



**Michal Benjamin**  
Warrington Elementary  
3rd grade

What can you do to stay healthy? I can do many things to stay healthy, like eating healthy foods. When you wake up the most important meal of the day is breakfast. The best breakfast foods are pancakes, eggs, bacon, and toast. Next, some exercises are healthy like windmills, jump-in-jacks, and running laps. You can use sports like football, baseball, softball, or tee ball to stay healthy. Those are also exercises. Now you know what you can do to stay healthy.



**Da'shanique Dupree**  
Warrington Elementary  
5th grade

Have you ever wondered why health is so important? If you don't, let me give you three reasons why. My first reason is when you are healthy you add additional years to your life. My second reason is when you are not healthy you can get osteoporosis. My third reason is being healthy is very important. My first reason was when you are healthy you add additional years to your life. When you are healthy that means you eat right and exercise daily. Also, when you're healthy you develop strong teeth and bones. When you are healthy you eat lots of fruits and vegetables. Which, all add years to your life. My second reason was when you are not healthy you can get osteoporosis. Osteoporosis is the softening and weakening of your bones. When you are not healthy you are not fit or in shape. When you're not healthy you can gain a lot of weight and fat on your body. That's why you should stay healthy. My third reason was being healthy is very important. Being healthy is very important because it helps your finger nails, toe nails, your eye sight, and your hair, and your skin. Also being healthy helps your digestive system. To stay and be healthy you have to brush, floss, and bathe. Also being healthy is to have lots of nutrients. The three reasons why I wrote about health is because health is an important thing in life. I like health because it's about people's chest and other things. I wrote my first reason about health because it's good to add years to your life not subtract. And I wrote my second reason because it's not good to get that bad sickness. Also I wrote my last reason because health is very very important.



**Tela Carr-Hadely**  
Warrington Elementary  
5th grade

Do you know why having good health is important? One of the reasons why having good health is important is because you'll have a better life and future. Exercise is great for healthy living. It's a great way to burn off calories and loose weight. Some other ways to loose weight is to play football, soccer, and other sports. Sometimes it's good for you to put on weight, but not all the time. Now you know why having good health is important.

1. On Saturdays, I enjoy watching cartoons.
2. I like to sit with my friends at lunch time.



**Markese Harris**  
Warrington Elementary  
5th grade

I'll be the first one to admit that good health is important because you might get sick or hurt and if you really don't have good health you could possibly pass away or be in a coma for a long time and no one wants to be like those at all. Moving right along most people in the world try to stay healthy and try to get good exercise so that they don't become out of shape. Being out of shape could result in bad things like dieing in your sleep and maybe fainting. Most people in the world like to try to stay buff and become body builders, boxers, wrestlers and other physical activities and sports that involve building muscles. Everyone loves to be muscular and like to be able to pick up heavy things that are rarely seen picked up. Some people like to eat vegetables and most vegetables are good to eat and most people in the world eat them to stay in good shape and in a good range of weight. Some people in the world like to be big but not offensive to any one. Finally some people jog or run and some people listen to music while they are jogging and sometimes people in the world go to gyms or they set up their own little gym at their home. I think that it is cool in my opinion. When all is said and done everyone loves to go to the gym and punch the punching bag that is some fun exercise.

## SPORTS



**Jayla Miller**  
Warrington Elementary  
5th grade

Go! Go! Go! Did you hear that? That's the sound of people cheering for me at home. I have a basketball court and it is tremendous. I love basketball, so sit back and let me tell you my favorite story about my favorite sport. My favorite sport is basketball because it gives you lots of energy. You can become very energetic while playing basketball. I love all sports. Don't you? Sometimes my family plays sports with me. It's a lot of fun. So, next time write me a story telling me your favorite sport and why.



**Terrell McGhee**  
Warrington Elementary  
4th grade

Sometimes I wish I can be a professional athlete with the New Orleans Saints. It can be very fun because I can be famous and know everyone on the team, but most of all I can be a superstar! I can be known all around the whole entire world! The people that would be playing with me are my friends Jermaine, Danyis, Tyshawn, Javon, Javoris, and Kristopher. We would be football millionaires! We could travel all around the world and meet lots of people! We could be known every where, but that's only a wish and sometimes they do come true.

## PREPOSITIONAL PHRASE

Underline the prepositional phrase.