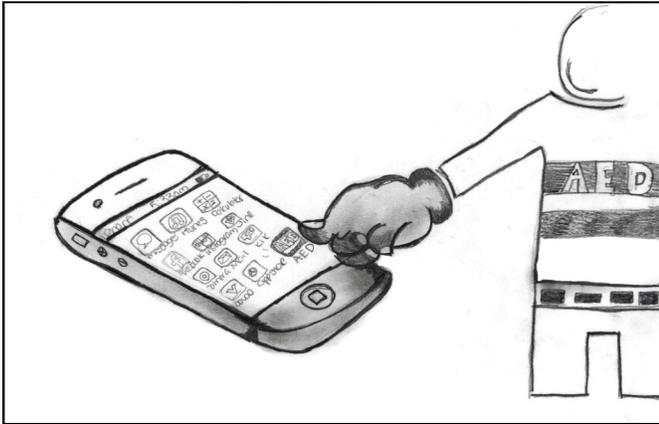


EAST NORRITON BULLDOG BULLETIN

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Health News To Use

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Illustrations by Raymond Hill (left) and Amayrami Lopez Noya (right)

Reporters contribute to new book

Six *Bulldog Bulletin* reporters have contributed to the new book, *Leading Healthy Change In Our Communities 2014*.

The reporters are Randee Wismer, Cecily Ritchie, Melanie Stagliano, Dean Millard, Amayrami Lopez Noya, and Raymond Hill.

The book, which will be available in print and online, is written and illustrated by student journalists in the Healthy NewsWorks media program. The book features profiles of 14 leaders in the Philadelphia area who are making communities healthier.

Amayrami and Raymond illustrated the pictures on this page that also will appear in the book. Raymond's picture relates to a story about a University of Pennsylvania physician whom Randee, Cecily, and Melanie interviewed. The physician, Dr. Raina Merchant, focuses her work on using social media to help reduce health problems.

Along with two other Norristown middle school students, Dean interviewed Marc Vetri, who is a top

(Please see **Students** on Page 4)

Teachers shake off the winter blues

After this year's long winter, many people are happy that the warm weather is finally here. It's also a great time to get outside and work out.

Several East Norriton Middle School staff members say they really enjoy getting outside to exercise.

Mrs. Casselli, a fifth grade math teacher, said she enjoys walking and running, especially outdoors. She said the warm weather is a motivator for her since the days are also lighter longer.

Mrs. Kile, also a fifth grade math teacher, said she enjoys getting outside and moving around in the spring more than the winter because she doesn't have to bundle up to stay warm. Mrs. Kile said she walks

to stay healthy as well as playing outside with her kids.

Mrs. Haggerty, a seventh grade math teacher, is training for her second half-marathon in September. She will spend the summer training to run 13.1 miles. She said she feels like she lost some of her fitness level over the last year, so she's happy to start pounding the pavement again to stay healthy.

Art teacher, Ms. Smith, said the warm weather allows her to dance and practice yoga outside. During the winter, she can only do those activities indoors.

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

Finding activities to get you moving

Every day millions of people exercise to stay fit. Many East Norriton Middle School students are among them. From playing basketball to riding bicycles, students find ways to keep their bodies moving.

The *Bulldog Bulletin* interviewed 10 students about their exercise habits and discovered many favored basketball. Typical responses were that it is a good activity after school that students can play with their friends.

Basketball gives a great total body workout, according to Bam! Body and Mind (www.bam.gov). It strengthens the heart and lungs. It builds muscles in the legs and arms.

Several students said they enjoyed doing jumping jacks to exercise. Students also indicated they loved running, jogging, stretching, and riding bikes.

According to the website girlshealth.gov, jogging can help build strong bones and strengthen muscles. It is a good aerobic exercise, the website says.

Students were also asked what exercises they didn't enjoy and many students said they didn't enjoy push-ups and pull-ups. One student said, "I dislike push-ups because they hurt my arms . . . and pull-ups are too hard for me."

However, push-ups and pull-ups help your back, shoulders, biceps, forearms, and even your chest, according to The Mayo Clinic.

If you're not really a fan of exercising, here are some reasons you might want to change your mind, according to The Mayo Clinic website:

1. It can ease stress, lift your mood, improve your self-esteem, and boost your energy.
2. Aerobic activities such as running, biking, and swimming strengthen your heart and increase endurance.
3. Flexibility exercises like yoga can keep you healthy, strong, and happy.

