

The writings in this book were inspired by reading the outstanding book ***The Best Part of Me*** by Wendy Ewalt.



The photos were shot with an iPhone.

The students who contributed to this book were a part of Mrs. Dina Muncer's/Miss Julie Gordon's/Mrs. Emily Vollrath's first grade class & Mr. Frank Murphy's/Mrs. Dianne McCoy's fourth grade class. These two classes are a part of the amazing Holland Elementary School community in the Council Rock School District

Principal: Mr. Andrew J. Sanko

February 2010

My Helping Hands

Hands, hands, hands.

Full of things to do. Shooting the ball into the net. Delivering a perfect spiral to my receiver. Putting words onto a piece of paper with a pen.

Hands, hands, hands.

Useful in holding a fork while eating, they help me turn the page while reading, hitting the keys on the computer while typing.

Hands, hands, hands.

Austin Joseph, November 2009



My Eyes

My eyes help me see, they help me walk and they help me do everything, without my eyes I wouldn't be able to see. With my beautiful eyes I can see all I need. Also without my eyes I couldn't walk because I wouldn't know where I am going. Don't use your eyes to purposely hurt your self. I love my eyes and I am really thankful that I have them. With my eyes I can do anything that's possible to do and I am really proud. Also without my eyes I wouldn't be able to use my hands.

Claire Gonchar, November, 2009



Best Part of Me

The best part of me is my arms because I can catch a football in the air. I can prevent it from hitting my face. My arms help me ride a bike. And I can play hockey with my arms. I can catch a puck with my hockey stick. They can also help me swim too. I can do breaststroke, butterfly and backstroke and freestyle. Can you do butterfly? Oh! And I can wrestle! Push-ups too!

Jimmy Sweeney, November 2009



My Heart

My heart, yes my warm heart is the best part of me. Even though I can't see it I can imagine it red, big and bold. Here are some people that build up my heart: my mom, my dad, my sister, my friends, my grandparents and my teacher Mr. Murphy. They build it up because they care about me, teach me right from wrong and help me believe in myself! Without my heart I could not feel emotions. Without my heart I couldn't help people. One thing I do with it is the Pledge. I put my right hand on my heart - then my heart feels patriotic. To make good decisions I need to follow my heart!!! Its inside, inside what counts. *That is the best part of me!!!*

Sarah Michels, November 2009



The Best Part of Me

The best part of me is my brain because it makes me smart. It also makes me figure out where Legos go. It also helps me get past a video game level. It also thinks when I want to hit a baseball.

Brendan Lynn, November 2009



The Best Part of Me

The best part of me is my hands because I can fish with my hands, yahoo! And I can catch a football with my hands. And I can play hockey with my hands. Another thing I can do with my hands is play baseball. I can also play basketball with my hands. And last, but not least, write and type. Those are all the things I can do with my hands.

Brett Holdsworth, November 2009



My Hands

Without my hands I couldn't catch a football, or play my amazing video games. Without my hands I couldn't climb to the top of high trees. With my hands I can swing a homerun with a baseball bat. Also I can catch a 56 mph kick, three feet away from me! With my hands I can give my friends a pound. When I'm older my hands will be driving a Mustang. I can also lift weights with my hands too. Without my hands I would be useless.

Collen Forbes, November 2009



My Legs

The best part of me is my legs because it makes me move. Without my legs I wouldn't be able to do anything. It helps me run, walk, play with my friends and it helps me play soccer. I am thankful that I have legs to help me move around.

Dana Kaganovich, December 2009



The best part of me is my eyes. Without your eyes you couldn't see. I like to see my Pokémon cards, parents, and my fish. My eyes are blue and they look like goggles. My eyes help me see.

Dean Rarick, November 2009



*My eyes
blue, big, seeing,
to see things far away
and help me find a way
through the forest
And the jungle.*

The best part of me is my eyes. I like them because then I couldn't write this. I couldn't do math. By golly! I couldn't see where I was going.

Even though I chose my eyes as my best, I don't want the other parts of me to be sad, so remember this: *The "one of" stops the best from hurting all the rest.* So my eyes are *one of* the best parts of me!

