



Nalibali

It starts with a story...

Helping children through stories

Have you thought how stories can offer a way of supporting children through some of life's challenges? As they grow, children are faced with a variety of situations. Some of these may be exciting, like making new friends. But very often they can be difficult and children may need your help.

There are many wonderful stories about the potentially tough situations and dilemmas – like starting school, separation, illness, death, divorce, prejudice and bullying – that children may face. Discovering characters in stories that share similar experiences to them, helps children feel less alone and may also help them to better understand and cope with a challenging situation. Many children find it difficult to identify and communicate how they are feeling. Reading stories can help them to understand themselves better and give you all a great starting point for discussion.

Here are some ideas on how to use books and stories to help your children cope with some of life's challenges:

- Find a story that you like with a character that has to deal with an issue that your child is facing or one that might interest him or her. Ask someone who knows storybooks well like a librarian, bookshop assistant, teacher, counsellor or another parent to help you choose, or look on the Internet for suitable stories.
- Read and get to know the story yourself before sharing it with your child or a group of children.
- Think aloud and ask open-ended questions about the story during and after reading. Open-ended questions have no right or wrong answers and help children to reflect on, explore and talk about their personal concerns, emotions or ideas. Here are some examples for you to try:
 - * *How would you feel if ...?*
 - * *If I were him, I wonder what I'd do...*
 - * *I wonder why she said/did that.*



- * *What do you think is going to happen next?*
- * *What would you do if ...?*
- * *What do you do when ...?*
- Find other ways related to the story for children to continue to explore their thoughts and feelings. For example, retell and act out the story, tell and act out your own story, draw a picture about it or inspired by it, create a puppet show or write to one of the story characters.

Ukunceda abantwana kusetyenziswa amabali

Ingaba ukhe wacinga ngendlela amabali anganceda ngayo ukuxhasa abantwana kweminye imingeni yabo yobomi? Njengokuba bekhula nje abantwana bahlangana neemeko ngeemeko. Ezinye ziyabonwabisa, njengokufumana abahlobo abatsha. Kodwa ke amaxesha amaninzi abantwana baye badibane neemeko ezinzima yaye bayaludinga uncendo lwakho.

Maninzi amabali angeemeko ezinzima abathi abantwana badibane nazo nanika izisombululo kwiingxaki – njengosuku lokuqala esikolweni, ukohlukana nabantu osondele kakhulu kubo, ukugula, ukufa, ukuqhawuka kwemitshato, ukucalulwa nokugxwagxushwa okanye ukubhulishwa. Ukufumana abalinganiswa emabalini abathi bahlangane neemeko ezifana ncwa nezabo kubanceda ukuba bangaziva bebodwa kwezo meko yaye kusenokubanceda nokuba baziqonde ngcono yaye bakwazi ukumelana nazo ezo meko xa bathe bahlangana nazo. Abantwana abaninzi bakufumana kunzima ukuchonga iimvakalelo zabo nokuchaza indlela abaziva ngayo. Ukufunda amabali kungabanceda ukuba baziqonde ngcono yaye oko kungananceda nonke ngokuninika into emanixoxe ngayo.

Nazi ezinye iingcebiso ngeendlela ongazisebenzisa ngazo iincwadi kunye namabali ukunceda abantwana bakho bakwazi ukumelana nemingeni yobomi:

- Fumana ibali olithandayo elinomlinganiswa ekufuneka ejongene nomngeni umntwana wakho ajongene nawo okanye onokuthi umnike umdla. Buza kumntu ozaziyo iincwadi zamabali njengomntu osebenza kwithala leencwadi, kwivenkile yeencwadi, kutitshala, umntu ongumcebisi kwimiba

yezobomi, nabanye abazali ukuba bakuncedise ukuba ukhethe iincwadi okanye ukhangele amabali afanelekileyo ku-intanethi.

- Lifunde ulazi ngokugqibeleleyo ibali elo phambi kokuba wabelane ngalo nomntwana okanye neqela labantwana.
- Kuchaze okucingayo ubuze imibuzo gabalala ngebali elo ngeli lixa ulifundayo nasemva kokuba ulifundile. Imibuzo evulelekileyo ayinampendulo zamkelekileyo nezingamkelekanga yaye inceda abantwana ukuba bakhe bacamngce, bakhangele kwaye bathethe ngezinto ezibaxhalabisayo, iimvakalelo zabo neengcinga abanazo. Nantsi eminye imizekelo onokukhe uyizame:
 - * *Ungaziva njani ukuba ...?*
 - * *Ukuba bendiguye, bendinokwenza ntoni bethu ...*
 - * *Kazi ukuba bekutheni aze atsho/aze enze le nto!*
 - * *Yintoni elandelayo ocinga ukuba uza kuyenza?*
 - * *Ubunokwenzani ukuba ...?*
 - * *Uye wenze ntoni xa ...?*
- Fumana ezinye iindlela eziza kubangela ukuba abantwana bakhangele iingcinga zabo neendlela abaziva ngazo ngokuphonononga ibali. Umzekelo, linokuphinda libaliswe ibali okanye balidlale ngokomdlalo weqonga, okanye bazobe umfanekiso ngalo okanye bahlutshezwe ngalo, kungenziwa nomboniso weephaphethi ngalo okanye kubhalelwe omnye wabalinganiswa abasebalini.



Drive your
imagination

Help your child be a somebody.
It starts with a story...

Nceda umntwana wakho abe
lulutho. Konke kuqala ngebali...





Nal'ibali holiday fun

Here are 24 fun ideas that incorporate reading and writing to keep your children busy and entertained during the school holidays. The idea is to enjoy yourselves so use the language/s you and your children feel most comfortable with.



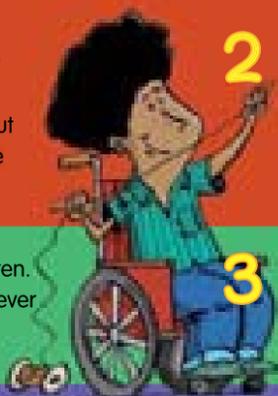
Ulonwabo lwangeeholide lweNal'ibali

Nantsi imibono engama-24 yokonwaba ebandakanya ukufunda nokubhala eya kugcina abantwana bakho bexakekile yaye bonwabile ngexesha leeholide zesikolo. Eyona njongo kukuba nizonwabise ngoko ke sebenzisa ulwimi wena nabantwana bakho eniziva nisekhaya xa ninxibelelana ngalo.

1 Keep a holiday journal. Use an exercise book or staple sheets of paper together to create a journal in which your children can draw and write about their holiday activities, thoughts, ideas and feelings. Encourage them to do this each day, either with you or on their own.

1 Gcina ijenali yeholide. Sebenzisa iphephece lencwadi okanye amaphepha adityaniswa ngesiteyipla ukwenza ijenali eza kusetyenziswa ngabantwana bakho ukuzoba nokubhala imisebenzi yeholide, iingcinga zabo, izimvo zabo neemvakalelo zabo. Bakhuthaze ukuba bakwenze oko yonke imihla, bekwenza nawe okanye bebodwa.

2 Going on a journey? Create a travel map for your children. Draw a simple map and put the towns or landmarks on it. Your children can use the map to keep track of where you are in your journey, without having to ask 'Are we nearly there yet?' all the time and to add new places of interest to them!



