

By: Kevin

More lunch time! ☺

Imagine sitting in a classroom and your starving growling empty stomach telling you "I need food!" That's how I feel because I need more time to eat lunch. We need our vitamins and strength, eating food makes you ready to learn, and hot lunches have to wait in a long line and they have no time to eat.

First, Kids need more time to eat because we need our vitamins and strength. Usually, when I'm about to take my first bite out of a granola bar, ~~BOOM!~~ "OKAY time to clean up!" I can't believe it every time! We only have like 2 minutes to eat! When I get back to the classroom I am as floppy as a pancake! I'm always so weak I want to lay on the floor and stay there. According to the los angelous times.com "Reasers found that the more time students had to finish their lunches. The more fruits and vegetables they ate and the more milk they drank." We would be healthy and strong for the afternoon if only we had more time to eat.

Secondly we need a longer lunch time because eating food makes you ready to learn. According to Livestrong.com "Hungry children struggle to concentrate in class. Half of teachers that were surveyed, say "hungry children is a serious issue." For example "Sometimes in writing all I can think about is food. cheese, apples, gummies, chips, goldfish. Ugh! I always need to work. But of course I check the clock like always. I hour until the bell rang! I always can't take any longer. My paper was as white as fresh fallen snow. I put my head down and the people at my table say "are you OK?" AS I said, eating food makes kids ready to learn. If we had a longer lunch then we would concentrate on our

work and be ready for the afternoon.

Finally we need a longer lunch because hot lunches have to wait in a long line and when they sit down they have no time. After surveying the 3/4 grade students I learned 23 out of 24 students in my class say they had hot lunch and sat down and had no time to eat. Another example is that according to npr.com most of the kids in the U.S. don't get much time to eat lunch. And by the time those kids sit down to eat, many of them feel rushed. Also, eating food fast is bad for students. Wow! When I think about how much time I have to eat, I can't believe it. I'm not asking for much, just more time to eat! lunch.

In conclusion, we need a longer lunch because we need our health, we need to concentrate, and hot lunches have no time. I hope the next time I have lunch, I go home with a empty lunchbox!

Everyone Should Have a Sibling

By: Ella

Imagine playing football with your brother, having a tea party with your sister, or play video games with your sibling! Siblings are awesome, everyone should have a sibling! Life would be boring without them, they will always love you, and they help you out!

The first reason you should have a sibling is because life is boring without them. I could not live without my sister. According to Leeofland.com, children spend more time with their sibling than with friends, parents, teachers, or even alone. Many times when my sister was born, it changed my life because I finally had someone to play with. I asked my Aunt Jen with 8 siblings that left the house "How did it feel when they left the house?" she said "I was very lonely when they left." One time when my sister was at a birthday party and I was so bored and when she got home I did whatever she wanted. Siblings are fun, that's why you should have a sibling.

The second reason you should have a sibling is because they will always love you! Siblings are annoying, and I agree, but all they want is your love and attention. One time

I broke my arm trying to do a cart wheel and when I came home and I saw a sign in the window that said "Love 4IF NIO" it said that because she didn't know how to spell also she was hoping I was ok. That made me feel way better. Siblings are very lovable. Siblings are the cutest things on earth!

The third reason you should have a sibling is they help you out. They help you with your chores because they need your attention. One time I was cleaning my room and Sadie walked in with the duster and she started dusting my room, for instance, my fan, my tv, and my desk. It was very cute and funny.

In conclusion, I hope your parents allow you to have a sibling. Your parents should allow you to have a sibling because they keep you busy, they love you no matter what, and they help you clean up. Siblings are amazing, ask your parents if you could have a sibling.

" I Need a New Allowance "

By: Frank

Dear Mom and Dad,

Allowance is a great thing. I get an allowance for doing my chores and helping around the house. Not all kids get one at their house so I know I am lucky. I have one problem with my allowance. I believe that I deserve a bigger allowance. I have more chores than my brother and sister. I always do my best and I do things that I am not even asked to do.

I deserve a bigger allowance because I have more chores than my brothers and sisters. Every week, we each have chores that we need to finish in order to get our allowance. My brother and sister have to clean their rooms and then they have one more chore. I have to clean my room, sweep the floors, do the dishes and take out the garbage on Thursdays. To top it all off, I make the same amount in my allowance. It just doesn't seem fair.

