

# COLE MANOR

# HEALTHY COMET

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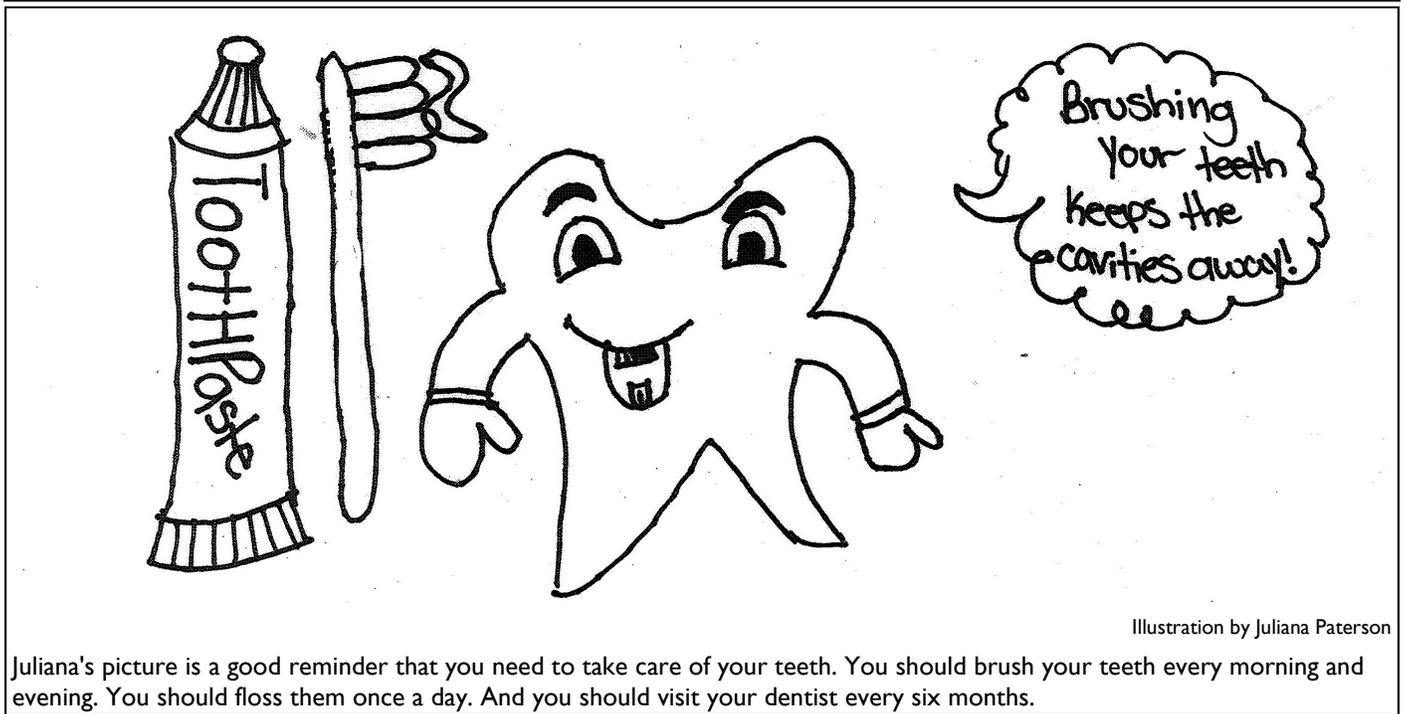


Illustration by Juliana Paterson

Juliana's picture is a good reminder that you need to take care of your teeth. You should brush your teeth every morning and evening. You should floss them once a day. And you should visit your dentist every six months.

## Rules make for happier recess

Recess is a time to have fun, exercise, socialize with friends and take a break from all of the hard work in school.

But arguments also crop up and can spoil the fun.

Cole Manor has a number of playground rules to keep students safe and reduce arguments. No pushing. No fighting. Play fairly. Keep hands, feet and

objects to yourself at all times. Respect each other.

**'Students have to be problem-solvers.'**

—Mr. Turner

The *Healthy Comet* recently interviewed teachers about playground rules.

To prevent conflicts, lead teacher Mrs. Rolon said showing integrity and respect to each other are most important. If students break the rules, they will get a warning first and then they will receive a consequence like sitting out of recess. When a problem happens on the playground, students are taught to

use their words and express their feeling to resolve their conflict.

Mrs. Rolon also said that if the school did not have playground rules recess would not be fun because more fights and injuries would occur.

Mr. Turner, a fourth grade teacher, said that playground rules make sure that everyone gets a fair turn. He also said that the most important playground rules are to be patient, wait your turn and use the playground equipment properly.

If students are patient, according to Mr. Turner, they will not argue with their classmates. If students break the rules they will first get a warning. Then, if they continue to misuse the playground, they will no longer be allowed to use it.

"Students have to be problem-solvers," said Mr. Turner.

They need to talk to each other in a respectful way so they can find agreement.

(Please see **Recess** on Page 3)

# Water is the tooth-friendly drink

Water is the most "tooth-friendly" beverage, according to the American Dental Association.

