

PAKO

Kids Magazine

www.pako4kids.com

**Benefits of
Protecting
and
Growing
TREES**

Explore the
Solar System



**Butterfly
Adventures:
Dive into a World
of colours and Magic!**

© Marta Costa on Unsplash

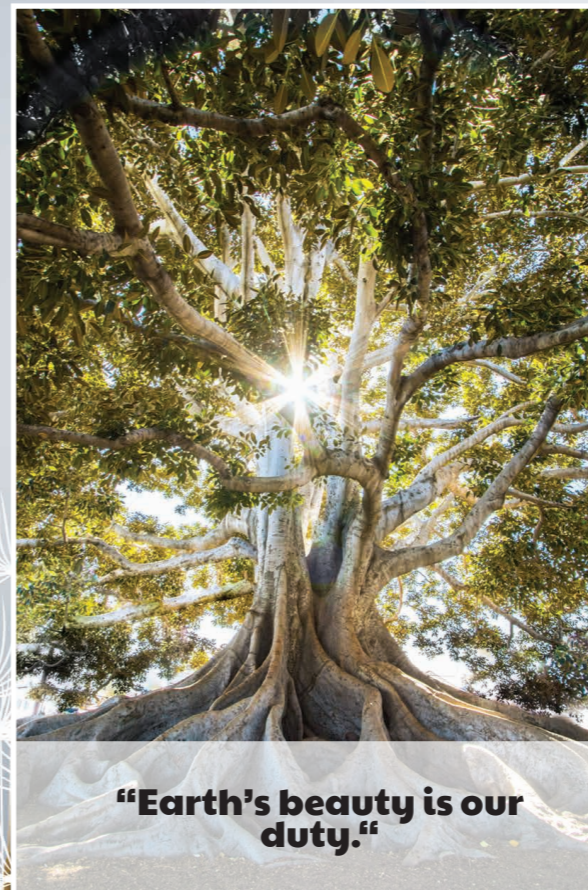
Think your child is a genius? We think so too

That's why we created the FNB Future Account, providing simple, useful banking services to help future generations reach their potential.

- No monthly account fee
- Free debit card swipes
- Withdraw for free at any FNB ATM up to N\$1,000
- Free monthly subscription to FNB App, Online Banking and Cellphone Banking
- Free linked Savings Pocket

061 299 2222

Terms & Conditions apply
First National Bank of Namibia Limited. Reg. No. 2002/0180. A subsidiary of FirstRand Namibia Limited



© Jeremy Bishop on Unsplash



PAKO Kids Magazine
P O Box 3171, Windhoek, Namibia
Tel: 081 124 1112
E-mail: pako@africaonline.com.na
www.pako4kids.com

Editor: Petra Scheuermann
Marketing: Petra Scheuermann
Design & Layout: Pako Designs
Graphics: freepik.com & vecteezy.com
Printer: John Meinert Printing (Pty) Ltd
Photographs provided and Copyrighted to:
Anja Denker, Günter Dainat. Unsplash.com
Pako donkey creator: Michelle Bücking
ISSN: 2026-7657

Index Features

| | |
|--|----|
| Butterfly Adventures: Dive into a World of Colours and Magic!..... | 4 |
| Nature's Magic: The Camouflage Abilities of Animals | 6 |
| Antimicrobial Resistance | 8 |
| Did you know | 10 |
| Benefits of Protecting and Growing Trees | 16 |
| Explore the Solar System | 18 |
| Why never to give a Pet as a Gift | 20 |

Activities

| | |
|--|----|
| Can you find the Animals hiding in the Words? | 6 |
| How much do you know about Antimicrobial Resistance? | 10 |
| Bringing the Puppies Home ... | 20 |
| Activity Answers | 22 |

PAKO is available at:

WINDHOEK:
Namibia Scientific Society
Rhino Park Veterinary Clinic
Windhoek Veterinary Clinic
Windhoek Animal Hospital

SWAKOPMUND:
The Fun Shop
Swakop Vet Clinic

Kids can subscribe at many schools in Namibia. If you are interested, please contact us for more information.

Butterfly Adventures: Dive into a World of **Colours** and **Magic**!

Butterflies don't have mouths. Instead of a mouth, they have a long tube-like structure called a *proboscis*, which works like a straw. They use it to sip nectar from flowers.

1

They can't hear but can feel vibrations. Butterflies do not have ears like humans, but they can sense sound through vibrations.

2

Their lifespan is short. Most butterflies live for just a few weeks. However, some species, like the Monarch butterfly, can live for up to 8 months.

3

Some butterflies have patterns on their wings that make them look like other animals, such as snakes, to scare away predators.

4

While most butterflies are active during the day, their cousins, moths, are nocturnal and prefer the night.

5

Butterflies have four wings. They do not just have two! They have a set of forewings (front) and a set of hindwings (rear), that help them fly and move around.

6

Butterflies help plants grow. By visiting different flowers for nectar, butterflies help cross-pollinate plants. This means they move pollen from one flower to another, helping plants grow fruit and seeds.

7

Butterflies are highly sensitive to changes in their environment, such as temperature, humidity, and air quality. A sudden decrease in their population can signal problems like habitat destruction, pollution, or climate change.

There are thousands of species. There are around 17,500 different types of butterflies in the world, each with its own unique colour, pattern and size.

8

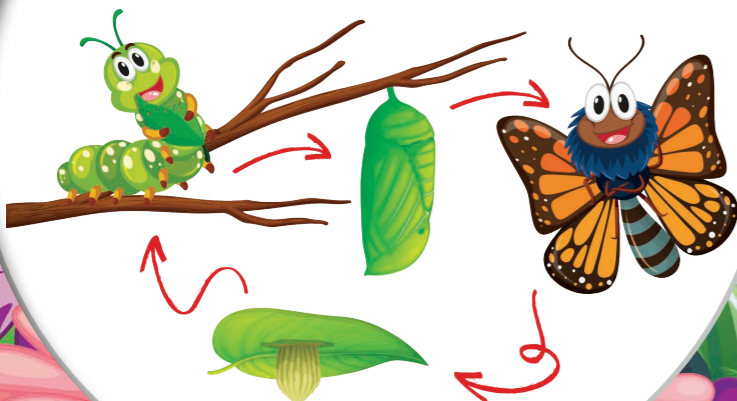
Some butterflies change colour. In colder climates, certain butterflies can change colour slightly, depending on the temperature. This helps them absorb more heat when it is chilly, allowing them to stay warm.

9

Butterflies are ancient. Butterflies have been around for over 50 million years. Fossils show that they were flying around during the age of the dinosaurs!