I deserve a bigger allowance because I always do my best. I watch my brothers and sisters do their chores and they are so sloppy. One time I watched my brother shove his clean laundry under his bed just to make his room look clean and he still got his allowance. My sister cleans the mirrors and when she is finished all I can see are the hearts she drew on the mirror while she was smiling at herself. When I do my chores, I make sure to do them right. My room is always spotless, the garbage is out on time and I even scrub the dishes before I put them in the dishwasher. I can't believe I make the same amount of money as my siblings!

I deserve a bigger allowance because even though I have the most chores, I still do more than I am asked to do. One time my dog was sick and he threw up in the kitchen. It was everywhere! My mom was going to be home from work any minute and I didn't want her to have to clean it up. I cleaned it up and mopped the floor to make sure that I had really cleaned it all. I did that because it had to be done. I did it because I wanted to help. It wasn't even my chore. Wow, the more I think about it, I really do need a raise!

When I think about all of the work that I do, it makes perfect sense to me that I should make more money than my brother and my sister. I care about doing a good job. I clean up things even when it isn't my job and I do more to help out than my brother and my sister. I can't say that I am asking for too much, I just believe I deserve a bigger allowance.

Sincerely,

Frank

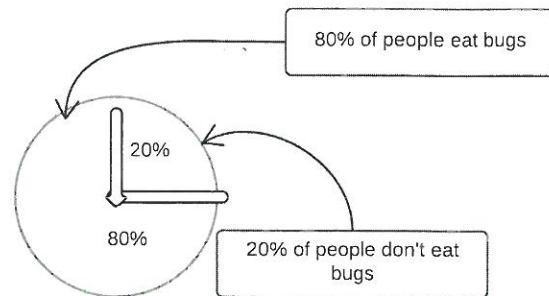
"Don't Eat Bugs"

By: Jeff

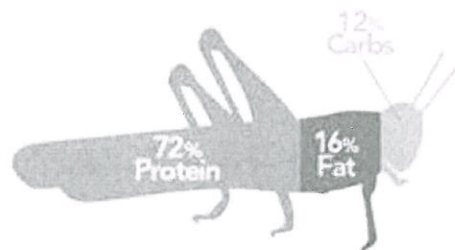
Do you want to eat bugs? No? Thought so, but after reading this book you might change your mind. Did you know people around the world eat bugs, in Japan people eat fried scorpions on a stick! In fact you have probably already ate a part of a bug! Did you know that there are an average of 8 bug legs in one chocolate bar, Crazy right! If what you just read didn't convince you to eat bugs yet, read on because bug eating (Entomophagy en-to-moph-a-gy) is getting popular in America and is already popular in 80% of the world.

The first reason to eat bugs is something you might not believe but is true. Bugs aren't gross, even though the first thing you think of when someone says bugs is a disgusting little critter that will never be on your dinner plate, but in reality bugs are things on lots of people's plates every day! The reason people think bugs aren't something you want to eat is that you learn at a very young age that bugs can be harmful and of course, annoying.

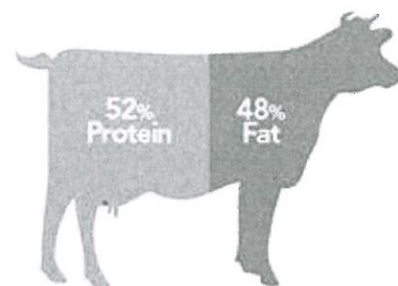
When you learn these things you learn to keep bugs away from you and especially your mouth! That's why we think of bugs as disgusting and not food. Bugs might not sound tasty, and if so you can always put a bug in something like a cookie or a cake.



If you think bugs are unhealthy you are **WRONG!** Bugs are **EXTREMELY** healthy, in fact cricket flour has 65% of your daily protein. Bugs are actually popular for the amount of protein they have. Even though they don't have many other nutrients but they are good to put in other foods to make them healthier.



grasshoppers
96 kcal per portion



beef mince
285 kcal per portion

Bugs are also everywhere, in fact there are 950,000 insect species in the world and 1,000 species of bugs are known to be edible.

Bugs are also healthy to the planet!
Cows and other barn animals produce

greenhouse gasses that are harmful to the earth, but bugs produce no greenhouse gasses at all they also need less water to live.

If you aren't convinced yet then just wait about ten years you will be eating bugs almost every day.

By, Jeff