



# FUN DAY TIMES



**At the Book Fair**

Pic. by M. A. Pushpa Kumara



**COMPETITIONS**  
PAGES 2 & 4



**REPORT**  
PAGE 3

**(ONLINE)**



**MIGRATORY  
BIRDS**  
PAGE 5

**KEKULU  
ART COMPETITION**  
PAGE 6

**KIDS NEWS**  
PAGES 7 - 8



**Please send competition entries to:**

**Funday Times**  
C/O the Sunday Times  
P.O. Box 1136, Colombo.  
Or  
8, Hunupitiya Cross Road,  
Colombo 2.

**Please note that competition entries are accepted by email.**

**Please write the name of the competition and the date clearly at the top of your entry and include the following details:**

Full Name (including Surname),  
Date of Birth, Address,  
Telephone No. and School.

Please underline the name most commonly used.

**All competition entries should be certified by a parent or guardian as your own work.**

Competition entries without the full details requested above, will be disqualified.

**Closing date for this week's competitions:**

**November 1, 2023**

**Telephone: 2479337/2479333**

**Email: [fundaytimes1@gmail.com](mailto:fundaytimes1@gmail.com)**



**In our online issue this week:**

- **Page 5** – Migratory Birds
- **Page 6** – Kekulu Art Competition
- **Page 7** – Kids News
- **Page 8** – News in Pictures

Please log on to the Funday Times website on [www.fundaytimes.lk](http://www.fundaytimes.lk) or check out the Sunday Times epaper on [www.sundaytimes.lk](http://www.sundaytimes.lk) for additional pages of this week's Funday Times.



**Kids at the Colombo International Book Fair 2023 held at the BMICH.**

*Pix by Indika Handuwala, Akila Jayawardena, M.A. Pushpa Kumara*



**Read-a-Book and win a voucher from Vijitha Yapa Bookshop**

Read any book of your choice and write briefly about it. What we want is not just a summary of the story but your views on the book.

The best account in the three age groups will be awarded book vouchers of Rs. 500 each from Vijitha Yapa Bookshop. Three winners will be selected each month.

**Your account should not exceed 200 words.**

**Please indicate word count on entry.**

**Please fill in the coupon and attach it to your entry.**

**FUNDAY TIMES** Or [fundaytimes1@gmail.com](mailto:fundaytimes1@gmail.com)

**Read-a-Book Competition**

**Name :** .....

**Date of birth :** .....

**Address :** .....

**School:** .....

**Tel:** .....

**Finished book on :** .....

**Happy Birthday**



**Senuji Ranasinghe**  
12 years on October 14



**Manuth Ranasinghe**  
9 years on October 2



**Rionaa Rojeleo**  
11 years on September 20

From a Young Reporter

## Shining a Light on Minds: World Mental Health Day 2023

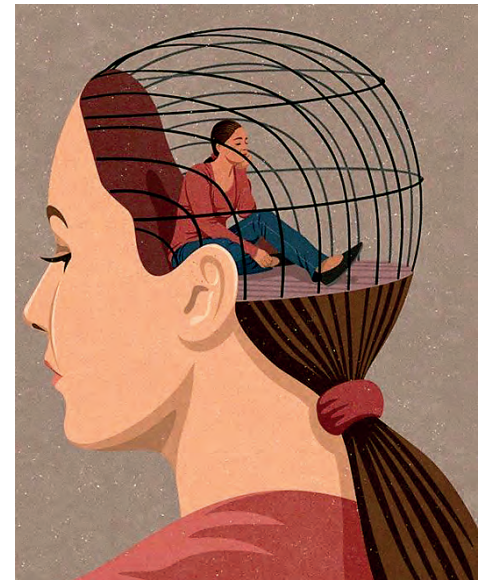
**W**orld Mental Health Day, observed annually on October 10<sup>th</sup>, serves as a global reminder of the importance of mental health. In a world where physical health often takes centre stage, this day shines a spotlight on the often-neglected but equally vital aspect of our well-being – our mental health.

