

# Adventurer Reading Awards I – IV

Presented by Teachers, past and present, of Stanborough Primary School:

Nina Zvezdova (Year 1 Teacher) 2014 – Present

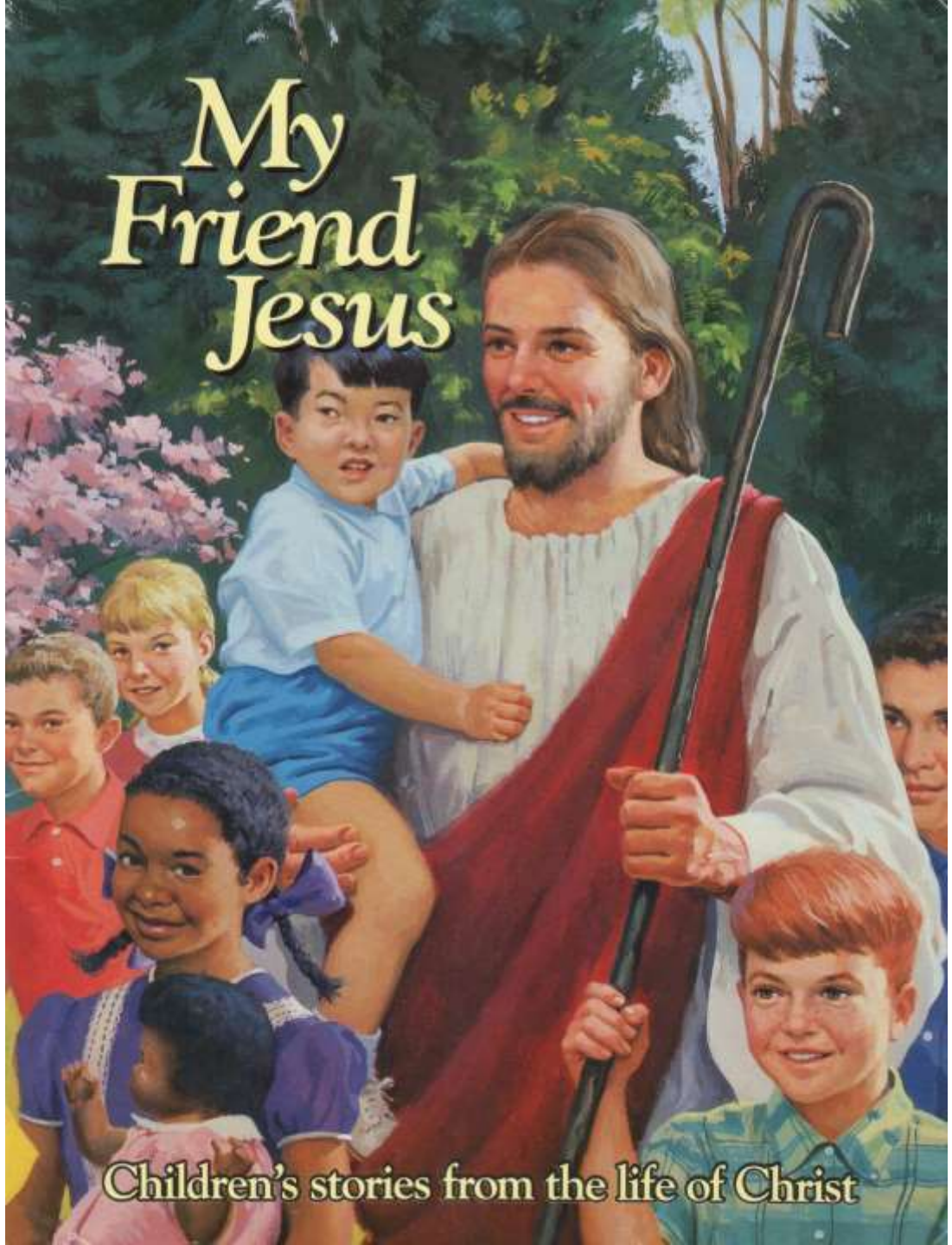
Jill Bartley (Year 2 & 3 Teacher) 2017 – Present

Gloria Keshishyan (Year 5 Teacher) 2019 – Present

Nike Adewole (Year 6 Teacher/Deputy Head) 2011 – Present

Angelika Horwood (Teacher & Headteacher) 2005-2019

# My Friend Jesus

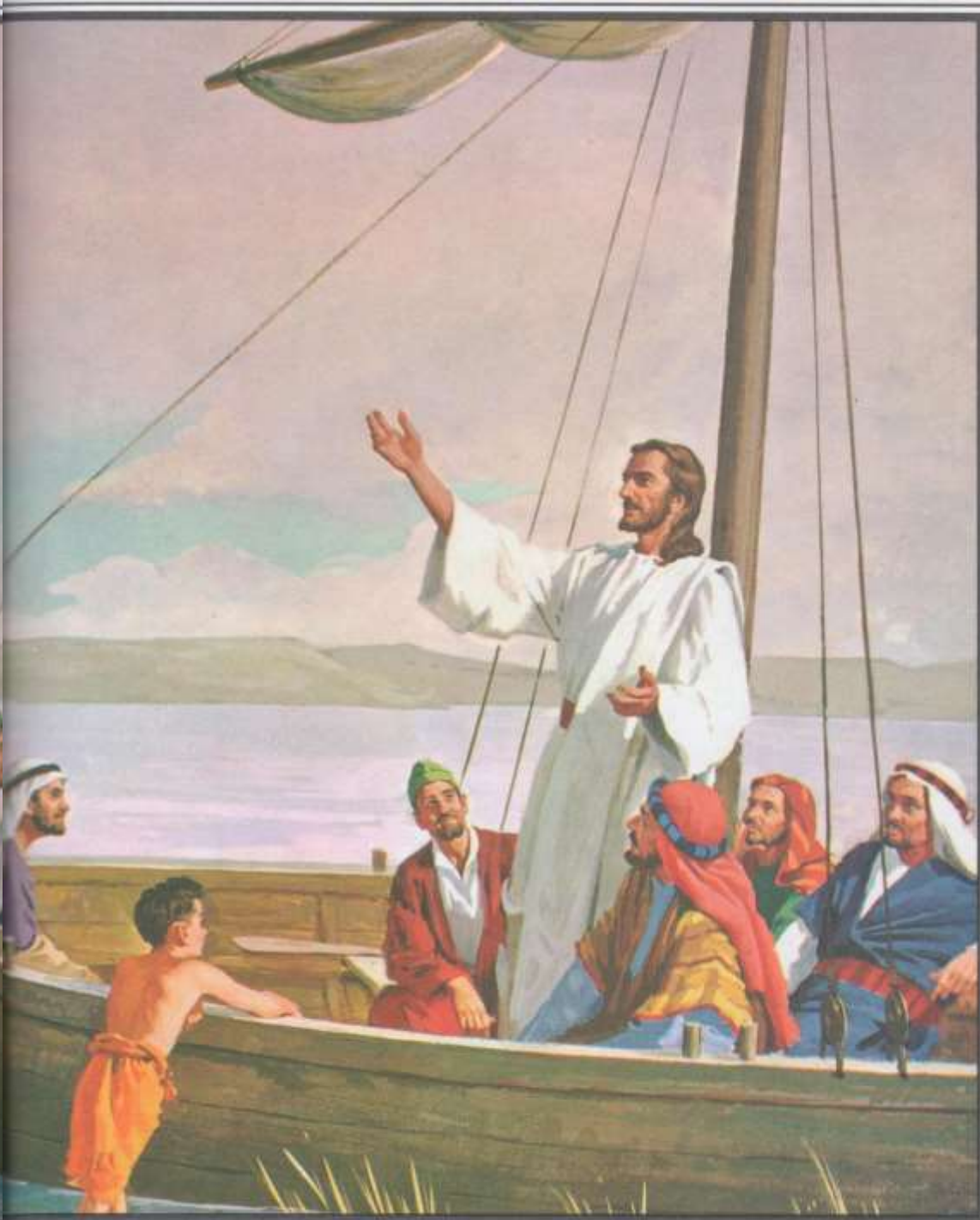


Children's stories from the life of Christ

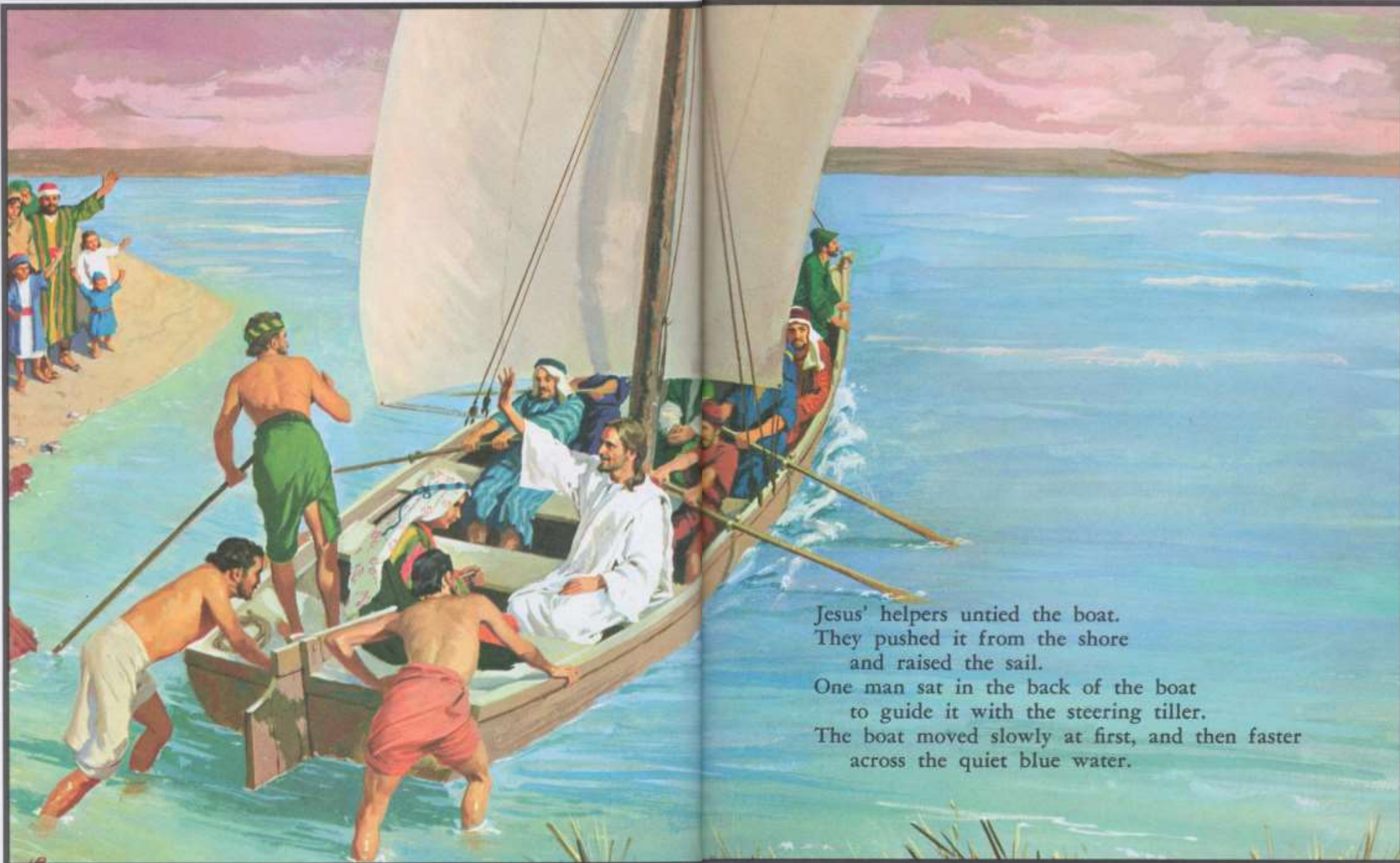


## Jesus and the Storm

Jesus stood in a boat—  
a fishing boat with oars and a sail—  
and talked to the many people  
who had come to hear Him.  
All day long Jesus told them stories.  
When it was evening Jesus said to His helpers,  
"Let us cross over to the other side  
of the lake and rest."