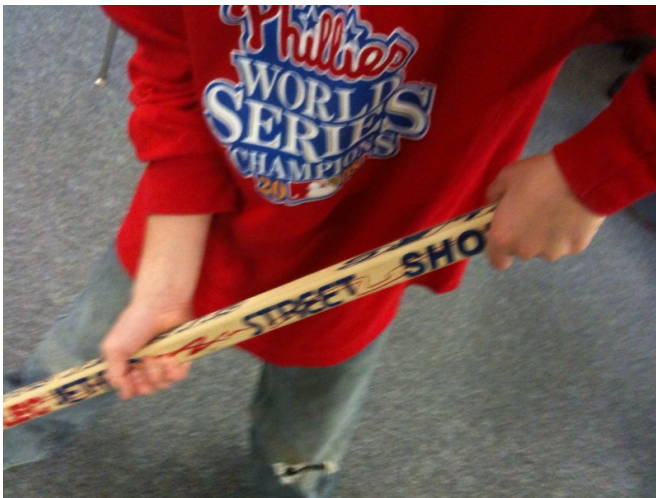
Ethan Collins, November 2009



Wrist & Hands

The best part of me is my hands. I love, love my hands. I love my hands because they help me with hockey for controlling with the stick with my left hand. In hockey, my wrist helps me with shooting because I need to snap my wrist. In hockey I use my arms by taking a slap shot. In hockey, hockey I use my hands to make a by helping my team. In school I write with my right hand and if I didn't have these hands I wouldn't be able to write. In school I use my hands for raising my hands. In school I also use my hands by playing football. I use my hands to catch a frog and bugs. I use my hands to give my mom a big huge BEAR HUG, big and huge BEAR HUG. Today I still give my mom a BEAR HUG, a big BEAR HUG. I use my hands to shoot a basketball. In basketball, I use my hands by blocking the other team to not make a shot. My hands are just right for me.

Collin Waterman, November 24



♥♥My Heart♥♥

The best part of me is my heart. It helps me be kind to my friends. I put my hand over it when we say the pledge. I Love my heart because it helps me live. My heart pumps my blood. It's really great to have it. If it didn't pump blood I wouldn't be alive. It helps me when I run fast. It helps me love my family. When I'm playing tennis and I am tired it helps me not get out of breath. That is why I ♥♥love my heart.♥♥

Hailey Goldberg November 2009



My Heart

The best part of me is my heart. Mt heart beeps. It means love. My heart keeps me alive. My heart helps me live, without my heart I wouldn't be alive right know. Your heart helps you move, and without your arms and legs I wouldn't be able to do anything. Your heart gives you energy by what you drink; it also helps you run walk and everything else, and it helps you breathe.

Hannah Roth, November, 2009



My Hands

My hands help me write. My hands help me hold stuff. My hands help me hug. They help me type. I can draw with them. I can put nail polish on them. They help me use a fork to eat chicken. I can crack my knuckles with them. They use a spoon to eat ice cream. With my hands I can shape a snowball and construct a sandcastle. I LOVE MY HANDS!!!!♥♥♥♥♥

Harley Rubakh, November 2009



The best part of me is my legs because I like riding my bike. I like to ride my 20 inch bike on the bridge. I used to do karate. I try to catch my dogs around the house by running and chasing them.

Jack Vogt, December 2009



My Hands

I use my hands because I can catch a football. I use my hands for catching a basketball. I use my hands to climb like a monkey. I use my hands to clean the dishes. I use my hands to help my brother (Brandon or Eric) get up.

Marco Cruz, November 2009



MY HANDS

One reason why my hands are my favorite body part is because I can lift weights. The second reason why my hands are important to me is because I play guitar and rock out. The third reason why my hands are important to me is because I can throw baseballs and footballs. My hands look like islands and they also look like piano keys with four spaces.

Matthew Cohen, November 2009



The best part of me is... my *hands*, so I can help Ethan. Outside or inside. It helps me play Lego Batman and I use my hands to write stories in school. I also use my hands to hug my mom. My hands hold my baby brothers. I can play with my brothers using my hands.

Max Brackbill, November 2009



My arms and hands

In the summer play football. In winter, wrestling. In fall, baseball.

I can:

Throw,

Write,

Draw...

And I can do pretty much do anything with them. They are the best part of my body, indeed. I know that my arms are the best. My arms, my arms... I love my strong arms.

