

# The Student Special

Literacy Council of Northern Virginia

---

Spring 2010

---

## Walk for Your Health

By Lynn O'Connell

Skill Book 3 and *Changes*, page 25

New words: **walk**, **health** (helth), **longer**,

A walk is a great way to get great health and a longer life. Take a walk today!

1. Go at the same time each day to walk. Start to walk to the bank and to shopping. Don't take the car or the bus. Walk up the stairs. Take your pet for a walk or take the pet of your friend for a walk. Find ways to walk every day. Walk before or after breakfast. Walk before or after dinner. Make it fun! It will help your health.
2. Start with a short walk. You don't have to go up high hills. Walk in your city. Go to the park. Walk by the river or the lake. Try watching the birds. Make it a short walk. Then take a longer walk. And then take even a longer walk.
3. Don't walk alone every time. Walk with people – your friends or family. Walk in the day. Walk in the evening. Then take a longer walk. Walk as much as possible. It is great for your health.

Remember – a walk will help you get great health and make your life longer.

---

## A Soldier Back Home

By Faida Sassi  
Student

Al Cruz went to war in 1991. The war was in the Persian Gulf. The war lasted 43 days. Al lost his best friend Eddie in the fight. After the war ended, Al came back home.

Al was sad and depressed. One night his wife Linda took him out for dinner. They were having a great time when suddenly the waiter dropped a tray full of food on the floor. That made Al very upset. He could not stand the loud noise because it reminded him of the noise he used to hear in the war. His wife Linda tried to comfort him to make him feel better.

After that they finished their dinner and went back home. By that time Al was feeling better. He gave his wife a big hug and thanked her for taking such good care of him, and they lived happily ever

after.

## A Fast Trip

By Joan Lange Keller

Miss Bell's third-grade class is going to the city. They will visit the White House. It is a long ride on the Beltway.

To make the trip go faster on the school bus, Miss Bell has divided the children into two groups.

Jimmy is the leader of group one. Two children in his group are looking for white cars on the Beltway. Two children are looking for black cars. Two children are looking for other-colored cars. Rose is tallying the cars as the children tell her the colors they see.

Carla is the leader of the second group. Three children are looking for big trucks. Three children are looking for small trucks and vans. Tony is tallying the trucks they see.

After 20 minutes, Miss Bell says, "Stop. Rose and Tony will save the information you gave them. When we get back to school, we will make a graph with the information.

"Now it is snack time. Carlos and Jason will give you a snack. When you are finished, Ted and Jane will collect your trash."

"Maria, why don't you lead us in singing some song?" says Miss Bell after snacks.

Maria asks for favorite songs. After singing for 15 minutes, Miss Bell says, "Look, there is the White House. We are here."

The children cheer. "This was not a long trip on the bus," they tell Miss Bell. "You kept us busy, so the time went fast and here we are."

### The Student Special

Published four times a year by the Writers Group of the Literacy Council of Northern Virginia.

Editor: Ron Wise

You are invited to write pieces for *The Student Special*. Send them to the Editor, Literacy Council of Northern Virginia, 2855 Annandale Road, Falls Church, VA 22042.

### We Need Your Help

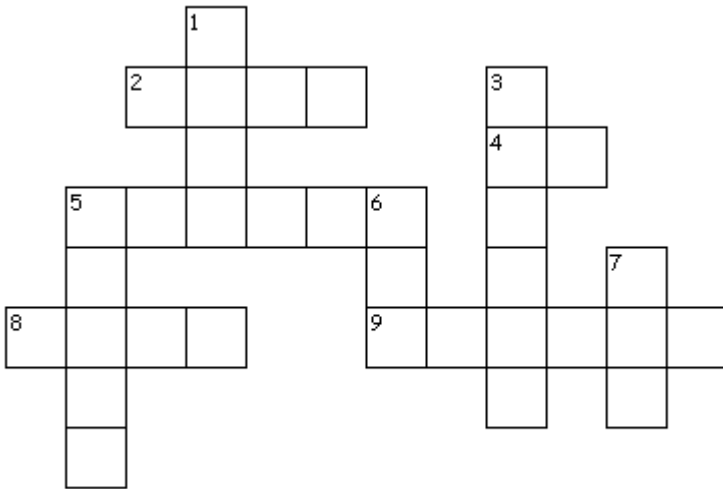
*The Student Special* is for the students of the Literacy Council. It would like to have more stories written by students. The stories do not have to be long. They can be about things that really happened or about things you make up. Your name will not be printed if you don't want it to be.

So try writing something for *The Student Special*. Send it to the Editor, in care of the Literacy Council office. Happy writing!

# Crossword Puzzle

By Lynn O'Connell

Skill Book 2 and *City Living*, page 22



## Across

2. A doctor and a nurse help the \_\_\_\_ man.
4. I \_\_\_\_ laughing.
5. Bread and \_\_\_\_\_ are in the tent.
8. \_\_\_\_ are birds.
9. 100 cents is a \_\_\_\_\_.

## Down

1. The mother gives a \_\_\_\_.
3. The mother, dad and son are a \_\_\_\_\_.
5. Ann has \_\_\_\_\_ and butter.
6. \_\_\_\_ is a color.
7. Ellen has a \_\_\_\_ of jelly.

## Collections

By Lynn O'Connell

What do you collect? People like to collect. It may be seashells. It may be coins or stamps. It could be postcards. What about spoons or snow globes?

There are many kinds of collections. There are many kinds of collectors.

Some collections are souvenirs. One person has masks from Africa and Asia. When she travels, she buys a mask.

Some collections are gifts. One man gives his mother a plate each year. His mother has more than 20 plates.

Some collections are useful. Coffee mugs?

Some collections help you learn. One man collects military things. He knows a lot about military history.

Some collections are valuable. Old dolls?

All collections are personal. Think about starting a new collection!

## Word Puzzle

Skill Book 1, Lesson 9

Find the words and circle them. They go across and down.

F Q T V B O X A

A H E F I S H D

P A N R R N C I

P E T P D A U S

L J E U M K P H

E Z I P P E R G

apple

bird

box

cup

dish

fish

pan

pet

pup

snake

tent

zipper