—By Gabrielle Piccirilli

Striking a balance between work and fun

There are so many fun activities. But balancing your time between those activities and school work can be difficult for some students. Sometimes students have a hard time choosing between doing homework, playing video games, and watching TV.

Seventh grader Osvaldo Hernandez said sometimes students can accidentally pay too much attention to the fun stuff and avoid homework. It's important to do your homework, though, and study for tests so your grades aren't negatively affected, he said.

Fifth graders Evan Williams said he tries to do his homework before he takes part in fun activities. Another student said he tries to keep his binder or-

ganized, which helps him remember what he has to do for homework.

Art teacher Miss Smith also said she writes down a list of what needs to be done and checks it off as she goes. Miss Smith said she makes sure that she doesn't move on to the fun things until all of the necessary things are checked off. Like Miss Smith, music teacher Mr. Norton makes lists to manage his activities ranging from most to least important. Mr. Norton said he always double-checks his lists as well.

To learn more about how to balance your life, check out: pbskids.org/itsmylife/school/time/

—By Jaime Hernandez

Heading outdoors

(Continued from Page 1)

She said the warmer weather really motivates her to stay active.

Mrs. Mbuy, a seventh grade social studies teacher, just downloaded a new app on her iPhone called "5K Runner" to help keep her healthy this spring. The app takes you through the training process to run a 5K race over eight weeks. Mrs. Mbuy said she has really enjoyed the program so far.

—By Jordyn Bell, Kailyn Williams, and Darian White

Brain Workout: 1. germs 2. yoga 3. outdoors 4. biceps
5. treadmill 6. aerobic 7. infection 8. squats 9. endurance
10. brain 11 motivates 12. water

East Norriton Bulldog Bulletin

A Norristown (Pa.) Area School District publication.

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Keeping fit, healthy takes persistence

East Norriton teachers find ways to tuck exercise into their busy days.

Mrs. Young, a fifth grade reading and social studies teacher, said she plays with her young son Zackary. She needs to move her body to keep up with him. She also takes Zumba classes, hikes on trails at parks, and walks in her neighborhood. She said she likes Zumba—a type of aerobic exercise set to music—because she learns more about her physical strengths and weaknesses.

She knows regular activity helps her stay fit and strong. In addition, Ms. Young said she eats plenty of fruits and vegetables.

Health experts promote fruits and vegetables because they contain a lot of important vitamins, minerals, and fiber that are nutritious. They also may reduce people's chances of developing cancer or other illnesses, the experts say.

Mr. Forbes, a school vice principal, said he works out on a treadmill in his basement. He also said he eats a lot of fruit, but he is not a big fan of vegetables. He coaches the school football team. He said the sport helps his players become stronger and keeps them in shape.

To stay healthy, Ms. Foster, a fifth grade teacher, said she drinks a lot of water, gets at least 8 hours of sleep a night, and washes her hands often. Drinking a lot of water is important because it keeps you hydrated, according to KidsHealth.org. Getting enough sleep is important because it helps refresh your brain.

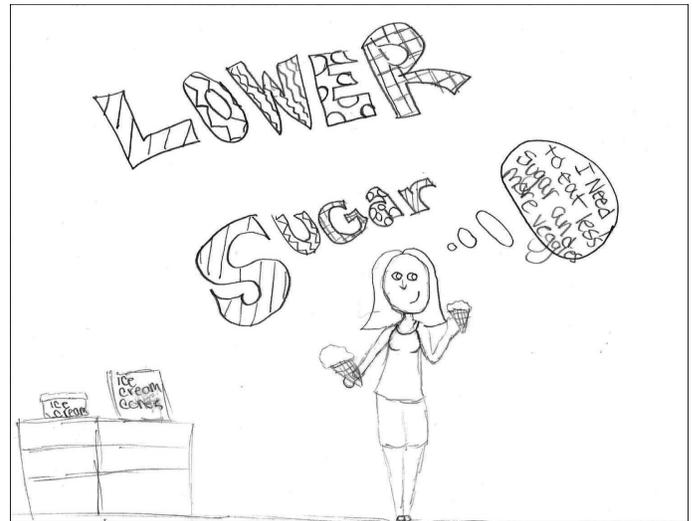


Illustration by D'zire McNeal

"It's like giving your body a mini-vacation," according to KidsHealth.

It's also important to wash your hands frequently to rid them of germs and try to prevent disease from spreading, according to KidsHealth. You touch many objects every day that other people also touch. "It's easy for a germ on your hand to end up in your mouth," the website says. "Think about how many foods you eat with your hands."

