

EISENHOWER

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Illustrations by Jorge Sanchez (above) and Jaelen Parker (below)

Fall is a good time to be active, whether picking a pumpkin or jumping in leaves.

Remember to be safe all year and on Halloween

Beware. You need to watch out for more than goblins and ghosts on Halloween.

While it can be a fun day, remember to be safe. Even if you don't trick-or-treat, many Halloween safety tips apply when you are outside, especially after dark.

Mrs. Messmer, a school nurse, said you should not wear masks or other clothing on your face so you can see. You can put the mask on at the door where you trick-or-treat. She also said to make sure that your costume isn't too long.

Mrs. Messmer also recommended that you stay away from strangers' homes. Don't eat opened candy, she said.

Mrs. Lees, also a school nurse, said you should make sure your parent or guardian checks your



candy before you eat it. Don't eat too much candy, or you will get sick, she said. It's best to trick-or-treat in a group and an adult should go with you. When asked how late children can trick-or-treat, Mrs. Lees suggested 8 p.m. It's a school night this year, after all. "Make sure you are warm. You never

know when the temperature will drop," said Mrs. Lees.

Mrs. Murphy, a life skills teacher, said children should always carry a flashlight. Without one, it would be hard to see anything. You can use a flashlight when you cross the street. It's also important for others, including drivers, to see you.

Ms. Taylor, school principal, said it's important to go out with

Lunchtime undergoes makeover

You walk into the cafeteria for lunch. Kids are rushing into different lines. The longest one is for hot lunch. The shortest is the deli line. In the medium line is the new salad bar.

It's become a popular addition to the lunch menu.

"I don't like pizza, but the salad is good because you can choose what you want," said Eduardo Rosales, a seventh grader.

The salad bar is the most significant menu change this year. It holds a lot of different toppings including tomatoes, peppers, cheese, croutons, and cucumbers. For a leafy green vegetable, students have a choice of lettuce or spinach.

Mrs. Riccioli, the lunchroom manager, said she loves the changes. For example, the pizza is now made with whole wheat dough. Other changes include reducing the salt in macaroni and cheese and offering parfaits made with fruit and yogurt.

Mrs. Riccioli said the government has pushed for the changes to make student diets healthier. Many people have been concerned about the increasing rates of obesity, especially among young people. They see healthier lunch

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Salad bar offers variety at lunch

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menus as a way to address the problem, Mrs. Riccioli said.

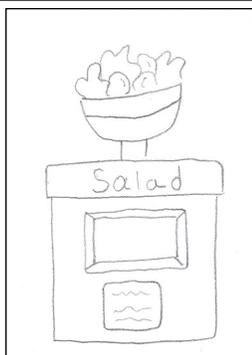
Mrs. Riccioli said she loves the salad bar because it gives kids healthier choices and helps them to see how to change their diet at home and school.

Ms. Taylor, school principal, said she was excited that the school now has a salad bar. It's a good, healthy choice, she said.

A seventh grader, Monique Stanford, said the salad bar is a good choice because there is such a variety. She does not enjoy the new whole wheat pizza.

Monique Stanford, an eighth grader, said she does not like the salad bar because of the way it is constructed. It is not organized. She has tried the salad bar once and isn't a fan of the pizza. The cheese comes right off, she said.

—Story by Josie Dillard, Chardanay White, and Jazminh Snowden; Illustration by Jorge Sanchez



Stay safe on Halloween

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an adult and wear a bright costume or reflectors so you can be seen by cars. Mrs. Baeringer, a sixth grade teacher, said you should remember to cross the street at the corner and to look both ways. Wear costumes that are comfortable and allow you to move around, she said. —By Healthy Panther staff

Eisenhower Healthy Panther

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In our opinion

Share extra candy

You don't have to eat all the candy you collect at Halloween or other times during the year.

As you probably know already, eating too much candy can make you feel sick, lead to weight gain, and damage your teeth.

The *Healthy Panther* staff has suggestions about ways to use extra candy. We were inspired by an article on KidsHealth.org and have included some suggestions of our own. Let us know what you think or if you want to share your ideas.

- You can make jewelry with candy wrappers.
- You can make candy bags for a birthday party.
- You can make candy wreaths for gifts.
- You can send candy to soldiers serving overseas or donate it to an organization such as the YMCA, a senior center, or the Salvation Army.
- You can use candy to create a special trail mix. A trail mix often includes nuts, raisins, and candy.
- You can add candy to a gingerbread house or other craft project.
- You can share your candy with children who aren't allowed to trick-or-treat.

If you want to read about other candy ideas, go to KidsHealth.org.

Try pumpkin pancakes

Mrs. Petro, a family and consumer science teacher, recommends pumpkin pancakes as a healthy breakfast.

The ingredients include a vegetable because it includes pumpkin, a member of the squash family. Pumpkin pancakes also provide carbohydrates and protein. Mrs. Petro also calls the recipe healthy because it calls for fat-free milk instead of whole milk.

She said she adapted this recipe for her classes from a banana pancake recipe.

—By Jada Browne and Katia Morales

Ingredients:

1 cup all-purpose flour	1 tablespoon sugar
2 teaspoons baking powder	1/2 teaspoon salt
1/2 teaspoon cinnamon	2 eggs, separated
1 cup fat-free milk	1/2 cup cooked or canned pumpkin
2 tablespoons canola oil	

Directions:

1. Combine the dry ingredients in a large bowl.
2. Whisk the egg yolks, milk, pumpkin and oil in a medium bowl.
3. Stir wet mixture into dry ingredients until moistened.
4. Beat the egg whites until soft peaks form. Fold into batter.
5. Lightly grease skillet and put on the stove. Turn the heat onto medium high.
6. Use 1/4 cup measuring cup to pour batter onto heated skillet. Turn when bubbles form on top of pancakes. Cook until second side is golden brown.