

SALITA 351 SACHED

27 MAY 1991
20 MAY 1991

NUMBER 3 1991

ISSN 0257-8697

UR1 BEAT

The youth magazine for all



Hidden History

Sharpeville Day

THIS ISSUE

School in Zimbabwe



Front cover:
Biddy Partridge
Back cover:

Upbeat is published by SACHED. SACHED is a non-profit educational organisation committed to a non-racial and democratic SA. SACHED runs a number of educational projects, one of them is Upbeat. SACHED has nothing to do with the government or the DET. It is independent.

**SACHED, 7th Floor,
Allied Building, 236 Bree Street,
Johannesburg 2001**

SACHED Cape Town
5 Church Street
Mowbray 7700

SUBSCRIBE

It's never too late to subscribe to Upbeat. To receive the next 8 issues in the post, send a cheque or postal order to Upbeat, P O Box 11350, Johannesburg 2000

Individual subscription rates (including postage) are: South Africa R11.50; Botswana, Swaziland, Zimbabwe, Namibia, Lesotho R13.50. Postage is cheaper if you subscribe in bulk. Write to us for postage costs on bulk orders.

The copyright of material in this magazine is reserved. If you would like to use material for publication please contact us for permission.

Upbeat is written by Upbeat staff except where otherwise stated.

**Typesetting by Thembi Moyana;
SACHED Production
Department**

Design and Production by Mzwakhe Nhlabatsi; SACHED Production Department

**Printed by Creda Press (Pty)
Ltd., Solan Rd, Cape Town**

CONTENTS

Newsbeat	3
Sharpeville Day	
New Upbeat book	
Careers help	

SPECIAL FEATURES

Going to school in Zimbabwe	4
Life on the stage	8
Starting an SRC – Part 2 Voting	10
Growing up – choosing a contraceptive	12
Write your own story – Part 1	15
Taking back our history	16
Go back to school	18
School Beat	19
Comic: Taxidriver Part 3	20
Uncle Jerry fools the cops	23
Keeping kids busy	26
How weather works – clouds	28

REGULARS

Letters	6
Talkshop	7
What makes friends special?	
Writers' Page	14
Penfriends	24
Puzzle	25
Willie Wordworm	30

UPBEAT

No 4.

*will come
out
mid May*

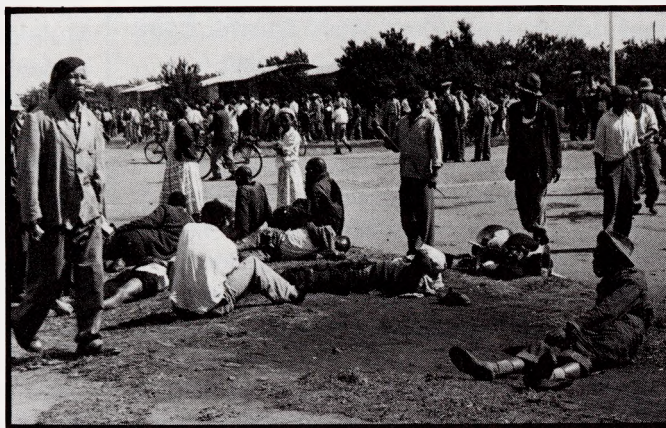
Sharpeville Day

The 21 March is Sharpeville Day. On this day we remember what happened in 1960, when hundreds of people in townships all over South Africa marched on to police stations and burned their passes.

In the morning of the 21 March 1960, thousands of people gathered outside the police station in the eastern Transvaal township of Sharpeville. They had been told that the police might announce changes in the pass law.

The police inside the police station panicked and called in rein-

forcements. By lunch time, 300 policemen had arrived in the township.

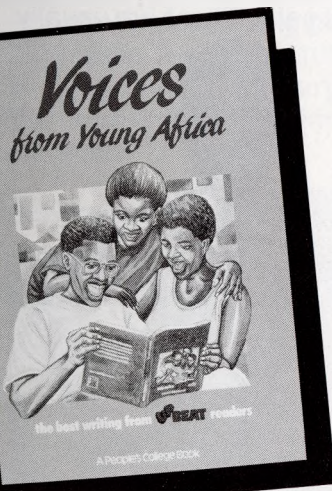


On 21 March 1960, 69 people were shot dead by police in Sharpeville.

At 1.15pm a scuffle broke out outside the wire fence of the police station. The police feared that the fence would collapse under the weight of the crowd. So they started to fire on the people.

The people right in front immediately turned to flee, but could not get through the crush of people behind them. Sixty-nine people were killed and a further 180 wounded. Most of those killed were later found to have been shot in the back.

New Upbeat look



Upbeat is delighted to bring you this collection of the best writing published in Upbeat over the last nine years – *Voices from Young Africa*.

In this book Upbeat readers express their thoughts and feelings; views about our country and the world; the things they believe in and fight for; love problems; the

suffering of apartheid's victims; strange friends and amazing neighbours; dreams and hopes for a better future.

Some pieces are joyous while others are sad or funny. Many are quite unbelievable! But they all have one thing in common: they are written by you, our readers. Maybe your poem or story is in this book!

So hurry and get your own copy of *Voices from Young Africa* at a special

price. The book costs R12,95 plus tax in shops. But it's yours for only R10,00!

Send us a postal order or cheque for R10,00. Remember to tell us your name and address! Write to:

Upbeat
Voices from Young Africa
P O Box 11350
Johannesburg
2000

Are you having trouble choosing a career? Here's some good news for readers living in and around Johannesburg. The Counselling and Careers Unit at the University of the Witwatersrand offers you information on careers and places where you can study.

CAREERS HELP

The Unit will be open on the following Saturday mornings:
13 April; 1 June; 6 July;
3 August; 7 September;
5 October. And there will be an open day at the

University on 18 May 1991. There will be people who can help you with your career problems, as well as information on different kinds of careers.

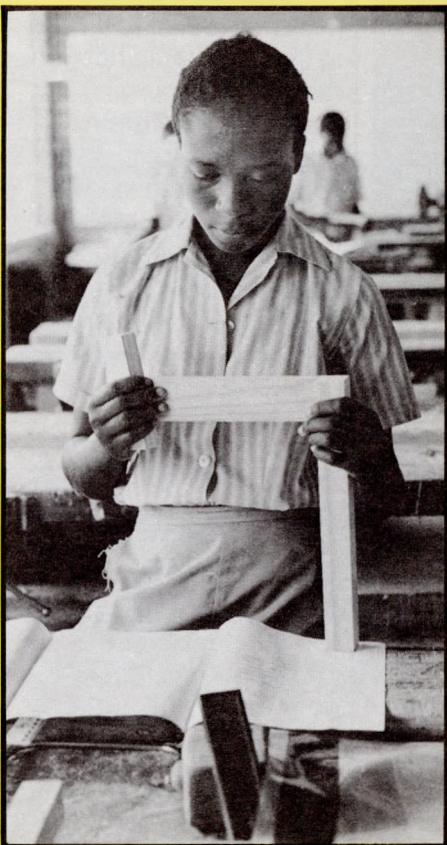
For more information contact the Counselling and Careers Unit at:

Wits University
Room 3001, Third Floor
Senate House
Jorissen Street
Braamfontein
Or phone them at
(011) 716-3380.

EDUCATION

Going to school in Zim

Eleven years ago, Zimbabwe became independent. A new government was elected and lots of new laws were made. Free education was one of the new laws. How did this change schooling? Biddy Partridge spent a day at a high school just outside Harare, the capital of Zimbabwe.



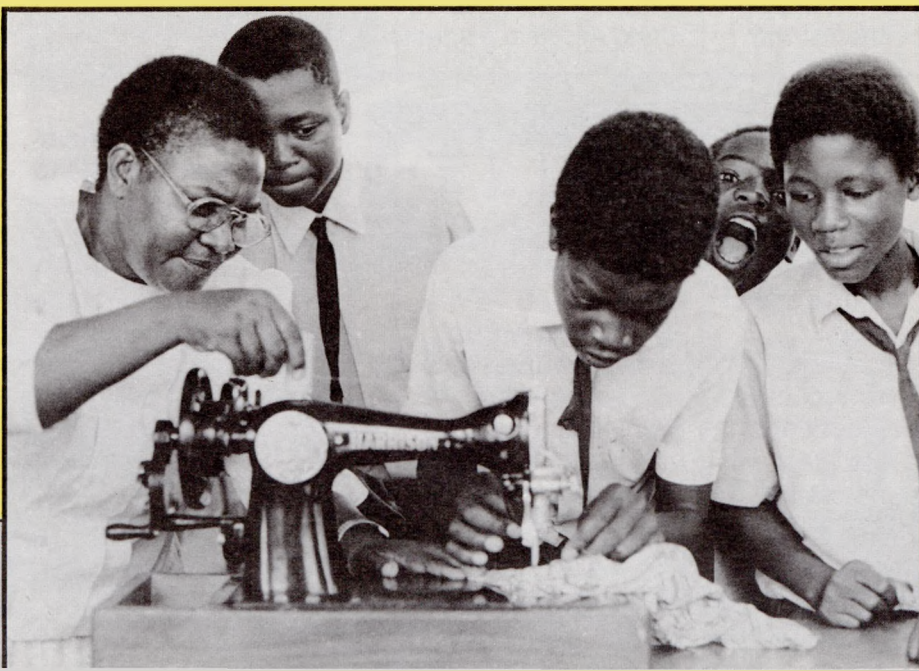
Mufakose High School is in the rural suburb of Mufakose. It was built for blacks in 1970, when schools were still segregated. 'The school opened with 98 students,' the principal, Mr Matshaka said. 'But after independence in 1980, many more students came to the school. This was because of the government's policy of free education for all. Today there are 1 920 students and 70 teachers.'

Nicholas Kajese is 20. He is the head boy of the school. 'Before 1980 very few black students could go to high school. You had to be very clever or very lucky to go to high school,' Nicholas said.

At Mufakose High School, boys and girls do woodwork. This girl concentrates hard during her woodwork exam.

This boy proudly tries on the shorts he is busy making.

Mrs Mhindurwa teaches one of her classes how to use the sewing machine.



Too many students

Mufakose High School was built and equipped to take 750 students. But today, it has 1 920 students! So there weren't enough classes or teachers for all the students. To solve this big problem Mufakose High School, like many other high schools in Zimbabwe, had to use a system of 'hot seating'. Every day, the first group of students start school at 7.15am. Their school day ends at 12.10pm. And while the seats in the classrooms are still hot, the second group of students start their school day! Their school day ends at 3.15pm.

'Having too many students and too few teachers means that the academic standards at the school have dropped,' Clemence Walaza, a student said. 'There are usually



imbabwe

more than 40 students in every class and there aren't enough textbooks or equipment for these students.'

But Mrs Mhindurwa disagrees. She has taught in Zimbabwe for 36 years! She doesn't think that education standards have dropped since independence. 'It's wonderful to see so many kids going to school these days instead of just roaming the streets,' she said. 'I wouldn't say that the quality of education at the school is poor. But those who haven't really mastered their level often get pushed up to make room for others, and the shortage of teachers means that slow learners can't have special classes.'

No jobs

Unemployment is a big problem in Zimbabwe. Every year 100 000 students finish secondary school. But there are only jobs for 10 000 students.

Students in the cookery club try out a new recipe.



Mr Matshaka and his staff know that many of the students won't find jobs when they leave school. So they prepare students for this. 'We have to teach our students that they can't expect to walk into a job when they leave school,' Mr Matshaka said. 'We tell them not to get depressed. They must think of interesting or original things to do until they find a job.'

Learning together

But does this work? We found that sometimes it does. That afternoon after school, we met a group of girls. They had left school the previous year and couldn't find any work. So they got together and formed a sewing group. They had decided to make children's clothes. But they didn't have any money to buy sewing machines. Then someone came up with a brilliant idea – they could use the school's sewing machines! So they go to school in the afternoon to work on the school sewing machines. And the local people love buying the clothes that they make.

Mufakose High School is very much like high schools in South Africa. We found junior students in the fashion and fabrics class

finishing skirts and shorts to be marked for exams. Students battled through their science exam. And another class was writing a woodwork exam. But there was a difference – there were both boys and girls in all these classes!

The principal told us that at first the boys did not want to do Food and Nutrition because these subjects were 'for girls'. But the teachers said that boys should first try these classes before saying they don't want to do them. Girls were also encouraged to try woodwork and metalwork. 'Now we find that some of the boys like cooking so much that they've joined the cookery club,' Mr Matshaka said proudly.

