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**No.4**  
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A NEWSLETTER OF  
THE CO-OP BANK FOUNDATION



# EDITOR'S DESK



"There's power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice."

**Michelle Obama**

Dear CBF Family,

We trust that you have been keeping well and enjoying our quarterly newsletter. How are you applying the discipline tips from our last edition? Write to us and share your experience. You never know, your article may feature on the next issue of The Plug.

End-of-year exams are around the corner, and this tends to cause some anxiety depending on what form you are in and your overall performance through the year. As you prepare for this and work towards being more efficient with your time and productivity, we challenge you to be **BOLD** and **CREATIVE**!

Being **BOLD** means being confident, brave; daring to go after your dreams and not being limited by fear. It could be applying to be the school head boy or head girl, asking questions in class, joining sports and talent clubs, or even simply standing firm in what you believe e.g., that you are capable of doing great exploits. Approaching life boldly opens you up to opportunities and experiences that could elevate you farther than you ever imagined.

**CREATIVITY** is the ability to not only imagine, but to also create; bring to life new or improved ideas as solutions to various problems or as works for appreciation. Creativity can be expressed in words, music, art, self-presentation in how we look, do our tasks and interact with people. Examples of creativity can be developing different study methods, such as preparing mock debates or drawing images of the notes to help you and your friends easily internalize what you're studying. It can also be coming up with cheer songs to support your teammates, trying new cooking recipes or even making your own clothes. The list is endless.

The point is don't think of what being bold and creative means for others but what it means for you. It is also not about trying to be the most unique and having the best idea. It is about finding creative, fun ways to solve your problems. Authenticity is key to finding your place in this world, so be true to yourself.

To the Form 4's sitting for KCSE this term, we wish you the best. May you excel beyond your expectations. Believe you can, and you are already halfway there. If you have any questions, need advice, or just want to talk and share your opinions, write to us. We are here for you and look forward to reading from you. We wish you all a lovely term.

**From: The Co-operative Bank Foundation (CBF) Team**

Betty Maina, Nicholas Shiateya, Ann Muigai and Paul Karugu

**Head of Foundation, Dora Waruiru**  
Co-opfoundation@co-opbank.co.ke

## THE ASSET THAT IS CREATIVITY

Historically, every generation in Kenya has faced unique challenges. The natural mindset is to feel exploited and defeated, for example, when colonialists purged peoples' land, resources, and traditions, or in the most recent days, a slow-growing economy where job opportunities are few, resulting in a rapid increase in unemployment among educated youth. Despite all these challenges, with the development and growth of Information Technology, more than ever, we are empowered to re-imagine the future we want, design and develop creative solutions to these challenges and find our place within the global village.

We are free to aspire – to use our minds, to bring change and be the stars generating new ideas and solutions for our generation. We can achieve this by practising the art of creativity to create products, services and solutions that uplift lifestyles, families, our country and the world. A generation that has lost touch with its ability to be creative becomes imprisoned within their minds and gradually begins to feel oppressed.

Creativity is an essential skill that nurtures innovation, sparks critical thinking and problem-solving. It is a valuable asset that enhances academic performance, personal development, and future employability. As students, constantly practice and use it to make decisions such as choosing subjects, degree courses, careers and side hustles. Be intentional to use your creativity both within and beyond the school environment.

To nurture creativity within ourselves, we must be ready to explore, experiment and express ourselves. This can be achieved by collaborating and brainstorming with others, embracing diverse perspectives, independent research and engaging in hands-on activities that stimulate creativity. Also, take part in subjects and activities such as arts and humanities, music, drama and creative writing that fire up the brain's creativity. Through these methods, you can learn to be effective communicators and use your voice to effect positively impactful change.

Curiosity fuels creativity; ask questions, explore topics beyond the curriculum and seek answers for yourself rather than accepting everything on face value. Avoid using the same patterns of thinking and copying solutions, this will lead you down the same path of feeling lost or stuck! Access the library and computer lab to research. We are in the digital era, embrace technology and leverage on its evolving resources.

