

Exercise doesn't have to be boring

By Marissa Dooley
Honorable Mention, Opinion Writing
Division: 5-6 Grade

Exercise, it's the latest recommendation, along with eating well, in keeping children healthy and fighting childhood obesity.

Sure, exercise is important, but several studies and doctors say that children should be getting 60 minutes of physical exercise a day. If you were to ask most children, after a long day of school and most likely some homework, 60 minutes of some type of exercise does not sound exciting.

There's always time on the weekends, but on those days, don't kids just want to have fun? Well, I've done some checking, and I

Kids can have fun AND get in shape

found that exercise can be fun!

I decided to look up the word exercise in the dictionary, and it read, "Exertion made for the sake of physical fitness." What this entry did not say was that we have to do push-ups, sit-ups, or run laps to become physically fit.

I also researched a Web site called yourtotalhealth.com and found that children are taking part in fun activities that they may not even realize are exercise. For example, bicycle riding, rollerblading, swimming and playing on playground equipment are all physical activities and burn 127 to 254 calo-

ries in 60 minutes. Those numbers are equal to or better than the numbers of exercise activities that kids would consider boring.

Speaking of boring, when the weather outside is bad, there's nothing worse than staying indoors all day, and how can we get in our 60 minutes of exercise? Well, I checked into that too. There are indoor games that kids can play, like Twister, Twister dance moves, Dance Revolution and even a simple game of charades. (Ask your parents if you don't know what this is) that can burn up to 110 calories in 60 minutes.

I have played these games, so I know they're fun, now I also know they're helping me to get fit.

Now that we know exercise can be fun, we don't have to think of it as 60 minutes of something kids don't want to do. Kids should think of it as "Time flies when you're having fun."

By the way, this much fun can also include friends and family. So, for the simplest form of exercise, grab a family member, a friend, or even your dog and have fun taking a nice walk. (Burns up 127 calories).

The author was a fifth-grader at Holy Spirit School in Fairfield when this entry was submitted in competition in February 2008.

Drills are a good way to brace for disaster

By Brianna Larsen and Claire Markham
Honorable Mention
News Writing
Division: Grade 5-6

What would you do if there was an earthquake or fire at your school? Well, on Oct. 24, 2007, there was a practice for an earthquake or fire in Vacaville. It was a district-wide disaster drill.

It started at 9:50 a.m. and continued for about an hour and a half. The purpose of it was so we would be prepared if there was a real emergency.

Aileen Bottoms, a Browns Valley School first-grade teacher, thought that it was very good that the district was doing a disaster drill.

"My class was very confident, but in the beginning they were a little nervous," said first-grade teacher Heather Pedersen.

First, Kelyne Campbell-

Townsend, our assistant principal, announced that it was starting. After that, everybody had to get under their desks and act as if there was a real emergency. Next, students lined up like they would for a fire drill on the grass area.

Did you realize that there were firefighters there? Do not be alarmed; they were only there to help with the drill and help our school understand what to do.

"I think it was necessary so everybody is ready if it ever happens," said Liz High.

Secretary Marcie Ruminiski said, "There was a funny part to it (the disaster drill). Since the alarm system was new, we didn't know how to turn it off."

The authors were fifth-graders at Browns Valley Elementary School in Vacaville when this was submitted in February 2008.

Animals deserve a home, too

By Bailee Chapman
Second Place,
Opinion Writing
Division: 3-4 Grade

Have you ever felt sorry for an animal because buildings take over their home? Or admired a field, only to see it torn down and have something built on it? Well that's my story.

Little bunnies and others live in a beautiful field in Suisun with pretty flowers. Well, in the future they won't have a home or

