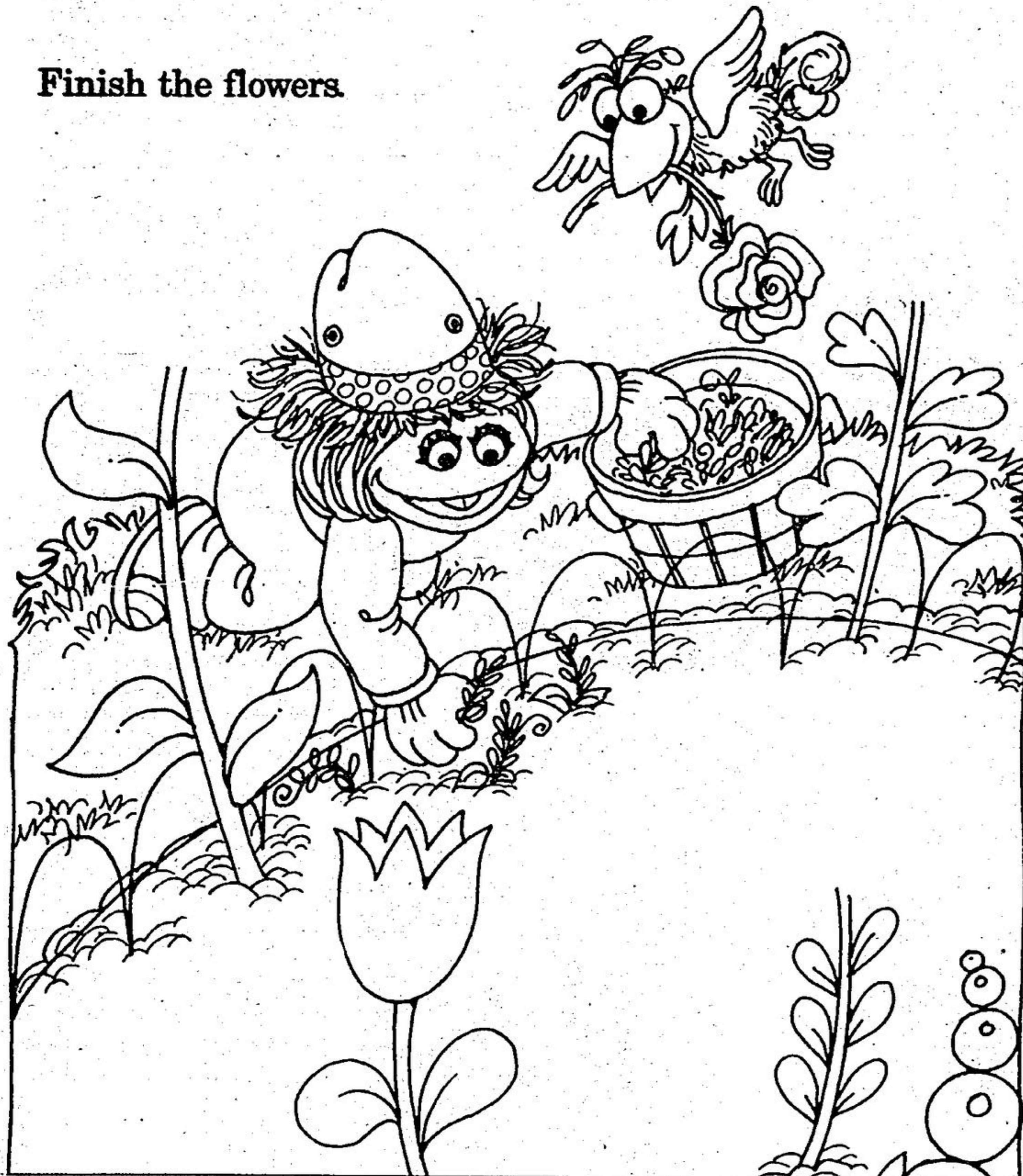


Weekender

# Children's Page

Finish the flowers.



## Reesor Park Public School

# Physical fitness very important

Physical fitness makes me feel great!

It's fun to do these things. My favorite parts of physical fitness are shuttle running, standing long jump and 50-metre dash.

Anyone that does not do physical fitness should try it. It is a lot of fun. Besides being fun it is good for your heart, muscles and lungs.