10

Life cycle of a butterfly



NATURE'S MAGIC: THE CAMOUFLAGE ABILITIES OF ANIMALS

Camouflage is a clever trick that animals use to blend in with their surroundings, making it harder for predators to spot them or easier for them to sneak up on prey. Here are some fun facts about animal camouflage:



Green frogs use camouflage as a way to protect themselves from predators. Their green colouring helps them blend in with their surroundings, especially in areas with lots of plants, grass and algae. When they sit still on lily pads, in ponds, or near water with green vegetation, it's harder for predators like birds or snakes to spot them.

Nightjars are active at night when they like to catch insects. In the daytime they rest on the ground, where the colours and patterns of their feathers look like the dead leaves or soil on which they sit. If they stay very still, it helps to keep them safe from predators. In the photo you should be able to see this square-tailed nightjar straight away, but look a bit closer and you can also see its chick!



© Edward Selfe



© Edward Selfe

Camouflage is a key factor in the **leopard's** efficiency as a predator and helps it to be very efficient at hunting. The spots on its coat are known as rosettes and help the leopard blend into different environments, particularly in dry grass and among bushes. On the ground this spotted coat allows the leopard to get very close to prey without being seen. Within a tree, it provides camouflage to help protect it from predators or scavengers that want to steal its prey. **Can you see both the mother leopard and her cub?**

Chameleons change their colour due to a number of reasons, including their mood, changes in light, humidity or temperature, to attract a mate or for camouflage. This flap-necked chameleon is found in many countries in Africa and can change colour between yellow, green, brown or black in just a few seconds. Generally, when they are relaxed in a green bush, they will look green - and can be very hard for predators to see.



© Edward Selfe

There are different types of camouflage:

Mimicry: Some animals use camouflage to look like another animal or even a plant.

For example, the stick insect looks just like a stick in a tree or bush and may even sway back and forth to resemble a twig moving in the wind!

Disguise: Disguise is when an animal has colouration that looks like another non-food object in their environment.

For example, the bark spider sits on a tree trunk and its colours and texture look just like the bark. As long as it doesn't move it is very safe.

Concealing colouration: This is when an animal's colour matches the colour of the background it is in.

Examples are lions in yellow grass, nightjars on dead leaves and chameleons among leaves.

Disruptive Colouration: This includes strong patterns like spots and stripes that make it confusing for predators to see the outline of an animal.

They make the outline appear broken into pieces, especially when they are in close groups.

It is difficult to hunt an animal if you cannot tell where its body begins and ends! Zebras are good examples.

Camouflage is one of nature's best ways of helping animals survive and thrive in their habitats! Whether through colour, shape, or texture, these clever adaptations keep animals safe and sneaky in the wild.

CAN YOU FIND THE ANIMALS HIDING IN THE WORDS?

Example: In April **l** **o** **n** ly came once.

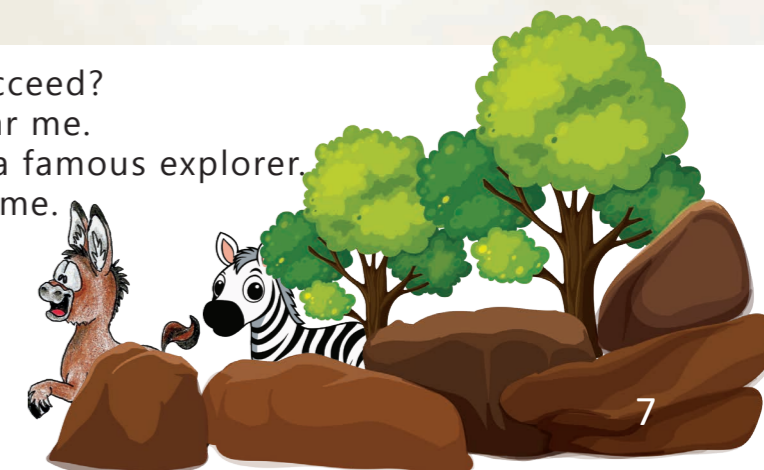
Lion

1. The ship pointed to the west.
2. Jacob ran as fast as he could.
3. He went to America today.
4. Eric owes me ten Dollar.



5. Do good workers succeed?
6. If I shout, he will hear me.
7. Martha wants to be a famous explorer.
8. We will go at lunchtime.

9. Why is Jack always late for school?
10. Greg was able to jump the high wall.
11. We will meet her on Monday.
12. The plane lands on the runway.

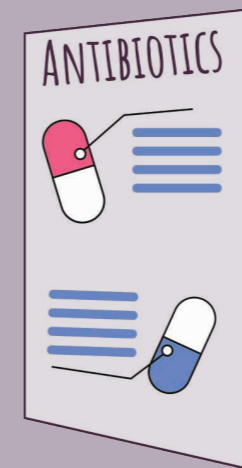


Antimicrobial Resistance



What is Antimicrobial Resistance (AMR)?

AMR happens when germs, like bacteria, viruses, or fungi, become strong and stop medicines like antibiotics from working against them. This means infections can become harder to treat and may spread to other people or our pets. AMR happens when we use antibiotics incorrectly or when we use them when they are not needed.



Why should I care about Antimicrobial Resistance?

Because AMR affects everyone! If the germs in our bodies become resistant to medication (antibiotics), common infections could become untreatable. It also makes it harder to treat pets, farm animals, and protect our environment.

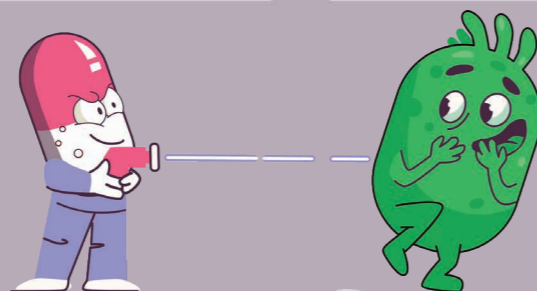


FACT

In 2015, World AMR Awareness Week was initiated to raise awareness on antimicrobial resistance. It is celebrated every year between **18 – 24 November**. On this day, we wear **blue** to remind people to use **antibiotics and other antimicrobial medicines** wisely.

FACT

In the 1960s, scientists started noticing that bacteria in farm animals were becoming resistant to antibiotics, too! This happened because antibiotics were often given to animals to help them grow faster, which is wrong and gives germs more chances to become **resistant**.



