

Perfect Peachy Freeze

Ingredients:

$\frac{1}{2}$ c. milk
1 c. sliced peaches (they can be either fresh or canned)
1 tsp. sugar

Utensils:

ice cube tray
blender (get help from an adult)

Directions:

Pour the milk into an ice cube tray and freeze until solid. Pop the "milk cubes" out of the tray and put them into the blender. Then put the peaches and sugar into the blender. Put the lid on the blender and blend on high speed until everything is all mixed together and very smooth. Pour your Perfect Peachy Freeze into serving dishes and serve right away.

www.kidshealth.org



Libby Valdovinos
Warrington Elementary
5th grade

To start off I am the P.E. substitute teacher today. There is going to be a class here in five seconds. Oh! They are here. Well class, instead of running laps; you will run/jog at all times while you are tossing water balloons at each other. If you become thirsty you may drink one of the fruit drinks. Also, you may begin! So, if you are reading this I probably got hit by a water balloon. All you could hear was splash! An hour passed and we finally went inside. I asked the principle if we could go on a field trip to the swimming pool where we could do some water exercises. Did the principle say yes? Tune in next issue to see what the principle said about the field trip.

HEALTH



Donald Tran
Warrington Elementary
3rd grade

If I were to be a substitute P.E. teacher for the day I would plan an activity about exercising and healthy food. I would do stretches and jogging. For healthy food I would pick veggies and fruits or maybe an energy drink. I chose these because they are healthy for you instead of candy that makes you hyper. I chose stretches because it will help you move faster and get taller. I'd have you stretch until you feel it. Exercising is good for you so you won't get bubbly and overweight. That's what I'd do if I were a substitute P.E. teacher.



Tela Carr-Hadely
Warrington Elementary
5th grade

What would you do if you have been asked to be a substitute P.E. teacher? Well, here's what I would do. First, I would take a survey of what healthy snacks the students like. It could be anything they like, but it has to be healthy. Then I would get some healthy drinks. Second, I would ask the students what kind of exercises they like? Some students like jumping rope, push-ups, diamond push-ups, and jumping jacks. I would also recommend to students that when they are not doing anything or don't have any homework, to go outside and play with friends which is also a form of exercising. Third, I would ask students, who likes jumping on a trampoline? Jumping on a trampoline is exercising. You can do back flips, front flips, and cart wheels. Another thing you can do for exercise is playing at the park. At the park you can ride bikes, speed walk, or run on the track. Finally, another fun way to exercise is to skate. You can ice skate or roller skate. Almost everybody enjoys skating at the skating rink. I see almost everyone from school there. Well, that is all I am going to say about exercising for now. Bye!



Quindysa Redmond
Warrington Elementary
4th grade

I feel good! Some of the things you can do at P.E. are healthy. Let me explain to you what things you can do at P.E. that is healthy. One healthy thing you can do at P.E. is jog. Jogging in P.E. is healthy because you can make your calf muscles and thighs get better and stronger. Another healthy thing you can do in P.E. is stretch. It is good to stretch in P.E. because you do not want to pull something and get hurt. If you pull something it could be really painful so that is why it is good to stretch. One last healthy thing you can do is eat healthy fruit. A grape is healthy fruit. Eating a grape is healthy because it has a lot of iron and protein to keep you up and running. Now you know some healthy things you can do in P.E.



Tyrell Curtis
Warrington Elementary
4th grade

Climb that rope! If I had a substitute P.E. teacher I would tell him/her that we had to eat peaches, play basketball, and train. The first reason is to eat peaches because peaches are a good food for your body. Example: One day a person on T.V. lost a total of ten pounds from eating peaches. The second reason is so we can play basketball. Basketball is an easy and fun game to play. The last reason is so we can train. Training is what you are suppose to do before you start playing. Boy! I mean Tyrell! "Detention" coach said. "For what" I said. "For not telling me the truth" coach said. "I'm going sadly" Tyrell said. Tyrell went to detention right, or did he?



READING QUIZ

- Jumping on a trampoline is
A. exercise B. work C. homework
- P.E. teachers help students be
A. healthy B. tired C. quiet

- One healthy thing you can do at P.E. is
A. sleep B. eat C. jog
- Who likes basketball
A. Tela B. Tyrell C. Donald