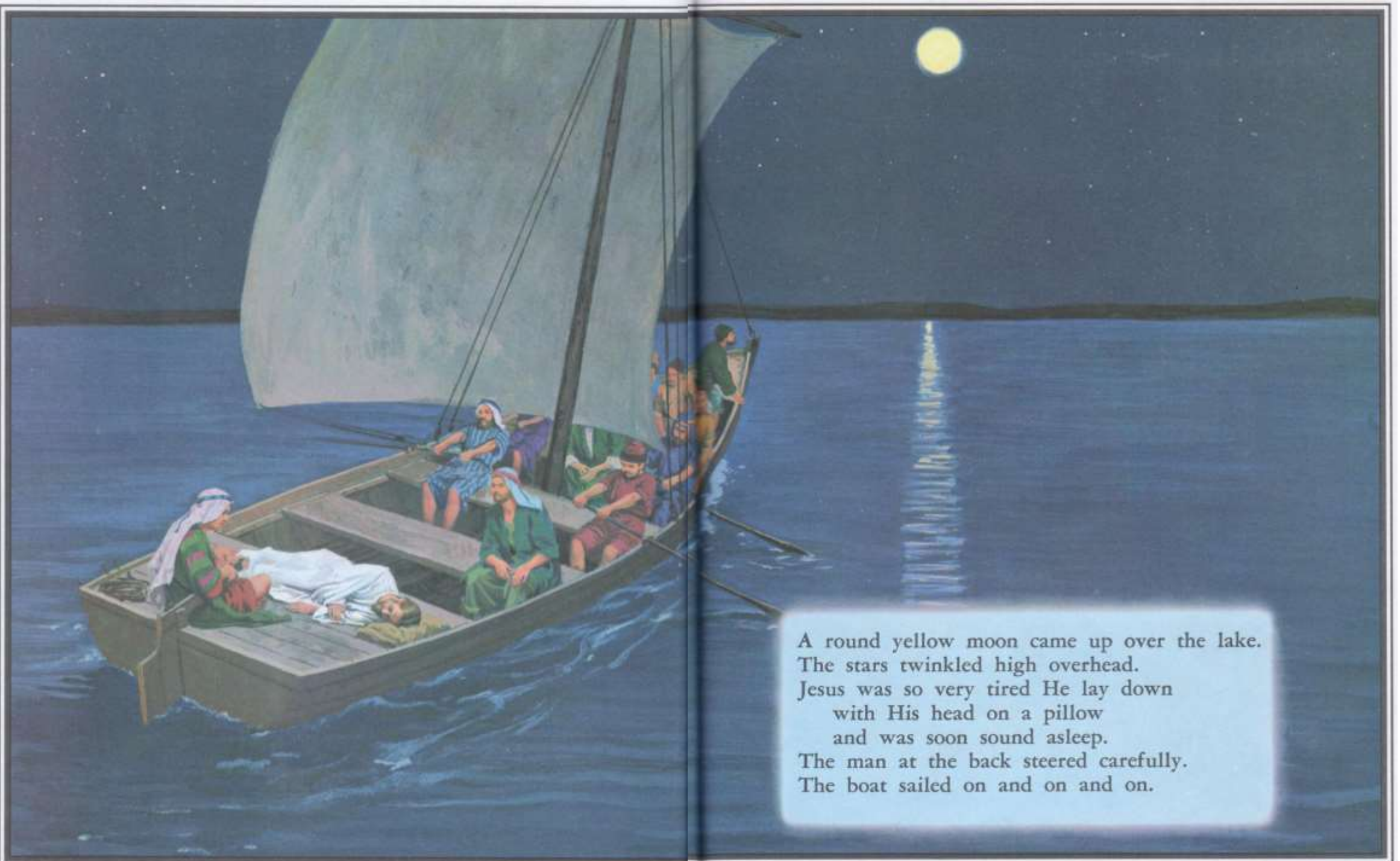






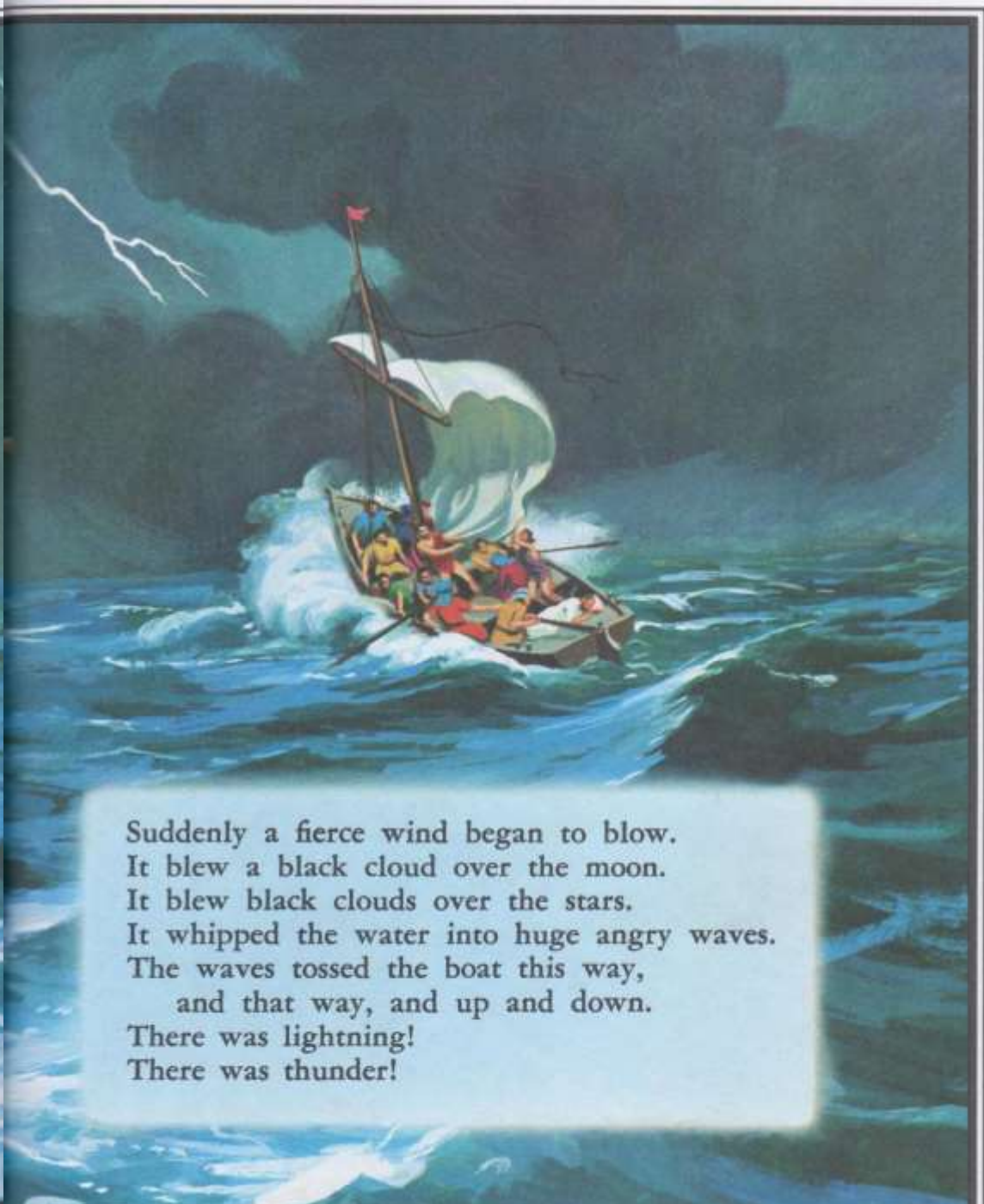
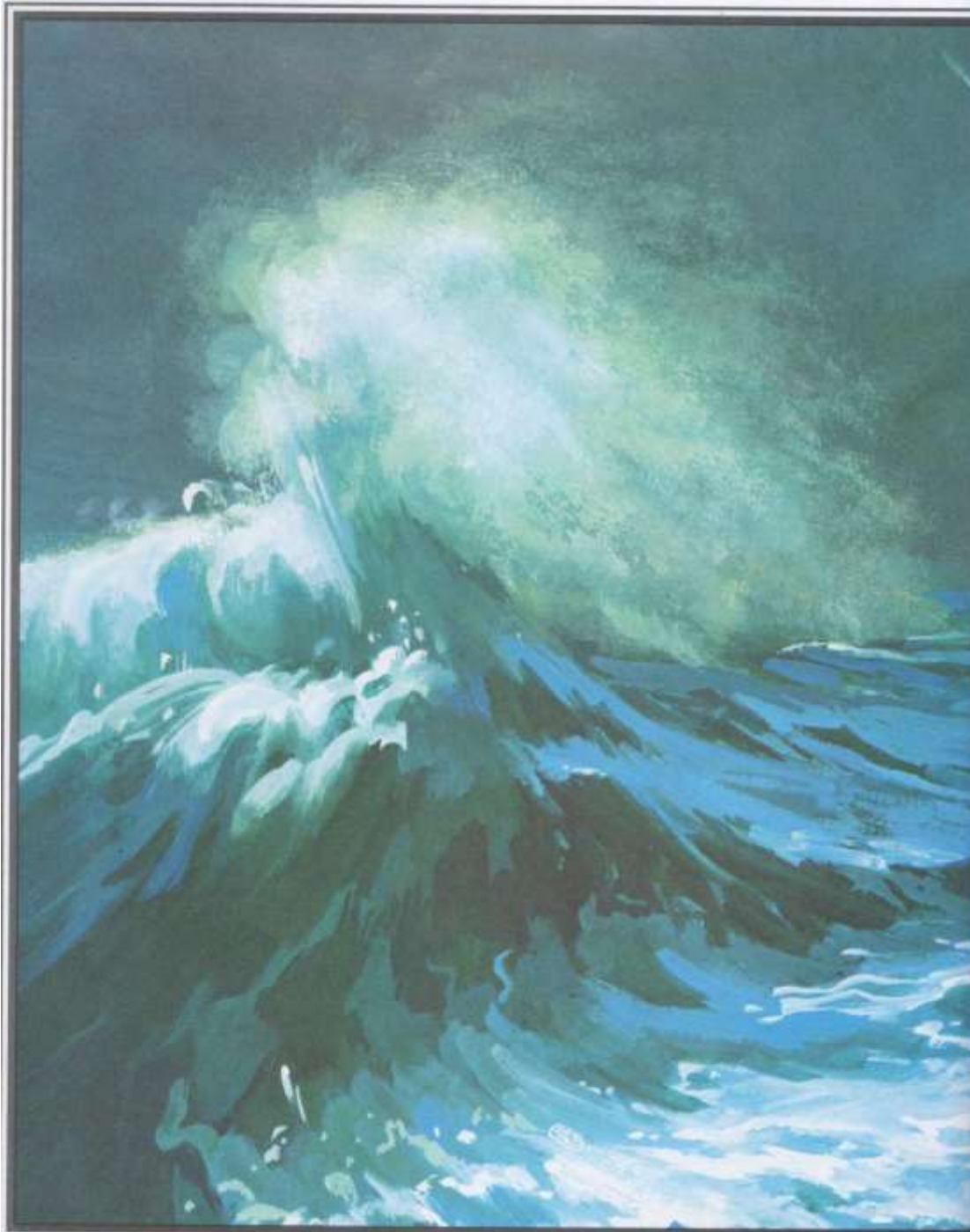
Jesus' helpers untied the boat.  
They pushed it from the shore  
and raised the sail.  
One man sat in the back of the boat  
to guide it with the steering tiller.  
The boat moved slowly at first, and then faster  
across the quiet blue water.





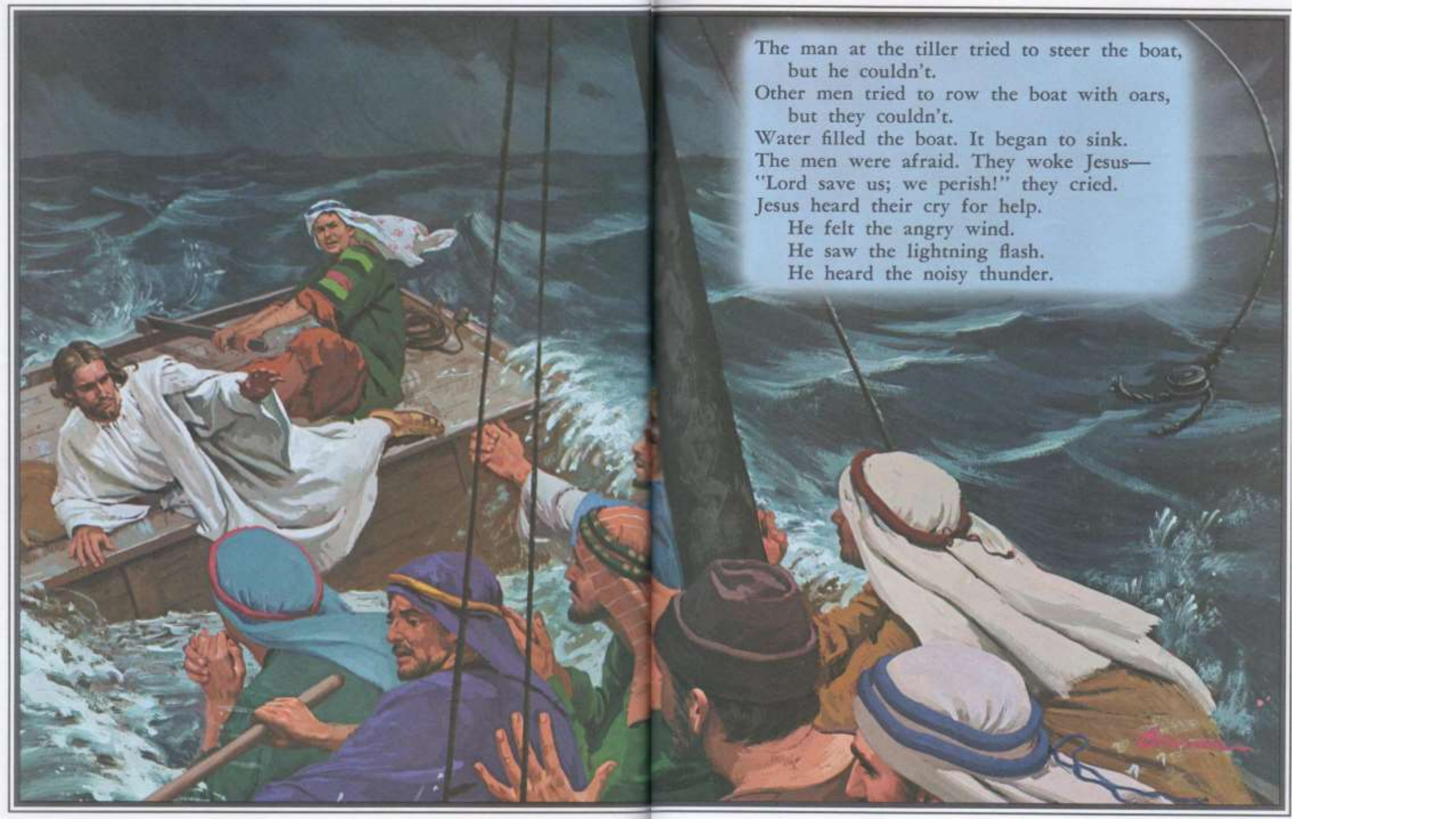
A round yellow moon came up over the lake.  
The stars twinkled high overhead.  
Jesus was so very tired He lay down  
with His head on a pillow  
and was soon sound asleep.  
The man at the back steered carefully.  
The boat sailed on and on and on.





Suddenly a fierce wind began to blow.  
It blew a black cloud over the moon.  
It blew black clouds over the stars.  
It whipped the water into huge angry waves.  
The waves tossed the boat this way,  
and that way, and up and down.  
There was lightning!  
There was thunder!





The man at the tiller tried to steer the boat,  
but he couldn't.

Other men tried to row the boat with oars,  
but they couldn't.

Water filled the boat. It began to sink.

The men were afraid. They woke Jesus—  
"Lord save us; we perish!" they cried.

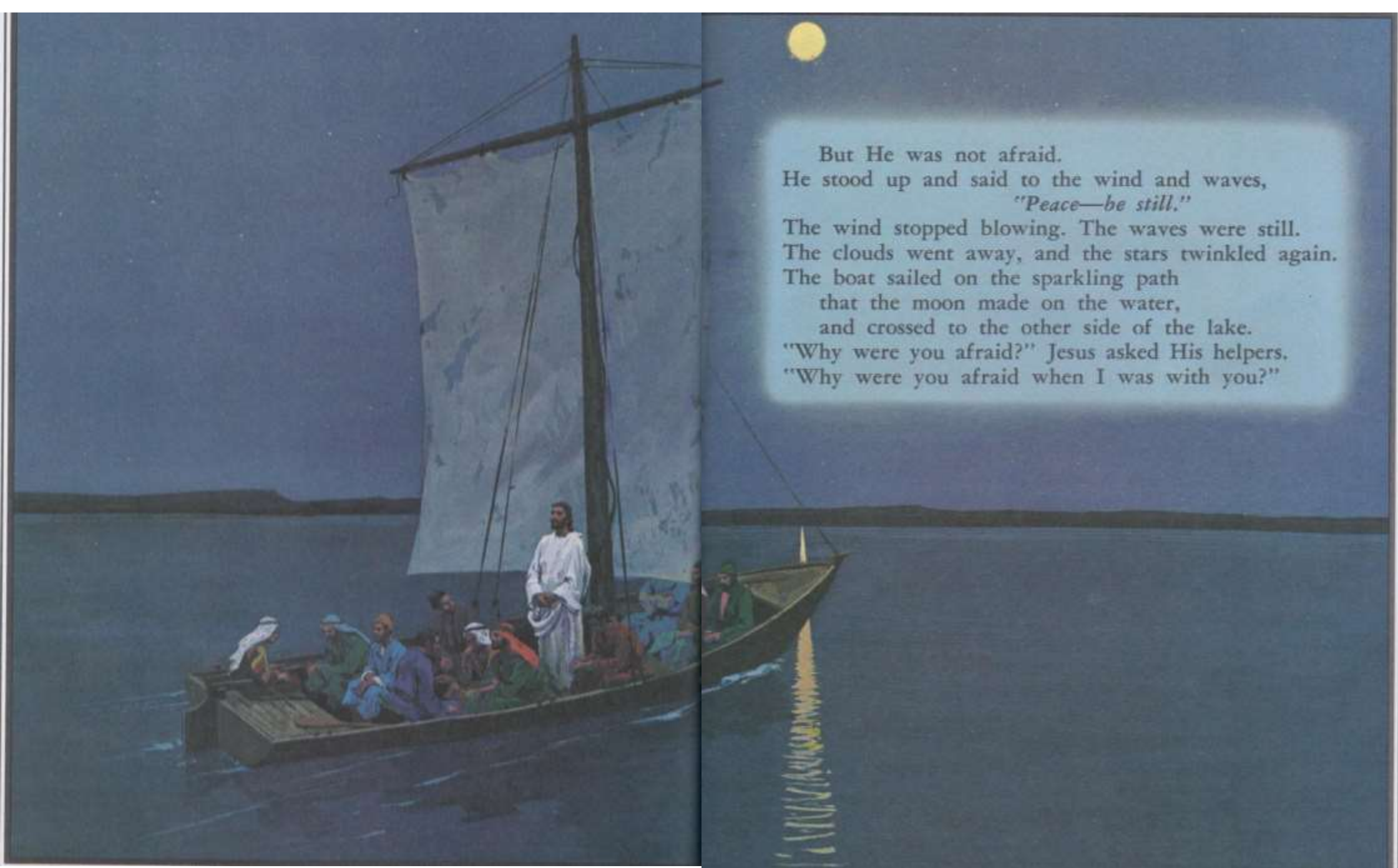
Jesus heard their cry for help.

He felt the angry wind.

He saw the lightning flash.

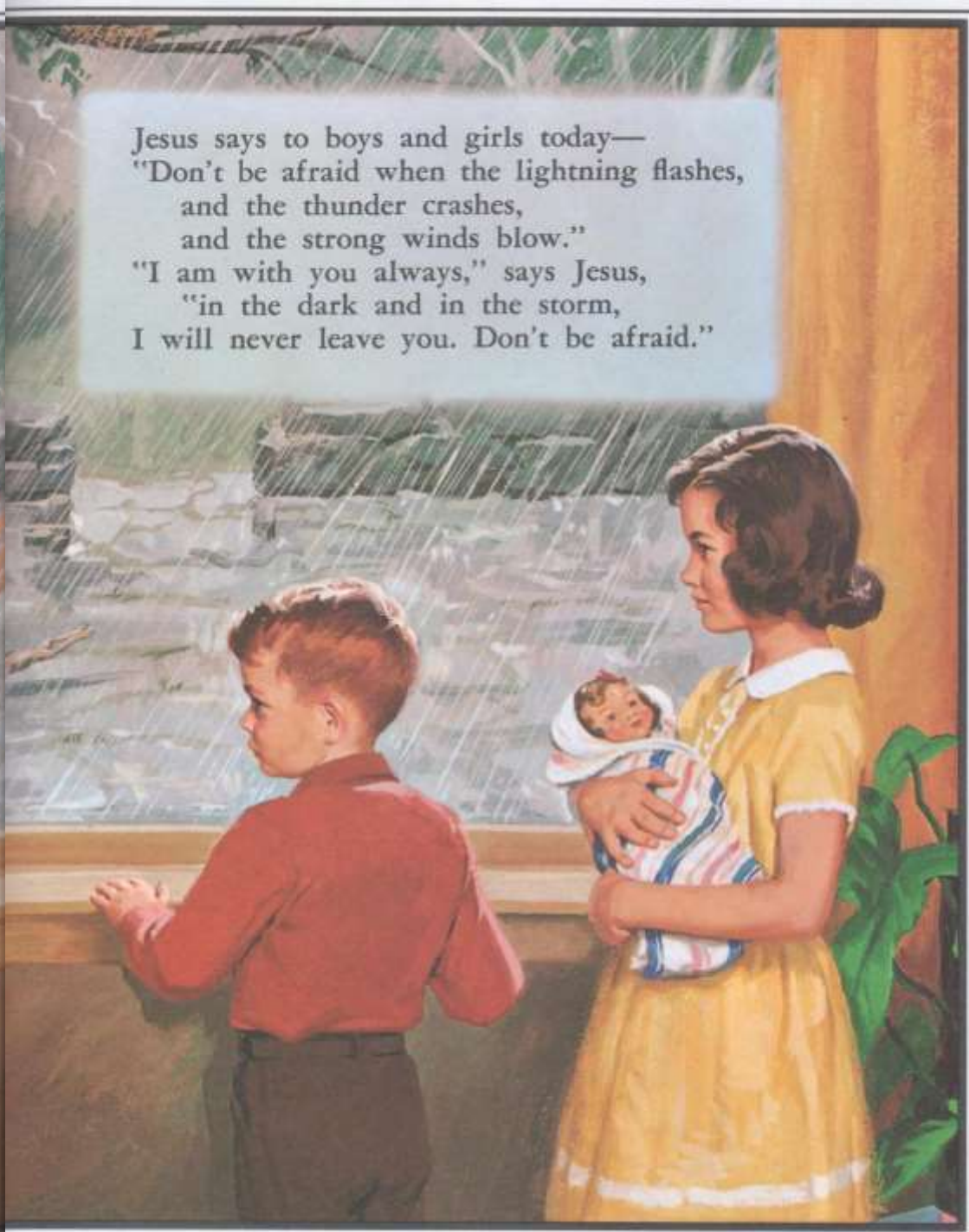
He heard the noisy thunder.





But He was not afraid.  
He stood up and said to the wind and waves,  
*"Peace—be still."*  
The wind stopped blowing. The waves were still.  
The clouds went away, and the stars twinkled again.  
The boat sailed on the sparkling path  
that the moon made on the water,  
and crossed to the other side of the lake.  
"Why were you afraid?" Jesus asked His helpers.  
"Why were you afraid when I was with you?"





Jesus says to boys and girls today—  
“Don’t be afraid when the lightning flashes,  
and the thunder crashes,  
and the strong winds blow.”  
“I am with you always,” says Jesus,  
“in the dark and in the storm,  
I will never leave you. Don’t be afraid.”

# Quiz Time

1. What was Jesus doing in the boat in the beginning of our story?

Jesus stood in a boat and talked to the people.

2. Where did Jesus and his friends go in the evening?

They went across the lake.

3. What happened in the sea that night?

There was a storm.

4. How did Jesus' friends feel?

They were afraid.

5. What happened at the end of the story?

Jesus calmed the storm.

6. Why shouldn't we be afraid?

Because Jesus says, 'I will never leave you. Don't be afraid.'



FOR SCHOOL-AGE CHILDREN

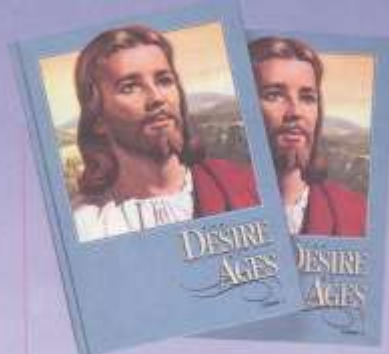
### The Bible Story

This is the most accurate and complete set of children's Bible story books available. More than 400 Bible stories are included, with full color paintings at every page-opening. Unlike television, these stories introduce children to heroes you would be proud to have them imitate. These stories are also an excellent tool for loving parents who want their children to grow up making right decisions and making them with confidence. Ten volumes, hardcover.



