

vol1 no1

▶▶ Thank you so much for being part of Birth to Twenty. We wish everybody a happy and peaceful festive season.



Sawubona 'Birth to Twenty' families!

Yes, yes and yebo yes! As you know, the exciting news is that Birth to Ten is now Birth to Twenty (BTT). That means that we would love to carry on with the group until you are 20 years old. The information from the study is really helping South Africa - **well done!**

We are now seeing people at the Birth to Twenty offices at Baragwanath Hospital. We have seen over 300 families since August, but if you haven't heard from us, please don't worry. We will contact you for your next appointment or you can contact us on the toll free number 0800 131818. Each family will receive R50 for transport costs and don't forget to pick up your **FREE t-shirt** when you come and see us!

Can you believe that it has been 11 years since the study began? All of you that were born in 1990 are about to become teenagers. Not only are you changing but lots of exciting things are happening in the BTT study. Read on and find out more. By the way, let us know if you have any fun ideas of what to include in **your newsletter**. Write to us - postage is free.

Sawubona
The Birth to Twenty team

Facttime

- You make a difference! Remember the interviews about smoking when you were 5, 7 and 8? Well, we showed the results to the Department of Health and the information contributed to the new tobacco legislation that makes smoking in public places illegal.
- Did you know that a book called 'Mandela's Children' was published this year and it is all about you guys?
- Did you know that the BTT family consists of over 2500 children?
- Did you know that the tallest man in the world is Naseer Ahmaad Soomroo from Pakistan and he is 2.36m tall! When you come to see us, we will measure your height too.

▶▶ Write to us:

We want to hear from you. Tell us all about the exciting things you are doing and maybe you could be in **'Who's Who'** in our next newsletter. Wait - don't just write - send us a poem, a drawing, a short story or anything you do best. We would love to put these in the newsletter. **Remember, postage is free.**

**The Youth Maturity Study
Birth to Twenty
University of the Witwatersrand
Freepost JHZ1320 WITS 2050**

► **What's new**

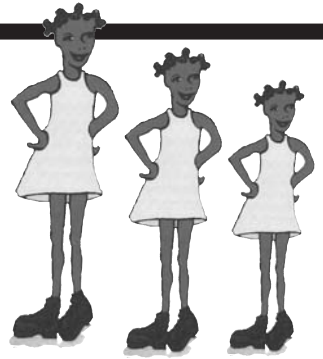
You have your own website on the Internet - take a look at www.wits.ac.za/birthto20. It's being updated and will look brand new soon.



We will SOON have new and funky BTT offices at Baragwanath hospital, with a fun room for you. When they are finished, come and have a look - the map is on the back page.

Remember we have a free postal address!

If you need to call us, it is FREE!
Call 0800 131818.



You are a treasure!

Ever wanted to feel really good about yourself? The trick is to help others. It sounds simple but it's true. You cannot believe the amazing feeling that you get, and here is the great thing, by being in the BTT group you are already helping others!! If you've read the fab facts, you know that your comments have changed the WHOLE of South Africa by changing the tobacco laws. Wow!

South Africa is very interested in what you are doing in BTT. Next year you will see a lot more press about BTT, in fact, it has already started. The Sunday Times had two articles all about you guys... Isn't that amazing? The first one appeared in the November 18 edition on page 35. It was all about the research that has come out of the study - they wrote that SA children are born tough even though there are lots of obstacles. I think we should call you all Little Rambo's. The second article was on page 8 in the November 25 edition. It looked at how different babies grow up... We will be putting these up on the website next year, so take a look when you have time - www.wits.ac.za/birthto20.

▼ **Who's who**

Danyaal Adams

Danyaal Adams saved his mom's life in a car accident late last year. What a wonderful act of bravery and love. When he isn't being a hero, Danyaal is an all-round sportsman.

