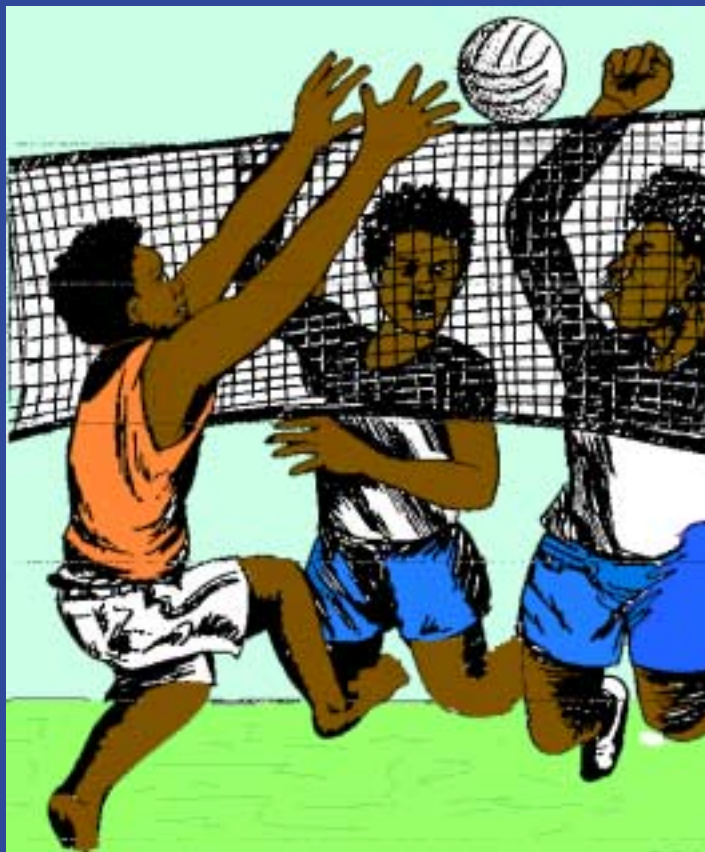


The Volleyball Match and Other Stories



STANDARD 4
READER 3

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Baby Joando

by Ellen Wairiu

New words

*ingredients, method, together
cabbage, separately*

Phrases

full of energy, brought them to the boil

Joando is a 10 month old baby girl. She is a very healthy baby. She is full of energy. Her mother, Florence, keeps a diary of the food prepared for Joando to eat for breakfast, lunch and dinner.

Florence's Diary

Friday 2nd August 2002

Breakfast - 7.30 a.m.

Ingredients

1 boiled egg
1 piece of pumpkin
1 small potato
2 slippery cabbage leaves
juice from a green coconut



Method

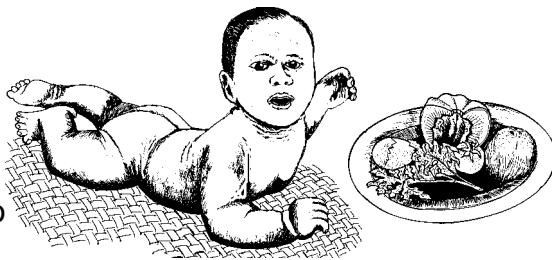
I peeled the pumpkin and potato. I chopped them into small cubes. I put the cubes with the cabbage leaves into a pan of water. Then I brought the pan to the boil.

I boiled the egg separately in a pan of water. I chopped up the egg when it was ready. When the vegetables were cooked I mixed them with the egg. Joando ate all her breakfast. She also had a cup of her favourite drink, the juice of a green coconut.

Lunch - 12 midday

Ingredients

- half of a small reef fish (cleaned)
- 2 small tomatoes (chopped)
- 2 green beans (washed and cut into small pieces)
- 1 small potato (peeled and chopped)



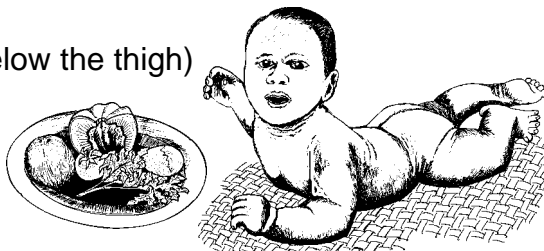
Method

I put all the ingredients together in a pan with some water. I brought them to the boil. When the food was cooked I took out the vegetables and put them onto a plate. I carefully took all the bones out of the fish. Then I mixed up the fish with the vegetables. After Joando had eaten her lunch she had another cup of green coconut juice.

Dinner - 5.30 p.m.

Ingredients

- 1 chicken drumstick (the part below the thigh)
- 2 slippery cabbage leaves
- 1 piece of pawpaw (peeled)
- 1 small tomato
- 1 small potato (peeled)



Method

I chopped the potato, pawpaw, and tomato into small cubes. I boiled the chicken and after five minutes added the potato and tomato. The chicken takes the longest to cook so it must go in first. When the food was ready I put the hot meal onto a plate, and placed the pawpaw next to it.

