

Issue 3: Spring Edition £8

CELEBRATIONS

CELEBRATE TO INSPIRE

MAGAZINE

Celebrate
Motherhood

Kabosh:
Young
Community
Leader

SPRING
OUTFITS
IDEAS

Inspiring
Young
Leaders



STARS & CROWN
CELEBRATE TO INSPIRE

OLYMPICS
2024 - PARIS

Google
Science
Fair
Competition

Birthday
Celebrations





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Okpebholo Ray





CELEBRATIONS

Magazine

THE EDITOR'S HUB



Celebrating Children and young people will always stand out as the major ground and platform to encourage and motivate them. I strongly believe that a child who is affirmed, praised, and celebrated will have a healthy self-image and balance in his/her mental health.

For us celebrating young people's efforts, contributions, ideas, and achievements is crucial to inspiring the community of youngsters. We must not take their efforts for granted. If you have motivated them to study more effectively and they've scored much better marks in the latest school test or exam, you need to reward them for it and affirm them with sincere positive words or gestures. This will show your child that his/her efforts mean a lot to you and you appreciate it. A child who is loved, appreciated, and encouraged will reflect that outside of the home unintentionally as such will be a source of inspiration to others around them. I want to seize this opportunity to add that parents and teachers should encourage young people within their care to participate actively in school social interaction, and community engagement for young people and to support their friends in any way possible to encourage and inspire those who are not seen to be brave at the moment to do so. In a world of technological advancement in gadgets and information, young people will be tempted to avoid socializing and find solace in their handheld devices but with the help of Parents and responsible adults around them, they could do more to inspire their world, become a community young leader or champion which is what we are advocating at the moment and call for likeminded adults to join us in this advocacy. This edition is dedicated to celebrating Mothers all over the world and Brilliant women who have in the past and current world contributed so much to their community and the whole world. Together when we celebrate our young people we inspire them to do the same to one another and make our community better.

Thank you.



Mercy Darlington.



BIRTHDAYS CELEBRATION

Birthday celebration can increase self-esteem of young people "It's easy to feel good about yourself when everyone you love has taken the time to come and celebrate with you. whether it's a party or a simple dinner in a restaurant with the family. Birthday celebration are simply events that represent their growth enhancement which keeps them on par with their peers. This is why they must be taken seriously.

Here is to Celebrate:





Happy Joyous Celebration



Happy Birthday Havilah on your 16th Birthday



Happy Birthday Ojie Royal Greenwich London



Happy Birthday Blossom



Blossom @20

Junior- Spring Outfit Ideas

Girls

Spring Outfit Inspiration



Junior puzzle

MOTHER'S DAY WORD SEARCH

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

Y	S	E	H	G	D	M	J	B	M
L	G	N	F	R	K	G	O	Y	U
I	U	I	C	A	M	S	B	M	H
M	H	B	A	N	Y	A	L	P	O
A	B	D	R	D	W	T	Y	P	M
F	E	L	E	M	G	D	S	T	E
L	S	I	C	A	Q	Y	D	E	E
G	T	H	Z	N	A	N	A	A	V
B	F	C	W	G	Y	U	E	C	O
M	U	W	M	A	M	A	A	H	L

Word Bank

- | | | | |
|------------|------------|----------|----------|
| 1. grandma | 2. teach | 3. care | 4. mama |
| 5. child | 6. hugs | 7. play | 8. best |
| 9. home | 10. family | 11. nana | 12. love |

MOTHER'S DAY WORD SEARCH - ANSWERS

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

Y	S	E	H	G	D	M	J	B	M
L	G	N	F	R	K	G	O	Y	U
I	U	I	C	A	M	S	B	M	H
M	H	B	A	N	Y	A	L	P	O
A	B	D	R	D	W	T	Y	P	M
F	E	L	E	M	G	D	S	T	E
L	S	I	C	A	Q	Y	D	E	E
G	T	H	Z	N	A	N	A	A	V
B	F	C	W	G	Y	U	E	C	O
M	U	W	M	A	M	A	A	H	L

Word Bank

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Power Food for Brain

Hey there, little friend? How are you? Have you seen that cartoon with the two scary-looking yet funny and witty mice that lived in a scientific laboratory?. One was 'Pinky', and the other was called 'The Brain'. I remember the theme song repeatedly mentioned "the brain, brain, brain, brain, brain".

Yes, the brain.

First, do you know the brain lives inside of your head? Don't worry, don't be scared. I do not mean the cartoon character, I mean something else. It is like a greyish-white jelly-like object with several folds in it.



The human brain is a very important organ to the human body. The brain is the command centre for all actions that happens in your body. Everything you do, feel, say and think starts from the brain. That happy feeling you feel happy when win a prize at the school quiz comes from the brain.

