

EAST NORRITON

BULLDOG BULLETIN

VOLUME 6, NUMBER 1

FALL 2014

Healthy habits can fend off colds, flu

The leaves have fallen, the temperature is dropping, and the warm sweaters are on. It's winter!

Winter may be beautiful, but it's also a time to be cautious. It's also cold and flu season. Many people get ill and miss out on the winter fun.

Washing your hands often is a key defense to prevent illness. In interviews, East Norriton staff said they wash their hands every opportunity they have during the winter months.

Mr. Toner, a sixth grade science and social studies teacher, said he washes his hands often. PE teacher Mrs. Sirchie said she washes her hands before and after each class and lunch. Miss Smith, an art teacher, said she washes her hands every period and she carries an organic hand sanitizer.

Students should use any restroom break as a chance to wash their hands well with soap and water, according to ENMS school nurse Mrs. McKeron.

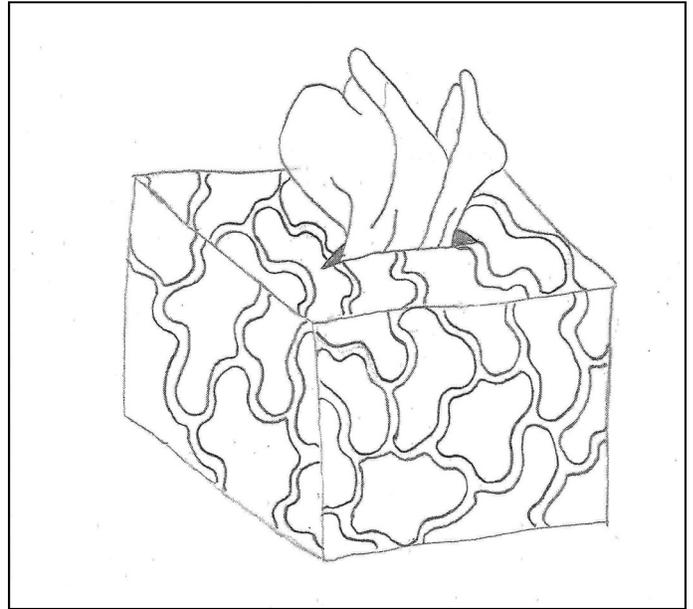


Illustration by By Gabrielle Piccirilli

When you wash your hands properly, you kill germs. She also suggested you can carry a travel-sized hand sanitizer in your binder or bag. That way whenever

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

Ring in 2015 with health resolutions

The New Year's holiday means it's time for a fresh start.

People promise themselves to change their habits or try something new. *Bulldog Bulletin* recently asked several East Norriton staff members what New Year's resolution they have planned.

School nurse Mrs. McKeron said she plans to exercise more in 2015. She knows the activity will give her a boost of energy. She has set a goal of adding 30 minutes of daily exercise to her life.

Mrs. Goff, a sixth grade reading teacher, said she drinks too much Diet Coke. She plans to reduce the amount in her diet by drinking more water. She will add a lemon to the water so it will have some flavor. Drinking water is important to keep your body work-

ing correctly, according to KidsHealth.org.

Mrs. Sirchie, the PE teacher, promises to keep her home more organized next year. She said her home can get cluttered. She doesn't like the chores of cleaning up and organizing, but they are important, she said.

Ms. Morgan, a substitute teacher, said she plans to procrastinate less. She will keep a calendar to keep track of appointments and tasks that she needs to get done. The calendar should help her remember what she needs to do well before the deadlines.

Mrs. Laskey, a music teacher said she eats too many pretzels. She said she will stop buying them in 2015 and that should help limit the amount she eats.

—By D'zire McNeal and Jordyn Bell

Want to get your letter published? See Page 2.

Please send us your letters

Welcome back to the *Bulldog Bulletin!*

We are marking our sixth birthday this year.

