

BETA
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HOM.Ed

The Homeschooling Magazine

issue
Number 02
FREE!
IT'S KIND OF A BIG DEAL



PIZZA
TIME
By GEORGIA

MY
HOME
SCHOOLING
JOURNEY
By Dorothy

MAILING
HOMESCHOOLing
By Thuku

YOUR CLASSROOM
IS THE KITCHEN


By SUHAILA

BUNGO
CONNECT



African Musings:





“Most people write me off
when they see me.

They do not know my
story.

They say I am just an African.

They judge me before they get
to know me.

What they do not know is the
pride I have in the blood that runs
through my veins;

The pride I have in my rich
culture and the history of my
people;

The pride I have in my strong
family ties and the deep connec-
tion to my community;

The pride I have in the African
music, African art, and African
dance;

The pride I have in my name
and the meaning behind it.

Just as my name has meaning, I
too will live my life with meaning.

So you think I am nothing?

Don't worry about what I am
now,

For what I will be, I am grad-
ually becoming.

I will raise my head high wher-
ever I go

Because of my African pride,

And nobody will take that away
from me.”

— idowu koyenikan, *Wealth for
all Africans: How Every African
Can Live the Life of Their Dreams.*

PS. WE LOVE YOU.





HOM. Ed

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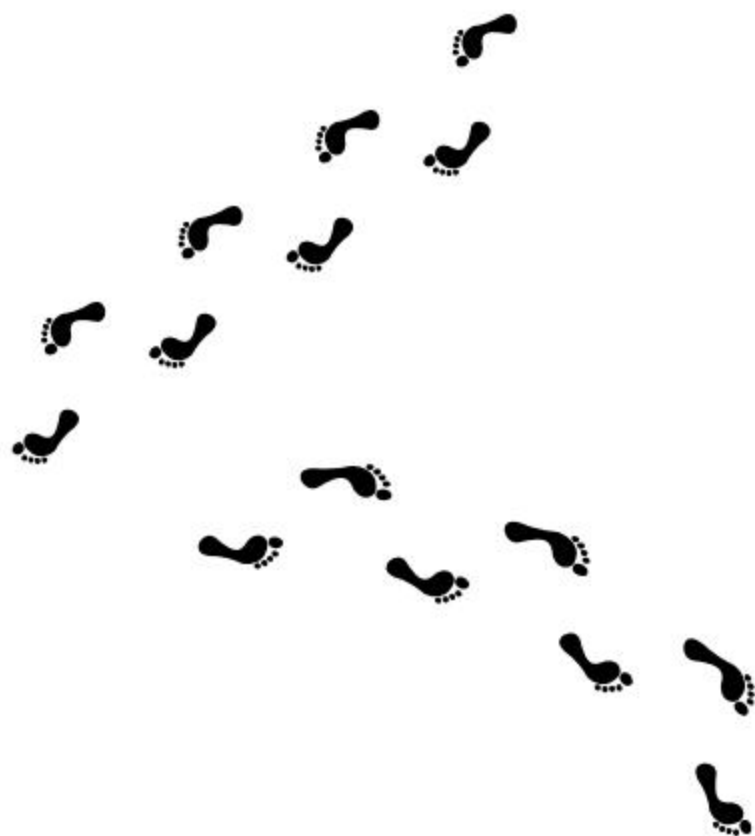
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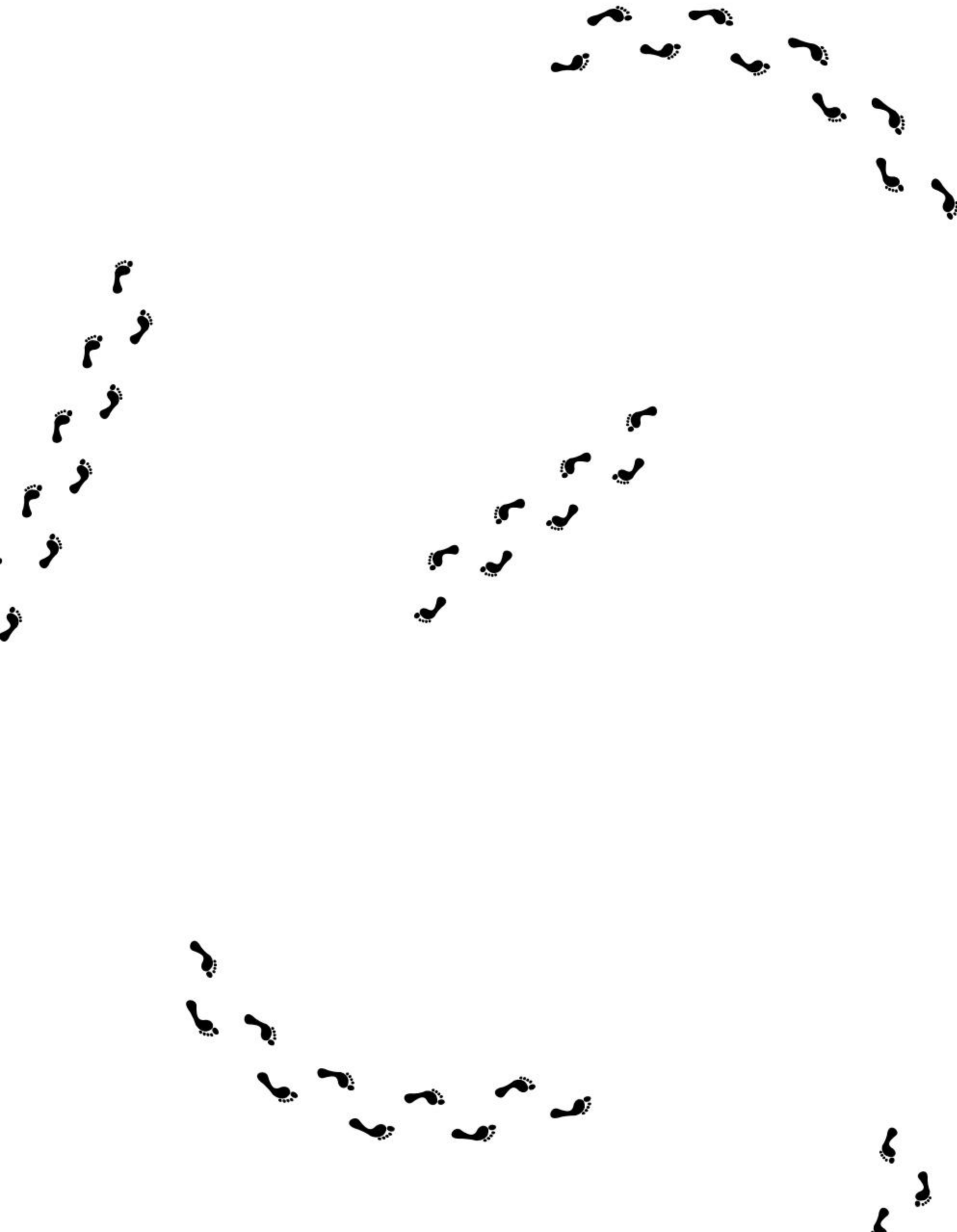
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CONTENTS



CONTENTS





EVENTS



We celebrate all mums. Happy belated Mother's day.