FACT

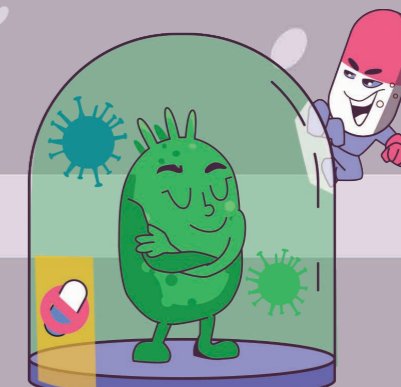
Germs such as bacteria, viruses, fungi, or parasites that are resistant to many drugs are known as **Superbugs**. These drugs are harder to treat with common medicines.

FACT

Resistant germs can also spread through the **water** that humans and animals drink or through our **food** if we don't wash and cook it properly before we eat. Since resistant germs can spread in many different ways, doctors, vets, environmental and food scientists have been working together to prevent the spread of AMR. We refer to this great teamwork as **One Health**.

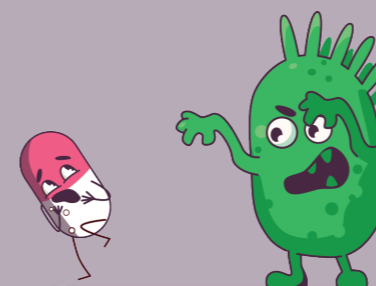
What can you do to help stop the spread of AMR?

- Wash your hands regularly to prevent spreading bacteria to others which in turn could let to infections.
- Only take medicine when a doctor or your parent says it's okay and always finish the entire course of your antibiotics.
- Do not share your antibiotics with friends, family, or anyone else.
- Encourage your parents and community to get their animals vaccinated. This can prevent infections and reduces the need for antibiotics.



What happens if Antimicrobial Resistance gets worse?

If AMR keeps getting worse, even simple infections like a sore throat or wounds from a cut could become dangerous. Some surgeries or treatments that depend on antibiotics might also become risky. This is because AMR can stop medications (antibiotics) from working properly, which then makes infections difficult to treat.

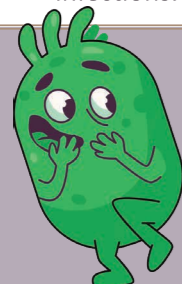


This awareness raising activity has been realised with support from:

HOW MUCH DO YOU KNOW ABOUT Antimicrobial Resistance?

There are 4 statements which are wrong. Can you spot them?

1 Washing your hands can help stop the spread of resistant infections.



2 You should always finish your antibiotics, even if you feel better.



3 Farmers should give antibiotics without prescription from a vet.

4 You should take antibiotics every time you have a flu, even if the doctor did not prescribe the medicine

5 If only one person misuses antibiotics, the resistant germs will not affect others.

6 Getting ourselves and our animals vaccinated can help prevent infections that could become resistant.

7 Just like humans, animals can also get resistant infections that don't respond to antibiotics.

8 Antimicrobial resistance can spread between people, animals, and the environment.

9 We can help stop Antimicrobial Resistance by being careful with how we use antibiotics.

10 It is safe to share antibiotics with friends or family if they're sick.

DID YOU KNOW?

When a doctor or vet gives antibiotics to help fight an infection, it is super important to take all of the medicine - even if we start feeling better before finishing the course. Here is why!

GETTING RID OF ALL GERMS: Antibiotics kill the bacteria causing the illness. But some bacteria are stronger than others. If you stop taking the antibiotics too soon, the stronger bacteria might survive and make you sick again. **Preventing Superbugs:** If all bacteria are not killed, they can learn to "fight back" against the antibiotics. As the bacteria get stronger, they could eventually become "superbugs". Infections caused by these "superbugs" become very hard to treat.

KEEPING PETS / ANIMALS HEALTHY: Just like humans, animals need to finish their antibiotics to completely clear infections, especially if they could spread these infections to other animals or even humans.

Protecting People: If animals do not finish their antibiotics, the bacteria could get stronger, and these stronger germs could spread to humans through touch or, in the case of farm animals, even through food.

Remember: Taking all your antibiotics helps keep you, your pets, and everyone around you safe from tough, hard-to-beat bacteria!



WEEKDAYS

What sentence is Pako looking for?



1. The day after Tuesday
2. The day before Friday
3. Two days after Saturday
4. Three days before Friday

1 2 3 4 5 6 7

8 9 10 11 12 13 14 15 16

17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

101 102 103 104 105 106 107 108 109 110 111 112 113 114 115 116 117 118 119 120 121 122 123 124 125 126 127 128 129 130 131 132 133 134 135 136 137 138 139 140 141 142 143 144 145 146 147 148 149 150 151 152 153 154 155 156 157 158 159 160 161 162 163 164 165 166 167 168 169 170 171 172 173 174 175 176 177 178 179 180 181 182 183 184 185 186 187 188 189 190 191 192 193 194 195 196 197 198 199 200

201 202 203 204 205 206 207 208 209 210 211 212 213 214 215 216 217 218 219 220 221 222 223 224 225 226 227 228 229 230 231 232 233 234 235 236 237 238 239 240 241 242 243 244 245 246 247 248 249 250 251 252 253 254 255 256 257 258 259 260 261 262 263 264 265 266 267 268 269 270 271 272 273 274 275 276 277 278 279 280 281 282 283 284 285 286 287 288 289 290 291 292 293 294 295 296 297 298 299 300

301 302 303 304 305 306 307 308 309 310 311 312 313 314 315 316 317 318 319 320 321 322 323 324 325 326 327 328 329 330 331 332 333 334 335 336 337 338 339 340 341 342 343 344 345 346 347 348 349 350 351 352 353 354 355 356 357 358 359 360 361 362 363 364 365 366 367 368 369 370 371 372 373 374 375 376 377 378 379 380 381 382 383 384 385 386 387 388 389 390 391 392 393 394 395 396 397 398 399 400

401 402 403 404 405 406 407 408 409 410 411 412 413 414 415 416 417 418 419 420 421 422 423 424 425 426 427 428 429 430 431 432 433 434 435 436 437 438 439 440 441 442 443 444 445 446 447 448 449 450 451 452 453 454 455 456 457 458 459 460 461 462 463 464 465 466 467 468 469 470 471 472 473 474 475 476 477 478 479 480 481 482 483 484 485 486 487 488 489 490 491 492 493 494 495 496 497 498 499 500

501 502 503 504 505 506 507 508 509 510 511 512 513 514 515 516 517 518 519 520 521 522 523 524 525 526 527 528 529 530 531 532 533 534 535 536 537 538 539 540 541 542 543 544 545 546 547 548 549 550 551 552 553 554 555 556 557 558 559 560 561 562 563 564 565 566 567 568 569 570 571 572 573 574 575 576 577 578 579 580 581 582 583 584 585 586 587 588 589 590 591 592 593 594 595 596 597 598 599 600

