

Congratulations!



Grand Canyon State Games Kindergarten Essay Contest Winners From Ahwatukee Foothills Montessori



Gold

Krishna A.
Katie R.

Bronze

Kunal B.
Chinmayi B.

Silver

Leyna N.
Jairus W.

Honorable Mention

Zubin S.
Olivia Z.

Gold Medal Essays

Healthy Body - Healthy You

by Krisha A.

My mom and dad say, "Health is Wealth". Healthy food, exercise and sleep are very important for us.

Food gives us energy, exercise gives us strength and sleep gives us rest. To build a strong and healthy body we should include fruits and vegetables in our food. Exercise makes our muscles and bones strong. Sleeping daily is when our body rests and repairs itself.

As we all know "A healthy person is a happy person." We should eat healthy meals, exercise daily and have a good night sleep.

Caring for a Wonderful World

by Katie R.

My school taught me about the six pillars of character. I learned to be a caring and responsible person. I feel good about myself, when I help others. I make the world better because I think about more than just myself. Actually, when I think about others I'm happier than I was before. To me, caring is the most important pillar of character because it is the closest one to love and love is the key part of the Pillars. I care about my friends at school. When younger friends fall on the playground and start to cry, I help them get up and go back to play. My heart feels good when they stop crying. I love my family very much. It makes me feel good when I care about my family. I'm very glad my school taught me about the six pillars. I believe caring is what all of the six pillars share most in common. Caring about family and friends makes a wonderful world.

Silver Medal Essays

Good Character

by Leyna N.

Good character is trustworthiness, respect, responsibility, fairness, caring and good citizenship. Good people are people you can trust. Be brave by doing good things. Keep your promise by doing what you say. Be honest, tell the truth. Be loyal to your family. Respect people. I will help my friend with her problem. Be responsible. Listen and obey the rules. I like to be responsible and fair. Treat people nicely, kindly, the same way you want to be treated. Play by the rules and don't cheat. Share and take turns. I like to be caring because it makes me happy. To be a good citizen is to know your rights and understand responsibilities. Do the important things first. I like to have good character.

The Power of Education

by Jairus W.

I am five years old and I go to school to learn math, read stories, study the map of the world, and learn dolch words. I also learn how to spell words and study about animals. Learning makes me smarter. It is hard work but your brain gets smarter and you can write an essay like this one that I am writing. Learning and studying gives everyone the power to invent things that makes the world a better place like Benjamin Franklin. He loved to read and study and that helped him to invent good things. He invented a street lamp which can shine very bright on the street. I love to read and learn things. So when I grow up, I can be a smart person to help people and make the world a better place and be a good citizen.

Bronze Medal Essays

Being a Caring Person

by Kunal B.

Caring means to be kind to other people. If anyone is sick at home you should not run and make noise that they can get some rest and get better. In school when there is a fire drill the little kids do not know where to go. It is good to hold their hands and take them to safety. You could wrestle for fun, but you can not hurt any one on purpose. You can show you care to your mom and dad by helping them clean the house. Also you can donate your old toys to kids who don't have toys. You can donate the Halloween candy to the troops because they don't spend Halloween at home.

We have to take care of the environment because we have only one earth. We can take care by picking up trash from the road and putting the recycling in the recycle bin. The trees give oxygen. If you plant more trees you will get more oxygen in the air. We can save electricity by switching off lights when we don't need them. If everyone is caring for our planet, earth will be a nicer place.

How to Get a Strong Heart

by Chinmayi B.

If you exercise everyday you will get a strong heart. If you eat from the five food groups you will be a strong person. The five food groups are fruits, vegetables, proteins, grains and dairy. You may also need lots of sleep. It will help your body grow and grow. Some exercise you can do to help get a strong heart are running, riding bikes, and yoga poses. If you do all of these things you will be a happy, healthy person with a great heart. I try every day.

Honorable Mention Essays

How to be a Good Citizen

by Zubin S.

If I see trash on the road, I will pick it up. I will be kind and help older people. When I do what I say that means I am being a good citizen. I will always respect our flag. I will try to be respectful and try not to talk over other people. I will care and share with all my friends. A good citizen is a caring, fair, respectful and kind person. I will try to follow these through my life.

My Healthy Life

by Olivia Z.

I love fruits and vegetables. Watermelon, strawberries, and broccoli are my favorite healthy foods. They are tasty and good for my body. Healthy food can make us strong and happy. I love sports. It is fun and also helps me make new friends.

My favorite sports are swimming and skating. Swimming helps us to build strong arm and legs. Skating helps me get good balance. Sports can make our heart and body strong. A strong body can make us have a happy life. I like to be healthy, strong and happy in life.