

## Adapting to newness of school

When fifth graders arrived at East Norriton this school year, it was totally different from what they knew before. The differences included everything from having lockers, being given more homework, and switching classes.

John Capistrano said he likes ENMS better because he has more friends. His favorite part about ENMS is lockers.

Nicole Henry said she liked elementary school better because there was more to do. One thing she would like to change at ENMS is the amount of homework that is assigned. She said she feels safe because the school has more adults and a police officer.

Miguel Salvidar said he likes ENMS better because he has more friends. He likes ENMS's lunch better because there is more variety of food. He said homework is not harder because he studies.

Some fifth grade teachers said they notice that the changes seem stressful for some fifth graders.

Mrs. Young, a science and social studies teacher, said staying on top of your work and not waiting until the last minute to complete assignments can help alleviate stress. She also said to be sure to ask for help.

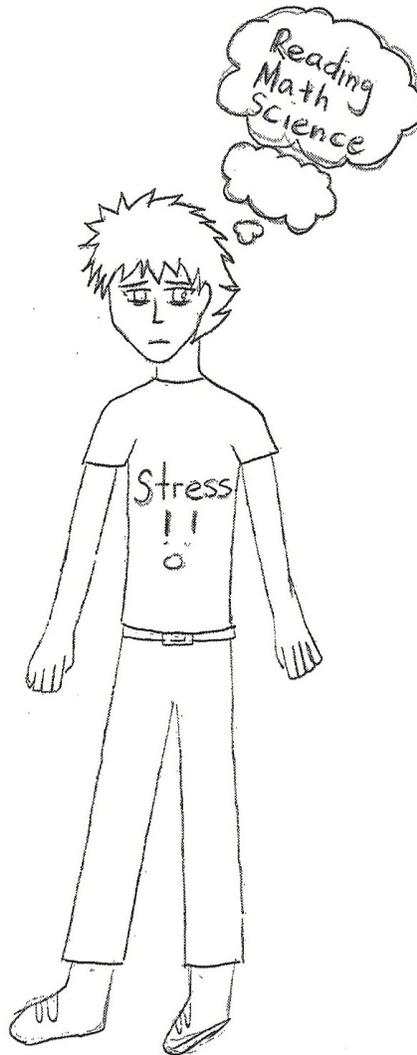


Illustration by Julia Qin

Ms. Clark, a math teacher, said students should not procrastinate and they should make sure to write down every assignment in their agenda.

Even though the majority of fifth graders interviewed said they felt some stress, they also said they like ENMS. —By Sam Rosenberg and Jocelin Lai

## Everyone can help prevent bullying

Perhaps you know someone who has been physically bullied. Or maybe you've heard of verbal bullying or cyber bullying.

In order to stop the bullying, it's important to know the cause. Bullies do what they do to feel good about themselves, said Mrs. Eames, an East Norriton Middle School counselor. They also bully because they want to be powerful and the culture they grow up in allows it.

Many bullies live in an environment where they need to seem strong. Students can change this pattern, according to Mrs. Eames.

You've probably heard of tattling and telling. In Mrs. Eames' opinion, there's a big difference between the two. Students need to learn how to problem solve.

At some point you've probably seen someone being bullied. If you are ever in this situation, Mrs. Eames said the first step is to "size up the situation." This means to determine if it's safe for you to get involved.

If the situation isn't safe, get someone else like a teacher to

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

# Garden relieves stress and inspires

The Idea Garden is approaching its first birthday. The garden was created as a place where students can relax and get their work done, according to Mr. Menefee, an eighth grade communications teacher at East Norriton.

The garden can help benefit students who don't spend much time outside. It can also relieve stress and help students concentrate, said Mr. Menefee.

Mr. Menefee recommends teachers to take advantage of the garden and use it to its full potential. For example, reading classes can have reading circles while enjoying the fresh air. Math classes can solve math problems with sidewalk chalk.

