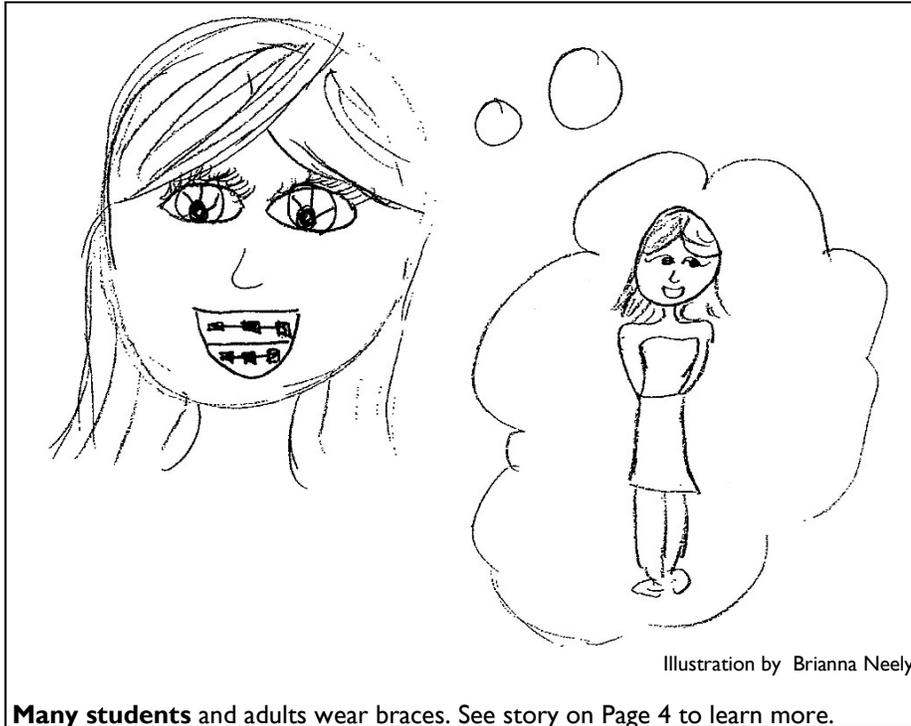


# EAST NORRITON BULLDOG BULLETIN

VOLUME 4, NUMBER 1

Health News To Use

FALL 2012



Many students and adults wear braces. See story on Page 4 to learn more.

## Running races

# Teachers challenge themselves

Two East Norriton seventh grade math teachers spent months preparing to run races this fall.

Mrs. Baker recently participated in Mud Run in Gilbertsville, Pa. The Mud Run is a 5-kilometer race where a participant runs through wooded areas, mud, and obstacles such as tires, rivers, and barbed wire.

It's a great way to exercise, said Mrs. Baker.

Mrs. Haggerty recently ran a half marathon in Philadelphia. She completed the grueling event in 2 hours and 20 minutes.

Neither teacher was running for a gold medal. Their goals were to shape up and have fun.

"I needed motivation to get back in shape and wanted to accomplish something that I had never done before," Mrs. Haggerty said.

Mrs. Baker described the Mud Run as an amazing experience.

"You would think that it would be gross, but it ended up being a lot of fun," she said.

"Why pay for a facial when you can do the real deal?"

# Fighting tooth decay

PHILADELPHIA—Tooth decay is the No. 1 childhood disease in the United States, according to a dental expert.

It is also preventable, said Mrs. Stacey Benner, education director at Kids Smiles.

Kids Smiles gives dental care to about 30,000 children in the Philadelphia area every year. Mrs. Benner visits schools and teaches children how to prevent tooth decay so they can have great smiles.

She told reporters at a press conference that tooth decay is a disease that affects the teeth, but if it is not treated it can spread and cause infection throughout

the body. Children with tooth decay can experience pain and have trouble eating, speaking, and smiling. They may also have low self-esteem.

So what causes tooth decay?

Mrs. Benner said that when you eat carbohydrates, the sugars mix with the plaque-producing bacteria, *streptococcus mutans*. There are 500 types of bacteria in your mouth, but this is the main type that causes cavities.

They feed on the sugar and produce an acid which attacks the teeth. This may eventually lead to cavities.

(Please see **Remember** on Page 5)

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

## Apps can play role in health



Apps can help one keep fit.

One app is called Nike+. A person can put a chip inside his or her shoe. It tracks the time and distance someone walks or runs. It also records the number of calories a person burns and the history for each time it was used.

Another app on your phone that you can use is the Weight Watcher's Mobile. It is for members only. It counts the points one eats a day and tracks them. It also tracks weight lost.

Fitbit is another pedometer-like app that tracks the calories one burns and the amount of steps one takes. One clips it onto a shirt or another piece of clothing. It can link to a person's Facebook page. It will post the amount of calories he or she burned and how many steps the person took.

