

COLE MANOR

HEALTHY COMET

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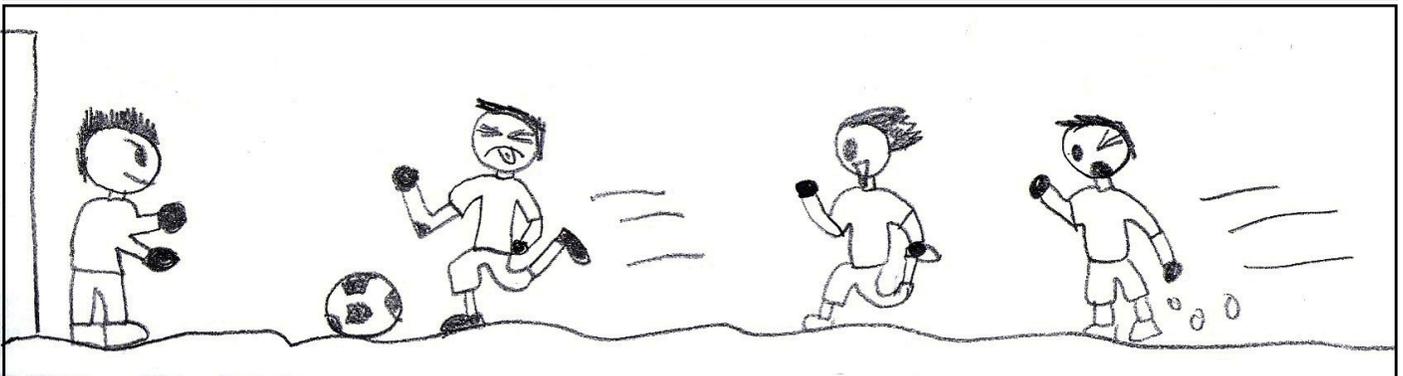


Illustration by Roawoon Lee

The picture above appears in a new book that *Healthy Comet* reporters helped to write and illustrate as part of the Healthy NewsWorks program. The book, called "Leading Healthy Change In Our Communities," features 12 profiles of Philadelphia-area leaders who are making a difference in children's well-being. Learn more about the book at www.HealthyNewsWorks.org.

Are you getting enough vitamin G?

If you spend too much time in front of the TV or the computer, you may not be getting enough vitamin G. Vitamin G is another name for "green time."

Government experts are encouraging kids to spend at least an hour a day outside, says *Current Health Kids'* spring issue. Kids who have more vitamin G are less stressed and do better in school.

Ammaarah Colmon, a fourth grader, said she gets vitamin G by running around, playing with her friends, and jumping rope. "I get (vitamin G) at recess, home, on a sunny day, and when walking to the

bus stop," she said. "I do (these activities) in the afternoon, evening, and sometimes in the morning."

Meleena, a first grader, said she gets vitamin G by playing softball and jumping rope outside.

Mrs. Weikel, a paraprofessional, said she gets vitamin G by trying to walk outside every day. She walks to the Norristown Farm Park which is about two miles. The walk takes her between 40 minutes and one hour.

(See *Remember* on Page 2)

Hospital visit provides safety lesson

Many kids have change in their pockets for the book fair, the lemonade stand, or other treats.

I strongly recommend that you NEVER put the change in your mouth. You could end up going to the hospital emergency room. It happened to me when I was about 5. I swallowed a penny.

There was no call to 911 and no flashing lights. Only my mom and I were racing down the streets of Bryn Mawr. I was the patient.

We got out of the car as fast as we could and ran top speed through the automatic glass doors. We were immediately greeted by a nurse. The nurse and my

mom talked for a few seconds and the nurse asked me if I could breathe.

I nodded my head and gave her the same answer I repeated to my mom on the ride to the hospital. I could breathe, but my throat was very sore.

The nurse was very nice and didn't make jokes or fun of me. She took us down the hallway to a hospital bed.

I didn't have to wait long before an orderly came in my room and took me away for an X-ray.

(See *Student* on Page 2)

Dancing is a good exercise and fun

Many Cole Manor students and staff members like to dance.

Mr. Sion, the music teacher, said dancing makes him feel positive and gives him energy. He said his favorite type of music is jazz.

"Dancing is a good exercise because it improves muscle strength," Mr. Sion said.

Dancing also burns calories. Calories are a way to measure energy, says KidsHealth.org. Your body needs calories to operate. However, too many calories lead to weight gain.

By dancing, a Cole Manor student who weighs 70 pounds could burn 175 calories in an hour, according to CaloriesCount.com.

Ben Rosario, a fourth grader, said dancing makes him feel excited. He even dances at home because "there is music and I like to dance to the beat."

D'zire McNeil, a third grader, said she likes hip-hop dancing and rhythm and blues (R&B) music.

