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Think happy thoughts

Dream BIG dreams...

Be grateful for you!

Eat healthy

Have fun outdoors

Stay active with sports

Wacky facts

T H  
TWEEN HOLIDAY

## Summer 2020 – Issue #1

# About

Welcome to our very first edition of Tween Holiday!  
Woohoo!!!

This magazine (mostly) for girls age 8 – 12 years celebrates the holiday times.

This first edition celebrates SUMMER TIME!

And we'll release 2 more editions before we go back to school... so keep your eyes open for the next editions.

We are a small team (our writers, Cam Cam & Zizi are same age as you) who want to celebrate girls, different ethnic groups, family and fun.

So connect with us (with your parent's permission) on Instagram & Facebook!



Caritas! xxx

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# Tween Holiday

SUMMER TIMES #1

1	<i>Wellbeing</i> 5-a-day Screen time Yummy food
2	<i>Aspire</i> Dream big Books Role models
3	<i>Fun</i> Weird & Wacky Facts Nature Sports



# 1 Smoothies

Anton & Cam Cam



**SMOOTHIES are delicious!**

*I think you will like smoothies too,  
so here are some delicious  
smoothie recipes that you can  
make at home!*

## Strawberry and Banana smoothie:

You will need



1 banana, 5 strawberries and a cup of milk – 150ml. This is a very refreshing smoothie which is a good one to enjoy during the hot summer months.

## Orange and mango crush smoothie:

You will need



2 oranges = 1 cup of orange juice, 2 cups of frozen mango cubes. Squeeze the oranges first to get the juice. Add the mango cubes to the orange juice and blend until you get a nice consistency.

This is my personal favourite as it tastes like sorbet ice lollies – and is perfect for a sunny day!

## Carrots and ginger smoothie:

You will need



2 normal sized carrots or one large one, peeled and chopped (there is no need to be accurate with the chopping, rough chopping should do), one peeled orange, a small piece of grated ginger and 150ml of water.

This is a very vibrant and bright smoothie which is packed with Vitamin C and other minerals.

**Tip:** The amount of water or milk that you add is entirely optional, you can add more, or you can add less depending on how thick you like your smoothies.

I personally add more milk as I do not like my smoothies to be too thick.



# 1 *Five a day*

**Cam Cam & Anton**

Remember to have your five a day, this is important especially if you are an athlete or if you are just generally highly active and you want to stay healthy.



If you aren't used to eating fruit and you like to eat a lot of sweets then try to have at least one or two fruits a day and as you get better at it you can have more fruits until you reach your five a day!

Most people don't think of fruits and veg as tasty foods, but you can try to use them in different ways which can make them very tasty. For example, if you don't like the look of the plain porridge you are being served, then chop up a banana and add it to your porridge to make it sweeter and tastier. Or add apples or blueberries, yum!





Our family cook off challenge is inspired by the story  
(and soon to be published book) YOU GET A SNEAK PEEK!

**Sardine Stew by Linda Unugboke.**

We've shared a shopping list and recipe ideas  
But you can choose to be as creative as you wish!

# Family cook off

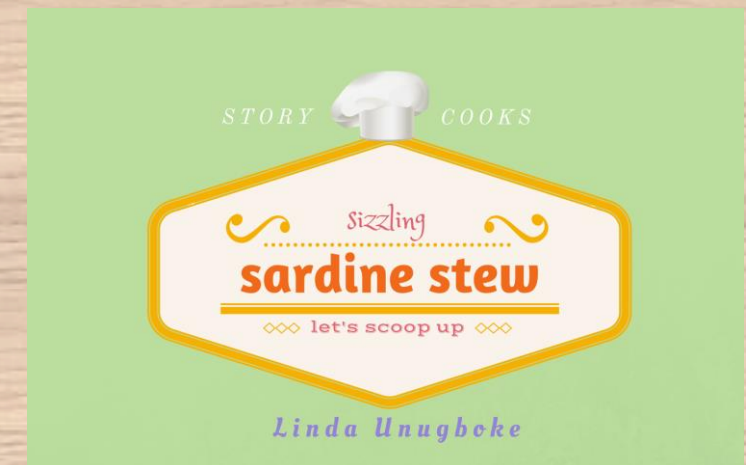
**JOIN OUR CHALLENGE!!!**



Cooking and baking is an enjoyable thing to do with the family.  
Lots of people enjoy cooking and baking as a family bonding  
experience.







