

EISENHOWER

HEALTHY PANTHER

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Students organize jean drive

The holidays are coming and you're finalizing your wish list.

You really want another pair of Jordan shoes. But there's a kid on the corner who wears the same ripped basketball shorts and old T-shirt every day. He wants a pair of jeans to keep him warm. Did you ever think about him?

Several fifth graders, including Lindsay DeSantis, Lilia Partida, Sahaditou Jallah, are doing more than thinking about such children. They decided to help them by organizing a jean drive.

The students read an article in Mrs. McAnulty's applied communications technology class about a boy named Kevin who was homeless. The girls were touched by the hardships Kevin talked about, so they decided to approach School Principal Ms. Taylor about organizing a jean drive at ESTLA.

Ms. Taylor called it "a great idea." She said she was pleased that the fifth graders came up with the idea themselves and wrote her a letter.

Gather your old gently worn jeans and bring them into school during December. ESTLA will donate them to children in need.

—By *Amaya Bankowski, Miguel Morales, and James Vela*

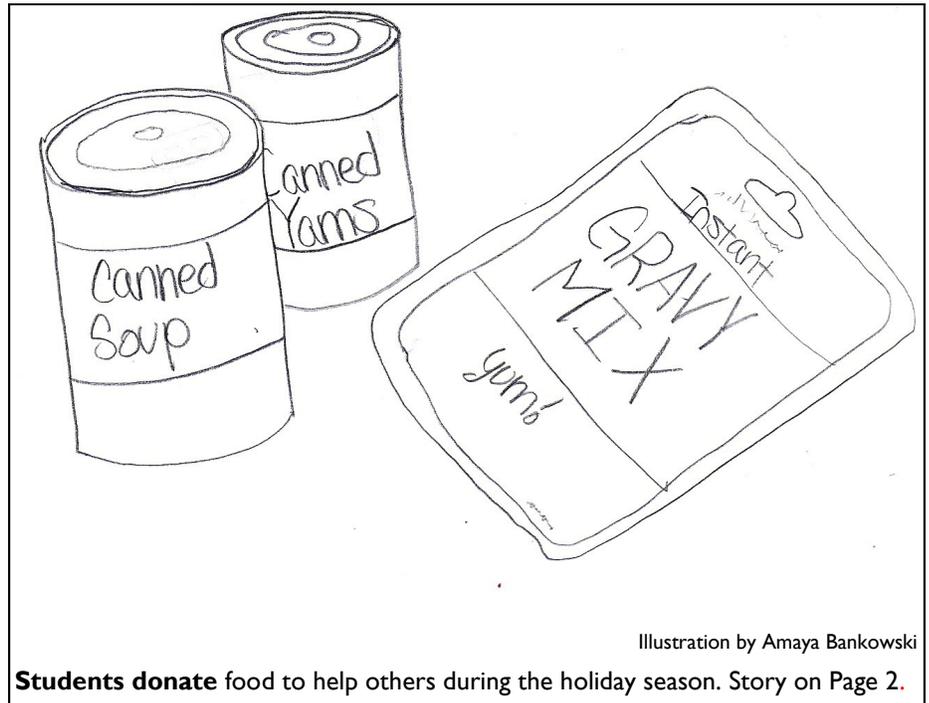


Illustration by Amaya Bankowski

Students donate food to help others during the holiday season. Story on Page 2.

Workouts help the heart

Some Eisenhower staff members run. Others swim. School Principal Ms. Taylor said she likes to work out on the elliptical machine.

These aerobic exercise routines help the educators keep their hearts healthy. School nurse Mrs. Lees said aerobic exercise gives the heart the workout it needs, but doesn't stress it.

A regular aerobic exercise program strengthens the heart so it can do a good job delivering oxygen-carrying blood cells throughout the body, according to KidsHealth.org. An aerobic workout involves continuous exercise that makes people breathe harder and sweat. Their pulse rates will also increase.

Special report on heart health

A normal heart rate for children ages 12 and older is between 55 and 85 beats a minutes, according to KidsHealth.org.