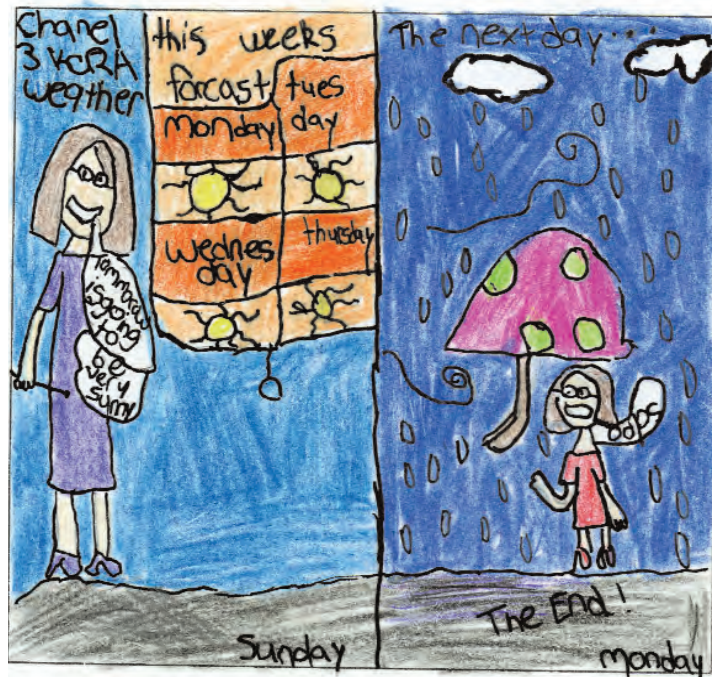
maybe even a life! There are so many buildings that animals can't find homes now. Why are they kicking animals out when they lived there first? Wal-Mart in Suisun shouldn't be endangering animals. There aren't very many places for animals, so Wal-Mart in Suisun shouldn't be built!

The author was a fourth-grader at Dan O. Root II Elementary School when this entry was submitted in February 2008.

THROUGH YOUNG ARTISTS' EYES

Weather guessing game

The forecast game takes center stage in this cartoon by Kennedy Buciani, who was a fifth-grader in Ed Finkas' classroom at Browns Valley Elementary School when this entry was submitted in The Reporter's Campus Star student journalism contest in February 2008. The cartoon earned an honorable mention in the 5-6 grade division.



Who is the most green?



This play on "going green" earned an honorable mention award for Stephanie Wilkie, who was a fifth-grader in Ed Finkas' classroom at Browns Valley Elementary School in Vacaville when this was submitted in the Campus Star student journalism competition in February 2008.

Manners really do matter

By Audrey Resendes
Second Place,
Opinion Writing
Division: 5-6 Grade

Once, when I was little, I was holding the door open for my family when some men walked in behind them. They didn't offer to hold the door or even say "thank you." Did they grow up in a barn? Some people never say thank you or please.

I think people should have more manners. They should be more polite. Some people take their hats off in buildings and others don't. People should hold the doors open for each other or say thank you when the door is held for them. Where has common courtesy gone?

What if everybody in the world always used their manners, think of how nice it would be for people to say "thank you," "please," "you're welcome," etc. Wouldn't that be nice? We could make it that way if we start using our manners more often. How do you feel when somebody is courteous to you? You feel good, don't you? It sure makes me feel good when somebody is courteous to me.

Having manners doesn't always mean you have to say "thank you" or "please." You could smile. That would make them happy and smile, too. It is not so hard being nice. Just smile, remember your manners and have a good day.

The author was a fifth-grader at Notre Dame School in Vacaville when this was submitted in February 2008.

Design-an-Ad winner



This advertisement for Vacaville Sanitary Service, designed by fifth-grader Sawyer Judge, earned an honorable mention in The Reporter's Campus Star design-an-ad competition. Sawyer was a student in Mrs. Kealy's classroom at Notre Dame School in Vacaville when this was submitted in February 2008.

Puzzles, Games winner

COLORS

A	C	F	R	H	B	P	I	B	B
O	K	R	M	E	G	U	J	L	R
D	E	N	P	Q	D	R	Y	A	O
O	R	A	N	G	E	P	E	C	W
S	W	K	X	R	B	L	L	K	N
V	B	L	U	E	I	E	L	O	W
T	N	Z	O	E	W	R	O	N	M
V	R	A	I	N	B	O	W	A	Y
H	O	K	T	F	R	E	D	W	M
K	D	C	G	B	J	M	Y	B	R

RED PURPLE
ORANGE BLACK
YELLOW BROWN
GREEN RAINBOW
 BLUE

A search for many colors

This word search puzzle for different colors earned Hannah Thavong an honorable mention in the 3-4 Grade Division of the puzzles and games contest of The Reporter's Campus Star student journalism competition. Hannah was a fourth-grader in Mrs. Carlson's classroom at Hemlock Elementary School in Vacaville when this entry was submitted in February 2008.