Science classes can learn about the environment or animals. In fact, Mr. Taylor, a fifth grade science teacher, is raising and releasing Monarch butterflies with his students.

Special area teachers can also take advantage of the garden, said Mr. Menefee. For example, art teachers can take students outside to sketch flowers or plants. Music teachers can play instruments in the garden with students.

Mr. Menefee said the garden benefits the stu-



Illustration by Julia Qin

dents as well as teachers. "It is a healthy part of everybody's life," Mr. Menefee said. "It helps people's mood. It's better than being stuck in the classroom."

Two students who are helping to water and take care of the garden are eighth graders Marianna Glacken and Corrine Leary.

"Enjoy the sunshine; don't lock yourselves inside the house," said Mr. Menefee.

*By Julia Qin, Elena Tzivekis  
Aubrey Jordan, and Nick Whaling*

## Healthful Hints

### Watch out for soda

**Q:** Is soda really that bad for you?

**A:** What's one of your favorite drinks? A good number of you probably said a sugary, flavored beverage. I'm talking about soda. Soda really is that bad. Every time you crack open that 12-ounce can of soda, you consume 33 grams of sugar and about one hundred forty calories, according to U.S. Department of Agriculture nutritional database. That's more than twice the amount of sugar in a banana.

The problem with soda is the sugar of course. You've probably heard that a million times. Ms. Interrante, an East Norriton health teacher, says sugar increases your appetite, so you want more of it. Ultimately, you can gain weight. Soda can also stain your teeth if it's dark in color.

Plenty of students have asked the timeless question, "Why doesn't our school sell soda?" Ms. Interrante said this is partly a result of the Let's Move Campaign sponsored by First Lady Michelle Obama.

For all of the soda lovers out there, there are healthier options for you. Ms. Interrante says water and plain milk are great choices. Remember, flavored milk has sugar in it.—*By Rebekah Wilford*

## Handling bullying

*(Continued from Page 1)*

help. Mrs. Eames said in an interview to make sure you use problem-solving skills. She feels it's important to "take a breath and think about it."

Bullying hurts, it's a serious problem, and it's real. As you work to solve problems at East Norriton, remember one thing: Change begins with you.

—*By Rebekah Wilford and Brianna Neely*

### *East Norriton Bulldog Bulletin*

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# Chess club exercises the mind

Chess may not be a traditional sport that fulfills the Olympic slogan of “faster, higher, stronger.” But it does exercise one’s brain.

At East Norriton, the chess club meets every Thursday after school.

Mr. Menefee, an eighth grade communications teacher, started the chess club for several reasons. He said he wanted to create an environment where students could relax and use their brains. He also likes chess and wanted others to enjoy it as well.

“Chess helps students plan ahead, said Mr. Menefee. It also helps them “think strategically and apply a lot of various [skills] such as math.”

During club meetings, students choose a partner to play against. The students have code names and keep track of wins and losses.

Eighth grader Lia Morris has been in the chess club for three years. “I recommend it to people who are interested,” she said.

Eric Henry, who also is in eighth grade, said chess club is not a waste of time. It is a great way to learn how to play the game, he said.

Mr. Menefee also plans to give out awards to the best players in his club.

—By Julia Qin, Aubrey Jordan, and Elena Tzivekis

# Colds, flu keep kids out of school

School Principal Dr. Spink made this announcement often this year: “Stay home if you are sick.”

One reason for her concern was the flu. It was a long, intense season, according to the federal Centers for Disease Control and Prevention.