Mrs. Casselli, a fifth grade math and science teacher, said she likes to run, walk, and practice yoga. Yoga has been practiced for more than 5,000 years. It conditions many parts of a person's body.

"No matter what other activities you participate in, yoga can strengthen your abilities by increasing flexibility, staying power (endurance), and your ability to focus," according to bam.gov, a government website geared to children.

—By D'zire McNeal and Jaliyah Ricard

Principal uses apps as exercise routine

East Norriton Middle School Principal Dr. Spink takes care of her heart every day.

She uses her iPad and phone to follow workout routines that get her moving, she said. One of her favorite routines is a 7-minute workout that includes jumping jacks and squats.

PE teacher Ms. Interrante said the heart is one of the strongest muscles in the body. The more exercises you do that involve your heart, the stronger your heart will be. She said the best exercises for your heart are aerobic exercises.

The word aerobic means relating to, or requiring oxygen, according to the Centers for Disease Control and Prevention. Aerobic exercise involves continuous activity that makes you breathe harder and your

heart beat faster. Ms. Interrante said you should try to exercise one hour a day, if not more.

Apps on your phone or tablet devices are an easy and fun way to get your heart pumping and stay fit. Four apps that Dr. Spink recommends for Apple/iOS and Android phones are the "7-minute workout," "Lose It," "Squats," and "Road Bike."

The "7-Minute Workout" app is exactly what its name says it is: a 7-minute workout. "Squats" acts as a personal trainer to improve your leg strength. "Road Bike" tracks bike mileage. "Lose It" helps set a daily calorie budget and tracks exercise. So point and click and get moving toward a healthier you!

—By Nola Crook, Tegerty Ritchie, and Brianna Pollard

Brain workout!

Here is a challenge. See if you can unscramble the following words found in this issue of the Bulldog Bulletin. (Answers at the bottom of Page 2.)

- 1) remsg _____
- 2) goay _____
- 3) dtouoosr _____
- 4) ecpisb _____
- 5) damertlil _____
- 6) boreiac _____
- 7) cetifinno _____
- 8) tussaqa _____
- 9) rudnaneec _____
- 10) ibanr _____
- 11) vittasmoe _____
- 12) tarwe _____

Nurses suggest how to keep school healthy

You may not be sure exactly where the pencil you have just borrowed has been. It may have germs on it that can make you sick.

East Norriton school nurses say you should wash your hands often or use hand sanitizer. That will cut down on your chances of getting sick. The nurses offered some tips to reduce the spread of germs.

Mrs. McKeron and Mrs. Shaffer say that in order to keep a healthy school, everyone—both staff and students—should stay home when they are sick. You don't want to contribute to the spread of germs.

"Although attending school is extremely important for kids, they should take a sick day when needed," says Mrs. McKeron.

Mrs. Shaffer offered some advice to staff members. "Teachers should always have hand sanitizer accessible in their classroom for both them and their students to use."

Mr. Forbes, a vice principal, agreed, saying staff and students together can help keep our school safe. "I believe that students should most definitely stay home when they are ill, and teachers should do the same," he said.

The Mayo Clinic website says that many illnesses are spread at school. According to the website, with kids sharing pencils, computers, and notebooks, one sick child could lead to a viral infection that harms a whole classroom. The school nurses at ENMS say make sure to wash your hands anytime you can.

—By Darian White

Winners announced in healthy art contest

Congratulations Jocelin Lai!

The sixth grader won first place in the Healthy NewsWorks Healthy-Heart Poster Contest at East Norriton. Her illustration appears below. For her effort, Jocelin won a \$25 gift card.



Leilani Wise took second place and earned a copy of the *Heart Smart Kids Cookbook* by the *Detroit Free Press* and the Henry Ford Health System.

The posters illustrated by Gabrielle Piccirilli and Jessica Piccari received honorable mention awards.

The posters were judged by members of the University of

the Sciences' Pediatric Pharmacy Advocacy Group (PPAG) Student Chapter. All four posters are part of a traveling art show this spring and summer.

For more information, please visit: www.HealthyNewsWorks.org

Students contribute to book

(Continued from Page 1)

chef in Philadelphia. Mr. Vetri also has helped launch a school lunch program called Eatiquette.

This is Dean's third Healthy NewsWorks book. It's the second book for Randy, Amayrami, and Cecily. To learn more about the book and the Healthy NewsWorks student media program, please visit:

www.HealthyNewsWorks.org