Lastly, in every challenge and failure see an opportunity and explore to grow.





## FOUNDATION UPDATES: IMPORTANT SCHOOL NOTICES

**1. Below is the summary of what the Foundation provides.**

	FORM 1	FORM 2	FORM 3	FORM 4
<b>Books</b>	<ul style="list-style-type: none"> <li>English Dictionary</li> <li>Kamusi</li> <li>Atlas</li> <li>Bible/Quran</li> <li>Mathematical Table</li> <li>Golden Bells</li> </ul>	<ul style="list-style-type: none"> <li>Set Books</li> </ul>	<ul style="list-style-type: none"> <li>Set Books</li> <li>Max of 5 Revision Books</li> <li>Calculator</li> </ul>	<ul style="list-style-type: none"> <li>Max of 5 Revision Books</li> </ul>
<b>Uniform</b>	<ul style="list-style-type: none"> <li>Two sets of Basic Uniform</li> <li>One pair of Bata Shoes (toughee)</li> </ul>	<ul style="list-style-type: none"> <li>No Uniform</li> </ul>	<ul style="list-style-type: none"> <li>One set of Basic Uniform</li> <li>One pair of Bata Shoes (toughee)</li> </ul>	<ul style="list-style-type: none"> <li>No Uniform</li> </ul>
<b>When</b>	<ul style="list-style-type: none"> <li>Books: During Holidays</li> <li>Uniform: Dec/Jan</li> </ul>	<ul style="list-style-type: none"> <li>Books: During Holidays</li> </ul>	<ul style="list-style-type: none"> <li>Books: During Holidays</li> <li>Uniform: Dec/Jan</li> </ul>	<ul style="list-style-type: none"> <li>Books: First Term Holidays only</li> </ul>

**2. Guideline on Purchase of Uniforms/ Textbooks from Suppliers**

- Parent/Guardian/Student collects invoice from the approved bookshop/uniform distributor /supplier (ask for the list from the nearest branch) and submits the invoice to the nearest Co-op Bank Branch no later than 1 week after closing school.
- Co-op Foundation processes the payment in three weeks and sends the Cheque to the nearest branch.
- Parents are informed to collect the Cheque.
- Parent/Guardian/Student collects the cheque for their use from the Co-op Bank Branch, where they dropped off the invoice.
- Parent/Guardian/Student returns the receipts to the Co-op Bank Branch for our records.

*N.B: If the School provides uniforms, CBF will pay directly to the School as per the amounts stated in the school's newsletter.*

3. Parent/Guardian/Student must submit the report form, fee structure and school's newsletter at the end of the term for the Foundation to process school fees for Term 3.
4. All 2023 Form 4 candidates must submit their index numbers to the nearest branch or email us at [co-opfoundation@co-opbank.co.ke](mailto:co-opfoundation@co-opbank.co.ke). If you are unable to, call us to explain the reason why.
5. Jijali Cohort 4 classes are currently ongoing. The 3-month program sponsors our beneficiaries who have completed high school on two areas; Career Preparedness or Entrepreneurship, to equip them with the necessary post-high-school life skills. Any Form 4 leavers who want to be considered for the opportunity should call us to ensure they are in the next intake.
6. To stay updated, ensure to grab your copy of the newsletter every holiday at your nearest Co-op Bank Branch.