601 602 603 604 605 606 607 608 609 610 611 612 613 614 615 616 617 618 619 620 621 622 623 624 625 626 627 628 629 630 631 632 633 634 635 636 637 638 639 640 641 642 643 644 645 646 647 648 649 650 651 652 653 654 655 656 657 658 659 660 661 662 663 664 665 666 667 668 669 670 671 672 673 674 675 676 677 678 679 680 681 682 683 684 685 686 687 688 689 690 691 692 693 694 695 696 697 698 699 700

701 702 703 704 705 706 707 708 709 710 711 712 713 714 715 716 717 718 719 720 721 722 723 724 725 726 727 728 729 730 731 732 733 734 735 736 737 738 739 740 741 742 743 744 745 746 747 748 749 750 751 752 753 754 755 756 757 758 759 760 761 762 763 764 765 766 767 768 769 770 771 772 773 774 775 776 777 778 779 780 781 782 783 784 785 786 787 788 789 790 791 792 793 794 795 796 797 798 799 800

801 802 803 804 805 806 807 808 809 810 811 812 813 814 815 816 817 818 819 820 821 822 823 824 825 826 827 828 829 830 831 832 833 834 835 836 837 838 839 840 841 842 843 844 845 846 847 848 849 850 851 852 853 854 855 856 857 858 859 860 861 862 863 864 865 866 867 868 869 870 871 872 873 874 875 876 877 878 879 880 881 882 883 884 885 886 887 888 889 890 891 892 893 894 895 896 897 898 899 900

901 902 903 904 905 906 907 908 909 910 911 912 913 914 915 916 917 918 919 920 921 922 923 924 925 926 927 928 929 930 931 932 933 934 935 936 937 938 939 940 941 942 943 944 945 946 947 948 949 950 951 952 953 954 955 956 957 958 959 960 961 962 963 964 965 966 967 968 969 970 971 972 973 974 975 976 977 978 979 980 981 982 983 984 985 986 987 988 989 990 991 992 993 994 995 996 997 998 999 1000

8. Two days after Wednesday
9. Seven days before Sunday

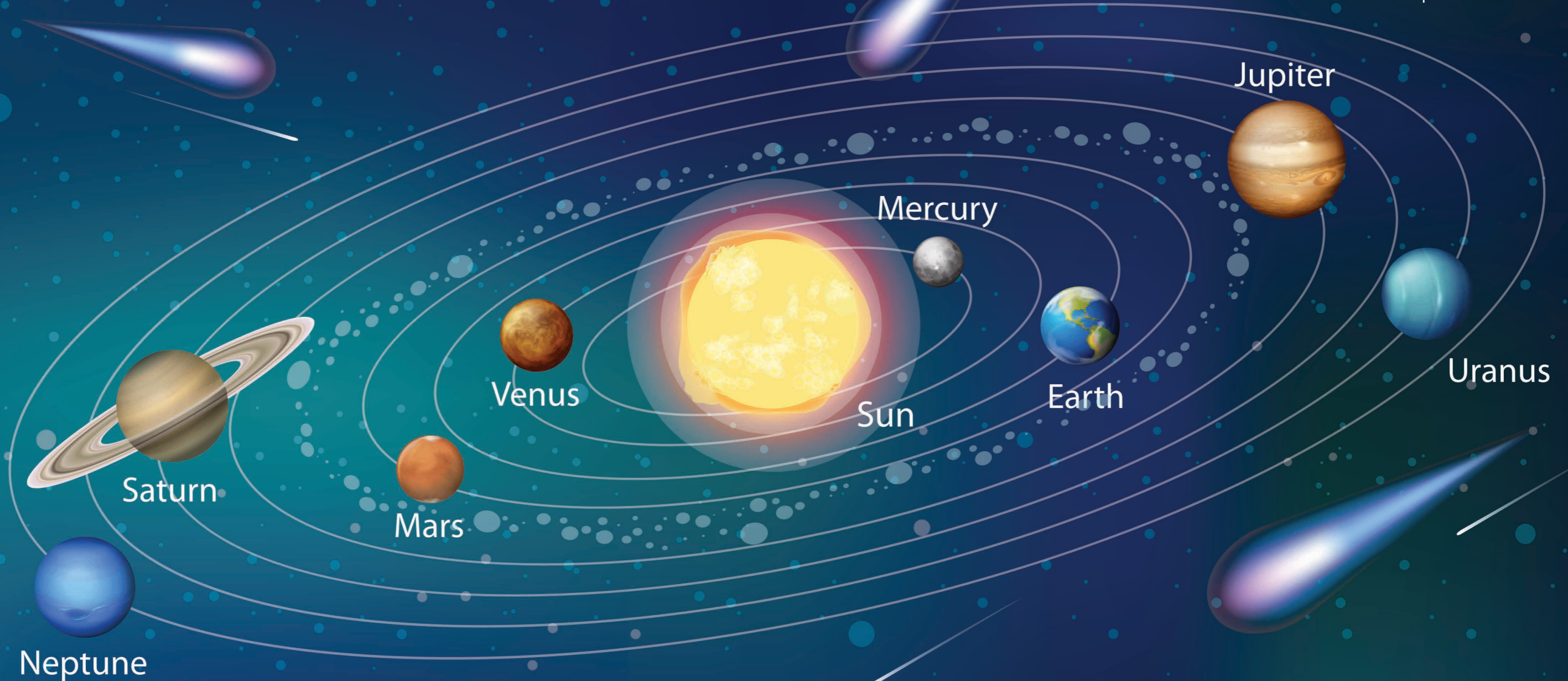
10. Five days before Wednesday
11. Five days before Thursday

12. Three days after Monday
13. Three days before Thursday
14. The day after Tuesday
15. Six days after Saturday
16. Three weeks before Tuesday

SOLAR SYSTEM



www.pako4kids.com



Mercury



Venus



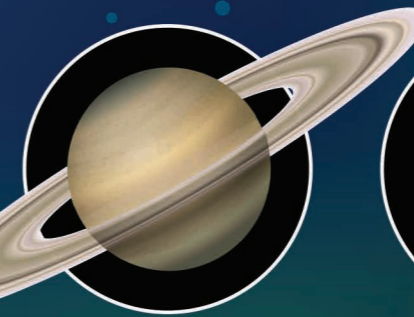
Earth



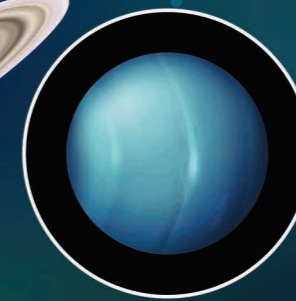
Mars



Jupiter



Saturn



Uranus



Neptune



www.pako4kids.com
pako@africaonline.com.na

Website for parents,
teachers and children.