2 Ingaba niza kuba nohambo? Zobela abantwana bakho imephu yohambo. Zoba imephu elula ubhale iidolophu kunye neempawu ezithile apho kuyo. Abantwana bangasebenzisa le mephu ukujonga ukuba kumaxa nindawoni na kuhambo lwenu, bengakhange bemana bebuza ukuba, 'Sesiza kufika ngoku?'oko, kwaye basenokwengeza nezinye iindawo ezintsha abazithandayo kuyo!

3 Join a library holiday programme with your children. Borrow a book by an author that none of you has ever read or more books by your favourite authors.

3 Joyina inkqubo yangeholide yethala leencwadi kunye nabantwana bakho. Boleka incwadi ebhalwe ngumbhali eningazange nakhe nafunda incwadi yakhe ngaphambili okanye nifune ezinye iincwadi zombhali enimthandayo.

4 Create a family book chain. After each person has read a book, they write the book's name on a new chain which you add to a paper chain. Put up the growing paper chain along a wall or hanging from a door frame. At the end of the holidays, remember and talk about all the books on the chain!

4 Yenzani itsheyini leencwadi losapho. Emva kokuba umntu ngamnye efunde incwadi, makabhale igama lencwadi kwitsheyini elitsha aya kulungeza kwitsheyini lephepha. Xhmani eli tsheyini likhulayo edongeni okanye ecangweni. Ekupheleni kweeholide, khumbulani ze nithethe ngazo zonke iincwadi ezisetsheyinini!

5 Create personalised gifts for friends or family members. Think about how you would describe a friend or family member and then look through magazines and newspapers to find words that describe them. Arrange and paste these onto a sheet of paper together with a photograph or drawing of the person.

5 Yenzani izipho ngokwenu nenzele izihlobo okanye amalungu osapho. Cinga ngendlela obunokumchaza ngayo umhlobo wakho okanye ilungu losapho ze ukhangele kwiimagazini nakumaphephandaba amagama onokumchaza ngawo. Wacwangcise la magama ze uwancamathisele ephepheni kunye nefoto okanye umzobo waloo mntu.



6 Borrow books of fairytales or folktales and read one to your children every day of the holidays.

6 Boleka iincwadi zentsomi nezamabali ze ufundele abantwana bakho zonke iintsuku zeeholide.

7 Create holiday memory boxes using old shoeboxes. Let your children cover and decorate their boxes, and write their names on them. When their boxes are ready, they can collect anything that represents a holiday memory for them: for example, train tickets, photographs, drawings, letters and cards from friends, the names and authors of books they have read.

7 Yenza iibhokisi zeenkumbulo zeholide usebenzisa iibhokisi ezindala zezihlangu. Abantwana bakho mabakhavarishe ze bahombise iibhokisi zabo, babhale amagama abo kuzo. Xa iibhokisi zabo sele zilungile, bangaqokelela nantoni na emele inkumbulo yeeholide kubo: umzekelo, amatikiti etreyini, iifoto, imizobo, iileta namakhadi asuka kubahlobo babo, amagama nababhali beencwadi abazifundileyo.

8 Have a book party. Invite your friends and family to come to your home with their children. Ask each person to bring a storybook with them and then spend time sharing these books with each other.

8 Yiba netheko leencwadi. Mema abahlobo bakho kunye nosapho lwakho kuziwe ekhayeni lakho beze nabantwana babo. Cela umntu ngamnye ukuba eze nencwadi yamabali ze nihlale kunye nabelane ngala mabali.

9 Make Reconciliation Day words. On 16 December, look up the word 'reconciliation' in a dictionary, find out what it means and see how many new words you and your children can make from it?



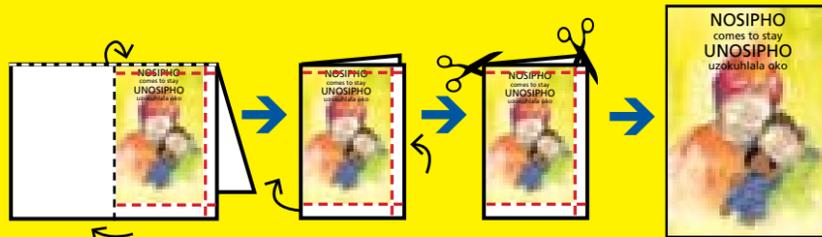
9 Yilani amagama eMini yoXolelwaniso. Ngowe-16 Disemba, khangelani intsingiselo yegama elithi 'reconciliation' kwakunye nelithi 'uxolelwaniso' kwisichazi-magama sesiNgesi nesesiXhosa, nibhale iingcaciso ezizezenu ezininzi kangangoko ninako zeli gama ngesiXhosa ze nizobe imifanekiso ebonakalisa ezo ngcaciso?

10 Make up silly stories. Take turns to pull out of a hat, a collection of words you've all written on pieces of paper (for example, blue, fox, umbrella, bag, moon, girl, flew, jumped, shone, sang, coat, grabbed). Use them to help you create and tell a silly story, either all together or separately.

10 Yenzani ibali elingabhadlanga. Tshintshiselanani nitsale emnqwazini amagama ayingqokelela eniwabhale ngokwenu kwiziqwentshu zamaphepha (umz, eluhlaza, impungutye, isambuleni, ibhegi, inyanga, intombazana, yabhabha, yaxhuma, yakhazimla, yacula, ibhatyi, wayibamba). Wasebenziseni ukuyila ibali elingabhadlanga, nilenza kunye okanye ingulowo ezenzela elakhe.

Create your own mini-book Zenzele eyakho incwadana encinane

- | | |
|---|---|
| 1. Take out pages 3 to 6 of this supplement. | 1. Thabatha amaphepha ama-3 ukuya kwisi-6 kolu hlelo. |
| 2. Fold it in half along the black dotted line. | 2. Wasonge esiphakathini kumgca wamachaphaza amnyama. |
| 3. Fold it in half again. | 3. Phinda uwasonge esiphakathini kwakhona. |
| 4. Cut along the red dotted lines. | 4. Sika kwimigca yamachaphaza abomvu. |





11 Try some tongue twisters! Get your children to write down tongue twisters and share them with their friends. Here are some to get them started – say them over and over again, as quickly as you can: She sells seashells on the seashore./Flash message, flash message./A proper copper coffee pot./I saw Esau sitting on a seesaw. Esau, he saw me./Toy boat, toy boat./Six thick thistle sticks./Good blood, bad blood.

11 Zamani amabinzana agqwetha ulwimi! Yithi kubantwana bakho mababhale amabinzana agqwetha ulwimi babelane ngawo nabahlobo babo. Nanga amanye anokubanceda ukuqala – mawabizwe kuphindelelwa kwaye ebizwa ngokukhawuleza: Ndiqhel' ucheb' ixhegw' inkqayi./Nants' imvul' isehlis' iShixini./Ndachol' itik' eQonce./ZazizezaseZazulwana./Yaphum'inja yashiy' umsil' entla.

12 Cook together. Find a recipe with your children for something interesting that you haven't eaten before. Read the recipe and make the food together – then enjoy eating it!

