

EAST NORRITON

BULLDOG BULLETIN

VOLUME 3, NUMBER 2

Health News To Use

SPRING 2012

School 'Idea Garden' to blossom

There's a new garden coming to school.

The project will create an outdoor classroom with a garden, seating, and even a Monarch butterfly habitat.

East Norriton received a \$5,000 grant from Lowe's Toolbox for Education program for the "Idea Garden," according to Mr. Menefee, an eighth grade language arts teacher. He applied for the grant because he believes students will connect with their natural environment.

"My students like being outside, but are inside too often," said Mr. Menefee.

Two sixth graders agreed. "It would be more

comfortable to have classes outside," Brian Gallagher said. "It will make the school look better and allow students to get fresh air," said Daniel Walsh.

The Idea Garden is expected to benefit students "physically, emotionally, socially, academically, creatively, and responsibly," according to the Norristown Area School District website. "A garden is a place for physical interaction with the environment."

Student garden activities could include planting, writing, and reading. "Individual, group, and class-driven projects will also be incorporated into the gar-

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



Illustration by Rebekah Wilford

Reading is an activity that has many benefits, including relieving stress. See story on Page 3 about the Reading Olympics.

Teachers relieve stress with exercise

People's lives can be stressful.

A number of East Norriton teachers deal with stress through exercise and meditation, according to recent interviews by *Bulldog Bulletin* reporters.

Mr. Cockenber, a seventh grade language arts teacher, practices hot yoga. As its name indicates, this form of yoga is practiced in a room where the temperature is quite warm. He wears a T-shirt and running shorts while he does the stretches and poses.

Mr. Cockenber said hot yoga helps him relax his mind and body. He practices yoga in a class with an instructor. —By *Rebekah Wilford*

Ms. Foster, an East Norriton building substitute said, she gets stressed "pretty easily, so it is important for me to know healthy ways to calm down."

(Please see **Check out** on Page 5)

Garden to provide new study venue

(Continued from Page 1)

den's construction and upkeep," the website stated.

Mrs. West, family and consumer science teacher, plans for her students to plant herbs in the garden.

Mrs. Tatko, a special education teacher, said students will learn how plants grow and "will be able to take pride in something that they made." She also is looking forward to the garden because she enjoys home-grown food.

Mrs. Rothfeld, a sixth grade language arts teacher, said students will benefit from going outside and learning about horticulture. "The garden will benefit students by teaching them horticulture," she said. "It is a good idea for students to get outside."

She also believes that she and other teachers will enjoy looking at the garden.

Groundbreaking for the garden is expected in mid-April, Mr. Menefee said.

