



Deauna Mack-Taylor
Warrington Elem.
3rd grade

My favorite sport is basketball. I like basketball because I can shoot the ball. I can also dribble the ball. I play basketball because I like to win.



Donald Tran
Warrington Elem.
3rd grade

Once I was in kindergarten I had a swollen eye because a kid bumped me in the eye. Then I fell on a really big piece of metal hit my eye, and I fell on the concrete, and went to the clinic. It was a bloody moment. Then I went home and I started twitching because of my swollen eye. After that I was eating carrots because it helps you see better. The twitch was itchy and it happened when I was playing games. All of a sudden, I would feel cold and I would ask my dad to turn down the a.c. Sometimes when I was bored, I would poke my swollen eye to see if it would get any bigger. After that water came out of my eye. I went to tell my dad then he was like "don't mess with it!" Then my eye started hurting more because I kept messing with it. I was eating carrots to make it better and I rolled an egg on my eye to heal it. And my eye healed happily ever after.



Jose Robles
Warrington Elem.
4th grade

This time I'm going to tell you about health. First of all health is very important because it helps you to do stuff like run, jump, and do tricks. To be healthy is to do exercises like run around the park, jumping jacks, and wind mills. Another way to be healthy is to eat healthy food like oranges, apples, bananas, peaches, and bread. There are millions of health foods. Another is to have check ups at the doctor to see if you are sick. Always brush your teeth. You do not want yellow or black itchy teeth. Now you know how to be healthy.



CHILDREN'S VIEW

HEALTH



Johnny Williams
Warrington Elem.
5th grade

I am going to tell you about a ways to have good health. The ways are to exercise. Jogging, push ups, and sit ups. My favorite exercise is push ups because it is a challenge and I like a challenge. If it is not a challenge then it is too easy and I don't like stuff that is not a challenge. My next favorite exercise is sit ups. Sit ups are fun and I do them at P.E. and over my cousin house. Sit ups is good health because it keeps your heart beating fast and there are a lot of people that do sit ups. My last favorite exercise is jogging. Jogging is like running but it's not because when you run you go faster than when you are jogging. Like I said in section about sit ups, jogging also makes your heart beat fast but it would go faster when jogging than sit ups. Those are ways to have good health, you should try them.

HEALTH TIPS

Develop healthy eating habits and participate in regular physical activity.

Start your day with breakfast.

Get Moving!

Remember to eat fruits and vegetables.

Work up a Sweat.

Don't Eat Too Much of One Thing

Get Fit With Friends and Family