

HEALTHY PANTHER

VOLUME 7, NUMBER 2

SPRING 2015

Watch what you post on the web

Be careful what you put on the internet. You never know who will see it.

"If you are going to send something, use common-sense," said Officer Peterson, Eisenhower's school resource officer, at a recent press conference with the *Healthy Panther*.

He recently offered safety tips to help prevent or deal with cyberbullying. Cyberbullying is a cousin of face-to-face bullying. The difference is that cyberbullying involves technology such as cell phones, laptops, and computers.

Special Report: Think, Don't Fight

Officer Peterson said it is important to think before you post. For instance, if you are angry with someone, don't send them a rude message or picture. Call the person up and talk about the problem or sit down and have a conversation.

You should know who your real friends are before clicking the "accept" button, Officer Peterson said. Don't "friend" a stranger, he said.

Cyberbullying is a real problem. Officer Peterson said a student recently told him that she was getting cyberbullied on a social media site. He pulled the stu-

(Please see *Tips* on Page 3)

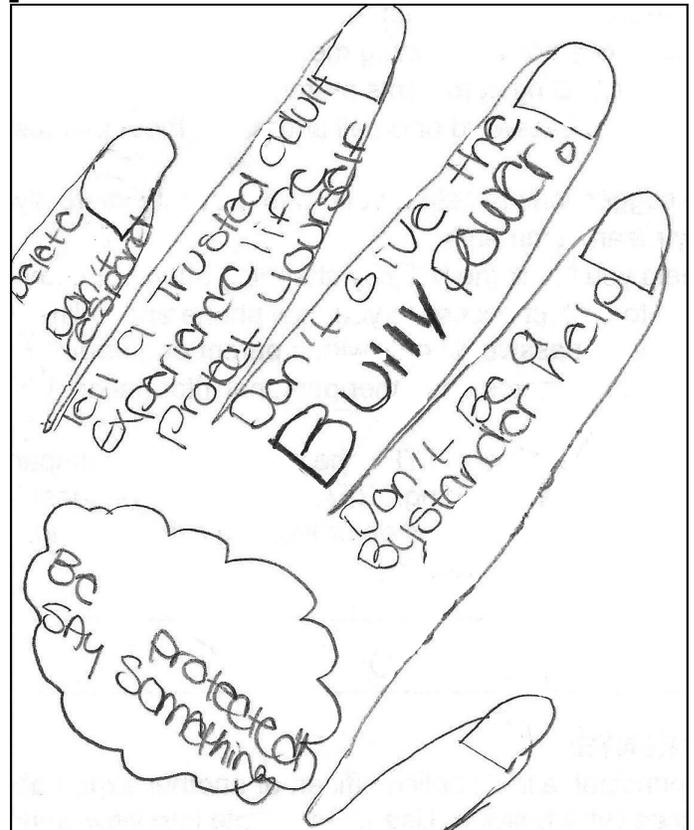


Illustration by Miyanna Whittington

Five reporters become book authors

Five *Healthy Panther* reporters will have an article they wrote published this spring in the book "Leading Healthy Change In Our Communities 2015." The book focuses on leaders who are making the lives of children and families healthier in the Philadelphia area.

The reporters interviewed Kaseir Archie, a high school senior in Philadelphia who is a health advocate. Kaseir serves on the Youth Advisory Board of the Alliance for a Healthier Generation. It is a national group dedicated to reducing childhood obesity and helping children develop lifelong healthy habits.

The reporters are Ashley Abarca, Jordan Gomez, Kevina Harris, Rosendo Ramirez, and Dante Thompson. Congratulations!

The "Leading Healthy Change" 2015 book is the fourth in a series. Eisenhower has classroom sets of the first three, which all feature an article by *Healthy Panther* reporters.

Students can write letters to any leader and submit it to Mrs. Shallow. It could be published on the Healthy NewsWorks website.

For more information, visit Letters to a Leader at www.HealthyNewsWorks.org.

Bouncing back from challenges

Resilience is a word that describes the act of bouncing back from a challenge. You could be resilient by improving your grade after a poor test result or by figuring out how to handle a cyberbullying situation.

You can build resilience by "surrounding yourself with positive peers and adults that love and respect you," said Dr. Arthur Evans, who is the commissioner of the Philadelphia Department of Behavioral Health and Intellectual disAbility Services. They become your *social support*. Social support can help you build positive feelings about yourself, he said.

