

COLE MANOR

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Students launch recycling program

Cole Manor recycles juice pouches, bottles, cans, and fruit cups.

Fourth graders in Mrs. Raieta's Discovery class decided to start a recycling program in December. After asking for permission from Mr. Brown, school custodian, the students put bins in the cafeteria. The blue bin is dedicated to cans, bottles, and fruit cups. The green one is just for juice pouches. Mrs. Raieta found a website called Terracycle where the juice pouches can be shipped. In return, the school can receive money.

"We are preserving the earth's limited natural resources for the future," Mrs. Raieta said.

She said students have "displayed great enthusiasm" for recycling. Students can throw out the cans, bottles, fruit cups, and juice pouches in the correct

bins. Two students each lunch period usually go around the cafeteria and collect the items from people who haven't thrown theirs in the bins.

Students are supposed to take the straws out of the pouch. However, sometimes they don't. Some students also don't drink all the juice before throwing it in the bin.

The Discovery students are organizing a poster contest about recycling. The contest will teach students more about recycling and how important it is for the environment.

Hira Awanja, a fourth grader, said the recycling program is helpful for the planet. "I feel great to save the environment," she said.

—By Sam Rosenberg, Jocelin Lai,
and Khushi Parikh

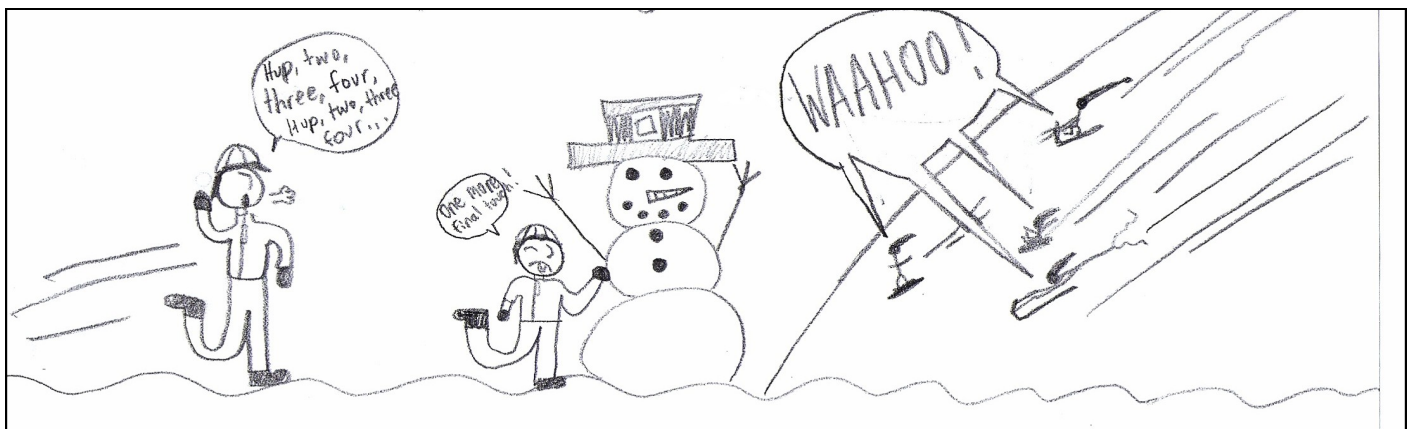


Illustration by Roawoon Lee

Teachers don't let winter cold stop them

Cole Manor teachers like to play in the snow, drink hot cocoa, and go sledding in the winter.

Healthy Comet reporters recently interviewed teachers about how they stay active and warm in the winter.

Lead teacher Mr. Forbes said that he turns up the heat at home and at his mother's house. Mr. Forbes also wears a hat and many layers of clothes. Mr. Forbes said that he runs in the winter if it is

above 55 degrees outside. In the grocery store, Mr. Forbes decides what he wants before he opens the freezer door. Mr. Forbes wears a thick coat when he walks his dog, Dawkins. Dawkins wears a coat, too.