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For years this collection of stories has been the center of cozy reading experiences between parents and children. Arthur Maxwell tells the real-life adventures of young children—adventures that teach the importance of character traits like kindness and honesty. Discover how a hollow pie taught Robert not to be greedy and how an apple pie shared by Annie saved her life. Five volumes, hardcover.



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FOR PRESCHOOL CHILDREN

### My Bible Friends

Imagine your child's delight as you read the charming story of Small Donkey, who carried tired Mary up the hill toward Bethlehem. Or of Zacchaeus the Cheater, who climbed a sycamore tree so he could see Jesus passing by. Each book has four attention-holding stories written in simple, crystal-clear language. And the colorful illustrations surpass in quality what you may have seen in any other children's Bible story book. Five volumes, hardcover. Also available in videos and audio cassettes.

For more information, write: The Bible Story, P.O. Box 1119, Hagerstown, MD 21741.

Wendy's

**BIG**

Worry-knot

Anne Pilmoor







Wendy was excited.  
It was her first summer camp ever . . .  
and it was her first adventure  
without Mum and Dad.  
It felt good to be independent  
and grown-up.



On the first day, the campers had to choose their activities for the next ten days. That is when Wendy discovered she had a big problem. All the activities were water activities!

As a prerequisite, anyone who joined them had to be a reasonably good swimmer. The only option left for her was to join the swimming group!

Wendy couldn't swim!

She started to worry and a big knot tightened in her tummy.





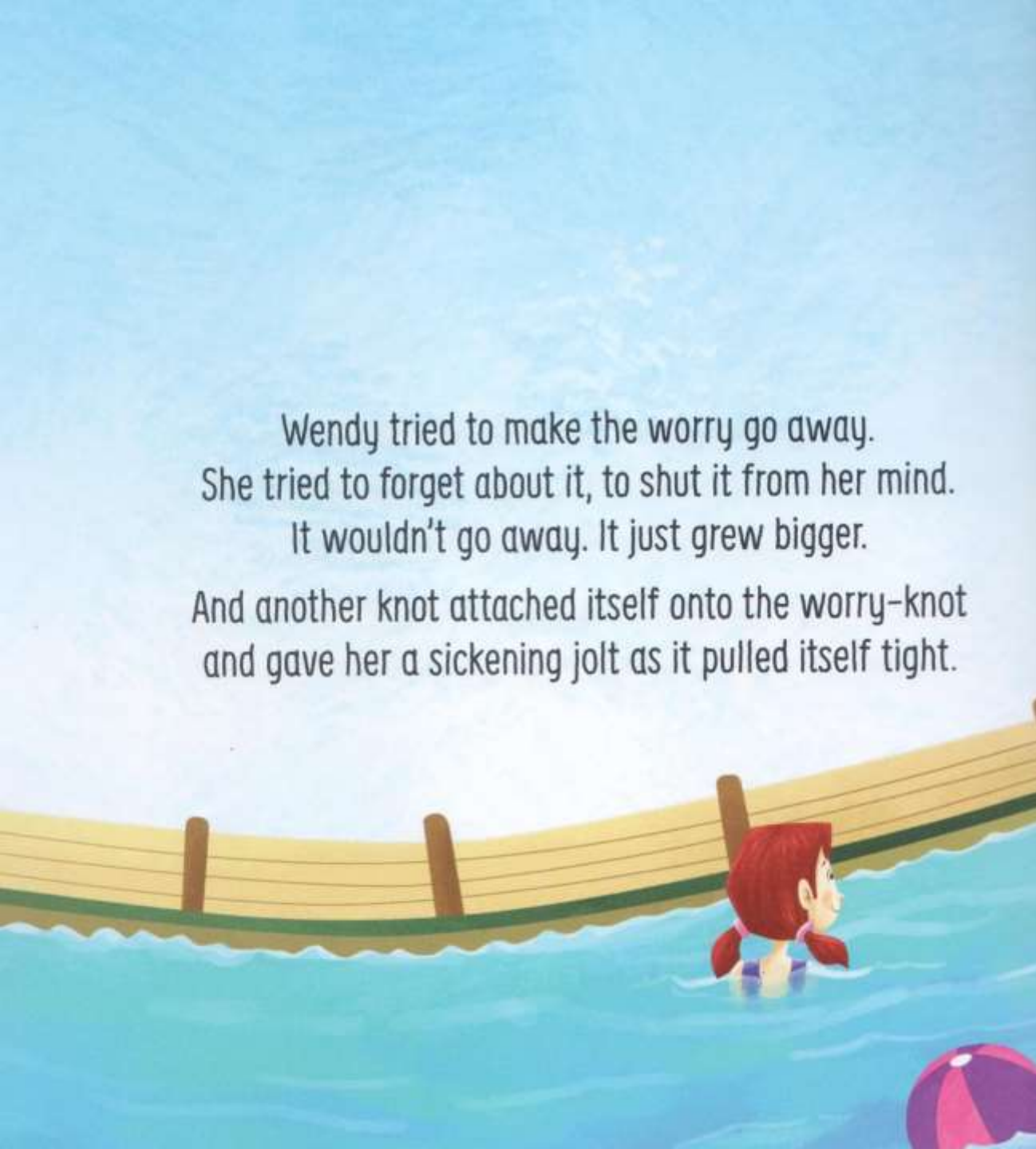
A  
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Name	Water Polo	Swimming	Diving	canoeing	windsurfing
Sam		✓			✓
Jack	✓				
Wendy		✓			
Maddy		✓			
Cindrella					
Leeza		✓	✓		
Justin			✓		
Kylie					
Luna					
Ramzi		✓		✓	

When she looked at the list, she realised that everyone who had chosen to join the swimming group could swim already! She was the only one who couldn't! Another knot tightened round the worry-knot that was already there!

Wendy tried to make the worry go away.  
She tried to forget about it, to shut it from her mind.  
It wouldn't go away. It just grew bigger.  
And another knot attached itself onto the worry-knot  
and gave her a sickening jolt as it pulled itself tight.





Wendy heard the screams  
and shouts in her head:  
'Everyone will think you're weird  
because you can't swim!'  
The knot grew some more.  
It was huge!

You can't swim

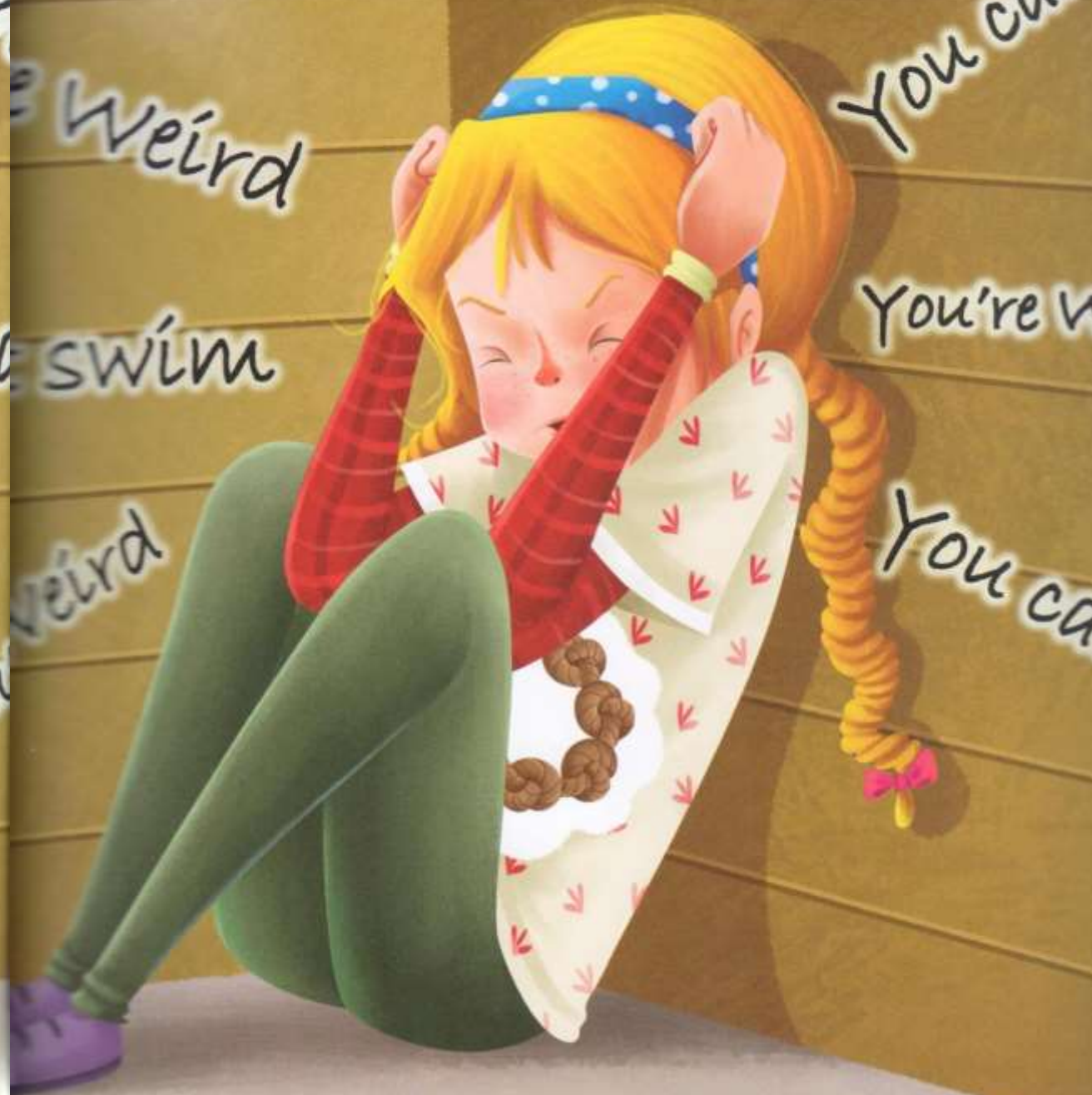
You're weird

You're weird

You can't

You're v

You can't

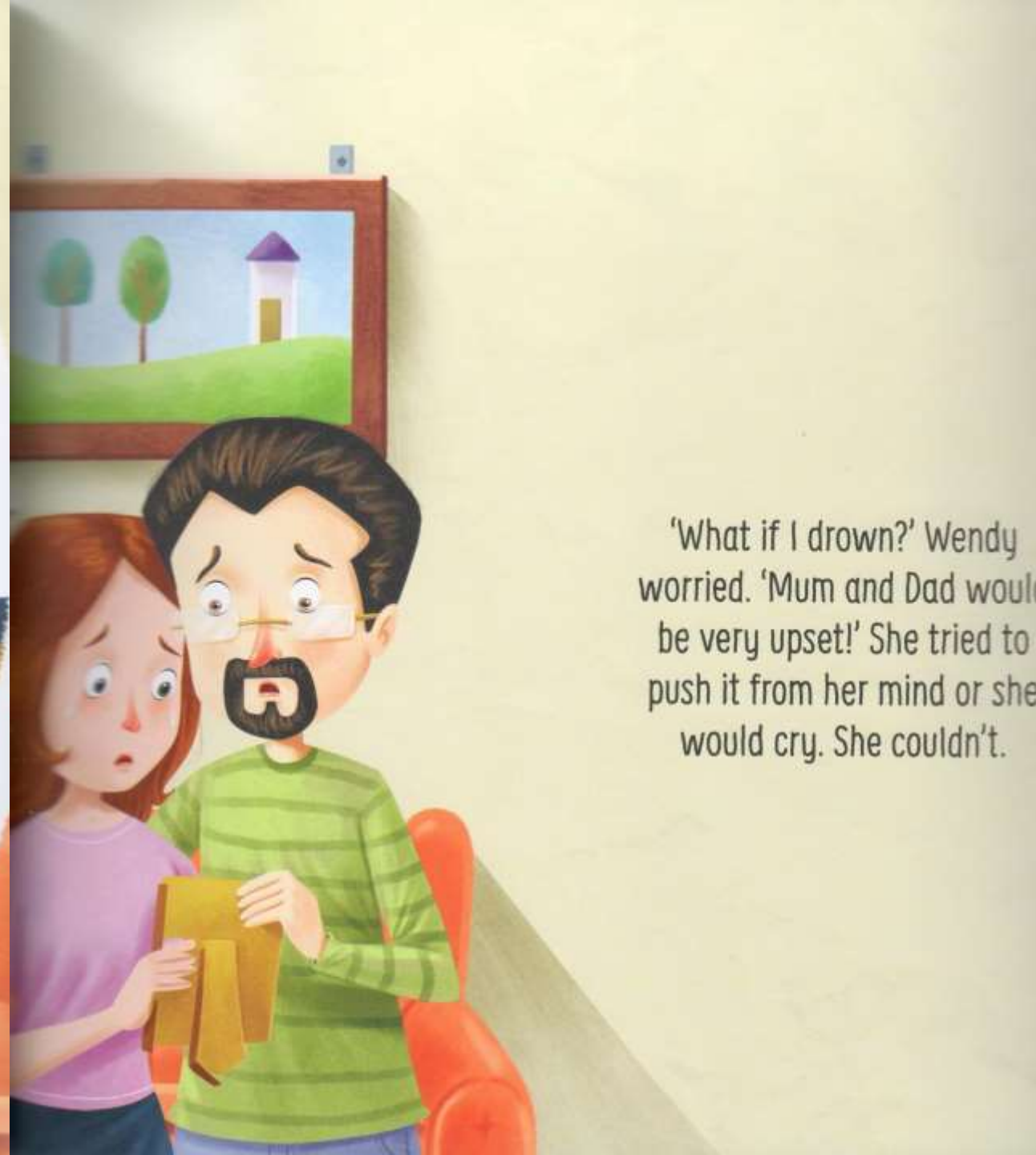




In her head, Wendy heard the children sniggering,  
'Hee-hee-hee! Wendy can't swim!'  
The worry-knot grew some more. It was enormous!







'What if I drown?' Wendy worried. 'Mum and Dad would be very upset!' She tried to push it from her mind or she would cry. She couldn't.

The worry-knot seemed to take all the space in her body and her brain now.

The worry was driving her mad!







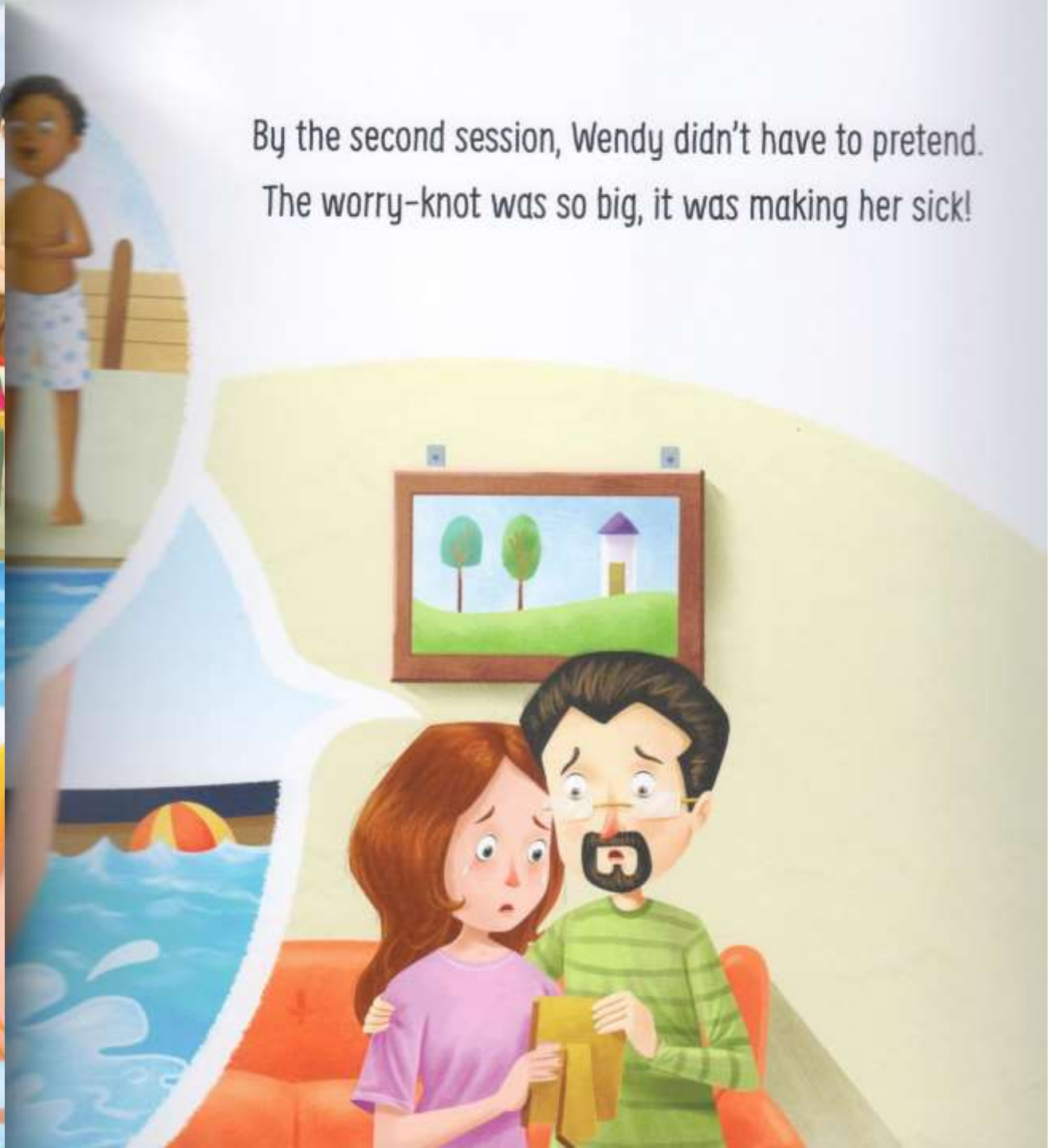
When it was time for the first session, Wendy pretended to have a headache. The instructor believed her, and Wendy got out of swimming . . . but it didn't help, and the worry just grew and grew. She saw how good the other swimmers were. She felt useless. The worry-knot pulled in every direction. It made her tummy ache and her heart escape into her throat.







By the second session, Wendy didn't have to pretend.  
The worry-knot was so big, it was making her sick!