The *Healthy Panther* recently interviewed several teachers and students about setbacks in life that they overcame.

* * *

Going to college was a "huge" challenge, said **Mrs. Parker**, a fifth grade science and math teacher. Her college was a 3-hour drive from her home. Everything and everybody was new to her.

"What I did was to try to make friends and join a lot of activities," she said.

Mr. Fahler, Eisenhower's PE and health teacher, said he struggled with reading when he was in fifth grade. He had a special tutor who helped him. "I considered my hard work to be like a job," he said.

The hard work paid off. He said he ended up enjoying reading. Struggling at something can help turn your weakness into a strength, he said.

Mrs. McAnulty, applied communications and technology teacher, said her family didn't have a lot of money when she was growing up. She had to share almost everything with her two brothers and two sisters. It helped her value her possessions, she said.

She decided she would work hard in school so she could have a good-paying career. That way she could help her family out, she said.

Her advice to students is to be open-minded and appreciate the things you have. Never take them for granted. "It's not about how many times you fail, but how you learn to handle it," she said.

Tristan Maines, a seventh grader, shared how tough it was when he moved from Pittsburgh to the Philadelphia area. "I missed my friends back home. Therefore, I was homesick," he said.

He joined football and baseball teams. "I got to know others better and make new friends," he said.

Randi Sims, an eighth grader, said she also joined a sports team to get to know other people. Her sport is volleyball. "My friends helped me ... they opened me up," she said. —*By Kenya Prado, Rocio Alvarez, Alisha Williams, and Kyeija Davis*

Two opinions on sugary beverages

A lot of teenagers drink more sugary beverages than they need. Teenagers drink nearly 2 ½ glasses of sugar-sweetened beverages a day, according to the Columbia University School of Public Health. That's an average of 356 calories a day!

Instead of sugar-sweetened drinks, all you really need to drink is water. It has no sugar or fat and it keeps your body hydrated. Low-fat milk is another

In our words

good choice because it has no added sugar and it provides calcium and vitamin D for bone building, according to Kids-

Health.org.

Sugary drinks are bad because the extra calories in these beverages can lead to weight gain and health issues such as type 2 diabetes and heart disease, according to the American Heart Association. These drinks also provide few important nutrients for good health. —*By Miyanna Whittington*

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It seems everyone drinks sugary beverages.

They are a favorite drink for young people. But they are not healthy.

Avoiding sugary drinks is a good way to keep fit and even lose weight, according to medical experts. Over time, if people drink too many sugary beverages, they are at a higher risk of developing obesity, diabetes, and heart disease, according to the American Heart Association.

We should keep our body weight healthy by limiting the number of sugar-sweetened beverages, making good food choices, and staying active.

Be careful when you are choosing something to drink. If you are going to drink sugar-sweetened beverages, choose the smaller bottle or serving size. Healthier choices are drinking water and low-fat or fat-free milk. Instead of drinking fruit juice, eat fruit. It is always good to check the nutrition facts label to find out how much sugar is in your food or drink.

—*By Ashley Abarca*

Kindness can lift a person's spirits

Editor's note: Healthy Panther reporters recently interviewed ESTLA school staff about kindness. We hope these stories inspire you to tell us what kindness means to you.

Mrs. Gray, a paraprofessional, recently was putting groceries into her car, when an older gentleman saw that she had a heavy case that she needed to pick up. He stopped loading his groceries and asked her if he could help her with the case.

She also observed an act of kindness at school recently. A class was working on a project which involved drawing a picture. Students who draw well offered to help those students who were struggling, Mrs. Gray said.

Mrs. Gray said she tries to be kind because it is easier than not being kind. Everyone needs someone to be kind at some point, she said. —By Citali Aguilar
* * *

Mrs. Shallow, an instructional support teacher for reading, said her friends supported her during a time of sadness. They showed her that they really cared about her, she said.

"It is important and life-changing to be kind to others,"



Illustration by Stacey Morales

she said. "It's not about receiving. It's about giving to others."

You want to encourage and motivate people so they can see who they are and can become.

She recently observed a student supporting others using kind words and making them feel confident about themselves.