—Story by Sam Rosenberg and Jocelin Lai;  
illustration by Rita Giangiacomo

## Running to get in shape

(Continued from Page 1)

The Mud Run benefits Cradles to Crayons, an organization that provides food and supplies for kids.

Mrs. Baker needed to stay healthy to participate. She ate nutritious food, stayed hydrated, and got plenty of sleep.

To prepare, Mrs. Baker ran a 5K at least three times a week for about three months. To strengthen her upper body, so she could climb over walls, she did a lot of push-ups.

She has participated in other races before. She even plans to participate in other running races when the weather warms up.

Mrs. Baker advises students to set monthly goals and work to achieve them. She also suggested to sign up for races or just run with your friends.

Mrs. Haggerty seriously trained for the 13.1-mile run. She had to pace herself and slowly build up her training. She started training in June and ran all summer. She trained six days a week.

When asked if she walked or jogged during the half marathon, she said, "I ran until mile 10, then walked and ran through the next two miles, then pushed through the last 1.1 miles." She also said that she was very tired, but felt good because of her proper training.

—By Rebekah Wilford and Tyler McCray

## Heavy binders can be a burden on the body

Along with the thought of homework weighing heavily on the minds of students, some binders can weigh heavily on the body.

Fifth grader Daria Allen said that her binder was very heavy and that she fears it is affecting her posture.

Frank Napoli, also a fifth grader, had a similar concern. He said he slouches to one side when he carries his binder. Frank also said that he needs to make sure he keeps his heavy binder organized because it stresses him out when he loses schoolwork.

Sixth grader Tanya Webb said that while her binder was indeed heavy, the weight did not at all stress her out. Fifth grader Jessica Nieto-Flores agreed with Tanya, saying her binder was also very heavy, but that she keeps everything organized, so the weight doesn't bother her.

—By Sarah Power, Savannah Hamby, Imani Mead, Jayana Webb, and Dominique Spall

### Healthful Hints

## Dealing with stress

**Q:** Is it normal to have stress when switching grades?

**A:** Kids can get stressed for many reasons, including when they switch grades, feel pressured by schoolwork, and face challenges in social situations.

Before you learn how to deal with stress, you need to know what it is. "Stress is a feeling that's created when we react to particular events. It's the body's way of rising to the challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness," says KidsHealth.org

Schoolwork is a major cause of stress. KidsHealth suggests that you should manage your time effectively. If you eliminate procrastination, you reduce stress. It also helps if you find a hobby and balance your responsibilities. When you're stressed, don't reach for the chocolate. Grab something healthier, exercise, or listen to music.

Social stress can be managed. Make some good friends who will support you. You should also be a friend, says KidsHealth. You never know who may need to help you in return. —By Rebekah Wilford

*Editor's note: Do you have a question for the Bulldog Bulletin? Please send it to Mrs. Strickland or Mrs. McGarry.*

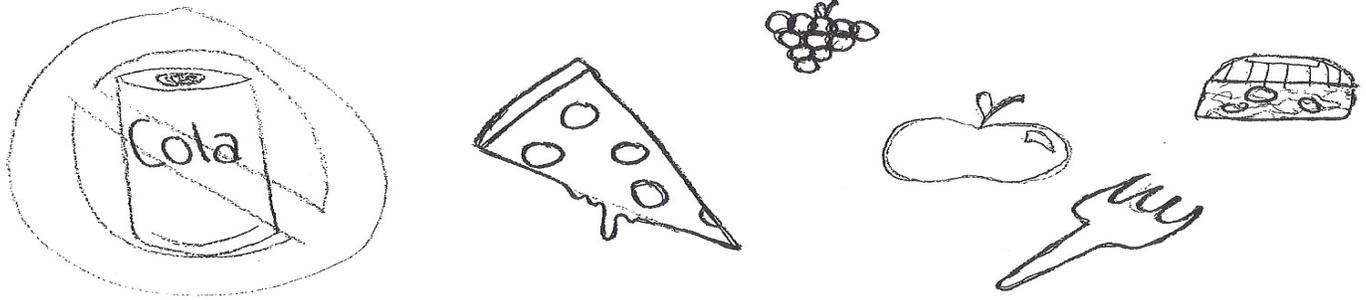


Illustration by Randee Wismer

**Eat** a balanced diet. Stay away from the sweets. Enjoy plenty of fruits and vegetables.

## Teacher's advice: Balance what you eat

Over the summer, Ms. Mbuy lost a lot of weight. She has continued to eating healthy foods and monitors what she eats.

Ms. Mbuy buys her lunch from the school. She shared some tips about what she believes are healthy choices to make in the East Norriton cafeteria.