—By Miska Abrahams

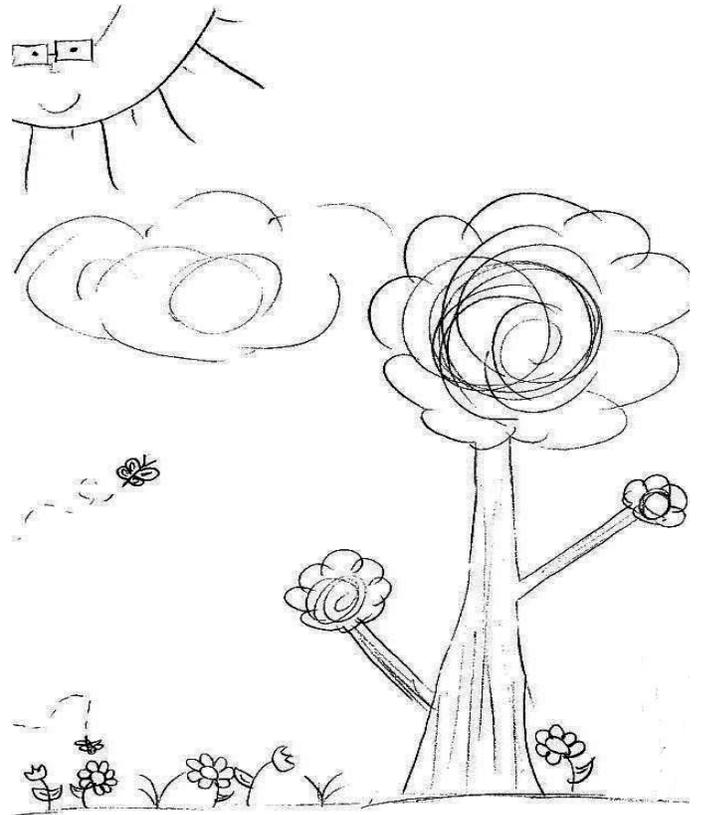


Illustration by Cecily Ritchie

Strawberry dessert tops apple crisp

Strawberries beat apples in a recent dessert survey among 77 East Norriton students.

In family consumer science classes, 56 students favored Ultimate Strawberry Shortcake over Apple Crisp. Twenty-one students thought the Apple Crisp was tastier.

Recipe corner

Mrs. West, a contributing editor for the *Bulldog Bulletin* and the East Norriton family consumer science teacher, said students can enjoy a treat and be healthy.

"The key to including desserts in your diet is moderation," she said.

Mrs. West recommends using natural foods such as light whipped cream topping. It's healthier when students can avoid toppings and foods with additives and chemicals.

She also said that when honey is substituted for refined sugar, the taste is often sweeter.

Most students do not eat enough fruits and vegetables, Mrs. West said. "Desserts are one way to help students eat more fruits," she said.

—By Ashley Cushnie

Here is the winning recipe:

The Ultimate Strawberry Shortcake

Ingredients: 1 quart or more of fresh strawberries; 1/2 cup honey (Mrs. West says you can use less honey); 8 ounces fat-free cream cheese, softened; 1 cup powdered sugar; 8 ounces light frozen whipped topping; 14 ounces angel food cake, cut into cubes.

Directions:

- 1) Wash, stem, and cut 1 quart of strawberries in half.
- 2) Add 1/2 cup or less honey; mix well.
- 3) Chill.
- 4) Beat cream cheese and powdered sugar.
- 5) Fold in whipped topping and cake cubes.
- 6) Spread cake into 13x9 dish.
- 7) Cove and chill at least two hours.

East Norriton Bulldog Bulletin

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The newspaper staff writers include Miska Abrahams, Crystal Assenmacher, Ashley Cushnie, Kayla Hallman, Savanna Hamby, LeBrea Johnson, Alicia Lai, Tyler McCray, Imani Meade, Brianna Neely, Brianna Pollard, Sarah Power, Julia Qin, Cecily Ritchie, Dominique Spall, Elena Tzivekis, Jayana Webb, Nick Whaling, and Rebekah Wilford.

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Bulldog recognizes Academic Athletes

Not only has Evan Ferrell, an eighth grader, earned membership into the National Junior Honor Society for academic excellence, he is a well-respected athlete. He plays basketball, baseball, football, golf, and tennis.

Evan is the first male athlete to be spotlighted as *Bulldog Bulletin* Academic Athlete. When asked how he focuses on so many sports, he said, "I pay attention and really like the sports I play."

He stays in shape by running, jogging with his dad, and working out. He eats healthy foods such as pears, pineapples, apples, celery, and salads sprinkled with Ocean Spray Craisins.

Being a fan of fruit, Evan gave thumbs up to a new blueberry dressing he recently tried. Fruit smoothies are a favorite treat. He said he likes vegetable drinks as a "good vegetable alternative that provide the fluids . . . to keep your body hydrated."

Evan's dedication and sportsmanship are impressive. —By Tyler McCray

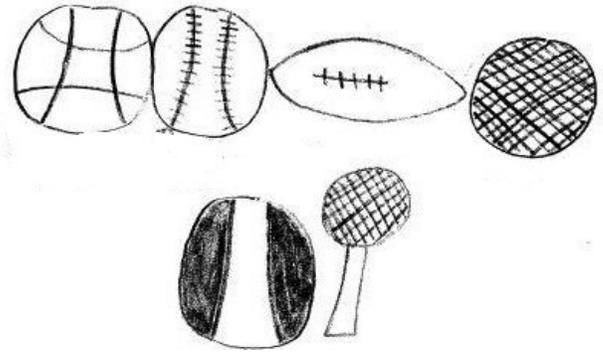


Illustration by Tyler McCray

The *Bulldog Bulletin*'s first female Academic Athlete is Ashley Nagle.