Ben
named 3-16-20 School

It is not going good, my moms getting stressed out. my mom is really getting confused. We took a break so my mom can figure this stuff out. and I'm telling you it is not going good.

Credit: Candice Hunter Kennedy on FB



Editor's note:

Kitchen tales are the tasty kind. Among all the rooms within a house. Those told in the safety of the kitchen walls are probably remembered the fondest. They are told amidst the sizzling of browning onions, splattering of stew or the angry hissing of boiling water.



We are thrilled to continue this journey with you.



For centuries, the kitchen has been a classroom where lessons have been taught from one generation to the next. These lessons were practical and memorable.

In this second issue of Hom.Ed, the spotlight falls on the kitchen and some of the lessons that are passed on from within it. Also, we practically look at how to carry out homeschooling for special needs children who need more specialized attention. Its another epic issue and we are thrilled to continue this journey with you. 🎯



Mary Muriuki.







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HOME SCHOOLING USING THE KENYAN CURRICULUM

By Mary Muriuki

The 844 and CBC curriculums are the most widely used curriculums in Kenya. During this season of school closure, majority of parents are grappling with how their children can continue learning at home. This has remained a challenge for many parents and students for several reasons.

The first and most significant challenge is the traditional approach to teaching and learning. This curriculum has specifically been designed for use in a classroom setting. The teacher comes to the classroom having prepared a topic to teach, and the student comes to class to hear from the teacher.

“

A parent can integrate a lot of online content, day-to-day activities and other material...

”

During the lesson, the student is given practice exercises and

assignments by the teacher to complete as homework so as to master what was taught.

The curriculum is designed in one part for the teacher (teacher's guide) and in another part for the student to read and practice the concepts.

This becomes a challenge for parents at home who are trying to assist the student, but only have the student material. Without the teacher's guide, the student workbook appears shallow and difficult to understand. Furthermore,

a parent may have several children in different grades and a wide range of subjects to cover.

For this reason, many schools have continued to

provide teacher-support through hard copies, text messages, virtual classes, learning applications, radio and televised lessons during this season. The best way to use this curriculum at home is to attempt to mirror the classroom setting and struc-

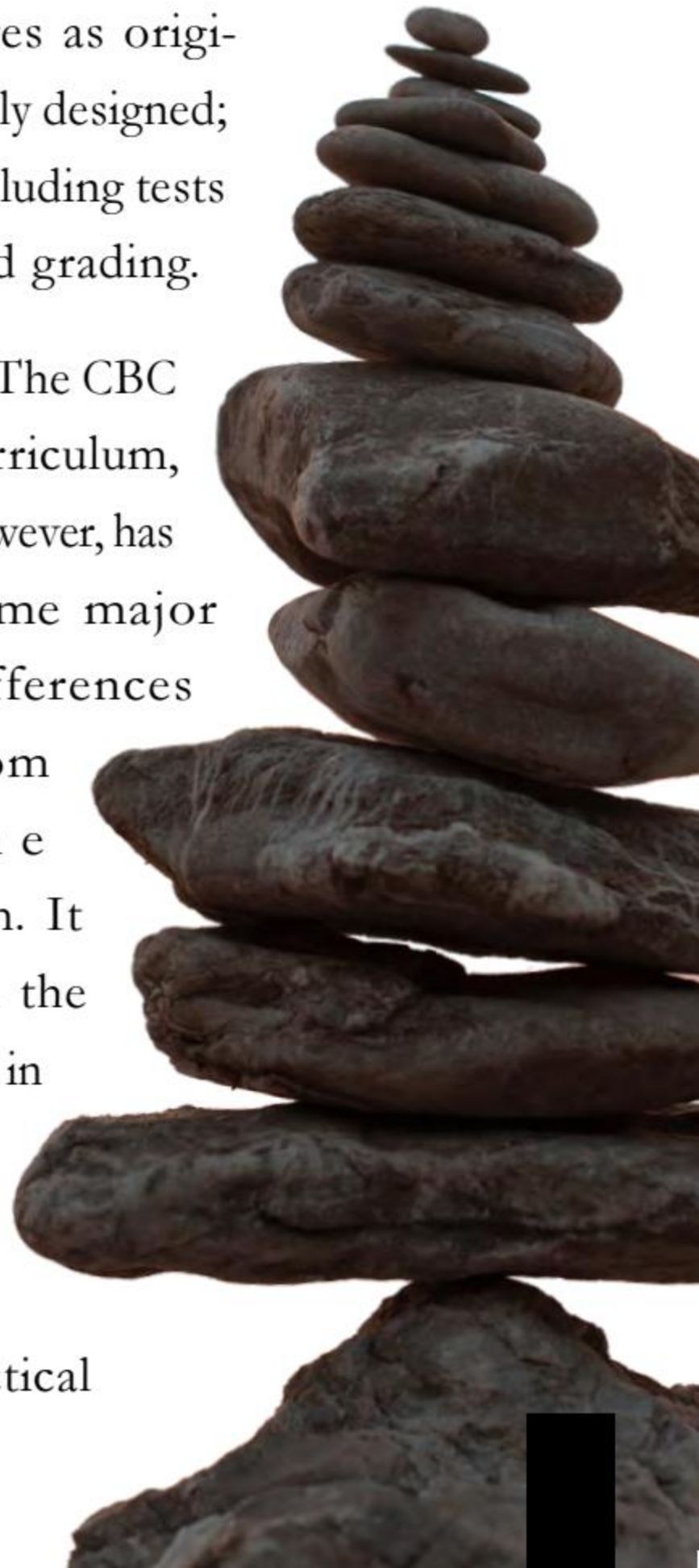
tures as originally designed; including tests and grading.

The CBC curriculum, however, has some major differences from the

8-4-4 curriculum. It is designed with the parent and student in mind. The focus is not only on testing and grading, but also on practical



The focus is not only on testing and grading, but also on practical application and integration of content into functional skills.





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application and integration of content into functional skills. This gives room for a parent to create practical, everyday activities, content and additional related material through research to keep the student learning and engaged.

A parent can integrate a lot of online content, day-to-day activities and other material for the student to interact with and still be within the goals and objectives of the curriculum. This approach makes it much easier for a parent to get involved in their child's education because the former uses

their own skills, understanding, opportunities and creativity in teaching. ●





SPECIAL NEEDS ORCHESTRA PROGRAMME



This is our first nonprofit project that will help us answer the biggest question and subsequent problem that most special-needs parents and guardians have and this question is **"What next?"**

Employment for children with special needs is very low and this becomes a worry to most parents of how their children will be able to support themselves once they reach 18 years.