Mr. Carr, the resource center teacher, said he runs two or three miles every other day to stay in shape and keep up his stamina for the school day. He said he feels his heart is in condition because he can still run three miles in under 35 minutes.

Mrs. O'Neil, a fifth grade math and science teacher, said she swims three times a week with teams that she coaches at

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

Brain workout!

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

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

Eisenhower Healthy Panther

A publication of Eisenhower Science and Leadership Academy in the Norristown Area School District in Norristown, Pa. Student staff members Amaya Bankowski, Brianna Bowie, Emma Browne, La'Dirah Ferguson, Maria Hernandez, Eleazar Hill, Ivan Li, Miguel Morales, Rebecca Morris, James Vela, and Kyle White. The students are eighth graders at Eisenhower. The faculty advisors are Mr. Smoyer and Mrs. Shallow.

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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

Health briefs

Students donate food to help needy people

The school student council set a goal for students to donate more than 1,000 cans of food during the school's annual fall food drive, according to Ms. McCormick, faculty advisor for the student council.

She said the school collects cans to distribute to families in the Norristown area who do not have enough food, especially during the holidays. She said many families in the school community also benefit from the food donations.

The school awards a "dress down day" to one class in each grade that contributes the most cans, Ms. McCormick said. —By Brianna Bowie

Cutting down on salt

Next year school lunches will have less salt, according to Ms. Riccioli, ESTLA's cafeteria manager.

When people eat too much salt – also called sodium – it can increase the risk of heart disease, she said. The American Heart Association says the majority of children in the United States consume too much in their diets.

Less salt will be one of many changes that have been made in recent years to help make school lunches healthier. Last year, the school stopped offering pizza with pepperoni and added more turkey to the menu as a replacement for some pork. Ms. Riccioli said the cafeteria now serves whole grains instead of grains that have been processed such as white bread.

Whole grains are healthier than grains that have been processed because they contain more fiber and nutrients, according to the Mayo Clinic. Grains include many plants such as corn, wheat, and quinoa.

Ms. Riccioli said she also hopes that students will exercise regularly instead of sitting on the couch.

—By Miguel Morales and James Vela

Heading indoors for gym

Mr. Siuta, ESTLA's football coach and P.E teacher, said winter means that gym classes move inside.

The sixth and eighth graders will focus on fitness activities such as practicing basketball skills at the start of each class.

Fifth and seventh graders have classes in both physical activity and health education.

—By Kyle White

Hearts get in shape

(Continued from Page 1)

Norristown Area High School and Norristown Aquatic Club.

"Swimming uses all the muscles in the body and it is a good skill to have in life," she said.

She knows she is giving her heart a workout because checks her pulse.

Ms. Taylor said she likes to work out on the elliptical machine three times a week. An elliptical machine is a stationary exercise machine used to simulate stair climbing, walking, or running without causing excessive pressure to the joints. It gives a workout to the entire body and doesn't hurt her knees.

Ms. Taylor had enjoyed the video program with a high-intensity workout. However, she injured her knee and needed surgery last December and has not been able to follow the video workout.

When she has a rough day at work, she likes to walk or jog to help clear her mind. She said exercise helps clean the mind and keep people well-rounded.

Besides aerobic exercise, Mrs. Lees said people need to take part in activities that strengthen their muscles. These exercise include push-ups, pull-ups, leg raises, and squats, according to KidsHealth.

Exercise has another benefit: It causes endorphins to kick in. Endorphins are chemicals that the body produces that can make people feel "peaceful and happy," according to KidsHealth.

—By Healthy Panther staff



Illustration by Amaya Bankowski

Student takes a quick run to learn about his pulse

Angelo Torres, a sixth grader, has a resting heart rate of 64 beats per minute. Recently, he sprinted down the hall and back and his heart rate increased to 124 beats a minute.

After he finished, Angelo looked at his results and asked what it all means.

"When you run around a lot, your body needs a lot more oxygen-filled blood," according to KidsHealth.org. "Your heart pumps faster to supply the oxygen-filled blood that your body needs."

