



# Driftwood Monthly News

## Great Food Pyramid of Giza!

Mrs. Weinblatt's class has started our study of health and nutrition.

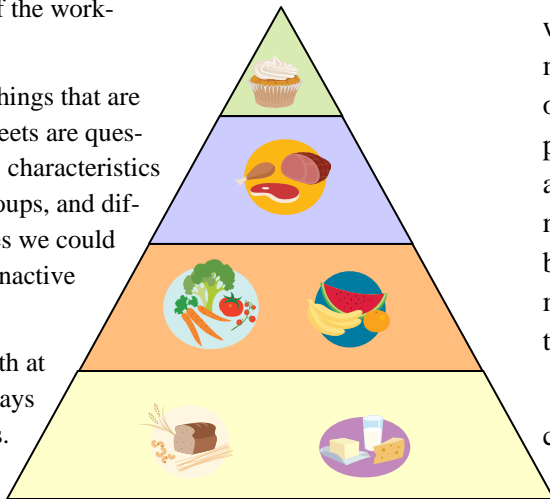
Tracy Wallace has been coming in to our classroom to show us videos about kids exercising and learning to eat more healthy foods. Everybody in the class has a packet full of worksheets. After we watch the videos, we fill out two or three of the worksheets.

Some of the things that are on the worksheets are questions about us, characteristics of the food groups, and different activities we could do instead of inactive things.

We have health at 2:00 on Tuesdays and Thursdays. After doing

our work, we have snacks that contain foods from the food group we have studied that day. For example, on the dairy day, we had yogurt and granola.

Health and nutrition is helping Mrs. Weinblatt's class learn how to stay healthy.



## Creators of Life!

In Marine Biology, we made an island!

The island is actually made of paper. There is brown paper for the land, light blue paper for the sky, and darker blue paper for the ocean.

To populate our island, we make plant or animal cards. On the front of a card, we draw a picture of the animal and write down its name. It doesn't have to be a real plant or animal. We can invent them.

On the back of the card, we write what the plant/animal eats.



Every week, we draw ten species cards to see what will populate our island. We also check to see if our current species have what they need. If their predator didn't eat them, and they have food, we leave them up. If they don't have what they need or they get eaten, we take them off and they die out. One thing that became extinct was a plant that ate itself.

This project is a good way to learn about the delicate balance of an island's food web. It's also fun to see the creatures that other students invent!

## St. Maewyn's Day?

March 17 was St. Patrick's day!

St. Patrick was born in Wales and was originally named Maewyn. He mostly converted pagans to Christians. He wasn't actually Irish, but people think he was because he was

the patron saint of Ireland. St. Patrick also established churches and monasteries.

St. Patrick died on March 17. He was 76 years old. He had spent 30 years of his life helping people.

Strangely, the color of St. Patrick's day is blue, not green. I bet you didn't know that!

St. Patrick's day was made in memory of Ireland's patron saint. It is a time to remember him and what he did.