'Don't people laugh at you for doing cookery at school?' we asked a boy in the Food and Nutrition class. 'No,' he replied. 'They respect us. They can see that we are learning to look after ourselves.' ■

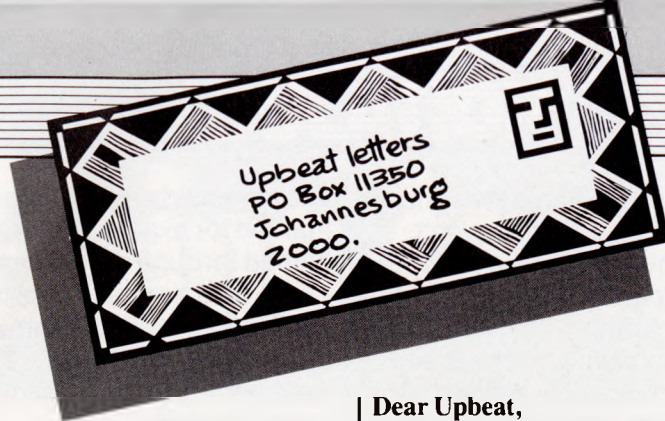
Education in Zimbabwe today

Before independence, schools in Zimbabwe were segregated. Only about 40% of black children went to primary school. And very few of them went on to secondary school.

But President Mugabe changed many things in education after independence. He opened schools to all and made education free. Today 93% of Zimbabwe's children go to primary school. And almost all of them go on to secondary school. In 1980 there were 150 secondary schools in Zimbabwe. Today there are 1 500 secondary schools.

The Mugabe government also changed the content of education. This involved changing the curriculum and syllabus – what is taught and how it is taught. The school textbooks had to be rewritten, each with independent Zimbabwe in mind.

But rewriting curriculums, syllabi and textbooks take a long time. Many of the newly designed textbooks and subjects are only being introduced to schools now.



Dear Upbeat,

Some parents tell their children that going to school is just a waste of time. They say to their children: 'When I was 15 I started working.' I don't think that a child of 15 should work. What kind of a job can a child of that age get? Someone with a Std 10 certificate has a better chance of getting a good job.

Freda Moilola, Dobsonville

Dear Upbeat,

Greetings to all Upbeat readers and the editors. I am worried about the women of today. Some of them don't want to work in the kitchen. They want to drink beer all day. Is this right?

Jinny Vuma, Swartbooistad

Dear Upbeat,

I have been reading Upbeat since 1982 and have never missed a single issue. I have noted over the years that your writers' page has lots of plagiarism. That is writing copied from books or poems. You have written about this before but unfortunately the advice you gave has fallen on deaf ears. In Upbeat No.7, 1990 a poem entitled 'My grandmother, my love' appeared on the Writers' Page. This poem was copied from *Modern Poetry for Secondary Schools* by D. Dawson. And the poem was written by Eric Manzani and not Elizabeth Nthane.

I would like to suggest that you do not pay the R15.00 gift for the writing published on the Writers' Page as the R15.00 is too tempting for your young readers. And Elizabeth Nthane, the reader who sent in the poem pretending it is hers, should send back the money she received. She is no better than a thief.

Edgar Katushabe, Transkei

Dear Readers,
Edgar is right. A reader who takes someone else's poem, or part of a poem and puts his or her own name to it, is a thief. They pretend that someone else's work is their own. Please don't send us poems or stories that you did not write yourself.
Editors

Dear Upbeat,

Thanks very much for a lovely magazine. I enjoy reading most of the stories. Last year I tried the potato recipe that appeared in Upbeat No. 8. It was a very big hit with everyone in the family. Now I hope that you will have more interesting and easy recipes. I'm only learning to cook now that my mother has a job again.

Vincent Abrahams, Athlone

Dear Upbeat,

I've just started reading Upbeat and I really like it. This is my first letter and I hope you like it. It's about nationalisation. What is nationalisation? It is the redistribution of wealth. At the moment, a few rich people control most of the money in South Africa. The poor people have to work (if they can find any), to earn a small wage and never seem to progress. The ANC promised that when they take over they will close the gap between the rich and the poor. They have promised to use the profits from the mines and banks to improve the living conditions of the poor.

Ayesha Osman, Rylands Estate

Dear Readers,
Everybody's talking about nationalisation. What are your views? Don't miss the next issue of Upbeat. We're going to start talking about the economy.
Editors

Dear Upbeat,

I am a 17-year-old who would like to say something to parents and children. Today's teenagers are faced with many problems, especially concerning sex. We lack advice from our parents on how to deal with our teenage sexuality.

Our parents are too shy to discuss matters like this with us. They believe that such things should not be discussed with their children. The result is that teenagers don't know about the dangers of sex. And then they catch sexually transmitted diseases and young girls get pregnant.

We need to know about our sexual development, sexual intercourse, menstruation, pregnancy and contraceptives.

Annah Diale, Ga-Rankuwa

Dear Upbeat,

I am a youth in the South African Youth Congress (Sayco). I'm also a member of the ANC. I enjoy reading Upbeat as it is informative and educates us.

I think the youth of our country must fight to end Bantu Education and its backward curriculum! Demand a proper modern education in science and technology. And in place of the DET, democratic organisations of teachers, students and parents must take control of schools. We must all work together to build a better education.

Thabo Mokhachane, Dobsonville

Dear Upbeat,

I am a young boy doing Std 7. I want the people of South Africa to be educated, not illiterate. That is why I'm very worried about what is happening to the girls at my school. Three girls in my class fell pregnant and had to leave school. What will happen to them? I think that sex education should be offered at school so that boys and girls can learn what happens when they have sex.

Samuel Sawatse, Kwa-Mhlanga

Dear Upbeat,

I love reading Upbeat because it tells us the truth that other magazines hide. But recently I've not been able to get the magazine. That is because my school no longer buys Upbeat. Please tell me where I can buy it!

Phillimon Mokedu, Makapanstad

Dear Phillimon,
Why don't you subscribe to the magazine? If you do, you'll get every issue of Upbeat sent to your home. Send a postal order or cheque for R11.50 to:
Upbeat subscriptions
P O Box 11350
Johannesburg
2000
Editors

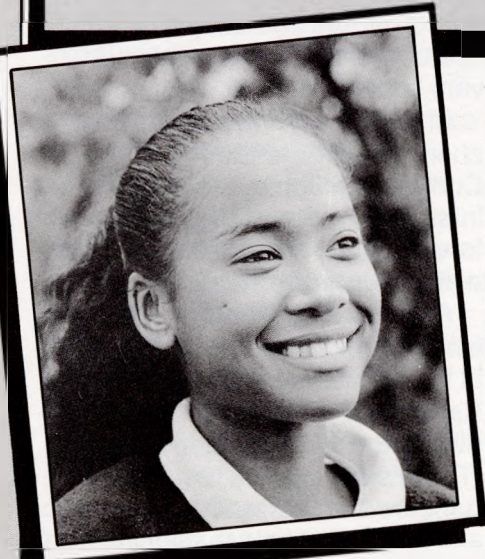
Dear Upbeat,

I'm very worried about what happens at school. At my school we have free periods. I think it would be better if these free periods were used to give students guidance lessons. Then we can learn about different careers and talk about things happening at school and in the community.

Dumie Pat Sithole, Clernaville

What makes friends special?

Do you have a best friend whom you trust and share secrets with? Upbeat visited St Barnabas High School and asked students if they have a best friend and what makes that person special to them.

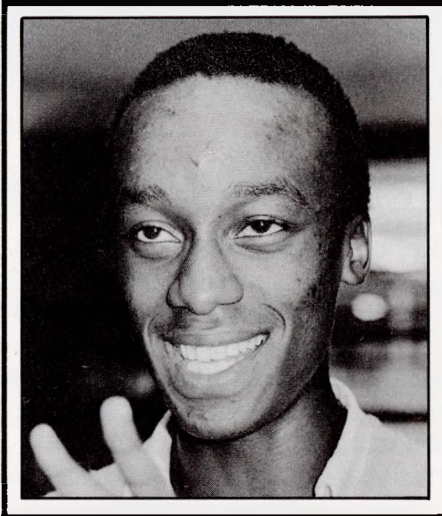


Bronwyn Watson, 15

A best friend should be someone you can confide in, someone who can criticize and take criticism, keep a secret and be there for you in times of need. Melaine, my best friend, is all these things.

Jillaine Steyn, 15

I have a best friend. She is unique. She never gives my secrets away. Our teachers call us siamese twins. In a friend I look for someone I can trust and who understands me.

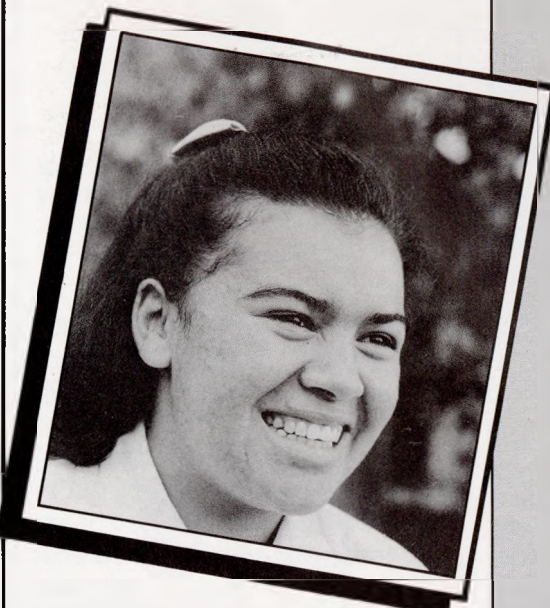
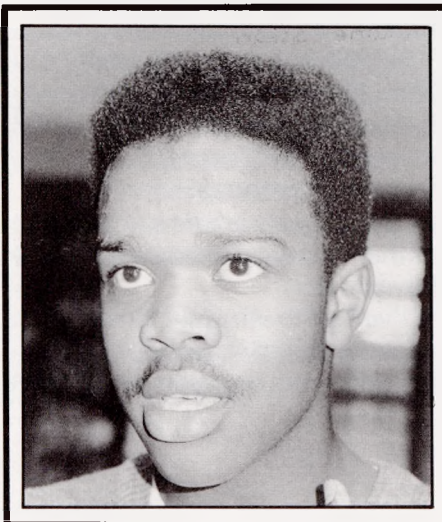


James Mashabela, 15

I have a best friend. What makes him special is that I can talk to him and brag to him too.

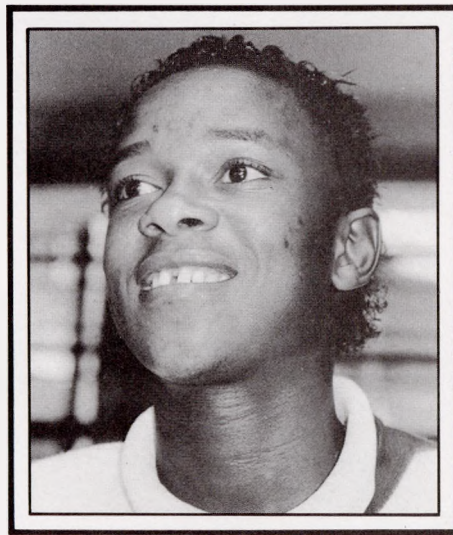
Hlompho Ntoi, 15

I don't have a best friend. I have quite a few friends. If you have certain common interests or view things in the same way then you become friends. Perhaps all my friends combined have all the things I look for in a best friend.



Danielle Fick, 14

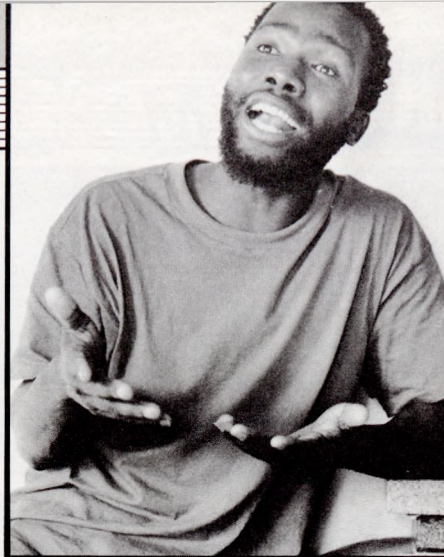
I have two best friends. Both are very special to me. We have similar personalities but are also individuals who are very independent. Because of our strong personalities we sometimes differ but we work it out and always confide in each other.



Boikanyo Sebolai, 15

Yes, I do have a best friend. His name is Hassan. He's the person who understands my problems and helps me. I try to do the same. I do have other friends but we're not as close as Hassan and I are. There must be lots of understanding between friends.