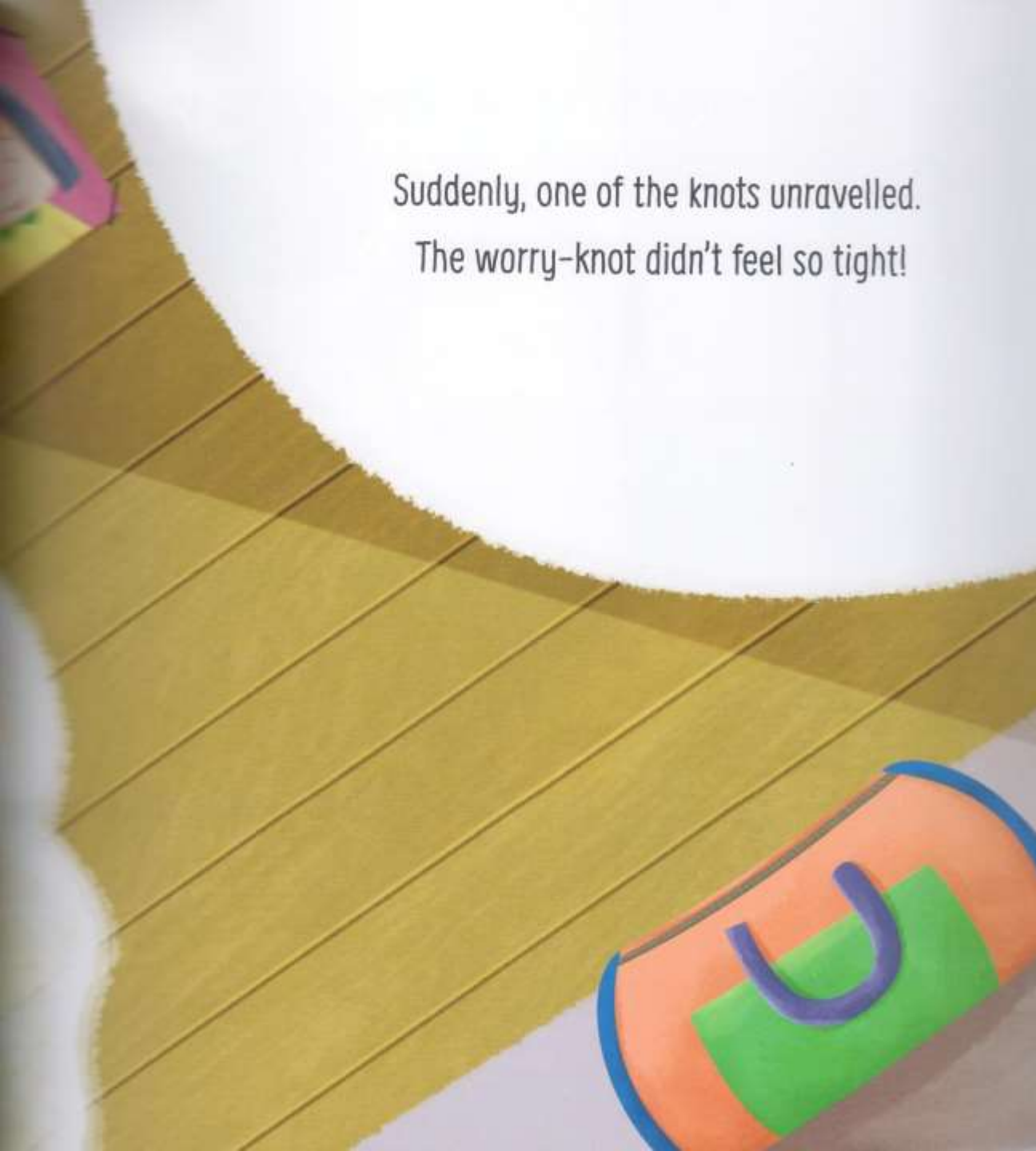




As she watched the other swimmers do amazing things in the pool, Wendy remembered a memory verse she had learned a few weeks before. Quietly, she repeated it to herself: 'When I am afraid . . . I put my trust in you.' She remembered how the campers had sung the verse in worship round the campfire the evening before. It was a beautiful tune. She hummed it in her head and it seemed to calm her. 'I trust You, Jesus,' she prayed silently. 'Now, help me deal with this big worry.'

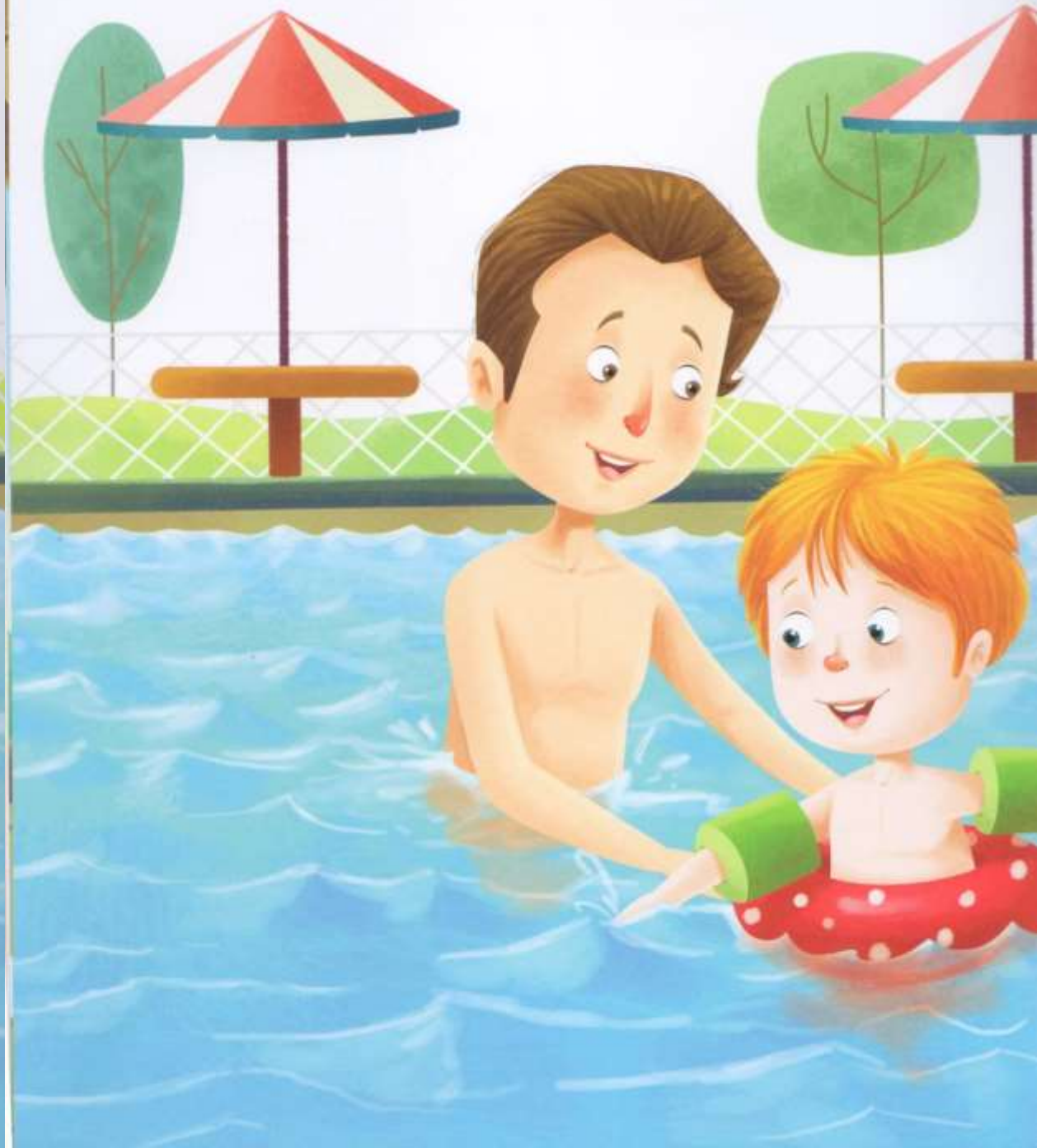


Suddenly, one of the knots unravelled.  
The worry-knot didn't feel so tight!





Wendy was beginning to think like a problem-solver. 'Everyone who can swim was a learner once,' she reasoned with herself. 'They may have been just as anxious as I am about it, but they jumped into the water and learned to swim.'





Another  
knot  
unravelling. . . .





She looked at the swimmers playing water polo in the pool.  
'I could have fun like that, too, if I learned to swim.  
I could learn to dive! I could learn to sail! I could learn to row!  
I could do canoeing! I could snorkel and windsurf!  
There was so much she could enjoy if she could swim!  
It would be worth it.

Another knot unravelled. . . .

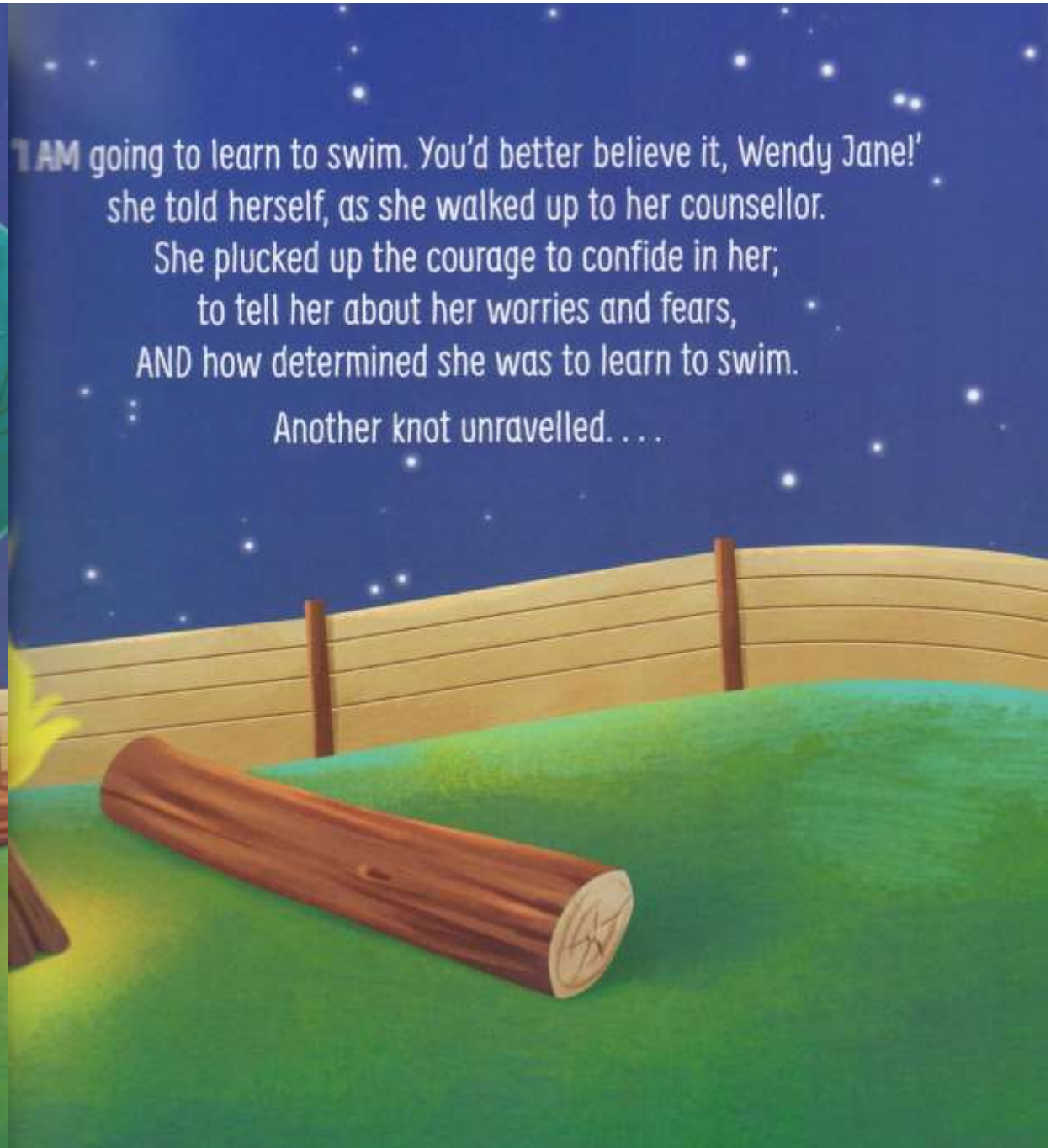




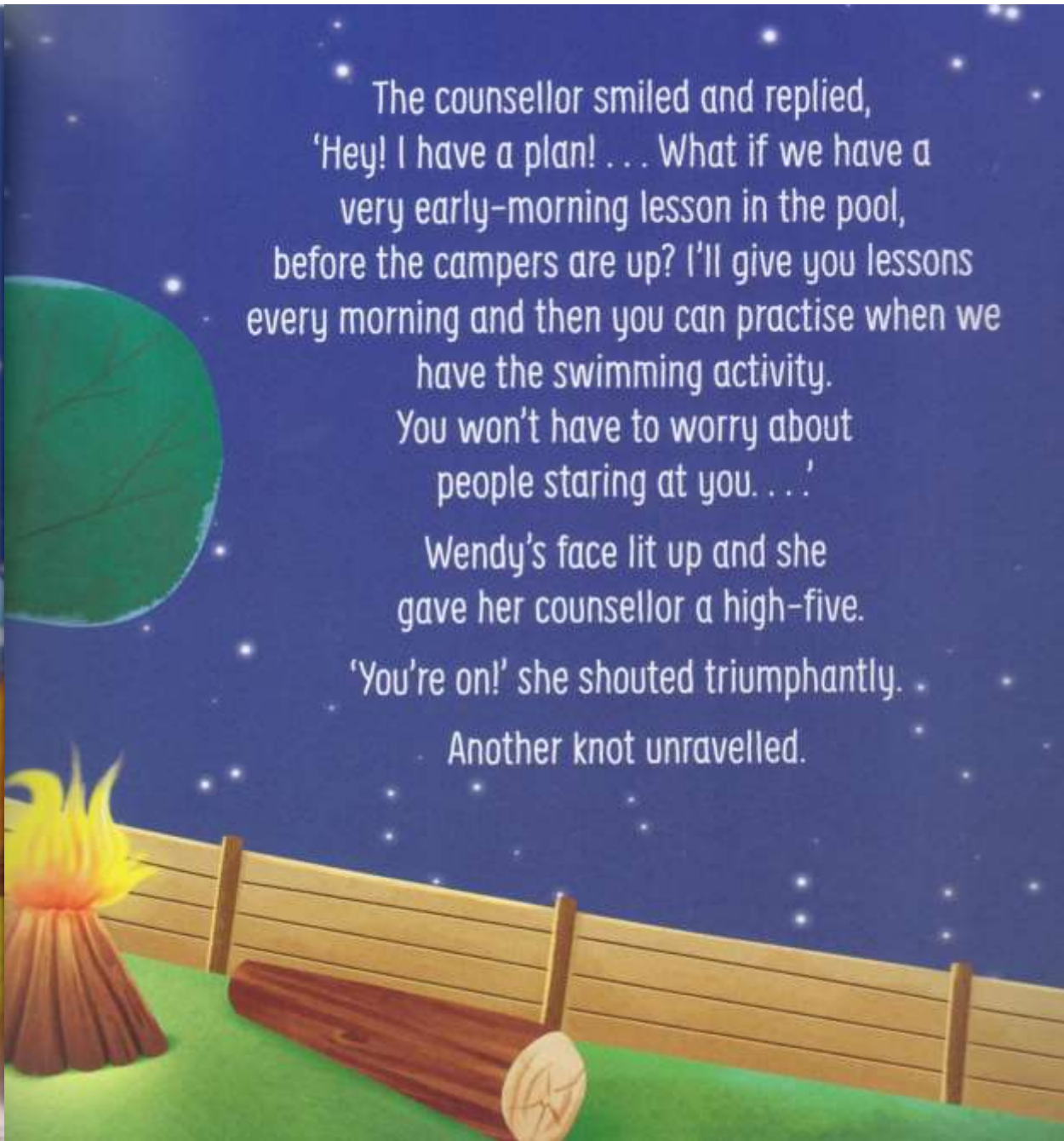


TAM going to learn to swim. You'd better believe it, Wendy Jane!' she told herself, as she walked up to her counsellor. She plucked up the courage to confide in her; to tell her about her worries and fears, AND how determined she was to learn to swim.

Another knot unravelled. . . .







The counsellor smiled and replied, 'Hey! I have a plan! . . . What if we have a very early-morning lesson in the pool, before the campers are up? I'll give you lessons every morning and then you can practise when we have the swimming activity. You won't have to worry about people staring at you. . . .'

Wendy's face lit up and she gave her counsellor a high-five.

'You're on!' she shouted triumphantly.

Another knot unravelled.



Very early the next morning, Wendy had her first lesson. She used swimming aids. They helped her to float and she was pleased none of the other campers were close by to see her with arm bands and floats. 'I'm wearing arm bands now, but not for long!' she promised herself. Wendy made amazing progress in every lesson and she practised hard while the others played water games in the pool.

Another knot unravelled. . . .



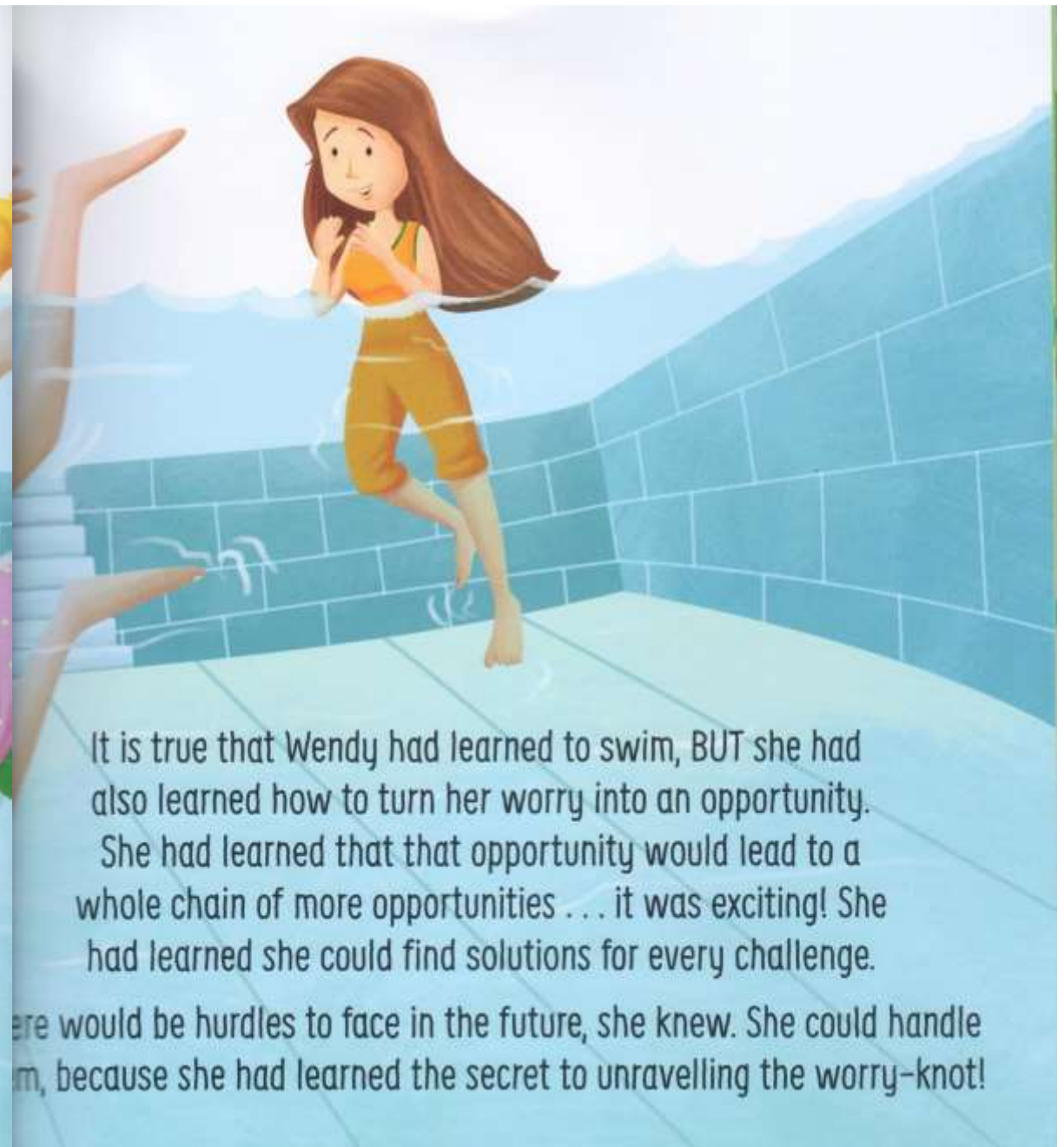


By the end of the week, Wendy could do little swimming kicks across the entire width of the pool on her front and back without the use of any swimming aids and without her feet touching the bottom of the pool . . . not even once! Then, Wendy realised the worry-knot had disappeared completely.