### The Global Mental Health Crisis

Mental health issues affect people from all walks of life, irrespective of age, gender or socio-economic status. According to the World Health Organization (WHO), depression is the leading cause of disability worldwide and more than 264 million people of all ages suffer from it. Additionally, anxiety disorders are prevalent and often coexist with other mental health issues.

### Breaking the Stigma

One of the biggest challenges in addressing mental health is the stigma attached to it. World Mental Health Day encourages open conversations about mental health issues, thereby



challenging these stigmas.

When people are empowered to share their stories and struggles, it not only reduces discrimination but also encourages those in need, to seek help.

### Access to Mental Health Services

Improving access to mental health services is crucial. Many countries face a shortage of mental health professionals and facilities. Governments, organizations and individuals must work together to bridge this gap, ensuring that everyone has access to the mental health support they need.

### Promoting Self-Care and Resilience

While professional help is essential, individuals can also take steps to care for their mental health daily. Simple practices like regular exercise, meditation, mindfulness and maintaining a healthy work-life balance can significantly contribute to emotional well-being. Building resilience is equally important as it helps individuals bounce back from life's challenges.

### The Role of Technology

In the digital age, technology plays a pivotal role in mental health support.

Various apps and online platforms provide resources for managing stress, anxiety and depression. Tele-therapy has also become more accessible, allowing individuals to connect with mental health professionals remotely.

World Mental Health Day reminds us that mental health is not something to be taken lightly. It is an integral part of our overall well-being and we must prioritize it just as we do our physical health. By breaking the stigma, improving access to mental health services, and promoting self-care, we can collectively work towards a world where everyone can lead a mentally healthy life.

Let us use this day to support one another and foster a more compassionate and understanding society for those facing mental health challenges.

**Dananga Karunarathne (15 years)**  
**Lakdasa De Mel College, Kurunegala**



## Young Reporters

If you are interested in joining as a Funday Times Young Reporter please fill in the coupon given and send it in to us along with a recent report or interview not exceeding 300 words. Photographs or illustrations would enhance the report.

**Young Reporters who have already enrolled with us, please send in new reports for publication.**



Or



[fundaytimes1@gmail.com](mailto:fundaytimes1@gmail.com)



## Young Reporters Coupon

Name: .....

Date of Birth: .....

Address: .....

Telephone: .....

School: .....

Parent's approval: .....

Date: .....

# Tomahawk

## Quiz No. 212

Questions for Tomahawk Quiz No. 212 are based on articles appearing in the Funday Times print issue and e-papers of September 3, 10, 17 and 24, 2023.

All you have to do is to find the answers to the questions given. Write the answers neatly on a postcard, cut the strip 'Tomahawk Quiz No. 212' seen at the top of this page and paste it on your postcard. Please get your entries certified as your own work by a teacher or parent.

One lucky winner will receive a brand new Tomahawk Mountain Bike with the compliments of Tomahawk Bicycle Mall

All Funday Times readers between 8 – 15 years are eligible to participate.

(Those who have already won a bicycle are not eligible to participate.)



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### QUESTIONS – QUIZ NO. 212

1. Which spacecraft recently landed on the Moon's surface and what was special about this landing?
2. Where is the London Eye located?
3. When is International Literacy Day and since when has it been observed annually?
4. What is the Pythagoras Theorem related to?
5. Who was Michael Faraday and what was his greatest achievement?

Closing Date: October 31, 2023

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### 7 – 9 AGE GROUP

Write each Country's name under its Flag.

Greece, Vietnam, Australia, Egypt, Spain, Turkey, Japan, Brazil, USA, Sri Lanka, Canada, Panama, UK, South Africa, South Korea


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#### 7 - 9 years



- ▶ Dylan Roshan, Wattala
- ▶ Zainab Ilham, Dehiwela
- ▶ Halema Thanish, Colombo 3
- ▶ Yashan Sarosh, Mattegoda
- ▶ Shazad Ghaney, Colombo 2

Winners please call Funday Times on 2479333/2479337 and arrange to collect your prizes.

# World Migratory Bird Day

Compiled by Cecilia Hewavitharana

## When is World Migratory Bird Day and why is it observed?

World Migratory Bird Day is held twice a year, on the second Saturday of May and October, reflecting the varying migration periods in the northern and southern hemispheres; in 2023, the days fell on May 13 and October 14. Its aim is to raise awareness about the need to protect migratory birds and their habitats.