Life on the stage



Mike Mvelase loves working in the theatre.

Have you ever dreamed of singing, dancing or acting in front of a huge audience? The applause... the glamour... the fans.

Pleasant day dreams. But is the career of a performer as glamorous as it seems? We asked a few performers to tell us about the ups and downs of a career in the local entertainment industry.

Mike Mvelase is an actor. Thousands of people see his face on TV every day. He's one of the 'new' men in the Ohlsson's beer advert.

Mike started acting in a community project called Adam (Art, Drama and Movement) about seven years ago. He had no formal training, but learned his craft as he went along.

Mike loves theatre work. In 1988 and 1989 he worked in the 'Puppets Against Aids' project. The project took their play about aids into townships and towns all over the Transvaal. 'I enjoyed doing this work because it was theatre for everyone,' Mike said.

But Mike says that it's very difficult to make money in the theatre. So he acts in films and TV adverts to pay his rent. But Mike doesn't enjoy these jobs. He says that for adverts actors are chosen for their faces and not for how well they can act.

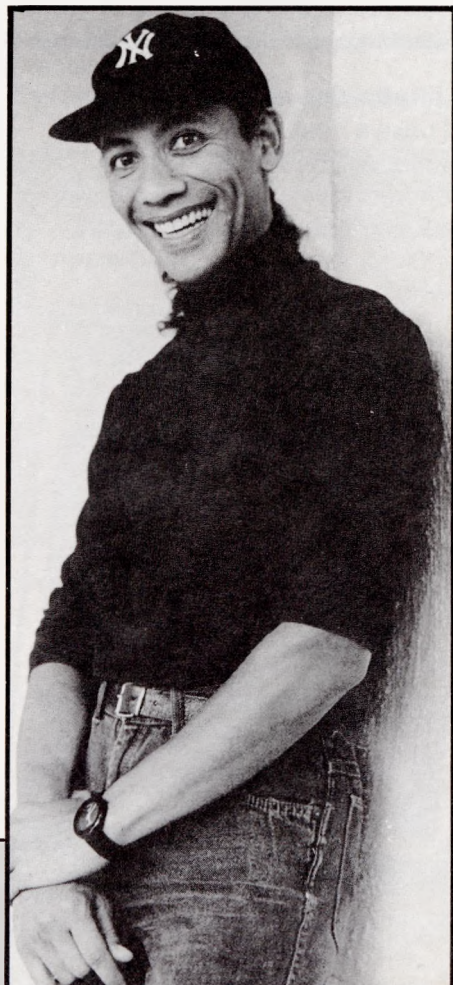
'I've had to struggle, take the long way round,' says Mike. 'I've had problems that a trained

person would find easy to overcome. So I think training is very important.'

Christopher Kindo dances and choreographs for the Pact Dance Company in Johannesburg. His interest in dance started with a love of music and encouragement at his local youth club.

After leaving school, Christopher trained for three years at the University of Cape Town Ballet School. And he has danced ever since. He loves dancing. 'There's lots of work for freelance dancers in cabaret, TV musicals and so on. But I did that just for the money,' Christopher said. 'I prefer working for a dance company. But they do not pay dancers enough. So often we do freelance work during holidays.'

Christopher Kindo says that dancing is hard work.



Hard work

Dancing is not easy. 'When you dance, you have to practise for hours. Even when you're exhausted, you have to carry on. Also, many dancers injure themselves because dancing can be a great strain for your body. These are the lows,' Christopher said. 'The highs are the creative period, rehearsing, performing or watching a dance you have worked on come together.'

Magi Noninzi Williams modelled and taught before she started acting. She has been in show business for ten years but she still finds it tough. 'Acting is very competitive,' says Magi. 'You can be a star one day, then for the next six months you sit with no work. If you want to be a performer you must never give up hope. It helps if you can do many things, like sing and move well.'

Faith Kekana sang professionally with the bands Varikweru and Shadii. Then she started working on her own. Faith has appeared in the TV series 'Ditlabonyane ke ditlabo, Ma'. She



has just made a gospel special for TV3 which will show in March.

'I love my job,' she said. 'But I've been badly paid lots of times because I'd rather sing than do anything else. To succeed, you must be very professional and very reliable.'

Faith's advice for young people who want to act or sing is to finish their schooling first. 'You have to have education,' Faith says. 'That's important. Then you can do whatever you want.'

Zane Meas won an acting award in high school and studied drama at Wits University for six years. 'It is very difficult to get work as an actor,' Zane told us. 'Out of my class of 40 students, five found professional acting work. Acting is frustrating because you constantly ask yourself whether you're good enough. You also worry because you don't know where your next cent is coming from.'

'I was lucky. I got work the year I left university and I haven't been out of work more than three months in a year. Training helps. It gives you confidence. It also gives you a chance to experiment, to make mistakes and learn from them.'

'My advice to students who want to act, is start a drama group. Meet with interested friends at

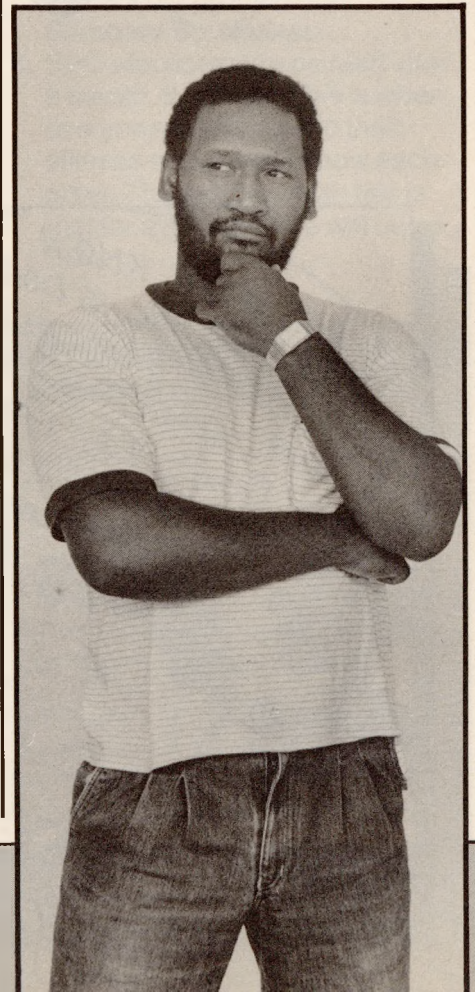
'I'd rather sing than do anything else,' Faith Kekana says.

Magi Noninzi Williams says that you can be a star today, but sit without work for the next six months.

someone's house, and find a story you'd like to act out. Something real that is happening in your community can be exciting. Theatre must make people think. When you've decided what you'd like to perform, find somewhere to rehearse. Perhaps a teacher could help you.

'If you want to study drama, write to the college, technikon or university closest to you. Ask them for information about courses, accommodation, study loans and bursaries.' ■

Zane Meas says that it's very difficult to get work as an actor.



Starting an SRC

Voting

In part one we said that we would look at how to run a meeting. To run a meeting efficiently and democratically, you need a chairperson. The chairperson is often the SRC representative, so let's go back and look at how to choose a rep.

Before your class chooses your SRC representative, you must know what the duties of a rep are. Here is a checklist for you.

Duties of an SRC representative

1. Organise class meetings.
2. Run class meetings – although the SRC rep does not always have to do this.
3. Get the class to discuss their problems.
4. Get the class to discuss problems raised in the SRC meetings.
5. Report to SRC meetings on whatever the class wants discussed there.

In short, the SRC representative must act as a link between his/her class and the SRC. The rep must encourage others to talk and must organise them.

Nominating possible representatives

Once the class understands what the SRC rep must do, they must

choose or *nominate* people to be the representative. This is how you can do this.

1. Let the class suggest people they think will be a good representative.
2. Write the names on the board.
3. When people suggest names, they must give reasons or *motivate* why they have nominated that person.

What to look for in a representative

Before the students suggest names, discuss what kind of person will be a good rep. Here are some suggestions:

- someone who is responsible and does what she says she will do
- someone that the whole class likes and listens to
- someone who is not shy to speak in front of others
- someone who listens to what other people have to say
- someone who has fought to have an SRC at the school.

WE NEVER KNOW WHAT THE SRC IS DOING. I DON'T THINK ELLEN, OUR CLASS REP, EVEN GOES TO SRC MEETINGS.

YOU KNOW WHAT I THINK OF THE SRC? THEY'RE JUST A BUNCH OF MAIN OUS WHO THINK THEY KNOW EVERY-THING

Do not choose someone you do not like as a way of making trouble for that person.

Voting for the representative

You can ask the people who have been chosen to leave the room if you want to – or if they prefer it. The problem with this is that these people then do not get a chance to vote.

People can vote by a *show of hands*, that is by putting up their hands. You can also have a *secret ballot* or secret vote.

Voting by show of hands

1. Whoever chairs the meeting must read out the names on the board one by one. As they read out each name, all the people who want that person as the rep must put up their hands.
2. Students can only vote once.
3. With each name the chairperson must count the hands and write the number of votes next to the name.
4. The person with the most votes or the *majority* of votes is the representative.

Sometimes voting by a show of hands is a problem. It is difficult to make sure that everyone votes

only once. People can also see who is voting for whom. Some students might feel forced to vote for someone they do not want.

Running a secret ballot

1. Give each student a piece of paper.
2. The students must write down one name from the list on the board.
3. The chairperson must count all the votes and write down who got how many votes.

If you want to run a secret ballot, you must be well organised. You must have paper ready for the students to write on. If there are lots of students in the class, it helps to have more than one person to count the votes. The people who do the counting must be honest. It is best to get people from other classes to help.

When to hold SRC elections

Different schools have SRC elections at different times. Here are some election times. Choose the one that is best for you.

1. At the end of the third term. This gives new SRC representatives time to get used to running the

SRC before older students, with more experience, leave. It also means that when the school opens in the new year, the SRC is ready to start work. Some representatives might leave the school or change classes in the new year. If this happens, then more class elections must be held. Elections must be organised for the Standard Six classes.

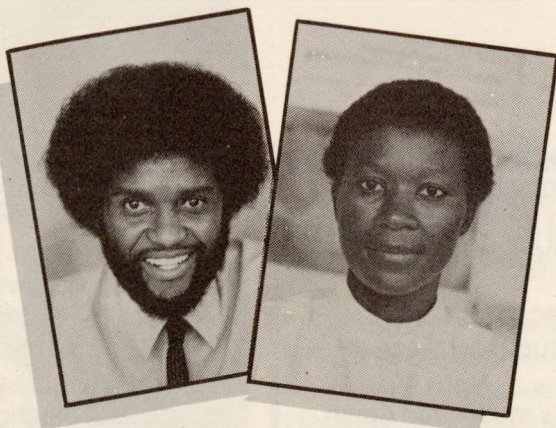
2. At the end of the fourth term. To have elections at this time it means that the SRC will be ready to start working when school re-opens. But there will be no experienced matrices around to help out. Class elections must be organised for Standard Six classes. They might also be necessary if reps leave or change classes.
3. At the beginning of the new school year. Elections at the beginning of the year mean that students are in their classes. But it might mean that not all students know each other – this is a big problem for Standard Six classes.
4. SRC elections can be held after a month at school. This is when everyone is settled into their classes and people know each other. The problem with this is that for a month there will be no SRC.

New words

representative – someone who will speak for you at a meeting
to nominate – to choose
to motivate – to give reasons
show of hands – to vote by putting up your hands
secret ballot – to vote on a piece of paper so that no-one knows who/what you are voting for
majority – the most votes
elections – choosing representatives



GROWING UP



Choosing a contraceptive

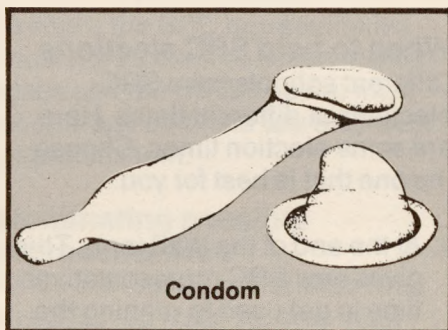
Deciding to have sex is a very big decision. If you do have sex, you can get pregnant. So if you and your partner decide to have sex, you must find out about contraception or how to stop pregnancy.

There are many different kinds of contraception. So you need to find out which type of contraception will be best for you. We are all different and our bodies work in their own ways.

Last time we looked at the Pill and the injection. This time we'll look at the diaphragm and condoms. We call these barrier contraception because they stop the man's sperm from reaching the woman's egg. We are also going to talk about the loop.