You can help us celebrate by participating in some of our newspaper activities. Here are two ways you can get involved:

1. 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 *Bulldog Bulletin*. Or, Healthy NewsWorks may publish it on its website, www.HealthyNewsWorks.org.

East Norriton has classroom sets of all three leaders' books published between 2012 and 2014. Teachers can ask Mrs. Strickland or Mrs. McGarry for

copies of the books.

2. 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 *Bulldog Bulletin*. We would love to hear from you. We look forward to your letters and pictures.

—The Editors

Work out, even when it is cold!

Winter is not usually the season that first comes to mind when people think of physical activity. With shorter days and colder temperatures, most people stay indoors.

Heart health special report But there are many ways to avoid becoming a couch potato.

For instance, Miss Smith, an art teacher, practices yoga. When it is particularly pleasant outside, she hikes. "I enjoy hiking on winter days when it is not snowy," she said.

Health experts from the Centers for Disease Control and Prevention say children should spend 60 minutes a day doing different physical exercises.

Physical activity can strengthen bones and muscles, and it can reduce the risk of heart disease.

Many daily tasks count toward the 60 minutes of daily exercise. Walking the dog, taking the stairs, or participating in physical education class can help keep you healthy.

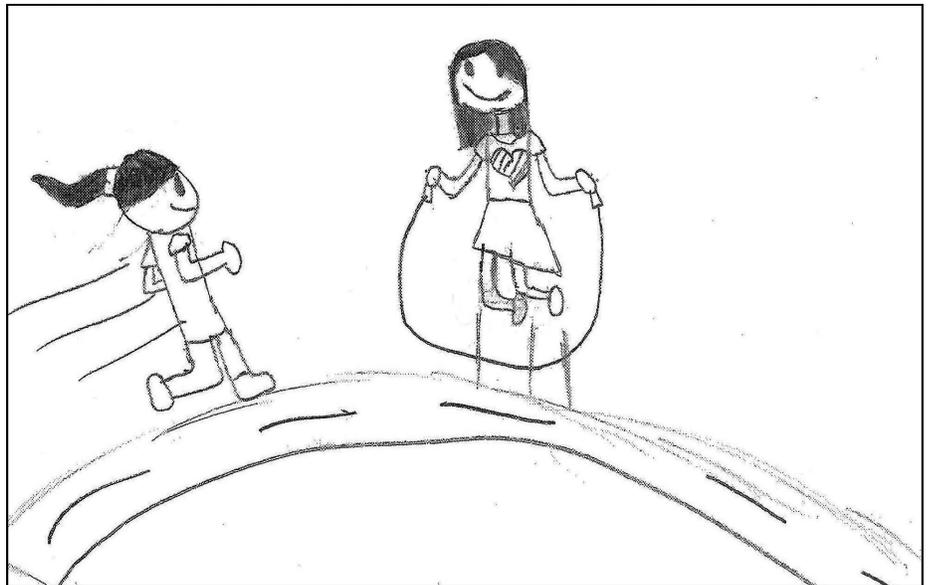


Illustration by Taylor Conklin

Experts say the exercise needs to get you moving. It should be *moderate* or *vigorous*.

The CDC says moderate exercise is when you can talk during the activity but you can't sing.

Vigorous exercise is when you can't say more than a few words before you need to stop and take a breath, according to the CDC.

Camryn Keller, a sixth grader, said she likes to play with her two younger sisters in the

snow. She also shovels the driveway at her house to help out.

Health teacher Ms. Interrante said she plays outside with her children in the winter to stay fit.

"People are definitely less active in the winter, and it is no excuse," she said.

Next time you are feeling the winter blahs, remember that being active can be beneficial and entertaining. —By Andrea Ritter and Darian White

Enjoy the holidays; watch the treats

Delicious treats are everywhere during the holidays. Sometimes it is hard to eat just one.

Moderation is key, according to several East Norriton students and teachers.

