

# COLE MANOR

# HEALTHY COMET

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## Reporters contribute to new book

An article written by Cole Manor health reporters will be published in May in the new book, "Leading Healthy Change in Our Communities 2016." The book focuses on 12 leaders who are making people's lives healthier and safer in the Philadelphia area.

The Cole Manor reporters interviewed Steveanna Wynn. She is the executive director of the Share Food Program. The group provides food at an affordable price to people who are hungry. (To learn more about Share, please see the article on Page 2.)

The reporters who wrote the article for the book are Eddie Fisher, Ambar Torres-Ramirez, Jose Verdin, Luis Martinez, Reid Sessoms, and Zaniah Jones.

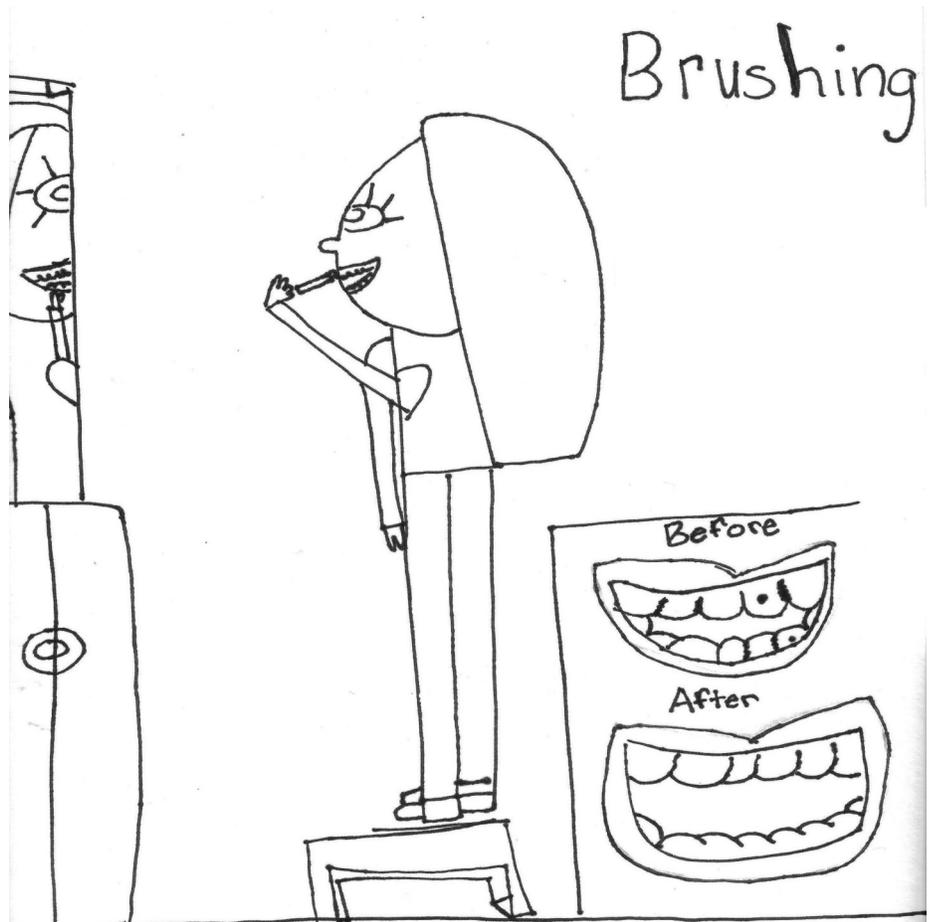


Illustration by Karlyn Smallwood of the Cole Manor Art Club

## Teachers recall childhood activities

*Editor's note: Cole Manor second graders recently interviewed their teachers about their favorite healthy after-school activities as children.*

Mrs. Sasso, a second grade teacher, said she and her older brother, Rob, would race from the bus to their front door when they got home from school. On their backs, they carried giant book bags. This is her favorite after-school memory, Mrs. Sasso said with a big smile.

In an interview, Mrs. Sasso said she won every single race against her brother. However, her brother could not be reached by her students for confirmation.