## Why do birds migrate?

As seasons change and with it the weather and availability of food, birds are compelled to travel to habitats that will continue to let them thrive. The change in sunlight triggers hormones that cause them to become restless, flock together, and eat more in order to fuel up for their journey. This is called 'Zugunruhe', which means migratory restlessness and is derived from the German words "zug" ("to move") and "unruhe" ("restless anxiety").



Poster by Augusto Silva

## To the moon and back



In the 1680s, British educator Charles Morton theorised about the disappearance of birds during winter. While he was correct about why they disappeared (in search of food and more favourable climates), he was not quite right about where they went: he believed they flew to the moon.

they went: he believed they flew to the moon.

## The importance of water



world have been lost in the last five decades, and more are at risk of disappearing. For example, the Great Salt Lake in Utah, which is the largest saltwater lake in the Western Hemisphere and utilised by over a million shorebirds, may be gone in about five years.

Therefore, World Migratory Bird Day is a call to action to protect migratory birds and their habitats and stopovers, internationally, as their ranges often extend across multiple countries.

## Highways in the sky

Birds have specific routes they follow when migrating, which are called flyways.

## Longest non-stop flight



Bar-tailed godwits, who nest in Alaska, migrate to Australia or New Zealand, flying over 11,000 km non-stop, without resting, eating or drinking. The fastest recorded journey was just 8 days.

## Longest migration

The Arctic tern holds the record for the longest migration for any animal – it travels from the Arctic to the Antarctic, and back, every year, covering around 40,000 km annually.



The 2023 theme is "Water: Sustaining Bird Life" to highlight the importance of water to migratory birds.

Water and its related habitats (such as lakes, rivers, streams, ponds, marshes, swamps and coastal wetlands) are relied upon by migratory birds for breeding, resting, refueling during their migratory journey and wintering.

However, due to factors such as climate change and pollution, these ecosystems are at risk. According to the United Nations Environment Programme (UNEP), 35% of wetlands around the



# Kekulu Kinder ART COMPETITION - 2023

## Application Form

Child's Full Name : .....

Date of Birth : .....

Permanent Address and Telephone Number : .....

Email Address : .....

Kindergarten Name and Address : .....

Kindergarten Principal's Name : .....

Phone Number : .....

Kindergarten Email : .....

District : .....

Kindergarten Principal's Signature : .....

1. Eligible only for children of 2 ½ to 5 years of age.
  2. Competition topic is 'Our Family'.
  3. Drawing can be submitted only on an A4 sheet using pastels only.
  4. Should be certified by the Kindergarten Principal, that the drawing is done by the child.
  5. It is mandatory to paste the application to the back of drawing.
  6. Certificates are given only for drawings where application form is filled correctly.
  7. The product wrappings and the drawing to be enclosed in an envelope without stapling together and sent to the following address before 30th November 2023.
  8. Address: Hettigoda Industries (Pvt) Ltd., No. 33/3, Sri Dharmarama Road, Ratmalana.
  9. It is important to have filled the application form correctly. If not, the drawing will be rejected.
  10. Any clarifications on the competition, please call Yuresh on 077 244 0442 or Isuru on 077 261 3255.
- It is mandatory to include a product wrapping from any of the following product categories, to partake in the competition.