12 Phekani kunye. Fumana iresiphi nabantwana bakho yento enika umdla eningazange nayitya ngaphambili. Fundani iresiphi nize nenze ukutya kunye – ze nonwabele oko kutya!

13 Remember your favourite childhood stories. Tell them or find them in books to read to your children.

13 Khumbulani amabali enaniwathanda xa nanisengabantwana. Wabalise okanye uwafumane ezincwadini ze uwafundele abantwana bakho.

14 Write a story. Make books by stapling blank sheets of paper together and write stories with your children. Younger children can draw the pictures. Offer to write the words they tell you but also encourage them to try and write for themselves. Allow older children to draw and write on their own. Read your books to each other – and to children who visit!

14 Bhala ibali. Yenza incwadi ngokustephisha amaphepha angabhalwanga nto ze ubhale amabali nabantwana bakho. Abantwana abancinci bangazoba umfanekiso. Yithi kubo uza kubhala la mazwi bawatshoyo kodwa ubakhuthaze ukuba bawabhale ngokwabo. Fundelanani iincwadi zenu – nifundele nabantwana abanityeleleyo!



15 Plan a picnic. Write a list of things to take with you. Encourage your children to write their own lists as you write yours – involvement is more important here than neatness or correct spelling! Let them copy what you write if they want to. Before you leave, use the list to check that you have everything with you.

15 Cwangciselani ipikniki. Bhalani uludwe lwezinto eniza kuhamba nazo. Khuthaza abantwana bakho ukuba babhale uludwe lwabo njengoko nawe ubhala olwakho – into ebalulekileyo apha kukuthatha inxaxheba kunoludwe olucocekileyo okanye upelo olululo! Bavumele ukuba bakope into oyibhalayo ukuba bayafuna. Phambi kokuba nihambe, sebenzisani uludwe lwenu ukuqinisekisa ukuba nithathe yonke into eniza kuyisebenzisa.

16 Picture it. With your children, cut out interesting pictures from newspapers or magazines. Each person writes what they like about a picture. Then share what you've all written.

16 Yiba nomfanekiso wayo. Ukunye nabantwana bakho, sikani imifanekiso enomdla kumaphephandaba okanye kwiimagazini. Umntu ngamnye makacinge ze abhale into ayithandayo ngomfanekiso lowo. Emva koko yabelanani ngezinto enizibhalileyo.

17 Make song posters. For younger children, write the words of one of their favourite songs on a large sheet of paper but let older children write the words themselves. They can draw or paste pictures around the song. Display the posters where they can see it and then sing the song together while you point to the words.

17 Yenzani iipowusta zeengoma. Ukulungiselela abantwana abancinci, bhala amazwi enye yeengoma abazithandayo kwiphepha elikhulu kodwa bona abantwana abadala mabazibhalele amazwi abo. Bangazoba okanye bancamathisele imifanekiso ejikeleze ingoma leyo. Xhoma ezi powusta kwindawo ababonayo kuyo ze niyicile kunye ingoma leyo lo mzuzu umana ukhomba amagama.

18 Donate a story card. Encourage your children to cut out a story from an earlier *Nal'ibali* supplement and paste it on a sheet of cardboard or part of a cereal box. Let them share their story with friends or those who live in a children's or old age home. Remember to leave the story card with them so they can keep a piece of your story magic!

18 Nikelani ngekhadhi leballi. Khuthaza abantwana bakho ukuba basike ibali kuhlelo oludlulileyo lwe*Nal'ibali* ze nilincamathisele kwikhadibhodi okanye kwibhokisi yepapa. Yithi kubo mababelane ngebali labo nabahlobo babo okanye nabo bahlala kumakhaya ogcino bantwana okanye kumakhaya abantu abadala. Khumbula ukulishiya ibali kubo ukuze bashiyeke nobuncwane beballi lakho!

19 Write a review. Help your children to review of a book they have read and liked a lot, and then share it with us. Send your review to *Nal'ibali*, PO Box 1654, Saxonwold, 2132 or letters@nalibali.org or post it on Facebook: www.facebook.com/nalibaliSA

19 Bhala ugxeke-ncomo ngencwadi oyifundileyo. Ncedisa abantwana bakho ukuba bagxeke bencoma incwadi abayifundileyo nabathe bayithanda kakhulu ze babelane ngayo nathi. Thumela ugxeke-ncomo olo kwi*Nal'ibali*, PO Box 1654, Saxonwold, 2132 okanye ku-letters@nalibali.org okanye balufake kuFacebook: www.facebook.com/nalibaliSA

20 Create a 2012 newsletter. With your children, write about events and achievements of each family member over the past year and then email or post it to friends and family, especially those who you do not see often.

20 Yenzani isigidimi sika-2012. Ukunye nabantwana bakho, bhala ngeziganeko neempumelelo zelungu ngalinye losapho kulo nyaka udlulileyo ze uzi-imeyilele okanye uziposele izihlobo nosapho, ingakumbi abo ningababoni qho.

21 Change a story. As you tell a story that your children know, change the title, characters, or beginning or ending to make it different. Young children love it if you use their own names, and those of friends and family members as characters. Ask your children for different ways to end a story: sad, silly, happy or unbelievable.

21 Tshintsha ibali. Njengokuba ubalisela abantwana bakho ibali abalaziyo, tshintsha isihloko, abalinganiswa okanye isiqalo, okanye isiphelo ukwenza ukuba lahluke. Abantwana abancinci baye bathande ke xa usebenzisa amagama abo, nawabahlobo babo okanye awamalungu osapho njengabalinganiswa. Buza kubantwana bakho ngeendlela ezahlukileyo emaliphele ngazo ibali: libe buhlungu, libe nokusa, libe nokonwaba, lingakholeleki.

22 Make a New Year's gift. Together with your children, follow the instructions in a how-to book to make some New Year gifts for friends. Your children will learn how to read and follow instructions as well as how to make something.

22 Yenza isipho seNyibidyala. Ukunye nabantwana bakho, landela imiyalelo ekwincwadi engeendlela zokwenza izinto ukuze nenzele abahlobo izipho zeNyibidyala. Abantwana bakho baza kufunda indlela yokufunda neyokulandela imiyalelo kwakunye neendlela zokwenza izinto.

23 Go on a treasure hunt. One person writes up the clues that tell everyone what they have to do next to discover where the treasure is hidden. He/she places them in different places and everyone else uses each clue to get one step closer to finding the treasure!

23 Khangelani ubutyebi obufihlakeleyo. Makubekho umntu omnye obhala izalathisi ezixelela wonke umntu ukuba bufihlwe phi obo butyebi. Makazibeke kwiindawo ezahlukileyo ze umntu ngamnye asebenzise izalathisi ngasinye ukusondela kubutyebi obo!



24 Name the story characters. Invite your children to draw a picture of their favourite story character, keeping it secret as they draw. Put up their pictures and then see if other family members are able to guess the characters' names and which stories they are from.

24 Chaza abalinganiswa beballi. Mema abantwana bakho ukuba bazobe umfanekiso womlinganiswa welona bali balithandayo, bamgcine eyimfihlo njengokuba bezoba nje. Xhmani imifanekiso ze nibone ukuba amanye amalungu osapho ayakwazi na ukuqashisela ukuba abo balinganiswa bangoobani na kwaye baphuma kuwaphi na amabali.