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- ★ Improve their communication with each other and the people around them.

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MUSIC IN COLOR PROGRAM

Music in color was born 4 years ago when I was presented with my first special needs child. I had to develop a curriculum based on techniques recognized by some of the world's best curriculums to reach the child. Over the years, one student has turned to 20 students.

Learning to play a musical instrument has a powerful effect on the mind. Improving motor skills in children with cerebral palsy, increased tolerance to external stimuli and changing how the

brain processes information in general have been encouraging milestones.

I have been a music teacher for seven years. I offer both school based and home tuition. 🎵

My goal is to create the first autistic children's orchestra.

I am Joan Karanja, Founder and Director, Music in Color.



A photograph of three children in wheelchairs at a playground. The child in the center is wearing a white shirt and looking towards the camera. The child on the left is wearing a green shirt and smiling. The child on the right is wearing a grey hoodie and smiling. The background shows colorful playground equipment and a building with a balcony.

WHAT ABOUT CHILDREN WITH SPECIAL NEEDS?

By Mary Muriuki

Homeschooling is an individualized form of education that fits all children despite their differences and peculiar needs. It is especially suitable for children who do not typically fit in well in a traditional school setting. These students are commonly categorized as *special needs students*.

The term **special needs** refers to a very wide range of learning challenges common in students.

It can include children with physical, mental, emotional or social challenges, ADHD (Attention Deficit Hyperactivity Disorder), Downs Syndrome, gifted children, students with discipline problems, street children, autistic or sickly children and so on.

In addition to academic knowledge, special needs students need a nurturing home environment with tools and adjustments to meet their challenging conditions.

They also need special care and attention on matters of nutrition, personal care and daily living. All these can be easily done at home with love and encouragement, coupled with professional services from doctors, nurses, counselors, speech and physiotherapists, coaches, mentors etc.

As they cover numeracy, literacy and other skills, they are taught in their own unique way, at their own pace, away from a competitive classroom in which they typically can't keep up with. This environment helps them to relax and focus, consequently bringing out their gifts and strengths. With time, these strengths can be nurtured and developed to produce a productive and capable member of the society.

The most effective teaching

method for special needs students is the multisensory approach. This means that you need to use all the senses to teach concepts; visual, audio, touch, smell, taste and kinesthetic (body movement). All students, whether special needs or not, thrive with such a learning approach.

As a parent or teacher, as long as you

are determined, committed and creative, you will find that homeschooling is flexible and can meet your personal family needs and circumstances. ●



This environment helps them to relax and focus, consequently bringing out their gifts and strengths.





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Nyumbani**
Home Schooling

HOW TO NAIL HOMESCHOOLING

By Thuku Muthui

“Bira, what do we do with the children?” my husband asked from the verandah. I watched him walk towards me as I sat at my desk. His shoulders were drooped in despair, his jaw low-hanging and his eyes heavy with sleep. It was not a new experience for either of us. It was the same reason I had moved a desk to our bedroom and converted it into a temporary office.

My name is Birachi Siteme, an editor and columnist with one of the local dailies. I am a mother of two sons, a wife to Siteme and a devout Seventh Day Adventist. That introduction reveals the number of masters I serve.

Hubby was the hunched figure tottering to our bedroom after a school session with the boys, aged eight and six. He was upbeat about the whole homeschooling arrangement during the initial stages of the covid-19 pandemic, but it was now weighing heavily on him. I had overheard what seemed to



be the genesis of a squabble between sons and father during ‘class time’ in the living room and chose to ignore it; the boys did

not want hubby’s version of homeschooling. He had grown up in Belgium, and was the last person who should have been homeschooling them.

“Let them be. We can only do so much.”

“But all they do is sit in front of the TV and watch cartoons all day,” he complained as he half-sat half-collapsed on the bed. I think I heard it break.

“How about we forgot all that stuff they learn at school for a moment and teach them to be patient, to be kind, to be honest

and to appreciate life? Perhaps we will have taught them the true principles of life.” I said and patted myself on the back. I had been reading a lot of parenting books that were clearly coming in handy.

Fast forward a month later, we

now have a flourishing kitchen garden at the back of our house. Hubby and the boys have an incredible time there. They’ve planted an assortment of vegetables, herbs and flowers. Our six-year-old cannot stop talking about the baby

carrots he is tending to. They have also put up potted plants in the porch and front yard.

The boys know more about books and library management now. They have become collectors of children’s comic books. They have also connected with



The boys know more about books and library management now. They have become collectors of children’s comic books.



their creative side courtesy of my hour-long art and music classes every afternoon. Surprisingly, they fall asleep as soon as they start

watching TV. It's safe to say that homeschooling and parenting are not that difficult after all. 🙏

Personal Profile

Thuku Muthui is a writer and an editor at Ndeto Zetu. He is a life and adventure enthusiast. In his scripts, he writes about the positive side of life, making it sweet and desirable. Ndeto Zetu is a blog that focuses on stories from Africa. The blog aims to inspire residents of Africa and reveal to them the joys and possibilities in our continent. When not writing, Thuku is cycling, cooking or day dreaming.



Thukuchris117@gmail.com



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**SEMA'S
LAB**

SEE HOW TO PARTICIPATE BELOW...

PARTICIPATE IN THE CHALLENGE!

ITS EASY!

1. Make your own slime video following the tips below!
2. Post your video on Instagram, Facebook or Youtube and tag 3 people you wish to nominate for the challenge, followed by the hashtags:
#BestSlimeInTheWorldChallenge and #SemasLab
3. You can also send us your video on Whatsapp +254 759 461822
4. Our favourite videos will get reposted on our social media channels and the video with the most likes will be winner of the best slime in the world!

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NEVER MADE SLIME BEFORE? FIND OUR RECIPE BELOW!

SEMA'S
LAB

THE SLIME RECIPE

5 Steps to Slime!

1. Pour 180ml of glue (typically 2 x 90ml glue bottles) in the bowl and mix with the food colouring or paint to give the slime whatever colour you like!
2. Add in the baking soda and the contact lens solution to the glue mixture and stir slowly.
3. The slime will begin to form immediately! Lift some of the solution with the spoon and see how the consistency has changed.
4. Stir as much as you can and then dig in and squeeze it with your hands until it gets less sticky.
5. Add in ANYTHING you think will make YOUR slime special and the best ever. Now you should have the best slime in the woorld!!

Ingredients

- 180ml of white liquid glue
- 1½ tablespoon of Contact Lens solution
- A tablespoon of baking soda
- A Spoon
- A bowl
- 2 drops of food coloring or waterproof paint (optional)
- Your additional twist !