How barrier contraception works

Some contraception stops the man's sperm from getting to the woman's egg in her ovary. This happens when you use a condom or diaphragm.



Condom

The condom

The condom is barrier contraception for men. Condoms are like very strong rubber balloons. A condom comes rolled up. It is unrolled and the man puts the condom over his erect (hard and stiff) penis before starting sex. When he ejaculates, the condom catches his sperm.

Good things about condoms:

1. Condoms help to stop men and women passing sicknesses or infections like aids onto each other.
2. You can get condoms at family planning clinics or buy them at chemists or shops.

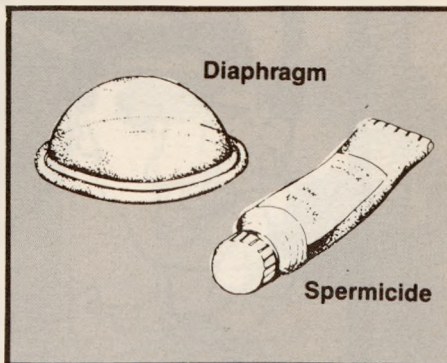
3. Usually women are the people who take responsibility for contraception. Condoms let men take this responsibility.

Things to look out for:

1. The man must carefully take his penis out of the woman's vagina soon after ejaculating or the condom can slip off. The condom should be held on to the penis after sex when the man is withdrawing his penis from the vagina.
2. Condoms are not very safe when used on their own. Women can make extra sure they will not fall pregnant by using cream called spermicide at the same time. Spermicide is a cream or jelly with special chemicals in it which kill sperm. The woman puts the spermicide in her vagina with a special applicator. You can get spermicides at any chemist or the family planning clinic.
3. You cannot use a condom more than once. After having used a condom, it should be thrown into a rubbish bin.

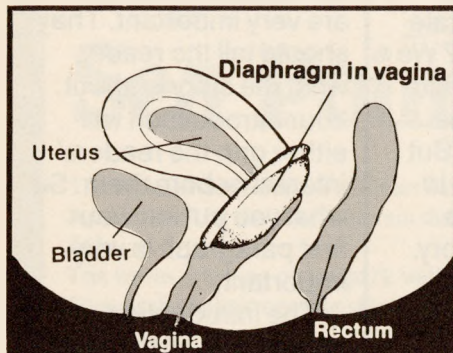
The diaphragm (or cap)

The diaphragm is barrier contraception for women. The diaphragm is a covered rubber ring that goes over the cervix (mouth of the womb). It stops the sperm from getting through the cervix and into the fallopian tubes.



Diaphragm

Spermicide



The diaphragm comes in many different sizes. So if you want a diaphragm, you must go to a doctor or the Planned Parenthood Association clinic.

For the diaphragm to work properly, it must be fitted by a health worker. The woman must be taught to fit the cap onto the cervix and to remove it.

Good things about the diaphragm

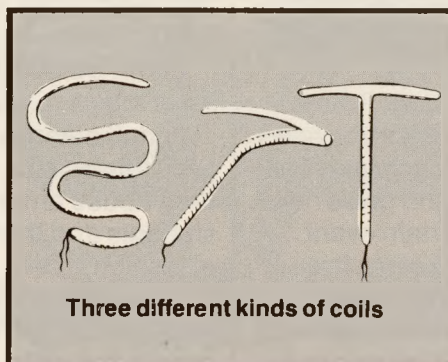
1. The diaphragm is very good for women who understand how to use it properly.
2. It is very good for women whose partners only visit them on special occasions, like weekends or once a year. That's because a woman only uses the diaphragm when she needs it. It should always be put into the vagina before sex. It must be left in the vagina for at least six to eight hours after having sex.
3. The diaphragm has no hormonal side effects.

Things to look out for:

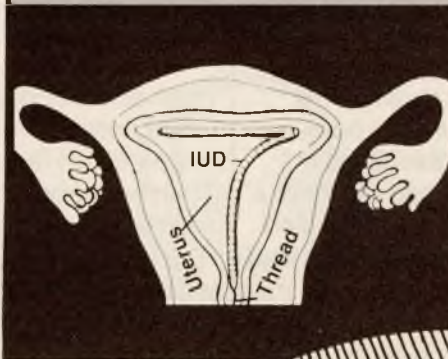
1. Like the condom, you should not use the diaphragm on its own. You must put lots of spermicide on both sides of the diaphragm before you put it in. Never use Vaseline on a diaphragm. It wears out the diaphragm.
2. The diaphragm is very expensive.
3. It has to be used properly.

The loop

The loop is a small plastic object which a health worker puts into a woman's uterus. It stops a fertilized ovum (the joined sperm and egg) from joining onto the wall of the uterus. Loops also change the lining of the uterus so that babies cannot grow there.



Three different kinds of coils



Good things about the loop:

1. A woman can have a loop in her uterus for five years, without worrying about it.
2. The woman can check that the loop has not fallen out. She must regularly feel for a thread from the loop which hangs down into her vagina.

Things to look out for:

1. Some women sometimes suffer from heavy or painful periods when they use the loop.
2. The loop can increase the risk of getting infections. Some infections can stop women from ever having children.

Remember, you must use condoms to prevent sexually transmitted diseases. Even if you are using some other contraception. Only condoms can give you some protection against sexually transmitted diseases.

Now you know about all the different types of contraception. If you want to use contraception, go to your closest family planning clinic and speak to the health workers there.



Write your own story

Part 1

Last year Upbeat ran a two-day workshop in Athlone, Cape Town, on how to write an article. Students from ten high schools across the Cape Peninsula attended.

Most of the students were in Std 7 or 8. And all of them were interested in writing. 'I like writing and would like to find out if I can write well,' Liesl from Alexander Sinton High School told us.

'What are the different kinds of stories you can write?' we asked the students. After some discussion, we came up with the following:

A news story. This is like the articles you see in the daily newspapers. It is short and gives news about a certain event.

A feature story. It is also about a certain topic, but it is longer and tries to explain not only what happened but also why it happened.

A book review. This tells you what a book is about. It discusses the good and bad points of a book. Reviews can also be about films, plays and records.

A debate. It's like the Talkshop page in Upbeat. It is a discussion of different opinions on the same subject.

What kind of story should we concentrate on in the workshop? We all agreed that it would be easier if everyone wrote a news story. But first we asked them to write down possible topics for a news story. Each student had to work with the student next to them.

Soon, we had a long list of topics. They included satanism, an SRC fundraising day, drug abuse among students and the future of fashion.

Then we asked the students to each choose a topic and write a story of about 150 - 200 words.

When everyone had finished writing, Maritza volunteered to read out her piece on fashion. Then two more students read out their stories. 'But how do we judge whether they are good stories or not?' Liesl asked. So we started talking about what makes a good news story.

Writing an introduction

We spoke about how to organise your information. The first few sentences in your story are very important. They should tell the reader what the story is about. Your introduction will either grip the readers' interest or bore them. So what you put into your first paragraph is very important.

The introduction should give all the facts and sum up the most important parts of the incident/topic. For example, if you are writing about something that happened at school, make sure that you have answered these questions as soon as possible:

- What happened?
- Where did it happen?
- When did it happen?
- Why did it happen?
- Who was involved in the incident? ■

Find out how to write good paragraphs in Upbeat No.4.

A winter's night in Sea Point

The lights at Sea Point on a winter's night
Are dimmed by the wind and rain that fight.

The waves crashing on the park wall
Shower the palm trees that stand big and tall.

No-one notices the old tramp lady
Trudging along with her rusted trolley,

Stopping, looking, picking.

And the night wind blows,

And the moon casts shadows

As the old lady trudges on,

Tattered and torn, cold and forlorn.

She is lonely,

Lonely like the winter's night.

N. Tape, Surrey Estate



Our king

A brave stout man
With a bald patch on his head
Where he's made a lion sign
To show he is great.
People all over fear him.
He always looks grave.

Our king has a problem;
He admires women —
Never smiles at men, but only at women.
If you wish to see the king
You'll have to take
A woman along with you.
Only then will the king respond.

Why is this so? I asked my father
Who said that maybe it's only now
That the king realises
Women are not of his sex.
Hope Mokgatlhe, Mogwase

UPBEAT

**the best magazine
in Africa**

Years ago in South Africa
A magazine called Upbeat was born
Some called it a family magazine
Some called it a magazine for the nation
A magazine respected by all —
Black and white, young and old.

Upbeat, you are the beloved one
You've brought light where there was darkness
You are pure gold
And as the years go by
You grow from strength to strength.

You bring news from all over the world
You are the pride of every family
Dear Upbeat
May you see many, many more years
Long live Upbeat, long live!
Johannes Magagula, Bushbuckridge



The poor man

Give me a piece of bread
And I will eat it the whole day
For breakfast, lunch and supper.

The face of a poor man
Stays all crumpled up
Caused by the hunger and thirst
That live in his stomach.

Give me a cent
And it will make two cents
And with that I can buy
Everything I want.
Faith Thenjiswa Xipu, Gugulethu

Send your poems, drawings
and stories with your name,
age and address, to:

Upbeat, P.O. Box 11350,
Johannesburg 2000

**All readers whose
work is published
here
win**

R15

Taking back our history



Do you know who the first freedom fighters in South Africa were?

Do you know who the first political prisoners on Robben Island were?

If you said the Khoikhoi, you were right. But few people know this because it is not in our school history textbooks. Instead we all have to learn about Jan van Riebeeck, the first Dutch settler in the Cape. This is because most history books are written by people descended from van Riebeeck.

'The colonialists have a habit of telling us that when they arrived they put us into history... (but) when they arrived they took us out of our own history. Liberation for us is to take back our destiny and our history,' Amilcar Cabral said. He was a great African leader who fought to free his country, Guinea Bissau, from the Portuguese.

The story of the Khoikhoi or

Hottentots, as the settlers called them, was based on what Jan van Riebeeck said. Here is what Jan van Riebeeck wrote in his diary in the 1650s.

'(The Khoi are) by no means to be trusted, but are a savage set, living without conscience...for I have frequently heard...that our people have been beaten to death by them, without the slightest cause.'

Why did the Khoi do this? Let's look at what another Dutch sailor, Leendert Janssen, wrote in 1647.

'...that some of our soldiers and sailors have...been beaten to death by them, is indeed true; but the reasons why are...always hidden; for I believe that the farmers in our country (Holland), were we to shoot their cattle or take them away without payment... would be no better than these natives.' Few South African



Textbooks tell us all about Jan van Riebeeck. But what do they tell us about the Khoikhoi?

Khoikhoi busy building houses.

historians have used Janssen's diary for their histories.

Textbook talk

Today in the Standard Six History textbook, *Active History*, they write:

- Some Khoikhoi were killed in wars between Blacks and Whites, fighting over land.
- Some died in wars with Blacks and Whites. The Whites said that the Blacks had stolen their cattle.
- Most of them died in the smallpox epidemics of 1713 and 1755.

What is this book telling us? It says that the Khoikhoi were thieves. It tells us nothing about why there were wars – or who brought smallpox to South Africa.

In 1983 some historians from the University of Cape Town were so shocked by the school history books, they wrote a book about the Khoikhoi for schools. They called this book *Men of Men* – which is what Khoikhoi means in English. This book is published by Shuter and Shooter. Let's look at what they say. We've changed some of the difficult words so that it is easier to read.

'The Khoikhoi were the first herders in southern Africa. They arrived at the Cape around 2000 years ago... In 1488 some Khoikhoi at Mossel Bay were seen by Bartholomeu Dias. While Dias and his crew were taking on fresh water, the Khoi threw stones at them. Dias fired a crossbow, killing one of them... A few years later Vasco da Gama met more Khoi. This time the meeting was friendly.

'The Europeans... needed fresh meat. The Khoi... needed iron for their assegai tips and used copper for ornaments. The Khoi were

The settlers called the Khoi 'hottentots'. Today we don't use this term because it is an insult.



willing to trade but were on guard in case the strangers stayed too long.

'When Jan van Riebeeck arrived in April 1652, he wanted to trade with them (the Khoikhoi) for livestock. But soon van Riebeeck had an idea. If some of the Dutch were allowed to farm, he would not have to depend on the Khoi.

'Two of van Riebeeck's interpreters, Doman and Herry, could see that the Dutch were not going away because they were ploughing and building houses. So they told the Khoikhoi that they must fight for their land.

'The first Khoikhoi-Dutch war began in May 1659. The Khoi easily drove the Dutch from their farms and captured their herds. But the Dutch had guns, cannons, horses and a fort which the Khoikhoi did not have. After a year the Khoi began to lose. Doman

was wounded and Herry was sent to Robben Island.

