

## How my School is Healthy.

'Snniiiiifffff'

My nose inhales a smell of fresh flowers,  
like a beautiful potion with fresh lemons and limes,  
the bright sun,  
shining on them,  
the dulcet, efflorescence flowers,  
in the bright spring setting.  
I pick the dirt up and shape my hand in a funnel,  
The thick brown dirt,  
Slipping through my fingers,  
The cordialness of the garden,  
The kids,  
All coming together to plant.

Today we are gathering together to try fresh squash soup.  
Each kid got a  
Nice,  
Warm sample of soup.  
Everyone loved it.  
Now,  
My favorite type of soup is from squash.  
Mostly because when I had one sample,  
I wanted more.  
Along with others who loved it.

Today is Wednesday.  
Which means...  
Trash  
Free  
Wednesday!

Nothing  
In  
The dark space of the trash can  
In the lunchroom.  
There are  
Lonely  
Dark  
Isolated  
Lonesome  
Trash cans in the lunch room  
Begging for trash  
But we are  
**GREEN.**

Especially on trash free Wednesdays.

For lunch,  
Most kids get  
Salad bar.  
Yes,  
REALLY.  
Salad bar  
Always  
Has the yummiest food.

Like  
Seasoned Carrots  
And  
Fresh Local Kale Salad  
And  
A fresh  
Juicy  
scrumptious  
Orange.

Maybe it's not what most kids  
Want,  
But they're the most  
Fresh,  
Local,  
Healthy  
Items on the  
Menu.

And that's  
Oh so  
Gooooood  
After running around the playground and the fields.

I heard,  
Maybe next week,  
They're serving my favorite:  
Caesar Salad.  
Mmmmmm...

Today's lunch was special.  
Today,  
Everyone in the lunchroom  
Tried  
The

Fresh fruits  
From the  
School's garden  
That the green team picked.

There were  
Sweet,  
Red,  
delectable  
And fresh  
Strawberries .

And we got to pull them off of their plant,  
And wash them  
And eat.

As well as  
The juicy tomatoes  
And the  
Fresh carrots  
And the  
Crunchy apples.

Sooooooooooooo delicious.  
And healthy,  
To my surprise.

Now kids know  
Food can be  
Crunchy  
Juicy  
Fresh  
Sweet  
Mouth watering  
toothsome  
Rich  
Savoring  
Delicious  
And be  
Very healthy  
At the  
Same time.

Friday!  
Means P.E.

For the 2<sup>nd</sup> time  
This week.  
We always start  
By running 3 laps around the school.  
Most people jog,  
To not be  
Out

Of

Breath.  
Most of us were  
Yearning  
For water by the time we were done.

After looong,  
Refreshing  
Sips of water,  
We sat down for the real thing.  
We each get turns with the ball,  
Passing,  
Running,  
Scoring.

We switch teams,  
And the out  
Of breath Get a break.

Each move,  
Each step,  
Each drip of sweat  
And  
Feeling of thirst,  
We  
Exercise.  
At the same time,  
We  
Play,  
And have fun moving.  
Because,  
The importance of a long week at school  
Isn't  
Only moving, and eating well and staying fit.  
Part of being healthy,  
Is being happy.  
And

*That's*  
why my school  
gets us  
to be  
very healthy.