

# EISENHOWER

# HEALTHY PANTHER

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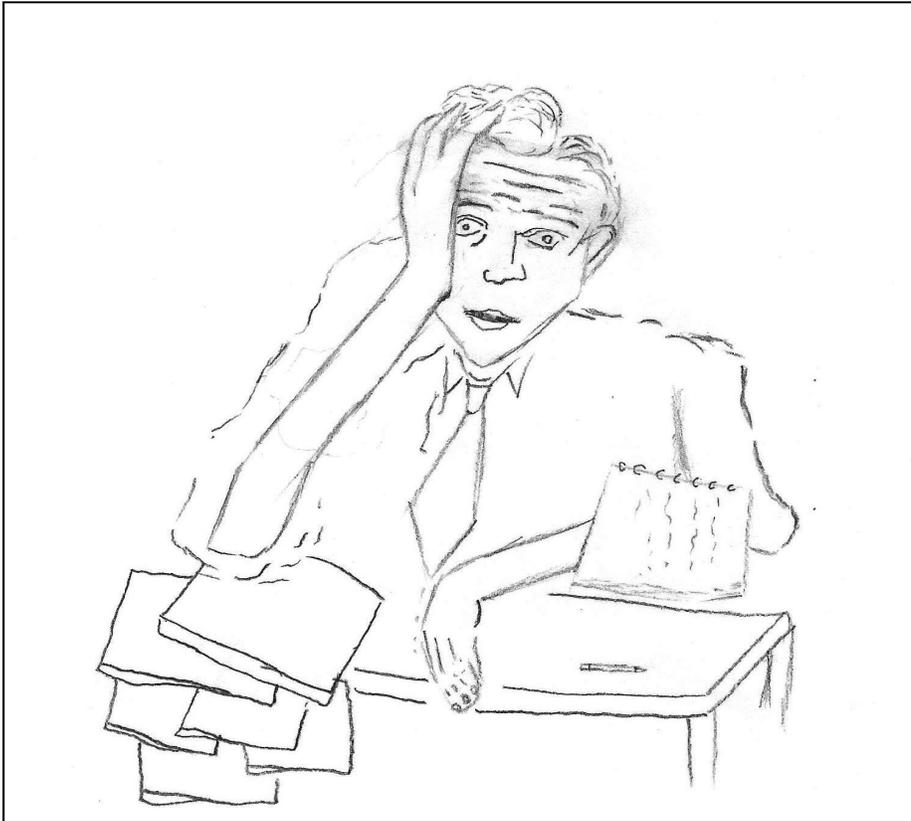


Illustration by Juan Rodriguez Hernandez

## Heart health report

## Adding dose of exercise to every day

Exercise breaks can help people reenergize. Eisenhower staff members are no exception.

In recent interviews, several staff said working out can release tension and refocus.

Mrs. Weikert, the music teacher, said she takes exercise breaks because they make her feel great. She does sit-ups and push-ups in her classroom. She runs four times a week, often totaling three miles a run.

Exercising strengthens your heart and helps your muscles develop, says KidsHealth.org. Health experts say children should spend 60 minutes doing *moderate to vigorous* activity every day to stay healthy.

When you are doing moderate activities such as walking or biking, you can talk but not sing, according to the Centers for Disease Control and Prevention (CDC), a government agency that helps protect the public's health. A vigorous activity is one when you can only say a few words before you need to take a breath, the CDC says.

*(Please see Give on Page 3)*

## Find ways to relieve stress

Stress enters everyone's lives from time to time.

Mr. Keagy, an Eisenhower social studies teacher, said stress occurs when life becomes overwhelming. Left unchecked, stress can cause a person to lose sleep and friends. Good time management strategies can help reduce or prevent stress.

When Mr. Keagy is on the road, careless and aggressive drivers can be stressful, he said. Singing is a good stress-buster for him.

Stress can be good when it helps people focus to get a job done, according to KidsHealth.org. But too much stress can be unhealthy.

Government health experts say stress can make people sad, angry, and worried. It can make it hard for people to sleep, eat, or concentrate. The American Heart Association says stress can cause people to overeat, smoke ciga-

*(Please see Stress on Page 4)*

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

# We want your letters and artwork!

Welcome back to the *Healthy Panther!*

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, Mr. Smoyer, or Mrs. Shallow.

## 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 Panther*. Or, Healthy NewsWorks may publish it on its website, [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org).

Eisenhower has classroom sets of all three leaders' books published between 2012 and 2014. Teachers can ask Mr. Smoyer or Mrs. Shallow 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 Panther*. We would love to hear from you. We look forward to your letters and pictures.