### Shopping List

- ✓ Sardines
- ✓ Salt
- ✓ Spices
- ✓ Shallots
- ✓ Spinach
- ✓ Sprouts
- ✓ Squash
- ✓ Sunflower seed oil
- ✓ Spaghetti

Steps to cooking Sardine Stew (Copyright extract from Sizzlingly Sardine Stew by Linda Unugboke)

EXCLUSIVE SNEAK PEEK for you !!!

- ⇒ Sauté sliced **shallots** in **sunflower seed** oil in a saucepan
- ⇒ Sear **sardines** in the saucepan with the sauteeing shallots
- ⇒ Spray some **saffron** over the sardines
- ⇒ Scoop sun-dried tomato sauce, **sprouts**, and **squash** into the saucepan
- ⇒ Sprinkle **salt**, scatter some **spinach**, and stir with a spatula (or spoon)
- ⇒ Sizzle the stew on the stove on a slight heat setting for seventeen minutes
- ⇒ Simmer **spaghetti** in a second saucepan until it is soft and stringy
- ⇒ Strain out the starchy water from the spaghetti

Serve the sardine stew on saucers with spaghetti as a side dish! \*\*\*Tastes SWELL-icious!\*\*\*



Get your mum, dad or adult carer to share your sardine stew photos @tweenholiday





## 2 | *Books, books and more books.*

Lots of people like reading books.

But the summer of 2020 has been called the **summer of reading** because of the amount of people that have been using the summer holidays to relax and read.

Pick up some books and rate them (after reading of course! 😊)