Joando's grandmother fed her. She really enjoyed her dinner. Joando has eaten all her meals today. I try to make sure that Joando eats the right amount of food. I also make sure she has a good mix of vegetables and fruit as well as meat and fish. A balanced diet is important for all babies.

In between meals I give my baby ripe fruit as snacks. She likes pawpaw, banana or melon. Sometimes she has a soft biscuit.

Joando is developing quickly into a very healthy and active baby girl. Florence, her mother, is pleased with the way her child enjoys her food. It means that Florence is feeding her well. She is choosing food for her baby that is keeping her healthy and making her grow well.

As Joando becomes older Florence is planning to let her try different kinds of vegetables, fruit, meat and fish.

Clean and Healthy

by Eddie Kidoe

New words

*diarrhoea, scabies, latrines
medicine, waste, drains*

Phrases

*Health Inspector, toilet waste
breeding ground*

Damo was a young man. He lived in the small town of Gizo. He lived there with his two younger brothers and a sister. One day he met the Health Inspector Lilly. They had the following conversation.



Good morning, Damo! You don't look very well today. What's wrong?



Oh, I have been sick for a month now. I have diarrhoea. Look, my body is covered with scabies and bakua. I don't know what's happening to me. I have taken lots of medicine. I have eaten all the vegetables given to me, but I am still not well.

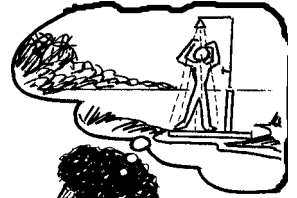




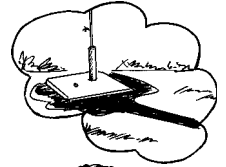
My brother, I think I know what is wrong with you. Before I tell you what I think, I'd like you to look in your house and the area around your house. Tell me what you see.



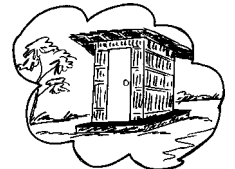
Most of the things I can see are not clean. There are flies everywhere. There are dirty plates in the kitchen that we used yesterday. They are still not washed. My bedding is very untidy. It smells a bit too. There are many animals walking around the village. The drains near the water supply are blocked. Oh dear! I can see rubbish everywhere. You see Lilly I can't do much because I'm sick.



Well Damo, it is just like I thought. You have told me about many things that are making you sick. You can look after your health by getting rid of dirt and germs. You must also have clean water to stay healthy.



You must unblock the drains near your water supply. The water that is standing there is a breeding ground for mosquitoes and flies. They can make you sick.



Toilet waste must be in latrines that have plenty of water. They must be closed so that no flies can get in. Pigs and chickens should be kept far away from the village.



The village, its' latrines and the water supply must be kept clean at all times. My friend, just do everything that I have told you. Then you will get well soon.



Oh, Inspector thank you very much. I will do everything you say. I will tell everyone what you have told me.

We can all work together to make this village a healthy place to live in.

I know we can do it together.

Thank you once again and I hope I'll be well soon.



The Volleyball Match

by Jacob Zikuli

New Words

nearby, interested, scored, yelled, replay
match, organised, whistle, uniforms, watch

Phrases

bent slightly forward, training session
stretching exercises

In many villages sports events are organised on special days. There are sports events at Christmas and New Year. On national and provincial holidays sports events also often take place. Many people in the villages go to these sports events. They go to watch the races. They go to take part in the races. They go to take part in the games. They go to watch the prize giving ceremony at the end of the day. It is a good day out.

Tomlin and Leah were two Standard Four pupils who lived on Bai Island. They both liked watching volleyball. They always went to watch every volleyball competition in their village. When a team from a nearby village came to play volleyball with their village team, Tomlin and Leah always went to watch.



It was their dream to become top volleyball players. They wanted to play so well that they would one day win a prize. Volleyball was the only game they wanted to play at school. They were not interested in any other games.

At home they would play volleyball too.

They would play under the coconut palms. They would play on the beach with the bigger boys and girls.

One day at school, Tomlin and Leah found out that there was going to be volleyball match against another school. Tomlin and Leah were very excited. The headteacher told all the children that if anyone was interested in playing for the school team they should see the sports teacher. Tomlin and Leah went and put their names down for the school team straight away.

After school, the sports teacher held a volleyball training session. First he wrote down all the pupils' names. Then he asked the pupils to take it in turns to play volleyball. The teacher watched the pupils to see how well they played.

After he had seen everyone play he told the pupils to do some stretching exercises. Then he showed them how to serve the ball. He showed them the under arm serve. He told them to stand with their left foot forward. He told them to bend their body slightly forward. He told them to hold the ball in the palm of their left hand with their arm straight out. He told them to take a short step forward with the left foot and to swing their right hand to hit the ball. The most important thing he told them to do was to keep their eye on the ball all the time.

