

# COLE MANOR

# HEALTHY COMET

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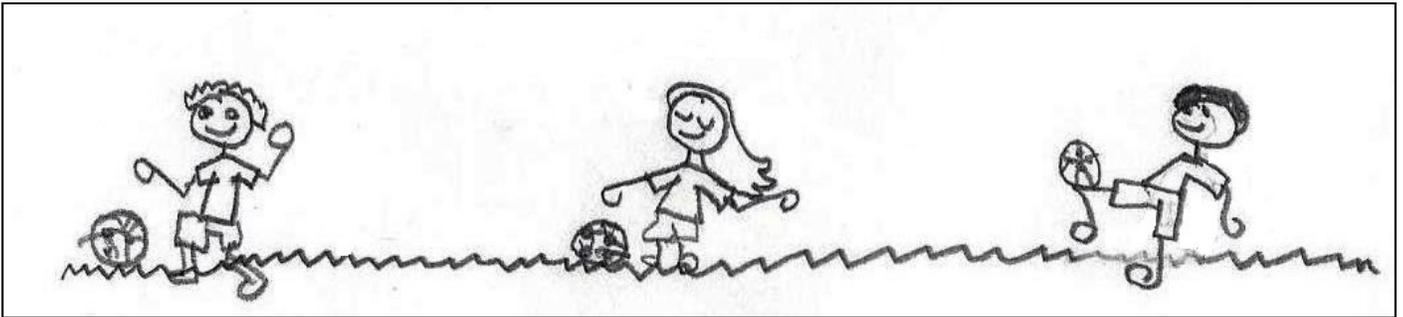


Illustration by Alondra Vega and Brenda Lopez

## Care for your heart, nurse says

Cole Manor School Nurse Mrs. Niescier is the go-to person when students feel sick or have an accident.

### Special report on heart health

School nurses are important because they make sure students are safe and fit. A big part of their job is to teach

students how to be healthy. In a recent interview, Mrs. Niescier shared information about how children can keep their hearts healthy.

“The more you know about your heart, the more you can protect it,” she said.

Unhealthy hearts can be a big problem, she said. The heart pumps blood that carries oxygen and nutrients to the entire body.

Mrs. Niescier said some heart issues that students should be aware of include:

- \* Some children are born with heart problems.
- \* Some children who get an infection can develop a problem called rheumatic heart disease.
- \* Some children eat too much unhealthy food such as soft drinks, sugary snacks, and fast foods. They also may not get enough exercise. Those habits can lead to heart problems later in life.

(Please see *Eat* on Page 3)

## Exercise can improve your mood

How do you feel after you work out? Tired? Motivated?

Exercise can make you feel happy, too.

Exercise helps release endorphins that help put you in a good mood after a workout, according to the Centers for Disease Control and Prevention. Endorphins are chemicals in the body that can make you feel naturally happy.

The *Healthy Comet* staff recently interviewed students and teachers about how exercising makes them feel. They asked if endorphins affect them after a workout and make them feel better.

Mr. Brown, a third grade teacher, goes to the gym

four days a week. Each day, he spends about 90 minutes working out. First, Mr. Brown stretches. Then, he does pushups and pull ups to warm up his muscles. Next Mr. Brown lifts weights. Finally he runs.

Mr. Brown said that he gets a little tired when he works out, but it also makes him feel excited and happy. He has lots of friends at the gym and they keep him motivated.

Aileen Greenblatt, a third grade student, said she is a swimmer and a gymnast. In swimming, Aileen practices her strokes—freestyle and breaststroke. She also dives. In gymnastics, she practices leg stretches,

(Please see *Exercising* Page 3)

# Games can make learning fun

There are many games on the internet. It can be hard for kids to find a game that teaches them new things. If you want to learn more about heart health, try [www.thetastebuddies.org](http://www.thetastebuddies.org).

The website was created by the American Institute for Cancer Research. *Healthy Comet* reporters learned that this is a safe website to use.

## Web game reviews

There are many things to do on this website. You can ask a "food professor" questions about why we need to eat fruits and vegetables. A cool thing I found is a list of different fruits and vegetables from A to Z. I found a lot of fruits and vegetables that we have eaten at Cole Manor! The website also teaches you how to grow your own fruit and vegetables and how to cook delicious, healthy foods.

The website also has a game, "Dump the Junk." You first choose your player. Then you have to grab all the healthy foods and dump all the junk food. To be honest, I didn't like the game because I think it is for someone younger. I think you would like Dump the Junk if you are ages 5 to 8.

I did like the other parts of the website that teach you interesting information about healthy snacks. It helped me understand why we should eat

fruits and vegetables every day and why junk food is so bad.

—By Ashley Carmona

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"Blast Off" is a great game to test your knowledge of healthy foods and exercise. When I played the game, I had so much fun. It was challenging because the goal is to fuel a spaceship with smart foods and with 60 minutes of exercise. If you win, your spaceship will go to Planet Power.

