

EAST NORRITON BULLDOG BULLETIN

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Health News To Use

FALL 2011



Illustration by Rebekah Wilford

Getting a flu vaccine has become a fall routine for many people. Story Page 3.

Lunch options expand with new salad bar

You've probably noticed some changes in the cafeteria this year.

The salad bar is a big one.

Mrs. Martin, director of food services for Norristown Area School District, said she added the salad bar at East Norriton because she saw how much elementary school students enjoyed salads for lunch.

She also didn't want salad to get lost among all the food options. The salad bar, where students and teachers pick their toppings, is an attractive lunchtime choice, she said.

There is also a change with the pizza. The pizza at East Norriton is now being served with a whole grain crust. The new crust was introduced to meet new federal guidelines and in an effort to provide a more nutritious option for students, said Mrs. Martin.

She said she would like to include more locally grown food and work with "farms to school" programs. Such opportunities would offer more healthy food choices to students and encourage them to eat healthier.

She would also like the students to understand that they and their families can create their own gardens and cook with healthy recipes.

(Please see **Improving** on Page 2)

Fair puts health in focus

Editor's note: Students have been busy conducting science fair projects this fall. The Bulldog Bulletin identified a number of health-related topics. Here is a sample of what they found!

Jordan Armstrong, a sixth grader, is curious about how the speed of heart rate recovery differs between athletes and non-athletes. She hypothesized that if heart rate recovery is related to amount of exercise a person receives, then non-athletes will take longer to recover. Her results supported her hypothesis.

To test this, Jordan attached a heart rate monitor to each sub-

ject's wrist and a strap around each subject's ribs that monitored and measured heart rate. The data were displayed on the wrist monitor. Jordan tested 20 people. Ten out of the 20 participants were athletes and Jordan discovered that they recovered more quickly. —By *Randee Wismer and Abigail Comrie*

Daniel Walsh, a sixth grader, said he wanted to find out whether he could lower the acidity level in tomato sauce. He wants his mother and other people who

(Please see **Science** on Page 3)

Eighth graders create healthy family meal

Most nights two out of three kids don't eat dinner with their family, according to Mrs. West, East Norriton's family and consumer science teacher.

That's why she's started a dinner project with her eighth grade class. She said she wants to teach students not only how important it is to eat dinner with their families, but how to create a healthy meal.

For this project, Mrs. West said the eighth grade students plan a meal and prepare it in a healthy manner. They must follow the government's nutritional recommendations. Mrs. West has shown students the correct portion sizes and guidelines to follow using information on the website www.choosemyplate.gov.

Mrs. West said most students don't know that half of your plate should actually be filled with fruits and vegetables.

The students also learn about the Healthy Eating Plate created by experts at Harvard University School of Public Health and Harvard Medical School. The Healthy Eating Plate provides more nutritional advice than the federal government's MyPlate.

For instance, the Harvard plate includes a glass of water instead of glass of milk. It also emphasizes adding plenty of colorful fruits. The Harvard plate recommends that people cut back on butter and use healthy oils such as olive and canola.

"To add nutrition, you want to make sure you are getting green vegetables," said Mrs. West.

Mrs. West said she hopes this school project will shed light on how important it is to eat a healthy diet and to share that nutritional meal with one's family.

—*By Darian Enright, Milo Dominguez, and Kelly Owens*

East Norriton Bulldog Bulletin

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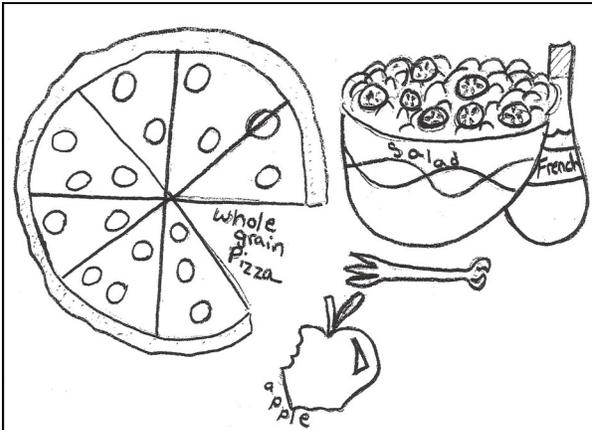


Illustration by Rebekah Wilford

Improving lunches

(Continued from Page 1)

Mrs. Martin added that students and staff do have a say in what's being served at lunchtime. However, the food must meet the U.S. Department of Agriculture's nutritional requirements.

She said she's always open to new ideas from students and staff about how to keep student meals at East Norriton healthy. —*By Rebekah Wilford*

Myth or fact?

Editor's note: Kayla Hallman and Elena Tzivekis examined whether some common health notions are true or not. The information comes from *Amazing, but False: Hundreds of Facts You Thought Were True, but Aren't* by David Diefendorf.

Carrots improve your night vision.

It's true that carrots provide vitamin A, which is needed for night vision. Plenty of foods besides carrots contain the vitamin. They include liver, cantaloupe and sweet potatoes. If you have normal night vision, more carrots or vitamin A won't improve your vision. However, if your body is low in vitamin A, then carrots and other foods may help you see better.

