

EAST NORRITON BULLDOG BULLETIN

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Students to run for a cause

Ready, set, go! The East Norriton seventh grade gifted students are organizing a 5-kilometer run/walk in early June.

The goal of their project is to keep teens free of drugs and alcohol. The project is part of a drug-free campaign called 2Inspire launched by Communities In Schools Pennsylvania. The East Norriton students decided the best way to draw attention to the issue would be with a 5K filled with fun and surprises along the route.



"It is amazing to have the opportunity to inspire teens to be drug- and alcohol-free," said Beatriz Alcalá who is among the seventh graders organizing the event.

Walking or running is a great way to exercise and stay healthy. It not only builds up muscle and im-

proves your balance and coordination, but walking and running can also relieve tension and stress, according to Kids Health.

"The point of the race is to keep teens drug and alcohol free. Since we're pretty young, I feel like we relate to this, which is why I wanted to help with the race," said Frankie Kenny, a race organizer.

Frankie and the other seventh grade organizers are bustling with energy and excitement about planning the race and spreading the inspiring messages.

"Throughout the race, ENMS students are going to have inspiring messages for runners," said Youssef Mohamed, a seventh grader involved in the event.

Added Camryn Keller, "My favorite part has been working together and seeing it all come together as a project and feeling so proud of having done THIS together."

*(Please see **Get ready** on Page 3)*

Learning to make good food choices

What food you put into your body matters.

The Food Trust makes that point when its staff gives nutrition lessons to East Norriton students.

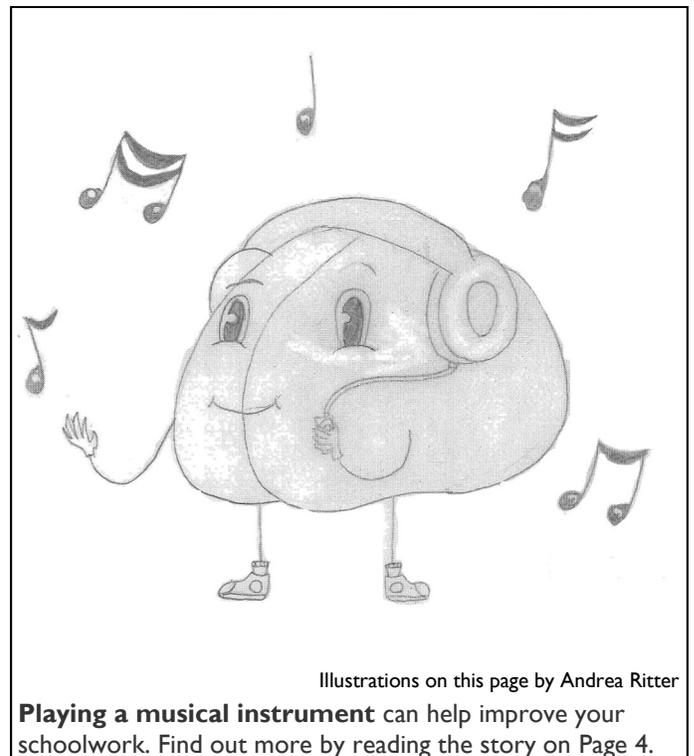
"I try and teach the ENMS students about the importance of nutrition and how we can include healthy foods in our everyday diet," said Ms. Jessica Weller, who works for The Food Trust.

The Food Trust is a Philadelphia-based organization that helps educate people about making healthy food choices.

Ms. Jessica said that many people lean toward buying unhealthy foods because "they're cheap and accessible."

However, eating too much unhealthy foods can put you in danger of developing health problems such

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



Illustrations on this page by Andrea Ritter

Playing a musical instrument can help improve your schoolwork. Find out more by reading the story on Page 4.

Health in brief

Limit time in front of screens

OMG! Check out this new post! LOL! Wasn't the season finale amazing?

Many young people today rely on the internet, television, and electronics for entertainment and connection. But how much is too much?

The Centers for Disease Control and Prevention website (CDC.gov) says the average American child spends about 4 ½ hours a day in front of a screen.