Story corner

Here is the final part of the story about determination and achieving your goals for you to read-aloud or tell.

Running for life (Part 2) by Gisella Winkler

"I think we are ready to try a 60 km run next," Patrick told the team. "But we will do it very slowly."

"Remember that you need to go to bed early the night before," Lina chipped in, looking at Thembi. "You have to be kind to your body. If you drive it too hard, it will not cope."

"Sometimes it is hard to listen to my body," Thembi said to Lina after the meeting. "Sometimes I am so angry that I am infected."

"That is okay, Thembi. We all get angry when our bodies fail us. When I broke my leg last year, I cried in frustration. I had to learn to be kind to my body and it slowly got better," Lina said quietly.

"The Comrades is not about winning," Patrick added. "It is about taking part, about doing it together. None of us can do it alone."

The last two months before the marathon were very busy. Patrick and his team were running at least four times a week. Thembi was proud every time she managed to finish a run.

"Your courage and determination is wonderful," Thabo said to her one day. "It is helping us all to give our best."

At last, it was the day of the Comrades Marathon. Patrick, Thabo, Thembi and Lina lined up at the start. They were nervous, but excited too. Then the starter gun went off and slowly the great crowd of people began to move forward.

Patrick, Lina and Thabo stayed with Thembi all the way. After eight hours, Thembi got so tired that they could only move up the hills at a walking pace. But she did not give up. She kept going.

"I know we can do it!" Thabo gasped.

Another three hours later, the four runners reached the finish line completely exhausted and just in time.

"I am so proud of my body!" Thembi sighed.

"And we are so proud of you," the others smiled.

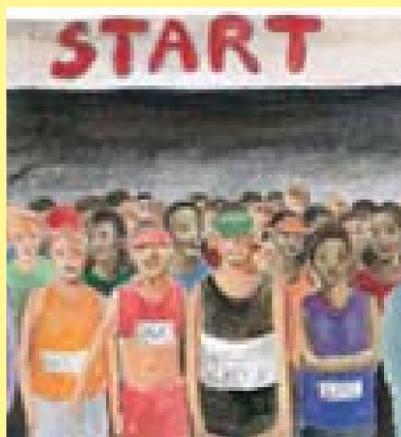
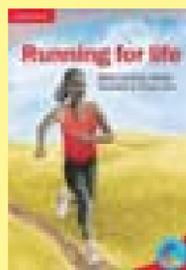


Illustration by Phillipa Allen
Imifanekiso nguPhillipa Allen



Adapted from *Running for life*. Published by Cambridge University Press. © 2009

Indawo yamabali

Nantsi inxalenye yokugqibela yebali onokulifunda ngokuvakalayo okanye ulibalise elimalunga nokuzinikezela ekuphumezeni amaphupha neenjongo zakho.

Ukubaleka ukuze uhlale usempilweni (Inxalenye yesi-2) Libhalwe nguGisella Winkler

"Ndicinga ukuba sele sikulungele ukuzama ukubaleka i-60 km kugqatso olulandelayo," uPatrick waxelela iqela. "Kodwa sakukwenza oko sithe chu."

"Khumbula ukuba ulale kwangethuba kubusuku obandulela ugqatso," wangenelela uLina ejonge kuThembi. "Kufuneka uwunonelele umzimba wakho. Ukuba uyawuxhessa, uza koyisakala."

"Ngelinye ixesha kunzima ukumamela umzimba wam," watsho uThembi kuLina emva kwentlanganiso. "Ngelinye ixesha ndiba nomsindo yile nto yokuba ndinesi sifo."

"Kulungile oko, Thembi. Sonke siba nomsindo xa imizimba yethu ingenzi le nto sifuna ukuba iyenze. Ukophula kwam umlenze wam kulo nyaka uphelileyo ndaye ndalila kuba ndikhathazekile. Kwafuneka ukuba ndiwucenge umzimba wam, waya usiba ngcono," watsho uLina ethethela phantsi.

"Ugqatso lweComrades asilogqatso nje lokuphunyelwa," wongeza watsho uPatrick. "Lumalunga nokuthatha inxaxheba nokulubaleka sikunye. Akukho unokulubaleka eyedwa."

Iinyanga ezimbini eziphambi kwemarathoni zazixakekile. UPatrick neqela lakhe babebaleka ubuncinane kane ngeveki. UThembi wayeye azingce qho xa egqiba umgama omde.

"Isibindi onaso nokuzingisa kwakho kuyamangalisa," watsho uThabo kuye ngenye imini. "Kusinceda sonke ukuba sizijule ijacu."

Ekugqibeleni, yade yafika imini yeComrades Marathon. UPatrick, uThabo, uThembi noLina bema emgqeni ekuqalwa kuwo ukubaleka. Babesoyika kodwa benemincili. Satsho isithonga sokuba baqale ukubaleka saze isihlewe sabantu saqalisa ukuya phambili.

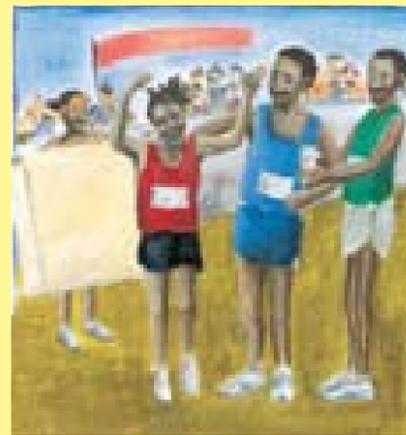
UPatrick, uThabo noLina babaleka noThembi ugqatso lonke. Emva kweeyure ezisibhozo, uThembi wadinwa kakhulu kangangokuba kwafuneka bacothe xa benyuka kwiindawo ezinyukayo kodwa akanikezela. Waqhubeka.

"Ndiyazi ukuba singalugqiba olu gqatso!" watsho uThabo ekhefuzela.

Emva kwezinye iiyure ezintathu, ezi mbaleki zine zaya kufika entanjeni sele liza kuphela ixesha, zidinwe ziphelile.

"Ndiyazingca ngomzimba wam!" watsho uThembi ekhefuzela.

"Ukanti thina siyazingca ngawe," bancuma batsho abanye.



In your next Nal'ibali supplement:

We are taking a break for the school holidays and will be back in January when schools start again! Enjoy your holiday and join us in 2013 for more story fun!

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Sithatha ikhefu elingqamana neeholide zesikolo, siya kubuya ngoJanuwari xa kuvulwa izikolo kwakhona! Nizonwabele iiholide zenu ze nisijoyine ngo-2013 ukuze nifumane amanye amabali amnandi!

Ingathi akasafiki unyaka olandelayo ndifumane ezinye iingcebiso, izixhobo neembono ezikhuthazayo ngokufunda nezamabali. Ndwendwela kule webhusayithi- www.nalibali.org. Sifumane na kuFacebook: www.facebook.com/nalibaliSA





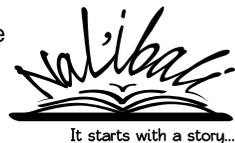
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INal'ibali liphulo lesizwe lokufundela ulonwabo lokwenza abantu eMzantsi Afrika – abantwana nabantu abadala – bakuthakazelele ukubalisa nokufunda amabali. Ukuze ufumane inkcazelo ebanzi, ndwendwela ku-www.nalibali.org



Drive your imagination

NOSIPHO comes to stay UNOSIPHO uzokuhlala oko



SARAH OOSTHUIZSEN • CATHERINE GROENEWALD

My Mama and Tata have died.
Now I have come to live with
my Gogo.