Chris Maciejczak, November 2009



My Hands

In the fall I use my hands too catch a football or write in class with my pencil. I also use my hands to type and pitch in little league. My hands help me when I'm in trouble and let me play video games. They also let me give hi-fives to friends.

They are the best part of me my hands, my amazing hands.
I L☺VE my hands.

Helpful
Awesome
Never stopping
Dandy
Super

HANDS



John Mosley, November 2009

My Hands

I like my hands because when you play baseball your main body part is your hands. Like when you make a jumping or diving catch. Or when you play basketball it's the only body part you use. Or in soccer when you play goalie you almost have to use your hands. Or when you throw the ball in for soccer you have to use your hands. Or if you type you have to use your hands. Like if I didn't have hands I wouldn't have typed this page. Also if I didn't have hands I couldn't write either, so I couldn't have gotten all my thoughts down on a piece of paper. Without my hands I couldn't pick anything up. And that's why my hands are my favorite part of me.

Jay Ferrara, November 2009



My Mind

The best part of me is my mind. It helps me think. It lets me dream about being smart. It helps me solve problems. My mind helps me talk. My mind helps me wake up and think of good things. It lets me be nice to people and make good decisions. It tells my body to give Mr. Murphy hugs. My mind tells me to laugh. It tells my arms and legs to move in dance party! My mind helps me give high fives to friends. It helps me imagine things like rainbows and flowers. It is absolutely just right for me!

Heather Shockley, November 2009



My Head

The best part of me is my head because I can watch a movie with my eyes and I can see cool things. I can read a book too. My eyes are blue. I can also smell flowers and other good smelling things, and I can hear music. I am smart because of my brain. With my brain I can do math, and I can make good choices. I look good because of my hair. I can also taste good foods.

Nicole Blaustein, November 2009



My Heart

The best part of me is my heart. My heart helps me think. It helps me think because my heart is the greatest part of me. It is the greatest part of me because of my feelings. When I run I can feel my heart pumping in my chest. My heart helps me love my parents and my friends. My heart is filled with love!

Nikka Khaytin November 2009



My Brain

The best part of me is my brain. My brain helps me think. I wouldn't be smart without my brain. Without my brain I would be bad at math. My brain helps me to read my Harry Potter book. (I'm just reading one right now!)

Raphael Vogeley, November 2009



My eyes. They help me see better. My eyes help me read. I can look at my problems in math and see where I need help. My eyes work with my brain. Together they let me type this. It makes me HAPPY! To be able to see is good. With my goggles I can even see under the water. I love my eyes.

Sam Yampolsky, November 2009



My Brain

The best part of me is my brain. My brain helps me learn math and science. It helps me remember things. My brain also helps me think. My brain makes me think of good choices. When I'm home my brain thinks about my family.

Stephen Dosa, November 2009



My Arms

The best part of me is my arms because they help me do...

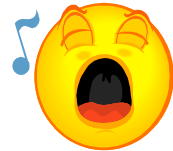
- Gymnastics – full
- Write – in math
- Eat – noodles
- Have fun – tease Mr. Murphy
- Move – wave and high five
- Read – this book
- Type – this piece that I am righting
- Feel – the keys to a computer
- Throw – a ball
- And Dance – to Christmas music

These are the reasons why my arms are the best part of me.
Also if I didn't have arms then I wouldn't be able to do all of those things.

Brittany Altman, November 2009



The best part of me is my mouth. I can do a lot of things with my mouth. My mouth can smile and laugh. My mouth always has a very, very happy smile! My mouth eats, but sometimes it doesn't like what it's eating. My favorite thing my mouth can do is sing. I love singing and so does my mouth! My mouth opens soooooooooo wide when I sing in my plays! The most important thing my mouth can do is talk. Some mouths can't talk, ☹ I'm lucky that my mouth can talk. 😊