Kekulu Baby Soap



Kekulu Toothpastes



Kekulu Baby Cologne



Kekulu Toothbrush



THE OFFICIAL RADIO PARTNER



OFFICIAL PRINT PARTNER



OFFICIAL BANKING PARTNER



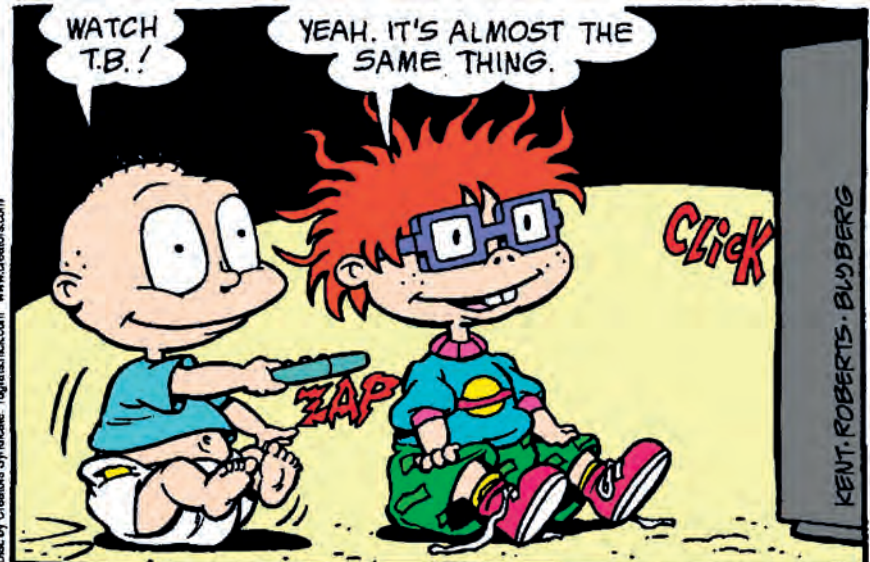
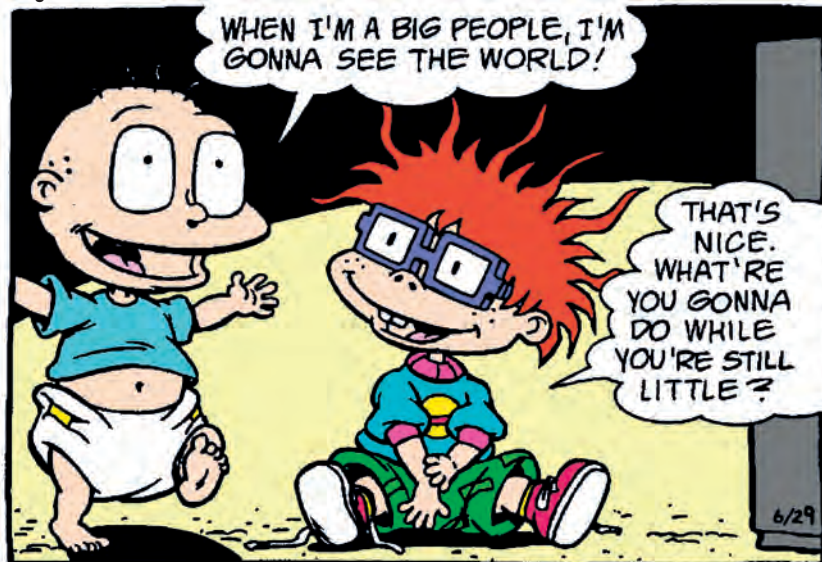
Kekulu Baby Soap 5 in 1

\* Important Notice – To all Kindergarten Principals, please ensure that all drawings are submitted with the correct product wrappings to the above address before 30th November, 2023.

Ginger Meggs



Rugrats



# Israel and Hamas: What's happening?

October 10

Charities and world leaders have called for children to be kept safe while fighting is ongoing between Palestinian militants and Israel.

**D**ozens of armed fighters from Hamas - the Palestinian militant group - crossed into Israel from Gaza in a surprise attack on Saturday October 7, killing over 700 Israelis, according to the government.

The attacks by Hamas targeted civilians as well as soldiers and thousands of rockets were also launched by Hamas towards Israel.

Israel responded with air strikes into Gaza, saying it was targeting militant sites. The United Nations (UN) says these air strikes have displaced 123,000 Palestinians, and Gaza health officials say more than 500 people have been killed and over two thousand injured.

Although Hamas and Israel have been enemies for many years, this is the largest outbreak of violence in decades.

### What is Israel?

Israel is a country in the Middle East, with a coastline on the Mediterranean Sea. It was created in 1948, following World War Two and the Holocaust, as a homeland for Jewish people.

Since then there has often been fighting between Israel, the Palestinians and neighbouring Arab countries, over land, and who it belongs to. Both Jews and Palestinian Arabs claim the land as their ancestral home.