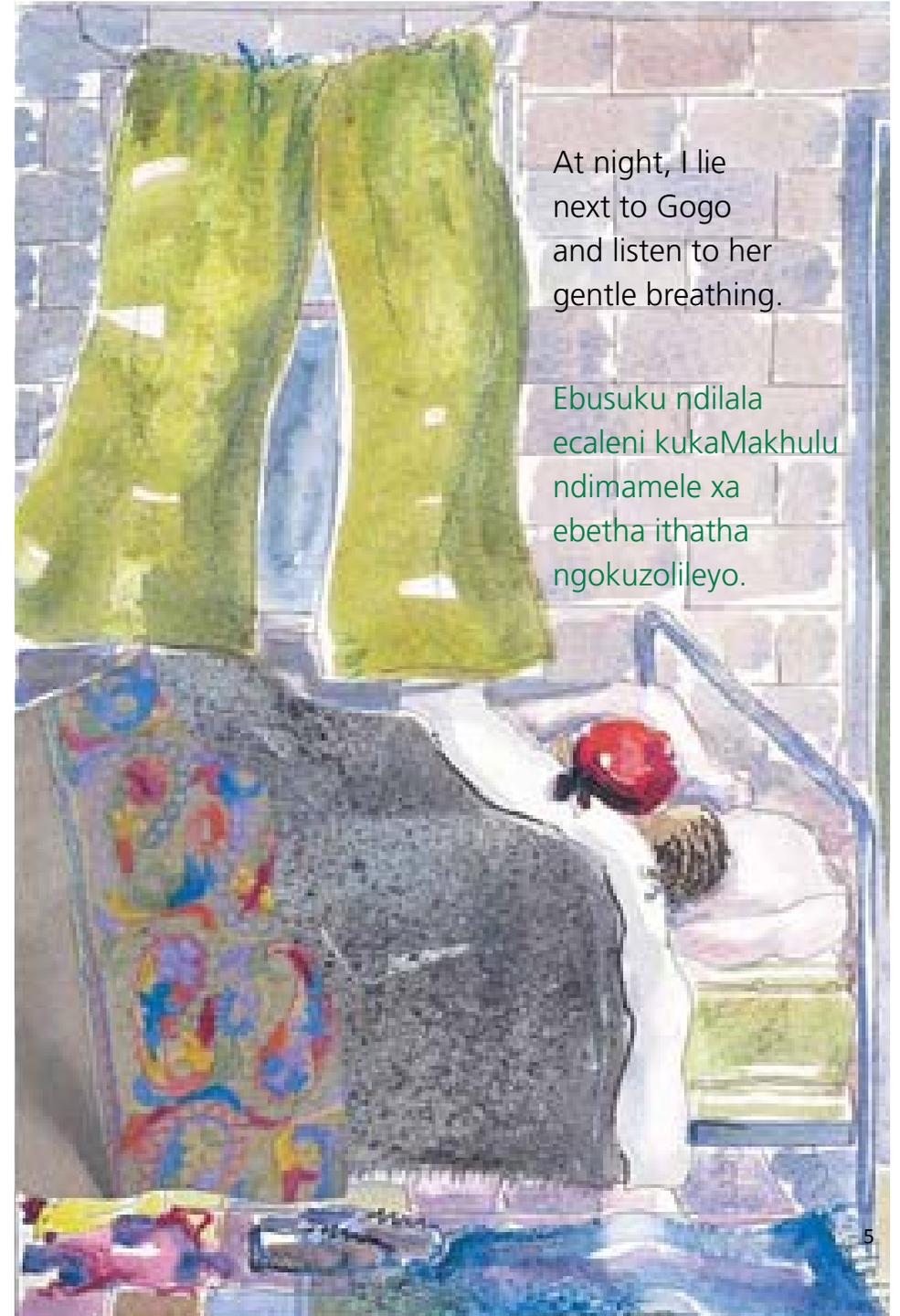


Umama notata baswelekile.
Ngoku ndizakuhlala noMakhulu.



I am sad, and so is Gogo. We hold each other tight. I feel a bit better – almost like I felt before AIDS took Mama and Tata away.

Ndilusizi, noMakhulu ngokunjalo. Siyawolana siqinisane. Ndiziva ndibhetele phantse njengendlela endandiziva ngayo phambi kokuba i-AIDS ithathe uMama noTata.