She is an eighth grader who plays basketball on the East Norriton girls' team. She also makes sure to keep up her grades and to stay healthy.

"I eat a lot of fruit and vegetables to keep my diet balanced," she said. If she eats any junk or fast food, she exercises a little more, she said.

She started playing basketball when she was young and plays every chance she gets. When she has free time, she said, she likes to play for fun with her dad and brother.

—By Jayana Webb and Dominique Spall

Reading can reduce stress

Three dozen East Norriton students are participating in the school's Reading Olympics program.

"Interest has grown among our students over the years," said Mrs. Selkowitz, a reading specialist who has run the school's program for six years.

East Norriton has 20 students on the fifth and sixth grade team and 16 students on the seventh and eighth grade team.

Mrs. Selkowitz said students who read become better students and better writers. She recommends that 11- to 15-year-old students read for at least 20 minutes each night.

Reading also can reduce stress. "The best way to relax is to lose yourself in a good book," said Krystine O'Connor, a Reading Olympics team member.

Lia Morris, another team member, said the Reading Olympics "is a fun activity for anyone at our school who loves to read, and compete."

"To get more students to read, I think you should have an activity that involves reading that is fun for everyone," said Mrs. Selkowitz.

The Reading Olympics team will compete at Welsh Valley Middle School in Lower Merion on April 30 and at Pottstown Middle School on May 7.

You may want to join next year so that you will also have fun reading, competing, and relaxing.

—By Julia Qin and Elena Tzivekis.

Lead teacher is *Bulletin* fan

Mr. Forbes, East Norriton's new lead teacher, is already a fan of the *Bulldog Bulletin*. He likes that it's written by students.

Because students are the writers and illustrators, other students are more likely to pay attention and read it. That's important because the paper helps teach people health, from eating nutritiously to exercising regularly, he said.

Mr. Forbes said he was introduced to the paper three years ago when he became the lead teacher at Cole Manor, which also has a healthy paper.

In a recent interview, Mr. Forbes said the newspaper is important because he didn't learn what the students write about until he was much older. He feels the *Bulldog Bulletin* helps the school by making children aware of how to take care of themselves.

Mr. Forbes challenges the newspaper staff and school to see what topics they can develop for upcoming issues.

—By Rebekah Wilford

Volunteering has health benefits

Volunteering makes people feel good and can be good for their health.

A number of East Norriton staff members find ways to help others in and out of school.

They are among the more than 61 million Americans who participate in activities that help others, according to the Corporation for National and Community Service. Research suggests that people who volunteer also feel better mentally and physically.

* * *

At least three East Norriton staff members plan to participate in a bicycle ride to benefit Multiple Sclerosis, also known as MS.

Multiple Sclerosis affects a person's central nervous system. It is a disease that can result in "paralysis, debilitating fatigue, or loss of vision," according to the National Multiple Sclerosis Society.

"It's an unpredictable disease that can rob people of their independence and overall quality of life," according to the MS Society.

Mr. Menefee, an eighth grade language arts teacher, plans to take part in Bike MS: City to Shore Ride, a bike ride from Philadelphia to Ocean City, NJ, in late September. The bike ride helps people with MS pay bills and doctors research the disease, according to Mr. Menefee.

Mrs. Deisroth, a substitute teacher, will also take part in the ride to benefit MS. She said a friend, who has participated in the ride for 10 years, has inspired her to take part. Mrs. Deisroth said she also wants to educate people who don't understand what MS is or what it does to those affected by it.

An avid runner, Mrs. Deisroth has been preparing for the bike ride by using a pedometer to keep track of how many steps she takes each day.

