

Staying Active Is Good for You & Can Be Fun!

By ELLA ROSENBLATT

Staying active can be a little uninteresting at times. But there are several reasons why being active is good for you, why NOT staying active is bad, and how staying active can be fun.

Staying active can be really helpful to your body and here are 6 great and interesting reasons why:

1. Exercise increases your chances of living longer.
2. Exercise decreases your chances of becoming depressed.
3. Being active helps you to sleep better at night.
4. Keeping your body moving helps you continue to move around more swiftly and easily as you get older.
5. Exercise helps create strong

muscles and bones.

6. All moving activities help you get to a healthy weight or maintain a healthy weight.

Many health issues can occur when you are not active such as heart disease, type 2 diabetes, high blood pressure, high blood cholesterol, and stroke risks, so it is very important to stay healthy and to stay active.

There are many ways to stay active that can be fun, like playing basketball or any game that involves running at recess or if you play any sports you are being active. So you don't have to be bored at the gym to get your exercise in each day. There are many ways to be active – find ways to have fun with it and stay healthy this new year!

Movie Review: Maze Runner

By ANNA GEMMA GIORGI

My favorite movie that came out this year is called the Maze Runner, from the book by James Dashner. The movie was really exciting. It was about a teenage boy named Thomas who was sent into a gigantic maze made out of stone. When Thomas and his friends tried to escape, huge creatures called Grievers that were half robot and half animal tried to stop them. The boys had to run through the maze and then type a code into a machine in order to get free. All the while, the boys' memories had been erased so they didn't remember anything about their old lives. The reason I loved the Maze Runner movie was because it was a great story that had a lot of action. It really made my heart pound. I feel the movie is better if you've read the book first because



Photo courtesy downloadpaperhd.com

you know what to expect. If you end up really liking this movie you also get to look forward to other movies in the future because there are four books in the Maze Runner series. I recommend it for people who are in the fifth grade or older and who don't get scared easily. Little kids might not like the creatures and the killing. In my opinion, the best way to enjoy this movie is with a giant bowl of popcorn, a slushy, and your mom by your side! Finally, I don't recommend it to people who are used to watching Disney.

The Sierra Shark Bits Team Is Graduating this Spring!

Do you have what it takes to be the new Editor-In-Chief?

Does your family want to be a publisher?

It's time for the current Shark Bits team to step aside and let a new team take over. We need your help to keep this student-run paper going!

Want to know more about what it takes to be the editor of Shark Bits and how publishing works each month? Email us for all the details at sharknewspaper@gmail.com.

We'll sit side-by-side for the last couple issues to make sure the transition is smooth and easy. We know you are up for the challenge!

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February Fiction Contest Topic:
 “Magic in the snow storm”
 Submit your story to the office or email it to sharknewspaper@gmail.com to be entered into the contest. Winners' stories will be printed in the February Shark Bits.
Deadline: January 16th

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Volume II No. 4

January 2015

Happy New Year!!

By BIANCA WELCH

Hello Sierra Sharks, I hope you all had a wonderful holiday break. As we start this New Year a lot of us will also have some New Year resolutions. Historians track the origin of this custom to the ancient Babylonians, who used the New Year to try to make amends for their wrong doings the previous year. The New Year celebrations originated around 2000 BC in Mesopotamia. Today we usually have parties and stay up to see the ball drop.



Times Square New Year's Eve Ball.

I was curious to see what other students were thinking about their resolutions. Mia

continued on page 3

January Brain Teaser

What is the longest word without any repeated letters?

Know the answer? Email us at sharknewspaper@gmail.com to be entered in the drawing to be this month's brain teaser champ!

Zack Winter was one of several students who correctly answered 'Frederick was born on leap year' for last month's riddle:

Frederick lived a good long life,
 He loved his children and his wife,
 He was honest, kind and deserved nothing but praise,
 Even if he only had twenty-one birthdays.

How is this possible?

Last month's teaser from Riddles Brain Teasers

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Why You Should Think About Adopting A Pet

By CARINA GEIST

Did you know that animals can lower blood pressure, decrease anxiety, and even decrease the risk of heart disease? That's right, owning a pet is not only fun, but good for you too! Also, if you have a pet, you're more likely to go outside and exercise, which is good for you, and your pet. There are lots of dogs and cats that need a good home this year, so you should help an animal, and yourself, by adopting one this year.

Even though animals are fun, they take a lot of work and responsibility. Puppies and kittens take the most work of all because you have to watch them constantly to make sure they don't get into trouble. Depend-

ing on what kind of animal you get you might have to clean, train, or feed them differently. It's important to make sure an animal has everything it needs before you allow him or her into your house. If you put in a lot of effort and patience, you will end up with a loveable, friendly pet!

Following are just a few places to look for animals that need homes in our community:

- The Sacramento SPCA
- Adoptapet.com
- SmallDogRescue.org
- Happy Tails Pet Sanctuary



Mr. Bob - a 7 year old Chihuahua available at SSPCA.

Photo courtesy sspca.org

- Sacramento Independent Animal Rescuers

And be sure to keep an eye out for adoption centers at your local pet food and supply stores. Many animals that are being fostered are shown at these stores so you can meet them before making a decision on whether an animal is right for your family and home. If you know what kind of dog,

cat, or other animal you'd like to adopt, there are also animal rescue organizations that are specific to particular breeds like the NORCAL Golden Retriever Rescue. Whatever you can do to help a homeless pet – donations, fostering, adopting – will make a world of difference!

Sponsored by the Welch Family



International Baccalaureate Corner

The International Baccalaureate® (IB) learner profile describes a broad range of human capacities and responsibilities that go beyond academic success. They imply a commitment to help all members of the school community learn to respect themselves, others and the world around them.



Happy New Year (cont'd)

wants to try to be nicer to her brother. Becky would like to be better at practicing her sports. Amiya will be striving to get a 4.0. Isabella's resolution is to be nicer to her cat. Sophia would like to study more. Madden wants to concentrate on his hand writing.

I was curious to ask Mrs. Bray



Image courtesy loseloveandshowto.com

and Mrs. Brown what their New Year resolutions are and they both said to exercise more. Did

you know that 68% of Americans want to exercise more?

I was surprised to hear that Jake would like to start saving money, and lastly a lot of my classmates want to get better grades.

You may be wondering if I have any resolutions. I'd like to take better responsibility for my dogs Beebe and Coco, play harder tennis this year, and eat potatoes once a week when my mom asks. I hate potatoes! And last but not least I'd like to practice my violin more often. Thanks and I wish you all luck with your resolutions.

Want to send a shout-out?
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Happy 10th birthday Evelyn!
We love you lots,
Mom & Dad

Happy new year to
Sierra Elementary students,
teachers & staff!

SAVE THE DATE

For Sierra Elementary's
Annual School Auction

Saturday, February 28, 2015
5:00 P.M. - 10:00 P.M.

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What's Happening ~ January 2015

Winter Break (no school)..... Monday-Friday, December 29-January 2

Family Reading Night (6-7pm) Wednesday, January 7

Martin Luther King Jr. Day (no school) Monday, January 19

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