Danielle Dare and Katie Pham, who are both in sixth grade, say they love eating cookies during the holidays. They acknowledge eating too many cookies isn't healthy.

Danielle makes Rice Krispie treats. She says they're healthier than cookies because they have less fat. One Rice Krispie treat serving has 3 grams of fat, according to Kellogg's nutrition facts. One medium homemade chocolate chip cookie has 4 grams of fat, according to the USDA Food-A-Pedia.

Ms. Mbuy, an eighth grade science and history teacher, said she loves stuffing, turkey, and mashed potatoes. She also likes steamed vegetables and butter pound cake. She believes that all foods can be healthy, if they are not eaten excessively.

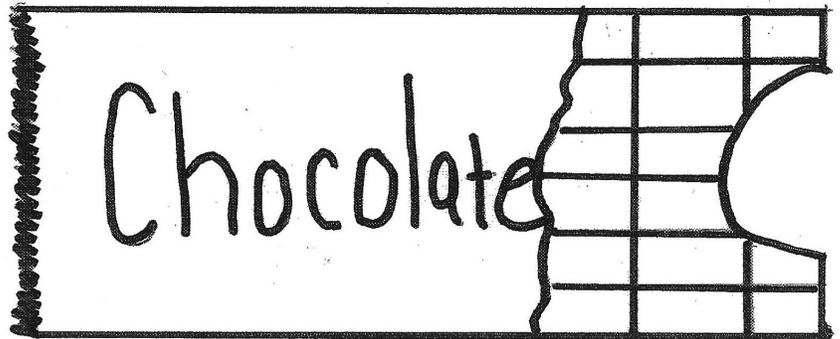


Illustration by Aidan Schools

School nurse Mrs. McKeron also believes that almost any food can be included in a healthy diet if it is eaten in moderation. The key is balance, she said.

Ms. Interrante, a health teacher, said it is important for children to develop healthy eating habits when they are young. Eating a nutritious diet becomes a habit that they stick with as they grow up.

—By Cecily Ritchie and Caitlyn Kindij

Food for thought?

Forgetting things?

A substance in chocolate may one day prove helpful for your memory, according to a recent study in the journal *Nature Neuroscience*.

The study, led by Columbia University Medical Center scientists, suggests that the cocoa flavanols—which are naturally occurring chemicals—may help improve some memory skills.

But don't go binging on chocolate yet. The study only involved 37 healthy volunteers.

Plus, "the researchers point out that the product used in the study is not the same as chocolate, and they caution against an increase in chocolate consumption," according to the Columbia University Medical Center website.

Ms. Interrante, a PE teacher, said she loves chocolate. However, she said the study is too small and the findings too early to recommend eating more chocolate. She cares more about her health and her weight than chocolate.

Mr. Toner, a sixth grade math teacher, said he loves chocolate because he thinks that it is delicious. "You can't say if it [the study] is true or not because it is a very small study," he said. —By Dean Millard and Aidan Schools

Ways to stay well

(Continued from Page 1)

you touch a desk or computer mouse, you can kill any germs that got onto your hands.

Make sure to cough or sneeze into your elbow, she said. If you don't, you will spread germs to anyone near you.

Mrs. McKeron said staying healthy isn't just about hand-washing. For example, have you ever lent a pencil to a classmate? It has your germs on it, which could get them sick. Plus, when they return the pencil, their germs will be on it, which could affect you. So basically, although sharing is good, Mrs. McKeron recommends trying to limit the sharing and bringing your own supplies to school.

According to the Centers for Disease Control, getting enough sleep also will help you stay healthy. The CDC recommends middle school students should get nine or more hours of sleep a night. Without sleep, experts say our bodies don't function properly and we cannot focus on everyday tasks.

Finally, if you do get sick, Mrs. McKeron said to stay home, limit your contact with others, drink fluids, get plenty of rest, and treat your symptoms.