### FUN FACTS ABOUT JOY

1. Joy is contagious, and you can spread it around. The University of California and Harvard University researched the ripple effect of one person being happy. They found out that a friend living close by has a 25% higher chance of also becoming happy as well. Fascinatingly, the effect of happiness can be felt even by the friends of your friends. You can share joy all around.
2. Smiling might just change your life. A study in the Journal of Neuroscience showed that smiling can trick our brains into believing we are happy. If we smile consistently, this can lead to reduced levels of stress and lower blood pressure. Interestingly, we can spread these positive effects by simply smiling at those people around us. A study by the University of Sweden found that we have less control of our facial muscles when we see other people's smiles, making it very likely that we will smile in return.
3. Laughter has medicinal effects. Some researchers studied how the human brain reacts to seeing our close friends laugh. Not only did they find that laughing is contagious, they also found that the participant's brains released endorphins. For those who haven't learnt about them yet, these are hormones released in the brain that help relieve stress and pain. They are known to improve and boost someone's mood.
4. Being happy boosts your immunity. The effects of stress have been closely studied, but scientists are now looking at the inverse, the role positive emotions play on the body. The results are very promising. Studies show that happy people are less likely to become unwell. For those who are already unwell, they are more likely to experience faster results when they practiced habits that improve their emotional well-being.

# YOUR STORY

## THE JOURNEY WITHIN



Once upon a time, in a small village located amidst rolling hills, surrounded by lush green meadows and blooming wildflowers, lived a young girl named Maya. The village was inhabited by hardworking farmers who cultivated the fertile land, skilled artisans who crafted intricate pottery and woven textiles, and friendly neighbours who celebrated life's joys together. Celebratory songs often filled the air with music and laughter, creating a lively atmosphere that made the village feel like a close-knit community.

With her kinky black hair, bright and curious eyes, Maya possessed a kind heart and a vivid imagination. However, she often struggled with self-doubt, particularly when finding the courage to express her creativity. She yearned to pursue her dreams of becoming an artist. However, she never thought she was good enough. The fear of failure and the opinions of others held her back, casting a shadow over her confidence.

One sunny morning, after completing her morning cleaning routine, Maya took a trip to the attic. It had been a while since she cleaned up the attic, and the damp smell seemed to be coming from above. As she was lifting the old scrapes to dispose of and arranging the fairly old furniture, she came across an ancient, weathered journal hidden in a pile of old clothes. Its pages were adorned with faded ink. The black and white portraits on every page caught her attention. She hurriedly finished clearing the mess and, on her way out, brought with her the ancient journal. She spent the rest of the day going through it, taking in all the tales of extraordinary individuals who had faced their doubts and fears and emerged victorious. It highlighted the stories of

renowned artists, like Kitili Kunta, a painter who doubted her artistic abilities; Daudi Cha, a musician whose voice brought a sense of peace to his audience but wrestled with stage fright; Fildaus Toto, a writer who, for the longest time, had his work appear 'Anonymous' for he feared his perspective in words was not relatable and would never touch a soul. Each tale spoke of triumph over adversity, instilling hope and inspiration.

As Maya delved deeper into the journal, she found herself captivated by the stories of these remarkable individuals. They spoke of their struggles with self-doubt, just like Maya, but also their unwavering determination to conquer their fears. They discovered that their true strength lay not in perfection or having all the answers, but in embracing their imperfections and having the courage to persist.

Determined to embark on a journey of self-discovery and conquer her self-doubt, Maya packed a small bag, bid farewell to her beloved village, and set off into the unknown. Along her path, she encountered numerous obstacles that tested her belief in herself. She was confronted with the daunting prospect of performing in front of a large audience, trembling with stage fright. She faced the challenge of a blank canvas, unsure of her artistic abilities. To feel encouraged, she would whisper to herself, 'Kitili Kunta did it; I can do it. Daudi Cha did it; I can do it. Fildaus Toto did it; I can do it.' The whispers became louder and stronger by the day. This was her daily dose of motivation.

There were moments when doubt crept back in, whispering that she was not talented enough, that she was too small to



have dreams that big. However, Maya refused to let them consume her. She reminded herself of the stories she had read, drawing strength from the tales of triumph over adversity. She realised that believing in herself meant acknowledging her unique strengths, embracing her imperfections, and having the courage to keep moving forward.