—By Brianna Pollard, Imani Meade,
Sarah Power, and Miska Abrahams
* * *

Mr. Quinn, a learning support teacher, said he has volunteered for 15 years for many causes, including the Bike MS.

He also has participated in runs to raise money for heart disease. He volunteers for the Salvation Army and in nursing homes. He helps with the Reading Olympics.

"I was taught by my dad that it (volunteering) is the right thing to do," he said.

He said his dad is his role model. His father helps people without homes and participates in the Knights of Columbus. The Knights of Columbus is an organization that offers help to needy members and their families.

—By Brianna Neely and Savanna Hamby



Illustration by Cecily Ritchie

Ms. Doheny, computer science teacher, volunteers on a three-day walk to benefit breast cancer victims, survivors, and their families.

She also volunteers in the "NEED Project," a program sponsored by the Franklin Institute and PECO, which helps students learn about alternative forms of energy. Ten seventh and eighth graders who wrote essays about their interest in alternative energy were selected to participate in the program. Mr. Jaroma, a building substitute, volunteers with Ms. Doheny to assist students.

They organized a community event at East Norriton in March when 50 home efficiency kits and more than 400 incandescent light bulbs were distributed at no cost to students and their families. These donations will help the community conserve electricity and save water.

Ms. Doheny said she feels good when she volunteers and gives back to the people who need the help.—By LaBrea Johnson and Cecily Ritchie
* * *

Mrs. Te volunteers at the school store because, she says, she wants to help out. She also wants her own children to see her presence at school. "It feels awesome to volunteer for this school," she said.

Mr. Rodriguez, vice principal, started volunteering as a wrestling coach for the Police Athletic League (PAL) in Norristown four years ago. "I just love volunteering as a wrestling coach because it enables me to get to know more about my students," said Mr. Rodriguez.

He currently works with about eight sixth graders as a volunteer assistant wrestling coach for the Norristown PAL.

—By Jayana Webb and Dominique Spall

Check out these calming activities

(Continued from Page 1)

She especially enjoys the deep-breathing exercises. "They are such simple exercises, but really help to calm and control your mind and body," she said. "Yoga can be energetic or calming, depending on how you approach it.

"If you want to get pumped up and activate your body, you can do yoga quickly and use many muscles," she said. "I like to use yoga more to reduce stress, and the end result is feeling calm and balanced."
—By Imani Terry

When long "to-do lists" get her stressed, Ms. Formoso, the art teacher, said she stretches her arms upward and breathes deeply, runs, listens to music, talks to friends and family, and creates art."

Ms. Formoso isn't always able to detect stress among her students but when she does she helps them by talking to them. If that doesn't help, she allows them to work alone during art class.

Exercising, listening to favorite songs, or talking to family or friends help Ms. Formoso reduce her stress.
—By Alicia Lai

Mrs. Clark, an East Norriton fifth grade math teacher, does a lot of Zumba.

Zumba is a way to exercise, reduce stress, and have fun. "It's a Latin dance with some spice," Mrs. Clark said.

She said she likes being a student for a change. All students dance to their own ability. Zumba is as

challenging as you want to make it. Or you can just keep moving by doing your own dance steps.

Mrs. Clark would like to continue doing Zumba fitness as long as she can.—*By Dominique Spall*

Mrs. Swiech, a life skills teacher, takes an exercise class called BodyFlow.

BodyFlow is a combination of Pilates, yoga, and other exercises, Mrs. Swiech said. She encouraged her sister to work out. Her sister enjoys the BodyFlow class, too. Mrs. Swiech hopes that her students will exercise regularly. She believes that they will also enjoy it.

"Exercise is a great way to reduce stress and stay in shape," she said. "Everyone will enjoy exercise most if they drink lots of water to stay hydrated."

—By Imani Terry

Mrs. Casselli, a fifth grade math teacher, said she enjoys yoga because it's fun, helps her relax, and reduces stress. She also likes to run and stretch.

Eating healthy foods like fruits and vegetables help her stay active, she said.