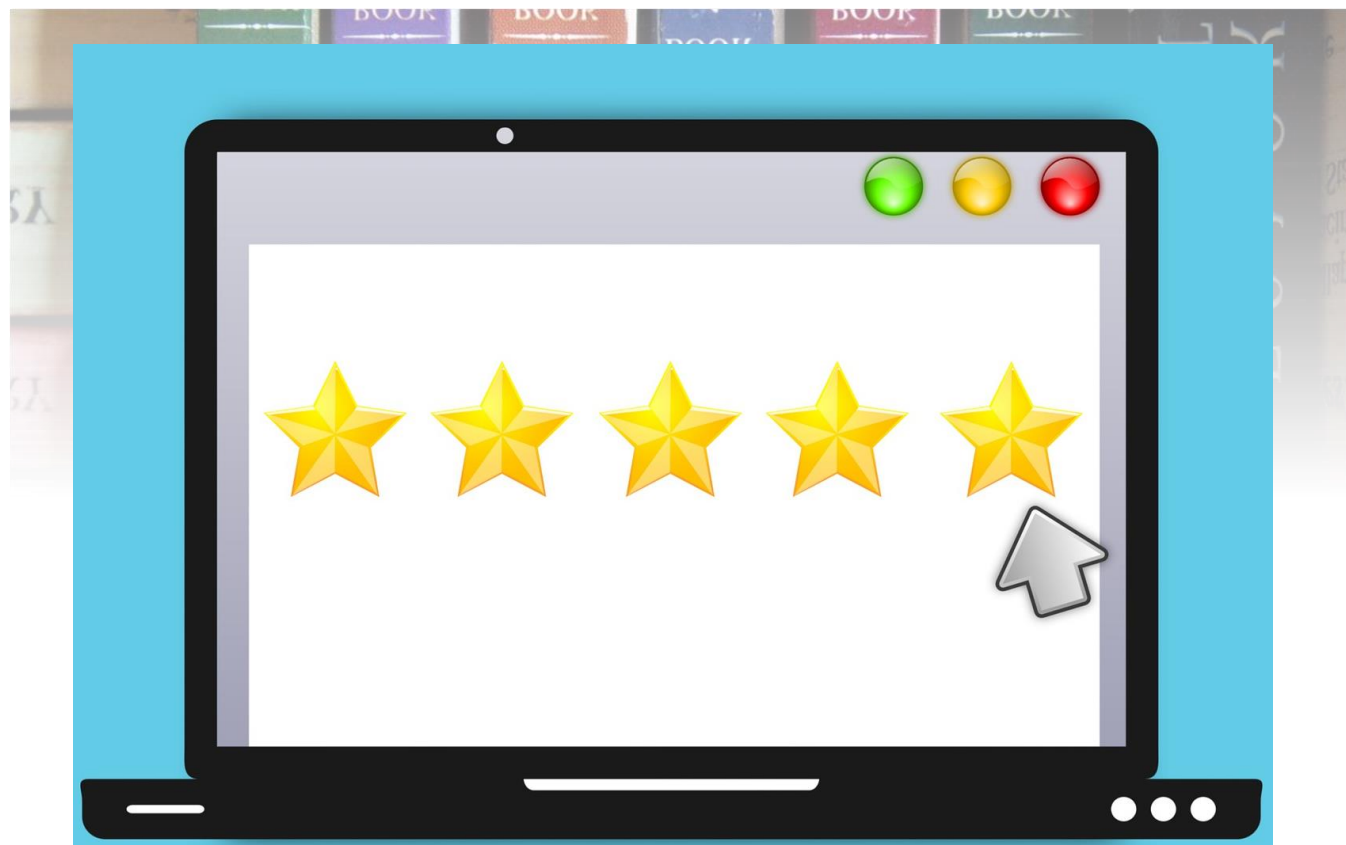
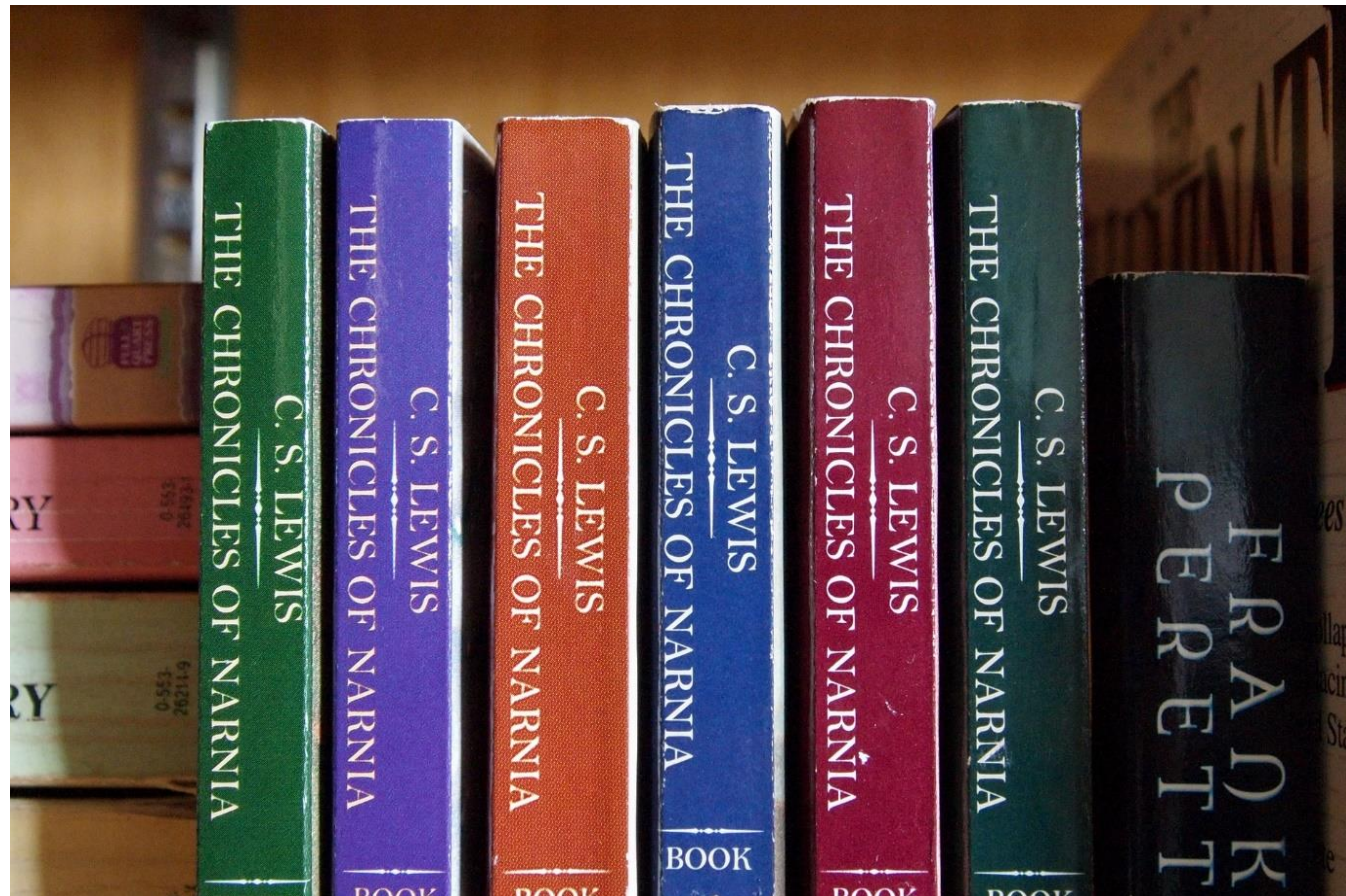
Some famous books and ones that we recommend are:

**The Chronicles of Narnia (the entire series)** –  
Top choice! 5 stars!

*Can we give more than 5 stars? ...because we would... that's how much we love this book!*

**Alice's Adventures in Wonderland, Charlotte's Web, The Velveteen Rabbit, Railway Children.**

**Anne of Green Gables** is a timeless classic 😊



## 2 | *Think nice thoughts*

**Zizi & Cam Cam**

Roald Dahl had this saying, that if you think nice thoughts then it will start to show on your face. You can have a crooked nose and 'sticky-out' teeth but if you think nice thoughts it will shine on your face like sunbeams and you will always look lovely. Guess what? It is true.

*Think nice thoughts everywhere you go, and you will start to realise that you will feel much better physically and mentally.*

*So, remember smile everywhere you go.*

It does not have to be a big smile. You do not have to show your teeth, just adjust your lips, so they are turned up at the end. Think good thoughts and you will enjoy things more.

***Never*** think about bad things! It makes you sad and nobody wants you to be sad. Happy thoughts make you mentally stronger and it makes you feel better!





## 2 | *Role Models*

Who do you look up to?

Who do you like to spend time with?

Who do you want to be like when you grow up?

When we think about role models, we often think about people we see on media channels.

However, has it ever occurred to you that your greatest role models are those you live with?

That's right!

Your mum and dad!

And yes, your siblings too!

These are people you spend time with every day and learn from.

So try and learn good examples from them.

And if you have a younger brother or sister that looks up to you – guess what? You can be a role model to them too.