As Maya ventured deeper into her journey, she met Lila, a wise old woman who recognised the determination and potential within Maya. Lila became her mentor, the voice of confidence that Maya had lacked, and the cheerleader that Maya longed for. She guided Maya through various trials and taught her invaluable lessons about resilience, perseverance, and the importance of self-acceptance. Lila challenged Maya to push herself beyond her comfort zone. She supported her in facing her fears, such as painting intricate details she thought were beyond her capabilities and performing in front of smaller audiences to overcome her stage fright gradually.

Through Lila's patience and guidance, and Maya's growing belief in herself, her talents began to blossom within her. Maya

discovered a remarkable ability to paint vivid landscapes that seemed to come alive on the canvas. She found solace and joy in composing beautiful melodies that stirred the emotions of those who listened. Word of Maya's exceptional talent and her inspiring journey spread like wildfire. People from different villages travelled miles to listen to her soul-stirring music and be moved by her heartfelt stories. Maya's success didn't come without setbacks, but she faced each challenge with an unwavering belief in herself.

Maya's journey not only transformed her life but also inspired others, young and grown, to believe in themselves and pursue their passion fearlessly. She realised that the ability to realise her dreams resided within her. By believing in herself and achieving her dream of becoming an artist, she also ignited a spark in others, just like the ancient journal had done for her. Their dreams were within reach if only they believed in themselves.

**Dennis Kimeu, Studying Quantity Surveying, the Technical University of Kenya, edited by Start A Library Trust**

### AS YOU PONDER ON YOUR JOURNEY OF SELF- BELIEF:

1. What is your current fear or struggle?
2. Which success stories do you use to motivate yourself?
3. Who is your Lila, and how do they support your growth?
4. What can you start doing this week to overcome the doubts you have in achieving your goals?

**Just like Maya, the solution to your fear or struggle is within your reach.**



# YOUR LETTERS

## BE INSPIRED!

At the beginning of High School, I was thrilled, energetic, and full of dreams accompanied by the thirst to achieve them. Little did I know what was to come. The subjects started to be tough, and my brain could no longer absorb them. I started experiencing blackouts in class. I hated my performance, which was so wanting. I felt my hope fading away. I vividly remember the day when the Dean of Studies called my parent to discuss my performance, and I was advised accordingly. From that day onwards, I started receiving guidance and counselling from my teachers. They told me not to lose hope, and with their help, my attitude towards school changed. I began to focus more on my studies, engaged in group discussions, and consulted my colleagues and teachers. I also made sure to visit the library frequently for thorough revision. After some time, I improved my score, especially on the worst subjects; Math, Physics and Chemistry. For my KCSE results, I attained a strong B+ of 72 points.

Therefore, I encourage you to believe in yourself always; to tell yourself that you can make it. Ensure you work very hard and remember that your grades matter to you and the Foundation. All the best in your high school education. God bless you.

**Abubakar Mohamed, Coast and North Eastern Region, Studying Marine Engineering at Technical University of Mombasa.**

I am writing to sincerely thank you for supporting me in learning at Limuru Girls' High School. I joined the school in Form One in 2019 and finished Form 4 in 2022. With your support, I was able to attain Grade B in my KCSE. I intend to use this grade to further my education.

**Emmaculate Kaluhi, Western Region, Former Student, Limuru**

I am a lucky beneficiary of the Co-op Foundation Program, which enabled me to achieve academic excellence at both Secondary School and University Levels. Growing up, I always looked forward to completing my education to the highest level, getting a job, and taking care of my aging grandmother, who has been a great pillar from a very early age. I am indeed grateful for the opportunity to do so through your financial support in my education.

**Esther Mwhaki Nyambura, Central Region, Graduate from Kenyatta University.**

I write this letter to thank you for the full scholarship you provided to me through my High School academics. Because of your invaluable support, I scored an A- in my KCSE. I also thank you for the now extended support as I joined university. I promise to continue working diligently to become a responsible citizen. I will keep up the high tempo. Please receive my deepest gratitude.

