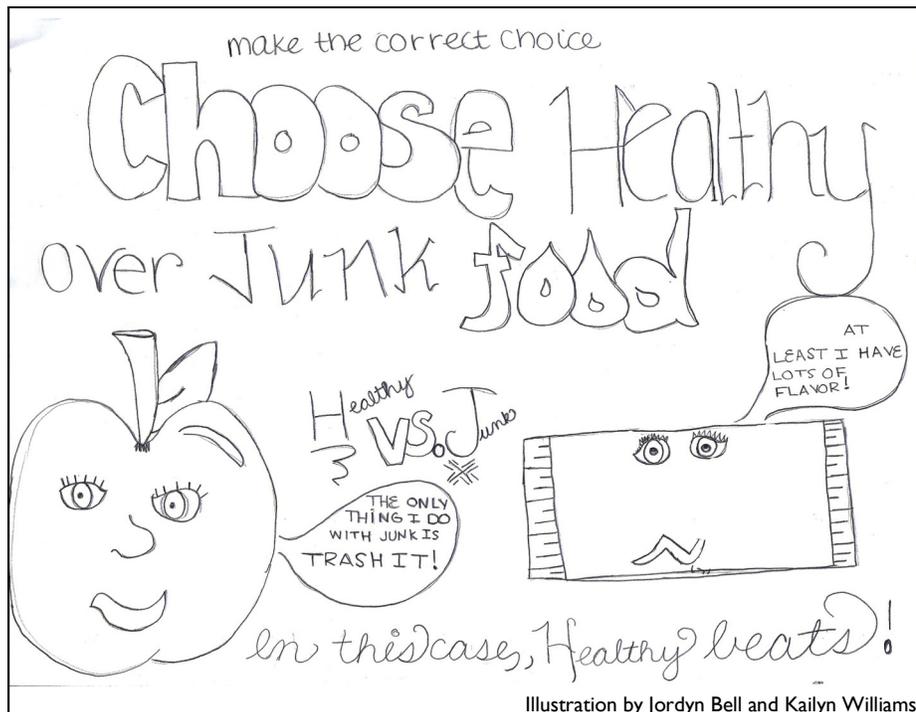


EAST NORRITON BULLDOG BULLETIN

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Health News To Use

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For river cleanup School receives kudos

East Norriton Middle School recently was honored for its work to help improve and clean the creek that runs through the school's property. The creek feeds the Schuylkill River.

The U.S. Environmental Protection Agency and the Philadelphia Water Department spotlighted East Norriton's efforts to create a meadow and lessen erosion, says the Norristown Area School District website.

Volunteers will continue their efforts to protect the Schuylkill River. The improvements include creating a rain garden near the creek, adding a layer of shrubbery to the slope that goes down to the creek, and developing a rooftop garden, according to Susan Harris from the Montgomery County Conservation District.

Cleaning the river benefits the community's health, said Philadelphia Water Department's Kelly Anderson.

A cleaner river reduces the risk of for water-borne illnesses, she said. She spoke at the Schuylkill River Restoration Fund awards ceremony at East Norriton this fall.

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

Don't forget breakfast

Breakfast is often called the most important meal of the day. It not only gives you energy to stay awake, but it also keeps your belly happy so that you don't make quick and unhealthy snack choices before lunch.

Now, thanks to a new Food Trust program at East Norriton, students have been learning how to choose healthy options for their breakfast. Jessica Weller, a project associate at The Food Trust, said her organization visits different schools in the area to teach nutrition to students from pre-kindergarten through high school. Miss Jesse said she hopes to make

a difference by giving students information about making healthy food choices.

East Norriton Principal Dr. Spink said The Food Trust is an excellent program. She thinks that it can be helpful for her students to know what foods are healthy for them. She is happy with the program's results so far.

Sixth grade student Gianna Cassano was happy to try the whole-grain bagels that The Food Trust shared. She said she usually does not eat bagels so she was excited to try them.

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

Inside: Special focus on healthy hearts

Give your heart a good workout

East Norriton teachers do more than stand in front of a class, give lessons, and assign homework.

They have their own lives, too. They try to make exercise part of their busy days.

Ms. Interrante, a health teacher, said she doesn't have much time alone after school because she needs to look after her own children. Her activities usually involve riding a bicycle, walking her dog, taking her kids to the playground, or playing in the backyard.

To reduce their long-term risk of disease, children should be active 60 minutes a day, Ms. Interrante said. She also suggested that children should "stay away from processed foods to reduce sugar intake."