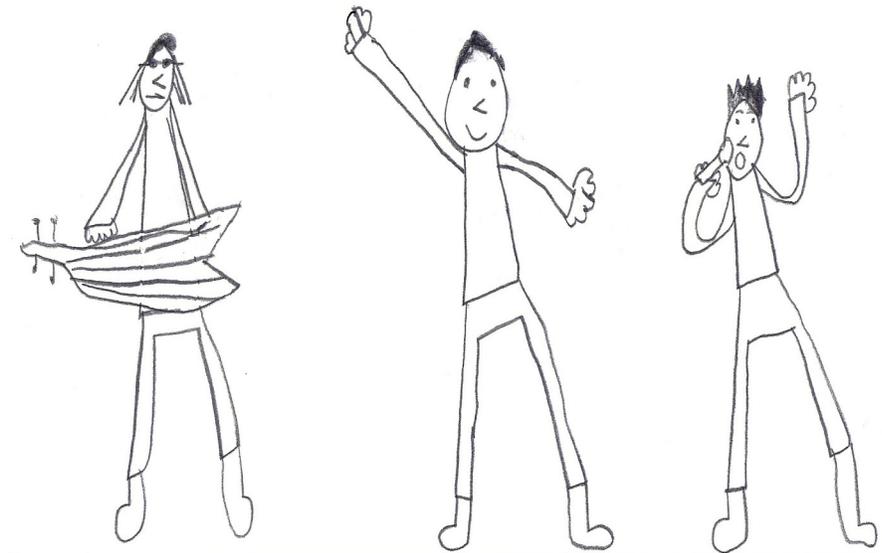


Illustration by Dean Millard

Hira Awan, a fourth grader, said she dances in a lot of places.

"I dance at home and at school," she said. "Sometimes I dance in weddings."

She usually does not dance with a partner, but sometimes she dances with her brother, Aman. She does not go to dance classes,

but dances because it's her favorite activity. When she feels angry, it makes her feel better, she said.

Bryce Allen said he likes to do hip-hop dance moves.

"I dance because I get energetic and it makes me get on the top of my game," he said.

—By Healthy Comet staff

Remember to get your 'green' time

(Continued from Page 1)

Mr. Turner, a kindergarten teacher, said he exercises at least two hours a day. While sometimes he exercises indoors at the gym, he also likes to run outside. "To live a healthy life, you need to be fit and take care of your body," he said.

Ms. Blair, the school's lead teacher, said her favorite sport is running. She also likes to ride her bicycle. She lives in Philadelphia and walks everywhere.

"Your body is a machine and it should be oiled well," she said.

Vitamin G plays an important role in staying healthy, Ms. Blair said.—By Khushi Parikh, Cydney Suber, Dean Millard, and Roawoon Lee

Student learns lesson from trip to hospital

(Continued from Page 1)

The next visitor was the doctor. She had the results from the X-ray. She said the penny I accidentally swallowed was in my belly and would need to exit on its own.

I was scared but the doctor told me that I was going to be OK.

I learned two important things that day. One is that money should only go in your pocket. I also learned it cost way more than one penny to see the doctor and get an X-ray.

After I was feeling better my mom told me that the visit cost \$49.99.

—By Cydney Suber, third grader

The Healthy Comet staff wishes you a healthy, safe summer!

Choosing a snack that's healthy, tasty

Editor's note: The following health briefs are from information published in the September 2011 issue of *Current Health Kids* magazine.

* * *

An afternoon snack may be a good idea. However, some snacks are better to eat than others.

Health briefs "A snack that's too sweet isn't going to give you the same kind of energy that you'll get from carbs and protein," says the magazine.

Some good, healthy snacks are yogurt, apples, nuts, or baby carrots. Popcorn can be a good choice too, but don't pour on a lot of butter.

If you have an after-school sport or activity, pack a small snack in your bag such as an apple or granola bar. —*By Spencer Schiele*

* * *

Exercise is important for everyone.

Kids should get 60 minutes of fast-moving exercise every day. It can be accomplished by walking your dog a couple times a day, playing at recess, playing with friends, or walking with your parents.

Exercising makes your heart, lungs, and muscles strong. —*By Tyler Schiele*



Illustration by Jocelin Lai

Peer pressure is doing something you didn't want to do, but because you felt pushed.

There can be positive and negative peer pressure. Positive peer pressure is when your friends encourage you to do something that's good for you. Negative peer pressure is when you do something bad or dangerous because of other kids.

"Standing up for yourself and saying no isn't always easy," according to the magazine. "It can take just one person to speak out and change the situation." —*By Healthy Comet staff*

Two books, two different health topics

The Magic School Bus Gets Recycled
By Anne Capeci

In this book, Ms. Frizzle takes her class through the recycling process.

The Magic School Bus goes to the recycling factory and kids watch the papers and cans separate. They also see the papers separate into cardboard, mixed paper, and newspapers.

The newspapers are bundled up and sent to another factory. They are dumped into water where the ink is taken off. The paper is dried and remade into paper. By reusing paper, fewer trees need to be cut down and that helps keep the Earth a healthier place.

I read this to my 5-year-old sister and she really liked it. I recommend this book to kindergartners and first graders. The cartoons make it easy for them to have a good time learning about the recycling process. The words are also easy to read, but younger readers might need help from an adult.

