



**Smithsonian Institution**

*Anacostia Community Museum Archives*

## **Birney School Life Newsletter, May 1952**

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## A Good Breakfast

The pupils in the first grade are talking about their breakfast. They enjoyed discovering the food that makes a good breakfast. Here are a few poems that the pupils composed.

**HURRY! HURRY!**  
When I wake up in the morning  
I am hungry as can be  
I hurry to the table  
And see what foods for me.  
Linda Mingo  
Age 6

**A GOOD BREAKFAST**  
I have a good breakfast every morn  
Of cereal, fruit, and milk  
And it makes me get up at dawn  
And I feel as fine as silk.  
Jacqueline Cowan  
Age 6

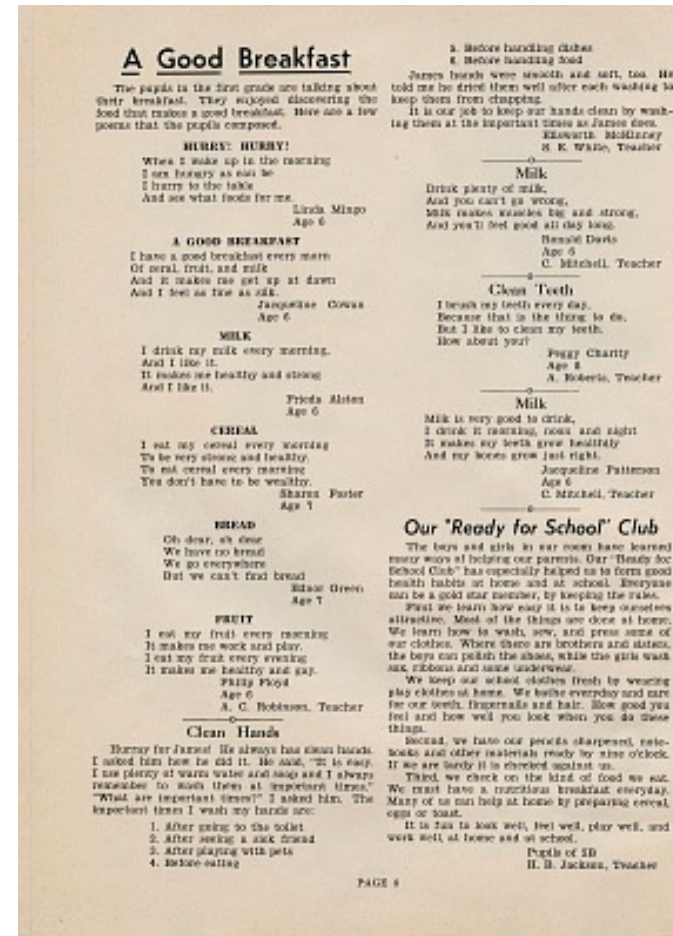
**MILK**  
I drink my milk every morning,  
And I like it.  
It makes me healthy and strong  
And I like it.  
Frieda Alston  
Age 6

**CEREAL**  
I eat my cereal every morning  
To be very strong and healthy.  
To eat cereal every morning  
You don't have to be wealthy.  
Sharon Foster  
Age 7

**BREAD**  
Oh dear, oh dear  
We have no bread  
We go everywhere  
But we can't find bread  
Ednor Green  
Age 7

**FRUIT**  
I eat my fruit every morning  
It makes me work and play.  
I eat my fruit every evening  
It makes me healthy and gay.  
Philip Floyd  
Age 6  
A.C. Robinson, Teacher

**Clean Hands**  
Hurray for James! He always has clean hands.



I asked him how he did it. He said, "It is easy.  
I use plenty of warm water and soap and I always  
remember to wash them at important times."  
"What are important times?" I asked him. The  
important times I wash my hands are:

1. After going to the toilet
2. After seeing a sick friend
3. After playing with pets
4. Before eating
5. Before handling dishes
6. Before handling food

James hands were smooth and soft, too. He  
told me he dried them well after each washing to  
keep them from chapping.  
It is our job to keep our hands clean by washing  
them at the important times as James does.  
Ellsworth McKinney  
S.E. White, Teacher

Milk  
Drink plenty of milk,  
And you can't go wrong,  
Milk makes muscles big and strong,  
And you'll feel good all day long.  
Ronald Davis  
Age 6  
C. Mitchell, Teacher

Clean Teeth  
I brush my teeth every day.  
Because that is the thing to do.  
But I like to clean my teeth.  
How about you?  
Peggy Charity  
Age 8  
A. Roberts, Teacher

Milk  
Milk is very good to drink,  
I drink it morning, noon and night  
It makes my teeth grown healthily  
And my bones grown just right.  
Jacqueline Patterson  
Age 6  
C. Mitchell, Teacher

Our "Ready for School" Club  
The boys and girls in our room have learned  
many ways of helping our parents. Our "Ready for  
School Club" has especially helped us to form good  
health habits at home and at school. Everyone  
can be a gold star member, by keeping the rules.  
First we learn how easy it is to keep ourselves  
attractive. Most of the things are done at home.  
We learn how to wash, sew, and press some of  
our clothes. Where there are brothers and sisters,

the boys can polish the shoes, while the girls wash  
sox, ribbons and some underwear.

We keep our school clothes fresh my wearing  
play clothes at home. We bathe everyday and care  
for our teeth, fingernails and hair. How good you  
feel and how well you look when you do these  
things.

Second, we have our pencils sharpened, notebooks  
and other materials ready by nine o'clock.

If we are tardy it is checked against us.

Third, we check on the kind of food we eat.

We must have a nutritious breakfast everyday.

Many of us can help at home by preparing cereal,  
eggs or toast.

It is fun to look well, feel well, play well, and work well, at home and at  
school.

Pupils of 5B

H.B. Jackson, Teacher

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