Find more contacts on:
[www.pako4kids.com/
cleverkids.htm](http://www.pako4kids.com/cleverkids.htm)

Animal Assisted Therapy

Happy Dog (Windhoek)
Tel: 081 801 0104
anja.junkers@gmx.net
Using animal interactions to support
clients with physical and mental health
issues.

Art & Craft Classes

Rainy Day Kids Artistry
(Windhoek)
Tel: 081 270 1809
mia.rousseau.art@gmail.com

Birthday Parties

The Fun Shop (Swakopmund)
9 Tobias Hainyeko street
Tel: 064 46 3657 / 081 360 7230
online@thefunshop.com.na
www.thefunshop.com.na

Optometrists

Hasselt Optics (Windhoek)
Carl List Mall / Fidel Castro street
Tel: 061 377 800
andreas@optometrist.com.na

Olympia Optics (Windhoek)
Cnr Hidipo Hamutenya / David Carstens
Tel: 061 372 620
admin@olympiaoptics.com
www.olympiaoptics.com

African Eyes Optometrist (Windhoek)
Shop 3, Maerua Mall, Jan Jonker Road
Tel: 061 259 031
aao@optometrist.com.na

Eye Store (Windhoek)
Shop 35/36, Maerua Mall, Jan Jonker Road
Tel: 061 307 620
reception@eyestore.co.na

Windhoek Optics (Windhoek)
Continental Building / Independence Ave
Tel: 061-22 55 41
whkoptic@iway.na
www.windhoek-optics.com



Physiotherapy

Bianca Niemeyer Physiotherapy
(Windhoek)
Tel: 061 253 446
biancaniem@gmail.com

Alna Swartz Physiotherapist
(Kleine Kuppe / Windhoek)
Tel: 081 406 9200
alnaswartzfisio@gmail.com

Pre-primary Schools

Cosmo Kids (Windhoek)
32 General Murtala Muhammed Ave
Tel: 081 128 8807 / 081 407 7677
info@cosmokids.com.na

Tiny Tots and Tall Tales (Windhoek)
Tel: 081 311 9312
Elisenheim Lifestyle Estate
tinytotsandtalltales@gmail.com
<http://tinytotsandtalltales.simplesite.com>

One Tree Montessori Schools
(Swakopmund)
Tel: 081 365 8945
info@onetreemontessori.com
www.onetreemontessori.com

Private tutoring

Kumon - extra maths & english classes
(Windhoek)
Tel: 061 255 367
carolkumon253@gmail.com
www.kumon.org/namibia/

Schools

Waldorf School Windhoek (Windhoek)
Tel: 061 415 250
reception@waldorf-namibia.org
www.waldorf-namibia.org

Sport Activities

Crete Gymnastics Club (Windhoek)
Tel: 085 129 9679
cretetgym@iway.na
www.cretetgymnasticsclub.net

**T-Rex Tribe for Swim, Cycle & Obstacle
Run Coaching; Camps & Multisport Events**
(Windhoek)
Tel: 081 246 2767
charm-shannon@afol.com.na
www.t-rexnamibia.com

Salty Jackal Surf School
(Swakopmund)
Tel: 081 465 1465
info@saltyjackal.com
<http://www.saltyjackal.com/>

Therapists

**LOGOTRIX Speech and
Language Therapy** (Windhoek)
Tel: 061 225 424 / 081 247 2625
logotrix@iway.na



Dog clubs

Windhoek Dog Club (Windhoek)
Avis Street
www.windhoekdogclub.com
info@windhoekdogclub.com

German Shepherd Dog Club (Windhoek)
C/o Sean McBride /
Frankie Fredericks Drive
Tel: 081 358 2182
svnamibia@gmail.com

Happy Dog School
Tennis Street, Windhoek
Tel: 081 801 0104
happydogtrainingwindhoek@gmail.com

Dog trainers

Dogs and more / Anja Junkers
Tel: 081 801 0104
anja.junkers@gmx.net
Force free dog training and behaviour
adjustment training.

Pet supplies

Windhoek Vet Shop (Vet To Pet Shops)
(Windhoek)
1. Lifestyle VTP Maerua Shopping
centre / Centaurus Road
Tel: 061 223 544
info@whkvet-cc.com
2. Klein Windhoek VTP /
Camelthorn Pod, Berg street 42
Tel: 061 250 120
info@whkvet-cc.com

Vets

Rhino Park Veterinary Clinic
(Windhoek)
54 Rhino Street, Rhino Park
Tel: 061 257 272/3

Animal Hospital
(Windhoek)
10 Simeon Shixungileni Street
Tel: 083 330 4520 / 081 124 9052
windhoek@animalhospital.com.na

Windhoek Veterinary Clinic
(Windhoek)
8 Lossen Street
Tel: 061 228 405 / 081 124 1668
info@whkvet-cc.com

More info about
Pako Happy Pets on:
"www.pako4kids.com"



Fisher-Price **Sylvanian Families** **TOP Model** **Leap Frog** **NERF**

SAM'S HOBBIES & TOYS

Tel: +264 61 253 842
Cnr Stein & Sam Nujoma Drive

Wishing Everyone a Merry Christmas!

Don't miss out on your Christmas calendar - stock is limited!

Specialists in Radio Control Cars - Boats - Planes - Helicopters - Games - Puzzles - Models and Electric Trains!
Toys for Boys & Girls age 0 - 99!!!

Carrera **bruder** **Schleich** **Melissa & Doug** **Born**



CUPBOARD DESIGN

CONTACT US TODAY

We design:
- kitchens
- offices
- shops
- bedrooms
- bathrooms

No place is too small
to have it all!

FOR ALL YOUR CUPBOARD NEEDS!



Tel: 061 234480 / 081 244 0306 / carmenda@mweb.com.na

Benefits of Protecting and Growing TREES

Trees are like nature's air helpers! **THEY MAKE OXYGEN**, which we need to breathe, by using sunlight, water, and carbon dioxide (a gas in the air) in a process called photosynthesis. While making oxygen, trees also **CLEAN THE AIR** by taking in harmful gases, helping to keep our environment healthy. So, trees not only help us breathe but also make the air cleaner!

Trees help make oxygen, which we need to breathe!

Trees can **MAKE US FEEL HAPPIER AND CALMER!** Being around trees and nature helps reduce stress and anxiety. They provide a peaceful environment where we can relax, play, and enjoy the beauty of the outdoors. Whether in a park or a forest, trees can lift our spirits and improve our mood!