Getting a good aerobic workout helps strengthen a person's heart. Aerobic workouts include any activity that "uses lots of oxygen and causes your breathing and heart rate to increase," according to the *Heart Smart Kids Cookbook* by the Henry Ford Health System and Detroit Free Press. "It's not the type of exercise but how you do it: steadily, with no rests."

Mr. Brendlinger, the math instructional support teacher, said he gets an aerobic workout when he



Illustration by Gabrielle Piccirilli

plays basketball. He breathes hard and sweats a lot. He plays basketball three times a week, he said. He said it is never too late to get your heart in shape.

During football season, Mr. Forbes, school vice principal, coaches football at East Norriton and participates in team drills and practices. When football season is over, he goes to the gym after school, he said. If the weather is pleasant, he and his son go to the park. Mr. Forbes sometimes goes to

Sky Zone Indoor Trampoline Park with his family so that they can all stay active and have fun bouncing around, he said. "Just find something that will ensure that you are healthy," Mr. Forbes said.

Ms. Goff, a sixth grade communications teacher, takes her two dogs out for a mile run every day. In the summer, Ms. Goff rides her bike.

She takes care of herself in other ways, too. She puts on sun screen in the summer because she spends so much time outdoors. She tries to eat nutritiously. "Do everything you can to stay healthy," she said.

—By *Cydney Suber, Dean Millard, and Gabrielle Piccirilli*

School aids river

(Continued from Page 1)

"This project is great," Ms. Harris said. "This project targets schools. We like to see the students come out of the classroom and utilize their campus."

"This project is a good idea," said Michael Knawby, an eighth grader. "They are doing the right thing."

According to Ms. Harris, the first phase of the project stabilized the creek bed with rock to make a more gradual fall. Phase 1 also created a rain garden near the creek. In the process, people planted 225 trees and made a meadow as made. Sand and a compost mix served to develop a bioswale, a drainage feature to catch storm water runoff.

In another part of the creek on school grounds, workers created pooling areas to hold back storm water. The pooling areas slow erosion and stop flooding.

—By *Randee Wismer, Alexia Hall, and Katie Timko*

Bagels can be quick meal

(Continued from Page 1)

She sometimes forgets to eat breakfast and appreciated an idea for a quick meal. She is looking forward to The Food Trust bringing in another healthy food item. She said The Food Trust program persuaded her to start eating breakfast more often.

—By *Cecily Ritchie & Melanie Stagliano*

East Norriton Bulldog Bulletin

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Take care of heart with healthy food

There are many good reasons that medical experts advise people to eat healthy foods and to steer clear of junk food.

One reason is that good nutrition is good for your heart, East Norriton school nurses recently told the *Bulldog Bulletin*.

Mrs. McKeron listed apples, grapes, carrots, broccoli and other fruits and vegetables as heart-healthy choices. She and Mrs. Gill also suggested that students grab healthy snacks such as nuts and raisins when they need some energy during the day. Don't grab junk food, they warned. It will slow you down.

Mrs. McKeron said whole grains are a good choice for carbohydrates. Like their name, whole grains are complete, according to the American Heart Association. They contain the three parts of the grain — the bran, germ and endosperm. Refined grains have had their bran and germ removed. Whole grains are a good source of fiber and “may lower the risk of heart disease,” the heart association says.

Reading labels is an important way to find out if food is nutritious and good for the heart, the nurses said. For instance, check out the fat content. There are bad fats and better fats, according to the heart association.

You should watch out for foods with saturated fats and trans fats, the heart association says. They can increase the risk of heart disease, according to the heart association. The better fats are monoun-



Illustration by Teg Richie

saturated and polyunsaturated. They are found in plants and oily fish.

The heart association recommends “eating a diet containing a variety of fruits, vegetables, and grain products, especially whole grains; fat-free and low-fat dairy products; legumes, poultry, and lean meats; and eat fish, preferably oily fish, at least twice a week.”

To keep her heart healthy, fifth grade teacher Mrs. Ford said she tries to eat healthy foods such as apples and stick to her diet. She finds it easier to eat healthy foods by cooking together with her husband.

Mrs. McKeron and Mrs. Gill suggested making a food plan before you head to the store. There are many foods in the world that are healthy for your heart. You just need to know which are good and bad.

—By Wyslynn Chavane and Dean Millard

Editor's note: To learn more about healthy eating, go to KidsHealth.org and read the article, “Go, Slow and Whoa! A Quick Guide to Healthy Eating.”