But many children drink beverages with a lot of sugar. Sugar is a cause of cavities.

A large amount of sugar is in sodas, fruit drinks, and sports drinks, said Ms. Amy Deahl-Greenlaw, a registered dietician. She recently visited the *Healthy Comet* and encouraged the reporters to replace sugary beverages with water.

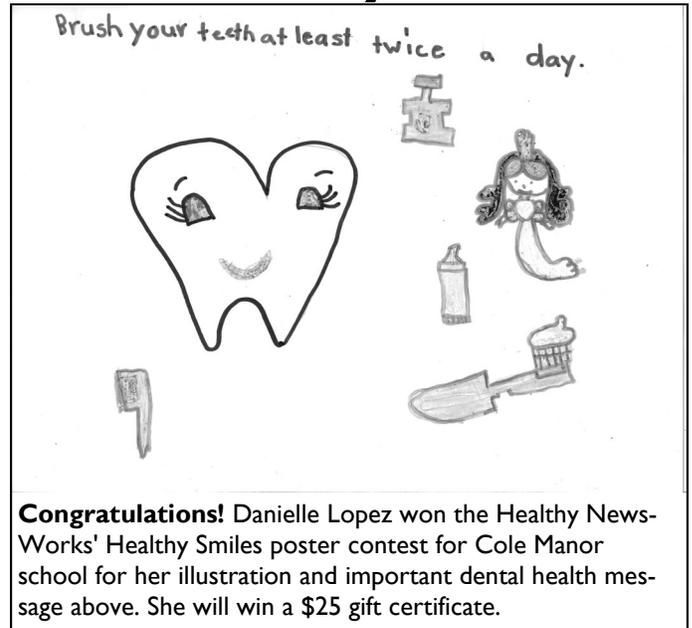
She also introduced the reporters to bubbly water. Bubbly water is water with carbon dioxide—a gas. (When you exhale, you breathe out carbon dioxide.) Bubbly water is also called seltzer water.

The reporters described seltzer as clear with no smell. The seltzer feels like "gas on your tongue," said one reporter. Another said, "It tastes the same as water, but it feels like bubbly water."

Flavor? Ms. Deahl-Greenlaw added a taste of orange juice to the seltzer. When orange juice and seltzer water were mixed, most of the students enjoyed the flavor. Reid commented, "It tastes like fizzy orange juice." Ambar noted that it "tastes like orange juice, but a little bubbly."

The students were asked to choose which drink they preferred—plain seltzer or seltzer mixed with

**Special report:  
Healthy Smiles**



orange juice. Most students chose the seltzer water with orange juice. They enjoyed the orange flavor.

The *Healthy Comet* recommends that the next time you want a drink, ask for seltzer water. You can add a little bit of orange juice to it. You might be surprised by the flavor. Remember, less sugar is better for your teeth! —By Healthy Comet staff

# Don't judge a beverage by its name

There are many types of beverages that you may think are healthy. But, just because the bottle says words like "water or vitamins" in the title doesn't mean that it is actually healthy for you.

Ms. Amy Deahl-Greenlaw, a registered dietician and nutritionist, said you should always look on the back nutrition label to determine if it is healthy for you and good for your teeth.

*Healthy Comet* reporters investigated several drinks to see which ones are healthy. They looked on the nutrition labels of plain seltzer water, club soda, tonic water, and regular soda.

Plain seltzer water has 0 calories and 0 grams of sugar. The first ingredient is carbonated water.

Club soda also has 0 calories and 0 grams of sugar.

Tonic water has 100 calories and 24 grams of sugar per serving. The first ingredient in tonic water was carbonated water and the second ingredient was sodium nitrate or added flavor.

Regular soda had 140 calories and 38 grams of sugar per serving.

After analyzing the nutrition facts on the backs of these labels, students found that plain seltzer water and club soda are fine for your teeth because they do not contain sugar.

—By Ambar Torres Ramirez, Reid Sessoms, Jose Verdin and Luis Martinez Andrade

*Cole Manor Healthy Comet*  
A publication of Cole Manor Elementary School in the Norristown Area School District. Student staff members include Eddie Fisher, Zaniyah Jones, Zaria Kelsey, Myairah Kirlaw, Luis Martinez Andrade, Reid Sessoms, Bria Thompson, Amber Torres Ramirez, and Jose Verdin. Faculty advisors are Mrs. Shuler and Mrs. Habari.

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# How to resolve an argument

When you and a friend get into an argument, it can be hard to resolve the conflict.

One way is to try to talk it out, according to [www.cdc.gov/bam](http://www.cdc.gov/bam). (BAM! is a government health website for kids.)

You also should keep a positive attitude. In order to stay away from anger, you should count to 10 slowly, says BAM! You also keep your voice low and slow. Take deep breaths too.