Tensions are often high between Israel and Palestinians living in Gaza, the West Bank and East Jerusalem.

### What is the Gaza Strip?

The Gaza Strip is a 41km (25-mile) long and 10km-wide territory between Israel, Egypt and the Mediterranean Sea.

About 2.3 million people live there and it's ruled by a Palestinian militant group called Hamas, which has fought Israel many times.

Israel controls the air space over Gaza and its shoreline and restricts who and what goods are allowed in and out. Similarly, Egypt controls who passes in and out through its border with Gaza.

Now Israel has cut off the supply of water and electricity, food and medical supplies to the area.

Aid agencies say they are worried about the safety of civilians in Gaza



Some Hamas fighters entered Israel through holes in a fence put up by Israel.



Israel responded to recent attacks with air strikes on Gaza.

as a result of the Israeli restrictions. About 80% of the population of Gaza depends on international aid, according to the UN, and about one million people rely on daily food aid.

### What is Hamas?

Hamas is a Palestinian Islamist militant group which has ruled the Gaza strip since 2007.

The current fighting follows years of tensions between Hamas and Israeli governments.

In response to the attacks, Israel's prime minister Benjamin Netanyahu posted a video statement saying, "we are at war" and the Israeli military said it has begun bombing targets in the Gaza strip in response "to the barrages of rockets".

Hamas' military commander Mohammed Deif called on Palestinians everywhere to join the group's operation.



CBBC Newsround

October 10

# News in Pictures



**Berlin, Germany**  
Costumed artists present an artificial 5-metre tall elephant to promote 'Aida - The Arena Opera Spectacle' which will have its world premiere in Hamburg on February 2. Afterwards, the opera production will tour Germany and other European countries.



**Hull, England**  
A digital composite view of the Hull fair in Yorkshire, one of the largest travelling fairs in Europe, which features more than 250 rides.



**Fife, Scotland**  
The Flying Scotsman steams over the Forth Bridge near North Queensferry. The most famous steam locomotive in the world is celebrating its centenary year, having entered service on February 24, 1923.



**Naga-Namgor, India**  
A drone view of damaged roads and houses that were washed away by flash floods in Sikkim.



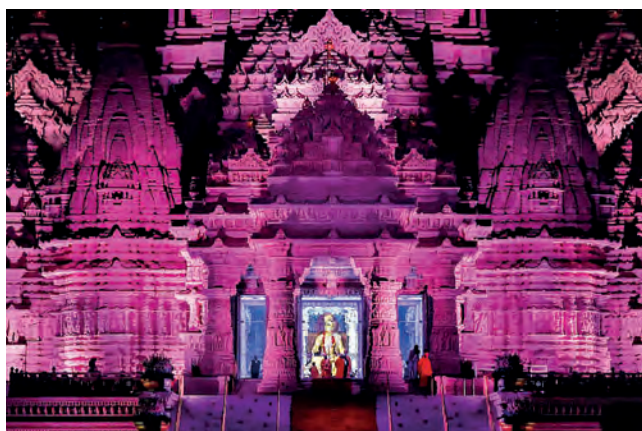
**Bago, Myanmar**  
Residents paddle through a flooded street after heavy rains in Bago township.

**Taipei, Taiwan**  
Honour guards perform during the national day in front of the presidential office.



October 9

**Burriana, Spain**  
The Aita Mari rescue ship sets sail from the port of Burriana towards its 11<sup>th</sup> humanitarian mission in the Mediterranean Sea. The mission eventually started after receiving final permission from Spanish authorities at the Merchant Marine, among others.



**New Jersey, USA**  
The central sanctum of Bhagwan Swaminarayan during the opening ceremony of the BAPS Swaminarayan Akshardham temple in Robbinsville. It is the world's largest Hindu temple outside of India, taking more than 10 years to build and spanning about 74 hectares (183 acres).

**Herat, Afghanistan**  
Men search for victims in Zenda Jan district of western Afghanistan, after a powerful earthquake killed at least 2,000 people. It is one of the deadliest earthquakes to strike the country in two decades.



Source : The Guardian