—*By Khushi Parikh*

I Am Not Sleepy and I Will Not Go to Bed
By Lauren Child

I read this book to Ms. Costanzo's kindergarten class.

The students agreed that staying up late is not a good idea.

This book is about a little girl named Lola who doesn't want to go to sleep. Her brother, Charlie, has entertaining ways to encourage Lola to get ready for bed.

Everybody, including Ms. Costanzo, liked the book and the pictures.

Ms. Costanzo and her students, Zach, Isaac, Kamrynn, and Guadalupe, said they liked the part of the book where a hippo was in Charlie's bed.

Victor said that he liked the title. Zach said that he would recommend this book to a friend. Isaac, Zach, and Guadalupe said they liked the book so much that they would like to buy it.

—*By Cydney Suber*

Getting into shape for baseball and softball

Baseball and softball seasons are in full swing.

Here are some ways that students prepared for the season.

Madelyn Solow, a fourth grader, said it's all about "practice, practice, practice."

She said she started softball because she read a school flyer about it and it looked interesting. She practices about three days a week. Madelyn said she believes she has gotten better because she has learned new skills.

Jared Rubin, a fourth grader, said he practices by hitting, pitching, and throwing. He also prac-

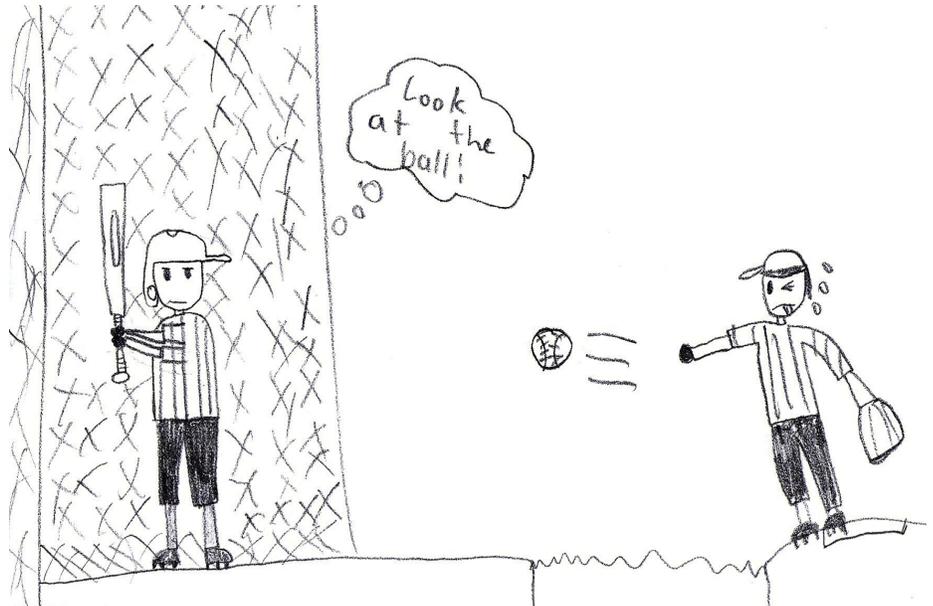


Illustration by Roawoon Lee

tices catching with his dad. He said he likes his sport because it's fun and he gets a lot of exercise. He also gets stronger, he said.

Jared said he thinks he has improved during spring training because he can hit farther.

Corday Reed, a first grader, said he gets ready for the season by base-running, fielding, and hitting. He said he joined a team because he played in his backyard and it was fun. He thinks he has gotten better because he can hit farther. —By Sam Rosenberg

Reporters say rice snacks are tasty

The *Healthy Comet* staff recently tasted two kinds of rice snacks.

We first inspected one with sea salt and cracked black pepper. Several boys said it reminded them of a white brain. Others said it looked like a crinkly and dry cookie.

We then smelled the rice snack and it smelled of pepper.

Finally, we tasted it. Roawoon said it tasted like toast with a lot of garlic. Sam and Deep said it was crunchy, but soft.

Most of the staff liked it and would recommend it. I said the brown rice makes it healthy. Deep said it had a bad taste at first, but gets better.

Next the staff tried a kettle corn rice snack. We went through the same procedure of inspecting it, smelling it, and then tasting it.

Garrett said it looked like a crater in the moon. It felt rough and sticky.

Spencer said it smelled like caramel corn. Other people said it smelled buttery and reminded them of corn pop cereal.

Nutrition Mission

I thought it tasted like a regular chip. Other people said it tasted like a waffle covered in syrup.

Most of the staff also liked and would recommend the kettle corn rice cake.

Quakes Rice Snacks Kettle Corn is 110 calories a serving while the Sea Salt and Cracked Black Pepper is 130 calories.

—By Khushi Parikh

Cole Manor Healthy Comet

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Student staff members for this issue include Garrett Comrie, Jocelin Lai, Roawoon Lee, Dean Millard, Khushi Parikh, Deep Patel, Sam Rosenberg, Spencer Schiele, Tyler Schiele and Cydney Suber.

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www.HealthyNewsWorks.org

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