I keep fit by playing soccer in the summer and I ski in the winter. People should be physically fit at all ages and all year round.

Jeff Moyer  
Grade 6

Three ways to keep physically fit:

— Say 'NO' to drugs, cigarettes and heavy drinking;

— Eat healthy foods and exercise regularly;

— Play recreational sports, ie. hockey, ringette, baseball, gymnastics and football.

What happens if you don't keep fit:

— Your body can't keep up and you get very ill;

— You get pot bellies and have a hard time walking up stairs;

— If you don't keep physically fit you may not be able to do things that you enjoy doing with your friends.

Shawn McLeish  
Grade 6

Playing sports is a fun way to get fit.

Instead of sitting at home, go out and go for a bike ride, run or do some stretches. Every day I go outside after school and do gymnastics, swim, play tennis or baseball.

I think everyone should exercise. Exercise tones your muscles and works off fat.

Instead of exercising, people sit at home and eat and watch television. That's okay as long as you exercise and work off all that stuff.

Seanna Takacs  
Grade 6

I think physical fitness is a good idea because it's very healthy.

It's unhealthy not to do it. You will get very sick if you don't exercise or eat good foods regularly. Being physically fit also allows you to cope with stress a lot better.

## Recipe for a party

Two cups of fun,  
Three cups of presents,  
One and a half teaspoons of giggles,

Two tablespoons of balloons,  
One cup of party hats.

Gently stir the fun and presents together and slowly add in the giggles. Be sure to beat the balloons and party hats together before adding to the mixture. Heat and serve. (Sprinkle with games if this is your choice).

Cheryl Climie  
Grade 8

## Buds awaken from their sleep

Opening up from their long, winter sleep,

Peeping out from under a leaf, Yawning and stretching, collecting the air,

Soft little blossoms like bows in their hair.