**Avy Stephen Malowa, Nairobi Region, Former Student, St. Anthony's Boys' High School (Kitale)**

Thank you for offering me a scholarship to continue my secondary education at Pangani Girls School. I sincerely appreciate that you considered me for the sponsorship that saw me through my studies until I completed Form 4. After all the support, I am happy to say that I had a comfortable stay at school and scored a B+ (73).

**Michelle Ndeto, Eastern Region, Former Student, Pangani Girls School.**

# WELLNESS WALL

## NAVIGATING THROUGH DIGITAL SPACES

Recently, the use of social media has increased tremendously with the rapid development of smartphones. In many ways, this has changed our lives for the better. We can stay connected to our loved ones no matter the distance. We have access to so much information at the click of a button and we can gain insights into places and people we would otherwise not even know existed. However, these benefits come with strings attached.

Addiction to social media is at an all-time high. Research shows that when someone sees a 'like' or positive reaction to a post they made, it releases a feel-good hormone called dopamine. Seeking a similar spike of dopamine is the cause of many addictions. The statistics by Social Media Consumption in Kenya shows that those aged 21-35 spend more than 3 hours a day on social media.

The effects of these recent developments on the mind are yet to be fully understood. Still, there is a clear link between heavy social media usage and poor mental health. A large-scale study by the University of Pittsburgh found that young adults who were online for many hours were three times more likely to be depressed than occasional users.

How does social media usage have such a massive impact? There is an effect on the physical body from a more sedentary lifestyle, rather than an active one, and lack of proper sleep. Did you know that the brain interprets the light from a smartphone as sunlight? Therefore, causing the suppression of 'sleep hormone' melatonin? This is why sleeping immediately after putting your phone away is difficult.

Frequent users also report more dissatisfaction with life, a feeling that affects the quality of life. This lack of satisfaction stems from comparisons of the users own life with all the posts they interact with. Comparing yourself to anyone is an unhealthy perspective to use to judge your own life. Social media aggravates the risks. Most, if not all posts put online, are perfectly curated only to highlight specific parts of someone's life. They are not accurate depictions of everyday life and hence a biased marker to use to assess your own life.

The other issue is the likelihood to seek validation in a space that can be very unforgiving and not a true standard of life. It is normal, especially at a younger age, to look for affirmation, whether through actions or words. However, one has to learn which sources of validation to turn to. Worryingly, the internet has been used as a very effective tool to spread hate and misinformation. In such an atmosphere, people searching for validation online can suffer from low self-esteem and self-critique.

How can you guard yourself against these effects? First, make yourself aware of them. This article is a great first step. Keep yourself updated on the different effects and let those around you know. Importantly, never compare yourself to others; comparison is the thief of joy. That rings true in all situations, whether offline or online.

Also, limit how long you are online. Take time to be active and engage in enriching conversations where you can receive positive affirmations that will help nurture your emotional, spiritual, and mental self. Also remember, CBF is a family that looks out for their own. Please feel free to contact us or send us a letter through your branch. We are here for you!

**\*"Here's Why Social Media Harms Your Teen's Mental Health" by Robert Whitley, Assistant Professor of Psychiatry, McGill University, as posted by Huffington Post Canada.**



# ACHIEVER'S AVENUE

## SCHOOL VISITS

Whenever we have an opportunity, we visit our Co-op Bank Foundation (CBF) beneficiaries at their schools. This quarter, we were able to visit our students at Kwale High School and Matuga Girls High School. We had a good catch-up time with the students and look forward to seeing more of our students. We love hearing from you, write to us and let us know which schools should we visit next.



