

COLE MANOR

HEALTHY COMET

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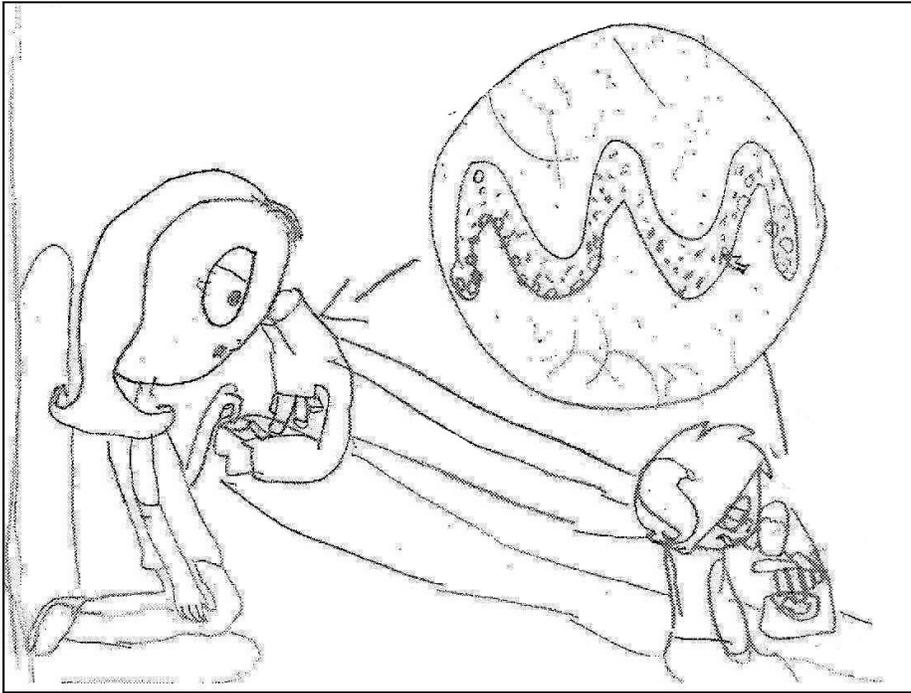


Illustration by Angelica Martinez-Hernandez

Teachers define what health means in their lives

The word “health” means different things to different people.

The *Healthy Comet* recently asked school staff to describe how they view health.

Mrs. Rolon, Cole Manor lead teacher, said good health is about taking care of yourself. She said she loves to run, play golf, and exercise five times a week

Many teachers also said it is important to make sure you have a balanced diet that includes plenty of vegetables and fruits. They said you should not eat foods with a lot of sugar, fat, or salt.

Getting enough sleep and visiting the doctor’s office for check-ups are also important ingredients in a healthy life, they said.

Third grade teacher Mr. Brown said he exercises at least three times a week, eats a healthy diet, and avoids unhealthy habits such as smoking cigarettes.

He said people should eat balanced meals, including a lot of dark green vegetables, lean meats, and a moderate amount of

Special trip to Quest Diagnostics

Seeing what scientists do

Editor’s note: Cole Manor health reporters recently were special guests of Quest Diagnostics in Horsham. The reporters learned about blood and other specimens that health professionals use to evaluate a person’s health. In the following story, the reporters describe what they saw and learned at four different stations that the QuestCares volunteer team set up.

Phlebotomy station: What is a phlebotomist? He or she is a specially trained person who knows

how to take a person’s blood from a vein. The reporters pretended to draw blood out of a fake vein. It was actually a noodle.

Before a phlebotomist draws blood, she will first put a tourniquet around the patient’s arm. Doing so will cause a vein to swell. The phlebotomist will then stick a needle in the vein. The blood flows into a special tube.

When handling blood, nurses and doctors must wear protective

(Please see **Field trip** on Page 3)

(Please see **Teachers** on Page 2)

Enter "Acts of Kindness" poster contest. See Page 2.

We want your letters and artwork!

Welcome back to the *Cole Manor Healthy Comet!*

We are marking our ninth birthday this year.

