

COLE MANOR

HEALTHY COMET

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Take steps to care for your teeth

"Keeping your teeth healthy is imperative," said Dr. Stephanie Nunez.

Dr. Nunez is a dentist at Einstein Medical Center. She and Einstein dentist Dr. Juliana Kim recently visited Cole Manor and answered questions from the *Healthy Comet* staff.

Dr. Nunez said teeth are important because they help you chew your food and make your smile look better.

According to Dr. Kim and Dr. Nunez, you should brush your teeth twice a day, and each time you should brush for two minutes. You should also floss every day. They explained that brushing and flossing protects teeth from cavities.

Cavities are holes that can develop in teeth. They can happen when bacteria in your mouth breaks down sugar that you eat. The result is acid that can cause cavities.

The dentists suggest that you use toothpaste and mouthwash with fluoride. Fluoride strengthens teeth, and it makes it harder for cavities to form.

Tooth-brushing also keep your gums healthy and your breath pleasant, the dentists said.

Special report: Healthy Smiles



Illustration by Ambar Torres- Ramirez

Dr. Kim suggests that a child use a child toothbrush with soft bristles that won't damage your teeth. Hard bristles can hurt your teeth, she said.

When the bristles change direction, usually after three months, you should get a new toothbrush, Dr. Kim said. A worn-down toothbrush will not work as effectively and will not clean your teeth correctly, the dentists said.

—By Healthy Comet staff

Gaga has many fans at Cole Manor

Ga Ga Go! Students at Cole Manor are engaging in a new game called Gaga Ball.

In interviews, students said the game gets them moving and makes them stronger. It's great exercise, they said.

The game is similar to dodge ball. In fact, it is often called a "kinder, gentler version" of dodge ball, according to the Gaga Center. The game uses a soft ball and players need to run, jump, and dodge to avoid being hit below the knees by their opponents.

Xavier, a fourth grader, said Gaga is good exercise for kids because it strengthens their legs. He said the game gives him confidence. He also feels strong and swift.

Thomas, a fourth grader, said he likes the game because he can exercise and have fun. The trick to being good at Gaga is practice.

Alexandra, a third grader, agreed. She said practice makes a big difference if you want to be in the game until the very end.

Eric, a fourth grader, said he learns how quickly he can move by playing Gaga. He believes that if you have speed, the ability to jump high, and the strength to hit the ball, you will be good at it.

Anthony, a fourth grader, said you need to be careful when you play Gaga. Rough play could lead to

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Life's little moments bring smiles

When someone points a camera at you and says the word "cheese," you are likely to smile.

During the day, you probably smile for a lot of reasons.

Healthy Comet reporters recently interviewed Cole Manor teachers to find what makes them smile and how they keep their smile healthy. They discovered that little pleasures can produce big smiles. For instance, Mr. Zodrow, a fourth grade student teacher, said he smiles when his dog sees him and does a little dance.

To keep their teeth healthy, Cole Manor teachers said they brush their teeth at least twice a day and floss once a day. They also visit the dentist twice a year and limit the amount of sugary foods they eat.

Mrs. Habari, the reading specialist, offered a tip for students: Love your teeth and brush all three sides of every tooth as well as your tongue.

Dr. Deminico, an instructional support teacher, said that smiling makes her feel peaceful and bright. Watching her daughters makes her smile because she loves them and they make her happy.

Miss Vaughn, a fourth grade student teacher, said teeth are important to her because they help her eat and smile. Her advice is to take good care of your teeth.

Miss Vaughan said she smiles when she sees that her students are eager to participate in her math and science lessons. It reminds her that she has made the right career choice to become a teacher.

How to keep those smiles healthy

Brushing and flossing your teeth are two ways to keep your teeth healthy.

According to KidsHealth.org, you should brush your teeth after breakfast and before bed so that you can get the leftover food out of your teeth.

You want to remove plaque. Plaque has bacteria. "Whenever we eat or drink something that contains sugar or starch, the bacteria use them to produce acids," according to the National Institutes of Health. "These acids begin to eat away at the tooth's hard outer surface, or enamel."

Over time the acids can cause cavities.

Flossing once a day is also important.

"The floss gets rid of food that's hidden where your toothbrush can't get it," says KidsHealth.

Mr. Turner, a fourth grade teacher, said that seeing students playing Gaga makes him smile. He said he enjoys seeing children having fun. As a teacher, Mr. Turner tries hard to make his students smile.

Mr. Turner said that smiling makes him feel happy, proud, and excited. He tries to focus on the good things in life and spend as much time as possible with friends and family who make him smile.

Mrs. Armour, a fourth grade teacher, said people in her life, such as her daughter, Casey, make her smile. When they smile, it makes her smile, she said.

—By Healthy Comet staff

Gaga lets you move and play with friends

(Continued from Page 1)

injury. Anthony said you need to hit the ball hard. It will increase your chances of winning, he said.

Hannah, a second grader, said Gaga is a joyful activity to spend time on and that it is fun to play in physical education class. Hannah said Gaga allows you to play with your friends and enjoy competition.

Jade, a third grader, said sometimes she feels bored when she plays Gaga. Usually, that's when she doesn't get the ball enough. To be good at Gaga, Jade said, you need to be fast.

Jeremiah, a fourth grader, said he likes the game because you never know what is going to happen.

—By Healthy Comet staff

Congratulations, Cole Manor!

This issue marks the start of the 10th year of the *Healthy Comet*.

Hats off, Dr. Poncheri. Your enthusiasm and support makes our newspaper possible. Many thanks, Mrs. Shuler, for serving as editor for five years. Welcome aboard, Mrs. Habari. We appreciate that you can help Mrs. Shuler. And we are grateful to our student reporters and for all our readers! Enjoy!

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, Reid Sessoms, Briah Thompson, Amber Torres Ramirez, and Jose Verdin. Faculty advisors are Mrs. Shuler and Mrs. Habari.

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