Funders

Medical Research Council of South Africa
Human Sciences Research Council
University of the Witwatersrand
Anglo American Children's Fund
Wellcome Trust (UK)

Sponsors

Kellogg's
Love Life

**Who would like a trip to the planetarium?
The mystery deepens... find out more about this soon.**

MbaliXulu

Mbali Xulu received a certificate for her contribution as a volunteer to the 7th All Africa Games in 1999. And this year, she won a special award at the Yamaha Young Talent Search for her outstanding dancing. (It was held at Carnival City in October 2001.)
Siyakubongela, Mbali!

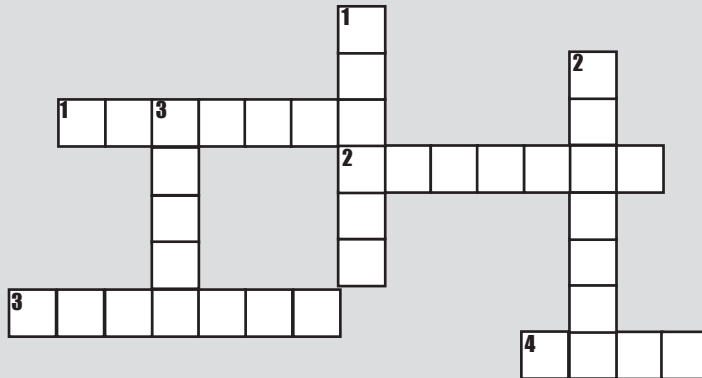
Siphiwe Beyers

Siphiwe Beyers has so many art awards that there wouldn't be enough space in the newsletter to list them... wow!
Keep on drawing, Siphiwe.



'can you find it?' crossword

All the answers can be found in the newsletter. Put on your detective caps and go!



ACROSS:

1. What is this? www.wits.ac.za/birthto20
2. How much will it cost to post a letter to BTT?
3. _____ damages your lungs.
4. We are looking for a new name for our _____.

DOWN

1. Birth to Ten is changing to Birth to _____
2. Who saved his mom's life? _____ Adams
3. Birth to Twenty is moving to a new _____ of offices

What's up?

● Our Birth to Twenty **LOTTO** has started... three families have already won R100 gift vouchers from Shoprite Checkers and 250 families received computer games from Kellogg's.

● **DID YOU KNOW** singing is also one of the talents in the group? Neo Molefe is one of our little songbirds - cula kahle, Neo.

● **TUMELO LBOYI**, we hope you are better now. Matthews and Sdutla from Bara Ward 19 miss you and we all hope that you are better.

● **PARENTS ARE COOL.** Ms Clara Matsiba, a single and unemployed BTT mom, did training in Victim Empowerment with NICRO. She also completed an HIV/AIDS training programme with the SA Youth Council as well as a Basic Home Nursing Course with J-Perez Training Centre. All this within the last nine months! The self-improvement courses are all part of the Meadowlands Community Project. You are amazing, Clara!

● **DID YOU KNOW** that BTT kids prefer Kellogg's Choccos for breakfast? A big thank you to Kellogg's for sponsoring our project with so much cereal.

THINK BIG

We have asked for a lot of your ideas in this newsletter... but what if you're worried that you can't think of anything. Shake off those fears and take a look at some of the ideas below to get your brain buzzing.

- ▶ Free your mind by drawing. It doesn't matter if you think you can draw well or not, just do it!! But do it a bit differently - why not trace your hand on a piece of paper and see what you can make. See if you can turn your hand into a fish? Or a crowd of people... it could be anything! Send us your drawings when you are finished.
- ▶ If you always wear your hair in a certain way, try something different today. Just changing one thing about yourself can open your mind.
- ▶ Get hold of a newspaper. Cut out a picture without looking at the story. Now make up a story about that picture. It can be a story about anything as long as it mentions the picture in some way. We would love to read your stories.
- ▶ Your brain goes blank. Rather than sitting and worrying go and exercise. All the energy helps you to think better.

ACROSS:
 1. website
 2. nothing
 3. smoking
 4. club
DOWN:
 1. twenty
 2. danyaal
 3. block
 4. club

Answers to the crossword

Have you changed your address?