—By Miyanna Whittington and Melissa Zafra
* * *

Mr. Ryan, the instructional support teacher for math, said

kindness can go a long way toward making someone feel good. You never know what someone is going through, he said.

He felt good when his former high school students wrote him a letter about how much they appreciated him. He observed an act of kindness when his basketball team included a child with special needs in their game. They gave him an opportunity to score a point. —By Kevina Harris and Ayanna Zimmerman

Tips to avoid being cyberbullied

(Continued from Page 1)

dents who were involved and warned them to stop. If the bullying continued, he told them, they could face severe consequences.

Students can be suspended or even expelled from school if they continue to cyberbully, Officer Peterson said.

If you have a friend who is cyberbullied, he said, you should be a good friend and listen. You should also encourage him or her to get help from a trusted

adult. If your friend doesn't follow your advice, you should tell an adult who can help.

Here are a few other tips from Officer Peterson:

- Change your password a few times every year.
- Don't make your password obvious to guess.
- Tell a trusted adult if you are ever cyberbullied.
- Never share your password.
- Block strange or unknown numbers, names, and messages. Know who you are communicating with.

—By Ashley Abarca, Nikailya Clark, and Healthy Panther staff

Try low-salt popcorn as a snack

Many people like popcorn because it tastes good and is an easy snack to make.

But for health reasons, you should watch out for the amount of salt added to the popcorn.

Healthy Panther reporters recently tasted two types of popcorn. The original version contained 240 milligrams (mg) of sodium. The light popcorn was lower in salt—50 mg per serving.

Nutrition Mission

Sodium is the nutrient in salt that you need to pay attention to. Your body needs some sodium because it helps water get into your body's cells to keep you healthy. Your body will retain too much water if you eat too much sodium. That can make your heart work harder, and over time can lead to health problems, according to health experts.

In evaluating the original popcorn, the *Healthy Panther* reporters noted it was yellow in color, tasted like salt, smelled like butter, and was crunchy.

Several students said they liked the salty, buttery flavor of the original, but would not recommend it because the amount of butter and salt in it made it "unhealthy to eat."

Food containing 480 mg or more of sodium per serving is a high-sodium food. A low sodium food contains less than 120 mg or less of salt per serving according to the U.S. Food and Drug Administration.

Kevina reported that the light popcorn looked "dull and smelled like Cheerios." Both Kevina and Dante recommended it as a healthy snack "because of its low salt and fat content."

Miyanna would not recommend the light popcorn because "it tasted burnt." Juan liked the Herr's light popcorn because it was not too salty or yellow from butter. He would recommend it to people because the light popcorn is healthier because it doesn't have a lot of salt.



Several students said the light popcorn did not have much flavor. Jennifer suggested that adding spices, herbs, garlic, vinegar or lemon juice to the popcorn might improve the taste.

Not all popcorn is alike. Reading the food label will let you know how much salt is contained per serving. The lower amount of salt per serving, the healthier the popcorn will be. Remember that there could be more than one serving in a package. Watch out for the butter content. A serving of popcorn is considered low-fat if it has 3 grams or less of fat, according to the FDA.

—Story by *Healthy Panther staff*;
Illustration by *Ashley Abarca*

Don't eat too much salt

Salt is found in many popular foods. They include food such as potato chips, soups, and tater tots. You should look at nutrition labels to find out how much salt is in the food you are eating, health experts say.

There are a number of ways to lower the amount of salt you eat, according to the U.S. Department of Agriculture (USDA):

* When eating out, ask the waiter if there is a way to make a low-sodium meal. Ask for salad dressing and sauces on the side. Watch out for the ketchup and soy sauce because they are often high in sodium.

- Eat a lot of fruits and vegetables since they are naturally low in salt.
- Skip adding salt to food when you are cooking.
- Keep the salt shaker off the table when you are eating. Try using garlic, lemon pepper, curry, or garlic for flavor instead of salt.
- Choose fresh or natural food instead of processed or packaged foods. Most canned foods contain a lot of salt.

—By *Healthy Panther staff*

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.

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.

Healthy NewsWorks is a member of New Beginnings Non-profit Incubator at Resources for Human Development. Funders include Quest Diagnostics, Claneil Foundation, and First Hospital Foundation. Special thanks to The Elsie Lee Garthwaite Memorial Foundation for support of Healthy NewsWorks' Think, Don't Fight project.

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