You can catch a cold from cold weather.

Cold temperatures don't give you a cold, according to scientific studies. A cold starts when a person is exposed to a rhinovirus. There are many different types of rhinoviruses. They thrive better in dry air. Since people spend more time indoors in the winter, they have a great risk of exposure to the viruses.

Reading in poor light will hurt your eyes.

For the most part, reading in poor light won't hurt your eyes. It can strain them, leading to headaches, blurred vision, and soreness. But these symptoms will go away.

Science fair takes pulse of health

(Continued from Page 1)

are sensitive to foods with high acidity levels to enjoy more foods, he said.

He reasoned that acidic food has a lot of hydrogen ions and can be neutralized by adding a food with a low acidity level. He added baking soda to the tomato sauce. His mother told him that it tasted the same.

"I would like to try to talk pizza restaurants into changing their recipes," Daniel said.

—By *Abigail Comrie and Randee Wismer*

Caitlin Nolan, a sixth grader, wanted to learn about the impact of fear on people's pulse rates.

She gathered 10 people and measured each person's pulse. She then showed them lifelike models of a spider, a snake, or a rat and measured their pulse rates again.

Caitlin found that most people's pulse rates increased after seeing the models. She said that the average person's resting heart rate in her experiment was 89 beats per minute and rose to 91 beats per minute after experiencing fear.

—By *Jordan Armstrong and Katie Timko*

Zamaia Chambers, a sixth grader, examined whether fingerprints are unique among family members. She examined her prints and her sister's. Her sister had a loop and she had a whorl, said Zamaia.

There are three main types of fingerprints: loops, whorls, and arches. Loops look like circles on your fingertips, whorls are ridges, and arches go up and down. Zamaia said she learned that no matter how closely related by blood two people are, their fingerprints will never be the same.—By *Wislynn Chavane*

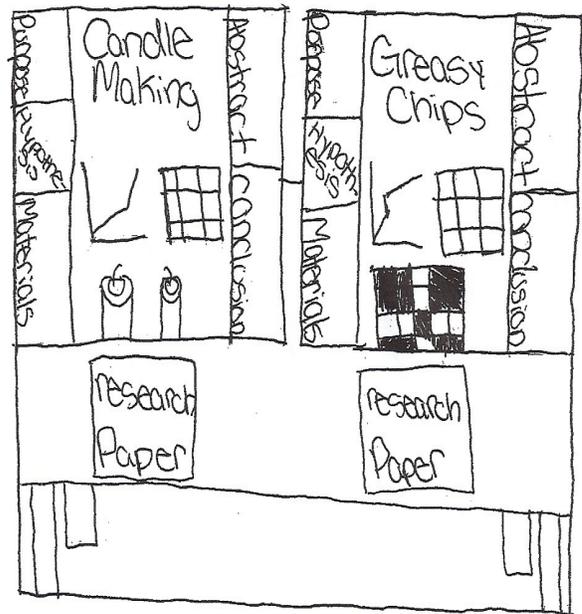


Illustration by Calley Croak

William Baltrus, a sixth grader, has wondered what effect multitasking has on a successful outcome. His hypothesis was that multitasking would lower one's success rate.

His experiment involved giving his brother and father several tests in a quiet room and other tests in a room with many distractions. Will tested his volunteers with math problems. On the tests were two multiplication problems and two division problems. He then compared the test results.

He found that multitasking lowered the success rates of his brother and father.—By *Camryn Duncan*

Avoiding winter blahs with a vaccine

Did you get your flu vaccination this year?

If not, you may want to consider getting one. Experts say vaccination is one of the best ways to protect yourself from the flu.

The Centers for Disease Control and Prevention (CDC) recommends that everyone older than 6 months should be vaccinated. Many people who develop flu are hospitalized for their symptoms. Statistics from the CDC show between 3,000 and 49,000 deaths each year are flu-related.

Some people may not want to get a flu shot because it may hurt. However, Mrs. McCurdy, a secretary at East Norriton said she got her shot and it did not hurt. She said it was quick.

Mrs. Mbuy, a science and social studies teacher at East Norriton, said she believes that flu shots are important to help keep students healthy. Students are around many people every day who could be sick, so the flu shot could help your body ward off the flu.

Whether or not you get a flu shot, there are some other ways to help keep you and others from getting sick. They include washing your hands, coughing in your sleeve or the crook of your arm, eating healthy food, and trying to get plenty of rest, says the CDC.

If you do start feeling sick, watch out for these symptoms of the flu: fever, cough, sore throat, stuffy nose, body aches, headaches, chills, and fatigue. It could be the flu.—By *Carolyn Choates, Myesha Davis, and Kelsey Lintel-Smith*

Broken bones can sideline active kids

When a searing pain shoots through your body and sends a message to your brain, you know something is wrong. If you see your leg is twisted, it could be fractured.

A fracture is a break in the bone. It often happens when a bone is placed under a lot of sudden pressure, according to KidsHealth.org.

