

Starfire University

During Everybody Counts Week four Starfire University students planned classes about their favorite subject and taught them to us. The classes were Healthy Eating, Weight Lifting, Recycling, and Yoga.

In Healthy Eating with Melissa, we had a chance to learn about the six important food groups. The class gave her foods and she would group them in one of the six food groups. Then, teacher, Melissa would see if they were paying attention by having the class group the food. The class had a chance to create a poster with their most favorite foods. "Yummy!" After making wonderful posters the class had a chance to share their posters.

In Weight Lifting, Matthew told us about his experiences and that he won gold, silver, and bronze medals for weight lifting in the Special Olympics. He showed the class a belt that he uses to support his back, and he also showed a really cool tool that a firefighter made for him that he uses when he trains. It was a tube with a string that had three pounds attached to it. We learned how to lift correctly and practiced using everyday items like soup cans. Matthew talked about his travels around the world and how he snorkled in the Great Barrier Reef located off the coast of Australia.

In Recycling with Joe, we learned where to look for the number on the container to see if it is recyclable. We also made bird feeders out of dowels and water bottles, which we took home to hang on our trees. Then, Joe quizzed us about what we can and cannot recycle.

In Yoga with Kara, we learned the important yoga moves like the dog. She brought in yoga mats that we used when we practiced. Kara said we should hold the yoga moves for only five seconds, and she also taught us how to say her name in sign language.

This was a once in a lifetime experience and a wonderfully fun day!

By: Brett, Destinée, George, Maggie, Max, Maya, Micah, Michael, and Will