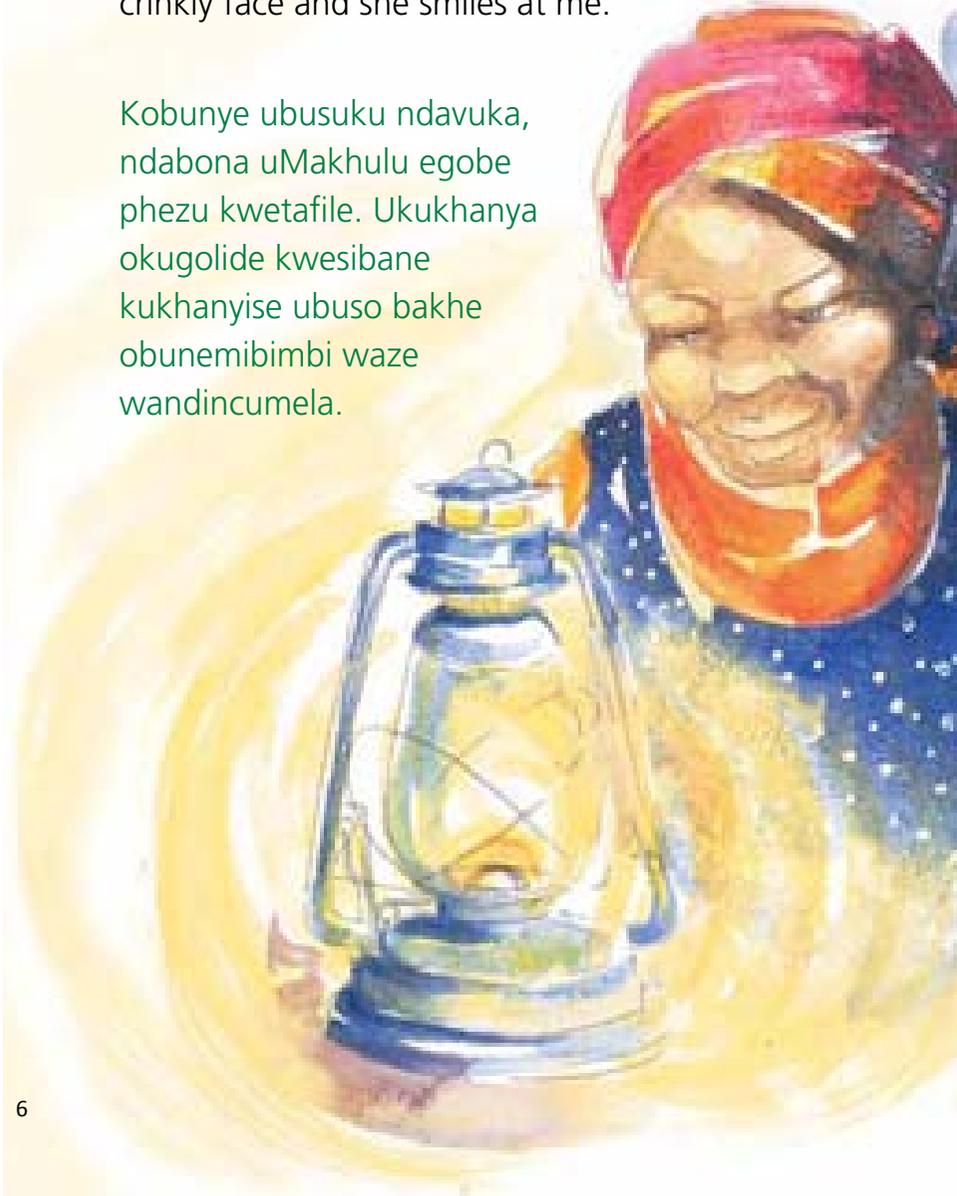


At night, I lie next to Gogo and listen to her gentle breathing.

Ebusuku ndilala ecaleni kukaMakhulu ndimamele xa ebetha ithatha ngokuzolileyo.

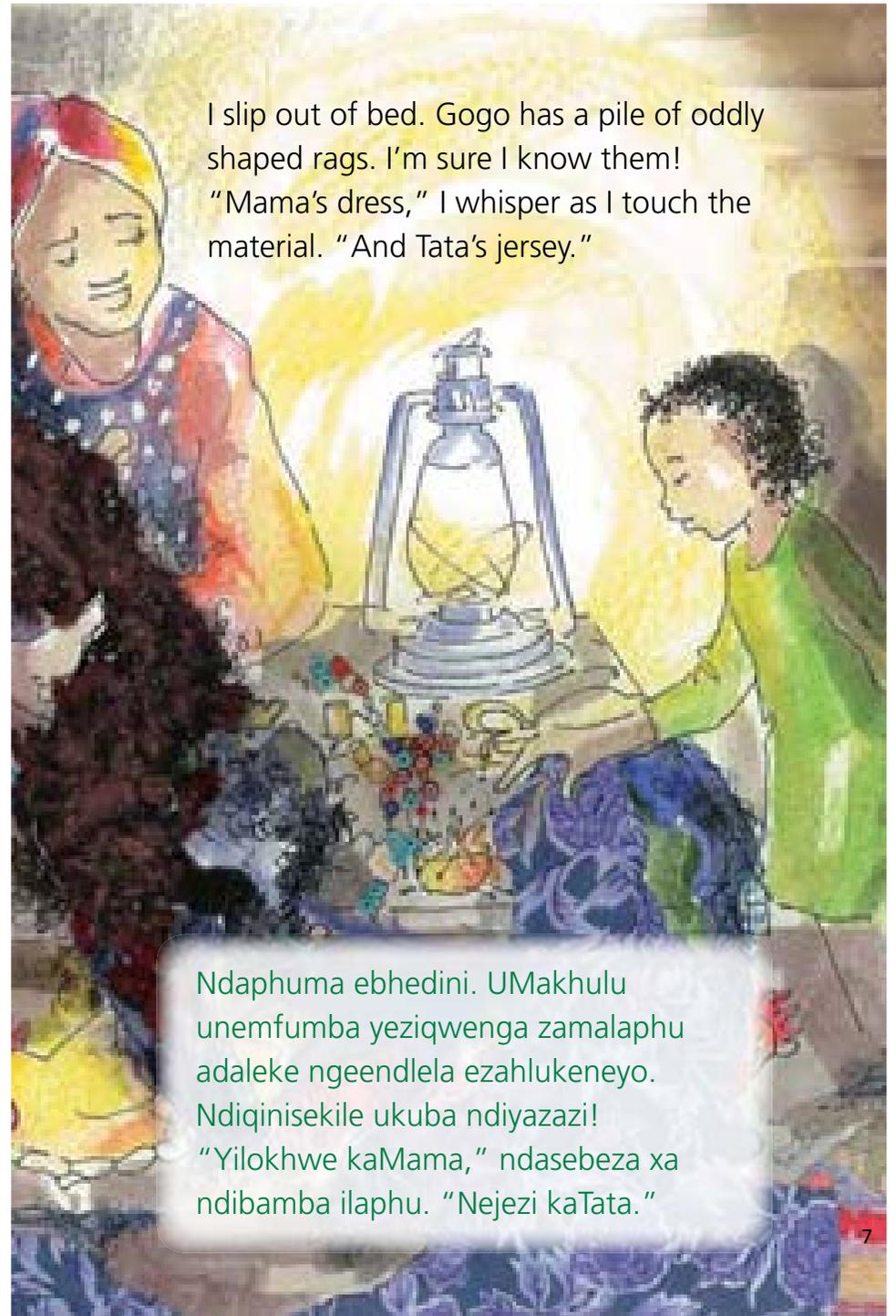
One night I wake. I see Gogo hunched over the table. The soft gold of the lamp washes over her crinkly face and she smiles at me.

Kobunye ubusuku ndavuka, ndabona uMakhulu egobe phezu kwetafile. Ukukhanya okugolide kwesibane kukhanyise ubuso bakhe obunemibimbi waze wandincumela.



I slip out of bed. Gogo has a pile of oddly shaped rags. I'm sure I know them! "Mama's dress," I whisper as I touch the material. "And Tata's jersey."

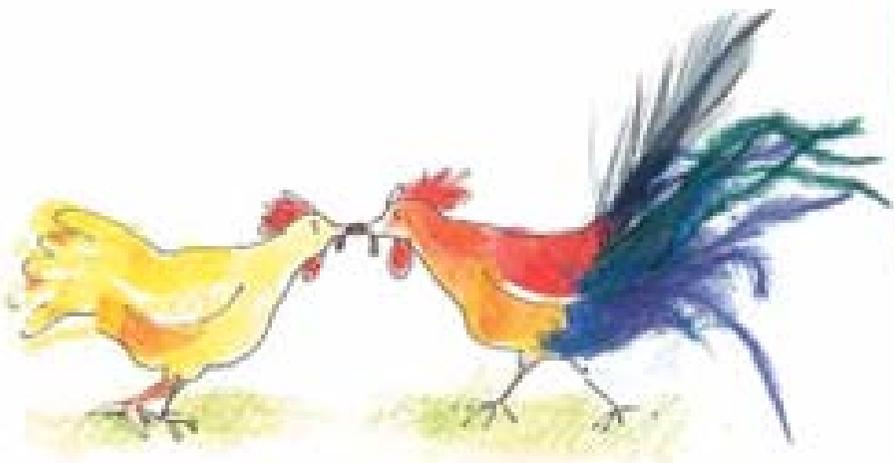
Ndaphuma ebhedini. UMakhulu unemfumba yeziqwenga zamalaphu adaleke ngeendlela ezahlukeneyo. Ndiqinisekile ukuba ndiyazazi! "Yilokhwe kaMama," ndasebeza xa ndibamba ilaphu. "Nejezi kaTata."