Students from Kwale High School



Students from Matuga Girls High School

## UNIVERSITY SCHOLARSHIP PROGRAM

In June, CBF held its annual University Scholarship Program which served as an induction to university. 56 top achievers, who were formerly CBF high school beneficiaries from our 7 regions, graduated to become CBF University Scholarship Beneficiaries. During the week-long program, students met with our team, and gained practical tips and insights for life post High School. Topics covered included: discovering your life's purpose, emotional intelligence and relationship management and managing your finances. Our Guest Speaker was the Company Secretary, Samuel Kibugi, who heads our division and has a wealth of knowledge. Congratulations to the class of 2022, we wish you the absolute best in your new chapter in university



Class of 2022 - Co-op Bank Foundation University Scholarship Beneficiaries

# ALUMNI'S ALLEY

## THE ROLE OF SELF BELIEF



Diamonds would not be as precious if they didn't require hard work to obtain them.

In my early years, growing up deep in the streets of Kulumbeni, Matete district in Kakamega County, so little was known of a future that I was so oblivious to. Nevertheless, waking up every day in the wee hours of the morning, on my way to Kulumbeni Primary School, I steadily pressed on.

Having been a top performer from Class One to Class Seven, I was transferred to Shihome Primary School for my final year. I managed to score 390 marks out of the possible 500 and received a calling letter to join Mang'u High School in Kiambu. Ever since then, Co-operative Bank Foundation became part of my education journey, paying my school fees throughout my secondary school education.

It was during that time in high school, specifically in 2012, that my life took a turn. The School Administration had invited Architect Steven Odundo as the guest of honour to speak to us on prize giving day. He spoke about the role of self-belief in one's success, stating that 'It is never too late to turn up for yourself'. His advice stuck with me and I managed to score 83/84 aggregate points in my Kenya Certificate of Secondary examinations. I then received an opportunity to pursue my dream course, Architecture, at Jomo Kenyatta University of Agriculture and Technology (JKUAT).

Now as a graduate architect, a journey that started 11 years ago, the values instilled in me by my parents, and the zeal I developed for myself have seen me manoeuvre in life at an unimaginable scale. A question my father asked me in 2011 as a form one student in Mang'u High School still lingers to date; "Will you be as great as the institution you have schooled in?" Even now, as I traverse the streets of this great country, my own story not only inspires me to be better, but it also pushes me to be a version of myself that is an inspiration to the younger generation. I want to live up to the words of my father; TO BE AS GREAT AS YOUR SCHOOL.

Learning from those who have helped me, I am guided by Acts 20:35 "In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive'."

I attribute my success to CBF and the Co-operative Bank of Kenya. My dreams could not have been a reality were it not for the contribution of the Bank. This not only increases my motivation to do good in society, but also to support those in need. I want to do my part to promote a better community.

Thank you, CBF and Co-operative Bank of Kenya.

**Winston Chekai: Architecture Graduate - Jomo Kenyatta University of Agriculture and Technology (JKUAT)**



# KINGDOM KORNER

## ENHANCING YOUR CREATIVE THINKING

What is Creative Thinking? It involves seeing existing situations in new ways, identifying options, and developing linkages that produce new and impactful solutions. How can you develop and enhance this skill while drawing application from God's Word?



1. IDENTIFY the needs and challenges of those around you. Pick one need that interests you and let it become the core thought you use to build towards a helpful solution. The Lord desires that we do not live without recognizing the needs of others and act.

James 2: 15-16: "Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it?"

2. INFORM yourself of various aspects of that need. You can use a mind map to do this; it's a creative way to brainstorm, without having to follow any specific order. It helps you to state your thoughts and to create a visual structure. To create your own mind map, start by writing down your core thought on the need. Expand from there with new and related ideas linked to it. To fine tune your approach, feed your knowledge from research from books, magazines, media, social interactions, the internet etc. This will give you clarity and enhance your understanding over the need and how to meet it. The Lord wants us to be knowledgeable and understand issues and concepts around us.

Proverbs 18:15: An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge.