Mrs. Andracavage, a first grade teacher, said she likes to go ice skating. She also likes to play in the snow and throw snowballs. Her favorite activity in

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Health briefs

Stay safe and exercise

Editor's note: The following health briefs are from information published in the January 2012 issue of *Current Health Kids* magazine.

Gun safety is important. Every year, guns accidentally hurt children. If children ever see a gun, they should never touch it and leave the area immediately. They should also tell an adult about it. Guns are dangerous so children should never play with them.

—By Dean Millard and Jocelin Lai

Americans like bananas. They eat on average 28 pounds every year. Americans mostly eat the Cavendish banana. There are more than 400 types of bananas in the world. They grow in warm, rainy locations. —By Khushi Parikh and Deep Patel

If you find yourself home alone, remember to stay safe. Here are some tips: Lock the door and never

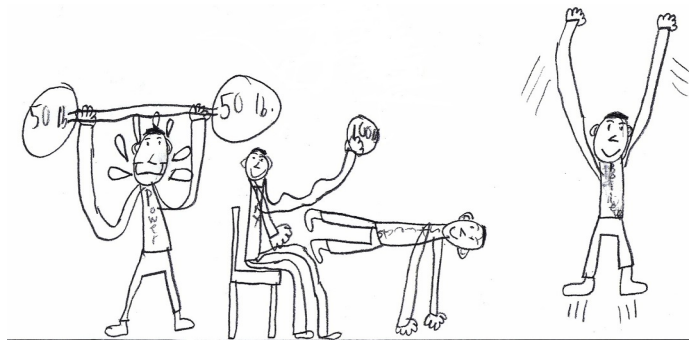


Illustration by Dean Millard

open it to strangers. Never tell a phone caller that you are home alone. Ask if you the caller can leave a message. —By Brooklyn Allen

C. J. Senter, who lives in Atlanta, Ga., loves to exercise. He has his own exercise video. He plans to have another video out this year. His tips for a "long and happy life" include drinking a lot of water and exercising for an hour a day. —By Spencer Schiele

Tips to keep warm in winter months

Winter is here. While much of December and January were warmer than usual, it still can get cold.

There are many ways that you can bundle up and stay warm. You may want to wear many layers of clothes. That way, if you warm up a little, you can take off a layer or two.

KidsHealth.org recommends wearing a long-sleeved undershirt. Over it, you can put a turtleneck, a shirt, a sweater, and a coat or jacket. "If you can, pick out clothes that are made of fabrics other than cotton, because cotton doesn't keep you very warm," the website says.

If you wear a hat, make sure it fits your head nicely. Stick with long socks and waterproof boots, says KidsHealth.

Did you know that "wearing a hat on your head helps warm your feet?" according to the book, *Weird but True! 2*, a book by National Geographic Kids.

Consider what you eat and drink. "Warm drinks and soups keep you hydrated and heat up your insides when it's cold outside," says KidsHealth.

Have fun. Winter is a time when you can take a brisk walk or play everyday games such as hide and seek. —By Garrett Comrie

Cold months filled with plenty of activities

(Continued from Page 1)

the frigid cold is to drink hot cocoa. She also likes to watch movies with her family, she said.

In the winter, Miss Rupnik, a third grade student teacher, said she runs at the gym and plays soccer. She also likes to go skiing and to the movies.

Mrs. Moorehouse, a second grade teacher, said she likes to take her daughter sledding in the winter. She likes to drink hot cocoa. She also reads books and visits her parents' pond at their farm.

Mrs. Harmon, a third grade teacher, said she likes to take calm, brisk walks. When it snows, she likes to build a snowman with her family. She also likes to go sledding at Hillcrest Park. When she is indoors, she likes to read by the fireplace and make

S'mores with her children. —By Dean Millard, Cydney Suber, and Healthy Comet staff

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