

# EISENHOWER

# HEALTHY PANTHER

VOLUME 5, NUMBER 1

FALL 2012

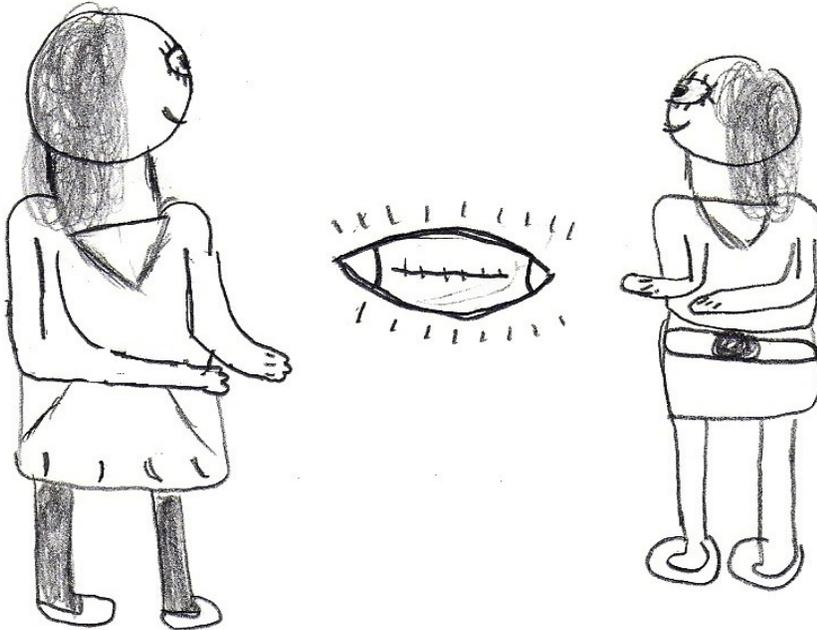


Illustration by Taliyah Smith

## Fighting decay, cavities

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 is a nonprofit dental program that serves kids in the Philadelphia area and Washington, D.C. Its mission to provide dental care and oral health education to children who don't have access to a dentist.

Mrs. Benner said 17 million children in the United States do not have access to dental care. In her classes, Mrs. Benner tells students that tooth decay can cause pain. If untreated, she said, it can make it hard to smile, talk, and pay attention in school.

It can take months or years for decay to occur. So it's best to let one's dentist check during twice yearly visits, said Mrs. Benner during a recent press conference at Independence Blue Cross Foundation.

Gum disease can be another problem. Like tooth decay, it's best for a dentist to check for the

## Team sports rank second in survey

## Panthers favor walking

Eisenhower staff and students like to walk and play team sports to stay healthy, according to a new *Healthy Panther* survey.

In the survey of 117 Eisenhower community members, 35 people reported they favor walking as a form of exercise. The second most popular way to stay active is participation in a team sport, according to the survey. Thirty-one people checked it off on the paper survey.

Running received 23 votes. The categories of "going to the gym" and "practicing yoga, Zumba, or pilates" tied with seven people favoring those activities.

Among the walking enthusiasts is Mrs. Bean, a fifth grade literacy and social studies teacher.

"I walk with my 'ear buds kicking,'" she said. "I feel renewed and clear-minded when I walk."

Walking was by far the most popular activity among school staff. Of the 55 staff members taking part in the survey, 29 said walking is their favorite form of exercise.

Ms. Siar, an eighth grade literacy teacher, said she walks every day "because my dog needs exercise too. I love walking in na-

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

(Please see **Remember** on Page 3)

# Results of Eisenhower activity survey

	TOTAL	Running	Walking	Yoga*	Gym	Team	Other
Staff	55	4	29	4	5	6	7
Grade 5	23	12	1	1	0	6	3
Grade 6	19	7	3	1	0	5	3
Grade 8	20	0	2	1	2	14	1
<b>TOTALS</b>	<b>117</b>	<b>23</b>	<b>35</b>	<b>7</b>	<b>7</b>	<b>31</b>	<b>14</b>

\* This category includes Zumba and pilates

## Fifth and sixth graders prefer running

*(Continued from Page 1)*

ture. It helps me shake off the school day and have peace at home."

Braheem Baylor, a sixth grade student, gave walking high marks as a form of exercise.

"My favorite exercise is walking," Braheem said. "I go with my family most of the time. It makes me feel good because it is creating stronger bones."

Randi Sims, another sixth grader, likes walking because "you can think about stuff. You also might see your friends and get to talk."

Team sports received high marks, especially from eighth graders. The eighth graders accounted for 14 of the 31 votes.

