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