Swaying in the soft springtime breeze,

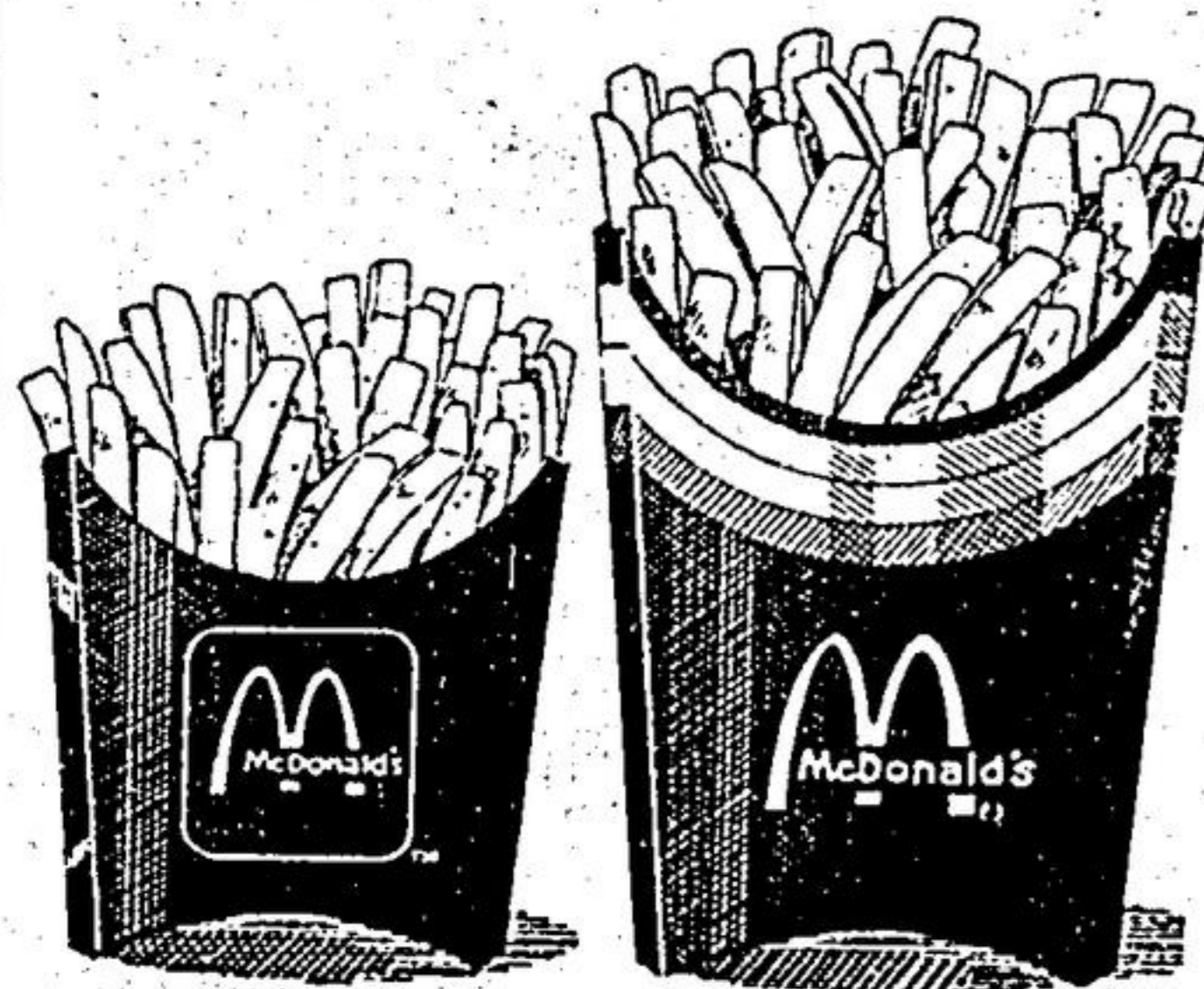
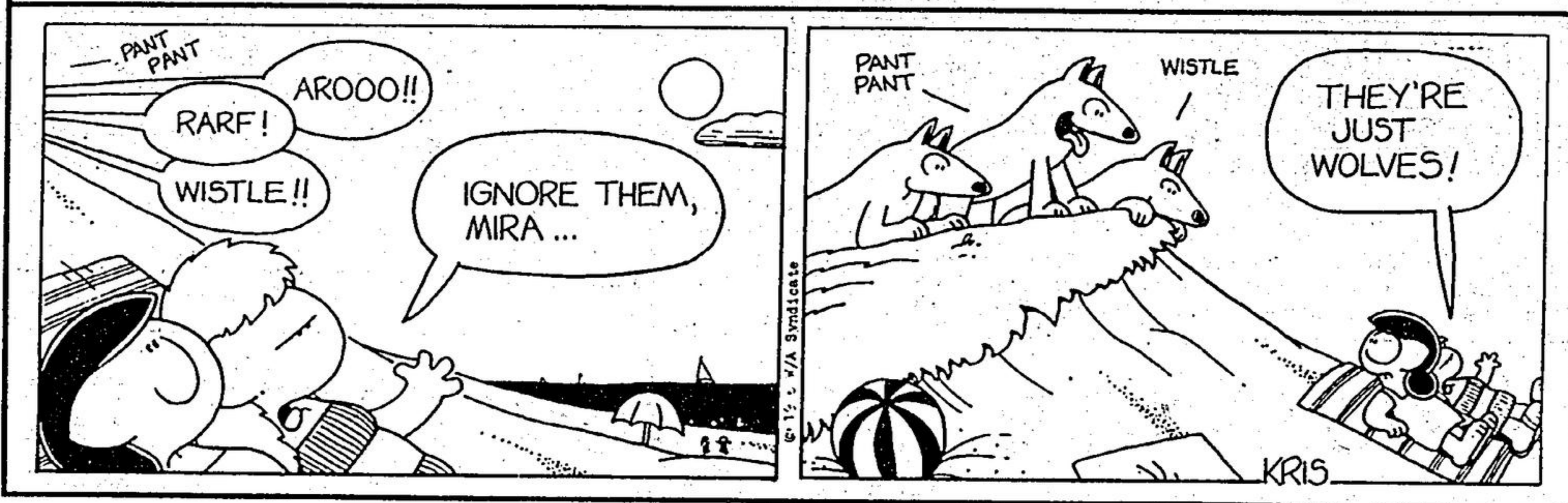
The rattling of the wind in their tender leaves,

Opening up from their long winter sleep,

Peeping out from under a leaf.

Brennan Kelly  
Grade 4

## SWAMPUS



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