At last Wendy could swim. She would keep practising until she was a strong, confident swimmer!







It is true that Wendy had learned to swim, BUT she had also learned how to turn her worry into an opportunity. She had learned that that opportunity would lead to a whole chain of more opportunities . . . it was exciting! She had learned she could find solutions for every challenge.

There would be hurdles to face in the future, she knew. She could handle them, because she had learned the secret to unravelling the worry-knot!





## Quiz Time

Why was Wendy excited?

It was Wendy's first adventure camp away from home and her Mum and Dad.

What activity had all the campers chosen?

- a) Swimming
- b) Running
- c) Skateboarding

What caused Wendy to have a worry knot?

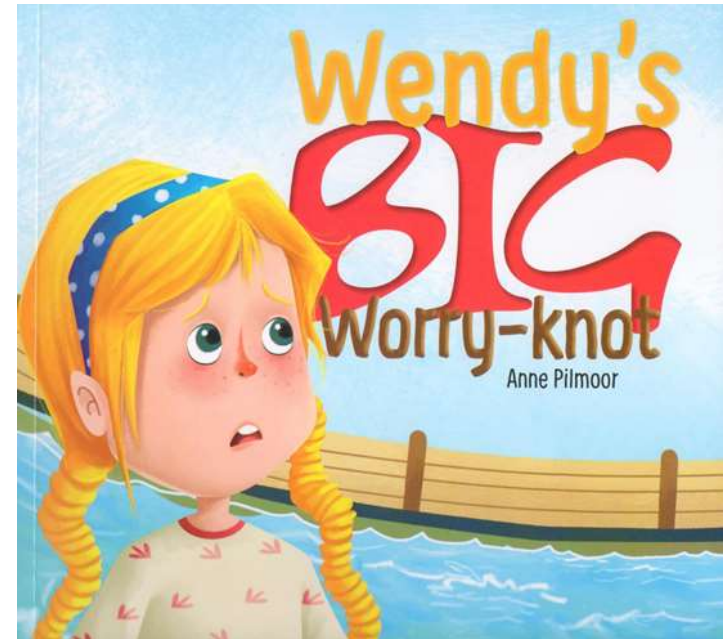
Wendy looked at the list and found out that everyone else could swim but Wendy couldn't swim so she started to have a worry knot.

What did Wendy pray silently?

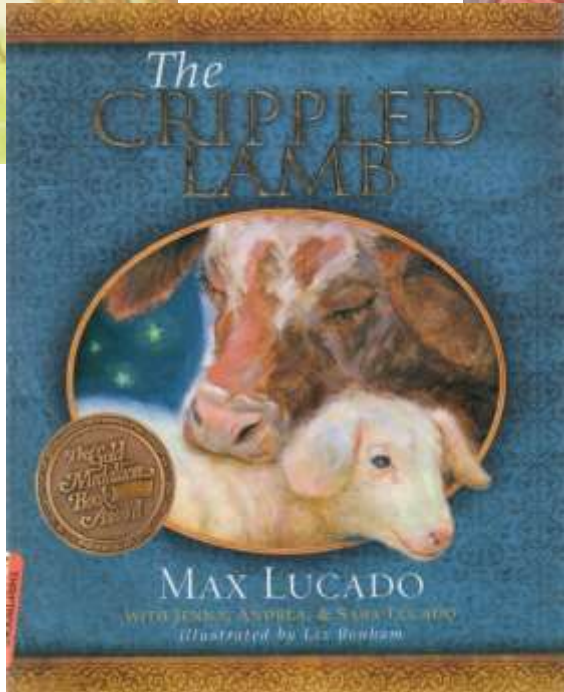
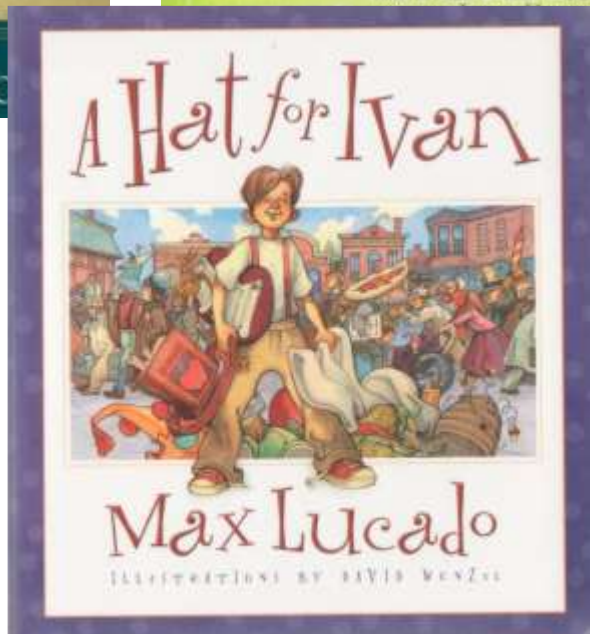
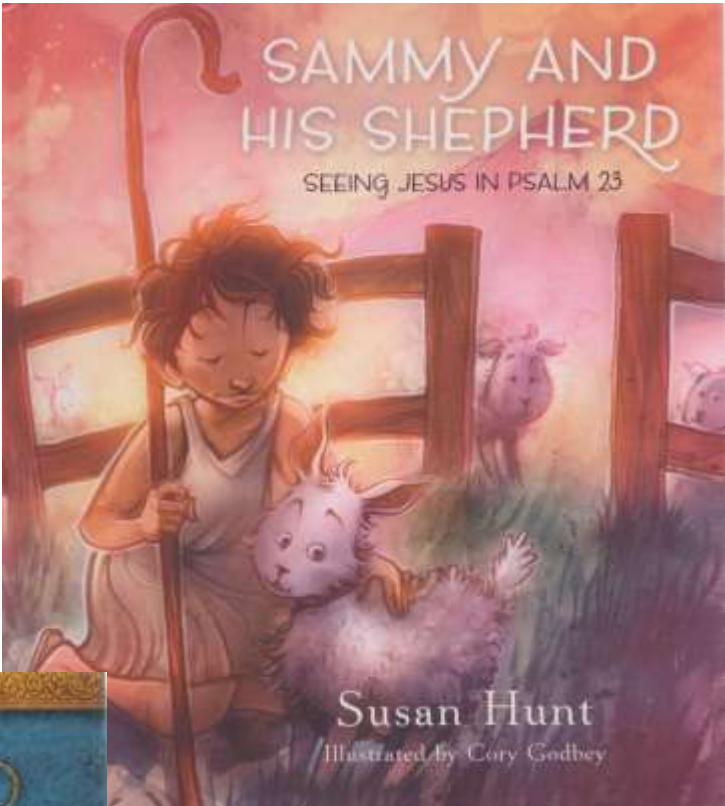
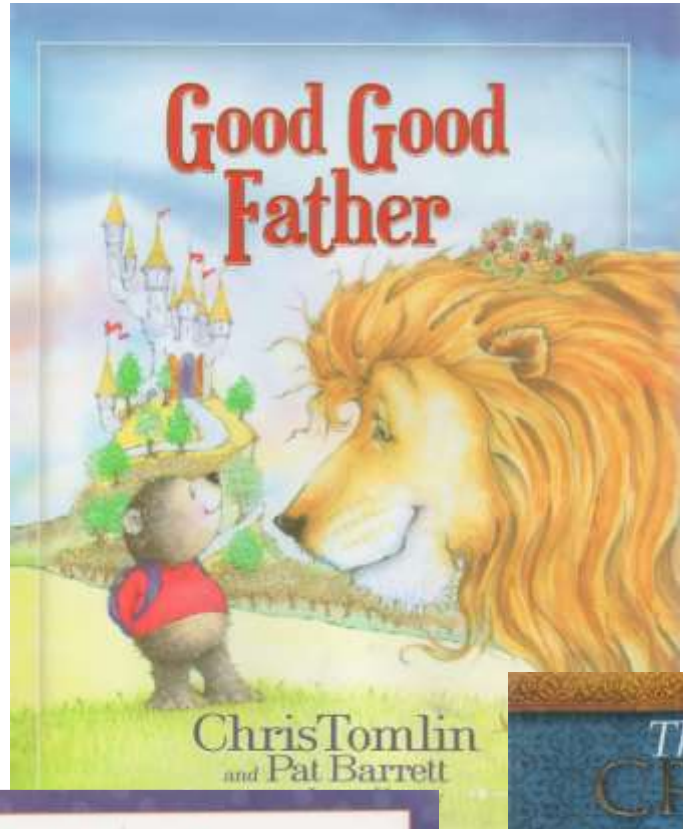
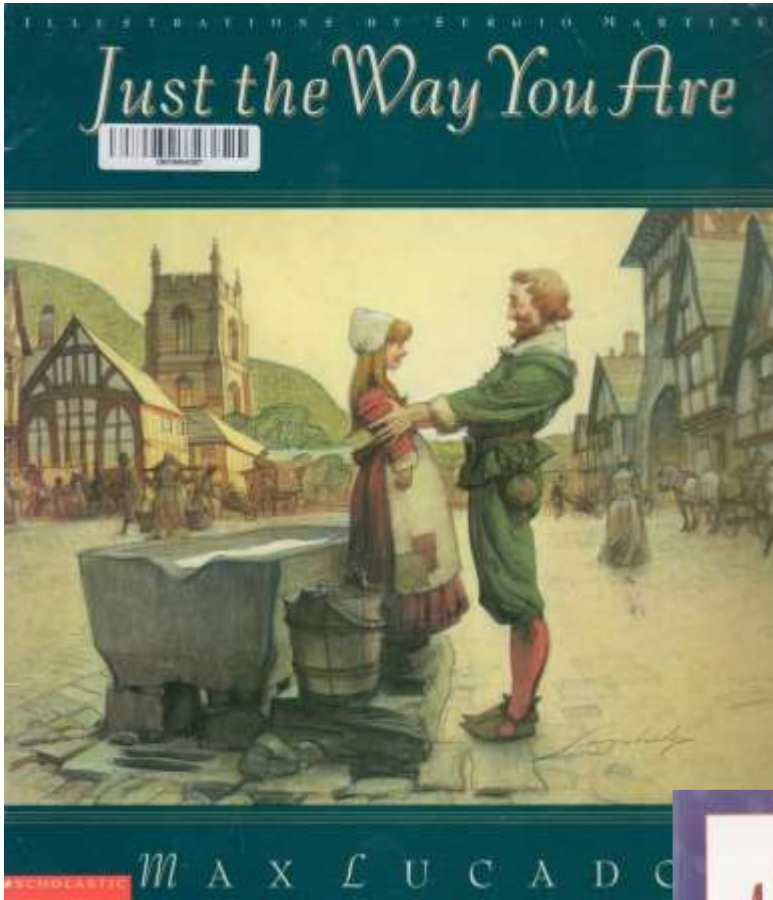
Now help me deal with this big worry.

Why was Wendy excited by the end of the story?

1. She had learnt to swim.
2. She found the secret to unravelling the worry knot.







# Looking after God's World



by  
Karen Holford



Daddy picked up Tim's blue bucket and filled it right up to the top with sand that was just a little bit wet. He patted the sand with the flat part of the yellow spade until the sand was hard and smooth.

Then he held his hand over the sand in the bucket and carefully turned it upside down onto the beach. He tapped the bucket gently and then lifted it up slowly and carefully. A perfect little sandcastle sat on the beach. Susie found some seashells and daddy used them to make windows and doors for the tiny castle.



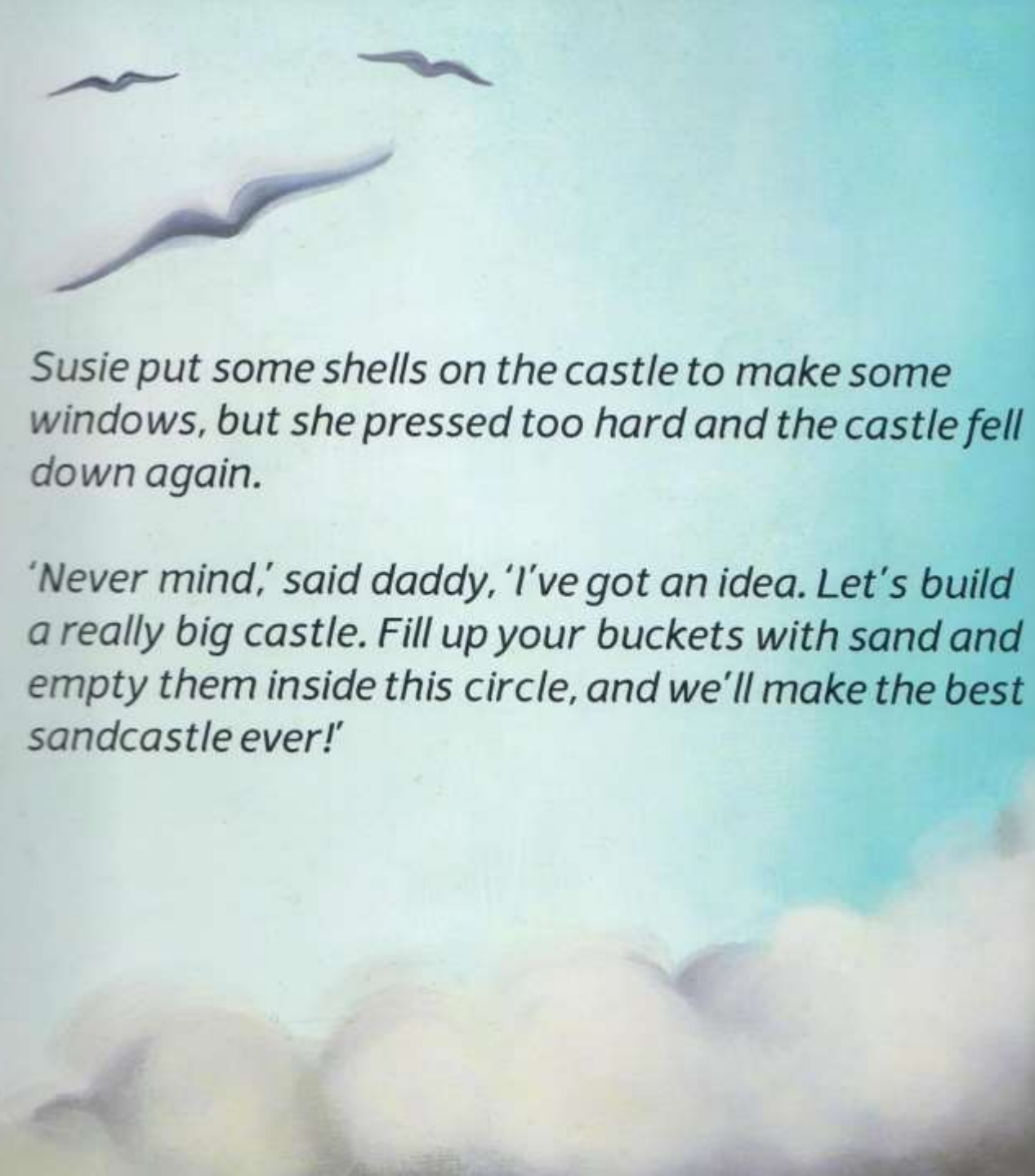
*Tim tried to make a sandcastle. He filled his bucket with sand and quickly turned it upside down, but all he made was a mess!*



*He watched daddy make another castle with Susie's bucket. Tim filled his bucket with sand again, pressed it down hard with his hands and his spade, and daddy turned it upside down for him. This time the castle looked almost perfect.*







*Susie put some shells on the castle to make some windows, but she pressed too hard and the castle fell down again.*

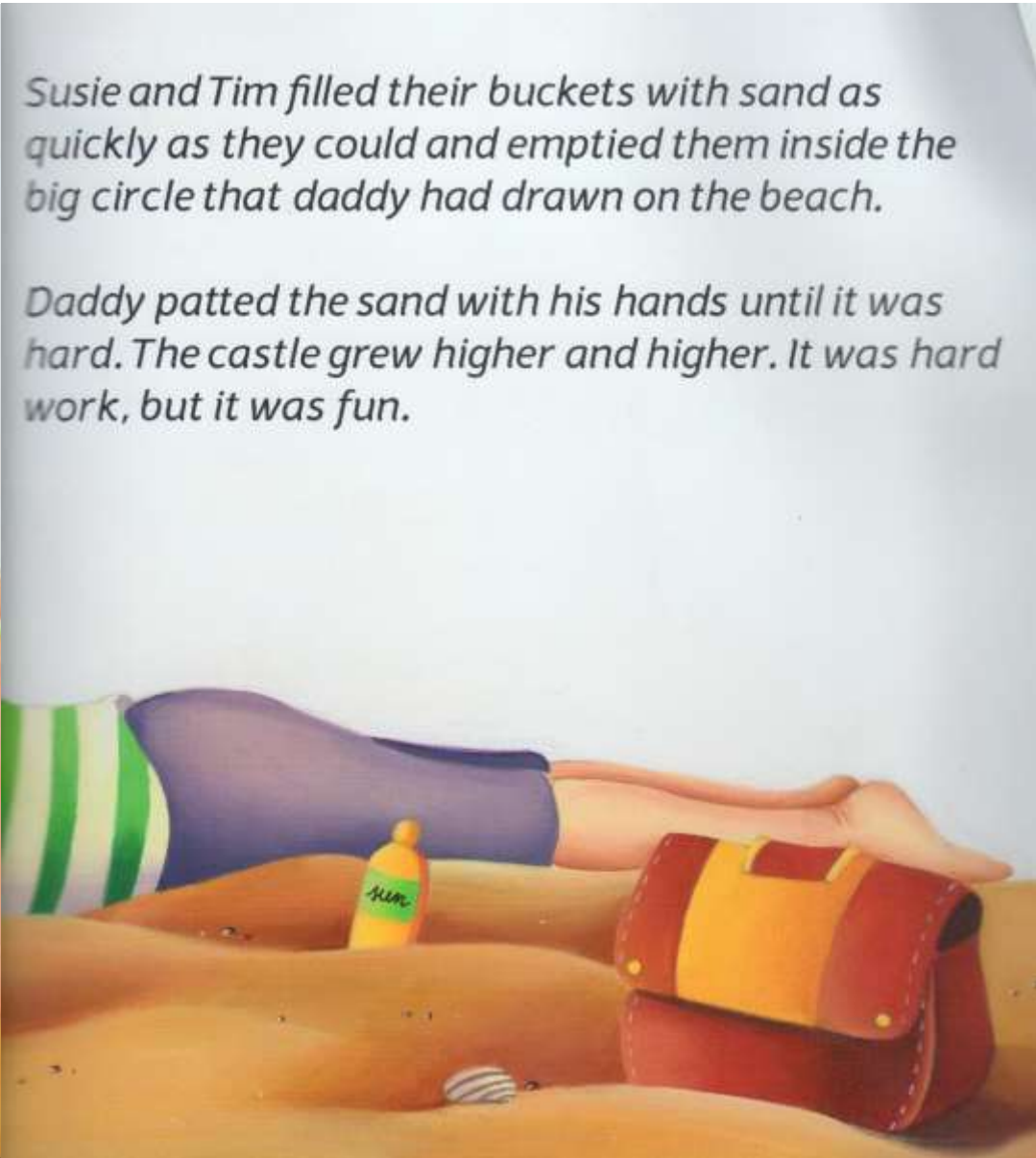
*'Never mind,' said daddy, 'I've got an idea. Let's build a really big castle. Fill up your buckets with sand and empty them inside this circle, and we'll make the best sandcastle ever!'*





*Susie and Tim filled their buckets with sand as quickly as they could and emptied them inside the big circle that daddy had drawn on the beach.*

*Daddy patted the sand with his hands until it was hard. The castle grew higher and higher. It was hard work, but it was fun.*





*Then daddy made some tall towers for the top of the castle. Mummy collected seashells and helped them to decorate the walls. Tim pressed a piece of smooth wood onto the front of the castle to make a door.*

*They dug a ditch all around the castle. Daddy called it a moat and said it was to stop bad people getting inside.*



They tried to fill it with water from the sea, but the water disappeared into the sand. So they filled the moat with wet, green seaweed and pretended it was water.