3. INCUBATE the different ideas you have come up with. Process your thoughts and findings from your mind map; evaluate how each idea relates to the need and develop possible impactful solutions. The Lord wants us to seek him as we incubate our ideas to gain discernment and understanding. He understands and knows much more

than we do, with much more depth than we can fathom.

James 1:5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

4. ILLUMINATE: this is the stage where you isolate the one solution that shines brightest from the rest from your incubation stage. Ask yourself what the big picture is. Flesh out the best solution in terms of how to implement it and bring it to life. Ask God for clarity of thought as you work out the most effective ways to implement the solution.

Psalms 32:8: I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.

5. INITIATE is the final stage where you deliberately begin to implement and test out how appropriate your solution is in reference to the need. Is the solution effective? Does it relieve or eradicate the problem you began with? Is it a good fit? Tinker with it, test, and alter it until you succeed. The Lord our Father is the Creator of all things in heaven and on earth, He will empower you to generate and implement brilliant solutions to help resolve both our needs and those of others around us.

Proverbs 16:3: Commit your work to the Lord, and your plans will be established.

**Prayer: Lord Jesus, help us to develop the skill of creativity, for you are a Creative God. Please help us to learn this vital life skill and use it enrich our spiritual and physical life for your Glory. Amen.**

# FUN ZONE

## BRAIN TEASERS

1. Archie lied on Mondays, Tuesdays, and Wednesdays, but told the truth every other day of the week. Kent lied on Thursdays, Fridays, and Saturdays, but told the truth every other day of the week.

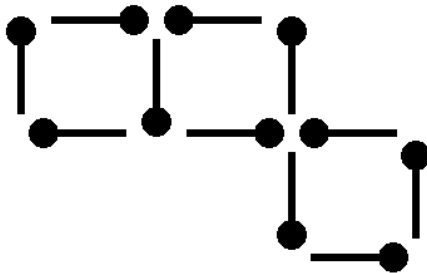


WHAT DAY OF THE WEEK WAS YESTERDAY?

ANSWER: \_\_\_\_\_

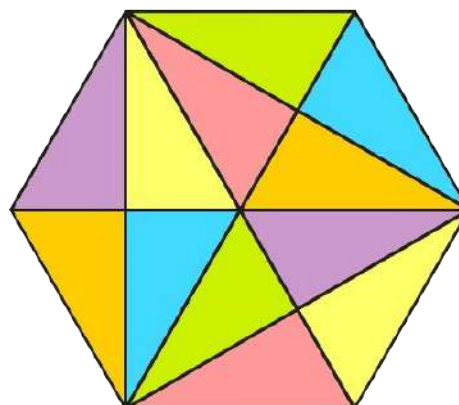
2. A farmer wants to cross a river and take with him a dog, a chicken and a sack of maize. He has a boat, but it can only fit himself plus one other item; either the dog, the chicken or the sack of maize. If the dog and the chicken are alone on one shore, the dog will eat the chicken. If the chicken and the sack of maize are alone on the shore, the chicken will eat the sack of maize. How can the farmer bring the dog, the chicken and the sack of maize across the river without anything being eaten?

3. 11 matches have been used to make 3 squares. Move 3 matches to show 2 squares.