Have you ever forgotten something and then remembered shortly after? The brain helps you to do that. It also controls the systems in your body, for example, your heartbeat, how your muscles move, your eyesight, and many others. Your brain is also responsible for co-ordination and body movement. Let me put it in simple terms, your brain helps you to move.

Friend, today, I want to tell you about 'power foods for the brain'. These foods will make your brain stronger, healthier, and work well.

1. *Berries improve your memory*
2. *Eggs will help your brain development*
3. *Broccolis will keep your brain sharp. It boots brainpower!*
4. *Fatty-fish contains omega-3 which helps in building your brain and nerve cells*

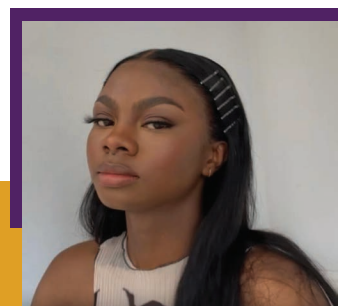
These are just 4 examples of power foods for the brain. Will you be eating more of them?

Some fun facts about the brain:

- It is the most complex object in the universe!
- The brain can make up enough power to light a bulb!
- It weighs about half a gallon of milk (about 1.4g to 1.5g).
- The brain can store lots of information. It has so much storage, unlike computers.
- The brain is surrounded by water-like liquid, well, it is called 'cerebrospinal fluid'.
- The spinal cord is also a part of the brain as a whole.

Until next time!

Mercy Satoye
London



MOTHERHOOD



What is being a mother? It means something different to each of us. We may reflect on our own mother; were they a mother who was present? loving? supportive? Maybe our relationship with our mother was distant, absent or cold. It could be that your experience was somewhere in between. I found that my relationship with my mum evolved, in that the clashes we had when I was a teenager changed considerably when I became a mother, I began to understand why she did and said some of the things she did and her ways of keeping me safe I saw as her being too strict and I rebelled on occasions.

Sadly, there are those that have lost their mother when they were a child or young person and someone else took on the role of being their Mum, through fostering, adoption or a family member, like an aunt, grandparent or step-mum. Whatever our experience, we are all impacted for better or for worse by the person we refer or referred to as 'mother'.

Becoming a mother in my opinion is a privileged position to be in. Unfortunately for some women they may never experience carrying and giving birth to their own child and this causes great pain and a sense of inadequacy. There are those women who actively choose to abstain from having children for their own personal reasons. However, it is good to know that being a mother is not limited to having children biologically and there are many women who are amazing mothers who have never given birth.

I have known women throughout my life that have been motherly figures of love, guidance and inspiration.

Can you think of any in your own life? What were their qualities? How did they impact your life positively?

Motherhood has so many facets that it is not possible to cover them all in this article. I have chosen to look at motherhood as an acronym of CARE - Connect Acceptance Respect Educate and look at how we can be effective and reflective in these areas.

I am a mum of four children, 3 of which are now adults, my youngest is 16 years old. I am on a continual learning experience of how to be the best mum to them. I am not a perfect mum without flaws, I often say the wrong thing at the wrong time or want to talk and ask too many questions when all they need is space or a listening ear.

There are a few fundamentals that have I have learnt to help guide me through the various stages of being a mother. I must say that my approach is different for each child, I quickly came to understand that saying 'I treat all my kids the same' needed to be more 'I aim to treat my kids equally & fairly' as individuals. Treating all children the same is not always beneficial for that child, however understanding their different personalities and interacting with them accordingly can encourage a deeper bond.

As well as their basic needs for love, food and shelter met, some children need more support than others. For example telling one child to do their homework or tidy their room once is enough, but for another child you need to repeat the same instruction or warnings several times before they respond.

I have found that being intentional and setting time aside to connect with your child is valuable to building a good and interactive relationship with them. You will know best what works for you and them.



Recently, I have been trying to get fitter in my older age and it was a real joy that my 24 year old son and myself went on a walk together, and that he actually doesn't mind being seen with me. Equally as lovely was my 2 adult daughters took me out to watch a movie and we went for a meal afterwards - (I tried my hardest not to undo the purpose of the walk earlier that day and ate healthy..ish at the restaurant .□). My youngest son has an afro that he needed help attending to so I was able to connect with him by washing his hair. With all of our busy schedules during the week sometimes times to connect are planned, other times they can be impromptu, but it is important to do something that both parties would like. Unfortunately for me and the stage my family is at, I cannot promise to do this every week or even every month but I try to be intentional. I was very appreciative of the times we do get to connect and check in with one another.

How often do we say to our children 'I love you'? I know I don't say it often enough to my children, but to a child those words and/ or a warm embrace means so much and costs nothing. Exchanging words of criticism to words of affirmation and encouragement with a loving tone can turn things around for a young person and boost their self esteem.

Our youngsters are battling so much within themselves and externally, they need people they can connect with and be themselves, a place to feel safe valued and loved, where else better than with who they see and relate to as 'Mother'.