Angelo had found out how exercise increased his heart rate by taking his pulse.

You can find your pulse in several places on your body. Two good spots are on the side of your neck and under your wrist. The beats you feel are caused by the heart. Each time it squeezes counts as a beat, according to KidsHealth.

Exercise is important to keep your heart healthy. Many medical experts suggest that children should exercise an hour every day.

—By Eleazar Hill & Maria Hernandez

Healthy Panther starts 6th year

Welcome back to the *Healthy Panther*!

We are eighth grade reporters and we feel privileged to produce this school newspaper. Our editors are Mr. Smoyer and Mrs. Shallow.

We would like you to participate in the *Healthy Panther*, too. One way would be to write a short essay between 75 and 200 words. The topic: How do you help make your home, school, or community a healthier place? Please send it to Mr. Smoyer or Mrs. Shallow, and it may be published in a future issue.

Also, mark your calendar for Saturday, Dec. 14, when Barnes & Noble in Plymouth Meeting, Pa., will host a Bookfair in support of the *Healthy Panther* and Healthy NewsWorks. You will be able to support our reporters while taking care of some of your holiday shopping. NOTE: You can use our bookfair number (I.D. 11201209) in-store and online Dec. 14 to 24. For more details go to: www.HealthyNewsWorks.org.

Pay attention to cholesterol now!

You may think cholesterol is just something older people should think about.

However, children need to be aware of it, too, Walter Tsou, past president of the American Public Health Association, said in a recent interview with the *Healthy Panther*.

KidsHealth.org says that cholesterol is found in foods such as eggs, meats, cheese, and whole milk. The body also makes cholesterol and uses it “to make vitamin D and some hormones, build cell walls, and create bile salts to help you digest fats,” the website said.

But if the body has too much cholesterol it can build up in the blood stream and clog arteries. Over the years, this situation can lead to serious health problems such as chest pains and even a heart attack, Dr. Tsou said.

The type of cholesterol that clogs blood vessels is called LDL (low-density lipoproteins). HDL, another type of cholesterol, is considered good. This cholesterol “removes cholesterol from the blood vessels and carries it back to the liver, where it can be processed and sent out of the body,” according to KidsHealth.

Dr. Tsou said children can keep their cholesterol levels healthy by eating nutritious foods such as vegetables and fruits and by avoiding junk food. They also should be active because exercise helps to keep cholesterol under control, he said. —By *Rebecca Morris*

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Editor's note: You can watch the Healthy Panther's interview with Dr. Walter Tsou at the Healthy NewsWorks website. You can locate the interview at: www.HealthyNewsWorks.org.

Hopes are high for basketball teams

Last year, the boys' basketball team had a respectable record of 9-5, including scrimmage wins.

It's hard to predict how this season will turn out. The Panthers have joined a more competitive suburban league.

“There will be tough games, but I believe if we work hard we can be successful,” said Mr. Ryan, math specialist.

He said his goals include developing good student athletes, improving after every game, and winning the end of season tournament.

“Since we joined a new league, the boys' and girls' team are separate, so we have the gym to ourselves during practice,” Mr. Ryan said.

During morning practice, he said, the players with focus on fundamental basketball skills.

Mr. Ryan also hopes that a lot of students and staff members will come at home games to cheer the team on.

* * *

The girls' basketball team didn't win a game last season.

Team coach Mr. Keagy, who is also a social studies teacher, said he hopes the players can do a lot better this season. Most of his players are returning from last year's squad and he hopes their experience will pay off with more wins. He said his objective is for the team to “get better with every game.”

The team will stick to the same practice drills such as layup lines and five stars. To prepare for a game, they practice hard and go over their plays.

Mr. Keagy said his main goals are to “make my players better people and better students.”

—By *Ivan Li*

Enter healthy-heart contest

We are excited to announce the *Healthy Panther'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 Mr. Smoyer or Mrs. Shallow, who serve as *Healthy Panther* editors, for contest fliers and poster guidelines.

We hope you will participate.

Good luck!