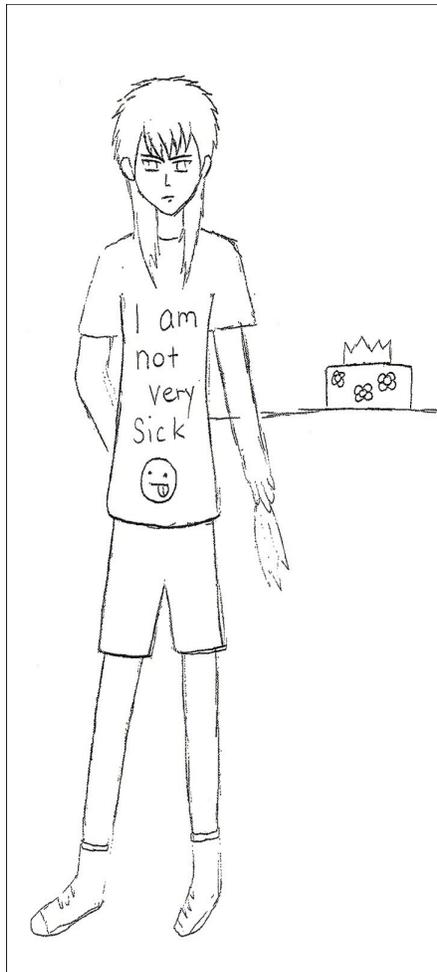
It’s difficult to gauge how many students were ill because of flu.

East Norriton nurse Mrs. Gill said it is tough to gauge exactly how many students were affected by the flu this year, but she said the number was down from last year. She credits this decrease to the students getting flu shots as well as being more careful to wash their hands and not share food.

Flu season is winding down as the warmer weather approaches, yet that doesn’t mean we’re clear of health issues. Mrs. Gill said that after flu season comes problems with asthma and allergies.

When asked about the flu, Mrs. McKeron and Mrs. Schaffer, also East Norriton school nurses, said you should stay home if you have a fever of 100 degrees and above. If you are in school with a fever of 100 degrees or above, you will be sent home.

You should stay home if you are vomiting or if you have a barking cough, the nurses said. If you



have a really bad cough, you likely won’t learn much any way and would most likely get a headache.

To treat your symptoms, you should follow your doctor’s advice.

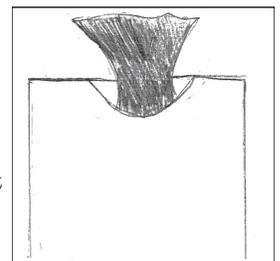
“Sleep is a good treatment, as is resting,” said Mrs. McKeron.

“Remember to sneeze and cough in your elbow, wash your hands often, stay out of public places, and your first line of defense should always be the flu shot.”

Mrs. McKeron said she has pamphlets that she gives to parents when their children are sent home sick.

According to the pamphlet, students who “have been sent home with a fever, vomiting and/ or diarrhea are not to return to school until they are fever free for 24 hours without fever-reducing medication.”

They also should be “not exhibiting a severe cough and congestion or other flu-like symptoms” such as diarrhea and vomiting.



—Story by Kaitlyn Timko and Randee Wismer  
Illustrations by Julia Qin (left) and Nya Hill (right)

# Test your knowledge

Here is a chance to test the new things you have learned about health and fitness in the Spring 2013 edition of the *Bulldog Bulletin*. Enter the contest by reading your copy of *Bulldog Bulletin* and answering questions for your grade below. (*Bulletin* staff is not eligible.) Questions were developed by Julia Qin, Rebekah Wilford, Brianna Neely, Elena Tzivekis, Aubrey Jordan, and Nick Whaling.

**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, April 26, 2013.**

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. Which ENMS teacher runs the Chess Club?

\_\_\_\_\_

2. What are three ways to try to avoid the flu?

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

## Sixth grade

Your name:

\_\_\_\_\_

Your grade and teacher's name:

\_\_\_\_\_

1. How much sugar is in a 12-ounce can of soda?

\_\_\_\_\_

2. What are three types of bullying?

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

## Fifth grade

Your name:

\_\_\_\_\_

Your grade and teacher's name:

\_\_\_\_\_

1. What can soda do to your teeth?

\_\_\_\_\_

2. What's the first step in dealing with bullying?

\_\_\_\_\_