Taylor Hart, an eighth grader who plays volleyball and lacrosse, said team sports give a way to exercise with other people.

"I play football every Saturday morning. It is my stress relief for the week. I look forward to it!" said Mrs. O'Hagan, an eighth grade math teacher.

Running is the most popular activity among fifth and sixth graders in the survey. Nineteen students in those grades said it was their favorite activity. None of the eighth graders gave running top marks.

"I go outside and run a lot. It makes me feel energized and excited," said Roccio Alvarez, a sixth grade student.

—By Healthy Panther staff

## More students should eat breakfast

Every morning about 100 to 150 students eat breakfast at Eisenhower.

However, the school could serve 300 students, according to Mr. Carr, a para-educator.

Miss Taylor, school principal, said she wants to see more students eat breakfast. It starts their day off well, she said. Their bellies are full. They have the nutrition they need for their bodies to function well, she said.

Kids who don't eat breakfast may not be able to focus in class and learn during the

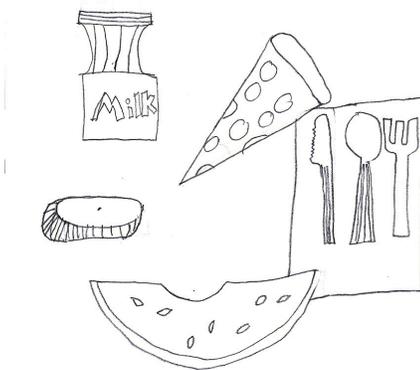
day, according to KidsHealth.org.

Kids who do eat breakfast participate in more school activities than kids who don't eat breakfast. If

you don't eat breakfast, you may be at greater risk at being overweight, according to KidsHealth.org.

When she sees students eating breakfast, Ms. Taylor said she feels ecstatic. She feels confident that they are going to be healthier and ready to learn, she said. —Story by Victoria Moore and

*Symphony Hackett; illustration by Angelo Atenco*



*Eisenhower Healthy Panther*

A publication of the Norristown Area School District in Norristown, Pa. The newspaper staff writers include Maria Aguilar, Anelaw Atenco, Jerrece Butler, Cornelius Dario, Neiko Franceson, Jordan Gomez, Symphony Hackett, Victoria Moore, Katie Redcay, Taliyah Smith, and Melissa Zafra. The faculty advisor is Mrs. Shallow.

*A Healthy NewsWorks® project*  
[www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org)

Healthy NewsWorks is a member of New Beginnings Non-profit Incubator at RHD in Philadelphia. Healthy NewsWorks receives funding from individuals, organizations, and foundations, including the Independence Blue Cross Foundation, First Hospital Foundation, Green Tree Community Health Foundation, and the Claneil Foundation.

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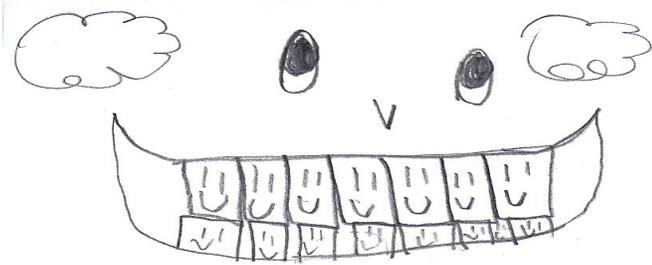


Illustration by Jerrece Butler

*Editor's note: Former Panther reporters Josie Dillard and Jazminh Snowden 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 group. The group 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)*

disease, but symptoms may include bad breath, tender gums, and gums that bleed while brushing your teeth.

"If you noticed your hair was bleeding while brushing it, wouldn't you go to the doctor?" asked Mrs. Benner. "Well, do the same thing for your teeth."

Taking care of your teeth and going to the dentist can also prevent other problems that would require a procedure such as a root canal, she said. A root canal is done when your tooth has a bad infection. The dentist numbs your mouth and removes infected pulp (nerves, blood vessels, and tissue), according to MedlinePlus.gov.

Tooth decay, gum disease, cavities, and infections can be avoided by taking care of your teeth. Mrs. Benner suggests brushing your teeth for two minutes, three times a day. When brushing your teeth use a toothpaste that contains fluoride. Fluoride is a mineral that helps strengthen your teeth. It's very important that you don't overbrush your teeth because you can wear down your enamel and hurt your gums.

Another way to protect your mouth from diseases is to floss before you sleep, Mrs. Benner said. You can use floss sticks or string. It's all about personal preference.