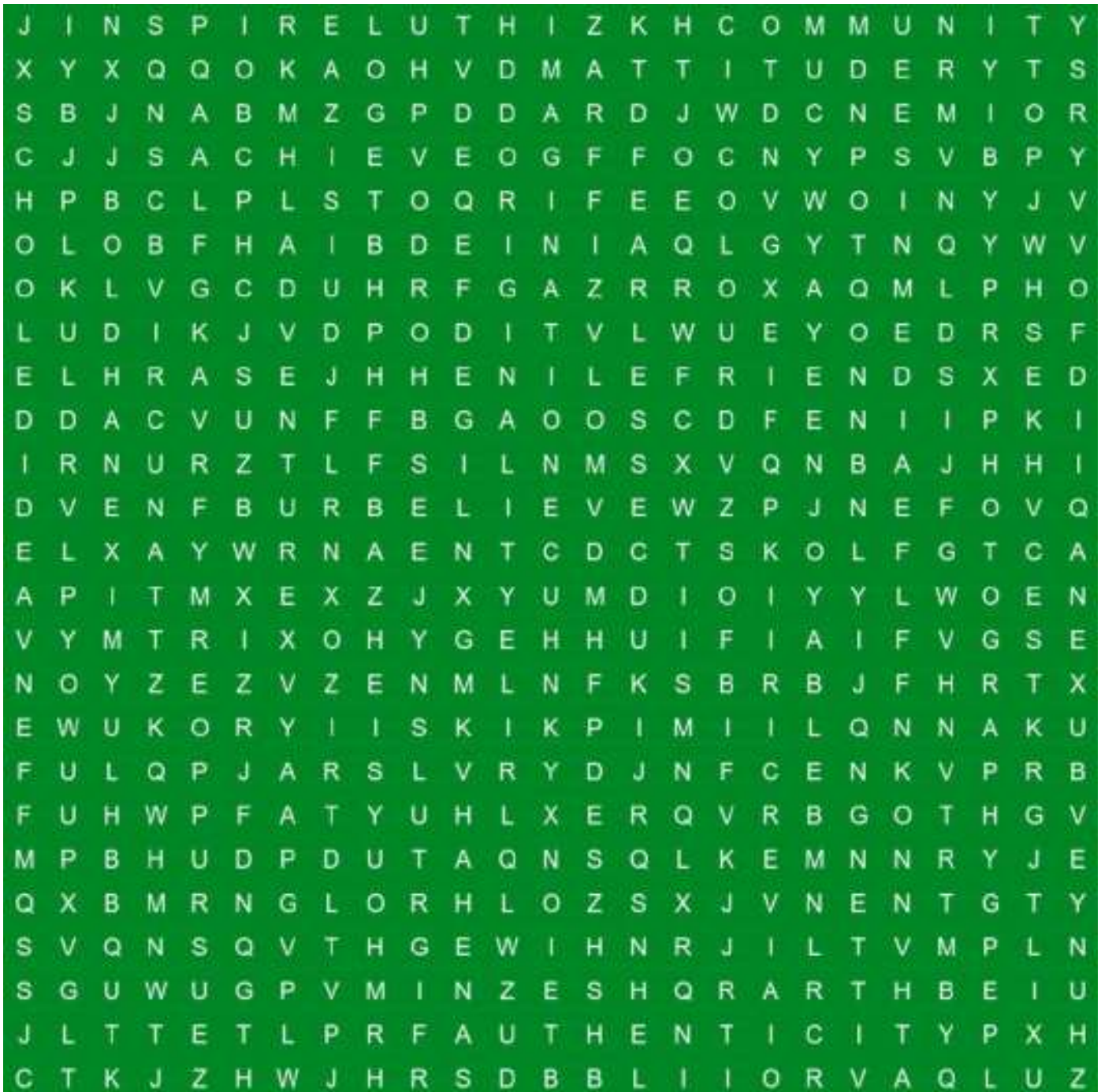
Draw here

4. How many triangles are there?





## WORD SEARCH



CREATIVITY  
 INNOVATE  
 INVENT  
 DARING  
 ENJOYABLE  
 BOLD  
 IDEA  
 TALENT  
 FEARLESS  
 ACHIEVE

ADVENTURE  
 INSPIRE  
 ATTITUDE  
 BELIEVE  
 COMMUNITY  
 COLOUR  
 AUTHENTICITY  
 ART  
 MEDIA  
 PHOTOGRAPHY

MUSIC  
 ORIGINALITY  
 HIGHLIGHT  
 FRIENDS  
 SCHOOL  
 IMAGINATION  
 DREAM  
 LITERATURE  
 VISUALISE  
 PURSUE

Check out answers on the back