Acceptance

As a young mother I always questioned whether I was doing a good job as a mother. I compared myself to other mum's at the school gate, within my family or even with my church community and I often felt I was lacking in some way.

When my children pushed the boundaries at home or at school, or I couldn't make things better for them when something had gone wrong with friendships, there was often a feeling of, maybe someone else would be better at raising these children other than me. It is so easy to fall into this way of thinking, but I came to realise that I am doing good job and need to accept myself that I am the right person to mother my children and I will do it to the best of my ability.

Accepting children for who they are as an individual is vitally important. Comparing children to another child, including a sibling whether in a good or bad way can be harmful and cause them to see themselves in a less than or better way to others.

We want to build confidence and self acceptance within our children so that as they grow into adults who are assured of who they are and what their strengths are but also to be aware of the things they need to work on. Raising children to achieve good education grades is needful, but teaching and raising children to have an excellent character is essential.

I often would say to my children that more than good grades, know how to talk respectfully to others. Your good character is more important than your grades. You can be an A* student but if you are unable to show integrity, honesty, determination and focused work you limit yourself and the spaces where you could be effective.

Accepting where you are at in motherhood is necessary to maintain a healthy mental state. I remember when I had 4 children who were 8 and under I wasn't necessarily enjoying every day. I felt like it was very challenging and monotonous, and if I am honest, I said more than a few times, 'I can't wait til they're older'. I wish I had encouragement to remind me that they will not be young forever, but rather than wish the time away, embrace and accept where I was because it does go past quicker than you think and there are so many things to enjoy each stage of their lives.

Whether you have young ones pulling on you for their every need, or teenagers who you constantly worry about, when you can, please rest and take a little time for you and be assured you are doing the best you can do according to where you are in life. Your finances may be limited and you are unable to buy the latest technology, but you can tap into the wealth of love, care and encouragement that you can pour daily into their lives. It may not be until later on in life that some children may come to appreciate the things the that money can not buy.

Being able to spend time with other mothers that you feel comfortable is a good way to let you know you are not alone, and mutual support is shared.

Accept yourself, you are doing amazingly raising the next generation or have already raised a generation if you have older children. Celebrate you.

Accept your children, they are unique and they are people too with great ideas, anxieties, goals and expectations. They need to connect with us and know they are accepted.

By **Rachel Brown - London**



Celebrating Mothers and women in History



Elizabeth II

So far, Queen Elizabeth II has been Britain's longest reigning monarch and longest living monarch. She has witnessed huge advances in technology, society and major political changes.

Elizabeth Alexandra Mary; 21 April 1926 – 8 September 2022) was Queen of the United Kingdom and other Commonwealth realms from 6 February 1952 until her death in 2022. She was queen regnant of 32 sovereign states over the course of her lifetime and remained the monarch of 15 realms by the time of her death. Her reign of over 70 years is the longest of any British monarch, the longest of any female monarch, and the second longest verified reign of any monarch of a sovereign state in history.



**NGOZI Chimamanda
Adichie**

Is an award winning writer and feminist. Her novel *Half of A Yellow Sun* won the Women's Prize for Fiction. Chimamanda Ngozi Adichie born 15 September 1977. Nigerian American Citizen.



Marie Curie (1867–1934)

She was the first woman to win a Nobel Prize and the first person to receive one twice (in Physics in 1903 and Chemistry in 1911), and she's still the only scientist to have won two Nobel Prizes. As a leading researcher, her work paved the way for the advancement of modern physics.



PRINCESS DIANA

As Princess of Wales, Diana supported a number of charitable causes, including leprosy, HIV/AIDS, landmines, homelessness, cancer, and mental illness and drug abuse. She developed a particular interest in illnesses and health-related matters, including AIDS and leprosy. In 1989, while visiting Harlem Hospital Center in New York City, she picked up and hugged a seven-year-old AIDS patient, an act that had a lasting effect on the social acceptability of AIDS in the United States. In 1996, she became actively involved with the anti-landmine campaign.



Chiaki Mukai

Chiaki Mukai was the first Japanese female astronaut to join a space shuttle mission. Now the vice president of the Tokyo University of Science.

A board-certified vascular surgeon and a JAXA astronaut, Chiaki Mukai was the first Japanese woman in space.

Olympics 2024' PARIS

The Paris 2024 Olympics: A Spectacle of Sport, Unity, and Legacy – By Darlington Okpebholo Ray.



As the world begins the 100 days countdown, it will witness the grandeur of the Paris 2024 Olympics, not merely as a showcase of athletic prowess but as a beacon of hope and progress. As the City of Lights prepares to host the 33rd edition of the Summer Games, anticipation is soaring, fueled by a myriad of compelling narratives and historic milestones.

The Olympics are all about history. Although the first modern Olympic Games were held 125 years ago, the tradition dates back more than 3,000 years.