—By LaBrea Johnson and Cecily Ritchie

Mr. Maldonado, fifth grade language arts teacher, started meditating in 1992. "Meditation isn't something you do," he said. "It's a way of life.

Mr. Maldonado practices Tibetan meditation. He sits in a quiet room and relaxes his body. His mind jumps from thought to thought.—*By Nick Whaling, Julia Qin, and Elena Tzivekis*

Test your knowledge!

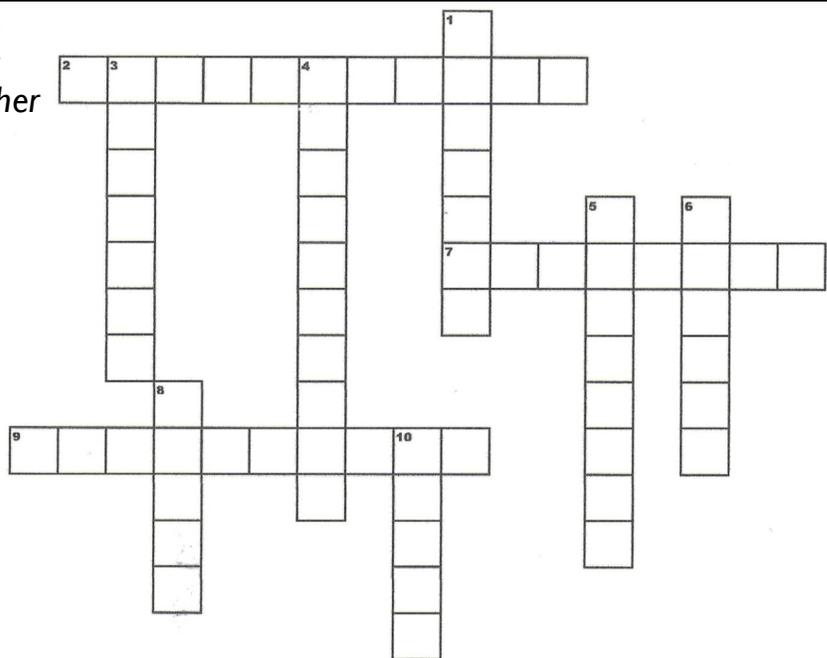
—Clues by Crystal Assenmacher

Across

- 2) Who prepares for bike ride with pedometer?
- 7) Way to reduce stress that involves movement.
- 9) Mrs. Doheny ____ for a three-day walk.

Down

- 1) Mr. Rodriguez ____ wrestling at the P.A.L. Center.
- 3) Fun activity that can help you relax.
- 4) ENMS received grant for ____.
- 5) Fan of *Bulldog Bulletin*.
- 6) Mr. Menefee plans to take part in this activity.
- 8) What fitness class does Ms. Clark attend?
- 10) Hot yoga helps ____ the mind and body.



Test your knowledge

Here is a chance to test the new things you have learned about health and fitness in the Spring 2012 edition of the *Bulldog Bulletin*. Enter the contest by reading your copy of *Bulldog Bulletin* and then answering questions for your grade below. (*Bulldog Bulletin* staff is not eligible.)

Directions:

1. Fill in your name, grade, and homeroom teacher's name.
2. Answer the questions for your grade.
3. Cut out the coupon for YOUR grade.
4. Hand in the sheet to your homeroom teacher by **April 20, 2012**.

The staff of the *Bulldog Bulletin* will have a drawing from among the correct entries. Two winners in each grade will get a prize. Good luck!

Seventh and eighth grade

Your name:

Your grade and teacher's name:

1. What does Evan Ferrell drink to keep hydrated as a good alternative to eating vegetables?

2. Who plays basketball for fun with a parent and brother?

Sixth grade

Your name:

Your grade and teacher's name:

1. What is the name of a disease that affects a person's central nervous system and can cause paralysis?

2. How many Americans participate in volunteer activities that help others?

Fifth grade

Your name:

Your grade and teacher's name:

1. Who feels awesome when she volunteers in the East Norriton school store?

2. What type of meditation does Mr. Maldonado do in a quiet room to relax his body?