Don't have the above ingredients? [Here's a list of more slime recipes that are easy to make!](#)

WATCH SEMA'S LAB SLIME

**STYICIE & SETH MAKE
AVOCADO SLIME
OOBLEK SLIME**





NOW IT'S TIME TO MAKE THE VIDEO





Here's what to include in your video!

1. Mention this is Sema's Lab Best Slime in the World Challenge! Nominate your best friends to participate!
2. Show and mention the ingredients you are using so your friends can use your recipe!
3. Guide us through each step as you make the slime!
4. When you're finished shout out our challenge tagline: "And you mix and you mix and you mix, until you have... the best slime in the woorld!"

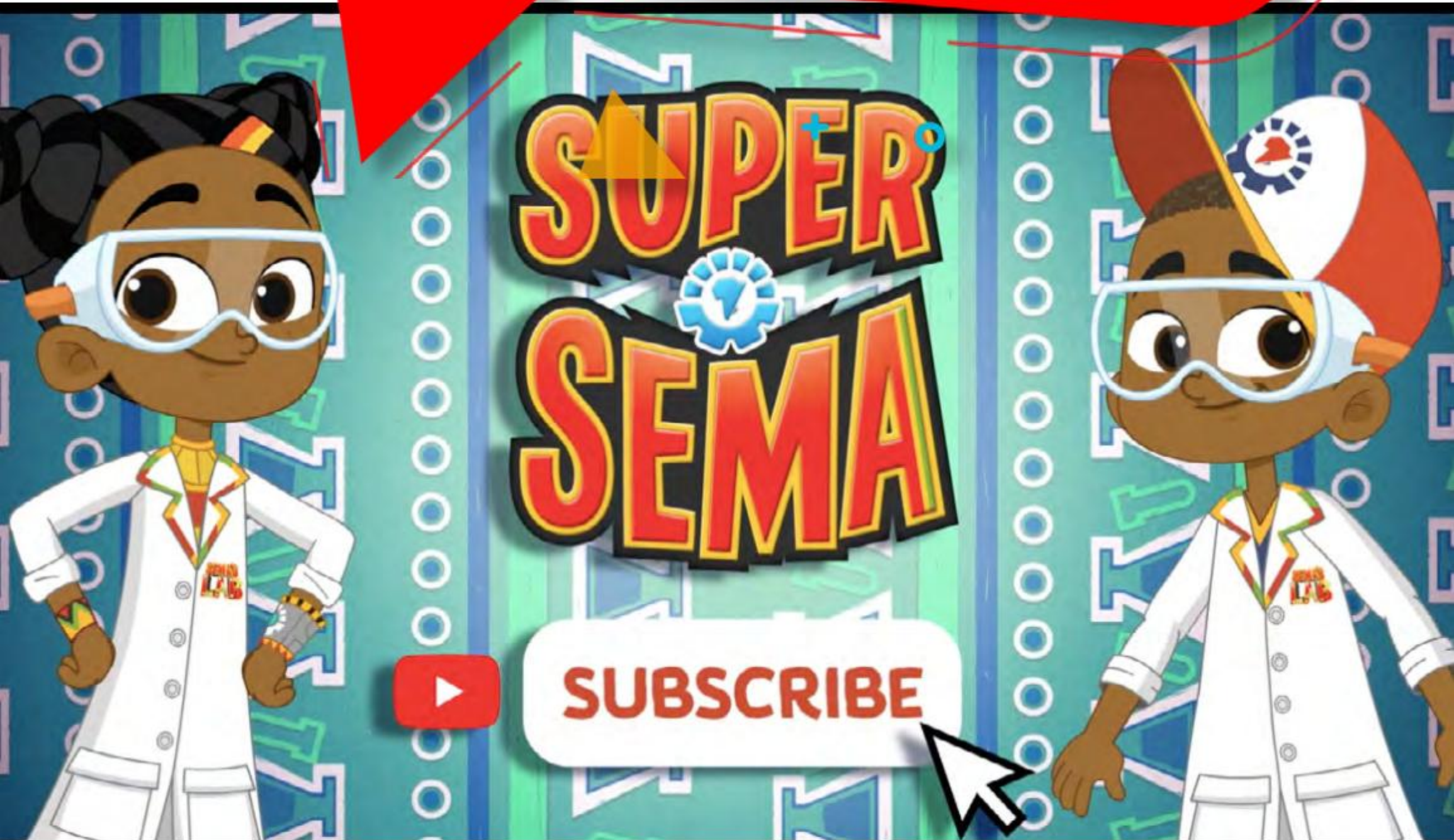
MORE TIPS TO FILM LIKE A PRO!

- Use your phone in horizontal mode.
- Pick your best house location to be the backdrop of your video and make sure we can hear your voices.
- Zoom in and follow the exciting actions!
- If parents want to be in the video too, then use a tripod, fix the phone onto something or have someone film you!





The experiments done on Sema's Lab are easy to do and require materials easily accessible at home. As you watch, try them out with your kids; share the lessons, fun, laughter and bonding moments using the hashtag **#semaslab** to encourage other parents as we all figure out how to Homeschool effectively.






PIZZA TIME

By Georgia Ogonda





Pizza dough recipe.

- 4 cups all-purpose flour
- 1 tsp salt
- 1/4 cup oil
- 1 tbs sugar
- 3 tsp yeast
- 1 and half cups warm water.

Method.

1. Add yeast to the warm water and let it sit for 6 to 8 minutes or until yeast has proved. (You will know when it begins to form and rise, if not, your yeast is bad or your water was hot hence killed the yeast.)
2. Add sugar and oil into the yeast mixture then stir.
3. Pour the mixture into your flour mixed with salt. Mix with your hand or mixer.
4. The dough will be sticky. Do not overmix.
5. Oil your bowl and place the dough. Cover and let it rest in a warm place for an hour or until doubled in size.
6. Once doubled, deflate the dough gently and flour your work surface.
7. Place the dough, fold gently and cut to your desired size for pizza.

How to make pizza.

Preheat your oven for 10mins at 180°C.

Tip - You can use baking trays that most ovens come with. Apply a teaspoon of oil and dust with flour.

- 1. Place your pizza dough on the baking tray after rolling the dough out lightly on your work surface.**
- 2. Work with your fingers to push the edges out on the baking tray.**
- 3. Use a fork to make marks on the dough.**
- 4. Apply your pizza sauce. Ensure you coat all areas.**
- 5. Add your toppings (Cooked chicken, sausage, ham, beef, mushrooms, onions, tomatoes etc) then generously sprinkle cheese. Mozzarella and cheddar make a great combination for pizza.**
- 6. Place in you preheating oven and let it cook for 12 to 15 mins at 180°C.**
- 7. Serve while hot.**

Home-made pizza sauce.

Recipe.

- 2 ripe tomatoes
- 1 tsp salt
- 1 tbs oil
- 1 tsp curry powder
- 1 tsp Paprika
- 1 tsp coriander powder (optional)
- 1/4 tsp black pepper (can add more)
- 1 onion
- 2 cloves of garlic
- 1 tbs balsamic vinegar (optional)

Method.