—The Editors

## Writing letters to leaders

# Health leaders inspire ESTLA reporters

*Editor's note: The excerpts of the letters below are written to people featured in the books, Leading Healthy Change In Our Communities.*

*Classroom sets of the books have been donated to Eisenhower. Please consider writing your own letter to a health leader!*

Dear Lt. Reif,

You make sure that kids stay out of trouble. You inspired me by keeping children safe and following your family tradition. Your goal for officers is to be seen as mentors for people. That is why you are a good role model. ... Thanks for keeping the children safe and solving problems.

Sincerely,  
Jordan Gomez

*Editor's note: Lt. Reif is a member of the Upper Darby Police Department and serves as the department's Safe Schools Coordinator.*

Dear Mr. Guerra,

Your job is important because you help people do better in school and to get a good education. You are a good role model to children, because you allow them to help younger children with their homework. Your work inspires me to help other kids do better.

Sincerely,  
Dante Wiley

*Editor's note: Mr. Guerra is executive director of the ACLAMO Family Centers.*

Dear Mr. Guerra,

Your work inspires me because you don't give up. I think you are a good role model for children. Your work is important to immigrants because they need help with life.

Sincerely,  
Ivan Romero

# Tips to help avoid winter colds

Winter is here.

Along with snow and chilly winds, the season brings runny noses, coughs, colds, headaches, and other annoying cold symptoms.

People get sick more easily in the winter because they are inside and around more people, said Mrs. Nancy Erickson, a long-time school nurse. She recently came to Eisenhower for a press conference with the *Healthy Panther*.

So how can you reduce your risk of feeling miserable?

Mrs. Nancy Erickson offered a number of tips. Wash your hands often, she said. It is a great defense against colds. Remember to use soap. Sing the "Happy Birthday" song while you wash. When you finish, you will know that you have washed long enough, Mrs. Erickson said.

"Washing your hands is better than using hand sanitizer because it washes all of the germs away," Mrs. Erickson said. She added that if you can't wash your hands, hand sanitizer will still kill most germs.

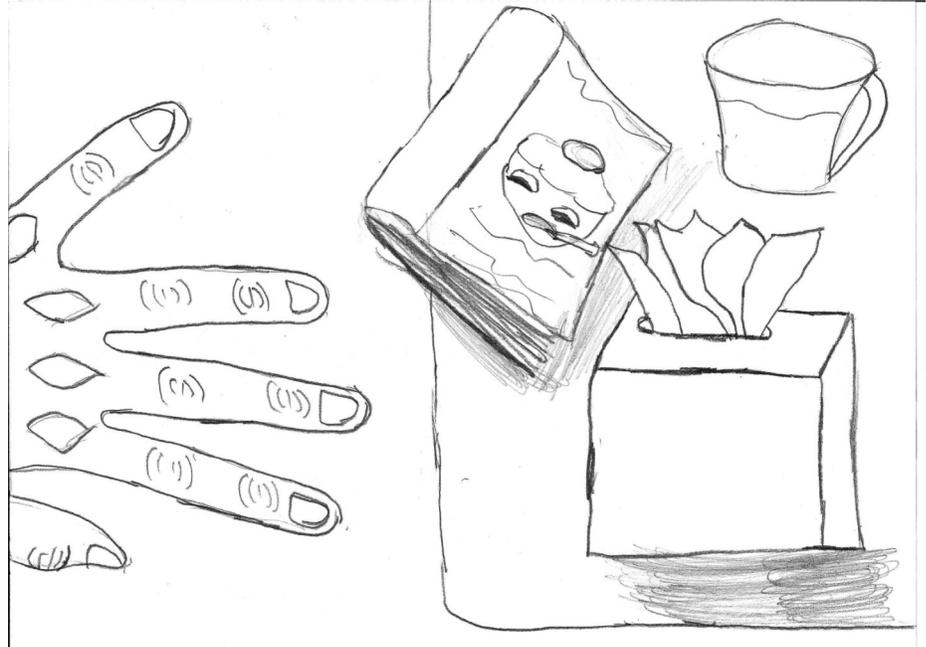


Illustration by Ivan Romero

After washing your hands, use a paper towel to open the door to avoid getting germs on your hands, she said.

Similarly, avoid putting your hands on your face, especially after you touch doorknobs, school desks, and other surfaces where you can easily pick up germs, she

If you are sick, drink plenty of fluids, especially water, she said. And stay home. You don't want to spread your illness to others.

It's OK to go outside during winter but remember to dress warmly, Mrs. Erickson said.