Then the teacher told the pupils to practise the serve in pairs. The children kept trying and trying. It was a lot of fun. They really enjoyed their training session. Tomlin and Leah were

very pleased when they were chosen to be in the school team.

On the day of the match, the team from the nearby school came to Tomlin and Leah's school. The two teams put on their sports uniforms. They went to the volleyball court.

The game was tough. Both teams played very hard. Three minutes before the end of the game the score was thirteen to twelve. The visiting team were winning by one point. It was Tomlin's turn to serve the ball.

"Come on, Tom. Use the under arm serve," yelled Leah.

Tomlin grabbed the ball. He stood with his left foot forward. He stood with his body bent slightly forward. He held the ball in his left palm with his arm out fairly straight. Then he took a short step forward with his left foot. He swung his right hand. He kept his eye on the ball. He hit the ball as hard as he could.



The ball flew over the net. It landed on the other side of the court. The other team could not return it. Tomlin had scored a point.

“Good shot, Tom!” said the other players in the team.

The score was equal. It was getting dark and there was no time to finish the game.

“I think there will have to be a replay,” said Leah.

Tomlin and Leah were pleased they were going to play another game of volleyball. They had enjoyed being in the school team. They were looking forward to the second match. They hoped that they would win next time.

My First Trip in a Dugout Canoe

by Ellen Wairiu

New words

creek, explore, quickly
during, annoyed, pretended

Phrases

Agriculture Research Station, shake with fright
dugout and outrigger canoes, means of transport

In 1980, when I was ten years old, I lived with my parents at the Agriculture Research Station on the north east of Guadalcanal. In those days most people used dugout and outrigger canoes as their only means of transport over the water.

During the school holidays I usually stayed at home. I helped with the housework. I used to do the sweeping and mopping as well as washing the clothes and cooking. In the afternoons my friends and I would walk to the nearby creek to look for mud crabs and shells.

One morning as I was doing the housework, my friends came for me. We made a plan to use my father's canoe to go to the other side of the creek. We had never been to that part of the creek before. There were five of us, Agnes, Esther, Annette, Kwai and me. My friends called me Ellen.

We went down to my father's canoe shed and pushed the canoe into the water. We climbed into the canoe and started to paddle. Each of us took turns to paddle. I was sitting right at the back steering the canoe with my paddle while the other girls



paddled at the side. When we reached the deepest part of the creek, Esther started to scream and shake with fright. I was also nervous but pretended that I wasn't afraid at all. They paddled as fast as they could but they were all paddling on the same side of the canoe.

The canoe turned around to face the canoe shed again! So I stood up and started paddling too. All the other girls were screaming. Their screams were getting louder and louder. Suddenly the canoe turned over! We all swam towards the bank of the creek as quickly as we could. We climbed out and ran to my father's canoe shed.

When we were safely back in the shed, we started to think about how we could bring my father's canoe back. Everyone was afraid. We could not agree on how to do it. There was a long silence. Then, Annette had an idea. She said we could use her father's canoe to get out onto the creek again. We all agreed. We walked further down the creek to where Annette's father, Mr. Sika, kept his canoe. We pushed the canoe out into the water. I climbed into the canoe and asked my friends to come with me. None of the girls would come. So I started to paddle the canoe on my own. I was very frightened. I kept thinking of the deep water.

At last I reached my father's canoe.

I tried to pull it with my right hand and paddle with my left hand but it was too difficult. So I decided to jump into the water.

I leapt into the water and grabbed my father's canoe with my right hand and I held onto the other canoe with my left hand. It was very hard to swim towards the bank pulling an empty canoe with one hand and an upside down canoe with the other.



By the time I got to the bank with the canoes I was very tired. I lay down in my wet clothes on my father's canoe shed floor. My friends sat with me. We laughed at what we had done while we waited for my clothes to dry.

We rested for about half an hour. Then we emptied the water out of the canoe and pulled it back into the shed. We put the paddles back in their proper place and covered them with some coconut leaves.

I got into Mr. Sika's canoe and paddled it back to his canoe shed while the girls walked along the bank. We pulled the canoe out of the water. We turned it upside down and put it carefully into the shed.

By then, it was nearly lunchtime so we all rushed back into our houses. I arrived home and quickly put a pot of rice on to the fire. I waited for my parents to come home from work for lunch.

When my parents arrived, the pot was still on the fire.

“What have you been doing all morning and why are you so late with the cooking?” asked my mother rather crossly.

“I have been very busy. I washed the clothes and swept and mopped the floor. Then I went down to the canoe shed to look for some dried coconuts to cook with,” I answered.

“Why are you so wet?” asked my mother.

“Oh, I must have got wet when I was washing the clothes,” I said.

I was worried because I knew this was only partly true.

My mother shook her head at me. In the afternoon my friends came back for me again. We talked excitedly about what to do the next time we wanted to explore the other side of the creek. We all agreed that we would never forget our adventure on the creek that morning.