—By Gabrielle Piccirilli

Health is a priority for teachers

The winter holidays are almost here. It is easy to gain weight with so many cookies coming out of the oven.

The *Bulldog Bulletin* asked East Norriton staff members how they keep fit during the holidays—and throughout the year.

Mrs. Miller, a fifth grade social studies and reading teacher, said she will play with her daughters and exercise at least 30 minutes a day, three or four times a week.

When she exercises, Mrs. Miller said, she not only helps herself, but she serves as a role model for her daughters.

Miss Smith, an art teacher, said she avoids unhealthy foods. When she eats chocolate, it's organic. She works out 90 minutes at least three days a week. Her advice: Eat only when you are hungry and love yourself.

Ms. Interrante, a health teacher, said she plans to reduce pasta in her diet and continue to eat plenty of salads and other vegetables. Drinking water and fewer sugary drinks can help your body stay healthy, she said.

Ms. Morgan, a substitute teacher, stays healthy by eating vegetables, brown rice, and fruit. She works out about an hour a day. Ms. Morgan said a balanced diet and regular workouts two or three days a week are good ingredients to a healthy life.

Principal Dr. Spink said she rows and swims six days a week to stay healthy. Her advice for students

Students share how they stay fit

Many East Norriton students take health and fitness serious.

For instance, Tyliah Greene, a fifth grader, practices gymnastics an hour a day, at least three times a week. She also thinks that drinking a lot of water can help your body feel better.

Gabe Burns, also a fifth grader, said he exercises at least two hours a day several times a week. Gabe likes to play football with his friends from school. He drinks a lot of water before and after playing football.

Jayden Randall, a fifth grader, said he stays healthy by running and exercising in his neighborhood and a gym. He eats a lot of fruits and vegetables usually made in a smoothie. He recommends that students should avoid junk food.

Akaya Gurreonero, a fifth grader, said she eats apples, oranges, and other fruits. She uses them in smoothies, too. She recommends walking and exercising often.

—By Kayla Sparks, Ashley Carmona, Taylor Conklin, and Cioni Flynn-Cook

is that they get 30 to 60 minutes of exercise each day, eat healthy foods, and dress appropriately.

Mr. Jaroma, a substitute teacher, said he lifts weights, boxes, and goes to the gym to stay healthy. He recommends that students stay as active as possible and eat healthy food.

Mrs. Sene, school secretary, said that she tries to walk as much as possible to stay healthy. She takes a two-hour walk in the Norristown Farm Park every week. Her advice for students is that they eat nutritious foods and wash their hands often.

Exercising each day, eating healthy foods, dressing appropriately, and washing hands often are great ways that everybody can stay healthy throughout the whole year. —By Kayla Sparks, Ashley Carmona, Taylor Conklin, and Cioni Flynn-Cook

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.

Bulldog Bulletin

A publication of the East Norriton Middle School in Norristown Area School District in Pennsylvania. Student staff members include Jose Andrade, Jordyn Bell, Ashley Carmona, Alexis Tellez-Chavez, Jada Cook, Taylor Conklin, Nola Crook, Cioni Flynn-Cook, Caitlyn Kindij, Hayley Masters, D'zire McNeal, Jaden Menard, Dean Millard, Amayrami Lopez Noya, Gabrielle Piccirilli, Jaliyah Ricard, Cecily Ritchie, Andrea Ritter, Aidan Schools, Analycia Smith, Kayla Sparks, Melanie Stagliano, Cydney Suber, Bethany Tarr, Darian White, Kailyn Williams, and Gianni Young. The faculty advisors for the *Bulldog Bulletin* are Mrs. Strickland and Mrs. McGarry.

A Healthy NewsWorks® project
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Healthy NewsWorks is overseeing programs in 15 schools in the Philadelphia area during 2014-15. The *Bulldog Bulletin* is marking its sixth 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 Edna G. Kynett Memorial Foundation for support of Healthy NewsWorks' Healthy-Heart Project.

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