'But most of the Khoikhoi were also getting poorer and poorer. The Dutch paid for livestock with tobacco and copper. These did not increase like the Khoi's animals.

'Just twenty years after van Riebeeck had landed, the Khoi who lived on the Peninsula surrendered all their land by treaty to the Dutch. Though the Dutch promised to give them goods worth 20 000 guilders for the land, the Khoi received only some beads, bread, tobacco, brandy and 'other trifles' worth about 120 guilders.'

Writing history

You can see from these two different ways of writing history, that history is not just a collection of facts. How you understand what happened long ago depends on what you read. How people write down history depends on what they believe.

Now you decide for yourselves about the Khoikhoi. Which history book do you think tells the whole story? Who were the people who, in van Riebeeck's words 'were not to be trusted'? Which book do you think Upbeat prefers?

If you want to find out more about the Khoikhoi, you can get *Men of Men* in the libraries. Or you can buy it by sending R11.70 plus R1.52 GST to:

Shuter and Shooter
P O Box 32844
Braamfontein
2017 ■



EDUCATION

Go back to SCHOOL

'Please go back to school'. This is what the National Education Coordinating Committee (NECC) and the African National Congress are asking students to do this year – just as they did last year.

Upbeat wanted to know about the 'Back to school' call. So we went and spoke to James Maseko of the NECC.

'Students must return to school,' James told us. 'It is only by being at school that students, their parents and their teachers can fight for a better education.'

'Our 'Back to School' call last year started off well. 193 000 students enrolled for matric in 1989 but in 1990 249 000 students enrolled. We are sure that the great increase was due to our call.'

'But 1990 was not a good year for learning. Most students found when they returned to school that nothing had changed – windows were still broken, blackboards were falling down. And then the teachers went out on strike.'

'The NECC had many meetings with the Department of Education and Training (DET). We had told them of our 'Back to School' campaign but they did not prepare for the students who went back to school. There were no textbooks. So we asked the DET for textbooks. They said they would deliver them before July 1990 – we are still waiting.'

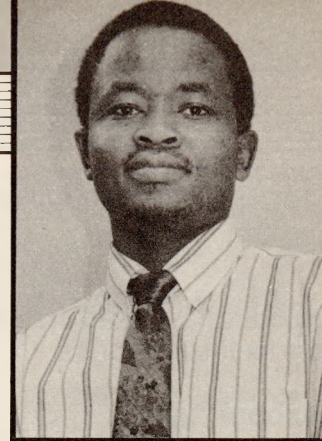
'If the 'Back to School' campaign is going to work this year, it must have a new focus. So we

are calling on the whole school community – students, teachers and parents – to work together. We would like to see Parent Teacher Student Associations (PTSAs) at every school. The NECC regional offices will help people who want to start them.

'If there are PTSAs the whole school community can try to solve problems at the school. The PTSA could call on organisations like the teachers union or the youth congresses to help with problems.'

Last year the NECC ran the Intensive Learning Campaign to help matric students who were struggling with their studies because of the teachers' strike. Upbeat asked James if the NECC was going to continue with the Intensive Learning Campaign this year.

'Yes,' James said. 'But the big problem this year is the large number of matric students who failed last year. Only 36,4% of our students



James Maseko of the NECC.

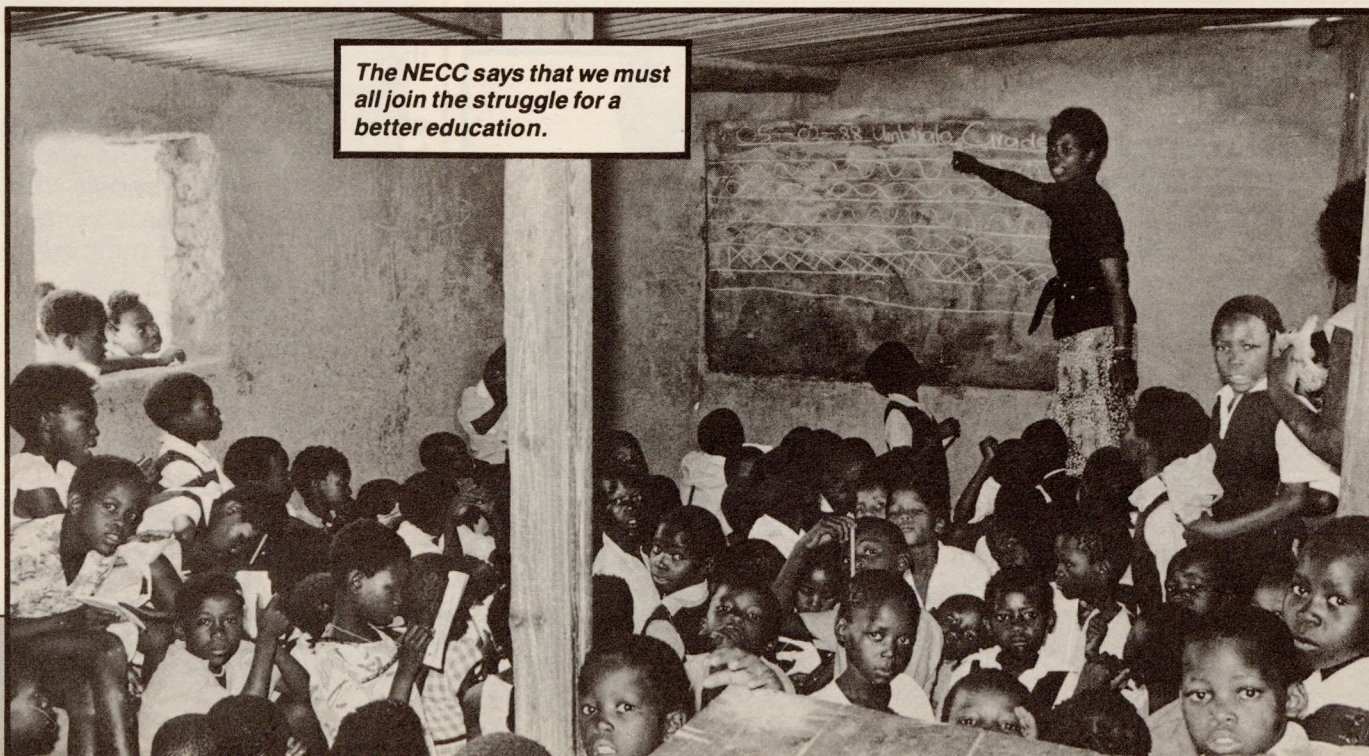
passed. And now the DET is saying that there is no space at schools for those who failed.

'The Intensive Learning Campaign will help those who want to rewrite their matric. We will use community halls, churches and schools after normal school hours.'

'The NECC calls on the government to spend the same amount of money on ALL children – in one education system for all.'

'But more than that we call on students, parents and teachers to join the struggle for a better education. We cannot wait until there is a new government – we must find answers to the problems now. The future depends on what we all do today.' ■

The NECC says that we must all join the struggle for a better education.



New Photography School

Teachers and students, would you like to learn how to take photos? There's good news for those of you living in and around Johannesburg. An exciting new photography school has just been opened in Johannesburg. They run courses for beginners and professional photographers who want to improve their photographic skills.

Gillian Cargill, a teacher at the school, told us that they run special classes for students and teachers on Wednesday afternoons. These classes are for beginners.

Students are taught how to take photos, how to handle a camera and they are introduced to the darkroom, where photos are developed.

Teachers who would like to teach photography at school can get training at the photography school. They can join the weekend workshops that are run throughout the year.

The beginners course costs R160.00. Bursaries are available for those who cannot afford to pay this.

And for those of you who would like to make photography your career, there's more

good news. If you do very well in the beginners course, you can go on to the advanced course. This course is designed specially for those who want to work as photographers. The photography school will also help you look for employment after having completed the course. Already two newspapers, *The Star* and the *Weekly Mail* have agreed to have student photographers work with their photographers.

For more information about the school, write to:

The Market Galleries
Photography Project
P O Box 8656
Johannesburg
2000
Or phone Gillian at
(011) 614-9000

News from Natal

I am a student presently studying at the Port Shepstone Secondary School on the South Coast in Natal. Recently something exciting happened at our school. Instead of having prefects to make sure that things run smoothly at school, we decided to elect an SRC. The SRC is made up of students from every class in the school.

At first we did not know if we should call it an SRC or Youth Representative Council. But the majority of the students at school wanted an SRC.

The students at our school are very enthusiastic about this new idea. We have set aside a day to choose our SRC. On this day we will also have fun activities like games, plays and sports matches to celebrate and vote for our SRC.

I think other schools should also start SRCs. Then students will feel more responsible for what happens at school. And it will raise their awareness about what goes on around them.

Ashnee Sewram, Port Shepstone



Students outside the old Newtown Post Office which is now the venue for the photography school.

NOTE

Be an Upbeat reporter! The School Beat page has news from schools and youth groups around South Africa. Send us stories. If we publish your story, you'll get R30. Don't forget to give us your address and telephone number,

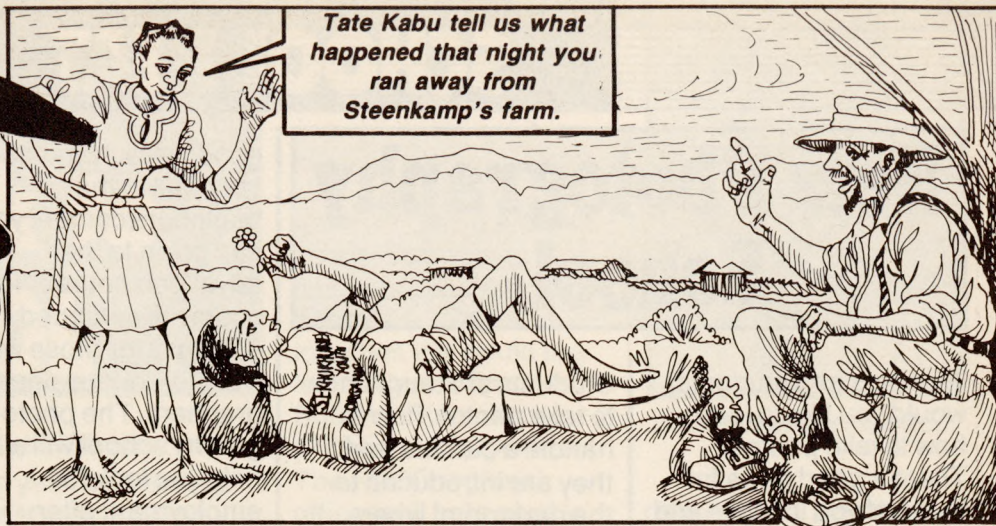
if you have one. We'd also be very happy if you sent us black and white photos with your story. Send them to:

Upbeat
School Beat
P O Box 11350
Johannesburg
2000

TAXI DRIVER

Part 3

In a village in Sekhukhuneland old man Kabu tells Menta and Phillip the story of his life.



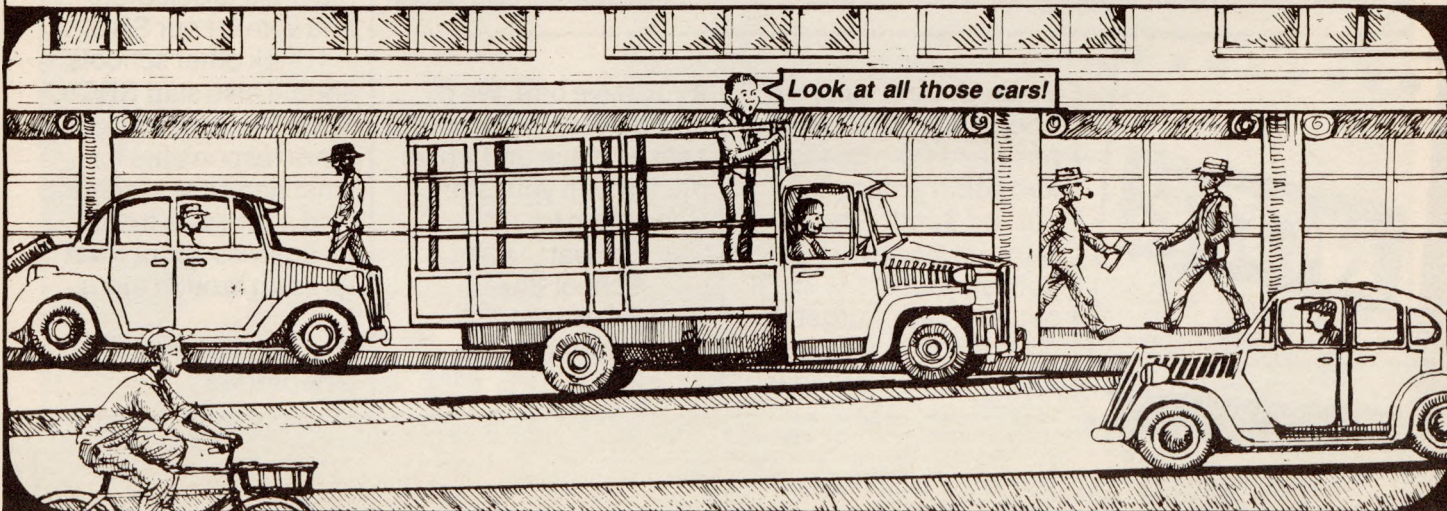
That night I ran like the wind. I could hear the dogs close at my heels.