1. Put your tomatoes, onions and garlic in a blender then add a little water and blend smoothly.
2. Heat the oil in a pan then pour in the blended mixture. Stir to incorporate the oil.
3. Add your salt and spices then stir to give a good mix.
4. Add your vinegar then let it simmer until the water in the mixture has evaporated but don't leave it to dry.
5. Let it cool down before using it on your pizza.

You can create a whole lot of tasty pastry dishes with the flour sitting in your kitchen cabinet. From simple bitings like 'Mandazi', donuts, 'Chapati' to complex servings like cakes, puff pastry, short pastry etc.

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MPISHI SAFARINI: MY JOURNEY TO FOOD

By Suhaila Sihag

As a Swahili-Kenyan, despite knowing that I come from a rich culture, I came to the realization that I was ignorant about some important aspects of my culture, country and homeland - Africa.

This realization sets in for many of us, both Africans living in Africa and those in the diaspora. For a long time, we have believed that African history can only be told

“
I developed a deep interest in my roots and our collective culture through the avenue of food...

”

under the backdrop of tragedy. Therefore, we don't take initiative to dive deep into our roots and find out our true heritage. We stand at the intersection of crossroads and are constantly faced with a crisis of multiple Identities.

What's worse is that our customs and traditions, pieces of us that we are meant to embody, protect and preserve, are bound to be lost forever.

My love affair with the intersection between food and culture started 10 years ago. I was introduced to food in a rather rare and unique manner. This became an unexpected avenue to learn and discover the deep connection that food has with people. This only happened after I had to live abroad and integrate with cultures that hold their food

traditions and customs proudly. More so, their traditions are deeply embedded in their identity. I was able to experience and understand their world through spectacular and peculiar food cultures that they hold.



Here is what blew my mind; one of the common African traditional teachings is that the kitchen ought to be the foundation of the child's early education.



Because of this, I developed a deep interest in my roots and our collective culture through the avenue of food and its foodways, starting with my Swahili background. Swahili tradition and generally the African cultural heritage was passed down orally. This was done mainly

through the matriarch. These legacies and teachings started from an early age. Here is what blew my mind; one of the common African traditional teachings is that the kitchen ought to be the foundation of the child's early

education.

Furthermore, family legacies, culinary secrets and wisdom were shared within the kitchen walls. These legacies were anchored around the basics of food as a foundation for individual, community and environmental wellbeing. Looking back at food traditions and grandmother's cooking, one can discover that their teachings in turn help us reveal who we are and what we hold dear. In addition, there was an awareness of what we consume, how we acquire it, who prepares it and who is at the table waiting for the meal. That goes beyond merely nourishing the body, to understanding the foodways of a place and the diverse global cultures. This has the potential to inspire and strengthen the bonds between individuals, communities, and even countries. ●







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~David O. McKay



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An open book with glasses on top, set against a dark background. The book is open to two pages of text. The glasses are resting on the right page. The background is dark and slightly blurred, showing the spine of the book and some other papers or books.

DISCIPLINING CHILDREN WITH BIBLICAL PRINCIPLES

By Mary Muriuki

Successful homeschooling requires children to be disciplined. They need to be able to sit, listen, read, do practice work on their own and keep their minds focused. Concentration on any task requires discipline. A child has to decide to keep their mind and body in check.

Some children are naturally calm and focused whilst others are hyperactive, talkative and constantly on the move. They all need to be taught discipline. It takes effort and repetition to teach a child to be disciplined. Children are more receptive to discipline when they are young; just like the shoot of a young tree that can be bent and turned to grow in any direction, but as it grows older, the stem becomes harder and harder to bend. Eventually, if one tries to bend it when it is hard, it breaks.

Discipline is best taught one character trait at a time. For example, if you are teaching a child to eat with their mouth closed, keep repeating that instruction every time you see him/her doing otherwise and eventually, the child will remember and form the habit. After that, pick another area. Another example is obeying instructions. Teach the child to obey the first

time they are told. Keep track of how many times you tell them the same thing before they obey. Once it gets to the third time, have a consequence in place. If you keep doing this, the child will discipline themselves to obey the first time you tell them.

Proverbs 13:24

*He who spares his rod hates his son,
But he who loves him disciplines him promptly. (NKJV)*

In scripture, the rod is a tool used to drive out rebellion in a child. The rod is not used for everything, but should be reserved for rebellious behaviour such as lying, stealing, temper tantrums, rudeness etc. There should be different degrees of consequences for different levels of negative behaviour.

Romans 3:23

For all have sinned and fall short of the glory of God. (NKJV)



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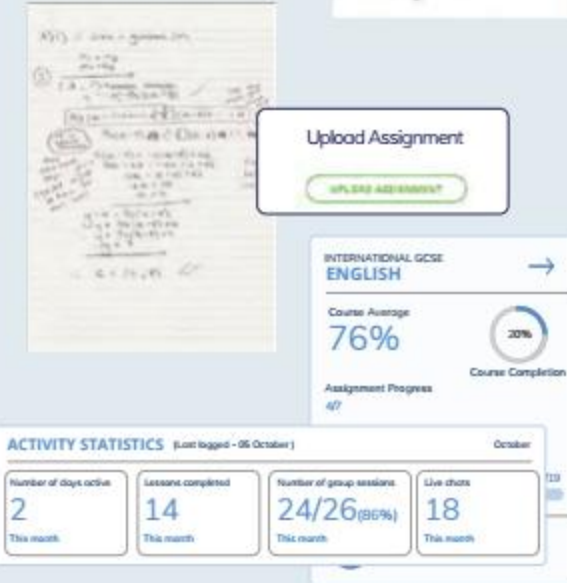
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life. For example, stealing will land you in jail, adultery will ruin your marriage, laziness will cause you to lose your job etc.

Proverbs 22:6

Train up a child in the way he should go, And when he is old he will not depart from it. (NKJV) 🙏

Mankind is a fallen being and all are sinners in need of a Saviour. Through salvation, God is able to help man overcome the sins that lead to death. (Ephesians 5:5, Revelations 21:8)

There is certain behaviour, if left unchecked in childhood, will manifest into destructive behavior as an adult resulting in a troubled



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WHAT I HAVE LEARNED IN MY HOMESCHOOLING JOURNEY

By Dorcas Wamaita



DIFFICULT
ROADS
LEAD TO
BEAUTIFUL
DESTINATIONS

Homeschooling is a topic that is all the rage right now, especially following closure of schools all over the world thanks to the Covid-19 pandemic. For most parents, homeschooling is a decision that has largely been forced upon them. However, for my family, it was a choice we made 5 years ago.

Homeschooling has been a great blessing to my children and I. While it has come with its own

set of challenges, today I want to focus on what I have learned in this journey.

