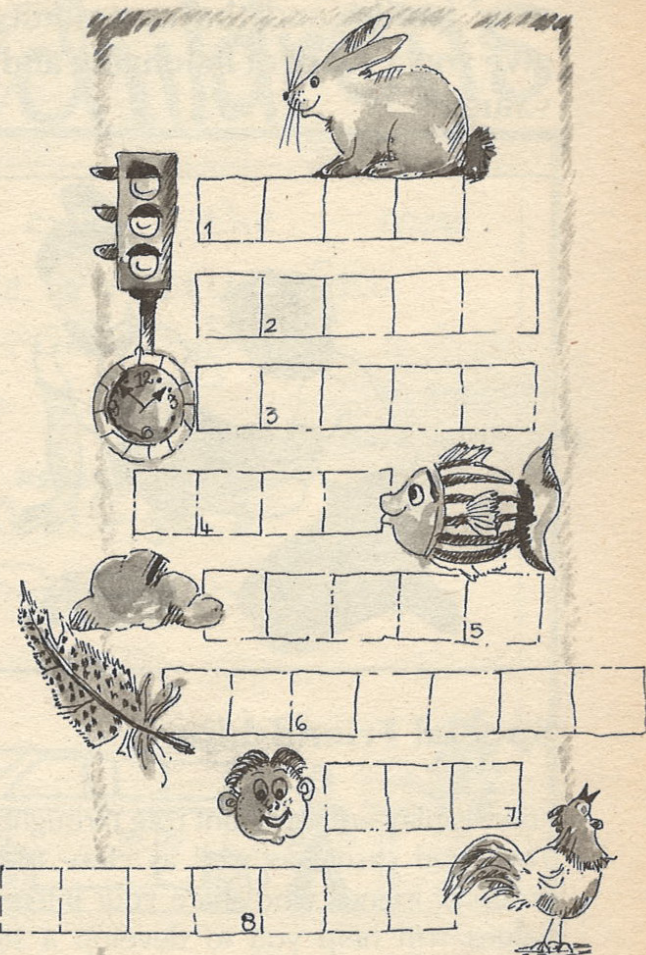
Link the shadow with the house to match it.



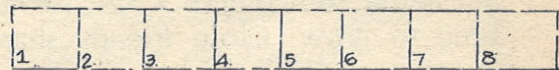
Sophie cannot remember which of the 9 keys will unlock her bicycle. Help her find the correct one.



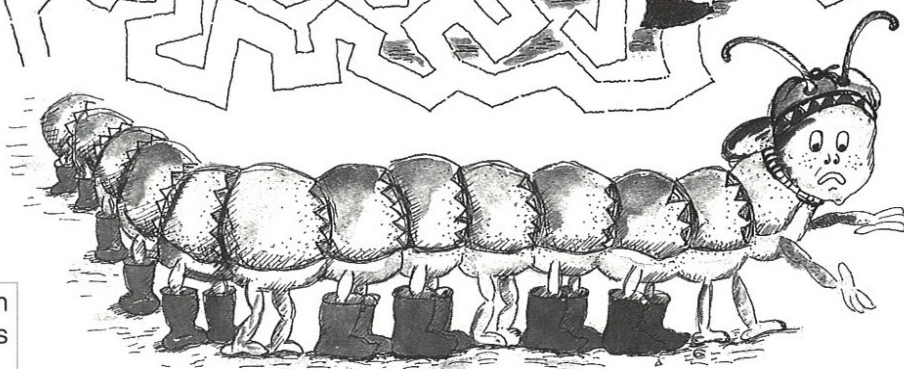
Solve the puzzle and find the mystery word.



Answer:

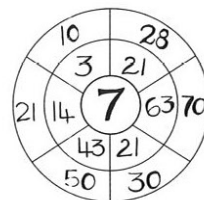
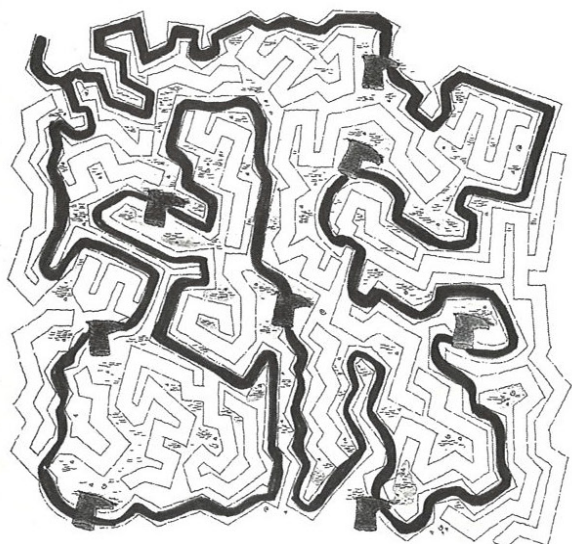


A complex black and white maze with a small figure at the entrance and a cherry at the exit. The maze is composed of many winding paths and dead ends. A small figure is positioned at the top left entrance, and a cherry is at the bottom right exit. The maze is filled with various patterns and shapes, making it a challenging puzzle.



answers • answers • answers • answers • answers • answers

Mystery word: Holidays



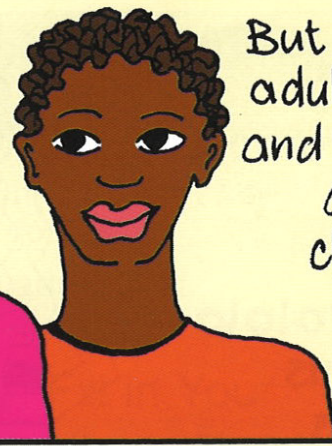
MOLWENI:	Hullo (alls)
KUNJANI?	How are you?
I am well:	Ndiphile
NGUBANI IGAMA LAKHO?	What's your name?
Ek is Linda	Ndingulinda
HAMBA KAKUHLE	Go well (bye-bye)
SALA KAKUHLE	Stay well (bye-bye)



TERRY

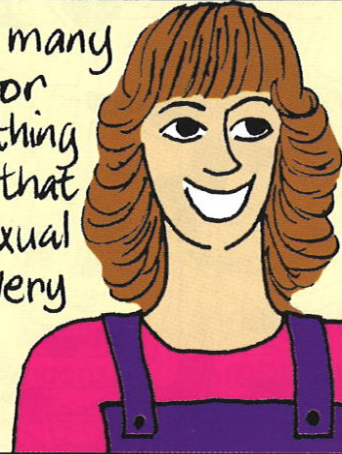


It is wrong for adults to have sex with children.



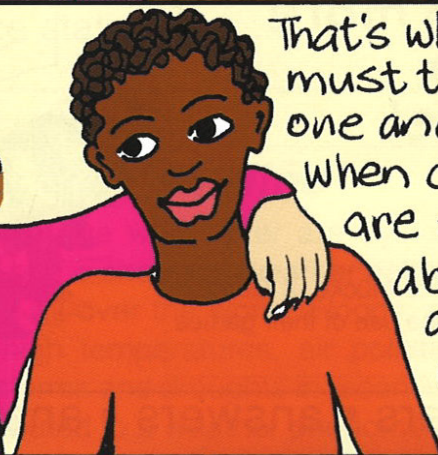
But why do adults rape and sexually abuse children?

There are many reasons for that. The thing to know is that rape and sexual abuse is a very serious crime.



Even if children and teenagers do it?

Even then, no matter how young you are. It is still wrong and a very serious crime.



That's why we must tell someone and report when children are sexually abused and raped.

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