It was hard work, digging and building. But when they had finished they all agreed it was the best sandcastle they had ever seen.





*At lunchtime they ran into the edge of the cold sea and washed their hands. They ate their sandwiches, crisps, carrot sticks, fruit cake and apples. Seagulls came to watch them eat.*

*They seemed to scream for food, so Tim threw them some crumbs.*



*When they'd finished eating, daddy collected up all the rubbish and put it into an old plastic bag. An empty crisp packet blew away along the beach and daddy ran after it. He didn't want to spoil the beach with even the tiniest bit of litter.*



*After lunch mummy read her book, and daddy, Susie and Tim walked along the beach to the little ice-cream shop by the harbour. Next to the harbour stood a row of big bins on wheels for all the rubbish from the boats, so daddy took the bag of lunch litter with him.*





After daddy had thrown their rubbish safely into one of the bins, they went to buy their ice-creams. Tim chose chocolate ice-cream, Susie wanted strawberry ripple, and daddy bought a newspaper to read. They sat on a bench, eating their ice-creams and watching sailing boats and seagulls.



Then they walked back to their castle, paddling in the white, lacy waves along the edge of the sea.



*Suddenly Tim started to run. 'Oh, no!' he said. Daddy looked up and saw that their castle had been squashed.*

*The highest tower had fallen into the moat, the walls had been flattened, and shells and seaweed were all mixed up in the sand. Susie began to cry.*





*A man came over to them and said, 'Is this your castle?' Tim nodded sadly.*

*'I'm so sorry,' said the man. 'My dog Bobby was running along the beach after his ball and he didn't look where he was going, so he ran right through your lovely castle. I couldn't stop him in time.'*

*'It's OK,' said daddy, 'we'll make a new one.'*





Susie and Tim  
15 August

B  
10 August

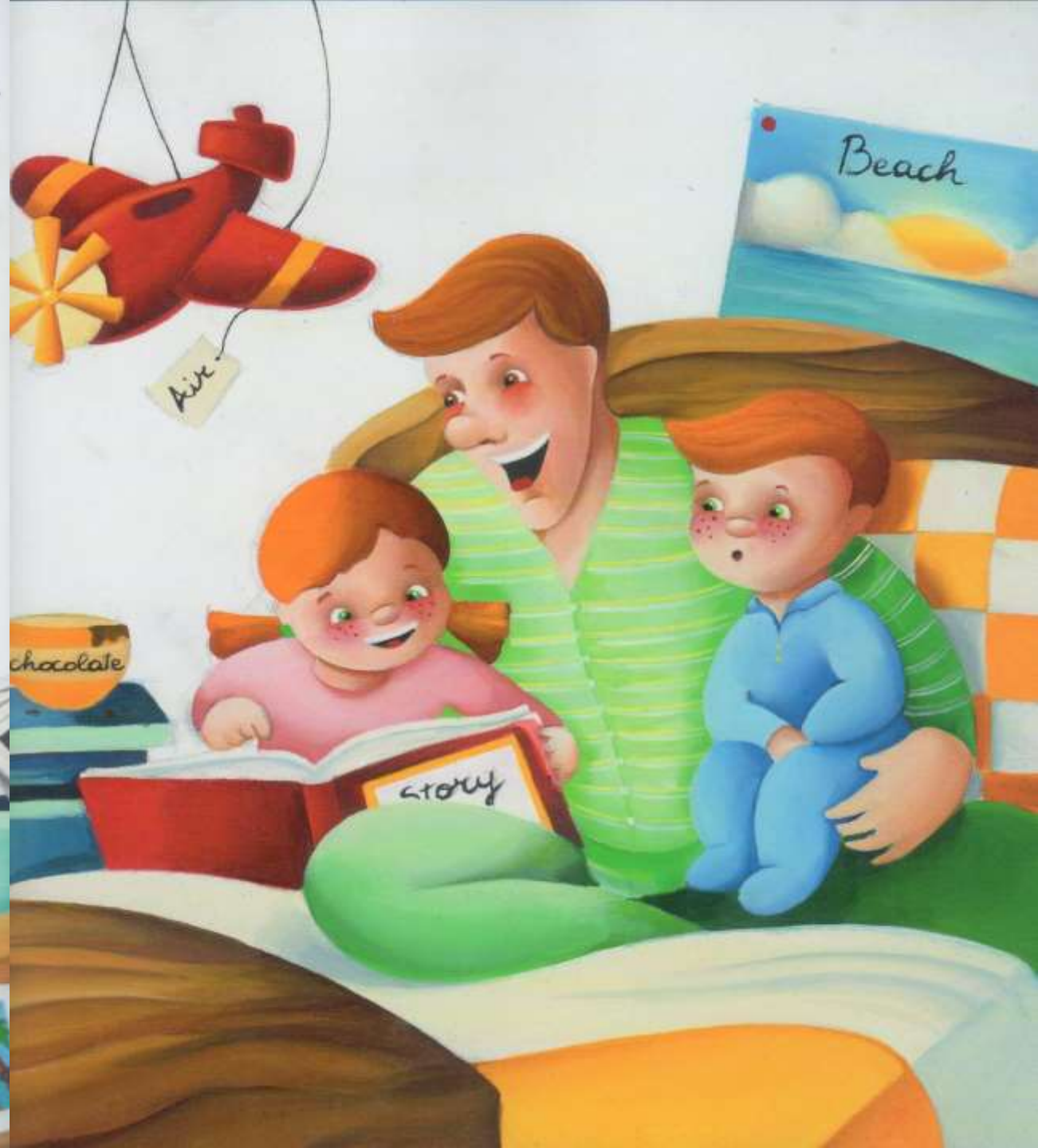
'Well, I've got a big bucket here,' said the man. 'I'll help to get you started. You know, it's been a long time since I made a sandcastle! I'm a builder, so we should have a brand new castle in no time at all!'

He was right. Soon the castle was bigger and better than ever before, with new towers and strong walls. Mummy helped them to find more shells to decorate the walls. Daddy took a picture of Susie and Tim next to their amazing sandcastle and soon it was time to go back to their holiday caravan.



At bedtime they read the story of Creation because it was Susie's favourite. She loved hearing about all the animals God made. Then they went through the alphabet, thinking of lots of lovely things that God had made.

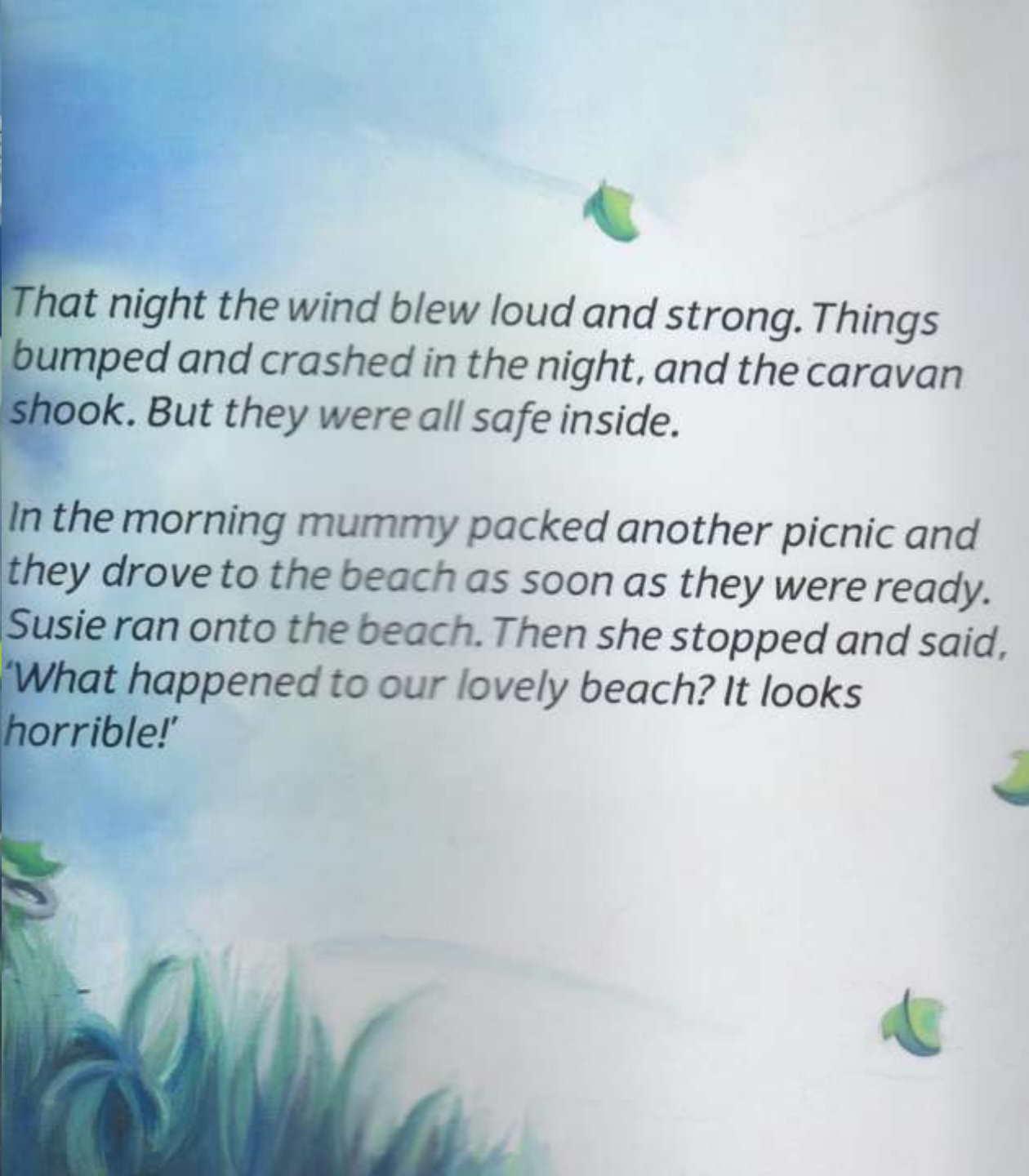
Air. Beaches. Cats. Chocolate.... By the time they reached 'S' there were so many things on their list! They added Susie. Sand. Seagulls. When they reached the end of the alphabet Tim said, 'Hey, I know what we missed out! Ice-cream!' And they all laughed.





*That night the wind blew loud and strong. Things bumped and crashed in the night, and the caravan shook. But they were all safe inside.*

*In the morning mummy packed another picnic and they drove to the beach as soon as they were ready. Susie ran onto the beach. Then she stopped and said, 'What happened to our lovely beach? It looks horrible!'*





*'Oh, dear,' said daddy, who was just behind her, 'I think the storm must have blown over one of the big bins by the harbour.' Bits of newspaper, plastic bags, empty bottles, lolly wrappers, tin cans and broken spades were all over the sand.*

*Tim said, 'Let's go to a nice beach. I don't want to play here.'*



*But mummy had a different idea. 'I know, why don't we help to make this beach better again? Someone needs to pick everything up and make it clean. If all of this washes out to sea it will spoil other beaches and maybe hurt the fish, too.'*





'You're right,' said daddy. 'We've got a roll of bin bags in the car and we could fill them with all the rubbish right here. Someone needs to do the job and it might as well be us. Our rubbish from yesterday is probably blowing around, too. When God made the world he gave people the job of taking care of everything. So when we find a mess, it's important for us to help clean it up. It's our way of saying "thank you" to God for all the amazing things he's made. Remember, yesterday we built a lovely castle and we were so sad when Bobby crashed into it and broke it down? I think God must feel a bit like that when people do things that spoil his lovely world. It was kind of Bobby's owner to come and help us fix the castle again. That made us feel good, didn't it? I think God would be really happy to see us clean up this mess.'





Susie and Tim didn't think picking up rubbish would be fun. They thought they would much rather build a sandcastle. So mummy said, 'Let's have a race! Susie can help me and Tim can help daddy, and we'll see who can fill the most bags in half an hour! Then we'll go down to the little shop and the winning team can have a chocolate flake in their ice-cream!'

Mummy told the children to be careful what they picked up so they wouldn't hurt themselves. She found thick plastic bags, wrapped them around their hands and tied the handles around their wrists. They could still pick things up, but it would be safer for their hands. Mummy and daddy picked up anything sharp or dirty.







*They soon filled their bags. There were lots of plastic bottles and newspapers. Susie found a bucket with a broken handle that would help them make a new sandcastle, and Tim found a flag to go on the top.*

*Another family came down to the beach and asked if they could help, too. It wasn't long before the beach looked even better than before! Soon there was no litter to be found anywhere. Some men helped daddy to turn the big bin by the harbour the right way up again, and they filled it with all of their rubbish bags.*







*When they went into the ice-cream shop the lady said, 'Thank you for tidying up! That was so kind of you! When I saw the mess I thought no one would want to come today and I wouldn't be able to sell many ice-creams, but you've all done a lovely job! I want you to have a free ice-cream. You can choose anything you like. You can even have three scoops, and a chocolate flake, if you want to!'*







*They sat down by the harbour to eat their huge ice-creams. Each of them had a chocolate flake in their cone. Tim ate his chocolate flake first, and Susie pushed hers right down inside the ice-cream to save it till last.*

*They looked at all the children playing on the beautiful beach. Then Tim said, 'I'm glad we tidied everything up. It was more fun than I thought it would be. Everything looks so much nicer now! I'm sure God was happy we helped, too.'*



*'I'm sure he was!' said daddy, standing up. 'Now, who's ready to build the biggest sandcastle in the whole wide world?'*



## Quiz Time

**1. When God made the world, what job did He give to people?**

To look after the world He created for us, to rule over all animals, to take care of plants and preserve our environment by keeping it clean.

**2. Why is it important to take care of our planet?**

If we take care of our planet, less animals will die, there will be less pollution and we can protect our resources for future generations.