The emotional side!

This awareness raising activity has been realised with support from:

Implemented by **giz** Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH

german cooperation
DEUTSCHE ZUSAMMENARBEIT

MANY TREES GROW TASTY FRUITS. Cultivated trees like mangoes, pawpaws and guavas produce delicious fruits. Wild trees like tamarind and baobab produce fruits that are enjoyed by people as well as a range of wildlife. All edible tree fruits can form a healthy part of our diet as they provide us with vitamins and nutrients. In addition to fruits, some trees produce seeds or nuts like cashews, which are great snacks and packed with protein. Some pods like monkey-bread can be pounded to make porridge and the leaves of trees like tamarind and baobab can be cooked and eaten as vegetables.

Trees are an important source of food!

TREES OFFER SHELTER, FOOD, AND A SAFE PLACE FOR ANIMALS to live, making them important homes for creatures big and small!

Trees are homes for many animals!

| | | | | | |
|---|---|---|---|---|---|
| F | S | H | A | D | E |
| O | Q | A | I | L | M |
| O | T | O | R | K | T |
| D | R | P | B | A | I |
| L | E | A | V | E | S |
| N | O | H | O | M | E |

Wordsearch:
FOOD
SHADE
HOME
LEAVES
AIR

QUIZ

Tree roots **HOLD THE SOIL TOGETHER**, like glue. This keeps the soil in place and stops it from being washed away when it rains.

Tree roots grow deep into the soil, and they create little spaces as they spread out. These spaces let rainwater soak into the ground instead of just running off the surface. This helps prevent flooding and keeps the soil nice and wet for plants to grow.

TREE ROOTS CREATE LITTLE HOMES for bugs, worms, and other creatures. These tiny animals are important for keeping the soil healthy.

Why are the roots so important?

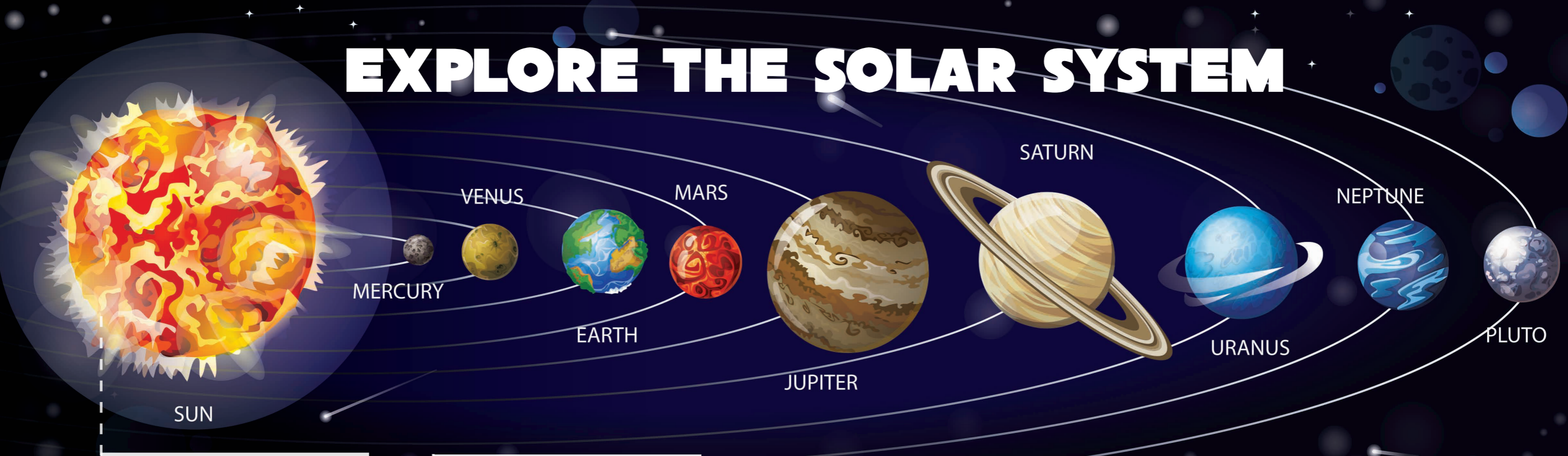
So, just think—if every person planted one tree each year, we could make the world a much greener, happier, and healthier place for all!

Why are the leaves so important?

Leaves create **SHADE** under the tree, making it a cool spot for animals, plants, and even people to relax on hot days.

When leaves fall to the ground, they don't just disappear. Instead, they break down slowly with the help of bugs, worms, and other little creatures. As the leaves break down, they turn into **HUMUS**, which is like super-rich, healthy soil.

EXPLORE THE SOLAR SYSTEM



The Sun is a giant ball of hot gas at the centre of our solar system. It provides light and heat, which are essential for life on Earth.

Size: The Sun is huge! It is about 109 times wider than Earth and could fit around 1.3 million Earths inside it!

Temperature: The surface of the Sun is extremely hot, around 5,500 degrees Celsius. The core is even hotter, reaching temperatures of about 15 million degrees Celsius.

Light Travel: It takes about 8 minutes and 20 seconds for sunlight to reach Earth. So when you see sunlight, it actually left the Sun over 8 minutes ago!

Lifespan: The Sun is about 4.6 billion years old and has enough fuel to shine for several billion more years!

Seasons: The tilt of Earth's axis and its orbit around the Sun are what cause the different seasons. As Earth moves, different parts get more or less sunlight throughout the year.

Source of Vitamin D: Sunlight is essential for humans as it helps our bodies produce vitamin D, which is crucial for bone health and immune function.

Your Stargazing Expert



Located close to the Gamsberg Mountain, one of the least light-polluted and therefore darkest areas in the world, **Rooisand Desert Ranch** strives to create optimal conditions for the most exciting stargazing experiences. From binoculars and telescopes to its own, state-of-the-art observatory, there's something for everyone at the ranch: from beginners to savvy astronomers, bringing closer the magnificent wonders of the Southern night skies.

www.rooisand.com
lifestyle@rooisand.com

How to put up a Sundial (Sun clock)

Want to learn how to tell time using the sun? Let's build a sundial! It is super simple and fun to do in sandy ground.

What You Need:

- A stick (minimum 30 cm long)
- A sunny spot outside
- Small rocks or other markers
- A watch or clock (to check the time)

Step-by-Step Instructions:

Pick a Sunny Spot:

Find a place outside where the sun shines all day. Sandy ground is perfect because you can easily press a stick into it!

Plant the Stick:

Push the stick into the sandy ground so it stands straight up. This stick will create a shadow when the sun shines.