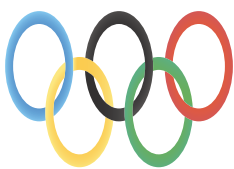
The Olympic Games Paris 2024 take place exactly 100 years since Paris hosted the Olympics back in 1924. Paris will join London as the only cities to host the Olympics three times. The Games were in Paris in 1900, 1924 and now in 2024, while London hosted the Games in 1908, 1948 and 2012.

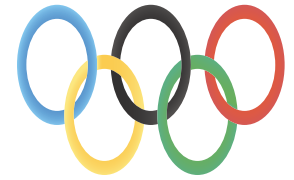
Paris: Beyond Spectacle

Beyond the dazzling waterborne opening ceremony and the allure of iconic landmarks hosting sporting events, Paris 2024 aspires to redefine the Olympic legacy. With a steadfast commitment to social impact, the Games aim to extend their reach to disadvantaged suburbs, embodying the spirit of inclusivity and community engagement. Costing €8.3 billion, Paris sets a high bar for future host cities by prioritizing socially positive, less polluting, and less wasteful Olympics.

Breaking Barriers and Embracing Equality

Paris 2024 heralds a new chapter in Olympic history with the inclusion of breaking (or breakdancing) as a medal event, underscoring the Games' evolution and adaptability. Furthermore, by ensuring an equal representation of male and female athletes, the Olympics reaffirm their commitment to gender equality and empowerment. This edition marks the first time the Games will feature an identical





Inspiring the Youth, Shaping the Future

At the heart of the Paris 2024 Olympics lies a profound commitment to inspiring and uplifting the next generation. With approximately 10,500 athletes expected to compete, the Games serve as a platform to ignite a passion for sports, foster camaraderie, and instill values of resilience and determination in young minds worldwide. Additionally, the inclusion of breaking as a new sport resonates with youth culture, attracting a diverse audience and enriching the Olympic experience.

Impact Beyond Borders: Fostering Peace and Unity

As nations gather on the world stage, the Paris 2024 Olympics transcend mere competition, serving as a catalyst for peace and unity. By bringing together diverse cultures and fostering dialogue, the Games offer a platform for diplomacy and understanding, transcending geopolitical divides and fostering a shared sense of humanity. Furthermore, the presence of an IOC Refugee Olympic Team symbolizes the Games' commitment to inclusivity and solidarity, embodying the Olympic spirit of global cooperation.

Legacy of Innovation and Tradition

From the infusion of iron from the Eiffel Tower into Olympic medals to the innovative use of translation devices in the Paris Metro, the Games seamlessly blend tradition with modernity. By embracing technological advancements and honoring Parisian heritage, the Olympics leave an indelible mark on the cultural landscape, ensuring a legacy that endures for generations to come. With over 3,000 translation devices deployed in the Paris Metro and tickets starting at €24, the Games prioritize accessibility and inclusivity, ensuring that all visitors can experience the magic of the Olympics.

Fascinating Facts and Stats of the Paris 2024 Olympics

Historic Dates: The Paris Olympics will officially take place from July 26 to August 11, 2024, marking exactly 100 years since Paris hosted the Olympics in 1924.

D.. O-Ray





PRETTY HEARTS CIC
PPRESENTS

COMMUNITY BIRTHDAY PARTY



EVERY LAST SATURDAY OF THE MONTH

- * MEET YOUR BIRTHDAY MATES
- * PLAY GAMES/ BOUNCY CASTLE
- * DANCE & SING
- * DRINKS & SNACKS
- * FREE REFRESHMENTS
- * CALL TO BOOK A SPOT & GIFT

- *SHARE JOYFUL MOMENTS
- *BE CULTURE AWARE
- *REDUCE SCREEN TIME
- *MEET & MAKE NEW FRIENDS
- *KNOW YOUR COMMUNITY
- *PROMOTE TOGETHERNESS

WOOLWICH COMMUNITY CENTRE 17 LESLIE SMITH SQUARE SE18 4DW
07448008557 / 07459829990



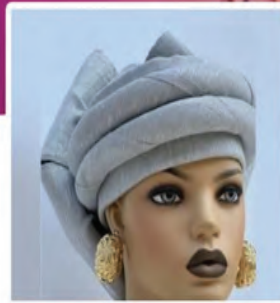
PRETTY HEARTS

Free Community Hair Braiding Class 10am - 12 pm

A supportive space for young people to build friendships
& mental resilience, learn new skills & build Confidence

Classes include:

- * Hair Braiding Techniques
- * Plaits & Weaves
- * Twist & Locks
- * Autogege Skills



Ages 12-18 1st & 2nd Saturdays Every Month

Classes on during Holidays. Call to register a spot.