—By Healthy Panther staff

# Give your heart a good workout

(Continued from Page 1)

Examples of vigorous activities are running, soccer, and basketball.

Mr. Carr, learning resource teacher, said he jogs after school four times a week. He usually logs three miles each time he runs. It is good for his heart, he said. It makes him feel "relaxed and tired," he said. He said students should exercise more.

Mrs. Shallow, a reading specialist, said she takes exercise breaks in the evenings after school. She walks her dog around the block and participates in kickboxing classes twice a week.

After teaching class for the day, Mr. Billemeier, a seventh grade math teacher, tries to take a break by walking or playing tennis. Ms. Tollefson, seventh

grade math teacher, doesn't take exercise breaks during the day but tries to eat healthy food.

—By Healthy Panther staff

## What is aerobic exercise?

Aerobic exercise is an activity that requires oxygen, says KidsHealth.org. Aerobic exercise strengthens your heart and helps it do its main job better—pumping blood carrying oxygen to your entire body.

Two examples of aerobic exercise are running and cheerleading. You know if you are getting an aerobic workout because you are sweating and breathing extra hard. Your heartbeat also increases, health experts say.

## Tips to reduce it

# Stress is normal

(Continued from Page 1)

rettes, and make poor food choices. These activities can raise people's risk of heart attacks, strokes, and high blood pressure.

Mrs. Books, a speech teacher, said when her children are upset or hurt, she becomes anxious. She practices yoga to manage her stress. The activity includes a lot of breathing and stretching, which calms her.

If students feel stressed, she suggests that they talk to a teacher.

Ms. Novick, a guidance counselor, said stress can catch up with her if she doesn't have enough time to see everyone she needs to see at school. To manage stress, Ms. Novick has many outlets. She dances, plays games, walks, talks, listens to music, and reads. These activities help her get rid of negative feelings.

Ms. Novick said children can manage their stress by breathing, making personal goals, and developing problem-solving skills.

Miss Tollefson, a math teacher, also said she feels stressed when she has too much to do and doesn't have enough time. She runs, practices yoga, and drinks tea to decompress. She also finds taking a break from work calms her down.

Miss Tollefson suggested the students manage stress by playing sports and eating healthy foods.

## 5 healthy school activities

1. The cafeteria serves students fruit every day such as apples, peaches, grapes, and mixed fruit in a cup.
2. Many students walk to school.
3. The Food Trust gives nutrition lessons and provides taste tests and healthy recipes.
4. Morning announcements include healthy tips.
5. Students in seventh and eighth grades can participate in team sports. —By Healthy Panther staff



Illustration by Nikailya Clark

## Chef Amy pays visit, makes potato salad

Chef Amy recently made special visits to seventh grade classes. On the menu: German potato salad.

Chef Amy, who works with the Vetri Foundation's Eatiquette Program, brought the ingredients: chives, salt, pepper, oil, vinegar, mustard, chicken broth, and, of course, potatoes.

Students helped cut the chives. Chives are a type of onion. The students found it interesting to learn that the mustard helps the oil and vinegar mix. They usually don't get along. When the potato salad was ready, the students could taste it.

"It tasted so good," said Citali Aguilar, a seventh grader and *Healthy Panther* reporter. "It is almost as my mom makes it."

The chives were a new thing for her. She said she loved the visit and hopes Chef Amy would return.

Mr. Smoyer, a seventh grade English teacher, also liked the salad. He was more accustomed to potato salads with mayonnaise instead of mustard.

Nikailya Clark, a seventh grader and *Healthy Panther* reporter, was noncommittal. The potato salad was "interesting," she said. It had too much mustard. It wasn't that good or that bad, she said.

—By Ashley Abarca

### *Eisenhower Healthy Panther*

A publication of the Eisenhower Science and Technology Leadership Academy in the Norristown Area School District in Pennsylvania. Student staff members include Ashley Abarca, Citali Aguilar, Jennifer Baez, Nikailya Clark, Alexander Dominguez Sanchez, Jordan Gomez, Kevina Harris, Juan Rodriguez Hernandez, Ivan Romero-Gomez, Rosendo Ramirez, Dante Thompson, Miyanna Whittington, Dante Wiley, Jaidah Youngblood, and Melissa Zafra. The faculty advisors for the *Healthy Panther* are Mr. Smoyer and Mrs. Shallow.

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### *A Healthy NewsWorks® project www.HealthyNewsWorks.org*

Healthy NewsWorks is overseeing programs in 15 schools in the Philadelphia area during 2014-15. The *Healthy Panther* is marking its seventh year.

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