Gogo says, "Help me, Thandi. Even little scraps can make something beautiful."



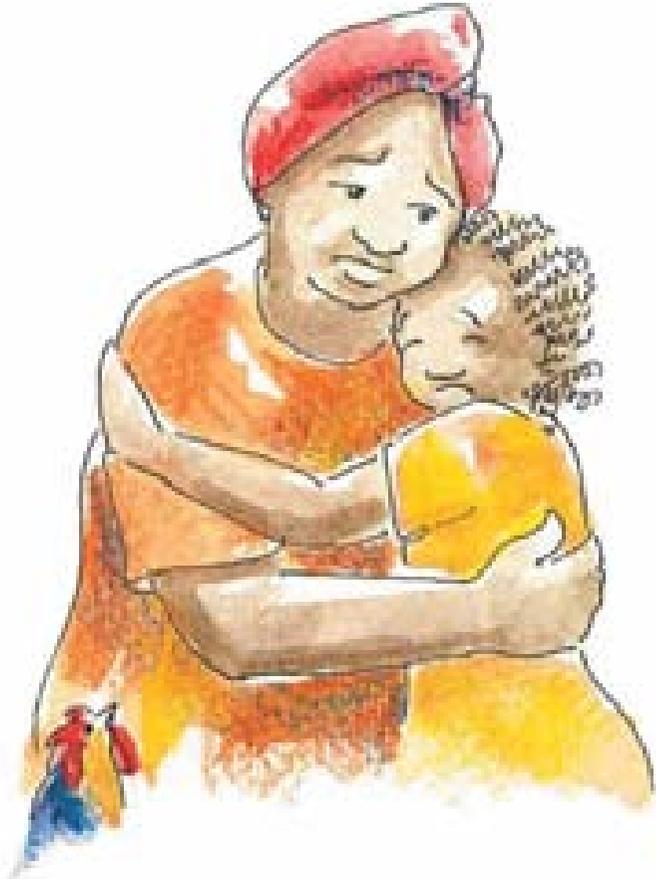
Wathi uMakhulu, "Ndincede, Thandi. Neziqwen-ga ezincinci zingayenza into entle."



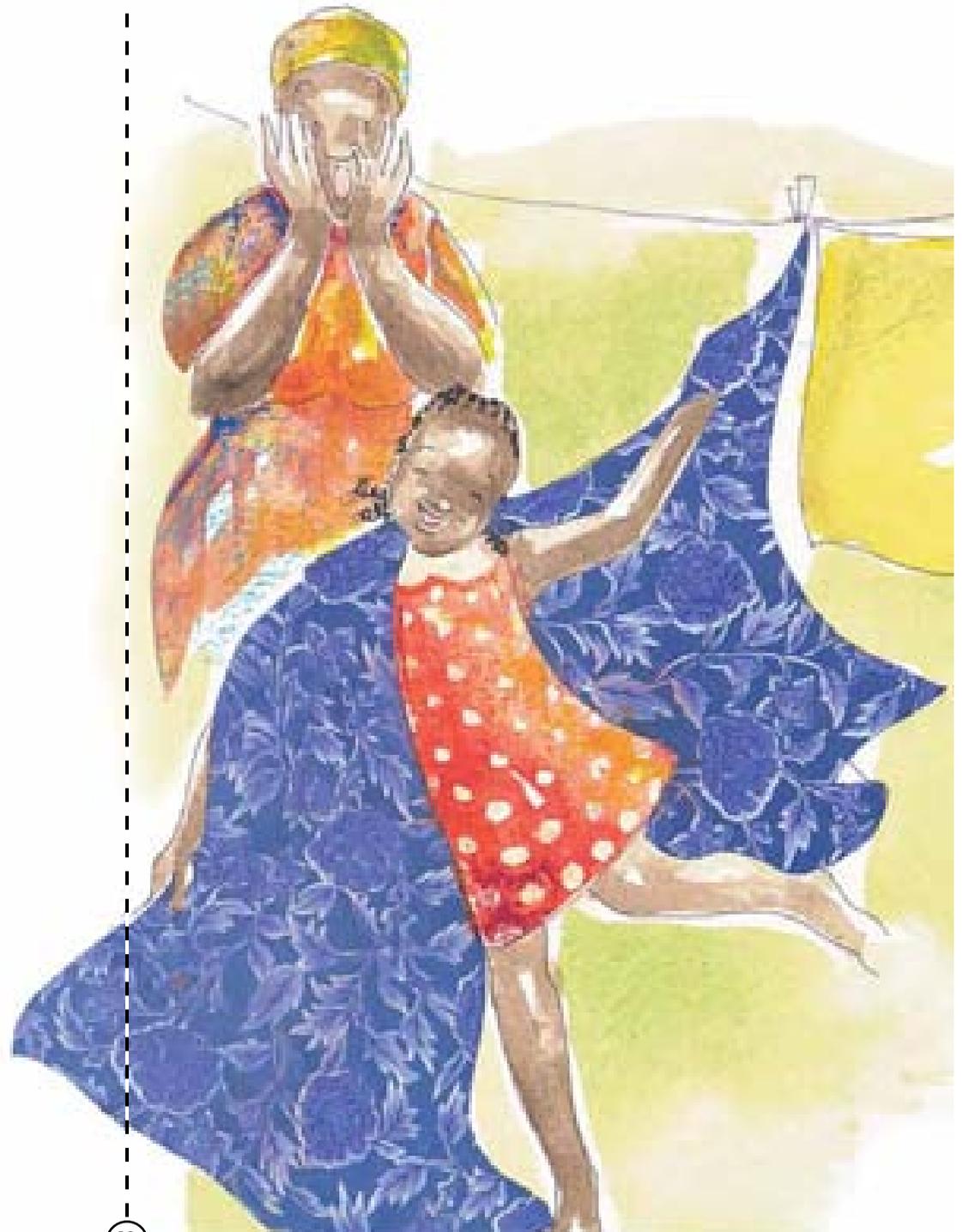
I remember Mama's beads. She looked like a princess when she wore them!

Ndiyawakhumbula namaso kaMama. Wayekhangeleka njengenkosazana xa ewanxibile!

We stitch and stuff, pin and pull.
Memories prick at our hearts.
We cry together, but sometimes we laugh.