Venue: WOOLWICH COMMUNITY CENTRE 17 Leslie Smith Square SE18 4DW

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Seven churches of the book of *Revelation*



**14 - 20th
October, 2024**

Come visit with us the "Seven Churches of Revelation" and see these Biblical Cities live: Ephesus, Smryna, Pergamum, Thyatira, Sardis, Philadelphia, and Laodicia.

Plus other notable exciting places in Ancient Asia Minor. Experience the strikingly powerful atmosphere of these Historically and Biblically important cities that the Glorified Jesus Christ sent special letters to.

Price based on two
sharing
£1,200
/person

Or

Single occupancy
£250
(Additional)

Tour Package

- Return economy flight tickets from London.
- Hotel accomodation and meals (Breakfast, Lunch, Dinner).
- Domestic flight from Istanbul to Izmir (return).
- English speaking tour guide, entrance fees.
- Airport pick-up and drop off, fully air-conditioned bus.

More info: PST. Dele Bakare - +44 7956 813701
PST. Kemi Abraham- +44 7832 334867
Email: info@httravel.co.uk



Save Our Planet!
THINK CARBON FREE



ROYAL *borough of* GREENWICH



building zero carbon homes

planting thousands of extra trees

creating safer routes for walking and cycling.

preparing a business case to find solutions for private sector housing such as installing ground source heat pump ambient loops

setting up and strengthening partnerships with businesses and local organisations to help reduce emissions across the borough.

creating controlled parking zones to discourage car use

procuring 100% green electricity for council buildings.

*We are proud of your Commitment
towards Carbon neutral Borough.*



YOUNG COMMUNITY CHAMPION

Kaboshi Oseghale

**18 Years
London**

I have always had the passion to help and support whenever there was a need. I do it because there is no available to do or some would come up with reasons why they shouldn't. When I do my stuff, I don't consider it a big deal although sometimes when I am praised for stepping up i see no reason why i should accept the accolades because that is what everyone of us ought to do right? But my mom mentioned that one can only be praised if they have done something worthy of praise that i can accept it and continue with my good work, she added also that other younger people of my age will be inspired to do what i am doing thereby making the world a better place.

At my School there was a need to support Students with Special Needs at that time there was shortage of assistant teachers to help, I remember speaking to my head of year if there was any way I could be of help. I was asked if i could give my Fridays to turn in to school to help with the SEN because my Fridays was free at that time- so i came in to school on Fridays to support. The Teachers started commending my efforts and surprisingly during the Parents evening my Headteacher mentioned it to my mom how helpful i was and how they were proud of me. I think with all of these put together I even began looking forward to doing more.





I was asked at some point how I felt, and I could say was that it felt rewarding helping young people with special needs. I sit with them, help them do their homework. I support them with their Mathematics work and English when they're confused also with science. At some point they began to like my company and tell me about their hobbies, the things they like doing, their favourite TV shows and games etc. and I just keep them entertained with rapt attention listening to what they have to say and nodding my head in approval as the discussion continues. I also tell them about by myself and what I do and why i like to do them?

Today's Quote:

We can never sing enough the Praise of a Mom.

Kaboshi Oseghale

Again another area of interest for me was when I started helping out in my local community Church back In Nigeria it was 2015 to be precise, I was 9years old. I had the passion for helping when the Ushers were not available to attend to duties during the evening Service in Church on Tuesdays which was for bible study and Thursdays for Prayer meetings. What I would do usually was to mimic what I see, the adult Ushers do during every other service and replicate that during the evening service when they were not calling due to work or other important engagements. So I used to first of all arrange the chairs because we always got to church very early, I will take the attendance- making a head count of all the people in the church and document it in a book, pass the basket around and collect the offerings not forgetting to document it in the same attendance book. My would advice that I make sure there was a witness when i counted the offering. I have not been doing much serving in my local Church because I have been studying hard for my A-Levels but I found myself with this urge of supporting again when in November there was an event in my local parish and there was need for an extra hand I saw me rising up to the occasion and thinking it was just going to be for that day only but for some reasons the senior Ushers complimented my effort and spoke to mom to allow me Volunteer in the department and learn several other skills from the team that I have been doing and enjoying every part of it. So few days ago my mom spoke with me about all of these and concluded that I was a Community Champion with what I have been doing and that there are other young people out there who need s to hear about what I have been doing and be inspired by it and step up in their own God given field. She insisted I share my story and here we are.