She said she feels the healthiest lunches are either a salad or a hot lunch.

"The healthiest lunch choice in the lunch probably would be the hot lunch," said Ms. Mbuy. "I think this because it has all the food groups in it."

However, she said students have the most control over their meals if they pack their own lunches.

"You know exactly what goes in and what is in it," she said.

When asked which lunch choice is the least healthy she said everything is good. It's important to monitor what you eat and how much you eat of it.

When asked whether juice and soda should be sold at lunch, she said that juice is an OK choice. "Soda is not a good option," she said.

—By Kaitlyn Timko and Randee Wismer

## Staying in shape is a goal for many

Staying healthy and fit are key goals for many East Norriton staff members.

In interviews, several staff members said they eat balanced meals as well as stay active. They say students also should develop these habits.

Health teacher Ms. Interrante said she tries to eat many fruits, vegetables, and protein foods. She attempts to stay away from carbohydrates. She also said it is important to exercise because it gives you more energy and makes you feel better about yourself. She tries to work out at least three times a week for about an hour each time.

Mrs. Casselli, a fifth grade math teacher, said she also tries to work out three times a week. The workouts help relieve stress after a long, hard day at work.

Mrs. Drumbore, a sixth grade math teacher, said it is important for her to work out three to four times a week for about 30 minutes each time. Mrs. Drumbore said she also tries to limit sweets.

Along with staying active and eating healthy foods, Mrs. Defelice, a seventh grade social studies teacher, said she drinks a lot of water to stay healthy.

Mr. Flack, a physical education teacher, said he takes part in many activities to stay healthy. He works out six days a week. He lifts weights, swims, runs, and bikes.

Mr. Flack said being healthy makes you feel good and gives you a lot of energy. If you are healthy, hopefully, you will live a long time, he said.

—By Wislynn Chavane and Rita Giangiacomo

### *East Norriton Bulldog Bulletin*

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## Menu becomes even healthier

For several years, the food choices have gotten healthier in the East Norriton school cafeteria.

The cafeteria replaced traditional potato chips with baked chips which are lower in fat. Pies and sugar cookies have disappeared. Fruit bars with more fiber have appeared.

The school added a salad station last year. Students can create their own healthy masterpiece with tomatoes, cucumbers, chicken, and other options.

This year, the big changes in the cafeteria include whole wheat crust for the pizza as well as all government approved snacks. The pizza also no longer has pepperoni. The toppings are cheese and vegetables.

The changes do not only affect ENMS. According to ENMS cafeteria manager Mrs. Hadley, the changes at the school are in response to the new school meal requirements nationally.

First Lady Michelle Obama has made it her goal for schools to serve healthy foods. It's part of her effort to reduce childhood obesity. She pushed for the new meal requirements.

There was a mixed reaction when students were asked about the healthy lunches here at ENMS. Fifth grade student, James Brown, said that he is not fond of the school lunches. Another student, Anastasia Kormos, said that she likes the school lunches.

Ms. Jessica Rankin, school district food production manager, said she tries to develop lunch meals and snack options so they are not only healthy, but delicious as well. For instance, the cafeteria offers Nutri-Grain Bars. These are made with whole grains.

—By Elena Tzivekis, Nick Whaling, Sarah Power, Savannah Hamby, Imani Meade, Jayana



## It's cold season—again

As a school nurse, Mrs. McKeron is an expert on the common cold.

The common cold is a virus that easily spreads by touching objects or people that are infected, she says. You probably are familiar with the symptoms. They include coughing, fatigue, nasal congestion, a runny nose, and sneezing, according to the nurse.

A cold may last for two weeks, she said. To deal with it, she suggested that a person drink a lot of fluids, eat three meals a day, get plenty of rest, wash hands, and cover one's mouth when coughing.

These health habits also will help prevent a cold. Plus, remember to stay hydrated and avoid close contact with other people who may be sick.

"The key is prevention," Mrs. McKeron said.

—Story and illustration by Rebekah Wilford

## Bulldog Bulletin recognizes academic athletes

Eric Fuentes, an eighth grader, placed first in the District 1 competition in wrestling. Eric is not only good at sports, but he is also a straight-A student.

To keep a good balance between sports and school work, he makes sure he sleeps at least eight hours a night. To stay in shape, Eric makes sure he attends every wrestling practice. He also eats healthy foods such as pineapple and cantaloupe.

To relax, Eric likes to watch TV.

\* \* \*

Morgan Randolph, an eighth grader, has won the most valuable player for basketball and best defensive player in soccer and lacrosse at East Norriton.

Morgan has played basketball since she was 4, soccer since she was 6, and lacrosse since she was 8.

Morgan is also a straight-A student. To keep a good balance between sports and schoolwork, she said she sleeps a minimum of eight hours a night.