You can help us celebrate by participating in some of our newspaper activities. Here are three ways you can get involved:

1. Acts of Kindness Poster Contest

You are invited to create a poster that illustrates a child being kind to another person.

It could be a picture of someone sharing a book or keeping the classroom tidy. Think of a way to show how children help other people and turn it into a poster.

The poster is part of our new project, *Think, Don't Fight*. In the project, we will be reporting and writing about bullying prevention in the year ahead.

Posters should be illustrated on white paper that is 8 1/2 by 11 inches. Please turn in your poster by **December 12** to your homeroom teacher.

For more information, ask your teacher, Mrs. Huntington, or Mrs. Shuler.

2. Letter to a Leader

We want you to write a letter to one of the leaders

who have been featured in a Healthy NewsWorks book, *Leading Healthy Change In Our Communities*. Your letter may appear in the *Healthy Comet*. Or, Healthy NewsWorks may publish it on its website, www.HealthyNewsWorks.org.

Cole Manor has classroom sets of all three leaders' books published between 2012 and 2014. Teachers can ask Mrs. Huntington or Mrs. Shuler for copies of the books.

3. Letters to the Editor

We want to hear from you. Did you read an article in the paper that you liked? If so, why did you like it? Did an article inspire you to think about your health habits? If so, what healthy habit would you like to adopt?

Maybe you have an idea about what children could do to encourage everyone to be healthier. Or, maybe you would like to suggest an article we could write in a future newspaper edition.

Please send your letters to the *Healthy Comet*. We would love to hear from you. We look forward to your letters and pictures.

—The Editors

Teachers share thoughts about health

(Continued from Page 1)

grains. They should keep salt and sugar at a minimum in their meals.

Mr. Brown said he leads a healthy lifestyle so that he can live a long life. An added benefit, he said, is that being healthy gives him more energy.

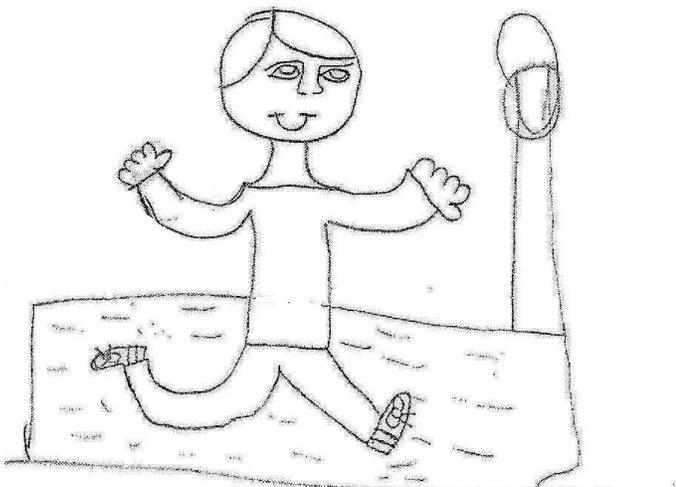


Illustration by Ambar Torres-Ramirez

Like Mrs. Rolon, third grade teacher Mr. Turner said good health means looking after yourself. He eats healthy foods, exercises every day, and drinks a lot of water.

After school, first grade teacher Mr. Bell said, he plays hockey and walks his dogs. In the morning, he eats bananas, apples, and, his favorite fruit—pineapples.

Here are some other features of good health mentioned by Cole Manor staff:

- Being healthy means exercising the mind as well as the body, said Mrs. Harmon, a third grade teacher.
- Mrs. Pileggi, a kindergarten teacher, said she takes vitamins every day to make sure her body gets the right nutrients. She also said it is important to visit the doctor for regular check-ups.
- Mrs. Armour, a fourth grade teacher, says health means living your life in the best way possible. That includes being well-rested so you are ready for the day.

Good health does take work. But these tips from teachers can help you to take a positive path.