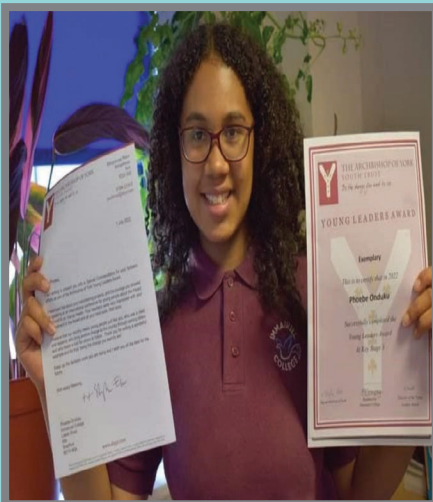
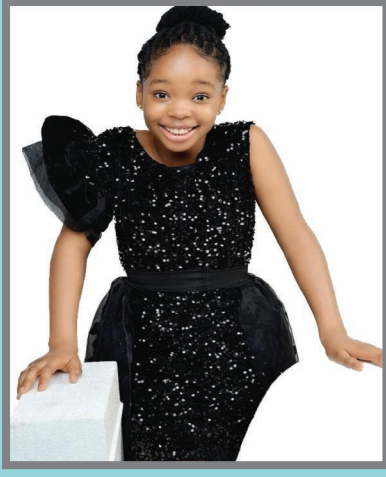
I want to encourage every young person out there to follow their hearts and share their success story no matter how little that may seem to inspire greatness in others. My Mom encouraged me to share this stories she even had to make me do it using google voice note because I was not ready to sit down and be interviewed for hours, I think if Parents can encourage their Children and be part of the process to speak up and share their stories the society will be filled with encouraging and inspiring Stories but when you leave it to us the Gen-Z's we don't always want to come out of our shell and of course with our mobile gadgets all of the time we don't want to miss out on anything on the social media funny but true.

MEET OUR YOUNG COMMUNITY LEADERS

Our list of young community leaders is growing with each edition.

Young people are rising to the occasion of inspiring themselves to do better. From putting in efforts, making attempts to Volunteer, showing resilience and courage, advocating for inclusion and diversity awareness, speaking up against antisocial behaviour, cyber bullying, playing games and instruments, taking part in community engagement, leadership roles and initiatives, supporting charitable causes, campaigning for a carbon free environment among many others. As we prepare for an annual Celebration and award night coming up December 2024.

We are delighted to introduce to you our special Young Community leaders.







Crossword puzzle

MOTHER'S DAY WORD SEARCH

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

C H I L D H O O D H M M E L C
 Q D O N C O R V A T P A W A M
 Y N R O O N L T C R R T A N O
 B X L I M M T U A I E E R R T
 A Y C T P S M B R B G R O E H
 L L V P A W Z Q I D N N B T E
 L I G O S L Z S N L A I S A R
 U M N D S E D T G I N T E M H
 L A I A I M Q D T H C Y I Q O
 O F R S O C O A E C Y G R Z O
 Q Z U U N T P T E R E S O V D
 R E T W A H Y M H S S Y M D W
 D I R Q T E G M L E N Q E L M
 R X U U E U U J N T R B M A J
 R X N D G N I T N E R A P V H

Word Bank

- | | | | |
|----------------|---------------|-------------------|---------------|
| 1. caring | 2. mother | 3. nurturing | 4. adoption |
| 5. lullaby | 6. maternal | 7. memories | 8. childbirth |
| 9. family | 10. maternity | 11. parenting | 12. pregnancy |
| 13. motherhood | 14. childhood | 15. compassionate | |

MOTHER'S DAY WORD SEARCH - ANSWERS

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

C H I L D H O O D H M M E L C
 Q D O N C O R V A T P A W A M
 Y N R O O N L T C R R T A N O
 B X L I M M T U A I E E R R T
 A Y C T P S M B R B G R O E H
 L L V P A W Z Q I D N N B T E
 L I G O S L Z S N L A I S A R
 U M N D S E D T G I N T E M H
 L A I A I M Q D T H C Y I Q O
 O F R S O C O A E C Y G R Z O
 Q Z U U N T P T E R E S O V D
 R E T W A H Y M H S S Y M D W
 D I R Q T E G M L E N Q E L M
 R X U U E U U J N T R B M A J
 R X N D G N I T N E R A P V H

Word Bank

- | | | | |
|----------------|---------------|-------------------|---------------|
| 1. caring | 2. mother | 3. nurturing | 4. adoption |
| 5. lullaby | 6. maternal | 7. memories | 8. childbirth |
| 9. family | 10. maternity | 11. parenting | 12. pregnancy |
| 13. motherhood | 14. childhood | 15. compassionate | |

Spring Outfit ideas for Teens



Spring Outfit ideas for Teens



YOUNG CONTRIBUTORS

Celebrating Mother's day and International Women's Day (Inspire digital inclusion 2024)



Woman vs. Mother

She is a woman.

with a voice that can move mountains at her will.
She is strong enough to carry stars,
and when others doubt her,
she laughs and raises the universe with one hand.

She is a woman.

But mothers are a unique kind of person, to raise a child into an adult who is composed of flesh, blood, and bones.
to inculcate love in their heart and cram their brains with knowledge;
the likes of which universities have never encountered,
enabling them to better make their own decisions.

It takes a unique kind of person.