Bria Bubenheimer, November 2009



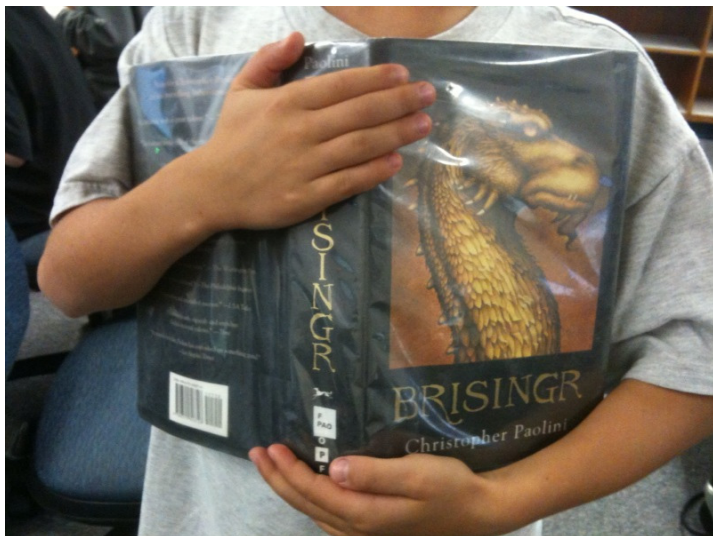
My arms are the best part of me. They can do a million and one things, at least. In the morning they help me do my inhaler, put my retainer back, brush my teeth, and cook my breakfast. They also help me grab my backpack, open the door or get in the car.

At school they help me write, read (my favorite thing), go on the computer, and catch a football.

At home they help me do my homework, play outside, eat dinner, read (again), get in bed and just HAVE FUN.

I can even hug a book!

Harrison Cantor, November 2009



The best part of me is my heart because it keeps me going. My heart pumps and god takes my soul when I'm sleeping. He gives it back when I wake up. My heart helps me love my friends and family. My heart is my favorite part of me because I wouldn't be alive. I would not know what to do without it.

Conner Weinberg, December, 2009



The best part of me is my heart because it helps me live and play with my brothers, Dillon and Brandon. My heart helps me go to school and my heart makes me play at recess. My heart makes me help people also. And my heart makes me help my dad. My heart helps me with my homework. My heart makes me help my brothers and most of all my heart makes me L☺VE people. My heart helps me help my mom clean.

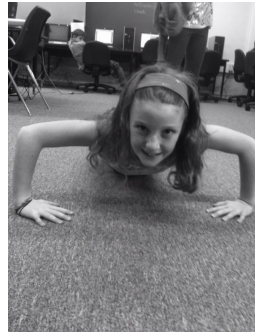
Aidan Scott, November 2009



My muscles

There are like 639 muscles in a human body. But scientists are not really sure. I use all of my muscles for gymnastics. I also use my muscles for playing, lifting stuff, dancing, running and a lot of other stuff too. My muscles are the best, the best part of me! If nobody had any muscles then they would not be strong at all and they would not be able to lift anything or hold themselves up. (That would be really funny!)

Kacie Charlton November 2009



*Author's Note: Hi! My name is Kacie Charlton. In this writing I wrote about my muscles. I chose my muscles because I think my muscles are **the best part of me**. I think they are the best part of me because in mostly all of my hobbies I use my muscles. Some of my hobbies are gymnastics, jazz, ballet, and violin. I think this is my best writing yet!!!*

My Feet

The best part of me is my feet. I can run fast with my feet. I can bend my feet. My feet can kick a ball. My feet can touch the floor. My feet have shoes. My feet can go in the air. I can tie the shoes that are on my feet. My feet can wiggle. My feet are just right for me. I love my feet!!!!



Lizzie Sutton, November 2009



My Legs

My legs help me with soccer. I can score amazing, spectacular, goals, kick the ball, and if we didn't have legs soccer would not be a sport at all.

I love my legs. They help me run for very long. My legs help me kick my sister, but that's not right at all.

My legs help me with many things; they can also help me with swimming. Your legs will lift you up to get snack and help you run from a burglar snatch.

My legs help me jump and spin. But they won't keep me thick and thin (that's something you need to do by yourself!).

Author's Note: My favorite line in this poem is: "I love my legs. They help me run for very long. My legs help me kick my sister, but that's not right at all." What was your favorite line?

Conor Nelms, December 2009



The Best Part of Me

The best part of me is my eyes. They help me see ice cream and trees. They help me see people and see what they are doing. They help me read and look at the pictures and watch TV. My eyes help me see my pets to help them. Those are all my favorite things to do.