Enter healthy-heart poster contest

We are excited to announce the *Bulldog Bulletin's* Healthy-Heart Poster Contest. Students are encouraged to design a poster that provides a healthy-heart message. The illustrations must original artwork illustrating one of the following messages:

- For a healthy heart, eat plenty of fruits and vegetables.
- For a healthy heart, exercise 60 minutes a day.
- For a healthy heart, don't smoke.
- For a healthy heart, cut down on salt in food.

Students may illustrate other healthy-heart messages, but make sure they are medically accurate.

They can find reliable resources in the healthy-heart section of the Healthy NewsWorks website: www.HealthyNewsWorks.org.

Students should illustrate their work on 8 1/2" by 11" paper. All entries need to be handed in by **January 31, 2014**. Please ask Mrs. Strickland or Mrs. McGarry, who serve as *Bulldog Bulletin* editors, for contest fliers and poster guidelines.

We hope you will participate.

Good luck!

Answers to word scramble

1. swim 2. heart 3. pulse 4. jogging 5. muscle 6. beats
7. exercise 8. dance 9. run 10. walk 11. blood 12. oxygen

Brain workout!

Here is a challenge. See if you can unscramble the following words connected to heart health. (Answers at the bottom of Page 3.)

- 1) ISWM _____
- 2) TEHAR _____
- 3) EUPSL _____
- 4) JIGONGG _____
- 5) CUMSEL _____
- 6) ATBSE _____
- 7) IESERXEC _____
- 8) CNEDA _____
- 9) UNR _____
- 10) LKWA _____
- 11) DOLOB _____
- 12) XGEYON _____

Lunch rocks at ENMS

Every weekday, millions of students across the country line up in their schools to buy lunches — including many who attend East Norriton.

Fifth grader Andrew Stevens said he enjoys the school lunch and feels the school offers a healthy variety of food. The school could give a different twist to lunch by adding pasta without meat sauce, he said.

Andrea Ritter, a fifth grader, said the cheeseburger is the best choice on the lunch menu. "I love the lunch. It is healthy and delicious. But the price should be lowered," Andrea said. The full price for lunch is \$2.55 without any snacks. The reduced-price lunch for students who qualify is 40-cents.

Lunch menus provide "nutritionally balanced" meals at the "lowest price possible," says the Norriton Area School District Food Services' web page.

"The program enhances children's learning abilities by contributing to their physical and mental well-being," according to the school district website.

"Studies have shown that children whose nutritional needs are met are more attentive in class."

East Norriton offers many different hot lunches, salads, sandwiches, and pizzas for lunch. A healthy diet includes whole grains, protein, fruits, and vegetables, according to KidsHealth.org.

Fifth grader Nahtavia Dunlap said chicken was her favorite dish. She suggested that the school survey students about what items they like and what other items could be added to the menu.

*—By Amayrami Lopez-Noya
and Darian Grace White*

Teachers enjoy fruits, veggies too

Adults often remind children that it is important to eat fruits and vegetables every day to stay healthy.

The *Bulldog Bulletin* decided to ask several East Norriton staff members about their eating habits. They seem to be including a lot of fruits and vegetables in their diets, too. The interviews indicated that fruits are more popular than vegetables.

Ms. Smith, an East Norriton art teacher, said she eats fruits and vegetables every day, mostly at breakfast and lunch time. Ms. Smith's favorite fruit is an apple while eggplant is her favorite vegetable. She said she doesn't care for figs or cauliflower.

East Norriton Police Officer Mr. Fischer said he prefers fruits to vegetables. But he eats both once or twice a day. Officer Fischer likes all fruits, but is particularly fond of mangos, apples, strawberries, water-

melons, grapes, and pineapples. The vegetables he favors are corn, green beans, lime beans, broccoli, and squash. He doesn't like mushrooms.

Mr. Forbes, school vice principal, said he also would rather eat fruits than vegetables. He eats plenty of both and particularly enjoys grapes, strawberries, oranges, blueberries, corn, and green beans. He eats these foods for breakfast and as a snack.

Ms. Laskey, chorus teacher, said eats fruits and vegetables all the time. Her favorites are peaches, all types of berries, green beans, and spinach.

An active middle school student should eat two cups of fruit and three cups of vegetables every day, according to www.bam.gov. The website has been created by the Centers for Disease Control and Prevention. *—By Jordyn Bell and Kailyn Williams*