KidsHealth.org says that kids shouldn't sit at a computer screen for more than 30 minutes at a time without breaks. The website says that if you use a keyboard too often, you may feel wrist pain due to an overuse injury.

Obesity levels have also been tied to screen overload. CDC.gov says that children who watch more television have a higher chance of becoming obese, compared to those children who watch less. The website says obesity can lead to several other medical problems such as high blood pressure, diabetes, gall bladder disease, and sleep problems.

—By Andrea Ritter



Illustration by Andrea Ritter

How much water is enough?

Water is necessary for survival. Every living thing needs water to survive—but how much is enough?

According to the website KidsHealth.org, there is no magic number for kids to drink. KidsHealth says that kids should drink water when they are thirsty. They should drink more if it is hot outside or if they are working out.

"The more you exercise, you definitely are going to need to drink more water," said Mr. Taylor, a fifth grade science teacher.

Water helps your body function properly. KidsHealth says that water makes up more than half of your body and a person can't survive for more than a few days without it. The website also says that when your body doesn't have enough water, you can become dehydrated. When you are dehydrated, you may not be able to be as active as you want to be and you may feel sick.

East Norriton PE teacher Ms. Sirchie said it is important to listen to your body and drink when you are thirsty.

So, as the weather heats up, make sure you fill up that water bottle! —By Samuel Rodriguez

The 'five-second rule' myth

Many people believe that the "five-second rule" applies to food dropped on the floor or ground. That means that it is OK to eat this food because five seconds isn't long enough for bacteria to collect on the food.

However, according to the website KidsHealth.org, the so-called "five-second rule" is not true. KidsHealth said that even if you pick up the food really fast, it still has loads of bacteria on it. The dropped food begins collecting bacteria as soon as it hits the floor. Even if the floor looks clean, it doesn't mean there isn't bacteria roaming around as bacteria is microscopic, meaning we can't see it.

Fifth grader Raymond Ojo wasn't surprised to hear this information. Raymond said he's never used the five-second rule.

Fifth grade teacher Ms. Bean said when she sees kids pick food up off the floor, she just looks away because she knows it has bacteria on it.

So what does this all mean? If you plan to use the five-second rule, understand that you will have an extra serving of bacteria with that food.

—By Jonathan Morgridge

Students sample nutritious foods

(Continued from Page 1)

as obesity, heart disease, and Type 2 diabetes, Ms. Jessica said.

This is Ms. Jessica's fifth year with The Food Trust. "I really enjoy my job and hope it shows through my lessons," she said.

She sometimes gives taste tests with her lessons. The reason is to allow students to try healthier foods.

"I hope students learn that healthy foods can be delicious," she said "There are healthy options at local grocery stores and different combinations of foods can create healthy snacks."

For instance, a whole wheat bagel topped with 100-percent fruit spread and low-fat cream cheese is a good snack option. Low-fat yogurt and trail mix with whole grain cereal and dried cranberries can be "delicious," Ms. Jessica said.

Foods aren't the only items we put into our bodies. You also need to be careful about what you drink. Ms. Jessica said you are better off buying nonfat milk and 100-percent fruit juice.

"But I try to relate our lessons to everyday life so students can make connections moving forward," she said. "If the students take the messages from the lessons into their everyday life, hopefully they will stay healthy and stay active."

Get ready for race

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The 5K will take place at 10 a.m. on June 4 at the East Norriton Township Building. The cost of participating in the event is \$14.50 per person. Each registrant receives a free, student-designed t-shirt.

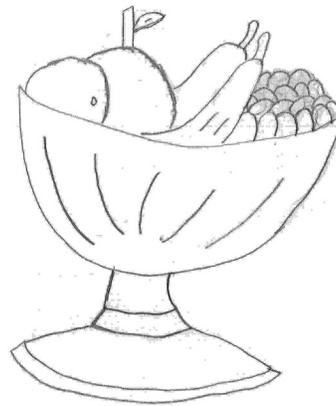
Money raised through the event will be donated to the Norristown branch of the Salvation Army.

You can sign up by searching online for "ENMS 2Inspire 5K." Or you can ask your teacher or Mrs. Strickland for a race application.