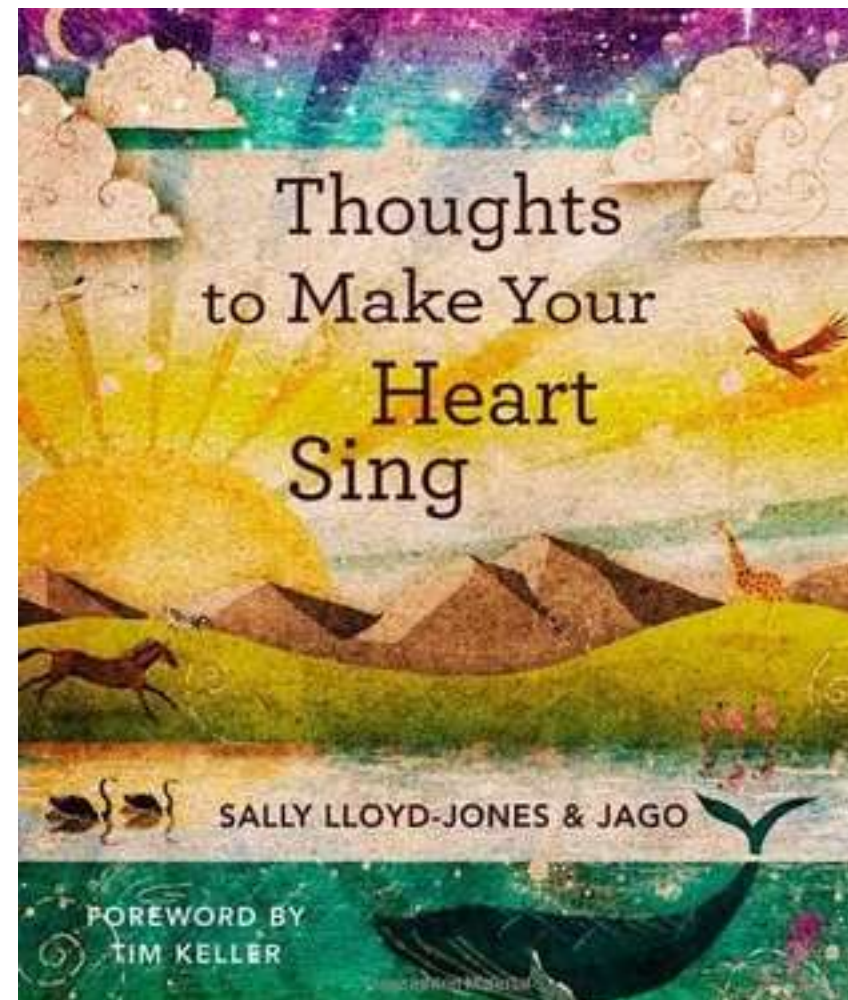
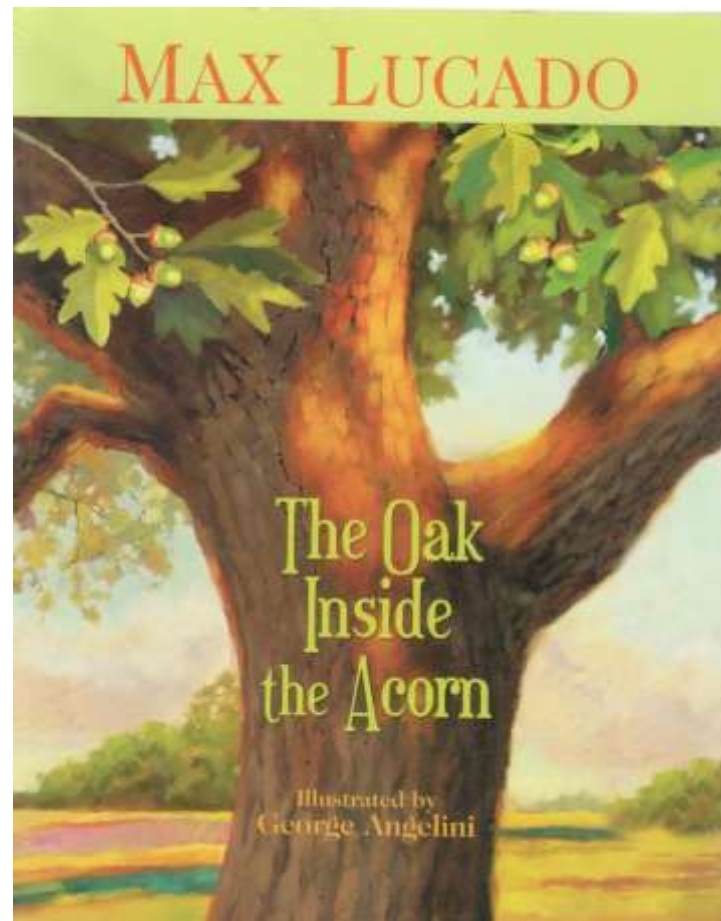
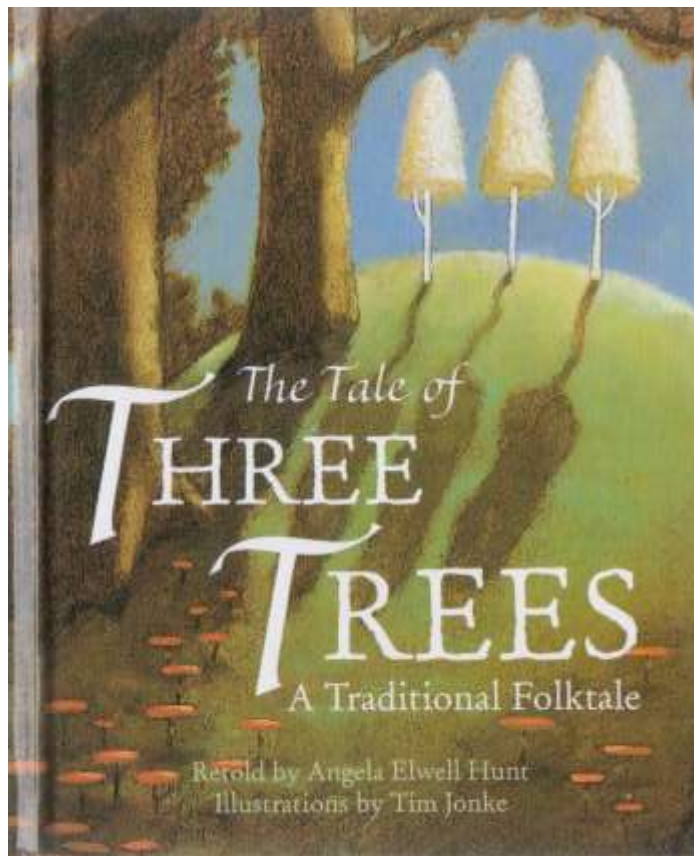


**3. Just like in the story, how can we inspire others to take care of our planet?**

We can educate others and talk about different ways to keep our planet clean. We can volunteer and plant more trees. We can reuse and recycle the materials we have.

**4. Why is God happy when we look after the world he created for us?**

Just like in the story, God has build a beautiful sandcastle for us - our planet. God made us responsible caretakers of it and He wants us to keep it clean, beautiful and make it a special place to be.



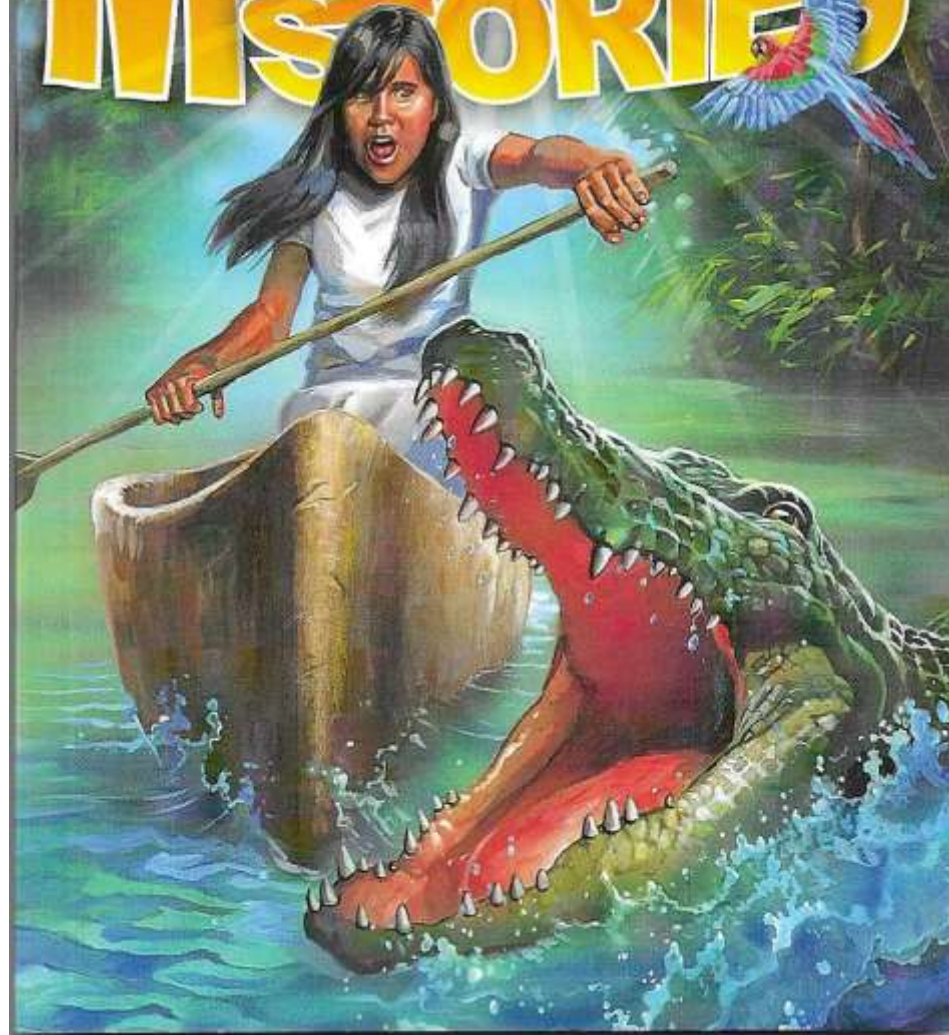


LORI PECKHAM, editor



Guide's Greatest

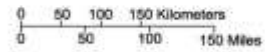
# MISSION STORIES







# Philippines



Province of Batangas





















# Quiz

1. What four things can you remember about who Manuel is?

- His real name is not really Jonah
- He lived in the Philippines
- He owned his own banca
- He was a fisherman
- He fished in a group with other fishermen

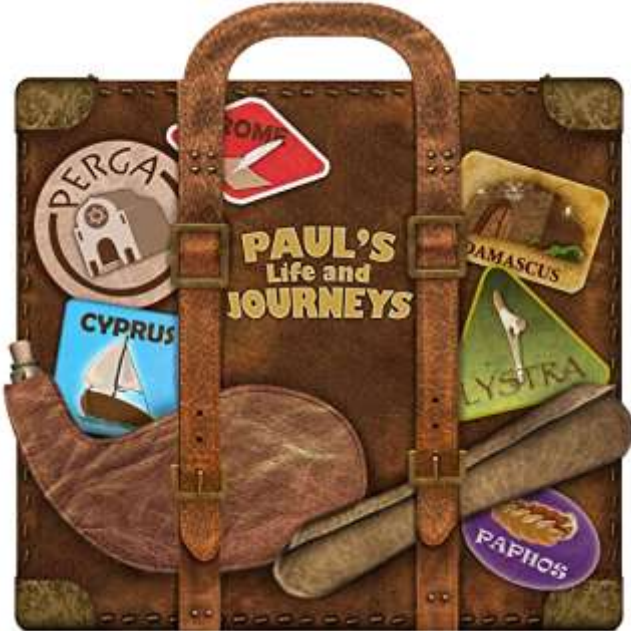
2. Who is Pastor Lamera and how does he influence the direction that Manuel's life takes?

Pastor Lamera was the pastor in charge of missions. He invited Manuel to train to become a colporteur.

3. What challenging circumstance did Manuel face before he decided to become a literature evangelist?

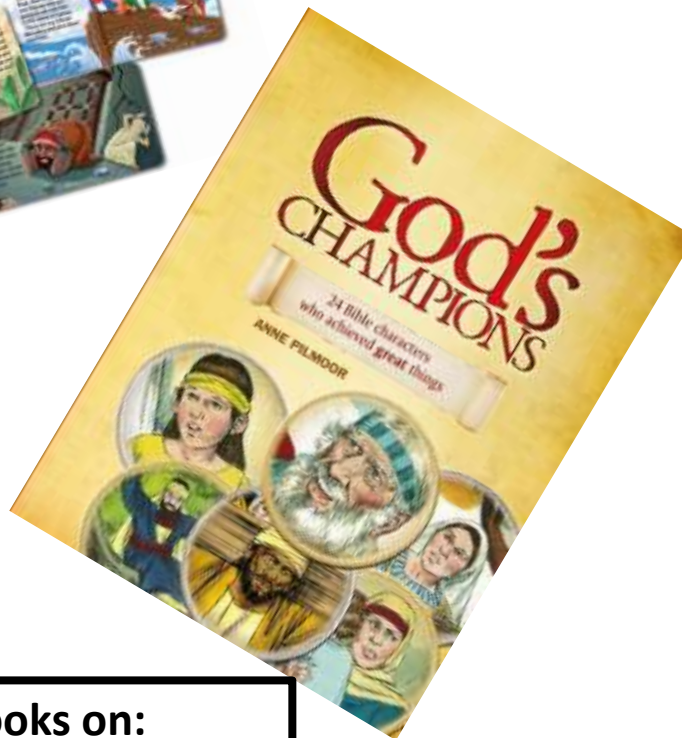
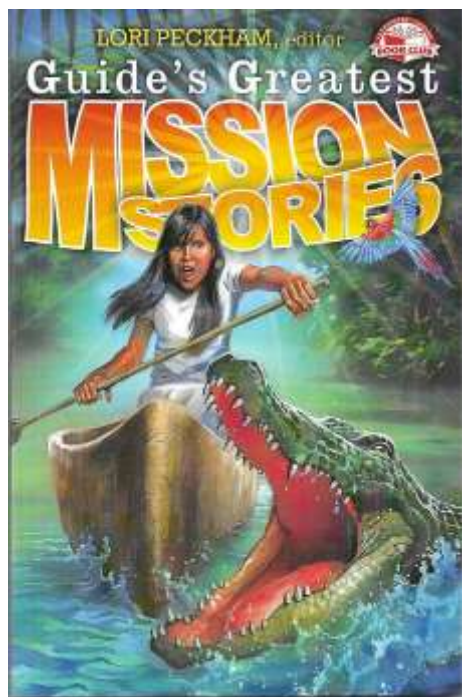
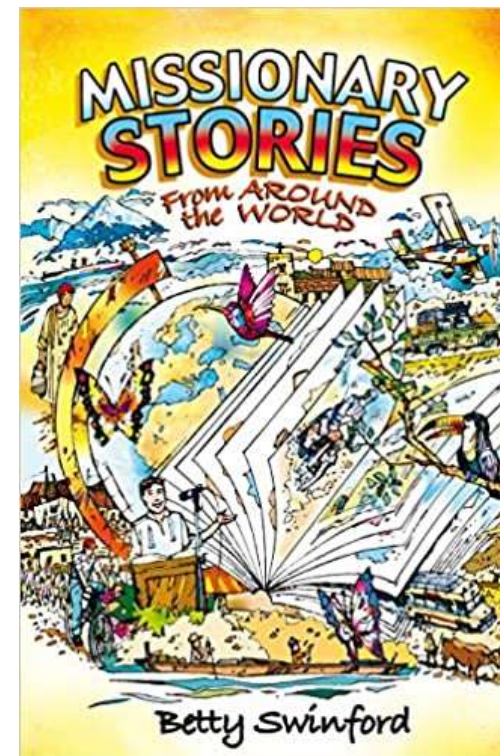
Unfortunately, he had an accident on the very morning he had planned to join the colporteur institute.





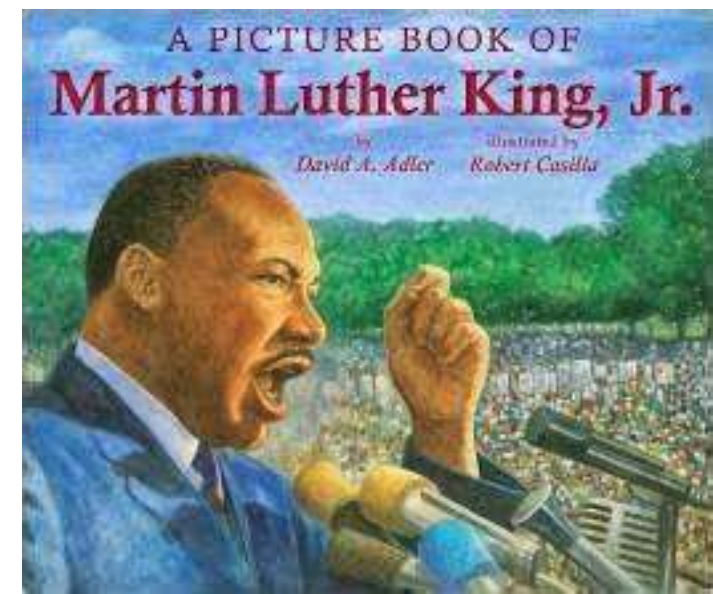
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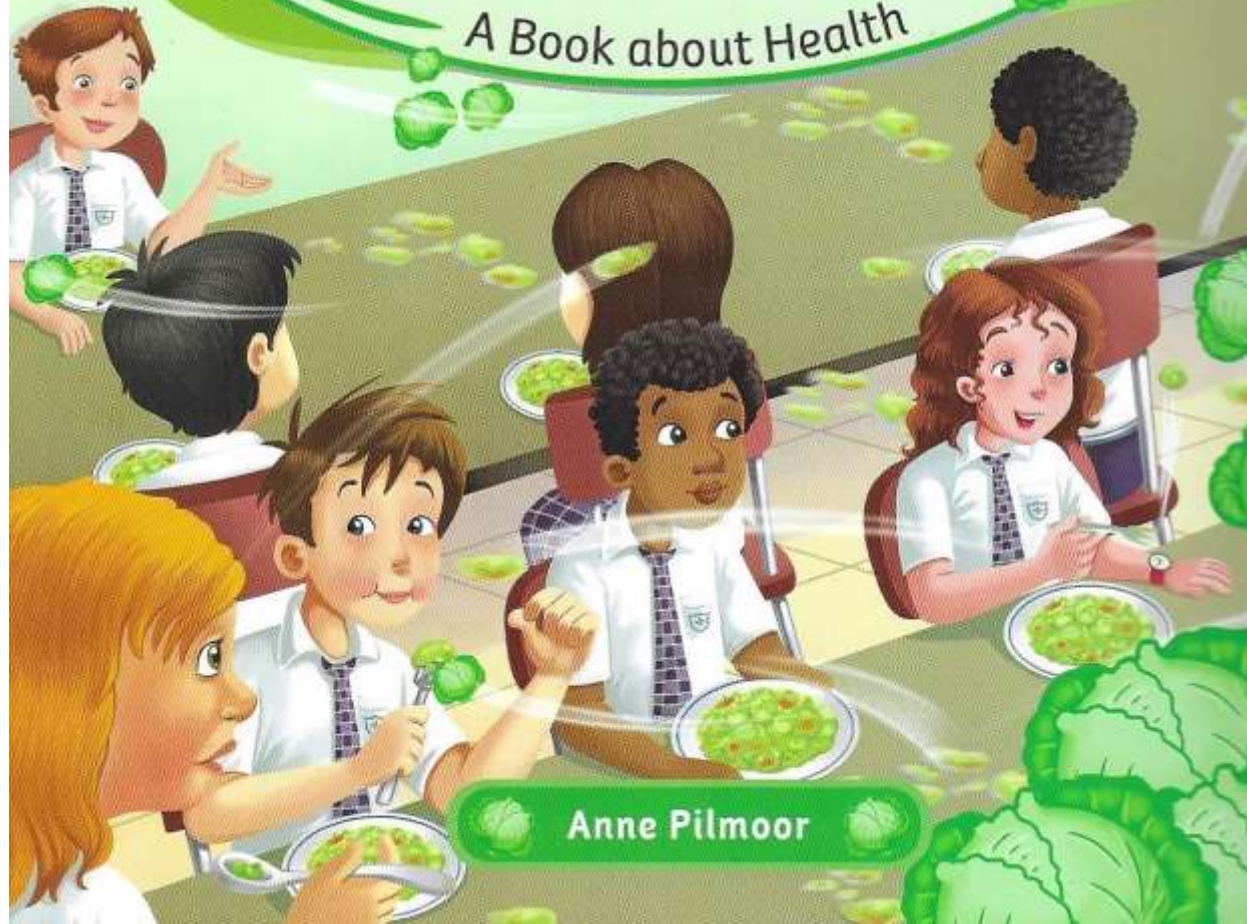
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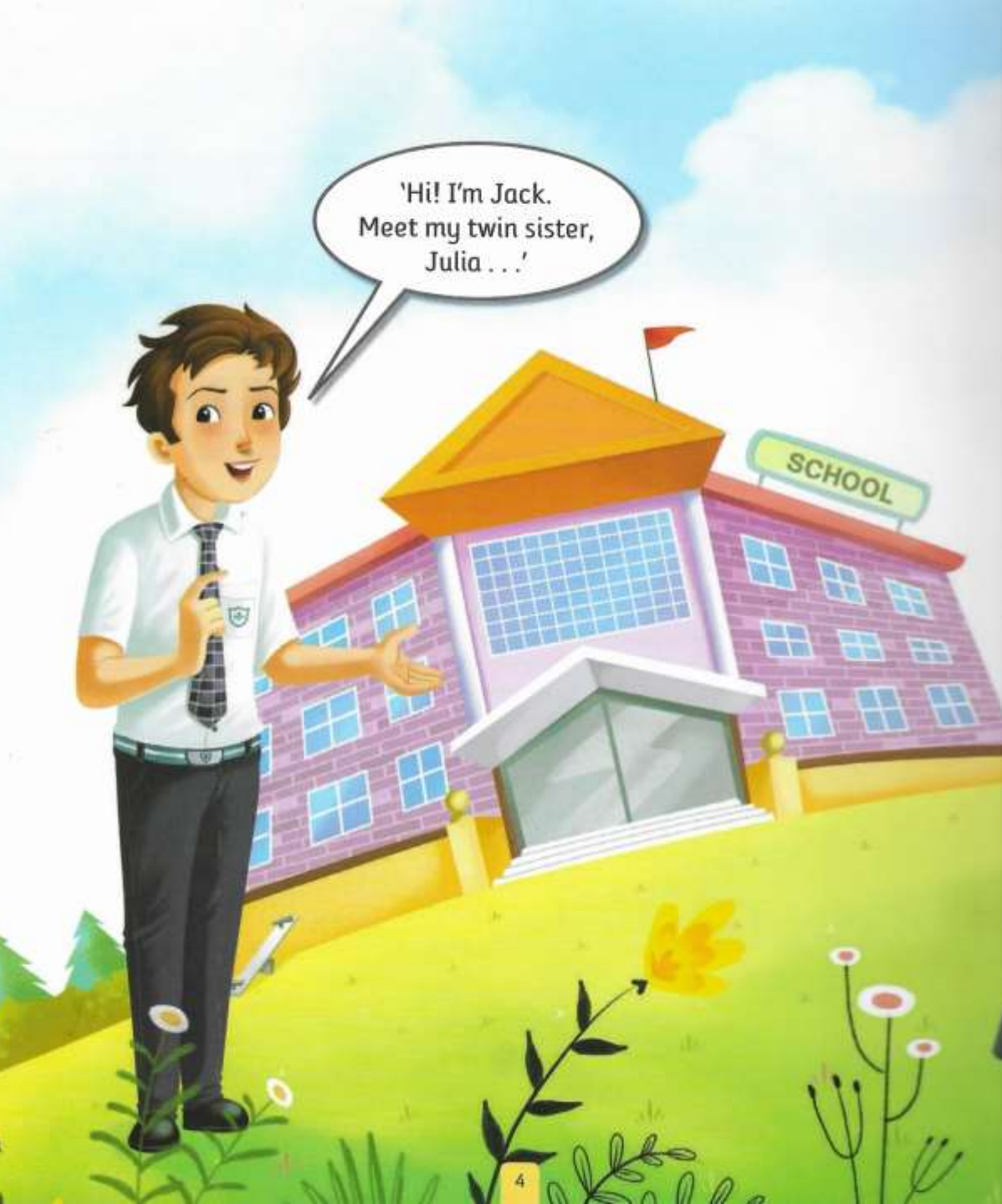
# The Cabbage Storm