—By Healthy Comet staff

Field trip to Quest inspires reporters

(Continued from Page 1)

gear. They clean their hands, and they wear gloves, masks, and a uniform. They do this to keep everyone safe because the blood may contain bad germs.

Laboratory simulation station: The reporters viewed bacteria that had been carefully sealed in special microbiology plates.

They also learned that your blood has tiny cells called platelets. They help your blood clot. That's why you will get a scab after you accidentally get a cut. White blood cells—also called neutrophils—protect people against infections.

Pathology station: The doctor at this station quizzed the reporters on the digestive system. It helps turn the food you eat into nutrients. The body uses nutrients for energy and growth.

Students looked at tissue samples using a multi-headed microscope. A multi-headed microscope allows many people to view a sample at the same time.

Your body has tissues, which are made up of specialized cells. The cells can be seen under a microscope. Organs are made up of tissues. Doctors look at the cells carefully to see whether people's bodies are

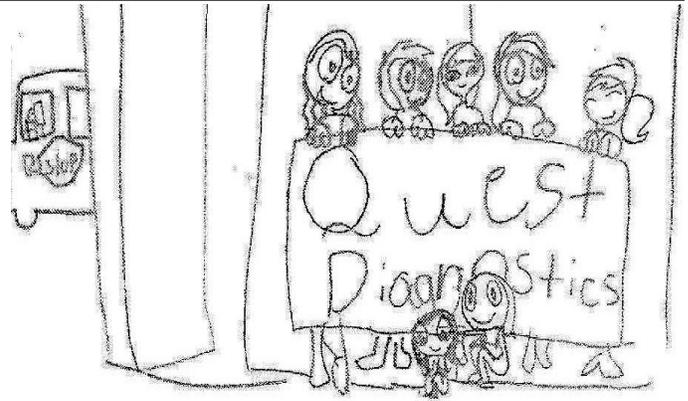


Illustration by Angelica Martinez-Hernandez

healthy. If you are not healthy, the cells will look abnormal.

Logistics station: Quest Diagnostics works 24 hours a day, 7 days a week—even on holidays or when it rains or snows. Quest has a fleet of cars. The drivers pick up specimens, which can be blood or tissue, from many different medical offices and hospitals all around the Philadelphia area. The reporters learned that the specimens must be treated with great care. At Quest, the cars are eco-friendly. That means the cars run on both gas and electricity.

For the reporters, it was an exciting day of learning. Some reporters left inspired to become phlebotomists or doctors.

—By Healthy Comet staff

What to do if you need a blood test

HORSHAM—People sometimes need blood tests to tell them whether they are healthy or sick.

A blood test can provide a lot of information. For example, doctors can order a blood test if you're not feeling well, according to Medikidz.com. Or, a blood test can be used to keep an eye on a problem you already have.

A phlebotomist is someone who is specially trained to take blood, Medikidz.com says. The blood sample is taken from one of your veins. The phlebotomist goes through a lot of careful steps to make sure you are safe and the blood is taken out of your body properly. One way you can tell they are being careful is if they wear gloves and go through the same process with everyone, Quest Diagnostics says.

After blood is taken from your vein, the sample goes to a lab where it is looked at under a microscope or tested with chemicals, according to Quest Diagnostics. The results will be given to your doctor and he or she will discuss the results with you.

Quest Diagnostics is a company that does a lot of testing. The company explains the six simple steps of

getting blood drawn at one of its centers. The steps can be found at QuestDiagnostics.com.

1. A phlebotomist will take you and your parent into a private room. You can sit in a chair.
2. The phlebotomist will put a stretchy rubber band around your arm. Your arm will be cleaned.
3. Keep still. You can watch or look away.
4. The phlebotomist will stick you with the needle. You will feel a quick pinch. If you feel scared, you can count or pretend to blow the pain away.
5. The phlebotomist will put your name on the small tube with your blood. A bandage will be put on your arm.
6. The tube will be taken to the laboratory and tested.

It only takes a few minutes for your blood to be drawn. It will give so much important information to the doctor about your health.