1. No Two Days Are Similar

Setting goals is an important aspect of getting your homeschooling routine right. In fact, it is vital that you set daily, achievable goals for your students and for yourself. However, you must always remember that each day will come with its unique set of challenges. Some days, you may achieve your academic goals and fail terribly at other goals you may have set. Expect this and you won't beat yourself up too much about it.

2. Education is Life

Homeschooling has taught me that learning happens even outside of the curriculum that we use. A lesson learned about sharing following a disagreement over items goes into the books as education. I have always ensured that we learn something new outside of the prescribed academic timetable daily.

This has made our homeschooling journey more fulfilling.



3. You Can't Do It Alone

Finally, homeschooling is a journey that I believe cannot be done without God's help. We depend on Him daily for our daily leading and provision. I have also come to understand the importance of getting support from your family and the community around you. While this may not happen immediately, when it does, it goes a long way in making your daily routine easier. ●

Personal Profile

I am a passionate writer whose career spans over 10 years as a copywriter in advertising and media. I am also a freelance writer creating content for various niches such as lifestyle, travel and spirituality. My greatest achievement lies in educating my children for the past five years at home while authoring my first of many books. I am also an avid cook, baker and seamstress.



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YOUR CLASSROOM IS THE KITCHEN

By Suhaila Sihag

My grandmother used to tell me these words;

“Kalamu yako ni Mwiko, Kitabu chako ni Sufuria, Na Darasa lako ni Jikoni.”

This translates to:

“Your Pen is a Wooden spoon, Your Book is the cooking pot, Your classroom is the Kitchen.”

I never remember fully understanding what the words meant. However, I remember getting annoyed by the statement. This is because I thought she meant that my end

goal in life would always be in the kitchen. No career, no ambitions and definitely no success in other endeavors I was interested in.

Nevertheless, today this statement

has proven to be true. In fact, more valuable life and educational lessons were taught to me while in the kitchen. Surely, it was my first classroom and continues to be so. Let me explain:

Let's think of mathematics; to prove that I had eaten more beans than my brother, I knew I had to count them and that I had to have more beans than my brother in my serving. Therefore, I started counting my beans to learn my numbers. Consequently, I learn my addition and subtraction.

Well, how about English? Do you remember how you learnt the alphabet and word formation - A is for Apple, B is for BANANA! That's how we began to know our fruits and letters associated with them, as we were eating or

accompanying our mother's in the kitchen.

Economics, here is the fun part. When young we are always sent on errands to buy things, sometimes we are sent to buy a packet of milk. We are taught that

if a packet of milk is 50ksh and my mother gave me 100ksh, I had to bring back change.

Or the art of trading, in order to get my favorite candy from my brother, I had to trade him something he wanted so that I could get what I wanted.

What of science you ask? Let's take baking a cake for example.

When baking the perfect cake, one must have sugar, fat, eggs, flour and baking powder to get that perfect, soft, fluffy cake. Each ingredient has a specific reaction



When baking the perfect cake, one must have sugar, fat, eggs, flour and baking powder to get that perfect, soft, fluffy cake.



and role to bake that perfect cake. Case in point, eggs act as a binder; sugar sweetens and moisturizes; flour gives structure to the cake; and baking powder makes the cake rise and fluffy. There you have your chemistry 101.

In a nutshell, the Kitchen as a classroom can provide countless critical lessons.

The kitchen as a cooking lab: This will help us learn through the preparation and tasting of food. Connecting the kitchen and our environment will spark curiosity about where our food comes from and how it is grown. This will cascade into independent exploration of the food systems from individual ingredients to multiple food products when taking trips to the supermarket or the local grocery. Ultimately, this creates relevant and healthy interactions





of aesthetics, social and environmental issues, as well as functions and industry, the kitchen becomes a useful space for the youth. It enables their young minds to identify needs and opportunities and respond to them by developing a range of creative ideas to create products and systems that are safe, sustainable and aesthetically inspiring.

Lastly, the kitchen as a cultural space: This allows us to explore history, identity and the heritage of places that food represents. This is done with the

between the consumers and experts like farmers and other food producers through local institutions, farms and other avenues.

The kitchen as a creative and technological lab: By combining practical skills with an understanding

aim of shifting paradigms, raising awareness, encouraging diversity and inclusivity. Encouraging eating as a social activity results in defining and inspiring community and the boundaries thereof. Food also plays a key role in defining family roles,

rules, and traditions. It helps us discover attitudes, practices, and rituals. The cultural significance of food can be used to lead young

minds on a path of empathy and tolerance. 🍪



THE ACTIVITY PAGE

Name: _____ Date: _____

Color by Number Butterfly

Directions: Use the color key below to reveal the beautiful butterfly.