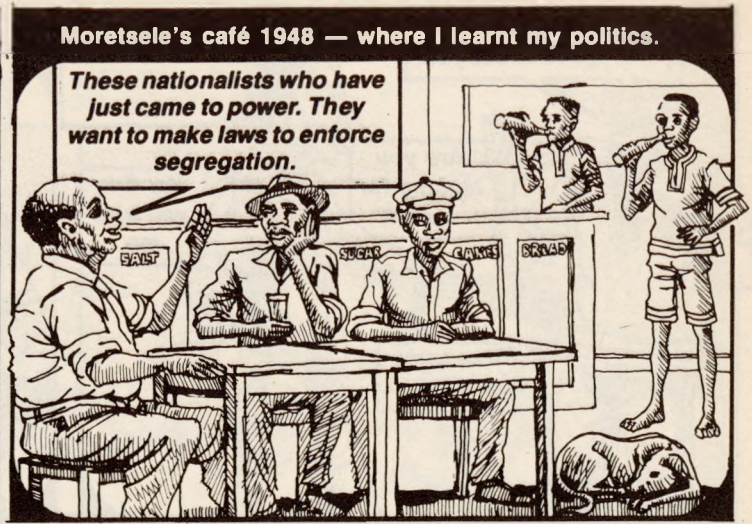
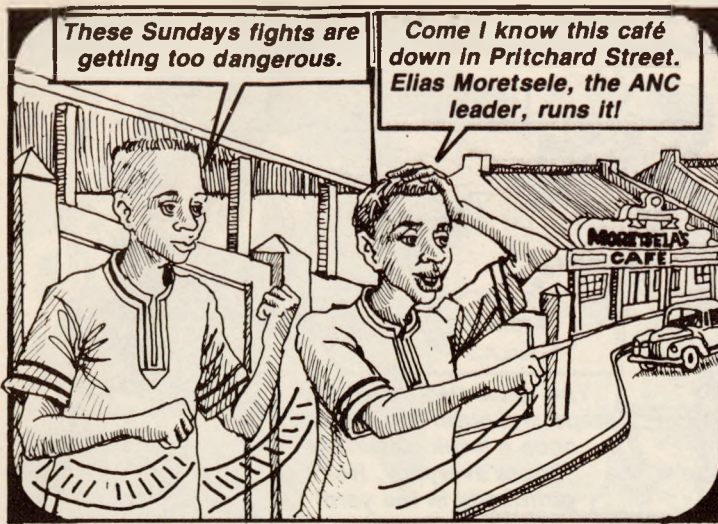


Finally



A truckdriver gave me a lift to Johannesburg. He was a kind man. He took me to my cousin Tseke who worked in the kitchens in Westcliff.





Uncle Jerry fools the cops



Uncle Jerry Petersen comes for a haircut once a month. His black hair gets thinner every time I see him. And his bald patch is as big as a saucer.

Dad told him that soon he won't need to come to the barber shop. If Uncle Jerry stops coming for haircuts it would be a pity. I would miss his funny drinking stories.

This is how Uncle Jerry's best story goes. And let's hear him tell it himself.

'December 1971. My buddy Ben Williams came to visit me at my home in Riverlea. We chatted all afternoon and played some records.

Our wives were in the kitchen baking cakes. Christmas was two days away and our families planned to have Christmas lunch together.

Soon Ben and I got bored with jazz and tea.

'Jigga is throwing a braai in Doornfontein,' Ben said. 'There'll be lots of beer and meat.'

'Sounds interesting,' I said, 'I wish we could go.'

'Well, why don't we?' Ben asked.

'Our wives,' I reminded Ben, 'they'll never let us go to a party at bra Jigga's place'.

But Ben had already thought of a plan. He told our wives that we had run out of cigarettes.

'We're off to the shop to get some more,' Ben said. 'Won't be long.'

An hour later we were swinging at Jigga's place.

Six hours later we were drunk and staggering through the streets of Doorie, making our way home. We were sharing a bottle of beer and singing away in a happy slur. We were

in big trouble. What would we tell our wives? But our troubles hadn't even begun.

Suddenly a police van screeched to a halt in front of us.

'Drinking in public!' We were thrown into the van. I sobered up. There were at least fifteen other people in the van.

The police loaded us off at John Vorster Square and drove off again in search of more people to lock up for the night. There was a long queue of offenders waiting to be booked in before being taken to the cells. Ben and I joined the queue.

'What will our wives say?' Ben moaned. 'We go out to buy cigarettes and the next thing we're in jail!'

I didn't want to spend Christmas in jail. Suddenly I thought of a plan. I told Ben to step out of the queue and

stand aside. Then I boldly walked up to the desk sergeant who was scribbling away.

'Excuse me, sergeant,' I said, 'I've come to find out if my two friends have been arrested.'

'What are their names?' he asked.

'Jerry Petersen and Ben Williams.'

The desk sergeant ran his fingers down the pages. 'No,' he said impatiently, 'try Newlands Police Station.'

'We will, sir, thank you.'

And we walked out of John Vorster Square, free!



*Bye!
Bones*

PENFRIENDS

TRANSVAAL

M.H. Baloyi Middle School, Private Bag X13, Mabopane 0100

Dear Upbeat,

I am a boy of 17 doing Std 7. I would like to correspond with boys and girls of 16-18. My hobbies are watching TV and listening to music. My favourite stars are Bon Jovi, Roxette and Billy Idol. I promise to reply to all letters written in English or Setswana. Photos are welcome.

Lawrence M. Khoza

Khakhu High School, Private Bag X602 Khakhu, Venda

Dear Upbeat,

I am a boy of 18 doing Std 10. I would like to correspond with boys and girls of 12-21. My hobbies are playing soccer, dancing, watching TV and listening to music. I promise to reply to all letters written in English. Photos are welcome.

Lodrick N. Nomiah

52 Lozuriet Crescent, Ennerdale Ext 5 Johannesburg 2000

Dear Upbeat,

I am a boy of 17 doing Std 8. I would like to correspond with boys and girls from all over the world. My hobbies are singing, dancing, sports, reading and writing letters. I promise to reply to all letters.

Sharlene Jasmin

211 Klipspruit, Ext 2, Pimville 1808

Dear Upbeat,

I am a girl of 14 doing Std 6. I would like to correspond with boys and girls of 16-17. My hobbies are reading, singing and playing tennis. My favourite stars are Karyn White, Milli Vanilli and Ten City. I promise to reply to all letters written in English, Tswana or N. Sotho. Photos are welcome.

Elsie S. Rafapa

NATAL

Ogwini Comprehensive High School, Private Bag X01, P O Umlazi 4031

Dear Upbeat,

I am a boy of 16 doing Std 8. I would like to correspond with boys and girls of 16-21. My hobbies are reading, writing letters and swimming. My favourite stars are Chicco, Michael Jackson and Percy Sledge. I promise to reply to all letters written in English or Zulu. Photos are welcome.

Skhumbuzo British Mngadi

P O Box 19144, Dormerton 4015

Dear Upbeat,

I am a boy of 16. I would like to correspond with boys and girls of 13-19. My hobbies are listening to music, sports and playing video games. Photos are welcome.

Waheed Jacobs

St Chad's School, P/Bag 9976, Ladysmith 3370

Dear Upbeat,

I am a girl of 18. I would like to correspond with girls and boys of 18-24 from all over the world. My hobbies are going to church, listening to fusion and ballroom-dancing. I promise to reply to all letters written in English or Zulu. Photos are welcome.

Nokuphiwo Nokuthula Mbatha

Sukuma Comprehensive School, P O Box 9091, Pietermaritzburg 3201

Dear Upbeat,

I am a boy of 14 doing Std 7. I would like to correspond with boys and girls of 13-16. My hobbies are tennis, reading, playing draughts, listening to pop music and going to church. I promise to reply to all letters written in English. Photos are welcome.

Mr Bekezela A. Mathebula

AFRICA

Thabana-Tsooana Primary School P O Box 232, Mafeteng 900, LESOTHO

Dear Upbeat,

I am a girl of 22. I would like to correspond with boys and girls of 22-27. My hobbies are sports, music, reading magazines and writing letters. I promise to reply to all letters written in English or Sesotho.

Mary Tlaleng Maliehe

Dowa Secondary School, Private Bag 1, Mponela, MALAWI

Dear Upbeat,

I am a boy of 17. I would like to correspond with boys and girls of 15-20 from all over the world. My hobbies are playing football, reading novels, listening to music and going to church. I promise to reply to all letters written in English.

Maxwell Thengezi

P O Box 206, Windhoek, NAMIBIA

Dear Upbeat,

I am a girl of 21. I would like to correspond with boys and girls of 20-27. My hobbies are reading, dancing, skating and listening to music. Letters may be written in English only. Photos are welcome.

Karyn Konyn

CAPE

E69 Jordane Circle, Khayelitsha, 7784

Dear Upbeat,

I am a boy of 16 doing Std 7. I would like to correspond with boys and girls of 14-16. My hobbies are music, boxing, reading and writing letters. I promise to reply to all letters written in Xhosa or English. Photos are welcome.

Mzukise Qobo

33 Gershon Avenue, Beroma Estate, Bellville South 7530

Dear Upbeat,

I am a girl of 12. I would like to correspond with boys and girls of 10-13. My hobbies are reading, listening to music and playing tennis. Photos are welcome.

Rabia Crawley

18 O'Connell Street, Rosemoor, George 6530

Dear Upbeat,

I am a girl of 18. I would like to correspond with boys and girls of 18-23. My hobbies are listening to music, reading, singing and writing letters. I promise to reply to all letters written in English.

Joanie Africa

A Clays Home, Epping Forest, Elsie's River, 7490

Dear Upbeat,

I am a girl of 13. I would like to correspond with boys and girls of 13-15. My hobbies are swimming, listening to music, playing hockey and reading magazines. My favourite stars are Rick Astley, Madonna, Billy Ocean and Tina Turner. Photos are welcome.

Portia Williams

OVERSEAS

La Pree, Route de Missillac, 44530, Saint Gildas-desbois FRANCE

Dear Upbeat,

I want a penfriend from South Africa. I am 12 years old. The penfriend should be my age. I promise to reply to all letters written in English.

Melina Blin

12 Bis Chemin Rouge, 37550, St Avertin, FRANCE

Dear Upbeat,

I would like to have a penfriend from South Africa. The penfriend should be a girl. I promise to reply to all letters.