Mrs. McKeron, an East Norriton nurse, said the most common ways that students break bones are from falls and sports injuries. If the break happens when a student is in school, the nurses put the injured limb in a splint and call the student's parents.

Broken bones are usually immobilized and put in a cast, she said. It's possible for a person to exercise while recovering from a broken bone. It depends on

which bone is broken and how the person would exercise, Mrs. McKeron said

Ms. Interrante, a physical education teacher at East Norriton, said appropriate exercise is a good way to help an injured person through the healing process.

There are different kinds of fractures. For instance, a complete fracture is when a bone is broken into two pieces, according to KidsHealth.org. A greenstick fracture is when one side of a bone is cracked.

KidsHealth suggests several ways to build strong bones. Exercises such as running and jumping are good. Eating and drinking foods that have plenty of calcium and vitamin D also will build bone strength, said the website. —*By Alicia Lai*

Recipe review: Celebrate the season with salads

Cooking is a great way to spend quality time with family over the holidays. Maybe you can contribute a tasty, healthy recipe to the family celebration. They are not hard to find or create.

We created two easy salad recipes. We then asked Mrs. West, family and consumer science teacher, to evaluate them. We were pleased. She said the salads are healthy and nutritious.

She said our Apple Pear Crunch Salad was a good source of vitamin A. Adding walnuts help make the salad a good source

of fiber and healthy oils, and the honey provides antioxidants.

The Pomegranate Spinach Salad is also rich in vitamins A, C, and K, according to fruitsandveggiesmatter.gov. Since pomegranates are in season, they are a colorful addition to a winter salad.

Try our recipes or change them to make them your own. —*By Nick Whaling & Elena Tzivekis*

Apple Pear Crunch Salad

Ingredients

4 c. of diced apple cubes; 4 c. of diced pear cubes; 1 1/2 c. of grapes (halved); 1 c. chopped carrots; 1/2 c. walnuts; 2 tbsp. apple cider vinegar; 1 tbsp. honey 1 tbsp. lemon juice; 2 tbsp. orange juice; Zest of one orange and one lemon.

Preparation

Place pear, apples, grapes, and carrots in a large bowl. In a separate small bowl, add apple cider vinegar, honey, and lemon and orange juices. Add the dressing to the large bowl of fruits. Stir. Add the lemon and orange zests. Stir. Refrigerate about 10 minutes. Add the walnuts for garnish.

Pomegranate Spinach Salad

Ingredients

4 c. baby spinach leaves; 1 apple, cored and chopped; 2 c. strawberries, halved; 1/3 c. pomegranate seeds; 1/3 c. chopped toasted walnuts; 2 ounces blue cheese, crumbled; 2 tbsp. lemon juice; 2 tbsp. orange juice; lemon slice (garnish)

Preparation

Place spinach leaves, apples, strawberries, and pomegranate seeds in the bowl. In a small separate bowl, add orange juice and lemon juice. Pour the juices over the spinach and fruits, and toss. Place in fridge for 20 minutes and sprinkle blue cheese and walnuts on salad before tossing. Place the salad on a serving dish. Add lemon slices for garnish. Serve and enjoy!

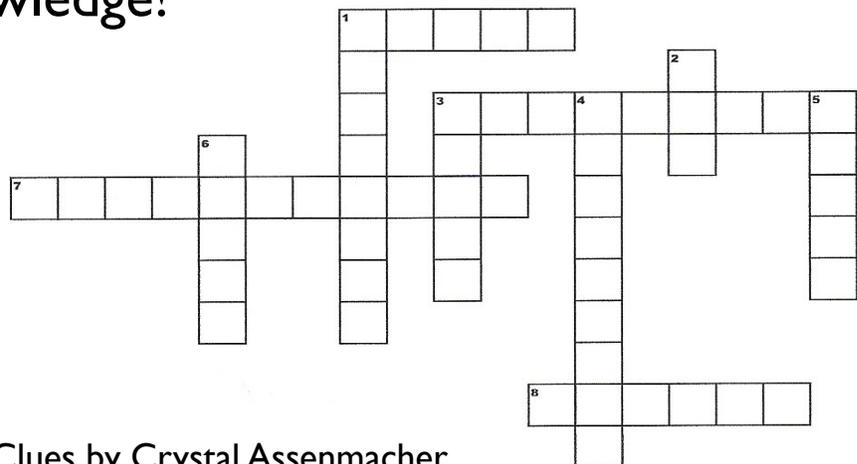
Test your health knowledge!

Across

- 1. Animal model used in fear experiment.
- 3. You will get sick less the more you ___ your __. (2 words)
- 7. Annual ___ helps prevent flu.
- 8. 3,000-49,000 ___ a year are flu-related.

Down

- 1. What you would call fever, cough, sore throat, etc.
- 2. Flu season runs until ___.
- 3. Grain of school pizza.
- 4. Reading in poor light can cause ___.
- 5. Type of potato high in vitamin A.
- 6. Walnuts are a good source of ___.



Clues by Crystal Assenmacher