1 = Green

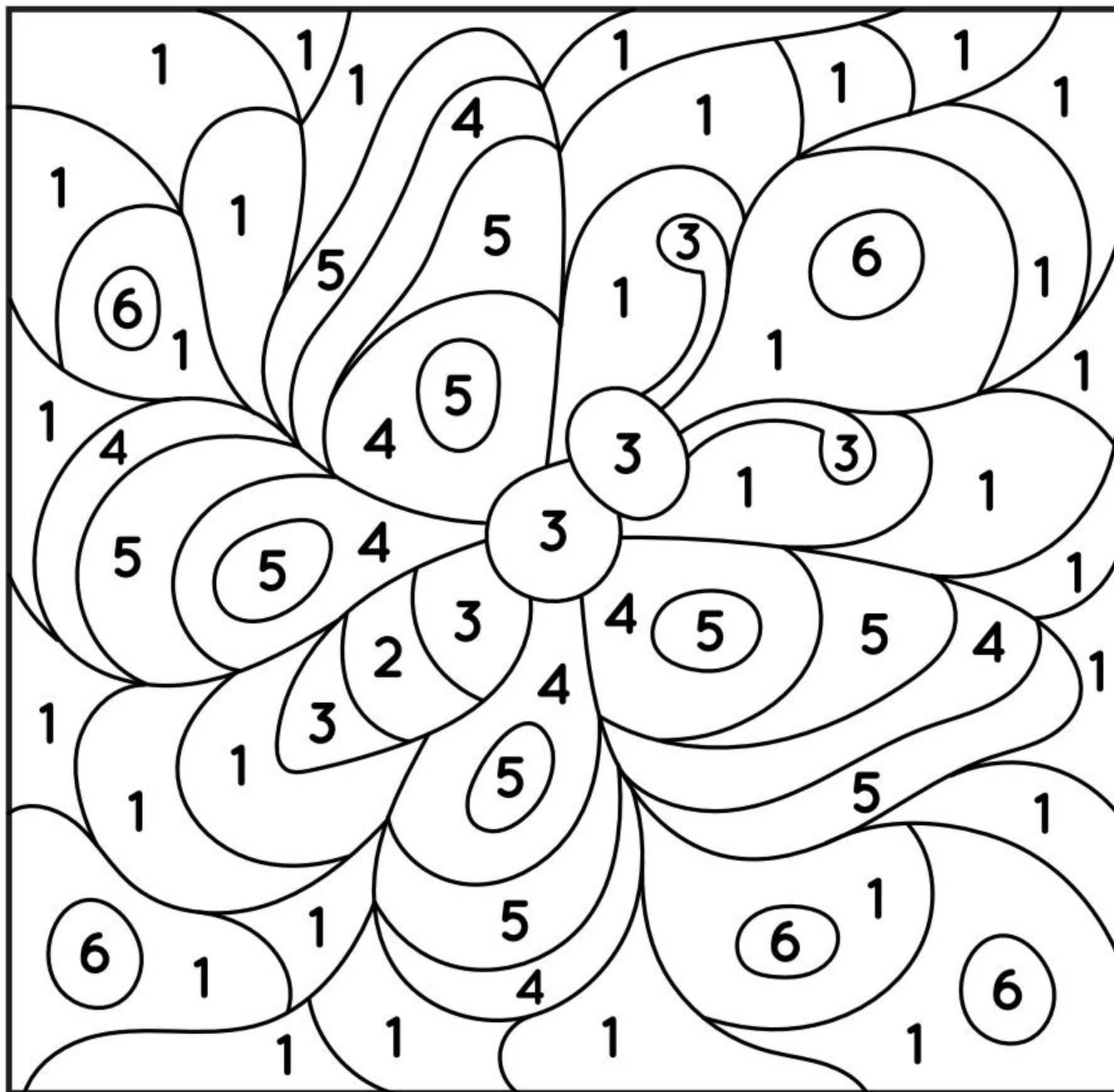
2 = Orange

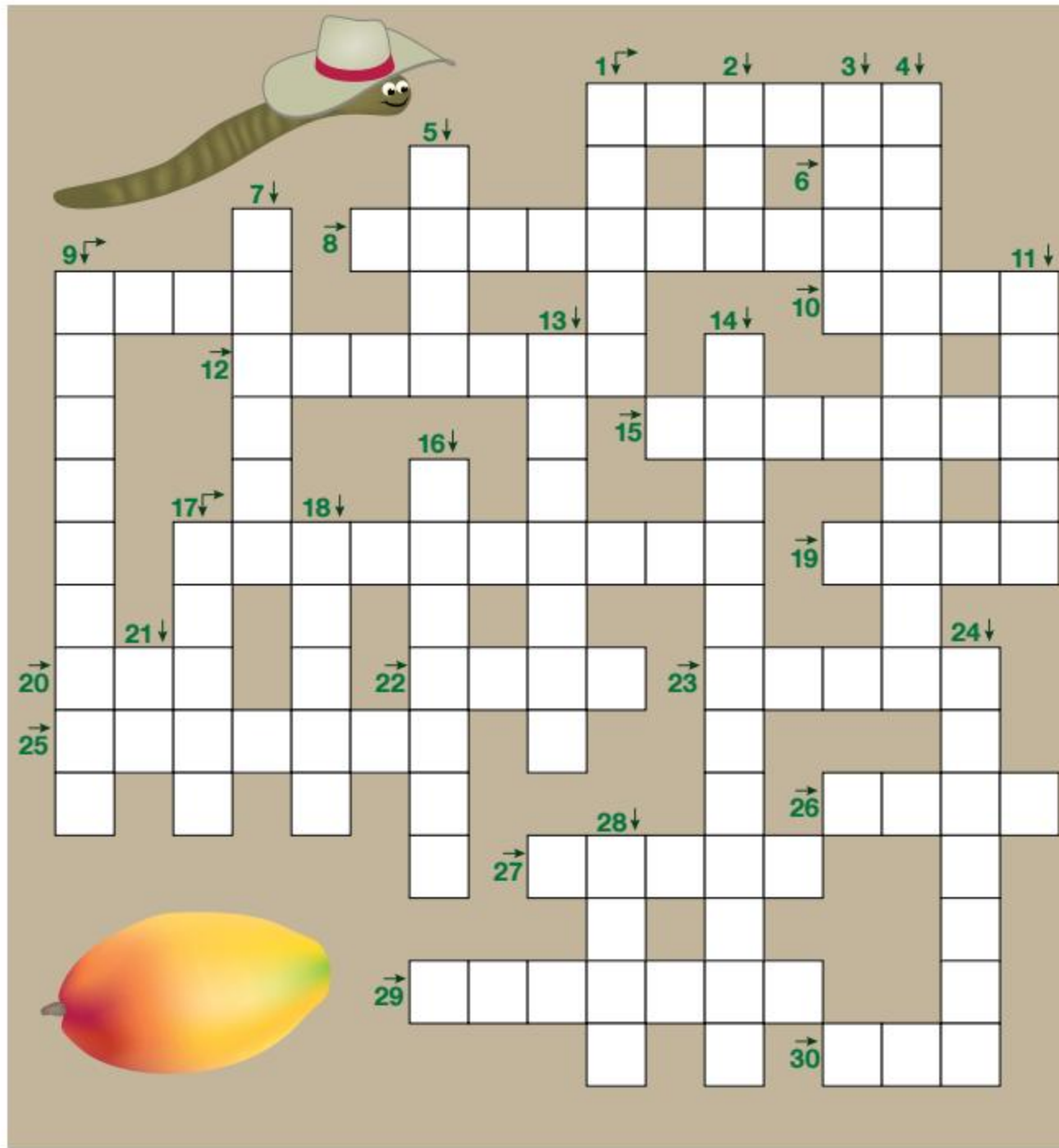
3 = Brown

4 = Blue

5 = Purple

6 = Yellow





Down

- 1) quickness
- 2) belonging to him
- 3) water falling out of clouds
- 4) a test, such as in science
- 5) to jump
- 7) someone who tends to cows or horses
- 9) a long, slimy creature that lives in dirt and has no bones
- 11) not loose
- 13) jealous
- 14) the effect or result, usually negative, as in "You'll have to face the _____."
- 16) to ruin
- 17) a tart fruit that is red, orange, or yellow
- 18) fashion, or the way something is done
- 21) my friends and I
- 24) energized, stimulated, ready to go
- 28) the opposite of early

Across

- 1) a shape, like a ball
- 6) a tool used for chopping wood
- 8) guidance from the person in charge, a personal quality that a teacher should have
- 9) a repeated sound
- 10) orderly, clean, tidy
- 12) covered by something, such as a blanket or paper
- 15) the part of the day before noon
- 17) difficult to understand, scary, like a haunted house
- 19) to nap, to sleep, or a silent beat in music
- 20) to hold as property
- 22) a loud, dull sound, as in "That door sure makes a _____."
- 23) something someone said, exactly how she said it, as in a "famous _____."
- 25) normal
- 26) the front of something, such as a head
- 27) something empty, as in "Fill in the _____."
- 29) someone associated with another, such as in business or dancing
- 30) conclusion



BALANCING THE PARENT VERSUS TEACHER ROLE

By Mary Muriuki

The modern education system has clearly defined the role of a parent and that of a teacher. Children are nurtured by parents at home and are taught by teachers in schools. This works in a society where children physically go to school away from their homes. However, when the structure of education changes and children are expected to learn from home, the roles of parents and teachers have to change to adapt to the “new” model called homeschooling.