—By Janiyah Scott, Brenda Lopez, Jonathan Morgridge, Lillian Richardson, Eddie Fisher, Ambar Torres-Ramirez, Emily Hernandez, and Jaiden Woodson

What makes Greek yogurt special?

The *Healthy Comet* recently wanted to find out why Greek yogurt has become so popular.

Greek yogurt is a strained yogurt. The watery part of the yogurt has been removed, according to the Michigan State University Extension Service.

The extension service says Greek yogurt has twice as much protein and half the carbohydrates that regular yogurt has. So that means it's very nutritious. But many yogurts, including Greek yogurt, have extra

Nutrition Mission

sugar added. Too much sugar can change a healthy food into an unhealthy item.

ChooseMyPlate.gov says that sugar is found naturally in many foods such as fruit and milk. However, a lot of sugar is added to food during processing, preparation, or at the table, according to the U.S. Department of Agriculture. You've got to watch out for that.

The American Heart Association says too much sugar in the diet can lead to obesity and heart-health problems.

As an experiment, the *Healthy Comet* decided to taste three types of Greek yogurt and examine the sugar content in each type.

The students taste-tested plain, pineapple, and strawberry-banana. They chose Chobani Greek Yogurt. The plain yogurt contained 4 grams of sugar per serving. The pineapple contained 15 grams of sugar. The strawberry-banana contained 16 grams of sugar.

Cole Manor Healthy Comet

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The faculty advisors for the *Healthy Comet* are Mrs. Huntington and Mrs. Shuler.

A Healthy NewsWorks® project
www.HealthyNewsWorks.org

With this issue, Healthy NewsWorks marks its 300th issue of student-produced health newspapers since the organization's founding in 2003. Healthy NewsWorks is overseeing programs in 15 schools in the Philadelphia area during 2014-15. The *Cole Manor Healthy Comet* is starting its ninth year.

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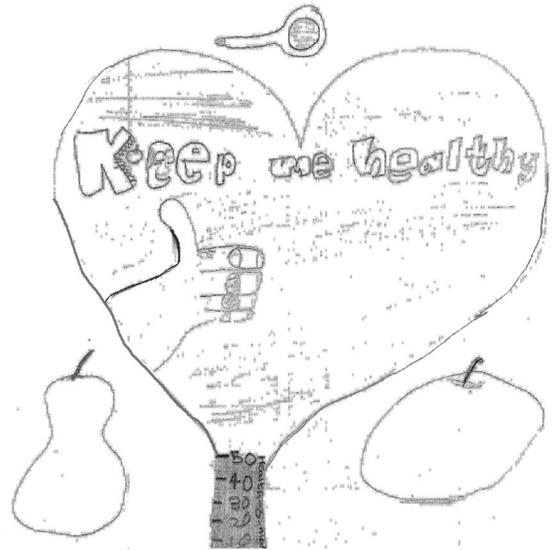


Illustration by Eddie Fisher

Of the 13 reporters tasting the yogurt, only one liked the plain Greek yogurt. That student recommended it because it has less sugar than the other two yogurts. The students described the plain yogurt as smelling sour and tasting like rotten cheese.

Just goes to show how much people like sugar.

When the students tried the pineapple and strawberry-banana yogurt, they all agreed that they were tasty. They recommended the flavored yogurts because they are scrumptious, delicious, and yummy.

The reporters described the pineapple yogurt as sweet, creamy, smooth, thick, and silky. They said the strawberry-banana yogurt was super sweet, chunky, and cheesecake-like.

So what can you do if you don't like plain yogurt, but don't want too much added sugar?

The Michigan Extension service offers these ideas: Drizzle a small amount of honey into the plain yogurt. Add small pieces of fruit. Plain Greek yogurt can also be used in many recipes that call for eggs, oil, mayonnaise, or sour cream.

—By Healthy Comet staff

Watch out!

Here are some other names for sugar

Brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrate, glucose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, sucrose, syrup, and table sugar.

Source: Academy of Nutrition and Dietetics