

# EISENHOWER

# HEALTHY PANTHER

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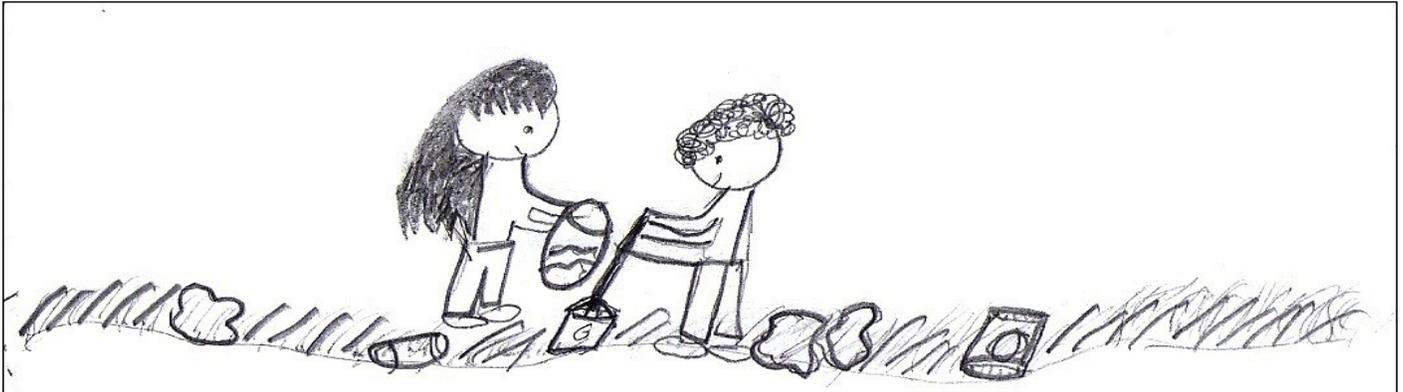


Illustration by Chyelle Lyons

## Math Minds nurture school garden

Eisenhower plans to transform its courtyard into a garden and learning lab. It's also beautifying the school perimeter.

Students will play an important role in designing and maintaining the garden plots, said Mr. Goldberg, the instructional support teacher for math.

In early May, students who participate in the school's Mag-

nificent Math Minds program began to landscape the perimeter of Eisenhower. Math Minds is a program that engages students in studying math and the environment in a fun way.

The Math Mind students cleaned up weeds, planted new flowers, and mulched the flower beds. They also plan to grow fruits and vegetables.

The school's long-term goal is to sell healthy fruits and vegetables to the community, said Mr. Goldberg.

Students will help develop the courtyard project by measuring and plotting the garden. Each grade will be responsible for a section of the garden.

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

## How do you get your vitamin G?

You might not realize it but when you walk to school or play in the park, you are getting vitamin G.

Mrs. Weikert, the music teacher, and Mrs. Gaslin, an eighth grade literacy teacher, said they get vitamin G by walking. Mrs. Kramer, a sixth grade literacy teacher, and Mrs. Kriegner, a seventh grade math teacher, said they garden during their free time and receive their vitamin G.

So what is vitamin G? The "G" stands for green time. Experts have coined the term to describe the health benefits of spending time outside, according to *Current Health Kids* magazine's April-May issue.

Experts say children should spend at least an hour a day outside and less time in front of TV and

computers, says *Current Health Kids*. Spending time outside reduces children's stress and improves their academic work. Kids who don't get enough vitamin G are at greater risk for getting depressed and in trouble. "Doctors believe that is because being outdoors stimulates the mind more than sitting around indoors does," according to the magazine.

In interviews with Eisenhower staff members, some were surprised that vitamin G existed. Mrs. Kramer and Mrs. Kriegner suggested finding an outdoor activity that students enjoy doing. Lauren Richter, a seventh grader, said she goes horseback riding

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

# Find good books to read this summer

Kids can lose brain power if they don't read over the summer. Students who read during the summer will be more successful in the fall, according to the article, "Bridging the Summer Reading Gap."

Reading is an important skill to develop as a child. Research indicates that students who read the most tend to achieve the most academically and personally. It is the student's responsibility to read and practice reading at home, especially during the summer, said Mrs. Shallow, instructional support teacher of literacy.

Students can curl up with a good book at the beach, in a park, in a backyard, or on a porch. By doing so, they not only exercise their brains, they get a dose of vitamin G. Vitamin G is time spent outdoors.

Students will get a suggested summer reading list to guide them to quality literature. They also will be required to read a novel: Fifth grade, Frindle by Andrew Clements; sixth grade, Report to the Principal's Office by Jerry Spinelli; seventh grade, Where the Red Fern Grows by Wilson Rawls; eighth grade, Freak the Mighty by Rodman Philbrick.

—By Patricia Poley

# Enjoy the outdoors

(Continued from Page 1)

and reads outside. Micah Moises, a sixth grader, and Cymaruh Stinson, a fifth grader, said they like to spend time outside with their friends.

Next time you are about to turn on the TV ask yourself: Have you had a dose of vitamin G today?

—By Josie Dillard and Jazminh Snowden

### *Eisenhower Healthy Panther*

A publication of the Eisenhower Science and Technology Leadership Academy in the Norristown Area School District in Norristown, Pa.

In this special issue, student staff members include Priscilla Ajala, Josie Dillard, John Felkey, Chyelle Lyons, Patricia Poley, and Jazminh Snowden. The faculty advisers are Mrs. Kathleen Shallow and Mrs. Sue Petro.

### *A Healthy NewsWorks® project*

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Illustration by Chyelle Lyons

# Learning, beautifying with school garden

(Continued from Page 1)

Math Minds and the garden project have been funded by a grant from the Mary P. Dolciani Halloran Foundation. Two Cabrini College professors wrote an application and received money for the Eisenhower program.

The purpose of the grant is to engage students in a fun way to incorporate math and the environment. The perimeter of Eisenhower and the courtyard is going to be transformed into a garden also serving as a learning lab.

Kevin Hayward, a fifth grader and a member of Math Minds, said the garden will make Eisenhower stand out and look pretty. He participated in several trips through the program. One of his favorite trips was to the Rodale Institute, which is a pioneer of organic farming.

He said he learned about different plants and soil's importance. He said the highlight was when he ate different plants, including a hot pepper.

Britney Morales, a fifth grader who is a Math Mind member, said her program goal is to maintain the garden and keep the flowers alive.

Her favorite trip was visiting Cabrini College, she said. She learned about the different programs offered at the college and the daily routine of a college student.

—By John Felkey