A Book about Health

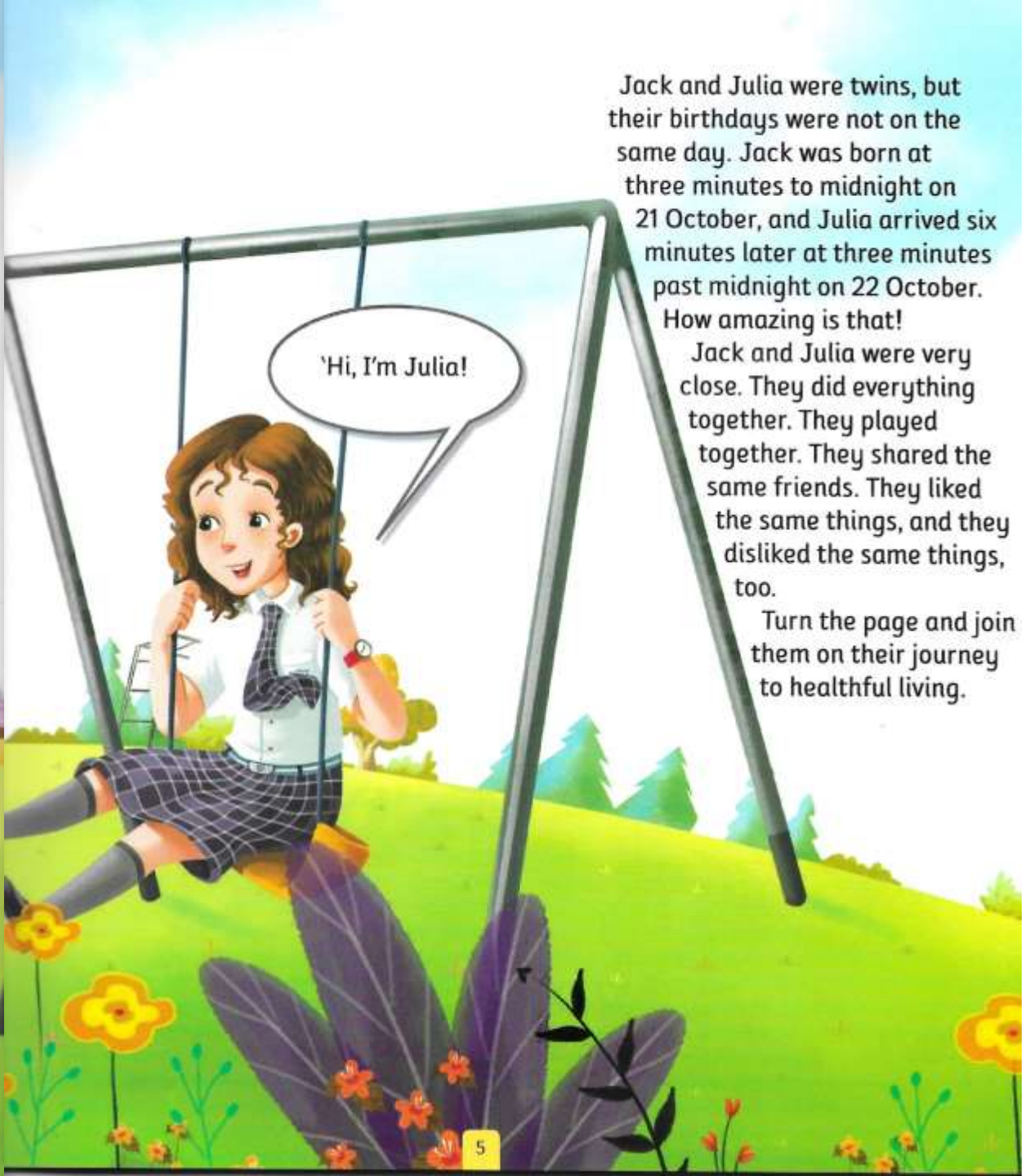


Anne Pilmoor





'Hi! I'm Jack.  
Meet my twin sister,  
Julia...'



'Hi, I'm Julia!

Jack and Julia were twins, but their birthdays were not on the same day. Jack was born at three minutes to midnight on 21 October, and Julia arrived six minutes later at three minutes past midnight on 22 October. How amazing is that!

Jack and Julia were very close. They did everything together. They played together. They shared the same friends. They liked the same things, and they disliked the same things, too.

Turn the page and join them on their journey to healthful living.

1

## It Started with a Blob of Cabbage!



'Yuk, yuk, yuk!' Jack and Julia hated school dinners. They didn't like vegetables of any kind. They especially hated onions, and, most of all, they ***hated cabbage!*** The only food they enjoyed at school was pizza, and it was hardly ever on the menu.

They begged their parents to give them packed lunches. 'Cooked dinners and healthy vegetables are better for you!' their parents replied.

Jack and Julia's parents did not know they hardly ate the dinners, especially after Julia had come up with a cunning plan. This is how it worked:



Julia would talk to the teacher and distract her so Jack could either shove his food into a napkin and dash to the toilets to flush it away, or scrape it into the bin. Sometimes he'd pick it up and drop it on the floor near to someone else. Then he would talk to the teacher and distract her so Julia could get rid of her vegetables quickly. They were happy that their plan was working well.



And then that Wednesday, after weeks of 'veg' and no pizzas, it seemed as if everyone was fed up with b-o-r-i-n-g school dinners.

'Yuk, not cabbage again!' everyone in the dining room groaned. '***We hate cabbage!***' they all chanted. Just then Julia stabbed her fork into the lump of cabbage on her plate, held it up and flicked it. It flew like a flying saucer and skidded across one of the tables before landing on Charlie's plate! And then all the copy-cats joined in. Within seconds there was mayhem. Julia had started a cabbage storm!





Mr Osborne, their head teacher, rushed in to see what was going on. 'Quiet!' he bellowed. The cabbage storm stopped. In absolute silence, everyone stared at the blanket of green mess and the green skid marks on the dining room floor. Everyone pretended to chew their food. They didn't dare look up at Mr Osborne. 'How did this happen?' Mr Osborne asked. 'I have never seen you behave like this before!' After a long pause, a quiet little girl with a bouncy ponytail squeaked, 'Julia started it, Sir!' Julia was going to be in trouble! She felt sick! Jack felt bad, too. Surprisingly, Mr Osborne did not call Julia into his office that day, nor the next, nor the following day. Perhaps Jack and Julia were not in trouble after all.

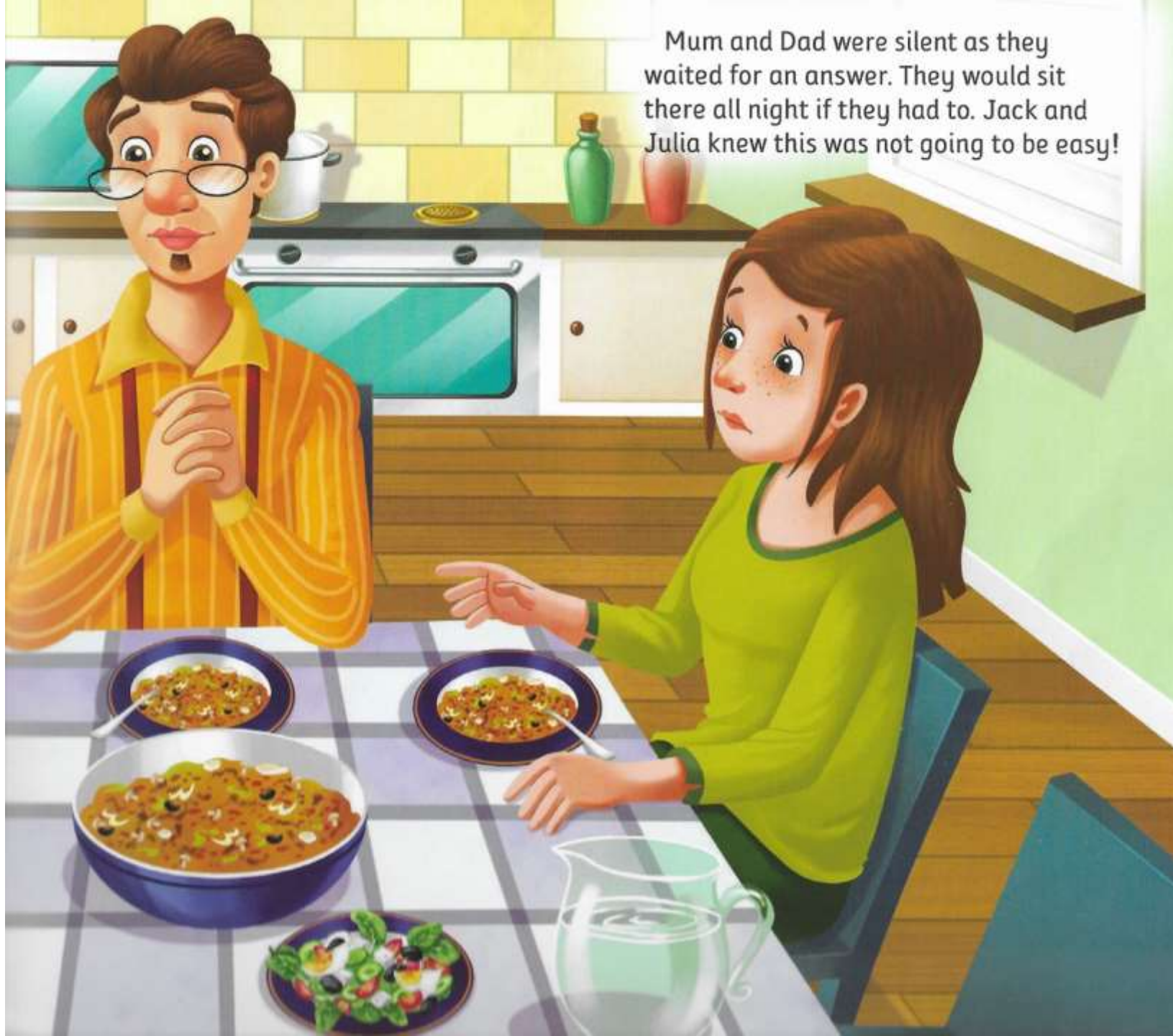


And then, out of the blue, at the dinner table at home the next week, Julia made a fuss about cabbage and hating vegetables all over again. Mum's eyes grew wide and she cocked her head in a no-nonsense kind of way. Dad gently put down his knife and fork, folded his hands and calmly asked, 'So, Master Jack; so, Miss Julia: can you explain how you managed to turn all the students off their vegetables at school?'

Julia tried her silly giggle to make Dad laugh. It usually worked, but not this time. She looked at Jack and innocently asked, 'Have we ever told the other students not to eat their vegetables, Jack?'



Mum and Dad were silent as they waited for an answer. They would sit there all night if they had to. Jack and Julia knew this was not going to be easy!





Finally, Julia blurted out, 'We're sick of school dinners. We're sick of having to eat disgusting cabbage. *P l e a s e*, can we have packed lunches?'

'Truthfully answer your dad's question first,' Mum replied.

Again there was a long, uncomfortable silence. Julia giggled nervously as she held her hand over her mouth.

*One of us has to be brave*, thought Jack. 'I don't think we have put anyone off eating their vegetables. We just don't like vegetables and we'll do anything to get out of eating them. We like pizzas but they hardly ever serve them,' he said.

'Last week everyone was annoyed because they served cabbage again and we started chanting loudly that we didn't like it. Julia accidentally flicked a lump of cabbage off her fork. It seemed funny and everyone started doing the same. She didn't tell them to do it. I promise. Hand on heart!' said Jack.

'Thank you, Jack,' said Dad. 'Mum and I have had a long conversation with Mr Osborne. You and Julia will have to apologise to him and the rest of the school for your poor table manners last week. We expect nothing less from you. That isn't the end of the story. . . . You may think it smart to pretend you have eaten your vegetables when you haven't. All you are doing is harming yourselves. How can you be healthy and strong when you are missing out on all the important vitamins, minerals and other nutrients we get from vegetables if you don't eat them?'

'Mr Osborne, Mum and I have agreed that you should do a project on health over the next few weeks. We'd like you to interview a doctor and some other people who can help you to understand how to look after your health. We bought a project book for you with pens, stickers, different decorations and glue. We want you to record everything you will learn from them. You have an appointment to meet with Dr Lee tomorrow. Oh, and to help you along, we have locked away your iPads and all your electronic gadgets.'

Jack and Julia were shocked . . . but then Julia piped up unexpectedly: 'Cool! I am looking forward to this project. This is going to be fun!'



He showed them how the heart pumps the blood around the body, and what happened to their food after they had swallowed it. A nutritionist, a nurse and a fitness trainer would tell them more about healthy food and exercise later.

The twins learned that the best way to build the healthiest bodies is to:

● Eat healthy food,



● Exercise regularly,



● Have enough rest,



● Breathe in fresh air,



● Get enough sunlight,



● Drink plenty of water, and ...



● Be cheerful - live with a song that  
Jesus puts in our hearts.



## Time for a Quiz

1. Jack and Jill are twins. When is their birthday?
  - a) On the same day – twins always share a birthday.
  - b) On different days.

They were born on different days – Jack was born at 3 minutes to midnight on the 21<sup>st</sup> October and Jill was born at 3 minutes past midnight on the 22<sup>nd</sup> October.

2. What did Jack and Jill not like to eat?

They didn't like vegetables, especially onions and cabbage!



### 3. How did the 'cabbage storm' start?

Julia stabbed her fork into the cabbage on her plate, held it up and flicked it. It flew across the tables and landed on Charlie's plate.

### 4. Name some of the best ways to build healthy bodies.

Eat healthy food, exercise regularly, have enough rest, breathe in fresh air, get enough sunlight, drink plenty of water, and be cheerful.

Eoin McLaughlin ♥ Polly Dunbar

# While We Can't Hug



Susie & Sam

## Learn About Road Safety



DK

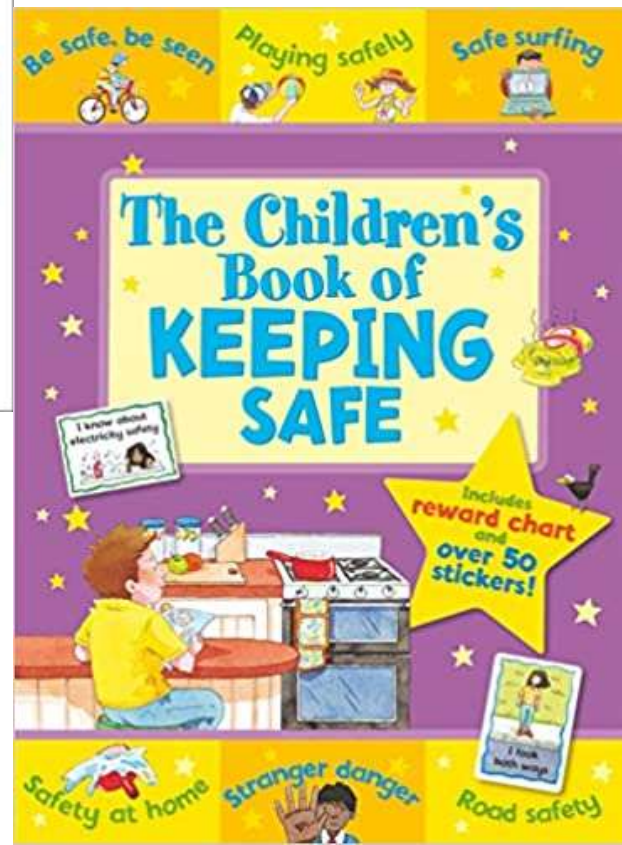
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