The *Healthy Comet* staff researched what you can do if you find yourself in a sticky situation. Here are some suggestions that the reporters found at BAM!:

1. To solve a problem you should step away from the problem so everyone can get a chance to cool down and think. Stop and think about each other's

feelings. You also need to talk it out and find a solution. Make sure you talk about good and bad solutions and compromise on which one is best. To solve a conflict you must have at least two people.

2. Being a good listener is really important when trying to solve a conflict. To be a good listener you must show that you are listening. You cannot interrupt and you cannot be biased. It is important to hear both sides of the story so everyone understands what is going on. If you are biased, it will take a long time to solve the conflict.

If you use these steps to solve a conflict, it will help you so that you will not have to stress out about it, according to the BAM! website.

—By Healthy Comet staff

# Recess rules help keep kids safe

*(Continued from Page 1)*

Mr. Brown, a fourth grade teacher, said that playground rules are important because they teach students how to interact with each other in a positive way. The most important rules include using the playground correctly such as no running up the slide. These rules help prevent injuries.

Rules help prevent conflict because they guide students in knowing what is acceptable and unacceptable behavior. When student do not follow the rules, Mr. Brown said that students lose recess and privi-

leges. These consequences help students to think about the behaviors that they have done and think about how they could change their behaviors in the future.

Mr. Brown said that students can resolve problems on the playground by talking out their problems and expressing what they are feeling. If that doesn't work, Mr. Brown suggests that the students find a teacher to help them resolve their conflict.

—By Jose Verdin, Luis Martinez Andrade, and Ambar Torres,

## Reporters appear in video

Two *Healthy Comet* reporters appear in a new video about dental health.

Ambar Torres Ramirez and Zaniyah Jones interviewed two dental residents from the Department of Dental Medicine at Einstein Medical Center.

The video appears on both the Cole Manor home page and at [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org). Check it out.

The two reporters ask questions about how to keep cavities away and teeth in good shape. For instance, Zaniyah asks how often should children floss their teeth? Dr. Juliana Kim, one of the dentists, answers that you should floss at least once a day.

In the video, Dr. Kim also says you should change your toothbrush every three months.

Congratulations, Ambar and Zaniyah!

## Dental word scramble!

—By Fourth Grade Art Club

hoott - \_\_\_\_\_

sttnied - \_\_\_\_\_

rubhs - \_\_\_\_\_

cityva - \_\_\_\_\_

slofs - \_\_\_\_\_

melis - \_\_\_\_\_

crabse - \_\_\_\_\_

dayec - \_\_\_\_\_

word bank- decay, smile, floss, cavity, braces, brush, tooth, dentist

# Teeth: Animal versus people

Look at the pictures on the right. Can you tell which teeth belong to a walrus, a snake, and a human?

Did you know that a walrus has tusks? The tusks can grow to eight feet, according to the book, "Teeth" by Sneed B. Collard III. A walrus can use its tusks as a weapon if it has to fight.

The walrus's tusks are canine teeth. You have canine teeth too. They are the large cone-shaped teeth at the front of your mouth, according to Mr. Collard's book.

Here are some other facts from "Teeth." Snakes have fangs. Poisonous snakes' fangs are hollow. The snake can inject its venom through its fangs into its prey such as a rodent, the "Teeth" book says.

People have two sets of teeth. Their first set are baby teeth. They have 20 of them. The second set are adult teeth. Most adults get 32 teeth.

**Illustrations by  
Eddie Fisher**



Here are some facts about human teeth from KidsHealth.org:

1. An adult usually will have 32 teeth.
2. Most kids have their first set of teeth by the time they are 3 years old.
3. A primary tooth falls out because it is being pushed out of their way by the permanent teeth.
4. A single tooth has many different parts that make it work.
5. The outside of the tooth that you can see is called the crown. It is covered with enamel. Enamel is very hard.
6. Next to the crown is dentin. Dentin is hard, too. It protects the pulp. The pulp is inner part of the tooth.
7. The pulp has nerve endings and blood.
8. At the bottom of the tooth is cementum. It anchors the tooth to your jaw.

For more facts about teeth, read the article "Your Teeth" on the KidsHealth website.

## Dear teachers and students ...

We are eager to include more student writing and illustrations in YOUR school newspaper.

Here are two easy activities:

1. Write a brief letter to your school reporters, telling them about an article you found interesting. Or, write your opinion about a health topic that is important to you.

2. Write a letter to a health leader featured in *Leading Healthy Change In Our Communities*. Ask Mrs. Shuler for copies of the books, or visit the school library for copies.

Teachers, we also have lesson plans and handouts that will help your students with these lessons. You can easily access them in the Teacher Resources

section of the Healthy NewsWorks website: [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org).

While you are there, check out the other classroom activities that you can use with your school newspaper and the *Leading Healthy Change* books. Here are few of the activities:

- \* Create a Health Superhero.
- \* Learn about kindness by reading about Philadelphia radio personality, Dr. Dan Gottlieb.
- \* Explore a career in health.

If you have any questions or suggestions, please contact Healthy NewsWorks at: [editor@HealthyNewsWorks.org](mailto:editor@HealthyNewsWorks.org)