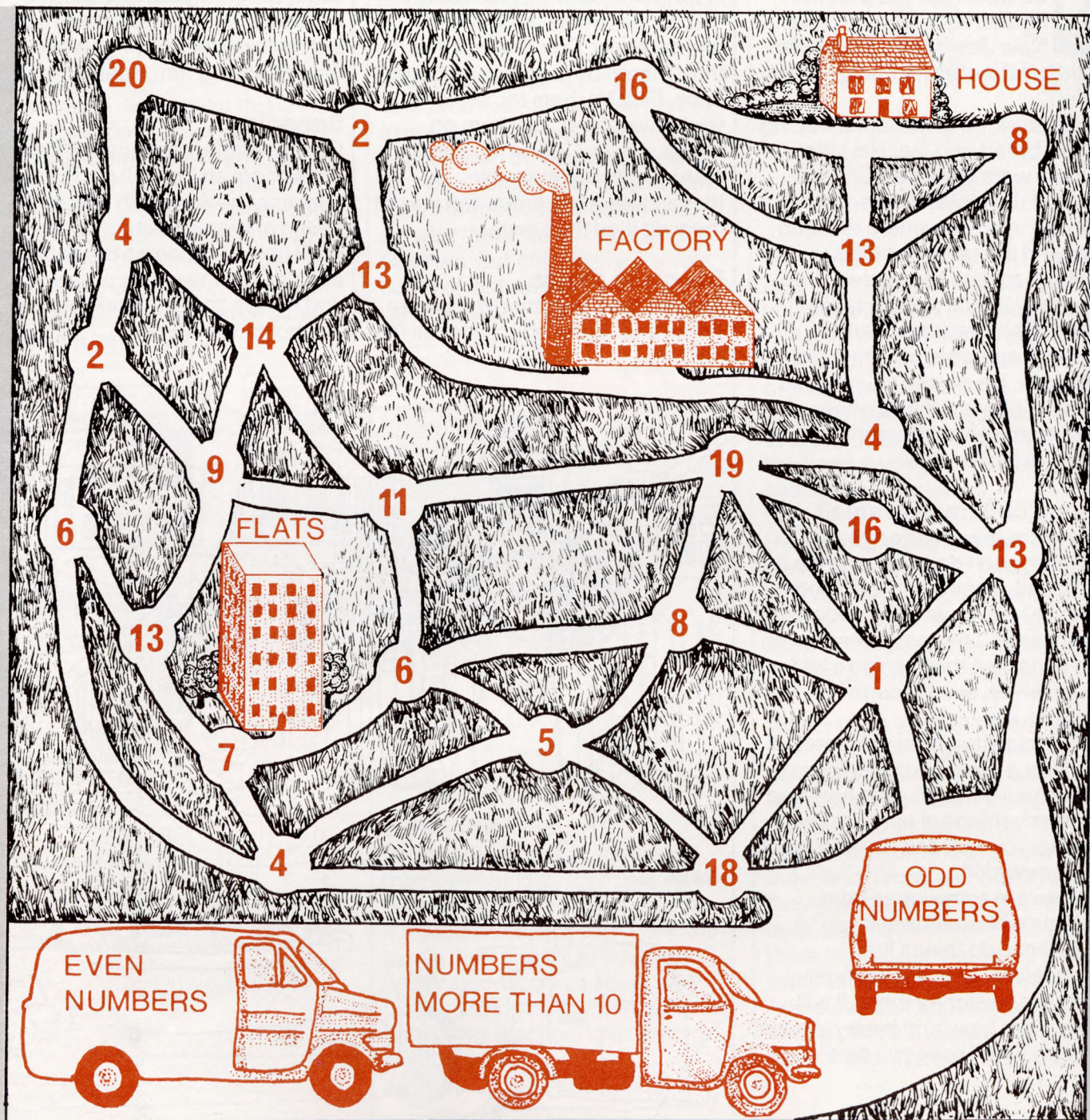
Catherine Guimpier

PUZZLE

Follow the delivery Van

Here are three vans and roads with different numbers. Each van is going to deliver food to a different place; the house, factory or flats. Can you tell where each van is going to?

Clue: Each van can only drive through the numbers painted on its side. The van with the odd numbers can only drive through the roads with odd numbers like 1, 3, 5, 7, 9. And the van with the even numbers can only drive through the roads with even numbers like 2, 4, 6, 8, 10.



Keeping kids busy

Joe woke up. His parents had already gone to work. Now Joe had to dress his little brother Sipho and give him food.

Sipho stood at the table, waiting for his bread and tea. His little fingers were curled around the edge of the table. He tried to pull himself up to see where the food was and the table wobbled.

'Hau, stupid, be careful!' Joe shouted. 'You'll pull the table over!' Sipho was so small. He couldn't see what was on top of the table. He couldn't climb onto a chair. 'Life is difficult when you're small,' Joe thought. 'I'm glad I'm bigger now.'

Young children are small

There are many things young children can't do because they are too small. They can't open doors themselves or get things from high cupboards. They can't even reach the table. But they can do a lot for themselves, even though they are small.

Patricia Mtelebofu of Mamelodi works at a preschool. Her job is to help small children. She has tried out many things at home to keep her two young kids busy and teach them new skills.

Here are some ideas from Patricia which will teach young children to do things for themselves. Let your younger brother or sister try them. It will keep them busy and happy. And in the end, it will save you time!

But remember – you must teach them these things slowly and carefully. Don't expect that they'll learn by just showing them once. First let them try, while you're watching. Let them do things slowly. Only when they've managed to do things by themselves a few times can you let them do it on their own.

Reaching things

Are you tired of getting things like bread and tea for your sister all the

time? Get a strong box for her to stand on. Make holes on the sides of the box so that she can easily move the box around. Let her stand on the box to reach things that are too high for her. But keep dangerous things like medicine and poisons locked away!

Children between the ages of two-and-a-half and three love to use a spoon to pour liquids. You can teach your little brothers and sisters to do these things while they're having fun. Here is how:

Spooning

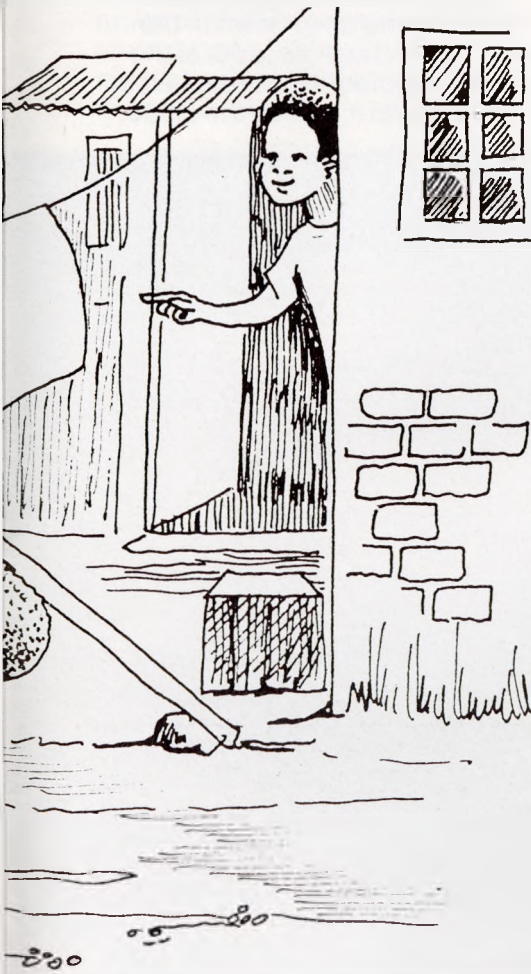
Get two empty containers. Yoghurt cups or polish tins will do. Fill the container halfway with raw samp, beans or mealie meal. Show the child how to spoon up the samp and put it in the empty container, and how to spoon it back into the first container again.





Pouring

You will need two jugs for this game. If you don't have jugs, you can make them. Heat the top of an empty yoghurt cup with a match. When the plastic is soft, press out a 'lip' for pouring. Half-fill one jug with rice or mealie meal or split peas. Slowly show the child how to pour rice from one jug to the other, and pour it back again.



Pouring water

Once the child can easily pour the rice, try showing him how to pour water. Put a little water into the jug. Let him try to pour the water into the empty jug. When he has learned how to pour water, he can get his own water to drink or to wash in. But be careful with boiling water. He is too young to pour very hot water, or even carry it. He could burn himself!

Washing dishes

Your little brother can use his box to reach a washing bowl or sink. Let him start by washing things that won't break if he drops them. Leave some soap or some soap powder there, so he can make bubbles. But don't leave a whole bottle of dishwasher; he'll use it all up at once!



Getting dressed

Young children can often dress themselves. They love putting on clothes and taking them off. And it's good education too. They learn to use their fingers to do up and undo buttons, press-studs and buckles. Did you know that this will help them at school with writing skills?



Washing

A young child can wash himself if you put a bowl on the floor. Show him step by step how to put soap on the cloth, where to put the bar of soap back, how to rub himself, how to wash off the soap and how to dry himself. But stay with him all the time! A young child can drown, even in shallow water.

Help around the house

Children from two to three years old can carry things around. They can help carry the washing. If you show them slowly how to fold washing, they can help fold it.

Don't rush young children

Remember young children cannot do things as fast as you can. They will take time to learn these skills. And when they can do them, they will still go slowly. But they will be quiet and happy and busy. And they'll do more things on their own. But they will still need you there at home, in the same room with them. Keep an eye on them. Accidents can happen easily. Young children need a bigger person with them all the time. ■

How weather works clouds

Look at the sky. What do you see? A clear blue sky, or some small, fluffy clouds? Or is the sky filled with huge, dark, angry-looking clouds?

Fluffy white clouds floating across the sky or different coloured clouds at sunset are pretty to look at. But clouds also play an important part in the earth's weather. The water that clouds bring as rain and snow is

necessary for all forms of life on earth. But clouds can also bring destruction and even death, in the form of hail or thunderstorms.

Clouds form from water that has evaporated from lakes, oceans, rivers or from moist soil and plants. This evaporated water, called water vapour, expands and cools as it rises into the air. For every 100 metres that warm air rises it cools down by one degree celcius.

Air can hold only a certain amount of water vapour at a given temperature. When the temperature drops, some of the water vapour begins to *condense* and change into tiny droplets of water. When billions of water droplets come together they form clouds.

Sometimes when the temperature is cold enough, water droplets change into ice crystals. This is called *sublimation*.

A cloud often contains both water droplets and ice crystals if the temperature is between 0-40 degrees celcius. Rain or snow forms when water evaporates from the water droplets, freezes and forms an ice crystal. The crystal

grows larger until it falls out of the cloud. It falls to earth as a snowflake. But if it enters a layer of air where the temperature is above freezing, the snowflake melts. Then it falls to earth as a raindrop.

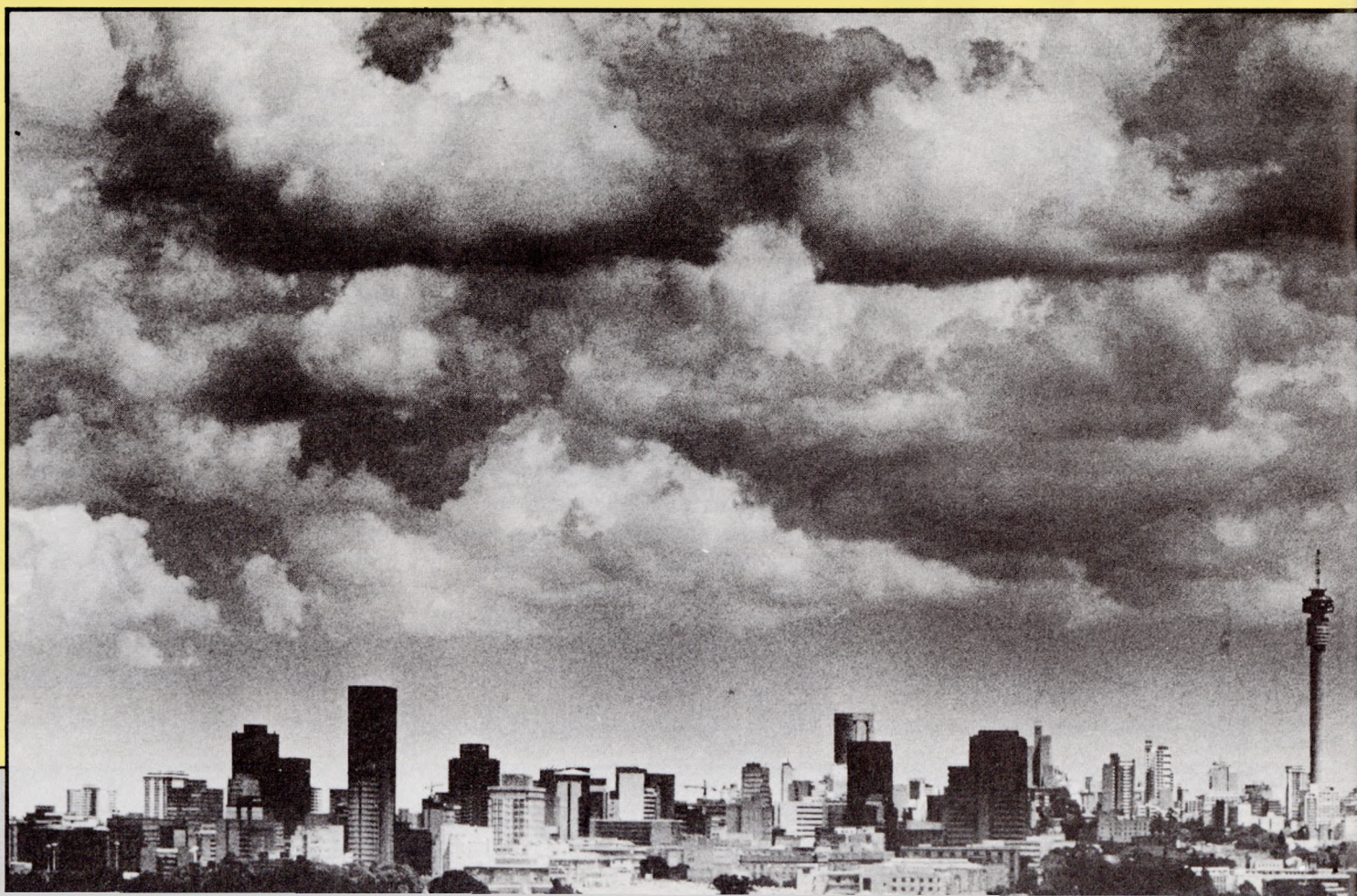
Kinds of clouds

Clouds come in many different shapes and sizes. So they have different names. The name of a cloud tells you what it looks like. Some of the names may sound difficult. That's because they are in Latin, an ancient language that was used by the Romans.