You can't just add food to your ship. You need food from all food groups. The food groups you can choose from are fruits, vegetables, grains, protein, and dairy. Food has to be put in for breakfast, lunch, dinner, and snacks. If you put in too much food, your ship gets too heavy and you can't lift off.

I liked looking at all the activities for exercise. Did you know doing house chores and walking your dog are types of exercise?

I like this game a lot. It was challenging at first, but it was fun so I kept playing it! I think students who are 8 years old and older will like it. It was hard for me. It has good music and good fun!

You can find "Blast Off" at: [www.fns.usda.gov](http://www.fns.usda.gov). Go to the website's search engine and type in: "Blast Off Game." You will spot it in the results. Enjoy!

—By Maggie Daniels

### Cole Manor Healthy Comet

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Student staff members include Brian Burke, Ashley Carmona, Nerelyn Carmona, Maggie Daniels, Meleena Guidici, Mahogany Greene, Iresa Lincoln, Brenda Lopez, Valerie Nogueta, Ayana Lyons-Perry, Kayla Sparks, Bethany Tarr, Alondra Vega, Kevin Wayne, and Michael Wolbers. Mrs. Shuler and Mrs. Huntington are the newspaper's faculty advisors.

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## Answers to Brain Workout!

1. cholesterol 2. endorphins 3. exercise 4. pulse 5. veins
6. arteries 7. oxygen 8. heart 9. blood 10. screen

## Websites offer heart information

Check out these websites to learn more about keeping your heart in good shape.

### \* Fatsmack

Fatsmack.org: Explains how drinking sugary drinks can be harmful to your health.

### \* Girlshealth—Be Healthy, Be Happy, Be You

Girlshealth.gov: Offers tips for healthy eating at fast food restaurants and fun ways to exercise.

### \* Franklin Institute: The Human Heart

[www.fi.edu/learn/heart/healthy/diet.html](http://www.fi.edu/learn/heart/healthy/diet.html): Get facts about how your heart works. Listen to heartbeats.

### \* KidsHealth Heart Center

[kidshealth.org/kid/centers/heart\\_center.html](http://kidshealth.org/kid/centers/heart_center.html): Watch a heart video, take a quiz or try a recipe. Great information about keeping your heart healthy.

### \* Bam! Body and Mind

[www.cdc.gov/bam/](http://www.cdc.gov/bam/): Find the right activity for keeping fit. Check out the healthy snack recipes and fun games.

### \*Fit Kids Healthy for Life!

[www.kspfitkids.org](http://www.kspfitkids.org): Find out why exercise is cool. Watch videos about staying fit.

# Eat nutritious food for your heart health

*(Continued from Page 1)*

Eating more fruits and vegetables will help students maintain a healthy weight, said Mrs. Niescier. Being overweight is not good for your heart.

Mrs. Niescier shared other tips for preventing heart disease.

If you like a fresh fruit or vegetable that you tasted at school, ask your parents to buy it. That way everyone at home can try something new.

**“The more you know about your heart, the more you can protect it,” Mrs. Niescier says.**

She also said to limit your screen time—time you spend watching TV and playing computer games. You should spend no more than one hour a day in front of a screen. Get plenty of exercise.

Health experts recommend that children exercise at least 60 minutes a day.

Mrs. Niescier said avoid sweet drinks. Even 100-percent juice has lots of sugar. A glass of juice can

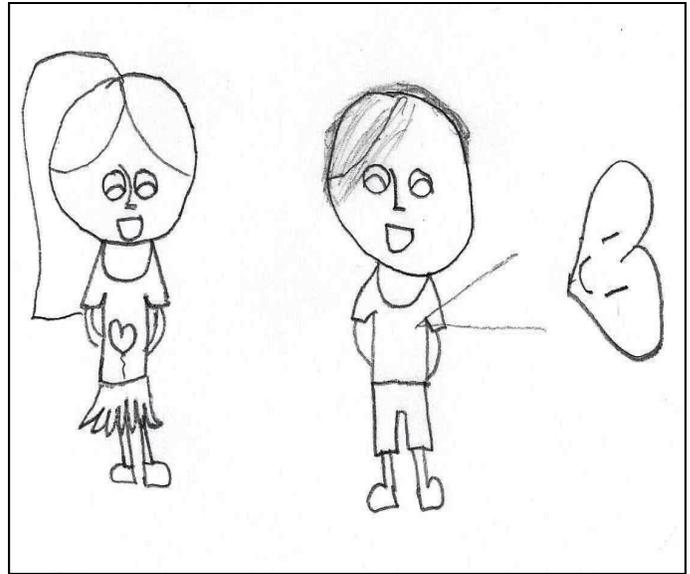


Illustration by Ashley Carmona

have as much sugar as a glass of soda. So try to drink water or milk.

Helping kids get healthy and stay healthy is a big job. She talks to parents and gives them health information to help their children. She runs the school's fresh fruit and vegetable program and is part of the wellness committee at school.