Sarah Khatri November 2009



Hands (Wrist & Arms)

My hands are the best, and there are so many things you can do with them and I am going to name a lot of them. One thing I do with my hand is writing, without my hands I would not be able to write. I wouldn't even write in anything. Another thing I do with my hands is catch, without my hands I wouldn't be able to catch a football or a basketball or a soccer ball or kickball. Another thing I do with my hands is throw a ball, without my hands I wouldn't be able to throw a ball if I didn't have hands I would be throwing with my arms, and boy would that be hard. And last, but the best, shooting in hockey. One of my all-time favorite sports is hockey, but I would not be able to play it without hands (wrist, arms). I take wrist shots, slap shots and snap shots and there all important, but you have to have hands to take the shots. And another important thing you need to know how to do also is stick handling, but you need hands to do it. I am a pretty good stick handler, but I am still always practicing. So just be thankful that you even have hands, because if you didn't have hands, there would be a lot of things you wouldn't be able to do.

Nick Quaranto, November 2009



The best part of me is my mind. It tells me what to do in school and it helps me in different hobbies. It is curious, but serious, right, but wrong. In school I use my mind to think for a math test, or write a paper, and also I use it for art, music and gym. Your mind can determine your personality, your unique personality and likings.

In school I always am using my mind either when I am in Humanities or in Math Enrichment.

About The Brain:

I researched a bit about the brain and this is what I found out. The brain is the organ that makes us human, giving people personality, memories, and movements.

It's basically a jellylike mass of fat and protein weighing about 3 pounds. It is, nevertheless, one of the body's biggest organs (the skin is the biggest organ), consisting of some 100 billion nerve cells that not only put together thoughts and highly coordinated physical actions but regulate our unconscious body processes, such as digestion and breathing.

Every day I use my mind to think. It is a big help for school. My mind will always be mine.

Megan Blaustein, Nov. 09





My Spine!

The best part of me is my spine. It's a good thing it's protected by my vertebrae. All 26 discs are so important when I play sports. My spine helps me shoot a basketball and my spine helps me walk in the mall. My spine is the one thing that helps me every time I want to see. My brain tells my spine to do these things, these wonderful things that makes me, me. I love the way it helps me kick, kick the soaring, flying soccer ball into the net. My spine also helps run. I am so fast that when I run I am going the speed of lightning when it strikes the finish line!

My spine also helps me in school believe it or not (besides recess and sitting down)! The cervical part of my spine is extremely important with school. C1 and C2 help me see, hear, smell, and talk. The thoracic part of my spine is also helpful in school because the nerve attached to it connects to my shoulder. And my shoulder connects to my arm which connects to my wrist which connects to my hand that helps me write and turn the pages of a book. My spine helps me listen to Mr. Murphy when he is talking and I get to learn leadership, math, science etc. In music my spine helps me sing.

My spine can do so many more amazing things like help my back twist to the side when I do a side dive and try to do a back dive. My spine helps me swim. I can swim really fast and my spine helps me the most in the stroke butterfly. But it still helps me in the rest of the strokes. When I am bouncing on my trampoline it helps me do a flip. Imagine how it helps and moves in the body of contestants in the Olympics or to other professional athletes.

But the most important part about my spine is that it helps me breathe. My spine also helps me talk and walk and eat and drink. It protects many things including my nervous system too. It is a big bone in my body and it is very important. I love my spine and that is why it's just right for me and the best part of me!

Hannah Devlin November 2009

The Best Part of Me

The best part of me is my arms so I can hold baby Becca. I can help mom and Becca and grandmom. I help her read. I help Becca by pushing her on the swings. Becca makes silly noises and we play.

Elizabeth Bedor November 2009



Hands

My hands help me throw a football; they also help me catch a baseball. My hands hold my fingers so they can type on the key pad. They also help me draw and write words. Hands hold my fingers on my body so I can type like I'm doing right now.

Your hands help you punch in karate. Your hands also help you hold a drink so you can drink it. When I am angry my hands turn red. When I am sad or hurt my hands wipe the tears away from my eyes. When I am shy my hands grab my mom's hand. When I am afraid my hands push the scary things away. When I am happy I high-5 people.