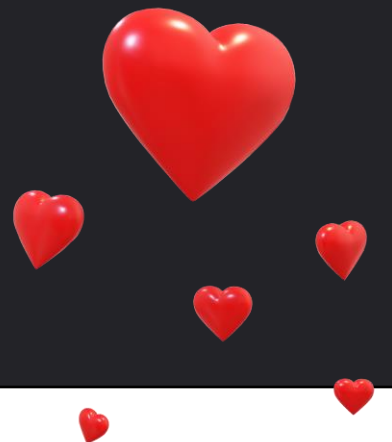
*Gabby Douglas – Photo source and copyright attributed to Britannica*



“

"Hard days are the best because that's when champions are made." ~ Gabby Douglas

”



Gabby Douglas is a gymnast, who was the first black female to win a gold medal of any kind at the 2012 Olympic games, at the age of 16!

*Did you know that Gabby was only 4 years old when she did her first tumbling pass! She also spent 18,000 hours training for her first Olympics (now that is commitment!). This just shows that hard work pays off.*

She also has her own line of leotards and she also helped set a record for the most cartwheels done at the same time. She and 500 other people smashed the previous record of 482 on a Pittsburgh bridge.





## 2 | *Dream Big*

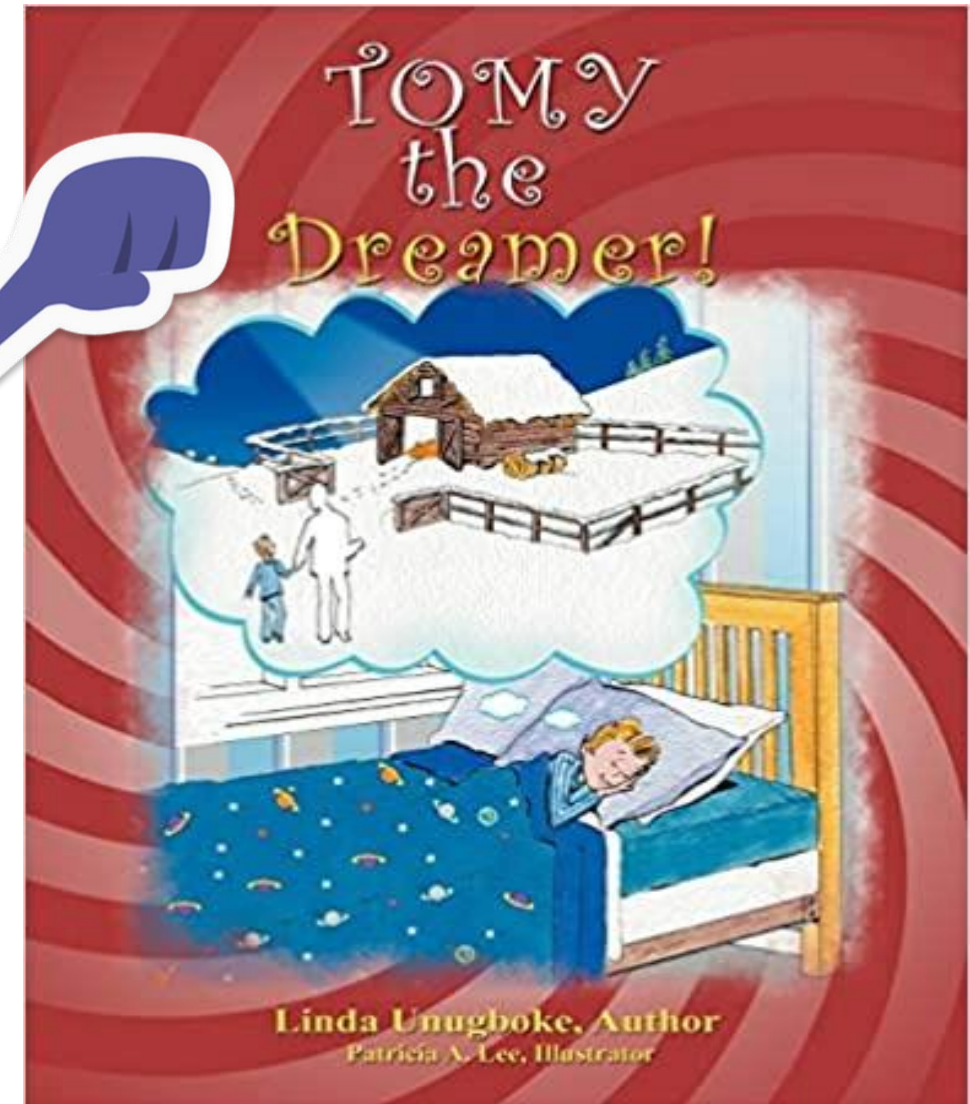
Cam Cam & Anton

Everyone has a dream. Like if you do sport then one day you would probably want to go to the Olympics, or if you want to be a singer you probably want to make the next hit song, or if you are an actor you would probably want to get a star role in every movie or show you perform in wouldn't you?

Or if you want to be a nurse, a doctor, or a scientist you probably would want to make history like find a cure to a condition would you not?

**Whatever you want to achieve, dream big. Keep on believing that someday you will make history.**

Only listen and surround yourself with people who motivate and encourage you. Carry on dreaming dreamers. Work hard and believe you can achieve anything!



Tomy the Dreamer is a story that inspires young children like us to dream – big dreams! You can grab a free copy of this book today on Amazon Kindle (Search with the author name).

Please remember to leave a review too!

Or visit: [www.tomythedreamer.com](http://www.tomythedreamer.com)





# Thank you!

## Gratitude | Try new things | Screen time

### The Crew

Sometimes you see something on TV and you say to yourself 'That is so cool I need it, I like it, I want it right now!' So, you go to your parents and tell them about the awesome thing you saw on TV. You might expect them to say "YES, of course you can have it." But if they say 'no,' do not storm off, being all angry, sad, and annoyed. If they said no, then they said it for a reason. It might be because it is not appropriate for your age or because you might just want it, but then know you will not use it. But whatever the reason it is, be thankful. Be thankful that you have a roof over your head; be thankful that you have money to buy clothes; be thankful you have food to eat. Look around, be thankful for everything you have, not everyone has the same privileges that you have.

