

COLE MANOR

HEALTHY COMET

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Teachers like variety of fall activities

Cole Manor staff members like to be active in the fall. They say their activities would be suitable for children too.

Exercise is good for children because it can make their muscles strong and gives their hearts a workout, says KidsHealth.org. Exercise also makes people feel better.

Mrs. Tuttle, a special education teacher, said she stays active in the fall and winter by exercising and playing. She said that she puts on her clothes and goes outside to rake leaves and help her family clean the house.

Ms. Guarrieri, a student teacher, said she loves basketball. She said she started playing the game 18 years ago and it makes her feel energetic.

Miss Johnson, an after-school teacher, said her favorite game is Double Dutch jump rope. It is good exercise and it gets your heart going. Miss Johnson said it makes her feel energetic.

Ms. Myer, a third grade teacher, said her favorite exercise is riding her bike. She said she exercises about five times a week. She also teaches some exercise classes. She said that everyone should find something that they love whether it is bike riding or dancing.

—By Healthy Comet staff



Illustration by Jocelin Lai

Uniforms cut dress stress

Blue shirts and khaki pants are everywhere this year at Cole Manor.

In interviews with the *Healthy Comet*, teachers gave the school's new uniform policy high marks. Some students, however, aren't fans of the uniform.

In a recent press conference, Mr. Forbes, lead teacher, said the school surveyed more than 300 parents last spring and 97 percent wanted a uniform policy.

Nearly all students wear the uniforms every day, he said. He has heard a lot of positive comments from parents.

Because of the uniform policy, students are more focused and they don't have to worry about what they are wearing, Mr. Forbes said. He also said it reduces teasing.

Ms. Myer, a third grade teacher, said that the uniforms make the school feel like a fresh, safe community.

Mrs. Krause, a third grade teacher, said the uniforms have made a difference because they build school spirit and create a sense of community. She thinks they make getting ready for school easier. Mrs. Krause thinks that teachers like the uniforms because there are fewer distractions about clothing and there is more focus on learning.

Mrs. Harmon, a third grade teacher, said that she thinks that the uniforms make a difference at Cole Manor because students look like they are ready to learn, and they *are* ready to learn.

(Please see *Uniforms* on Page 2)

Trip provides view of exercise habits

On a summer trip to India, I noticed many people are energetic during their daily activities.

I visited the city of Ahmedabad. It is near a beach and has a population of about 6 million people.

Some students go to and from school by van. Most, however, ride bicycles or walk. Some students get rides in cars or in Activas or Kinetics, which are like motorcycles. They can seat three or four people.

People who walk wear shoes and sneakers, like people in the United States. Children carry backpacks for their books.

Adults also walk where they need to go. The people seem strong and healthy. They walk to work and the store or to visit family and friends. When I was there, we went on a 10-mile walk.

Walking keeps people healthy, say many health experts. I walked more in India than I usually do at home. It might be hard, but it's healthy.

Driving can be difficult in India. The streets are narrow and often crowded. Walking can be faster. People also walk because gasoline is expensive.

I wonder if we should do more walking here. It's healthy, good for the environment and can be lots of fun because you get to meet people. —By Deep Patel

Uniforms focus students

(Continued from Page 1)

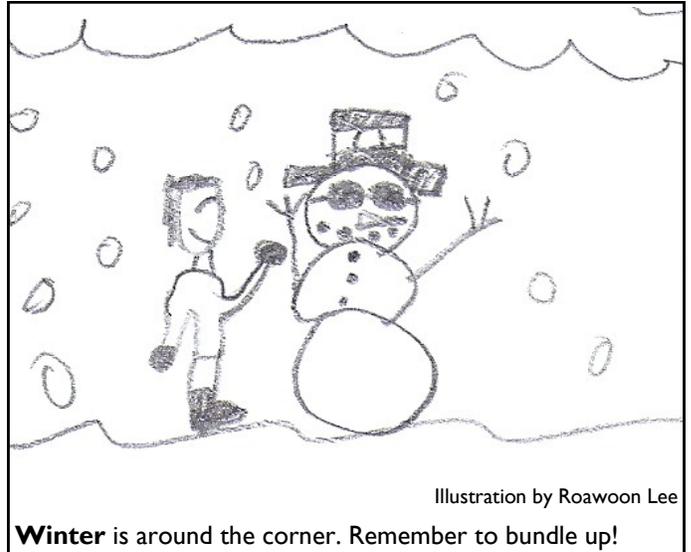
Mr. Sion, the music teacher, said he feels students are more focused because of the uniforms. He believes students will follow the Comet choices better since they are wearing the uniforms. He thinks that the students like the uniforms because their friends are wearing them.

Inaya Khan, a fourth grade student, said she has mixed feelings about uniforms. She likes them because you do not have to worry about what to wear. They also show school spirit. However, she also does not find them fashionable

D'zire McNeal, a third grader, said she does not like the uniforms because students must wear them every day. Laniya Short, a third grader, said that she likes the uniforms because she thinks that navy blue and tan are fun colors.

Brynn Lecato, a third grader, said that she does not like the uniforms because she thinks the children at Cole Manor should be able to wear their regular clothes.

—By Healthy Comet staff



Winter is around the corner. Remember to bundle up!

Nutrition mission

Apple butter on bagels

The *Healthy Comet* reporting staff recently tasted a whole wheat bagel with apple butter.

We decided that it was a good healthy breakfast. Nine of us liked it and would recommend it to others. Three of us didn't find the apple butter tasty.

"It first looked disgusting," said Garret Comrie. "It tasted very sweet. I liked it. I wanted another."

Roawoon Lee described the taste as similar to apple cider. Cydney Suber said it looked like an "overgrown date."

Khushi Parikh said the breakfast food "looked like a bagel with baby food." She liked it, though, saying it tasted like apple sauce.

Ms. Detwiler, the *Healthy Comet* editor, said she chose the breakfast option because the bagel is made with whole wheat grain and the apple butter is a lower-calorie alternative to butter. She bought mini bagels, each with 110 calories. Plus, she said, apple butter is a different topping.

—By Healthy Comet staff

Cole Manor Healthy Comet

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