Being present the entire time only to witness the rising child
through each and every grin and cry.

A mother.

MICHELLE
LONDON
12 Yrs.

Who A Mother is VS Who A Woman is

In every smile and every tear, our mother's love will always be near. A mother is the one who is there with open arms when you are feeling down. She provides emotional, physical, and mental support throughout the journey of life. A mother coaches us through our lives, encourages us to be the best we can be, and shows us what life is all about. These moments of love and joy are what defines a true mother.

In the heart of every woman, there lies a duality profound, where love flies, For she is both mother and woman divine, In her, two worlds intertwine.
As a mother, she sacrifices, she gives, Her love boundless, in which we live, But as a woman, she claims her space, Her dreams, her desires, and she fiercely chases.
So honour her as both mother and woman, For in her, the world finds its human, A tapestry woven with love and might, She is the essence of life's purest light.

Bolu
14yrs
LONDON

WHO A MOTHER IS Vs WHO A WOMAN IS



You asked me, what is a 'mother'?
 So this is what I'll say:
 A mother is the one who always saves the day
 She is blessed with affection, strength and beauty
 Knowledge and wisdom aid her duty
 She laughs and listens
 Her smile is sweet
 Her identity is warrior
 Her love makes us complete

What is a 'mother'?
 She is chosen by The Almighty
 His presence shines through her so brightly
 A suitable helper and confident candidate
 Her personality is truly great

Abigail
 14yrs
 MANCHESTER

What is a 'mother' ?
 A bond formed like no other
 From day one she was there
 To keep me warm and comb my hair
 And now she sits back in wonder
 To see how I've grown, number by number
 Her firm nurture
 Prepared me for the future
 But do we ever think and ask:
 How did she succeed in such a task?

What is a 'mother'?
 The very first lover
 The one who grew you
 The one who stayed true
 When the path had looked bleak
 And the troubles had peaked
 But you never noticed
 Because she was all too focused
 On keeping you safe and loved
 But every night, she cried to God above.

What is a 'mother'?
 The textbook definition shows error
 The meaning written is too bland and bare
 To describe the woman who loves me beyond compare



A mother is ones own biological mother or through adoption, there is also a mother through gestational Surrogacy. A Mother is supportive socially, spiritually, academically and Mentally. A mother is naturally smart and Helpful.

In my humble opinion A WOMAN is one creature of God whose absence would make the world a very sad place. WOMEN are the best cook in the world. Women are more Vigilant in the society in my opinion.

SHEKINAH
 13Yrs
 GREATER LONDON

INSPIRING STORIES OF YOUNG PEOPLE

Sofia Tomov, 12, is using code to solve the fourth-leading cause of death in the US.

Tomov, of Tennessee, was recently named as a finalist in the Discovery Education 3M Young Scientist Challenge. Her project could help patients and doctors figure out who might have negative responses to prescription drugs – before they take the first pill.



Adora Svitak, 18, published her first book when she just was 7.

Svitak, of Washington state, began her career as a prolific writer: She had written 300 short stories by the age of 7, and went on to pen three books, including a novel. But she became internationally famous for her TED Talk, "What adults can learn from kids," which was viewed by millions and translated into more than 40 languages.

Maya Penn, 16, started an eco-friendly clothing line when she was only 8.

Penn, of Atlanta, Georgia, design and sells a line of t-shirts, dresses, hats, mittens, jewelry, scarves, and more — all made of environmentally-friendly materials. Penn also donates 10–20% of her profits to organizations that benefit the environment.

In case that wasn't enough: She also launched her own non-profit, and has written and illustrated three books.



Winter Vincent, 11, brings clean drinking water to people who need it.

At age 9, Vincent saw many of his favorite surfers get involved the UN's World Water Day. He wanted to help, too. So he ran fundraisers in his community, raising money to purchase lifesaving water filters. Later, he traveled with his family to the Indonesia's Mentawai Islands to implement the filters in person.

Soon, Vincent, who's based in Australia, partnered with Waves for Water, developing a program that allows kids to replicate his fundraising success in their own schools.

It's called Surf to School Day: Kids are given the opportunity to come to school dressed in board shorts, sundresses, Hawaiian shirts, and other surf gear, and in return, they pledge to donate some spare change to Waves for Water.

So far, Surf to School Days across the world have raised more than \$30,000 towards purchasing water filters.