*Sometimes you just need to breathe, calm down and give thanks for all that you have.*



It is important to try new things; maybe a new food, maybe you might get a new pet or friend. Whatever it is, it is important to try it, even if you are really scared of it. Everyone gets scared from time to time but you will feel so much better if you just try (as long as it's not something that puts you in danger). Even if you end up not liking it, you will stop worrying about it once you have done it. I do not know if you will like it or if you will not, but I can assure you the second you have done it you will feel so much better.

Now everyone likes devices. I love them. You can't help but to be on one the second you see no one is using it. If you do spend too long on them though this could be a problem. Things might start to look blurry or you might need to go to the optician to get your eyes checked or you might end up wearing glasses. I am not saying that you should stop using devices, no, sometimes you have to use them.

All I am saying is reduce the time you use on them.

I do not think you would believe me if I said some people spend ten or more hours in front of a screen, well it is true, some people spend over ten hours on a screen. Research proves that on average children spend 6 hours or more of their day staring at a screen. This number causes alarm and you will probably think I'm lying, but if you could look over your day and calculate the hours you spent watching the TV, scrolling through your phone and using your laptop, you would realise how true this alarming reality is. I have a challenge for you: try and reduce the amount of time you spend on your devices, instead encourage your family to take a walk, go into the garden, bake with the family or read a book. There are so many different ways you can spend your free time rather than staring at a screen. Are you up for it?



# 3 | *Nature*

Cam Cam & Zizi



Take a quiz!

Here at Tween Holiday we are so inspired by nature. You can tell from looking at our logo – right?! 😊  
How many unique things in nature can you detect on our logo!  
Don't double count!



I like the warm summer breeze and it is the perfect time for running and being outside in the warmth of the sun. I also like to play outside in the garden and smell the flowers and make daisy chains.

