

Nutrients

All living beings need nutrients for their existence.

Human beings need carbohydrates, proteins, vitamins, fats and minerals. They give us energy, protect us from diseases and help our growth. We get these nutrients from food and drinks.

Natural foods are better than artificial foods, to get nutrients. Like human beings, plants also need nutrients for their growth and survival. They are, Nitrogen, Phosphorus and Potassium. Plants get them from the manure we put. Plants get these nutrients and give us flowers and fruits.



Thameera Ranasinghe (12 years)
Kuli/Assedduma
Subhathi Vidyalaya

A trip to Kataragama

My parents, my sister, my brother and I went to Kataragama during our school vacation with my friend Imashini, her parents and her grandfather. We started our trip at 4 a.m., in their van. While we were travelling, we sang nicely. We had our breakfast at my friend's house.

We reached the Udawalawe National Park. We saw many elephants there. There were so many banners around the park. They told us not to give food to the animals. After that we were able to see the Lunugamwehera Tank. We reached Kataragama at 2.30 p.m. We stayed at the Y. M. B. A., rest hall. In the evening we went to Kirivehera. It was a very religious place. We joined the 'night *poojawa*' at the Kataragama Devale. We served God Kataragama with *pooja watti*, with

fruits. That night was a rainy day. We all got wet. We came to the rest hall again at 8.40 a.m.

The next morning we came to Sellakataragama. We served *pooja watti* to the *Devale* at Sellakataragama. We gave some *poori* to the fish in the Menik Ganga. I bought some books there. My sister and my friend Imashi bought some bangles and necklaces there.

We went to Kirinda. We trampled the waves at the Kirinda Beach. It was a lot of fun.

We came home at 2 a.m. It was my first trip to Kataragama. I hope to go again to Kataragama this year.

Ravindu Dias (10 years)
Sri-Bodhi Vidyalaya,
Gampaha

Oh! my Kitty is sick

This morning I jumped from my bed to see my pussy cat crying as if someone is hurting her. Oh! I was sad to see her with blood all over her face after a fight with our dog. Poor pussy, I nearly cried.



Ashinsani Potuwila (Grade 3)
Hillwood College,
Kandy

My country

My country's name is Sri Lanka. It is situated in the Indian Ocean. My country is small among other countries. It has a zoological Garden in Dehiwala and it has beautiful Botanical Gardens. They are Peradeniya and Haggala. My country's longest river is the Mahaweli River. I love my country and I wish it to be a peaceful country.



Mohamed Shafri (Grade 3)
Alawathugoda Junior School

Myself

My name is Deshan Dias. I am in Grade Four. My school is St. Anthony's College. I live in Kandy. I have two brothers. My hobby is playing computer games. My favourite subject is Maths. I like to swim. I want to be a lawyer.



Deshan Dias (Grade 4)
St. Anthony's College

At the traffic lights



Jerome Mudliappa (13 years)
Maris Stella College, Negombo



My home

Hafsa Haleemdeen (5 years)
Royal English School,
Matale



Senya Tennakoon (5 years)
Gateway College, Kandy

The Literary Day

The Junior School, Literary Day of C. I. S. – Kandy was held on January 31, 2007.

All the children, teachers and parents were seated in the auditorium by 1.30 p.m and the guests of honour arrived.

The afternoon was filled with poetry recitations, short speeches and colourful poster displays.

The prize winners were awarded with certificates and gift vouchers.

At the end of the ceremony Madam Weragama gave a speech and she mentioned my name for sending nice articles for the Funday Times.

It was indeed a pleasant surprise and I received a certificate and a book voucher too.

The wonderful occasion came to an end at around 3p.m.

**Shamindri Jayawarna
(10 years)**

Colombo International School – Kandy

Pooh



Nirmani Dasanayake (8 years)
Mahamaya Girls College,
Kandy

My house



Aneesha De Silva (6 years)
Mallyadeva Girls College,
Kurunegala

Rain

Rain is good and
also bad
Making people happy
and sad
A boy named
lad
Said rain is
bad
And makes him
sad
I said no rain is good
as well as bad
It doesn't make
everybody sad
rain makes some happy and some
sad
and others good and
also bad
But most of it rain makes happy
but few sad
And also many good and
little bad



Akini Karunarathne (8 years)
Ecole International,
Digana

African elephant



Atheeq Nazeer (Grade 3)
Ecole International, Kandy

A poem for the week

A plea from the poor

Hail the cold, long nights,
When matchsticks warm
my fingertips.
I pray for a scrap of
bread,
To warm my ice-blue lips.

Around me people trudge,
And how garishly they
dress.
How I envy them for they
have homes;
Peaceful places to rest.

Are they blind, I often
wonder,
To the homeless they step
over?
While some die with not a
morsel to eat,
Others feast with hearts
cold and sober.

My pen is my harmless
weapon,
To a world of happiness
my key;
So I hope for some kind
soul,
To hear my helpless plea.

**Nethmee
Mallawaarachchi
(13 years)**
St. Bridget's Convent

Poems... Poems...

Create your own little poem and send it in to us. This competition is open to age groups from 4 – 14 years.

There will be one winner each week. The poems will be judged according to the age of the competitor. The winner will receive a book voucher for Rs. 500.

Please remember that the poems you send should be your own original composition and not copied from anyone or anywhere. Entries should be in your own handwriting and should be certified as your own by a teacher or parent.

Word limit: 100 words.
**Please write 'A POEM
FOR THE WEEK' at the top
of your entry.**