Families can practice oral health together and schools can provide dental care and resources to ensure children get the proper dental care they need, Mrs. Benner said. Brush your teeth three times a day to keep the plaque away.

—By Jazminh Snowden

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PHILADELPHIA – You may want your teeth to be as white as everybody else's.

So the first thing that comes to mind is whitening them.

The truth is teeth-whitening may not be the right way to go. Mrs. Stacey Benner, the education director at Kids Smiles, suggests that you talk to your dentist first.

The right age to use whitening products depends on gum sensitivity, Mrs. Benner said. Children younger than 14 should not use whitening strips or gels. She suggests that the first step is to visit a dentist and talk about whether whitening is appropriate.

Mrs. Benner said children can prevent stains by avoiding soda, sports drinks, ice tea and other foods and beverages that stain teeth.

—By Josie Dillard

## Reading gives boost to the brain

All students need to read and think at high levels, said Mrs. Shallow, Eisenhower instructional support teacher of literacy.

To demonstrate how important reading is, Eisenhower sets aside 20 minutes every Friday for everyone to Drop Everything Else and Read, also called DEER time, she said. Reading supports health because it helps develop the brain, Mrs. Shallow said.



The largest part of the brain is the cerebrum, according to KidsHealth.org. The cerebrum helps a person reason. For in-

stance, it lets you know that you ought to do your homework or you will be marked down the next day at school.

You also must be good to your brain. KidsHealth suggests to use your brain by reading, playing music, creating art, or any other challenging activity that gives your brain a workout.

—Illustration by Angelo Atenco; story by Healthy Panther staff

# School food gets even healthier

The school menu has undergone a make-over this year.

Pepperoni is no longer on the pizza. Some of the pork has been replaced by turkey. The flavored milk is lower in fat-free, according to Mrs. Riccioli, Eisenhower cafeteria manager.

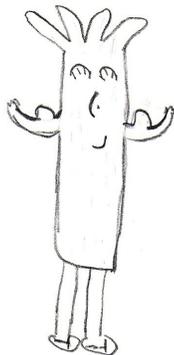
The menu has been redesigned because the federal government created new rules to make the food healthier. These changes will affect the 32 million students who participate in school lunch programs during the school year, according to the U.S. Department of Agriculture (USDA).

The new rules mean that milk will be fat-free or low-fat and food will have less salt. Students will receive fruits and vegetables every day, says the USDA.

Norristown has been making choices healthier for many years.

The *Healthy Panther* interviewed several fifth graders who are new to the school. Most gave the cafeteria food high marks.

Rita Nayo said she likes the food better than last year because she has more choice. Sohayla Bryant said the food at Eisenhower feels like it's home-cooked. One meal that she misses from her elementary school is chicken fries.



Jennifer Selcedo, a fifth grader, said the food seems healthier because the menu includes a lot of wraps and salads. However, she misses Caesar salad. Angelo Atenco said he likes to make his own sandwiches on the deli line.

Maria Zuniga said she likes the breakfast better. She likes the variety, she said. Jerrece Butler also likes breakfast, particularly the cheese omelet.

Mrs. Riccioli said she believes it is important for the food to look good and taste good. She makes food that she is proud of. It needs

to be healthy for students.

For instance, Mrs. Riccioli said the pepperoni had a lot of fat. That's why it was removed.

KidsHealth.org says food with fiber is good for people. It is found in plants. Because it can't be digested, it helps clean out a person's intestines. Foods that have a lot of fiber include brown rice, oatmeal, fruit, and bran muffins.

Mrs. Riccioli said she wants to make the students feel happy, safe, and healthy.

— *Story by Maria Aguilar, Victoria Moore, Symphony Hackett, and Cornelius Dario; illustration by Taliyah Smith*

## Enter the *Healthy Panther* contest!

Here is a chance to test the new things you have learned about health and fitness in the Fall 2012 edition of the *Healthy Panther*. Enter the contest by reading your copy of *Healthy Panther* and then answering questions.

**Directions:**

1. Fill in your name, grade, and 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 **January 8, 2013**.

The staff of the *Healthy Panther* will have a drawing from among the correct entries. Two winners in each grade will get a prize. (*Healthy Panther* staff members are not eligible.)

**Your name:**

\_\_\_\_\_

**Your grade and homeroom:**

\_\_\_\_\_

1. What are two ways to keep your teeth healthy?

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

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

2. What is the largest part of the brain called?

\_\_\_\_\_

3. What is the most popular activity among fifth and sixth graders?

\_\_\_\_\_

4. Is this statement true or false: Fluoride is a mineral that helps strengthen teeth?

\_\_\_\_\_