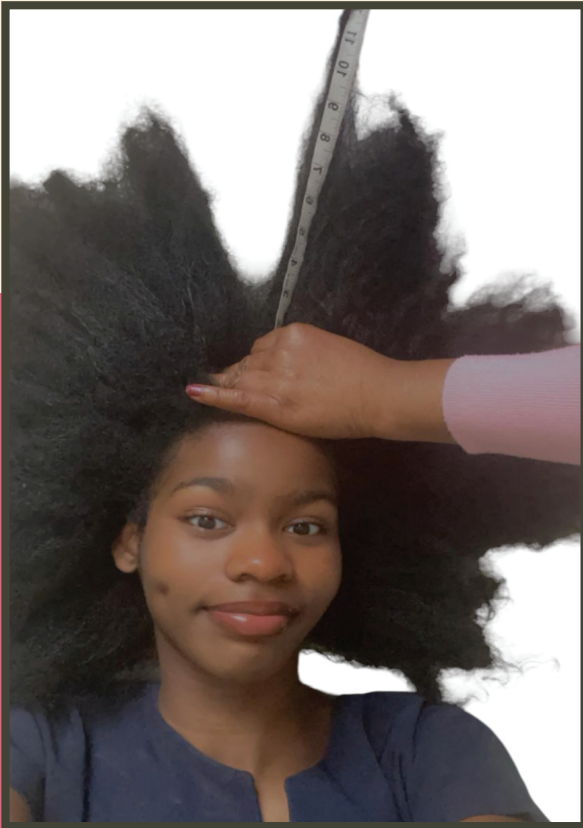
Ziad Ahmed, 17, was placed on a terrorist watch list — then he became an activist.

As a child, Ahmed found himself on a TSA watch list, just because of his Middle Eastern name. As he got older, the Princeton, New Jersey teen noticed that many people made unfair judgments about him based on both his Muslim faith and the color of his skin.

Dealing with these prejudices inspired Ahmed to create an organization called Redefy. Its mission: "to boldly defy stereotypes" and "embrace acceptance and tolerance."

My Hair & I

Health dangers of some hair Products.



Most common harmful ingredients used in hair care products are:

Sodium lauryl sulfate and sodium Laureth sulfate are foaming agents that companies usually add to shampoos and conditioners. The lathering effect of these hair products is due to their reaction with water to produce lather. Sulfates wash away all the oils and residue when you rinse the shampoo. They can cause damage to the hair, make it brittle and increase frizz.

These chemicals on the scalp can even cause contact dermatitis in people with sensitive skin.

Additionally, sulfates can damage your hair follicles so much that they may not produce new hair, which can cause hair loss.

Selenium sulfide is a carcinogen (cancer-causing compound), and usually, you can find it in anti-dandruff shampoos and products. Lab tests on mice showed the development of tumors due to selenium sulfide.

According to Harvard T.H. Chan School of Public Health's studies have shown that some hair products are often filled with toxic ingredients such as sulfates, silicones, parabens, and many others. In particular, unnatural shampoos and conditioners contain a lot of harmful ingredients. These chemicals strip your hair of its natural oils, damage the hair shaft, and also they are even carcinogenic (any agent that promotes the development of *Cancer*)

Note that even a glance at a product's ingredient list can tell you a lot about its safety.

Your hair will feel more fresh and beautiful when you use natural hair care products instead of chemical products that contain harmful ingredients. Even we can say that you're saving your hair by using natural products.



Parabens are harmful chemicals. Cosmetics and shampoos contain them as a preservative to prevent bacteria from growing.

In the human body, parabens mimic the effects of estrogen, the primary female hormone. As a result, parabens can cause *hormonal fluctuations*, adversely affecting *pregnancy* and *menstruation*. Overuse of parabens can associate with increased *cancer* risk. Parabens have many harmful side effects, although they serve an essential function. Often, they cause an inflammatory or allergic response, irritating, and even contact dermatitis after repeated use.

*** How I care for my hair: ***

1. Embrace Moisture. keep your hair moist if you have my kind of hair. Don't let it dry :)
2. Wear Protective Styles never leave hair flying about or loose.
3. Limit Heat Use. only use when necessary but avoid if you can
4. Avoid Harmful Chemicals. Stay away from products with sulfates, parabens, and alcohol. Natural shea butter is my No. 1 secret. ;)
5. Regular Trim is vital. Better short and healthy than long with no life.

*** Here is a pic of me wearing my protective style.**

I had to measure my four cardinal hair sections
guess how long is my middle part hair?

Havilah



CELEBRATIONS

CELEBRATE TO INSPIRE

Magazine



We celebrate young people from all backgrounds irrespective of their gender, ethnicity or faith.

We inspire young people by using their talents, success stories, efforts and passion to stir others up to make the world an even more beautiful place for tomorrow's leaders.

This begins with ensuring that all our young people in the community are supported by their parents, teachers and caregivers to inspire them in what they do.

Share your stories with CELEBRATIONS MAGAZINE UK to inspire your peers.

Be a part of our Young Community Leaders to be awarded (what will be the award?) once a year in London for inspiring others.



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STARS & CROWN
CELEBRATE TO INSPIRE

MY NATURAL HAIR CARE

Just let your hair go in the direction it wants to flow
sometimes. Rest and love your yourself and your hair.

- HAVILAH -