

# HEALTH



**Amber Bermes**  
Warrington Elementary  
4th grade

"Please help me" I said. I'm a strawberry and I almost got eaten. I was on a trash conveyor-belt and got squished, and all of this happened in a school cafeteria. First of all, I almost got eaten by a little girl. The girl's name was Sarah. She was 6ft. 10inches. I was just waking up in her mouth! I sped off the spoon in the nick of time! Now, I had taken a 2 minute nap. Only 2 minutes because it was dangerous, but when I woke up I was on the trash conveyor-belt! I ran for 4 hours! That's until I tripped on my other foot! I managed to crawl off. By now it was the end of school so I ran to the door. I was so close, but I was so tired! I couldn't just magically feel energy. So when school was letting kids out, I got squished by a kid and the principle! At the end I was just trash and people were still walking over me. All together I was almost eaten. I was on a trash conveyor-belt and I was squished. I hope you like my story.



**Tyrell Curtis**  
Warrington Elementary  
4th grade

Once upon a time a grape was in the bottom of a container. This was no ordinary grape he could talk, walk, and do other things. A freckle faced boy picked up the container ate all the other grapes except me. Next I went over to the window to try to open the window. I tried to get out the window when a small man picked me up and said, "food fight!" I didn't know what a food fight was, but I'm food so I tried to get loose, ahhh! I was in the air and I seen many different foods flying. I finally touched the ground and ran to another window. Bam! I'm flying once again and hit someone in the eye and fell on a teacher tray. Luckily he wasn't blinded. Suddenly glasses were flying. The glasses landed on his face and he gave everyone detention. While he did that I safely made it out the window. By morning

I was flying over Texas heading for California coming home to my mama. Tip: don't get stick in a container.



**Quinndysha Redmond**  
Warrington Elementary  
4th grade

Weel!!! It all started on a school morning when I woke up and went to look in the mirror. I did a loud scream, "oh my" I'm a banana. So after I was finished panicking I got dressed and I went to school. When I got to school I was mad because everyone was taller than me. I should have known everyone was going to be taller than me. So after I calmed down I went to breakfast and that's when the trouble started. I got stuck in the cafeteria and for a long time all I did was sit down, but then I got an idea. I said, "why don't I do a back flip off one of the tables" and boom, I did one. After that I did lots more and then it was time for lunch. When sadly someone grabbed me and tried to put me in a fryer because it was fried banana day. After they tried to fry me I went home and went to my room and took a nice long nap. When I woke up I was normal again. Now you know what is was like for me to be a healthy fruit.



**Rayshadi'a Richardson**  
Warrington Elementary  
4th grade

Whooh! Once upon a time I wanted to be a blueberry. I wanted to be a blueberry because it has a good flavor. I wanted to be a blueberry because it is healthy for you. Blueberries have a good flavor and they smell good. Blueberries are nutritious like bananas and you can buy them at a store that sells healthy foods. Blueberries are good to me because they are very healthy for all people. I imagine that I am in a fruit bowl full of blueberries and this kid is stuffing his face with blueberries. He kept asking for more blueberries and his mother brought him me. I was a big blueberry and he ate me. His belly popped and I became a small blueberry. People begin to pick on me because I talked so softly. I talked so softly that people could not hear me. I was trying to scream and I could not hear myself talking. I finally grew again and I laughed at the people that picked on me because I was now bigger than them.

## BLACK HISTORY FACTS

George T. Sampson invented a clothes dryer that used heat from a stove in 1892.

Jan Ernst Matzeliger invented the Shoe Lasting machine, which connected the upper part of the shoe to the sole, a painstaking process that was usually done by hand. This invention revolutionized the shoe making industry.

Black History Month originated in 1926 by Carter Godwin Woodson as Negro History Week. The month of February was chosen in honor of Frederick Douglass and Abraham Lincoln, who were both born in that month.

For more Black History Facts, visit: <http://www.biography.com/>

