

EISENHOWER

HEALTHY PANTHER

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Science fair features biology topics

Eisenhower students have been unlocking the mysteries of science.

Healthy Panther reporters identified a number of health-related experiments featured at the school's recent science fair.

Praise Ajala, a seventh grade student, conducted a science fair project to test which liquid would affect plant growth.

"I thought that orange juice would help support plant growth," Praise said. However, the plants did not grow. Plants sprinkled with apple cider sprouted and opened, but stopped. She learned that all liquids have chemicals. You have to be careful about what

you eat, what is in your food, and what you touch, Praise said.

"My purpose for doing this experiment was to find what chemicals inside the liquid can kill a plant or if the liquids would seep inside the plant," Praise said.

Natalie Tindall, a fifth grader, completed a science fair project on the effects of fertilizer on plants. Her question was which plants grow faster – those with just fertilizer or those with water and fertilizer. Her hypothesis was that violets would grow better with water and fertilizer.

(See on *Students Page 2*)



Illustration by Chyelle Lyons

Winter is no time to sit on the couch

Not everybody can pay to go to a gym during the winter months.

Mr. Siuta, a physical education teacher, suggested taking walks and doing sit-ups and push-ups. If it's available, you can play Wii Fit. However, he said you do not need to buy equipment to stay in shape.

Walking is the best form of exercise, he said, because you can

walk with a friend. He said it is especially important in the winter months to walk with a friend because it gets dark earlier.

Mr. Keagy, an eighth grade social studies teacher, said he stays active during the winter by coaching and playing basketball. He suggested that students should find activities that they enjoy.

He said Eisenhower provides opportunities for students to stay active. Fifth and sixth graders can participate in intramural sports. Seventh and eighth graders can participate in team sports such as wrestling, basketball, and cheerleading.

Mr. Keagy also mentioned that the gym is open at 7:30 a.m.

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Students explore world of science

(Continued from Page 1)

She first only added fertilizer to a plant. Then she took a different plant but added water and fertilizer. Her conclusion was water with fertilizer worked better than just fertilizer.

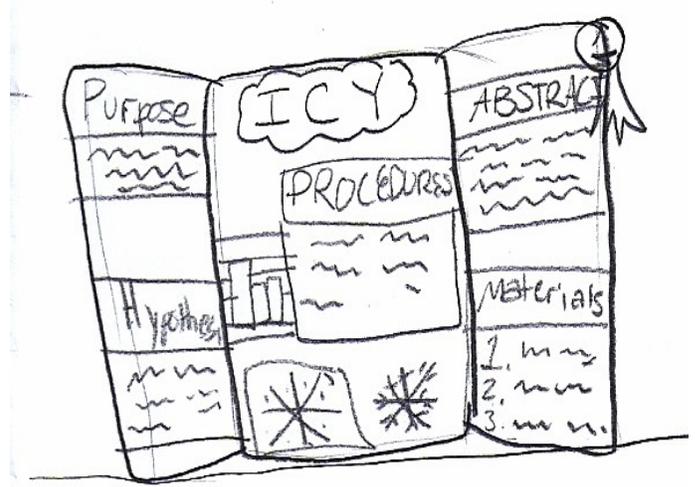
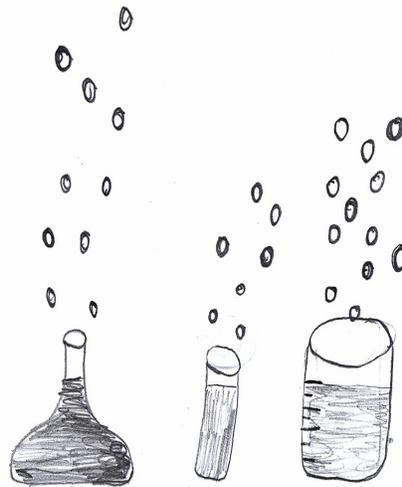
Diego Colon-Valentin, an eighth grade student, asked several people about whether they preferred drinking bottled water or tap water.

During his experiment, he blindfolded people and gave them both types of water. They were asked which water they preferred. The results were very interesting, he said. The students in this experiment preferred bottled water.

Carla Ramirez and Joselyne Escamilla, fifth graders, tested whether flowers grow faster with blue dye or yellow dye. Their hypothesis was that the flower with yellow dye would grow faster because it is a brighter color.

Their results indicated that the yellow dye helped the plant grow faster. Their procedure included filling the two pots with soil. In one pot they added blue dye and in the other pot they added yellow dye. Each day they added water to the soil. They observed and noted what happened.

Carla said their hypothesis was correct because the plant with the yellow dye appeared to grow faster. The relationship between the experi-



Illustrations by Brandi Bitting (above) and Dulce Gonzalez (below)

ment and health is water, Carla said. Both people and plants need water to survive.