Be sure to follow race updates on the event's twitter: @enms2inspire; or Instagram: enms_2inspire.

"Inspiring teens to be drug- and alcohol-free is great," Jessica Piccari, another event organizer, said. "It is cool to get people out and moving while spreading this message." —*By Darian White, Kayla Sparks, and Katie Mocarisky*

EAT



healthy!!!!

Illustration by Isabella Pastella

Staying healthy is something you must learn and put into practice in your life. "I learned a lot about nutrition from reading articles and journals, talking with my coworkers, and researching different topics relating to our lessons," she said.

—*Story and illustration by Isabella Pastella*

Bulldog Bulletin

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Increase brain power with music

Playing music may boost your brain power.

It may help you learn and work better, according to recent research studies. Not only that, but it can also improve attention and organization skills.

An article in Time.com suggests that test scores among students who play instruments tend to be better than students who don't. The website says that "when children begin to play music, it helps them develop neurophysiological distinction – distinction dealing with the nervous system and brain – between different sounds that help in literacy."

Mrs. Schall, an East Norriton music teacher and the orchestra teacher, said she has noticed that many instrumental students tend to be focused and diligent in schoolwork. Playing an instrument requires students to use their entire brain, she said. To do that, they need concentration and discipline, which help with schoolwork, she said.

Musicians need to use the entire brain to play an instrument. They have to change notes, which in-

volves using motor skills, says *National Geographic* magazine. They also have to focus on the sound of notes. This concentration helps them when they need to learn new ideas.

National Geographic says learning to play an instrument helps teach such character traits such as discipline, time management and organizational skills. Those skills can help students to remember to do their homework and study for tests.

Cydney Suber, a seventh grade violin and guitar player, said music has helped teach her to keep track of time and be organized.

Camryn Keller, also a seventh grader, said playing the clarinet has helped her become a faster reader and increase her math grades. She also believes it has helped her to be more organized and focused.

So if you've ever considered learning how to play an instrument, those are several good reasons as to why you should start! —*Brielle Ramminger*

Take care of your skin this summer

With summer approaching, tanning might seem like a great way to give your skin a lovely, even tone.

But watch out for those rays!

Whether in a tanning bed or on the beach, soaking up rays is unhealthy for your skin and body, according to KidsHealth.org, a well-respected health site geared to youth. Tanning can lead to sunburns and even skin cancer.

What should you do? If you don't want to stay inside all summer—and who does?—you should develop a sensible plan for protecting yourself.

KidsHealth recommends wearing and reapplying sunscreen. The sunscreen should be at least SPF 15. SPF indicates how much protection it offers against the sun's ultra violet rays (UV).

When you go outside, KidsHealth also suggests:

- * Use sunscreen every day, even when it is cloudy outside.

- * Reapply sunscreen every 90 minutes to two hours, and after swimming.

- * Wear a hat and sunglasses.

- * Try to limit your time in the sun between 10 a.m. and 4 p.m.

"Applying sunscreen, wearing hats and sunglasses, and limiting the amount of time you spend in the sun are all steps in the process of obtaining healthy skin," said Mrs. McKeron, school nurse.

Keeping skin healthy also involves washing it regularly.

"Both kids and adults often overlook washing their faces or putting on sunscreen, but kids tend to forget ... a lot more," Mrs. McKeron said.

Washing your skin also can help prevent acne. Acne is a problem for many teenagers and pre-teens. KidsHealth says pimples form from a build-up of an oil called sebum. Sebum is created by your body to lubricate and moisten the skin and hair. Some sebum is certainly a good thing. However, when puberty starts, hormones crank up that create more pimple-causing sebum.

According to KidsHealth, clean your face at least once a day with a mild soap and warm water. You should also keep your hair and hands away from your face. Washing your hands also reduces grease on your hands, in case you do touch your face.

KidsHealth also says you should not pop pimples. It "can push the infected material back into the skin." This could lead to more acne, and even permanent scarring. Picking and rubbing pimples spreads the sebum around, which can, in turn, make the problem worse.

Take care of your skin. If you have concerns about a burn, acne, or another condition, talk to your doctor or an adult.

—By *Darian White*