My hands are the right size for me!!!!

Matt Stewart, December 2009



The best part of me is my brain. It helps me build Legos. It helps me spy on my parents too. I also use my brain to help me look at movies and DVD's and it helps me pick video games I want to play. It actually helps me control my body. It makes me smart. If I didn't have a brain I would die.

Sean Hansen, November 2009



My Feet

My feet carry me over the soccer field and basketball court. They swim me for another lap down the pool. They help me walk, run, jump, and do cartwheels. Where would we be if we didn't have feet? How could we get what we needed? How could we stop ourselves from being fat? Would we be? How would we move? Now this proves not only are the feet the best part of me, they are the most important body part of them all - unless you can answer my questions with more proof that there is something better than feet.

Shannon Dillon, November 2009



My Eyes

The best part of me is my eyes. My eyes let me see anywhere and everything I want to see. When I don't want to see something I close them shut, all shut until I want to open them back up.

I can see everything around me. My eyes are big and round so I can look around. They are dark brown with tiny little pupils that are full of black. When I cry they let out tears of salt water. When I am angry my eyes look mad at you, straight at you. When I'm freaked out my eyes are really, really open. They're not closed one bit at all. When I'm excited my eyes are big and bold (as Kacie says.) When I am happy my eyes look happy, happy to stare straight at you.

My eyes are just right for me!!!

Devika Diwan, November 2009



My Legs

The best part of me is my legs because they help me move everywhere. I can jump with my legs. I also can run, kick a soccer ball, dance, walk, and move. Without my legs I wouldn't be able to walk or do anything of those things.

Madilyn Johnson November 2009



MY FEET

The best part of me is my feet. I use my feet to kick a soccer ball and I could score a firing shot into the soccer net. I could also kick the ball in kickball too. I could kick it out of the park and kick a grand slam. I use my feet to walk. If I didn't have feet, I couldn't do *any* of this stuff! ☺ Well it's a good thing I do! ☺ In the snowy winter, when it's a snow day, and there's 4 inches of snow, I use my feet to get out of bed and help me sit down for breakfast. My legs help me get into my snowsuit and help me go outside and play and run. I can use my feet to walk up a slope at Holland Elementary and ride down the slope with my sled. With my feet on my ankles, my ankles on my legs, and my legs on my thighs, I could pretty much walk everywhere except all the places that are really far away when either my mom or dad could drive me to places like Pittsburgh, the steel city, (that's how the Pittsburgh Steelers got their name) or some other place that's far. I can walk to school, walk to recess, and walk to Nick Quaranto's house or Matt Stewart's house because their houses are pretty close. Or I could bike ride to their houses too if I wanted to. I use my feet to play tag because I run around and try to dodge the person that's it! Sometimes I run around and fall and sometimes I hurt my feet. Like when I'm barefoot and I'm running on black-top and I could scrape my feet. I'd have to get Band-Aids on my feet! Then I would be fine.

Bennett Garfield, November 2009





The best part of Sammy McDowell is her smile – at least for me it is. I’ve been getting stopped in my tracks for a few years now by Sammy’s smile. And by her “**HI!**” I love when she looks up at me and says, “**HI!**” I love when she looks at me and **knows** me! And I love knowing her!

Another cool thing is that I’ve seen her mom in the hallways and I see that Sammy’s smile is just like her mom’s. And I can’t think of anything cooler than that – seeing your smile recreated on your child’s face, your child’s beautiful face! I hope Sammy’s mom reads this and then looks at Sammy and sees what I see – the best part of Sammy!

- *Frank Murphy, February 2010*
(written for Sammy and her mom!)



The best part of me is my hands.
Mommy hands are like no other hands.
Holding hands.
Carrying hands.
Teeth brushing hands.
Dressing hands.
Hands that clean. Playrooms. Dishes. Little Clothes.
Hands that clean. Faces. Hair. Tiny Toes.
Peek-a-boo hands.
Wiping-tears hands.
Coloring hands.
Playing hands.
Hands that hold favorite stories.
Hands that tuck
“Good night.”
The best part of me is my hands.
Mommy hands are like no other hands....
and I’ve got my whole world in my hands.

By Mrs. Dina Muncer, January 2010