►► Please help us keep contact with the BTT children. If you have changed your address please complete this slip and return to:

The Youth Maturity Study
Birth to Twenty
University of the Witwatersrand
Freeport JHZ1320 WITS 2050

Remember postage is FREE - no stamp needed!

Mother or caretakers surname:

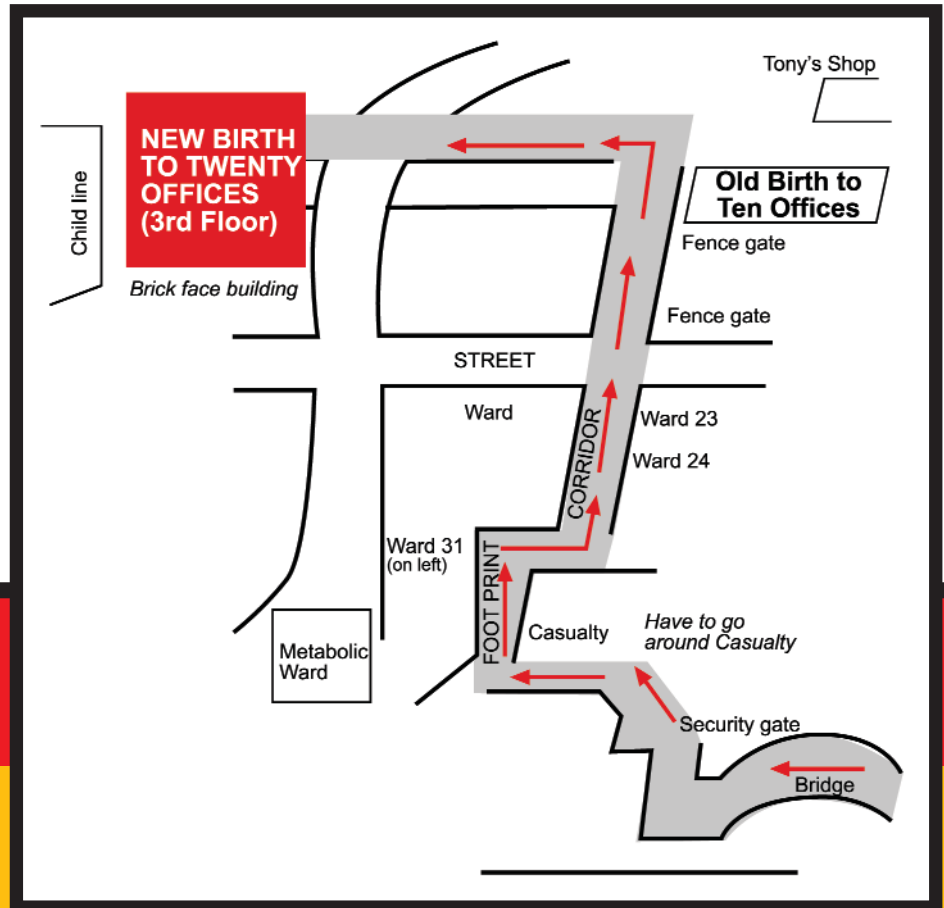
Child's name and surname:

Old address:

New address:

New telephone number:

Our new offices



Where's the party?

Everybody is asking what happened to the party at the end of year 10. Well, we had some minor problems raising funds but we have a new plan in place and the party is planned for 2002. As soon as we know more, we will give you details. What we can tell you is that it will be fun and exciting and we will make sure you receive your invitations a long time before the party. Hey, what about letting us know if you have any ideas for the party? Where would you like to have it? What would you like to do there? Write to us at the freepost address and call your letter 'Ideas for the Party'.

The name game

►► There is going to be a Birth to Twenty Club! Not only is that incredibly exciting but we would like you to give the club a name. It needs to be a really special name because the BTT kids are unique and absolutely cool! Send as many names as you like and the winner will receive a gift voucher.

Entries close 31 January 2002.

Write to our freepost address:

The Youth Maturity Study
Birth to Twenty
University of the Witwatersrand
Freeport JHZ1320 WITS 2050

Remember postage is FREE!