To stay in shape, Morgan runs an hour each morning.

She also makes sure to eat healthy food. Her favorites are apples and bananas. To relax and to relieve stress, Morgan likes to listen to music.

—By Aubrey Jordan and Julia Qin

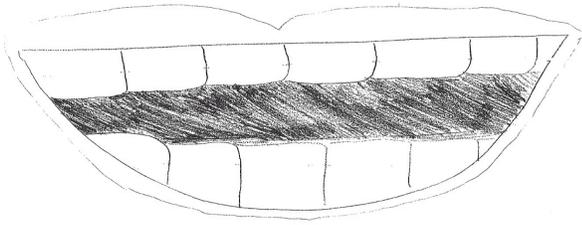


Illustration by Cecily Ritchie

*Editor's note: Eighth graders Rebekah Wilford and Elena Tzivekis traveled to Philadelphia last summer to participate in a press conference about dental health hosted by Independence Blue Cross Foundation. Kids Smiles was the featured organization. The program provides dental care and education to children in the Philadelphia area and Washington, D.C. Kids Smiles and Healthy NewsWorks receive grants from Independence Blue Cross Foundation.*

## Remember to take care of your teeth

*(Continued from Page 1)*

Surprisingly, babies are not born with these bacteria in their system. They are passed on to them by, for instance, sharing a spoon.

Mrs. Benner offered these tips:

- Kids can keep their teeth from decaying and keep them looking clean in a couple of ways. Trying to brush your teeth every day is part of it. You should brush three times a day for two full minutes. Make sure your toothpaste contains fluoride.
- Kids should also floss once a day. When you pick out floss at the store you can either use floss picks or string floss, whichever one you prefer. All that matters is that you use it.
- To keep your teeth intact, you should consider the food you eat. Limit the sugary drinks and foods. Mrs. Benner said that strawberries have enzymes that can help whiten teeth. She then said apples have enzymes that kill the bacteria that cause cavities. For whiter teeth, avoid staining foods and drinks such as tea and fruit juice.

- Finally, for healthier teeth, kids should visit their family dentist twice a year to make sure their teeth are healthy and to get them cleaned. Also if the dentist tells you to follow up with another appointment to get special work done, then listen to him or her.

—By Rebekah Wilford

PHILADELPHIA—People have developed all kinds of ways to brighten their smiles from whitening strips to bleaching gels.

Mrs. Stacey Benner, a health educator with Kids Smiles, said children under 14 should not use them. Even older children may not be ready for whiteners because their gums may be too sensitive, she said.

Anyone considering a whitener should talk to a dentist first to find out if it is a good idea.

Mrs. Benner advised that you can keep your teeth bright by staying away from soda, tea, coffee, and other beverages and foods that can stain teeth.

—By Elena Tzivekis

### Improving smiles

## Braces can be challenging and rewarding

Many students and even some teachers at East Norriton Middle School wear braces to correct and straighten their teeth.

By a show of hands, about 15 percent of students in East Norriton homerooms indicated that they currently wear braces. Most of the students are in the seventh and eighth grade.

The *Bulldog Bulletin* interviewed several people to see what it's like to wear braces.

Mrs. Hoag, an eighth grade math teacher, wore braces last

year. She also wore them 10 years ago.

She said she did not like wearing them because they sometimes hurt. When she got them tightened, her mouth was sore for two days. It was hard for her to chew some foods.

When she was getting her braces on, she said she was nervous. When she got her braces off, she was glad and realized how much they had helped her teeth.

Madison Smith-Collins, a seventh grader, said wearing braces

can be annoying and painful. Usually, the pain subsided after a few days. Madison said it is a big responsibility to care for her braces.

People who wear braces need to be careful about what they eat, according to KidsHealth.org. They need to avoid foods such as popcorn and sticky candy. These foods can harm the braces. People with braces also should avoid a lot of sweet drinks because they can cause tooth decay. —By Cecily

Ritchie, Brianna Neely, and Wislynn Chavane

# Test your knowledge

Here is a chance to test the new things you have learned about health and fitness in the Fall 2012 edition of the *Bulldog Bulletin*. Enter the contest developed by Kaitlyn Timko and Rebekah Wilford by reading your copy of *Bulldog Bulletin* and answering questions for your grade below. (*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 Friday, Dec. 21, 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 grades

Your name:

Your grade and teacher's name:

1. Name two causes of middle school stress.

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2. Name two ways to treat a cold.

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## Sixth grade

Your name:

Your grade and teacher's name:

1. About how many types of bacteria live in a mouth?

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2. How many times does Ms. Interrante try to work out a week and how long does she work out each time?

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## Fifth grade

Your name:

Your grade and teacher's name:

1. How long was Ms. Haggerty's race?

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2. Who participated in the Mud Run?

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