The names of the four most common clouds are: stratus, cumulus, cirrus and nimbus.

Clouds that look like layers or sheets are called stratus clouds. In Latin, the word strato means 'like a layer or a sheet'. Cumulus clouds are piled up masses of white clouds. Cirrus clouds are curly and white. The Latin word cirro means 'curl'. Nimbus clouds are dark grey rain clouds. The Latin word nimbo means 'rain'.

Most clouds change shape when moving up or down in the sky. This is because parts of the cloud evaporate when touched by air that is warmer than the cloud.



Cloud shapes also change because of the action of winds and air movements.

Clouds often combine, depending on how low or how high they are. Then their name changes too. For example, if a cumulus cloud combines with a nimbus cloud, it becomes known as a cumulo-nimbus cloud. So even though there are mainly four kinds of clouds, they can form many different varieties by combining!

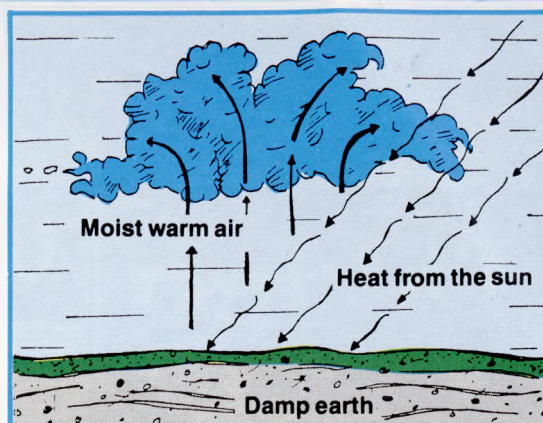
What clouds tell us about the weather

Clouds normally tell us if it's going to be a hot or cold day. Most cloudy days are cooler than clear days when the sun shines brightly. That's because the clouds stop the sun's rays from reaching the earth. The clouds reflect much sunlight back into space. This reflected sunlight does not heat the earth.

But clouds have an opposite effect on the earth's temperature at night. The earth gives off heat towards space, causing the ground to cool off. Clouds catch much of the heat and send it back towards the ground. This is why most cloudy nights are warmer than clear nights.

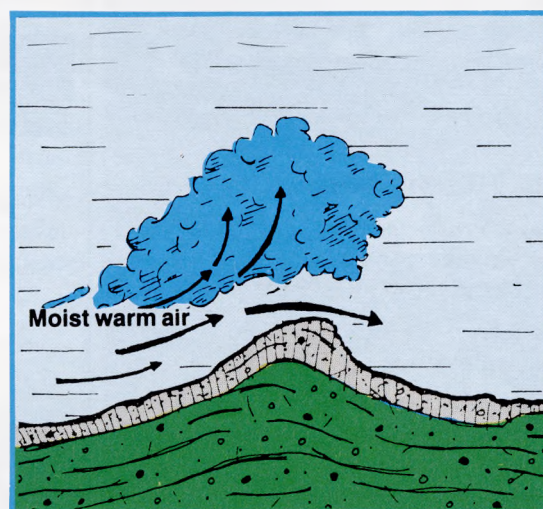
How clouds are formed

Clouds form when moist air rises and becomes cooler. But how does moist air rise? Air usually rises in three ways.



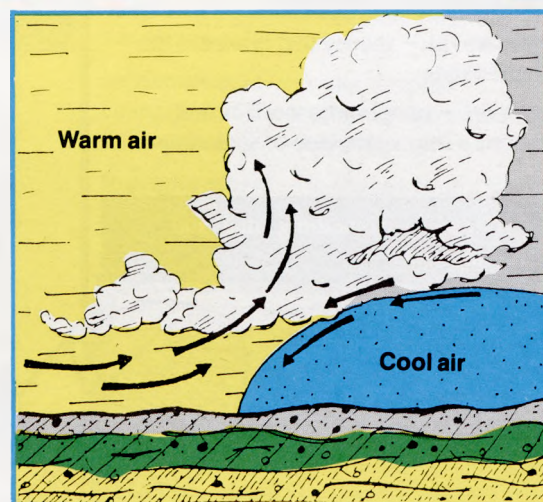
1. By convection

When the sun warms the ground, the air just above the ground is heated. Because warm air is lighter than cooler air, the warm air rises. This rise of warm air is called a *convection* current. This method of cloud formation is called *convection*. As the air rises, it expands and becomes cooler. If there is enough water vapour in the expanding air, the water vapour will condense and form clouds.



2. By lifting

Clouds also form by lifting. When warm, moist air moves up a hill or over a mountain range, the air is lifted and cools. This cooling causes the water vapour to condense and form clouds which hang over the mountains.



3. By weather fronts

When masses of warm air (known as a warm front) and cool air (known as a cold front) meet, clouds are formed. The water vapour in the rising warm air becomes cooler and condenses, creating the water droplets that form clouds.



WILLIE WORDWORM

v = verb
adj = adjective
adv = adverb
n = noun

Taking back our history

liberation (n) – freedom

destiny (n) – the force which some people believe controls the things that happen to you in your life

savage (n) – a member of an old or uncivilized tribe

conscience (n) – the part of your mind that tells you whether what you're doing is right or wrong

frequently (adv) – happening often

herders (n) – people who farm with a herd of animals such as cattle or goats

treaty (n) – a written agreement between two groups of people or countries in which they agree to do something

guilders (n) – money that is used in the Netherlands

crew (n) – people who work on and operate a ship, aeroplane or spaceship

trifle (adj) – something small and unimportant

Uncle Jerry fools the cops



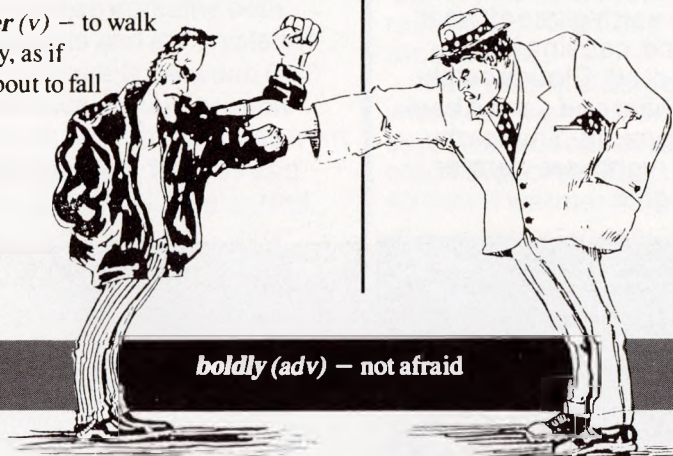
queue (n) – people waiting in a line

bald (adj) – a head with very little or no hair

to stagger (v) – to walk unsteadily, as if you are about to fall

to slur (v) – to talk unclearly especially when you are drunk

to sober up (v) – to stop being drunk



boldly (adv) – not afraid

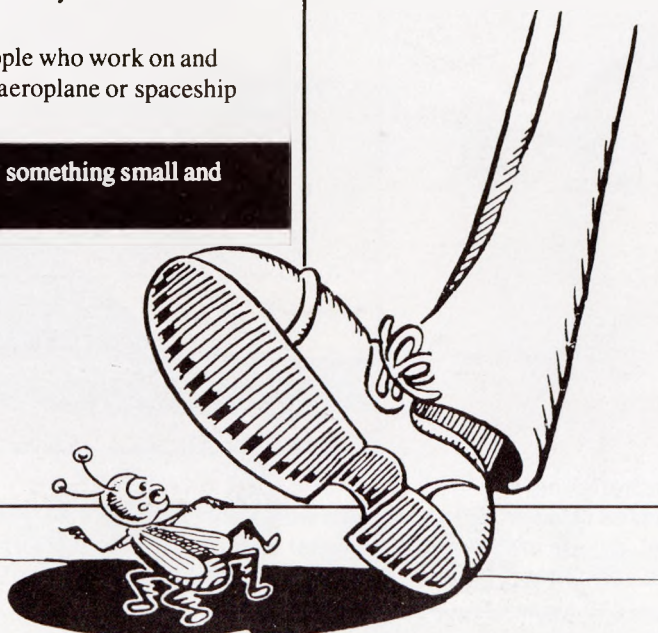
Going to school in Zimbabwe

suburb (n) – an area just outside a town or city where people live

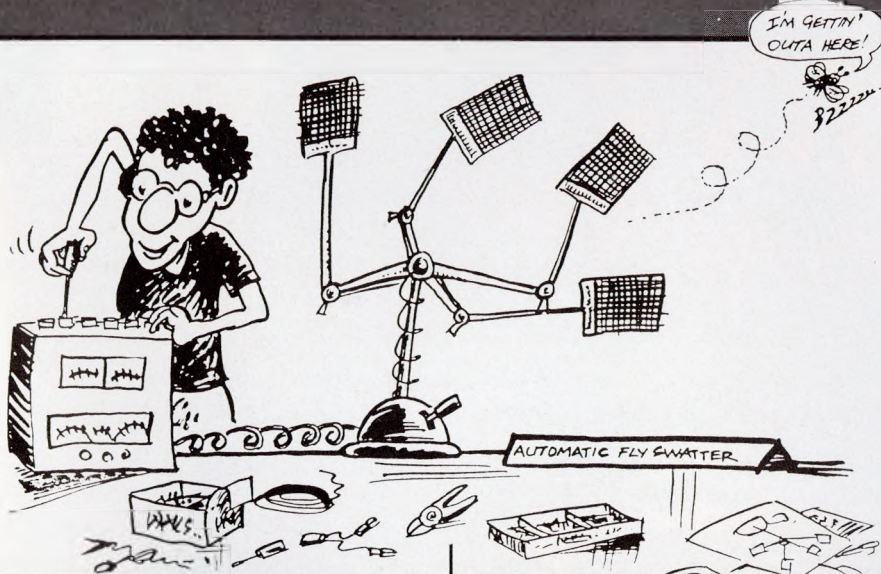
to segregate (v) – to separate people belonging to a different race, sex or religion

curriculum (n) – the different courses or subjects that are offered at school, college or university

syllabus (n) – the different things that teachers must cover in each subject or course



Life on the stage



creative (adj) – to invent and develop new and original ideas

freelance (n) – to work for a company, but not to be employed by them permanently

to choreograph (v) – to make up the steps and movements that will be used in a dance and to tell the dancers how to do them

glamorous (adj) – the wonderful life full of excitement that we think famous people live

to rehearse (v) – to practise for a play or dance

reliable (adj) – something or someone that works hard and well

Keeping kids busy

to wobble (v) – to shake



shallow (adj) – not deep

skill (n) – the knowledge that enables you to do something



Go back to SCHOOL

to strike (v) – to stop working because you are demanding more pay or better working conditions

focus (n) – a main idea

How weather works clouds

ancient (adj) – old

to combine (v) – to become one

to reflect (v) – to send back

to condense (v) – warm air changing into water as it comes into contact with something cold

sublimation (n) – water droplets changing into ice crystals as they come into contact with something cold

to evaporate (v) – to change from a liquid to a gas because of heat, and to rise up into the air

Puzzle answers:

The van with the odd numbers is going to the flats. The van with the numbers more than 10 is going to the factory. The van with the even numbers is going to the house.

Voices from Young Africa



the best writing from **UPBEAT** readers

A People's College Book

It's here at last! A collection of readers' poems and stories that have appeared in Upbeat since 1981. Maybe your work is in it; or your brother's, sister's or friend's. Turn to page 3 to find out how to order your copy now.