Mrs. Sasso said she liked riding her bike after school. She explained that the roads near her house were not busy. She often rode her bike a few miles to her elementary school and used the playground.

"I loved the feeling of the wind blowing in my hair when I rode my bike," she said.

Mrs. Sasso shared that she watched "Duck Tales" after school. She acknowledged that too much TV watching does not give children needed exercise. But Mrs. Sasso said she only watched TV for 30 minutes in the afternoon. It was nice to have a break, she said.

—By Mrs. Sasso's class

(Please see **Bike riding** on Page 2)

# Bike riding was a favorite pastime

(Continued from Page 1)

Mrs. Smull said she enjoyed riding her bike to the park to play with her friends. After school, she said, she would eat a healthy snack, do her homework, change her clothes, and then ride her bike to meet her friends. She said this was her favorite activity because it kept her strong and healthy.

She recommends this activity to children because it is a great way to exercise. Mrs. Smull said she wants children to go to the park instead of sitting in the house playing video games, eating junk food, or watching TV.

She offered several safety tips: Ride your bike to the park ONLY if it is near home and you have your parent's permission. Do not cross any busy roads.

Mrs. Smull said it is important for kids to stay active and healthy. —By Mrs. Smull's class

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As a child, Mrs. Harmon enjoyed jumping double Dutch, playing hide and seek, and taking ballet lessons with her friends. At the time, she did not realize that these were all healthy activities that kept her fit,

she said. She had a lot of fun doing these activities with her friends.

Of these three activities, Mrs. Harmon said she enjoyed taking ballet lessons the most. She started lessons when she was in second grade and continued until her senior year of high school. That's 11 years!

Mrs. Harmon recommends ballet lessons for both boys and girls. It is an activity that strengthens and exercises the entire body. Best of all, a person can practice ballet throughout his or her entire life.

—By Mrs. Harmon's class

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When Ms. Williams was in second grade, she always raced against the boys who lived on her block. Sometimes she would win, she said, and sometimes she lost. However, she never got angry about losing. Racing was fun, she said.

It was also a good way to get exercise after she did her homework, she said. The practice helped her run faster and faster.

When she got older, she joined the track team at her school, she said. —By Ms. Williams' class

# Group helps people who are hungry

PHILADELPHIA—Many people don't have a lot of money to buy food. They often are hungry.

Workers at the Share Food Program pack and ship affordable food to help them. The *Healthy Comet* staff recently visited the giant Share warehouse in Philadelphia and learned about how the workers do their job.

As the reporters walked through the warehouse, they saw large boxes stacked on each other. Inside them are all types of food such as oats and dried milk.

They also saw a large freezer and refrigerator. "They are so big that you can walk around in them," Eddie said. "Brrr. It was cold!"

Share workers also have planted fruit trees and a garden. The *Healthy Comet* reporters planted sweet potatoes during their visit.

"We planted the sweet potatoes in rows and made sure that the roots were really deep," Zaniyah said. "We all had to work together as a team to do this."

At Share, the reporters learned about compost. Compost is good for gardens because it adds nutrients to the soil. You can use old bananas, apples, oranges, and other biodegradable materials to make compost. The food breaks down and then can be added to the

garden. One needs to know a lot about chemistry to make compost, the reporters learned.

Share helps the community by selling food at much lower prices than at a grocery store. They also provide food to food pantries around the Philadelphia area.

"I learned that giving food to people that really need it is a good thing," Reid said. "I also learned not to waste food, because some people really need it."

Eddie summed up the experience this way:

"Share is like a circle or a life cycle," he said.

"They collect food by buying it, [growing it,] or getting donations, and giving it to people in need."

—By Healthy Comet reporters

## Cole Manor Healthy Comet

A publication of Cole Manor Elementary School in the Norristown Area S.D. Student staff members include Eddie Fisher, Zaniyah Jones, Zaria Kelsey, Myairah Kirlew, Luis Martinez Andrade, Reid Sessoms, Briah Thompson, Ambar Torres Ramirez, and Jose Verdin. Faculty advisors are Mrs. Shuler and Mrs. Habari.

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