The Covid-19 pandemic has caused a paradigm shift in the way we educate children. It has also caused a shift in the way parents earn a living. Parents are now expected to work from home, pay their bills and supervise the education of their

children. To manage this successfully, parents have to make adjustments to their daily work schedule to accommodate time spent at home educating children.

It is interesting to note that this is the original structure of family, work

and education for mankind before the Greek empire influenced the western world to adopt the concept of communal schools where children learn away from home. This original model of education was also practised in Kenya before she was colonized by the British.

The Bible also describes this model of education in Deuteronomy 6:6-7 when God gave Israel instructions on how to teach and influence the generations to come with His commandments: "And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up." (NKJV)

In this command, parents are the primary educators and they are expected to spend time teaching and modeling biblical concepts to their children. There is no distinct difference between the role of parenting and teaching. Parents are teachers and teachers are parents. The two roles work simultaneously and organically.

In our current circumstances, parents and children have to make and accept this mental shift. Parents have to accept that they are teachers and children have to accept that their parents can teach them.

This is more like going back to what they were doing when the children were younger. At the toddler stage, parents were the primary educators. They

taught children how to talk, feed and dress themselves, potty training, how to be friendly to people, table manners and so forth. In most cases, this was with the help of a nanny who was guided and instructed by the parent on what to do. However, when the child reached school age, the parent enrolled the child in school and transferred the primary teaching role to the school teacher.

When homeschooling, parents still need the help of teachers in certain aspects of learning, whilst still maintaining the role of primary educator. 🗣️

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BEYOND THE KITCHEN: NURTURING GREEN LIVING & MINDFUL, FOOD CONSCIOUS GLOBAL CITIZENS

By Suhaila Sihag

Today, we are faced with many nutritional and environmental issues due to the globalized food system. In the recent decades, we have made some poor food choices.

Most of our foods now require less energy to prepare without forethought on the benefit of the meal to our bodies. This is because of the disconnect between individuals and the food production systems.

By placing trust in these systems, we no longer question the journey of our food. Who grows it? Where it's grown? How it's made? What are the environmental impacts of growing and making it? What is in our food? It is important to get back to how we made food in

the past, more so considering its quality, and be cognizant of how our food systems work. We need to influence our own choices on the food we eat and emphasize the importance of educating for food literacy.

The book, ‘Sustainable well-being’ explains;

“Due to diminishing understanding around food and its uses, the concept of “food literacy” or being food literate is being explored as a new approach to food that has the potential to facilitate healthy food relationships. Food literacy extends beyond nutritional recommendations and cookery lessons, to fostering important and vital connections between food, people, health and the environment both theoretically and practically.”

Therefore, food literacy must be implemented as a curriculum to

educate and empower the youth to be conscious



Therefore, food literacy must be implemented as a curriculum to educate and empower the youth to be cognizant about making healthy food choices.



about making healthy food choices. This will encourage them to become advocates for *green living and mindful, food conscious global citizens.*

It will also encourage them to promote dialogue and exchange of ideas around the world as a way to identify concrete solutions capable of solving food paradoxes, sustainable development and reducing food waste and food related non-communicable diseases. This will be done through better dietary education, safe and ethical environmental practices, including improved access to food. ●

BUNGO CONNECT.

By Suhaila Sihag

F R I E N D S

With all that I had learnt about food, I felt the need to create a space for the youth called BUNGO CONNECT.

BUNGO CONNECT is a youth food Co-Lab network that combines food and its vast related fields with a mission to promote and encourage dialogue, exchange ideas and act as a way to identify concrete solutions capable of solving food paradoxes, green living and bring about mindful food conscious global citizens. This will allow us to:

1. Combat food related issues both locally and globally.

2. Encourage creativity and innovation to deal with a rapidly changing world.

3. Motivate the youth to become independent, creative problem solvers and thinkers.

4. Combine practical skills with an understanding of aesthetics, social and environmental issues, as well as functions and industry.

5. Enable students to identify needs as well as opportunities

and respond to them by developing a range of creative ideas to create products and systems that are safe and sustainable.

6. **Build networks and pathways for youth in Kenya across all related fields within the**

food system.

7. **Build bridges and blur boundaries while uncovering and discovering our very own food ways.** 🌍

Personal Profile

My name is Suhaila Sihag, born, raised and currently living in Mombasa, KENYA. I am a foodways advocate, an R&D food Specialist and Consultant. I am also a food educator, a food photographer and stylist, an aspiring food anthropologist and food writer. I'm the founder of [Mpishi_safarini](#) (Storytelling platform that is centered around culinary traditions; forgotten recipes & foods, and Africa's culinary heritage), [Bungo_ke](#) (R&D Food Co-Lab and Test Kitchen) and [Bungo_connect](#) (A Food Co-Lab network). I am passionate about food, its related foodways and fields. My current focus is on celebrating & preserving Africa's culinary heritage.



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Home Schooling



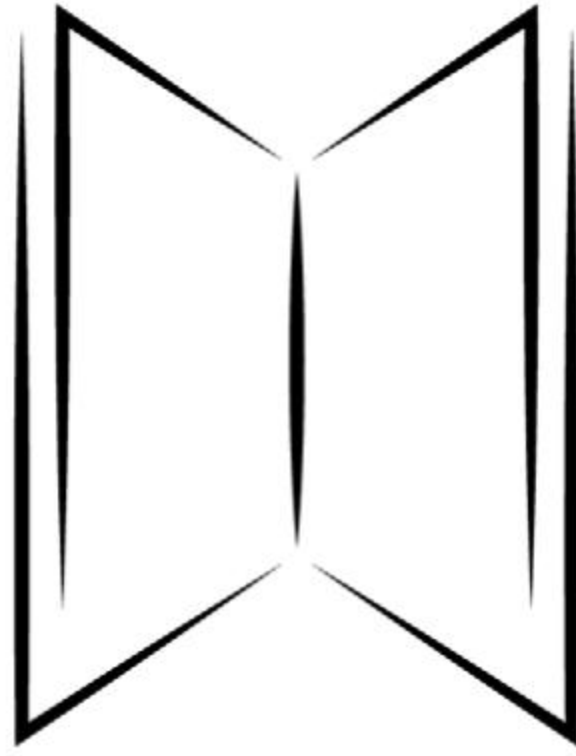


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