Marcus Williams, a sixth grader, wanted to know whether fruits or vegetables rot faster. He hypothesized that fruits would rot quicker, and his experiment indicated that he was correct.

Jaelen Parker, a fifth grader, focused his science experiment on crystals. In making the crystals, he discovered the solution included sodium silicate.

Jaelen said he learned that the chemical can burn one's skin. He said it is important to wear gloves when doing an experiment with chemicals.

—By Brandi Bitting, Matthew Hoy, Johnson Felkey, Priscilla Ajala, Katie Redcay, Shianna Giddens and Josie Dillard

Fifth graders learn to make healthy apple crisp

Food Trust nutrition educators recently taught fifth graders how to make an apple crisp.

This apple crisp is healthy because it consists of apples which have fiber and vitamin C, and oatmeal, which is a whole grain, says Miss Allison.

During the lesson, the students used math to double the recipe so everyone in the class could try it. Miss Allison and Miss Hedi, another Food Trust educator, chose volunteers to cut and mix the ingredients. The class was attentive.

Samera Findley said she enjoyed the apple crisp because of the flavors from the orange juice and lemon. She particularly loves apples.

Darryl Holley said he loves apples, too. He said he would have altered the recipe by adding some bananas.

—By Josie Dillard

Show-Me Apple Crisp (8 servings)

Ingredients: 8 to 10 apples; 2 tsp. lemon juice; 3 c. rolled oats, uncooked; 3/4 c. whole-wheat flour; 1/2 c. brown sugar; 2 tsp. cinnamon; 1/4 tsp. salt; 1/2 c. orange juice.

Directions: 1) Lightly grease 9x13-inch baking dish with cooking spray. Preheat oven to 375 degrees. 2) Peel and slice apples. Toss them with lemon juice and spread half the apples into the baking dish. 3) Combine oats, flour, sugar, salt, and cinnamon. Spread half this mixture over the apples. 4) Cover with the remaining apple slices; layer the rest of the oat mixture on top. Pour orange juice over the layers or apple slices and oat mixture. 5) Bake for 45 minutes.

Source: University of Missouri Extension

Ag Lab links health and environment

The trailer drove recently into the parking lot at Eisenhower Science and Technology Leadership Academy.

The Agricultural Education Lab, known as the AG Lab, arrived to teach the students about environmental science. The lab is operated by the Pennsylvania Farm Bureau.

Mrs. O'Neil, a fifth grade teacher, scheduled students to visit the lab and engage in several science lessons. Mr. Goldberg, math instruction support teacher, said the message of the AG Lab is about environmental awareness.

The lab was a narrow trailer with science stations along the perimeter. Students stood with their partner at each station. Interesting facts about chocolate, chickens, and cows lined the walls of the trailer. One poster stated that chickens are the closest living relative to a T-Rex and footballs are made out of cowhide.

Students who participated in the Ag Lab followed the scientific method, using crayons to test petroleum

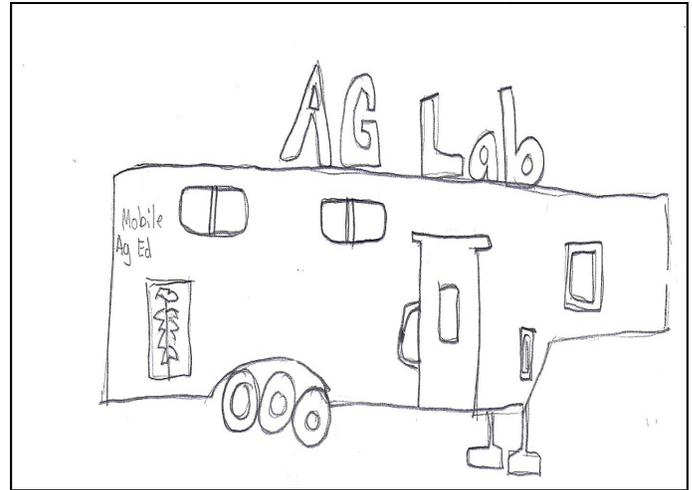


Illustration by Chyelle Lyons

and soybeans. The experiment was to find out which was healthier for the environment. The results indicated that soybeans were healthier for the environment because farmers grow soybeans, a reusable resource, instead of drilling for petroleum, which is not reusable.

Eisenhower was able to obtain the Ag Lab lessons because professors from Cabrini College wrote a grant.

—By Jaelen Parker

Working with parents to stay safe

Parents feel that kids grow up just too fast today, says an author who recently visited Eisenhower.

However, parents still must let their teens do things on their own so they can be independent, said Ms. Susan FitzGerald, who coauthored the book, *Letting Go with Love and Confidence*. Ms. FitzGerald, a former health reporter and editor at *The Philadelphia Inquirer*, interviewed 60 parents for her book.

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It can be difficult to decide when a child is old enough to get a cell phone or go to a friend's party, Ms. FitzGerald said. Parents should ask themselves three questions: Is it safe? Is it practical? Does it meet my standards?

