Poems:

1. Volunteers have hearts of gold,   
     
   helping people, young and old,   
     
   always giving always sharing,   
     
   volunteers are always caring  
     
   It's not for the money,   
     
   it's not for the fame.
2. Fruit and meat, is good to eat.  
     
   Go run, jump or swim,   
     
   then you win.  
     
   Fruit and meat  
     
   Is good to eat  
     
   And vegies and fish  
     
   Should fill your dish  
     
   But sugar and grain  
     
   Will do you pain  
     
   And if it comes from a packet  
     
   Your diet should lack it.

3.) School, it is stressing at times.   
  
Many times I don't even have it on my mind.   
  
School is good, and it is bad,   
  
there are times   
  
I think that I'm going to mad.   
  
It is a good thing to go to school,   
  
so that you could remember the rules