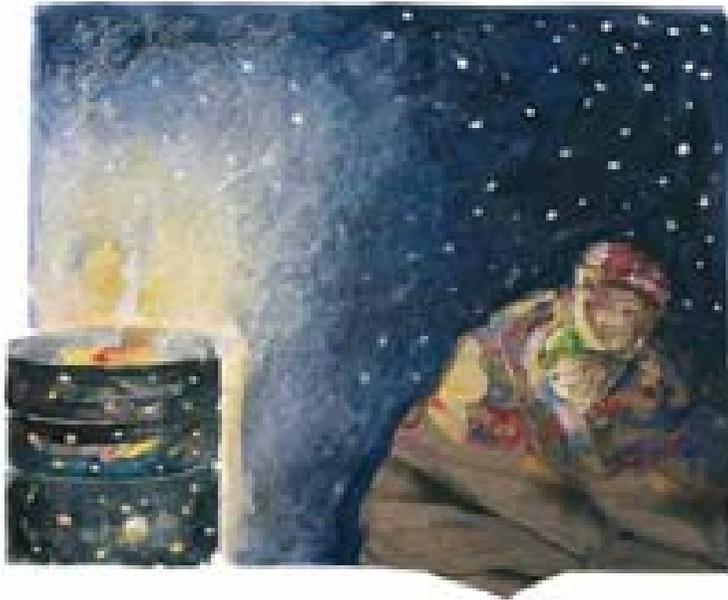


Siyathunga sihlohle, siqhoboshela sitsale.
linkumbulo zihlaba iintliziyo zethu.
Silila kunye, kodwa ngamanye
amaxesha siyahleka.



I'm sure I smell the sweetness of Tata's pipe again – just like I used to when it mingled with the smoke outside.

I remember the firelight escaping through the drum like little stars.



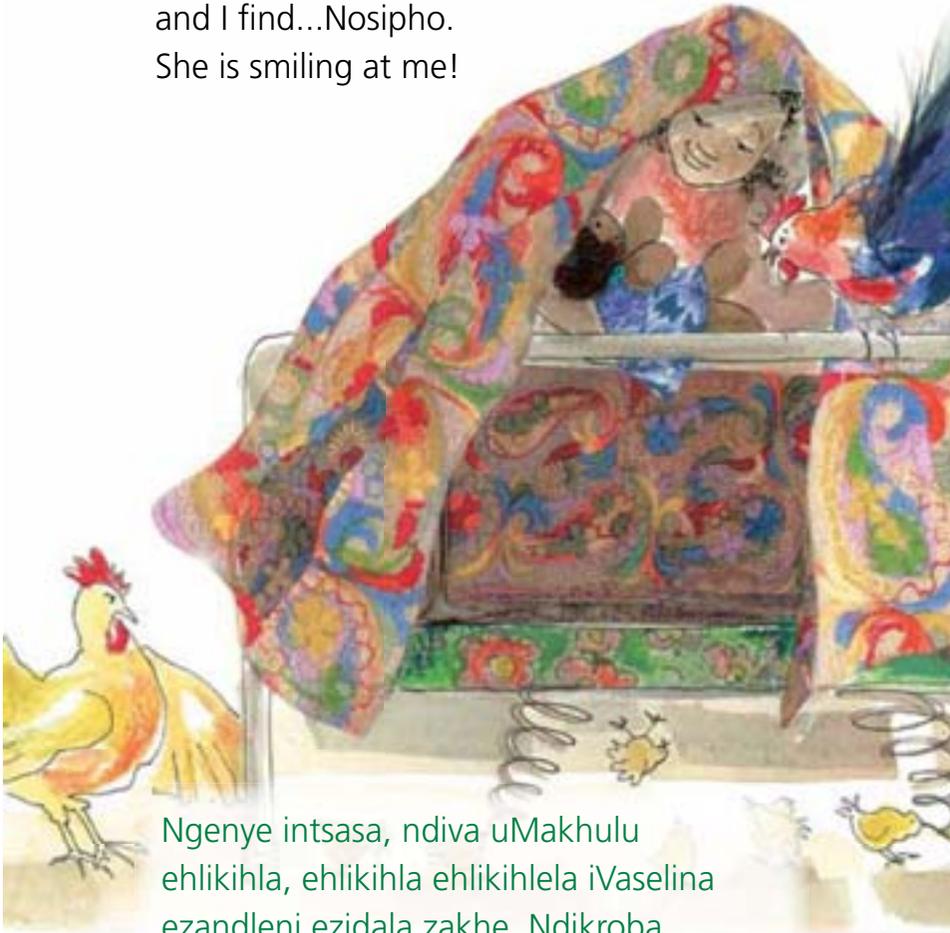
Ndiqinisekile ndiva kwakhona ivumba elimnandi lenqawa kaTata – nqwa nanjengangoko ndandiliva lixubana nomsa ngaphandle. Ndikhumbula neentlantsi zomlilo ziphuma kwimbawula njengeenkwenkwezi ezincinci.

Our scraps have made a doll. Now all she needs is a face. I paint her eyes and they twinkle. Then I paint her mouth, and it is smiling. I call her Nosipho.

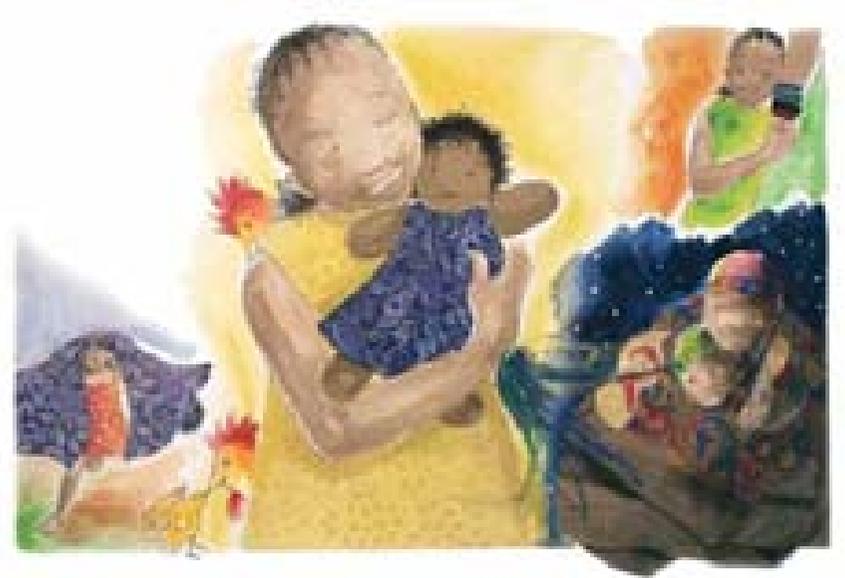


Iziqwenga zethu zenze unodoli. Ngoku ufuna ubuso nje kuphela. Ndipeyinta amehlo akhe kwaye ayaqhwanayaza. Ngoku ndipeyinta umlomo wakhe, kwaye uncumile. Ndimbiza ukuba nguNosipho.

Early one morning, I listen to Gogo rub, rub, rubbing Vaseline into her old hands. I peep between the folds of the blanket, and I find...Nosipho. She is smiling at me!



Ngenye intsasa, ndiva uMakhulu ehlikihla, ehlikihla ehlikihlela iVaselina ezandleni ezidala zakhe. Ndikroba ngaphaya komqukumbelo wengubo, kwaye ndibona...uNosipho. Uyandincumela!



I hug her and smell Tata's pipe in her soft curls of wool. I can't see my Mama or Tata, but Nosipho shows me that they are still part of me.

The torn and broken bits have become something new.

Ndiyamwola kwaye ndiva ivumba lenqawa kaTata kwiinwele zakhe ezithambileyo neziphothwe ngewulu endala. Andinakumbona uTata okanye uMama, kodwa uNosipho undibonisa ukuba baseyinxalenye yam.

Iziqwenga ezigugileyo neziqhawukileyo zibe yinto entsha.