Spending time outside can be a way of clearing your mind for the real world, kind of like an escape hutch that you can go to at any time. Sometimes if you need to cool down you can just go out there and feel the cool breeze against your body and it instantly feels soothing. It's calm and relaxing.



**Wimbledon** is one of the world's most celebrated tennis events. It takes place at The All England Club, in London. It happens in July and lasts for two weeks; it attracts over 500,000 spectators. This year, the event couldn't hold, which was a downer - especially for Londoners who enjoy lounging in the grass to watch it on big screens.

It is also known for its famous strawberries and cream (delicious!). It is the oldest tennis championship in the world! Every year famous tennis players (like Serena Williams and Andy Murray) come together to battle each other to see who will be crowned the champion.

The winner of the single championships for both male and female wins 2.2 million pounds! Simona Halep is the reigning women's champion as she defeated Serena Williams. Novak Djokovic is the men's champion.



### Did you know?



**Serena Williams**

**A queen who has revolutionised tennis with her incredible talent and hardwork!**

- Holds 7 Wimbledon single titles
- Has won more Grand Slam titles than any other man or woman (23!)
- More on her profiled in one of our next editions! Stay tuned!

## 3 About green things 😊

**Carm, Zizi**



You have all probably heard of the word pollution, but have you heard of **plastic pollution**? Well plastic pollution is when plastic used from us humans gets disposed (thrown away) and gets into the sea. Animals think it is food and eat it or get stuck or injured in it. They can then get very sick and they have to get taken away to a recovery centre before they can go back to the sea. We together can stop this, stop animals in the sea from getting endangered and living their life with a risk of getting sick. To stop this, we must stop using one-use plastic like plastic cutlery and plastic bottles and things of that sort (if you drink bottled water remember to put the bottle in the RECYCLING afterwards). As well as recycling you can keep your plastic shopping bags in your house instead of throwing them away, so next time you go shopping you can use those bags instead of buying new ones over and over again. Let us make this world greener together.





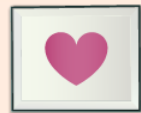
If you're anything like me, you've don't like to do your hair!  
If you're anything like my mum, you say your prayers before  
you put a brush (or comb!) into my hair! Yikes!!!

Truth be told – I don't like the process of making my hair.  
I like it **a lot** when my hair is all done and nice and all – but  
getting there is a headache (literally – sometimes!).

Good news though, in the last year or so my mum has found  
a couple of hair products that has made my coily, afro hair  
much more manageable! That's right - softer, bouncier and  
less tangly to comb! **Can you spot the new heros of my (and  
mum's hair) in the picture?**

I'm so much at ease now when mum makes my hair and I  
just wanted to share this with you, in case you're stuck like  
we were a few years ago.

Try them out and see if they work!  
You can thank me later! Ha!



# 3 Looking after me

Hair Care Matters





### 3 | *Weird and wacky! Facts!*

Cotton candy was invented by a dentist called William Morrison, the irony!

Hmm... I wonder if it's the same dentist that invented the floss?!

(Cotton candy is Candy floss – get it?!)

Arhn... don't bother!



The youngest elected US mayor was 3 years old. His name is Robert Tufts and he was elected when his name was drawn out of a hat!



An adult panda can spend up to 14 hours a day eating. After which their next favourite thing to do is sleep.



How do you think they would react to a workout regime?

In ancient times people used spider webs for bandages, yuck!

Also, how in the world did they manage to weave that stuff into bandages?



The longest wedding veil ever recorded can cover 63 and half football pitches. That's 6962.6 meters!



*Image rights: Guinness world records*

In 2019, scientists at Yale University were able to restore some functions to the brains of dead pigs!





# Thanks for reading!

We hope you've enjoyed our first issue.

We would love to hear your views and ideas.

REMEMBER to enjoy the great outdoors!



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