Parents want to keep their teens safe from drugs and alcohol and harmful situations. They should advise their teens that they can say "no" to participating in risky behaviors, but keep their friendships, said Ms. FitzGerald.

Kids can also shift the blame, she said. Say, "my dad won't let me go to the party" or "my mom told me I must be home." Children and parents can also create a code word or phrase to say to each other when something's not right, but you don't want to be embarrassed in front of friends, Ms. FitzGerald said.

Parents also need to understand that there is no "magic age" for when to let their child do something new. Teens need to prove they are ready to do new things, she said. Teens can also help their parents by telling them where they will be and getting home on time, Ms. FitzGerald said.

She said teens don't want to forget that their parents will always love them, even when they don't think they do.

—By Patricia Poley

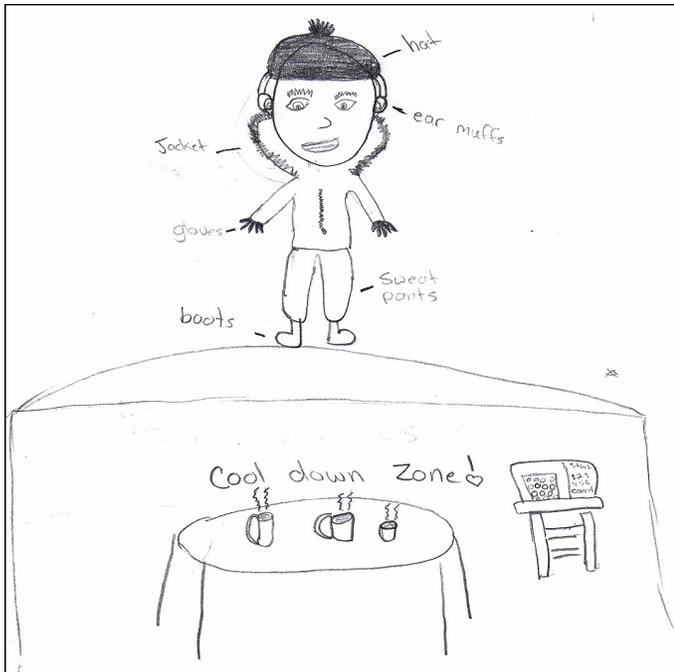


Illustration by Chyelle Lyons

Stay active this winter

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for 45 minutes so students can be active before school starts.

Health experts say children should be active at least 60 minutes a day. So hibernation is not an option. —By Josie Dillard and Jazminh Snowden

Watch portion sizes

Have you considered eating several times a day?

Mrs. Petro, family and consumer science teacher, said for some people it is a good idea to eat four times a day. However, the portion sizes should be smaller than if they were eating three meals a day.

If you eat large portions, it can lead to weight gain, Mrs. Petro said. Your meals should include plenty of fruits and vegetables throughout the day.

Children ages 6 to 12 generally need to consume between 1,600 and 2,200 calories a day, according to KidsHealth.org. Their calorie needs increase before and during their teen years.

KidsHealth says kids need to eat a variety of healthy foods, including protein, carbohydrates, and healthy fats. Protein can be found in meat, poultry, seafood, eggs, beans, nuts, and dairy foods, according to KidsHealth. Carbohydrates can be found in fruits, vegetables, and whole grains. Vitamins can be found in many fruits and vegetables.

—By Roman Davis

Panther reporters share health tips

The *Healthy Panther* reporters recently interviewed each other about their healthy habits.

Here is a selection of what they learned through their conversations.

Joselyne Escamilla, a fifth grader, said health is important so children can grow and their brains function at high levels.

She stays healthy by jumping rope for 15 minutes a day. She also said she goes to the Norristown Farm Park and runs for 30 minutes about once week.

—By Carla Ramirez

Dulce Gonzalez, a fifth grader, said you can get sick if you don't eat a healthy diet. To stay healthy, she said, she goes to the park to walk. She also likes to dance.

She said she tries to eat healthfully and stay active with sports.

—By Emily Spottiswood

Keiyann'ta Whittington, a fifth grader, said eating healthy foods such as fruits is good for your health and for the environment. It's good for your health because fruit has vitamins. They keep the environment cleaner than junk food. Too often, she said, people toss the wrappers from unhealthy food on the ground. Keiyann'ta said she goes out for a run sometimes and eats health foods.—By Brandi Bitting



Illustration by Chyelle Lyons

Attention readers!

Drop Everything Else and Read will be dedicated to the *Healthy Panther* on Friday, January 13.

Read this issue to be informed about how to stay healthy in 2012. Choose a story and write a letter to us about what you think about the topic. For instance, how do you stay active?

If you have an idea for a story you would like to read in a future issue, please suggest it! Send your ideas to Mrs. Shallow or Mrs. Petro, the *Healthy Panther* faculty advisors.