Mark the First Shadow:

Start in the morning, preferably as early as possible, like around 8 a.m. Check where the shadow from the stick falls. Place a marker where the shadow ends. This is your first time marker.

Check the Shadow Every Hour:

Every hour, come back and place another rock or shell where the shadow ends. Write the time next to each rock (or remember it!).

Create Your Sundial:

By the end of the day, you will have a circle of rocks around the stick. These show where the shadow falls at different times.

Telling Time:

To use your sundial later, look at the shadow of the stick. It will point to one of your markers, and you will know what time it is!

Now you have a cool, homemade sundial to tell time using just the sun!



WHY NEVER TO GIVE A PET AS A GIFT

As we gear up for Christmas, the idea of giving a cuddly puppy or kitten might sound like a good idea? I remember the times when I so badly wanted to have a dog for Christmas and my mum told me that Father Christmas will never give a living creature as a gift because they

are not things that can be built! Can you imagine what would happen if he had a dog, a cat and a rabbit in his bag? It is simply not practical to bring them on his sleigh. "He only delivers toys his elves can make in his workshop up at the North Pole, and pets are not toys!"

she said. Okay, I must admit, I'd conveniently forgotten about the toys being made in his workshop, But are there "real" reasons why we should never surprise someone with a pet (also not for birthdays or for easter)?

- Pets are living animals with unique personalities, emotions and needs. They are NOT toys!
- They are companions and family members, not disposable
- Adding an animal companion is an important decision that means making a permanent commitment to care for and spend time with it!
- They typically live for 10-15 years, requiring affection, effort and money
- The responsibility of caring for a pet, daily exercises, attention, food and water but also toys and vet bills are often underestimated. Pets know how to run up a tab!
- Can we be sure that the person who receives the gift lives in an environment that is suitable for the needs of the animal? Will they be able to care for it?

- What happens with the pet if they must move house or relocate to a different town for work or school?
- Many pets that are given as gifts are only enjoyed for a short while after which they are often abandoned by being given away or left at the SPCA or other shelters. And they are already flooded.

While it has been a while since my mum disappointed me with her answer, I believe that Father Christmas' s rules haven't changed since then: No live animals! Now you know why!



Happy Dog School

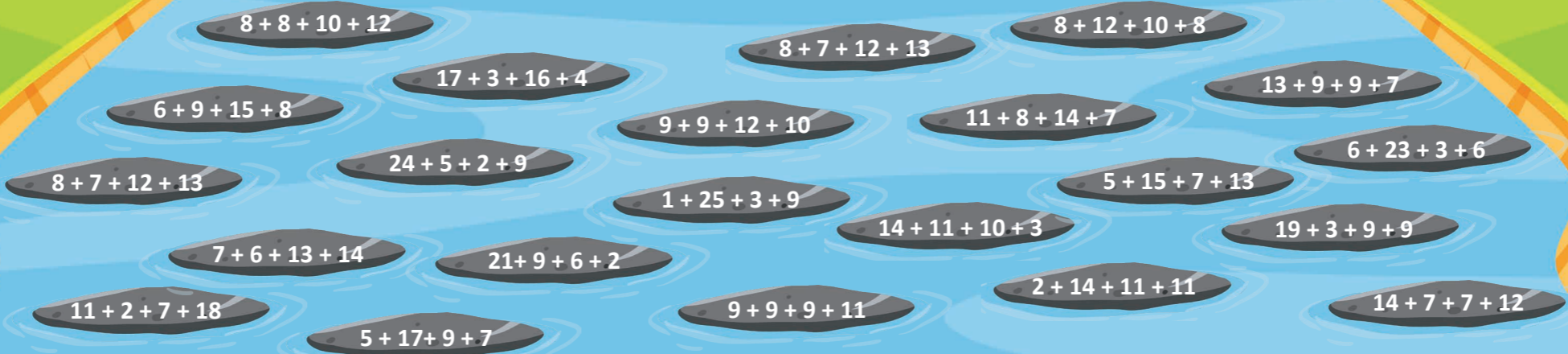
081 801 0104

happydogtrainingwindhoek@gmail.com



Bringing the Puppies Home!

Help the puppies find their way to their mother. To do this, you must cross the river. But be careful: some stones are slippery, and you cannot step on them. All the slippery stones have a task, with a total of 38, while the safe stones have a task with a sum of 40. Can you find the way?



ACTIVITY ANSWERS

PAGE 5

Word Scramble
Use the letters to spell the word

R O F
L E W
F L O W E R

PAGE 10

Wrong statements:

3 Farmers should give antibiotics without prescription from a vet. ❌

4 You should take antibiotics every time you have a flu, even if the doctor did not prescribe the medicine. ❌

5 If only one person misuses antibiotics, the resistant germs will not affect others. ❌

10 It is safe to share antibiotics with friends or family if they're sick. ❌



PAGE 11

WEDNESDAY
THURSDAY
MONDAY
TUESDAY

SATURDAY
THURSDAY
MONDAY

FRIDAY
SUNDAY

FRIDAY
SATURDAY

THURSDAY
MONDAY
WEDNESDAY
FRIDAY
TUESDAY

PAGE 17

Wordsearch:

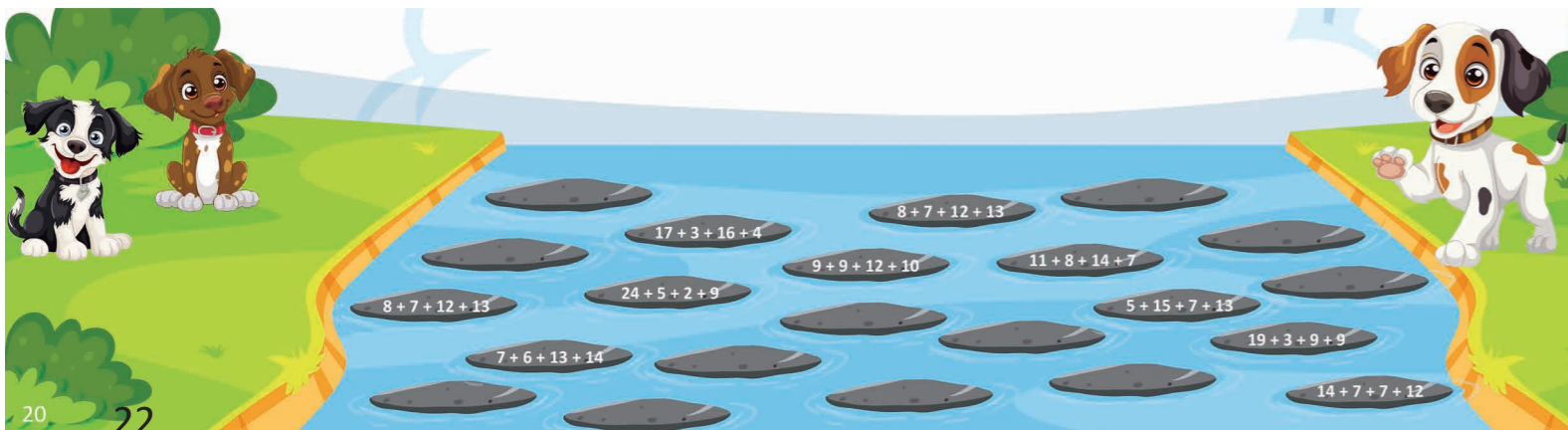
FOOD
SHADE
HOME
LEAVES
AIR

| | | | | | |
|---|---|---|---|---|---|
| F | S | H | A | D | E |
| O | Q | A | I | L | M |
| O | T | O | R | K | T |
| D | R | P | B | A | I |
| L | E | A | V | E | S |
| N | O | H | O | M | E |

PAGE 6 & 7

- The ship pointed to the west.
- Jacob ran as fast as he could.
- He went to America today.
- Eric owes me ten Dollar.
- Do good workers succeed?
- If I shout, he will hear me.
- Martha wants to be a famous explorer.
- We will go at lunchtime.
- Why is Jack always late for school?
- Greg was able to jump the high wall.
- We will meet her on Monday.
- The plane lands on the runway.

PAGE 20



We provide comprehensive eye care for the whole family.

sonja@olympiaoptics.com

081 427 6202

061 372 620

Part of the EM@NEKO Group

Olympia Optics

Cnr. Hidipo Hamutenya & David Carstens, Olympia, Windhoek

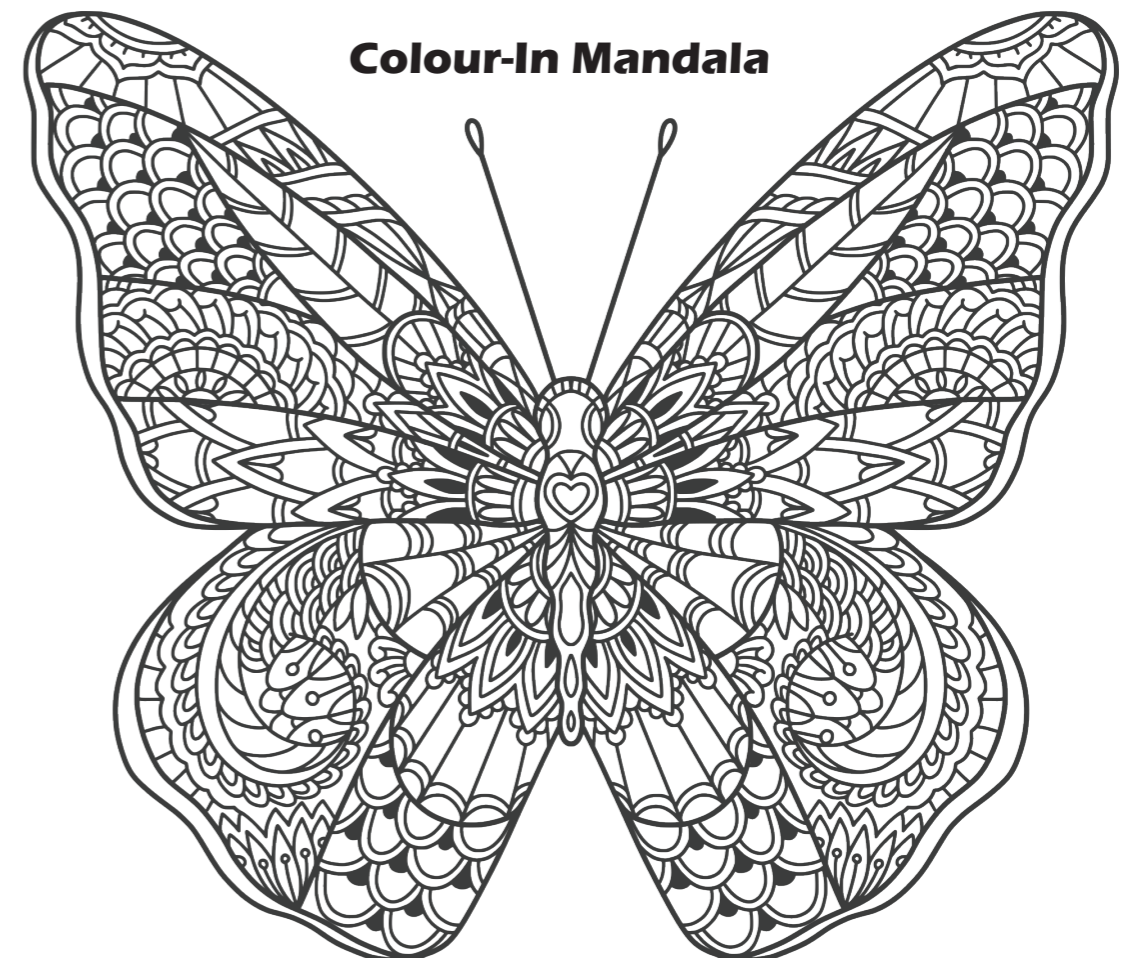
Back to School

PAKO
Clever Kids

A database designed to provide information on activities and support services for children.

sport
theatre
dancing
life skills
education
lessons
art
music
birthday parties

www.pako4kids.com | 081 124 1112
pako@africaonline.com.na



Colour-In Mandala



<https://safaricarrentalnamibia.com>



Everything else fades

Tel: 061 227 050



Clearly the best!
Tel: 061 23 0049



a member of Capricorn Group

www.cam.com.na



Das beste Fernsehen aus Deutschland
<http://www.satelio.tv>



Explore Namibia

www.explore-namibia.com



www.okonjima.com

365 LOGISTICS

061 333 100



STIER VENDE ASSOCIATES
CHARTERED ACCOUNTANTS

Tel: 061 264 440



Tel: 081 797 8009



www.ultimatesafaris.na



Enjoy Africa
SINCE 1999

Travel Consultancy • Reiseberatung cc.

www.enjoyafrica.net

ATI holidays

Journeys of a Lifetime

www.ati-holidays.com

Carmen's
Kitchen Design

For all your cupboard needs!

Tel: 081 244 0306



pinocchio
für Afrikas Kinder e.V.

www.afrikaskinder.com



Tel: 083 342 9460

Dr. Baines
Dr Buys

Thank you for
giving nature
and animals
a voice!