Mrs. Niescier tries to keep children healthy, especially their hearts. —By Healthy Comet staff

# Exercising can help make you happy

*(Continued from Page 1)*

splits, and cartwheels. At the end of a workout, Aileen feels stronger, thirsty, and tired. She has new energy.

Kimberly, a fourth grader, practices basketball on Monday and Wednesday evenings when her homework is finished. She feels like she needs a nap when she is done. Kimberly also said that she feels sweaty after a good hard workout.

*This story was reported and written by Healthy Comet reporters Michael Wolbers, Meleena Guidici, Ayana Lyons-Perry, Brenda Lopez, Alondra Vega, Ashley Carmona, Kayla Sparks, and Iresa Lincoln*

Amy Saldivar, a fourth grader, said she plays soccer five times a week. Each practice is two hours or more. She plays soccer to stay fit

and healthy. After exercising, Amy said she feels tired, but energized.

Mrs. Shuler, a second grade teacher, takes walks and goes to the gym. She exercises three times a

week. Mrs. Shuler uses the treadmill and weights. She also participates in cardio kickboxing. When she finishes exercising, Mrs. Shuler said she feels motivated and tired.

Nerelyn Carmona, a third grader, swims to get exercise. She practices twice a week in the summer with her family and loves to swim.

“I feel good after I swim because I exercised and I had fun at the same time,” said Nerelyn.

Katie Mocarsky, a fourth grader, said she loves to play softball. She practices two days a week and each practice is 1 hour and 30 minutes long.

When Katie works out, she practices sliding, running bases, batting, and pitching. Katie said she feels strong at the end of the practice because she knows that her body is healthy. She likes playing softball because it makes her healthy and more active.

Katie said other people should play this sport to get healthier.

“Healthier people won't have to face as many problems as other people (who) are not healthy,” Katie said.

# Work out your brain!

Here is a challenge. Can you unscramble the following words connected to heart health? (Answers on Page 2.)

- |                |       |  |
|----------------|-------|--|
| 1) hlseolrteoc | _____ | A fat-like substance that can clog blood vessels.  |
| 2) dnisoephrn  | _____ | Chemicals that your body releases.                 |
| 3) eeesxicr    | _____ | Activity that can make you sweat and breathe hard. |
| 4) lpsue       | _____ | Makes a thump.                                     |
| 5) insve       | _____ | Brings blood back to heart.                        |
| 6) teirsaer    | _____ | Brings blood to the cells.                         |
| 7) ygeonx      | _____ | It's in the air.                                   |
| 8) thrae       | _____ | Muscle that pumps blood.                           |
| 9) doobl       | _____ | Liquid that flows through your body.               |
| 10) csenre     | _____ | Spend no more than 1 hour a day in front of this.  |

## Books focus on the heart and blood

### **A Drop of Blood**

By Paul Showers

This book teaches kids about science using interesting pictures and details. In my opinion, it is an awesome book.

The book is published by HarperCollins and is packed with 25 pages of awesome facts about blood.

"A Drop of Blood" talks about why humans need blood and how blood works. Dracula is the main character in the story and his job is to explain blood. It is funny because we know Dracula is a make-believe character who drinks blood!

I learned a lot from reading this book. Everyone knows that blood is red, but did you know it is red because of red cells? The red cells carry oxygen. We need oxygen to live. The red cells carry oxygen from the lungs to every part of the body.

Another cool fact is when we eat, the food is changed into liquid and moves into our blood. The blood takes the oxygen and food to our bones, muscles, and our brain. White blood cells are also in our blood. White blood cells protect us from getting sick. The last cool fact is that kids have about five pints of blood in our body. An adult who is 180 pounds can have about eleven pints of blood in their body.

I would recommend "A Drop of Blood" for students in second grade and older. There are lots of vocabulary words and longer sentences. I also think people who want to be doctors, nurses, or surgeons should read this book. I enjoyed it!—By Iresa Lincoln

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### **Hear Your Heart**

By Paul Showers

"Hear Your Heart" is an informational book. This book is only 33 pages and has lots of great pictures. It is filled with lots of interesting facts about the heart. For example, did you know that your heart is about as big as your fist?

It also doesn't look like a heart or a valentine. The heart looks like a pear with tubes. The books teach a lot about how the heart works. The heart beats every day to move blood through your body.

Another interesting fact is that the heart is a strong muscle that works days and night. The heart has veins, arteries, and valves. Valves keep the blood moving in the right direction. The veins and arteries transport the blood to and from the heart.

A third interesting fact we learned in the book is that a third and fourth grader's heart beats about 90 times a minute, but an adult's heart beats about 72 times a minute. And a baby's heart beats more than 120 times a minute!

We think kids ages 7 and up should read the book because they will understand it better than younger kids. It is a good book for kids who like science or want to be doctors or nurses when they grow up. We really liked the book because it had great pictures and we learned a lot.

—By Brian Burke, Mahogany Greene,  
and Kevin Wayne